

# THE BUGLE

Issue 195 | March 2014



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- Running the Samsung Marathon
- Dog Tags for Kids
- Everyone Serves

COURAGE | COMMITMENT | COMRADESHIP | INTEGRITY

## “THE BUGLE”

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

### Deadline

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Bugle contributions are welcome and should be sent to Carol Voyce.

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### Disclaimer

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

### Cover Photo:

Major Michael Nochete (Military Liaison Officer, South Sudan) with United Nations personnel in Jonglei State.

## GUEST EDITORIAL

### LTCOL Kit Taylor – J3 Global Operations, HQJFNZ

In this edition of “The Bugle”, I’d like to take the opportunity to introduce you to the Headquarters Joint Forces New Zealand Current Operations Section. We are the team responsible for co-ordinating, managing and directing all NZDF personnel deployed on an operational mission overseas. We work closely with our welfare team and the Deployment Services Officers to provide support not only to those deployed but also to those that remain at home.

At our most recent Pre-Deployment Training, we took the opportunity to speak to our next group of people deploying and their families. We were able to reiterate that our servicemen and women deployed are representing New Zealand in a multinational military force. They are charged with upholding our reputation and in some cases will be the first member of the NZ Defence Force that their foreign colleagues will meet. They will judge our effectiveness and professionalism on the impressions that we create. In most cases they will achieve more by establishing good working relationships and by being reasonable and patient than by any other means.

For the families at home, you have the most difficult role in all of this. Some of you are no doubt running households on your own, the kids will be driving you up the wall, the washing machine will be on the blink and there’s probably some concern for the wellbeing of your deployed family member in there as well. However, I can continue to assure you that these challenges are well understood. If you had the opportunity to attend a Family Day during Pre-Deployment Training,



*LTCOL Kit Taylor  
J3 Global Operations  
Headquarters Joint Forces  
New Zealand*

we introduced some support mechanisms to help deal with these and I’d encourage you to use them. Our operational deployments are ongoing and so is our commitment to those at home. If your partner is going to deploy in the near future, I’d really encourage you to attend a Family Day.

On the previous Pre-Deployment Training, we reiterated that as individuals, and an organisation, we are contactable 24/7. Whether that is through a Deployment Services Officer, your Unit Point of Contact or anyone you can corner wearing a uniform – if you need anything you only have to ask. Nothing is too small or mundane; it’s whatever will help. Generally speaking we can contact our people in-theatre 24/7 – not that they always appreciate it! Our team is in daily contact with all missions.

You probably won’t have a lot to do with us but rest assured that we are there supporting the mission and supporting those remaining at home.

# FOREIGN CORRESPONDENTS

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## NEWS FROM DUBAI

### FIVE WEEKS DOWN AND ONLY 21 TO GO!

#### Corporal Charlie Fox

Five weeks down and only 21 to go! Well, probably more like 4 weeks and 1 day down, 21 weeks and 6 days to go. 148 days and roughly 16 hours remaining as I write this, you know, not that I'm counting or anything.

Valentine's Day has passed, and I was treated to a rather romantic almost full moon rise just to the side of our flag pole, (see photo). The sky is a deep orangey red as only the desert can provide, the moon-rising improbably fast, also a deep orangey red with a tinge of pink. Actually to be fair my description is probably better than what my phone's camera could manage.

But I digress. It's a month into our 6 month stint and you could be mistaken some days for thinking this was a regular ordinary self contained Defence Support Unit somewhere hot and sandy in New Zealand. Breakfast is commonly shared in our crew area, a selection of delectable cereals or toast,



coffee of the powder or one shot pressed variety, and about 15 types of tea to choose from. CNN blares in the far end of the room telling us nothing of New Zealand, but boy can they spin a yarn about issues in the UK. I wonder if NZ has any idea how bad their flooding is, lives and livelihoods lost needlessly, or more likely NZ is as unaware of the events of the UK as the UK is of NZ.

Heavens, I digressed again. Driving or being driven here is exciting, still, even after a month. It gives me more adrenaline than any open track day I've attended in NZ. I've seen a lot of interesting driving

around the world over the years, but the Middle East is the most exciting, hands down. On your standard 12 lane section of free way (6 each way), where the posted limit is 120kph, the alleged enforced limit is 140kph, and the average speed with which you are overtaken being approx 160kph, cars frequently go from the extreme left to an exit ramp in one smooth motion over about 100m of road without a thought given to indicators. If for some reason a car wants to pass you it's generally pretty clear, every time it's the same escalation of indication of intent:

1. They will be so close to you it's almost describable as bump drafting you.
2. Flashing of lights begins (N.B: There is also the variation where the lights flashing begins about 400m behind you).
3. Tooting their horn,
4. And finally, if you don't take the above hints, they proceed to giving an assorted series of unfamiliar hand gestures.

Basically it's almost exactly what would happen on an Auckland Motorway if you were doing say 50kph in the fast lane; except here you are doing a GPS indicated 120kph.

So to end, I say this is a terrific deployment, with equal opportunity for personal and professional development. But only come if you have a terrific sense of humour for the quirks of the local driving and professional sense of urgency, which I hope is a nice way to say that anything you try and do with an outside agency will take at least five times longer than you imagine, if you are lucky and they speak English that is, otherwise double that again. Don't fight their system though, it works for them, and with patience, it will work for you too.



## NEWS FROM SUDAN



South Sudan

### MY ROLE AS THE MILITARY LIAISON OFFICER IN SOUTH SUDAN

**Major Michael Nochete,  
Royal New Zealand Engineers,  
New Zealand Army**

Served as a Military Liaison Officer with UNMISS 28 August 2013 – 01 March 2014.

