

THE BUGLE

Issue 196 | April 2014



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COURAGE | COMMITMENT | COMRADESHIP | INTEGRITY

“THE BUGLE”

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

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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.

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Poppy Day — 17 April

GUEST EDITORIAL

Lieutenant Colonel Sholto Stephens
Commanding Officer
Queen Alexandra's Mounted Rifles
(QAMR)

Tēnā koe, for those of us who have recently returned from operations overseas. We are very conscious of the support that we receive from our loved ones here in New Zealand; “The Bugle” is such a key way to celebrate both the support that helps motivates our people when they are deployed and at the same time thank those who 'keep the home fires burning'. Sure, we all have Skype accounts, email addresses, facebook pages etc... but “The Bugle” offers something else. It offers a way for us to understand that the separation we are experiencing is something that is shared, plus it gives families a sense of pride when they can read and see the outstanding work our personnel are doing overseas. A massive thank you to Carol and Janine for the fantastic work you do in keeping “The Bugle” alive and relevant!

For those of us serving at Units and Regiments here in New Zealand, we encourage families and dependents of those deployed to keep in touch with us via any method. If you have a question in relation to your loved one that you can't find the answer to, drop us a line, give us a call or contact us through one of the Deployed Services Officers (DSO's) or your Unit Point Of Contact (UPOC). If we cannot answer your query then we will find someone who can answer it for you. This is part of our responsibility and something that we treat as a priority; primarily because so many of us have deployed on operations we know the importance of our families being well informed whilst we are away.



*Lieutenant Colonel Sholto Stephens
Commanding Officer
Queen Alexandra's Mounted Rifles (QAMR)*

Likewise, at every Unit and Regiment we are always looking for ways to improve how we can stay connected with you whilst your loved one is deployed; let us know what works best for you. It might be a text, an email, a newsletter sent to you, a visit from your Unit Point Of Contact, or the chance for you to stop-by at the Unit for a cuppa and a catch-up.

All of us in the NZ Defence Force ask for a considerable amount of patience and sacrifice from our families whenever we deploy overseas. We are always mindful that our Soldiers, Sailors and Airmen have a whanau outside of the Army/Navy/Air Force who are just as proud of their Wife, Husband, Partner, Mum, Dad, Brother, Sister who is deployed. Stay in touch over the coming months so that we can support both yourselves and the member of your family deployed.

Ake Ake Kia Kaha (Forever and ever be strong).

NEWS UPDATE

CHANGES AT THE TOP



From left to right:

Air Vice-Marshal Kevin Short, new Vice Chief of Defence Force; Air Commodore Mike Yardley, new Chief of Air Force; and Brigadier Tim Gall, new Commander Joint Forces New Zealand.

25 March 2014

Air Vice-Marshal Kevin Short, Brigadier Tim Gall and Air Commodore Mike Yardley will be taking on new senior roles in the New Zealand Defence Force.

Air Vice-Marshal (AVM) Short moves to Vice Chief of Defence Force and Brigadier Tim Gall will take on the role of Commander Joint Forces that AVM Short vacates.

The new Chief of Air Force will be Air Commodore Mike Yardley who takes over from retiring Air Vice-Marshal Peter Stockwell.

Chief of Defence Force Lieutenant General Tim Keating said he was pleased with the appointments and looked forward to all three joining his senior leadership team.

"I am pleased these three have been chosen to fill these vital roles. They all have a proven track record, and will bring a wealth of experience to the Defence Force's Senior Leadership Team. I'm looking forward to working with them."

Source: www.nzdf.mil.nz

HEADQUARTERS JOINT FORCES NEW ZEALAND



Headquarters Joint Forces New Zealand (HQ JFNZ) was established at Trentham on 01 July 2001 to support the Commander Joint Forces New Zealand (COMJFNZ) in his command of assigned forces. These forces essentially include all deployable NZDF Force Elements.

COMJFNZ Responsibilities and Functions

COMJFNZ is responsible to CDF for operational-level command and control of all joint and/or combined (international) operations and exercises. In practice, this means virtually all NZDF operations and major exercises. The Headquarters also supports COMJFNZ and the three component commanders in the planning for, and command and conduct of, various tactical-level operations and exercises.

This especially concerns activities by RNZN and RNZAF elements where there is often no intermediate tactical-level headquarters between HQ JFNZ and individual Force Elements.

The Service Chiefs of Staff continue to command their own Services in their primary role of raising, training and sustaining their Service. In effect, the Chiefs of Staff are responsible for generating and sustaining NZDF military capabilities and COMJFNZ is responsible for employing such capabilities on operations (and major exercises).

The three single-Service component commanders: the Maritime Component Commander (MCC), the Land Component Commander (LCC), and the Air Component Commander (ACC), are responsible to COMJFNZ, and their respective Service Chiefs, for generation and sustainment of that Service's capabilities. This particularly includes bringing assigned forces to their Directed Level of Capability (DLOC). The component commanders also play an important part in planning and supervising NZDF operations and collective training - through their high-level advice to COMJFNZ and HQ JFNZ staff, their input to headquarters planning processes, and their technical control of operational standards, safety, doctrine and preparedness reporting.