*“The compassion and willingness of all the UN personnel is a testament to their professionalism and to the saying that “good soldiers don’t necessarily make good people, but good people make good soldiers”.*

On 09 July 2011 South Sudan became the newest country in the world. The birth of the Republic of South Sudan (RoSS) was the culmination of a six year peace process and a new chapter in a

region that has seen little peace in the last 50 years. The NZ Army rotates three officers here every six months. One position is as a Staff Officer in the capital Juba and the other two act as Military Liaison Officers (MLOs) in states and counties. My deployment as an MLO was in Jonglei State.

This MLO role in the United Nations Mission in South Sudan (UNMISS) is a unique structure in and amongst UN missions. The overall aim of UNMISS is to support state building while improving the security environment and ensuring the protection of civilians. Unlike the UN Military Observers (UNMOs), whose primary role is to observe, monitor and report the level of compliance to an agreement, the primary role of the MLOs is to facilitate liaison and co-ordination with the Sudan Peoples Liberation Army (SPLA), and other security agencies. Effective liaison with the SPLA is crucial for the success of the mission, particularly

for early warning, physical protection of civilians and improving the security environment.

The SPLA is made up of the rebel forces that fought for independence. Now as they transition into a professional Army they also face the challenge of internal insecurity from tribal conflict, cattle raiding and an active insurgency. As MLOs our role was to guide, accompany, train and facilitate administrative and organizational requirements with our allocated SPLA Liaison Officers within our States.

On 15 Dec 13, the Republic of South Sudan descended into conflict. This led to Pro-Government Forces (PGF) and Anti-Government Forces (AGF) fighting for control of the key town of Bor in Jonglei State. I was out of the country when the conflict began. By the time I returned, a week after the start of hostilities, the Anti-Government Forces were in control of Bor Town. The UN compound looked different as force protection measures had been increased. This work continued as Bor was recaptured by Pro-Government Forces on 24 Dec 13, then re-taken by AGF on 31 Dec 13 before PGF again recaptured Bor on 18 Jan 14.

My primary role during this crisis was co-ordinating air operations and movement control of evacuees. After a brief handover I began my task of evacuating UN and NGO staff and family, foreign nationals, and casualties. During this period we evacuated over 2000 staff, family members, foreign nationals and casualties.

The compassion and willingness of all the UN personnel is a testament to their professionalism and to the saying that “good soldiers don’t necessarily make good people, but good people make good soldiers”.



# FOREIGN CORRESPONDENTS CONT'D...



The silver lining from the conflict was that it forced us to work with organisations that we wouldn't normally work with. For me this was the Republic of Korea Horizontal Engineering Company (ROK HMEC). Another NZ Army saying is "Ma Nga Hua Tu Tangata" (By our actions we are known). I will always know this Korean Contingent due to the enduring memory of the professionalism, compassion and camaraderie that I witnessed and experienced from ROK HMEC. As a New Zealand Army Engineer, I was proud to serve alongside an Engineer Unit so professional and dedicated to helping not only the UN compound, but those sheltering inside it.



**Left:**  
During a re-supply  
flight at Bor airfield



To paraphrase from a previous Brigade Commander of mine; as you help to write the next chapter in this country's history maintain the great work, treat all people with honour, help the sick, protect the weak, and when necessary, be ferocious in battle. Kia rite kia taka tu – which means 'Be ready'.



**MAJ Michael Nochete with South Korean colleagues during preparation of the compound soccer field to be used as a Helicopter Landing Site**



# FOREIGN CORRESPONDENTS CONT'D...

## NEWS FROM SINAI

### RUNNING THE SAMSUNG MARATHON

#### Sergeant Sarah Sim

On the 28<sup>th</sup> of February 2014, the Samsung Marathon was held in Tel Aviv, Israel. This is a multi-course event allowing runners in all levels and styles to take part. This years marathon offered the Full Marathon, Half Marathon, 10km, 5km, and a Kids Mini Marathon. The event also included a 42km Handcycle race for people with special needs. With just over 30,000 people participating, this has become the most popular running event in Israel.

Representing the MFO, roughly 40 people participated. This consisted of a range of different nationalities,

from the Australians, Canadians, Americans, Hungarians, and of course the Kiwis. Representing NZCON was myself and WO1 Douglas – we both had volunteered to participate in the Half Marathon.

Arriving at our hotel on the 27<sup>th</sup>, we received our race packs containing an Adidas 2014 Samsung Marathon T-Shirt, energy gel and our race numbers. I settled in for the night and prepared my gears for the following day.

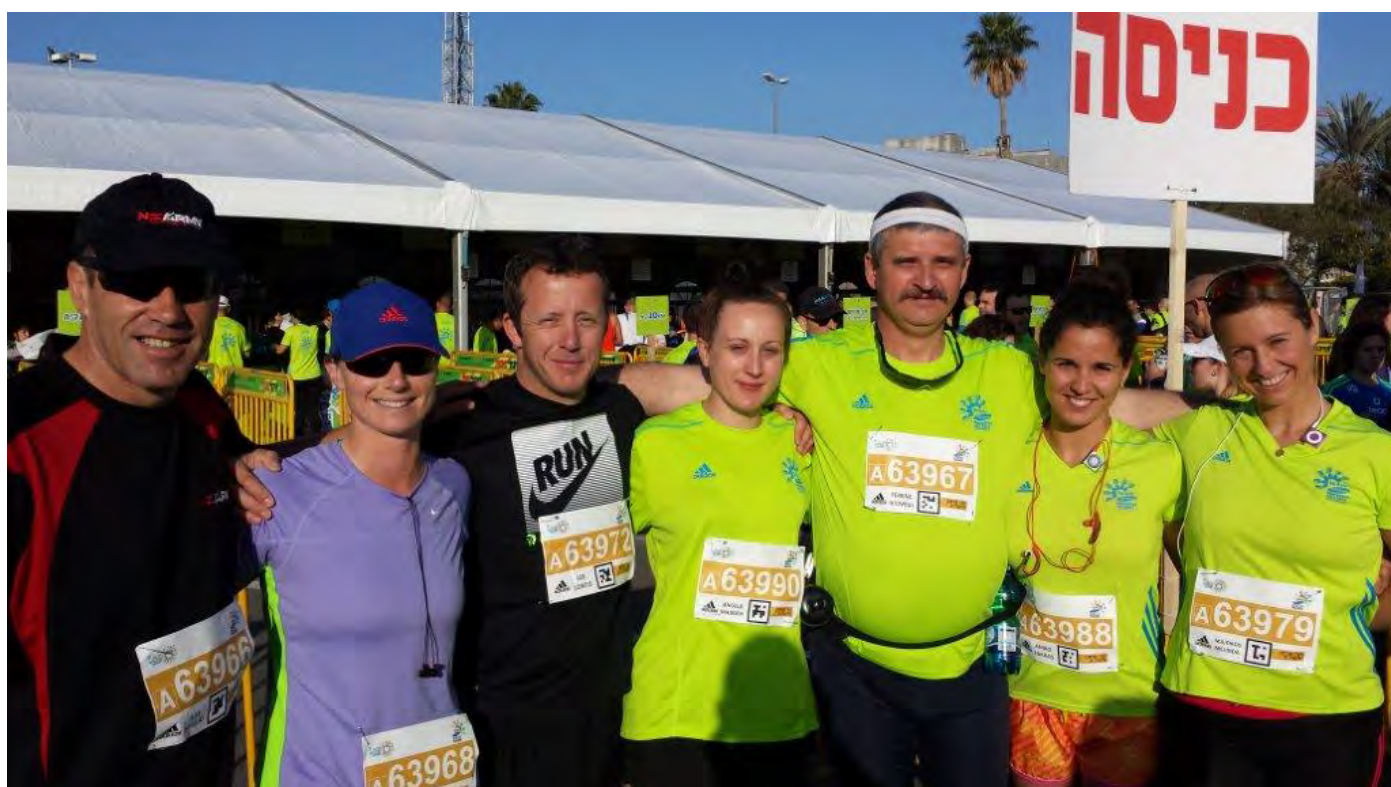
The race didn't kick off till 0830, however, we all arrived relatively early to conduct final prep, take photos, etc. The initial scene at the event was somewhat chaotic with thousands of people of all ages. The majority were dressed in the highlighter green

Samsung Marathon T-Shirt we had been given in our race packs.

Finally, a sea of bright green moved forward to the start point. As the countdown began the nerves started to kick in, then we were off. With thousands of bodies running all over the place, it took a good 2km to break away from the crowd and get into a comfortable running rhythm.

Running along the seashore and main streets of Tel Aviv was amazing; I can actually enjoy this run. A very different scene to what I was used to. My training for the event consisted of running multiple laps of the 7km perimeter around North Camp which got very boring.

The last 3km of the race was intense, with the full, half, 10km and 5km runners merging as one to cross the finish line. I had people stopping in front of me and walking across my running path, which got very frustrating, but knowing the finish line was in sight I held it together and finished at a time of



**תל אביב 28.2.2014**  
SAMSUNG

**Kick-off Times**  
28.2.2014

Event Opening		09:00
Hand cycle Race		08:25
Marathon		08:00
Half Marathon	1st group	08:00
Half Marathon	2nd group	08:15
10K	1st group	08:45
10K	2nd group	08:59
10K	3rd group	09:15
Kids Mini Marathon - 400m		10:00
Kids Mini Marathon - 800m		10:10
S.R.		12:30
Closing Time		

Participating in this event was an amazing experience and I would do it again in a heartbeat. I feel this has made me want to challenge myself even more now and possibly participate in a Full Marathon in the future — we will see.

**LCPL Robert Brocklehurst**  
**Driver, OP FARAD**

Having to turn the heater in my room on at 0400 every morning was not exactly how I imagined I'd be starting my days whilst on deployment in the Sinai Peninsula. Awake and rearing to go by 0430, and then down to the truck yard to start prepping the vehicles for the day. If you're back inside the camp by 1600, then you consider yourself lucky and quickly get changed for the gym with a small smile on your face as you listen to the sound of protein shakers being rattled all through the barracks. After the gym it's a quick shower, off to the mess and then depending on the day, some sort of evening activity with the NZ contingent.

This life compared to my one back in NZ is a bit different where my alarm would go off at 0700 and I would be hitting the snooze button until 0740 with my hardest decision being whether or not I wanted to sleep an extra 20 minutes or have breakfast that morning. The years of training as a driver in NZ though, has definitely given me the fundamentals I needed to arrive in-theatre and be able to adapt to driving the largest vehicles I have ever driven. Not only that but driving it on the right hand side of the road, as a left hand drive truck, on some of the worst maintained and testing roads (if you can call them that) that I have ever driven. If you could picture a gravel road in NZ where someone has dug out potholes, made piles of dirt from digging those potholes all over the road and then put a bunch of wild dogs, children, rubbish and some of the worst driving from other road users I have ever seen, then you will be getting close to what the driving team here deals with each day. I felt as if I was going for my restricted car licence all over again when I first jumped in there.

my friends and family over the Christmas period. Calling the family on Christmas Day and listening to them all gathered there talking to me was awesome. Finding out that I had the biggest present under the Christmas tree was even better though. Something to look forward to when I get home! Although it's tough we have a great group of people over here and a like-minded enjoyment for the gym, fitness and most recently, Game of Thrones, which has made our lounge become the gathering point for everybody later in the evenings.

I have thoroughly enjoyed my time here so far as I am finally able to put my training into action. I am seeing a whole different way of life first hand which many people will never encounter and everything I am doing over here is constantly changing and is a whole new experience. No day is the same as the one before and the time is flying by. Although I am missing friends and family, I am also excited at the thought of what else this tour will bring and I am looking forward to what the next few months hold in store for all of us over here on OP FARAD.

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

# DOG TAGS FOR KIDS

**Front**



**Back**

☐ My Dad is deployed overseas with the New Zealand Defence Force

☐ My Mum is deployed overseas with the New Zealand Defence Force

A supply of Dog Tags is available for children of deployed tri-service personnel. This new edition reflects the new camouflage print and are available for children of Mums' or Dads' deployed on overseas missions with the New Zealand Defence Force.

This project has been a favourite for a number of years now and has had many successful campaigns. From our experience, children love to wear the Dog Tags. For schools, this reminded teachers that these children had a loved one absent from their home and sometimes needed a little more attention and understanding. Dog Tags were a great talking point when children were out and about and gave others the opportunity to acknowledge the sacrifice families make and the chance to acknowledge the commitment that our service personnel make abroad.

Dog Tags are strictly limited to one per child. Sorry - despite many requests, they are not available for pets. For those with very young children, Dog Tags may be ordered and retained as a keepsake even if not able to be worn. Sadly we are unable to meet requests from other family members.

Please complete the form below and we will arrange for the Dog Tags to be sent to you. If you live near Burnham or Linton Military Camps you may collect Dog Tags from the Deployment Services Officers. In Trentham they are available from the Family and Community Services Officer.

We would welcome any feedback on this project and any new ideas which you think may help children through the Deployment journey.

## Dog Tags for Kids

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

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

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

Name of Deployed Service person and location: \_\_\_\_\_

Age of children: \_\_\_\_\_

Dog Tag required: Mum: ☐

Dad: ☐

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



Sometimes we make big pictures for our parents. When Dad is away, Mum covers the table with big paper bags. We get to draw all over the paper. It's a lot of fun. We use crayons, big markers, stickers and stamps. Sometimes we put Sam's paw print in the picture. Mum writes a letter to Dad on the back of our pictures. Mum sends the picture letter to Dad. We tell Mum to say

## Big Pictures

that we love him and miss him. He likes to get these letter pictures. We do the same for Mum when she's away.



Make a large colourful picture to send overseas.  
Write a letter on the back.

# FEELINGS

When one of my parents goes away I have all kinds of feelings. I have sad feelings, confused feelings, and happy feelings. Everyone has feelings about separations, even grownups.

When we know we will be separated, my parents and I talk about our feelings. This feels good.

Here are some feelings kids have when one of their parents is going to go away.



S	T	R	E	S	S	E	D
H	K	L	M	M	A	H	O
A	O	G	L	A	D	C	W
P	R	O	U	D	F	G	N
P	Q	S	C	A	R	E	D
Y	R	T	L	O	K	P	D

DOWN

GLAD

HAPPY

MAD

PROUD

SAD

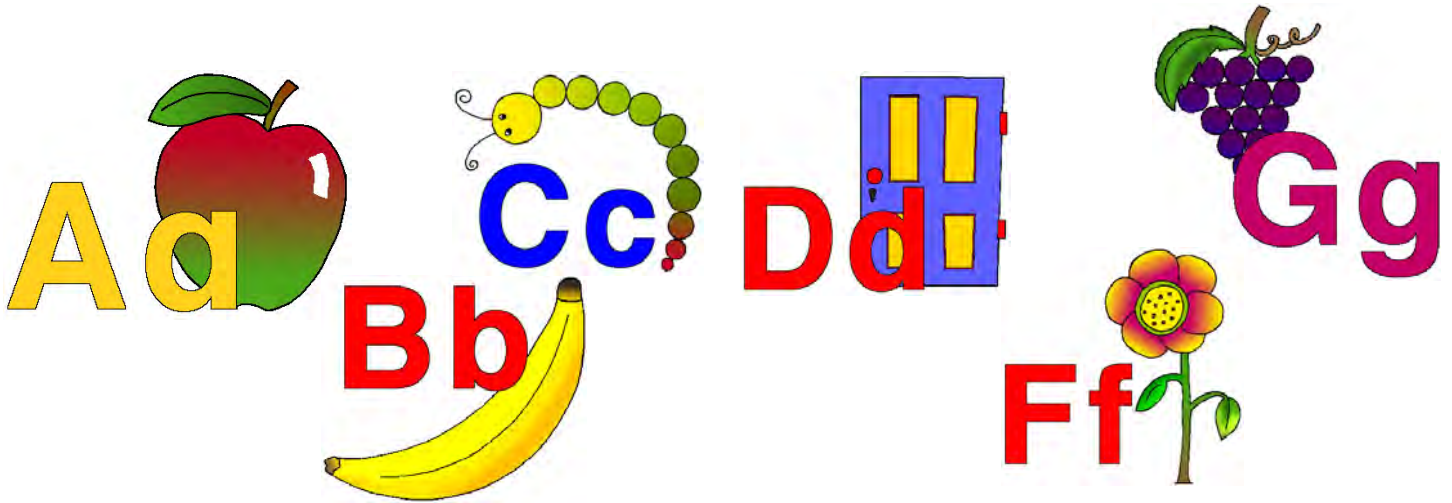
SCARED

STRESSED

Look down and across to find and circle these feeling words. Colour in those circled feelings you have and then talk about them with your parents or someone else you trust.



# Secret Word Scramble



n i g o g

Where are you 10 8 ?

g l n o

How 6 9 will you be away?

s i m s

Will you 3 me?

m e h o

When will you be 1 ?

e t k a

Who will 4 me to school?

h o l s o c

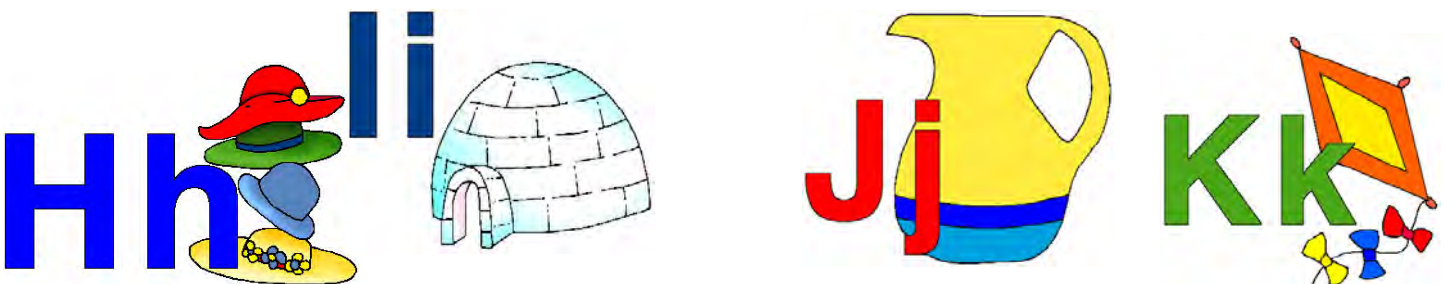
Who will help me with my 5 2 work?

e e m b e r m r

Will you 7 my birthday?

SECRET WORD

1	2	3	4	5	6	7	8	9	10



# HOMEcoming

## Getting Ready for Homecoming

The best time is when we get ready for our parents to come home. We were sad when they left. We will be glad to see them when they come home. And they will be happy to see us because they love us.



**WELCOME  
HOME**

### What could you do to Welcome your Mum or Dad Home?

- \* Make a special welcome home card
- \* Make a welcome home banner
- \* Have a party
- \* Cook Mum or Dad's favourite meal
- \* Plan a special treat for your parent





# DSO'S CORNER



## **Carol Voyce**

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

Life for those left at home during a deployment can at times be lonely, but amongst the many mixed emotions one feels at such a time, is that of pride - Pride in the knowledge that your loved one is making a difference and your commitment in allowing this to happen, (even if it is reluctantly), is equally important. It can make the sacrifice even more worthwhile knowing that those in distant lands are making a difference – that the lives of those so much less fortunate than us, are being enhanced, that there is hope for their future and a chance to live in peace and harmony.

I can't think of a better way to illustrate this feeling of pride than in a conversation I had with a young boy sometime ago. To protect his identity I'll call him Billy. His Mum had called into my office to discuss a concern and Billy and I got chatting. This bright 4 year old went to great lengths to explain to me that his Dad was working in a country on the other side of the world. "If I wanted to go and see him, and we're not allowed to, it would take me two days to get there on the fastest jet that was

ever made!" He quickly reminded me that his Dad was busy everyday helping people who didn't have "nice food, nice houses, or nice toys." "They don't even have blankets and wouldn't know what a lollipop was," he said, as he took a slurp on the one I had just given him.

I asked Billy what his Dad looked like – hoping that he was someone I might remember meeting previously. "Is he as tall as me?" I asked. "My Daddy" he said leaping onto the chair, gumboots and all, is this tall and more". His eyes sparkled and a huge beaming smile was forthcoming. "He is the tallest Daddy in the whole wide world and he is covered in orange freckles!" "Fairy footprints," I replied and the smile grew bigger. "I love him this much", he keenly demonstrated, arms outstretched.

This description of Billy's Dad clearly warmed my heart. Billy idolised his Dad and this vision he had clearly painted and portrayed, illustrated that little Billy was so much like many other NZDF children. Children, of all ages, separated from the one they love, that special missing figure, but amongst their daily struggles of being apart, know that their daddy is making a difference. Billy's Dad, like so many other Mums' and Dads' deployed, is purely and simply a hero. Gorgeous Billy is a shining example of bravery and courage, of carrying a lot on those little shoulders and doing it proudly! A little hero too.

So heroes, big and small – be sure to keep in touch! For those in the greater Christchurch area or for visitors to Canterbury, be sure to join us for dinner on Sunday 16 March, B Block Mess, 5.30pm. Please RSVP to me for catering purposes. We look forward to meeting with you all.



## **Janine Burton**

Deployment Services Officer  
1 (NZ) Brigade

Following on from last month's opening, now into March and another month closer to having loved ones return from deployment! Yippee.

As I write (first working day in March and a week out from publication) this morning was the first time that I really had to turn on the lights when I got up. For the past week I have resisted having to do this, but no longer. We have had some really hot days over the past fortnight here in the Manawatu, but I think even they are behind us and we are definitely on the way into Autumn. I guess that means I need to think about ordering my firewood for the year!

We are in a period of rotation changes, so I would like to say a huge welcome to our new "Bugle" readers. Our "Bugle" is for you and I hope that over the coming months that you will get value from each edition. Remember that we have a section where you can share special messages with those you are missing; a great way to remember those special occasions such as birthdays and anniversaries, or just to send one of those 'missing you' messages.

# DSO'S CORNER CONT'D..

In welcoming new readers, we are also saying goodbye to those we have journeyed with and wish you well in your reunions. I know that the last few weeks of deployment always seem the longest of all the weeks you have spent apart; it can feel that someone has put the brakes on the calendar but "the day" does dawn and the time arrives when you can head off to the airport (if that is what you have arranged to do).

Sometimes, if you are a parent you might have to wait a little while until you catch up with your son/

daughter, but just knowing that their deployment is complete and that they are back home again can be a huge relief. You may not even be aware until they are home again, that you have been carrying a small level of tension over the period of the deployment. Well, it is all over (or will be soon) so you too can relax in the knowledge they are home safe and sound.

Thinking of you all, whether you are at the beginning, middle or end of your deployment journey.

## FOR YOUR INFO...

### HRMIS Statement

"The New Zealand Defence Force (NZDF) is introducing a new personnel management tool that will be used to process pay, leave and other administrative actions. All personnel and family members who have Powers of Attorney or access to joint accounts should check all pay payments extra carefully over the next couple of months. While no problems are expected it is important that NZDF personnel contact the Human Resources Service Centre (HRSC) if there are any questions about payments. Primary Next of Kin who have questions or problems that cannot be answered in time by their deployed person should then contact the Deployment Services Officers."

#### 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

All missions offer support from the Deployment Services Officer (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 the 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:

Sarah-Jane Shearman

Ph: 04 498 6773

##### Base Auckland:

Deana Lye

Ph: 09 417 7035

##### Base Woodbourne:

Claudia Baker

Ph: 03 577 1177

##### Base Ohakea:

Bridget Williams

Ph: 06 3515 739

##### Naval Community Organization:

Ph: 09 445 5534, 0800 NAVYHELP

nib@nzdf.mil.nz

##### Local Chaplaincy Services

##### Unit Point of Contact



# KEEPING THE HOME FIRES BURNING



Recently I had to ring the Deployment Services Officer in Burnham. A small problem that I hoped she could help me with. I felt somewhat nervous making the call as it was a silly question I had, but was playing on my mind! I know Carol said at the Briefings, that no problem was too big or too small - never the less I still felt silly that I even had to ask!

It was great to chat with Carol. Not only did she give a quick answer and put my mind to rest, she was also able to informally chat away about the mission location and gave me some snippets of news which really made my day!

So I am encouraging you all now to "be brave" and give those girls a call if you need anything! I am so glad I did. Now I can think on other things which is great.

I hope all is going well with you all as you keep the home fires burning!

Best regards, Joan.

Hello, my name is Ollie. I am 12 years old. My Dad has been overseas lots of times and I miss him. He takes me to sports on the weekends when he is home and does fun things with me that only boys can do. We like to go fishing,

play ball games and beat each other in chess. It's hard when he is away.

My Mum is a good Mum, but she can't fish and she doesn't know much about rugby or cricket. I keep a scrapbook for Dad with all the great sports news in it so we can talk about it when he gets home. I have written about all my games here and also about the rugby especially about the Crusaders.

My little sister is a bit annoying at times especially when she gets into my Lego. Mum says she doesn't know yet how hard it is to build things so I am going to have to just put up with it till she grows a bit more.

I always try to help Mum when Dad is away and I get the wood in and help with cutting the grass. I try to keep my bedroom tidy and put things away. I get pocket money and I am saving it up to buy a new fishing reel.

I have one of those Army Dog Tags. My friends wish they had one too. My teacher likes it too and I tell her about where Dad is and what he is doing. I am allowed to wear it with my school uniform so that is cool.

Can someone else write for "The Bugle"? I would like to know where you live, what you do and if your Dad or Mum is overseas.

Thank you.

I think "The Bugle" is a wonderful magazine and was such a great way to feel included when Dave (that's my husband) was last away on deployment - that was 8 years ago! I remember I had such wonderful support when he was away from my family, friends and work colleagues and have always tried to support others in the same way, so that when I was asked if I would like to write for "The Bugle" as I work through this next deployment, I was happy to help out (was quite flattered too!).

Dave and I have been married for 9 years - he is going to miss our anniversary this year, our 10<sup>th</sup> - and we have two mostly wonderful children, Timmy is 6 and Katie is 4 - birthdays will also be missed this year. It seems the important family dates are going to be solo this year; he will be home for Christmas but that's months away! We also have our dog (Luca) who is now 14 months old so still gets up to a lot of puppy mischief. No doubt he will feature a lot in my writing.

I have a friend whose husband is about to return after being away for the past six months and she is so excited. At this stage I can't even begin to imagine that far ahead but she said the

# KEEPING THE HOME FIRES BURNING CONT'D..



*time has passed quite quickly. Let's hope!*

*When Dave came home a few months ago and said he has been accepted for deployment, my first reaction was "oh no" and my heart beat a little fast for a few minutes. He was sooooo excited and I was sooooo not! We had talked about him deploying so it wasn't totally unexpected, but the reality of it? Not so sure that I was that ready after all. I am the sort of person who needs time to ponder, reflect and let things sink in, so by the next day I was okay with it all. After all we had been through deployment before, I knew what to expect, Dave is already away a lot with his current job and was*

*really looking forward to this next experience. As they say on Top Gear, how hard could it be?*

*Over the past weeks we have talked a lot about this deployment as a family. Explaining to the kids that dad is going to be away for most of the year is a work in progress. Timmy and Katie are used to their dad being away for work, but six-plus months is a very long time and I don't think they really comprehend that he isn't going to be home for their birthdays, or be on the sideline for Timmy's football games this season, or able to go and play in the park on a Sunday which is something they really enjoy doing with*

*their dad. Dave has now been away for two weeks on his pre-deployment training and the kids keep asking when he is going to be home, something they haven't tended to do as intensely as they are at the moment - or is that just me being more aware that our six month separation is about to commence? Am I subconsciously moving my own head space into deployment mode too? When I allow myself to think about it ... no, today I don't want to think about it.*

*Denise.*

## LOOKING BACK

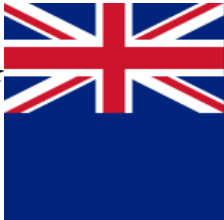
### 15 March - 1944—NZ Forces Capture Castle Hill at Cassino

On 15 March 1944 the 6<sup>th</sup> New Zealand Brigade attacked the Italian town of Cassino as part of the Allies' advance on Rome. The New Zealand Division played a significant part in this campaign and by the time it was withdrawn in early April, 343 New Zealanders had lost their lives.

The success of the 15 March attack on the tactically important Castle Hill depended on the effectiveness of a planned bombing campaign. Troops had been waiting three weeks in freezing rain for suitable weather for an aerial assault. Bombarded from the air and land, Cassino was reduced to a pile of rubble. But the German defenders rallied quickly and put up staunch resistance. In conditions reminiscent of the First World War, Allied armour and infantry were held up by bomb craters that flooded as heavy rain set in, turning the rubble into a morass. Communications were difficult and progress was slower than expected. One New Zealand Battalion did manage to seize Castle Hill, but by dusk the attack had lost its impetus.

Over the next eight days more New Zealand troops entered Cassino, but they were unable to make any headway. On 23 March all attacks were called to a halt and the New Zealanders went on the defensive. Cassino did not fall until 18 May 1944, when it was occupied by Polish troops with the assistance of New Zealand artillery.





## “EVERYONE SERVES”

Welcome to the emotional rollercoaster called the cycle of deployment. If you attended a predeployment briefing, you will remember this being discussed by one of our Psychologists. You were also given the resource “Building Resilience”, which focuses very much on the different stages and cycles of deployment, about how you may feel and what’s normal to experience a long the way.

From time to time we make a search of all the overseas literature written for families about deployments. Some of the information found, applies very much to the family situations we find ourselves in here. I have been reviewing a new booklet for families called “Everyone Serves”. This handbook is written for Family and Friends of Service personnel and covers Predeployment, Deployment and Re-integration. It’s lengthy to be called a booklet, but is full of some interesting and well written articles and handy hints. We will over time, share some of it with you in future editions of “The Bugle”.

The thing that I liked most about this resource, was the many quotes given, which illustrate the true essence of what deployments and separations are all about and gives firsthand glimpses into the thoughts and actions of others. It offers coping strategies and handy hints too.

To begin what will be a regular feature in “The Bugle” – here are a few randomly chosen quotes, in random order, which I really liked and which you may already identify with or thought of:

*“I have learned that you have to be willing to ask for help. There are*

*usually a few people that offer to help with ‘anything’ but they need me to suggest something specific. I used to just say, “oh we’re fine”, but now I’m happy to suggest that they bring over a meal or take the kids for an afternoon or come and mow the lawn. Accepting help can be hard, but you have to do it if you want to make it through.”*

*“My husband missed both of the kids’ birthdays on his deployment. To make him feel like he was part of the fun, I created “party by mail” packages. I included a party invite, cake in a jar, a candle representing the age our child was turning, hats, party favours, and even confetti. To make it more like a party, I included hats, forks, plates, and napkins for others. Some of the best photos I received while he was gone were of him in his party hat with his friends having a birthday party out at sea. The snapshots are in the family photo albums right next to the photos of the real parties he missed.”*

*“Try to avoid comparing how often you speak with your loved one and how often someone else says they do to theirs! Focus on what works for you both and don’t worry about how other couples are communicating.”*

*“I try to understand that although my husband does miss me, he may not want to spend his whole deployment on the computer with me. It can make it harder for him. He needs his ways of dealing with things and to get his mind off the deployment. If the chow hall is having a themed dinner he may spend more time there with friends and co workers than talking to me on the computer. He may spend more time at the gym. This doesn’t mean that he does not want to talk*

*to his family.”*

*“My son has deployed to Iraq for four months now. I really thought he would call me more often, and I get a little nervous when I don’t hear from him for a week or two. But I know how busy he is and how focussed he is on doing a good job over there. So I keep my cell phone close by and keep sending him big batches of my famous cookies, which apparently the other guys in his unit really love.! Oh, and coffee; I always send lots of good coffee. My son says he is becoming the most popular guy in the unit.”*

*“I think I only got to talk to my bro five or six times while he was gone and that kind of sucked. I mean, he was in Afghanistan and I know it was hard for him to communicate, but man, I missed talking to him. When he did get to call, we mostly asked if he was ok and tried to figure out what he needed us to buy for him. I think he must have lived for Mom’s care packages. And she sent those out like clockwork. The weirdest thing happened though. I actually started writing letters. I can’t remember ever writing a letter to anyone. But three months into the deployment, I just started writing Steve letters every other week or so. It sort of made him feel closer in a way. It was pretty cool, actually.”*

*“I try not to be hard on myself. I don’t get upset if the house isn’t perfectly clean all the time or if we eat take out during the week. The kids just need me to be there for them; they don’t care of the dishes aren’t done every night.”*

*(Source of Quotes: Everyone Serves. Vulcan Productions)*

More next issue – watch this space!



# DID YOU KNOW?

## Facts on ‘The Sinai Peninsula’

### Geography

The Sinai Peninsula is a triangular area of 61,000 km<sup>2</sup>, or roughly half the size of the North Island. Situated between the Mediterranean Sea to the north and the Red Sea to the south, the Sinai is bordered to the West by the Gulf of Suez, the Suez Canal and Egypt, and to the east by Israel and the Gulf of Aqaba. The largest city in the Sinai is El Arish, a coastal city located in the east towards Israel.

Geographically, the Sinai can be divided into three main areas: the coastal plains, a central plateau region, and the rugged southern mountains. The central plateau, with its deeply cut wadis and streambeds takes up 60 percent of the Sinai's total area. Its soil is a mixture of sand and gravel with many areas of exposed rock.

Southern Sinai consists of arid, rugged hills and mountains dissected by broad high-banked wadis, or dry streambeds. The hills along the Red Sea coast in the south climb to reach the highest point of the peninsula at Gebel Katrinah (Mount Catherine), which is 2,637m above sea level.

### Climate

The climate is arid with hot summers lasting from May through to October. Summer daytime temperatures generally range from 35-45°C inland, and from 28-35°C near the coast. At night, temperatures can drop by 20°C. Winters from November through to March, can be unexpectedly cold. Temperatures range from 20-25°C during the day and can get as low as 0-4°C at night.

October and April are transitional periods between the seasons, when sandstorms may occur, which can form sand drifts over roads, move anti-personnel mines around and uproot trees and bushes. Visibility can also be greatly reduced. At this time heavy rains also occur, mostly on the coast and in the mountainous region in the south. During this period flooding may occur making driving very dangerous by either washing out roads or moving mines onto the roads. Otherwise rainfall is limited.

### Population

Approximately half the population of the Sinai lives on the flat coastal plain. The plain is only a few kilometres wide near Gaza in the northeast but stretches to a total width of 145km at the Suez Canal to the west. Most people live in small towns and villages, the majority of which are scattered along the coast and near the Suez Canal towards the west.

### Economy

Economic activity is limited by the terrain and climate, and consists mainly of mineral extractions, fishing, tourism and some offshore oil drilling.

# 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 April at 4.00pm**). Please note: All "Bugle" messages are to be sent to Carol Voyce, DSO Burnham (email: dso.burnham@xtra.co.nz)



## From Home

### Daddio

Just a quick note from your 3 girls to say 'we miss you too much!'. Love you to the moon and stars and back again xox.

### To our unloved middle child (yeah right!)

Well, Callum managed to turn 21 without you. I'm sure he will do it again, just for you, when you get back. Hope you and your boys and Tui are all good. Miss you heaps. We always look forward to hearing about your adventures. Call again soon. Love from Papa Bear and Mother Goose exohexoh.

### Jude

Still thinking of you and hope that all is going to plan. This year seems to be going fast and it is almost March. Hope time goes as quickly for you there. Keep enjoying your time away. Thanks for the great parcel. Wayne xx.

### Molly

Thanks for the photos and the special gift. Much loved and admired by all. Love getting your emails and the few photos you have managed to send. Great adventures but still looking forward to your small town homecoming. Love Mum xxx.

### Hello Boy

Did you see my letter to the last copy of "The Bugle"? Hope you weren't cross with us. Just wanted everyone to know that we are pleased that you and them keep in touch! We are still having a very hot summer and not looking forward to when it ends. The races have been going well and there have been a

few wins of late which helps cover all the costs. Even a trophy or two which Nan has tucked into the cabinet to polish up. Was great to get your last call. Pleased you are having a good time. Hard work doesn't hurt anyone eh? See you in a few months. Love Grumps, Nan and all.

### Bob

Still in touch with the latest in goss and the boys antics here. All very harmless but fun! Will be better when you are back in the fold! Had a few great weekend away with the boat again - some budding skiers in the making. Hope you are still working on that O E. Hear from you soon again. Gus.

### Hello there Slug

Another message from me - still looking for your efforts! Hope you managed to catch a bit of the winter Olympics - some late night viewing. That bobsled stuff is awesome! Imagine it - the speed and those corners. Maybe we should see if we could give it a go. Would our go-karting experience help? Rugby has already started - a few casualties. Guess you saw that McCullum got a triple century against India. Amazing stuff! We managed to get ourselves to Basin Reserve to see the moment. I think there were lots of lame excuses that day why people didn't make it into the office! Good on him!! Hope things are going your way over there. Hear from you soon I hope. Your old mate, Gully.

### Wally

Same message as last time - Where is Wally? No messages, no letters, no parcels! What's the deal? - You know who!

### Grandson Number One

Was a great read the last "Bugle" and good to hear from your team there? Nice to be able to take our copy down to the RSA and talk to the fellows. Of course things were way different in our day which generated much talk. Hope you got the home baking from Grandma. She made a fuss about getting it packaged so hope not a crumb was wasted. Not likely for you! Keep up the good work. On the countdown in a few months. Grandad and Grandma.

### Fred Astaire

You got it! Perfect move! The Hollywood STARS.

### My Guy

Hi from Kiwi land. All's good here. We have been busy painting and sprucing things up. Think you will like it. Very pleased with my gardening efforts too! Weather has been hot this weekend. Love it! Long summer I hope. Take care over there. Miss you heaps and hear from you soon. Your gal in kiwi land.

### B

What an amazing thing to do for Valentines Day! Thank you so much. Love you, E xx.

### C.T.

Always thinking of you in that far away place! So much to tell you and so much to catch up on. Listen out! P T xxoo.

### Happy Birthday to you

Hope you are going to have a great day on the 10th. Special thoughts and lots of smoke from all those candles blowing your way! Enjoy your presents and take some photos. The Clan xx.



# OPERATION ANZAC SPIRIT 2014



**THE NEW ZEALAND DEFENCE FORCE INVITES STUDENTS IN YEARS 7 AND 8 TO ENTER OPERATION ANZAC SPIRIT 2014, A COMPETITION RUN AS PART OF THIS YEAR'S ANZAC DAY COMMEMORATION.**

## HOW TO ENTER

Design a poster showing how you commemorate Anzac Day. Posters must be no bigger than A3 size and can be in the medium of your choice (drawing, painting, collage etc).

There are three prizes up for grabs:

1. A day at Devonport Naval Base for the student, parent/caregiver and a friend.
2. A day at Waiouru, Linton or Burnham Army camp for the student, parent/caregiver and a friend.
3. A day at RNZAF Base Auckland or Ohakea for the student, parent/caregiver and a friend.

The four runners up will be awarded a pack of NZDF products.

## WHERE TO SEND YOUR ENTRY:

**OP ANZAC SPIRIT 2014**  
**Defence Communications Group**  
**Headquarters New Zealand Defence Force**  
**Private Bag 39997**  
**Wellington 6011**

**Please put your name, age, address, phone number, email address, and the name of your school on the back of your entry.**

ENTRY CRITERIA AND FURTHER INFORMATION ABOUT OPERATION ANZAC SPIRIT 2014 AND ANZAC DAY IS AVAILABLE AT  
[WWW.NZDF.MIL.NZ/NEWS/OP-ANZAC-SPIRIT/DEFAULT.HTM](http://WWW.NZDF.MIL.NZ/NEWS/OP-ANZAC-SPIRIT/DEFAULT.HTM)