As well as supervising the conduct of operations and exercises, the headquarters undertakes operational-level contingency planning and implements the NZDF exercise and activity programme.

FOREIGN CORRESPONDENTS

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NEWS FROM AFGHANISTAN

SSGT Richie Bray **OP ANAOA, Afghanistan**

Hello “Bugle” readers!

Well it's been just over two months since WO2 Hill (Marty) and I arrived at camp Qargha, Kabul, Afghanistan to take part in mentoring the instructors of the Afghan National Army Officer Academy. We have settled into our roles as CSM and Platoon Sergeant Mentors and have been

generally pleased with the level of our Afghan counter parts; while their military experience is low, they are keen to develop their personal skills and those of the cadets training under them.

Having spent the last two years training the future leaders of our Army at OCS (NZ), I am stoked at having been given this opportunity to help develop the future leaders of Afghanistan. While the typical

day varies it has many similarities to that of our officer Academy with field craft lessons, drill and lectures on tactics. Each day brings a new challenge ranging from lack of resources through to language and cultural differences, but this is all part of the mentoring role and what makes life here interesting.

There are currently 540 Afghan cadets broken into two Kandaks (Battalions) taking part in the 44 week commissioning course. Their day starts early with a 0430 reveille and doesn't finish until 2200. Another 270 cadets are due to start their course in May meaning there will be three Battalions of cadets running simultaneously.

Camp Qargha itself is made up of many different partner nations including UK, Australia, New Zealand, Denmark and Norway giving us a great opportunity to mix and learn from each other. In total there are seven of us Kiwis', three RLS (Rear Life Support), SGT Welsh keeping us supplied with what we need, SGT Cleary keeping us up to date with the current situation and SGT Lamb running a tight ship in the operations room.



FOREIGN CORRESPONDENTS CONT'D...



Afghan camouflage



Above: SSGT Bray in the snow

Left: Afghan cadets take a break

There are two other mentors attached to the first intake of cadets, MAJ Shattock and CAPT Darby, with WO2 Hill and myself attached to the second intake. As far as welfare facilities go we have a good gym, access to phones, internet and the food isn't too bad, so all in all life is pretty good here.

In closing, I'd like to let all the family and friends of those deployed here on Op ANAOA know everything is safe and well, and we thank you for your ongoing support, especially my wife and two monkeys back home.



WO2 Hill inspecting the range

FOREIGN CORRESPONDENTS CONT'D...

SSGT Kirsty Meynell NSE, Afghanistan

Hi All!

We are settling in well here and are now into week five of our deployment as the National Support Element (NSE). The first few weeks were a blur with a lot of transit personnel and handovers to be done. The so-called summer tour hit us with four good dumpings of snow and needless to say the puffer jackets have made frequent appearances. Today, as I type this, it is beautiful and sunny and around 25 Deg C so morale is definitely on the improve.

Our Camp isn't a very large camp but has quite a few good facilities. We have numerous shops, a local market, a Pizza Hut, Burger King, and a couple of good cafes. We've discovered a nice café that has polished floorboards, white furniture and great meals — this has

become our place of 'civilisation' and we head there for a quick relax when work allows.

The camp also has a morale meeting once a month that OC MAJ Kennish gets to attend. This is where the social functions/activities are discussed and planned of which we had our first event last night — An International Barbeque Night. One of the streets in camp was closed off and set up with numerous BBQ's and picnic tables. Different nationalities were busy giving out food and drinks from their respective countries. (I guess a bit like the food show but a lot more primitive).

We joined in and helped the Aussie team where we had lamb chops, ANZAC cookies dipped in chocolate (made in NZ NSE oven), mini pavlovas, sausage rolls, mince savouries, and Bundaberg Ginger Beer. We also had a whole tray of vegemite sandwiches and

cheesymite scrolls which bore a lot of entertainment when the other nationalities sampled it. It was quite an awesome night and the lines to sample the foods on offer spread at least 100m back for four hours straight.

Our next event that we are involved in will be ANZAC Day where we will again join with our Trans Tasman brothers and sisters. The day will have the usual commemoration services followed by a touch tournament and BBQ. We are lucky enough to have sponsored singlets coming from NZ Touch and SAS Sports NZ so we will look the part in the 'test match'.

We are receiving mail here on average about every eight days and are distributing out to all task groups within two days of receiving. Mail going home is slightly slower due to recent customs constraints but hopefully this will be cleared up shortly.



International BBQ Night

FOREIGN CORRESPONDENTS CONT'D...

NEWS FROM SINAI

OP FARAD 03/13 NZTAT

SSGT Danny Dewes

(This article was submitted for the March issue but withheld for OPSEC reasons and amendment)

Happy New Years to you all from the New Zealand Training and Advisory Team, (NZTAT) here in North Camp, Sinai!

"I feel grateful and privileged to be part of Op FARAD 03/13 and more so to work and be part of a team of 27 professional soldiers from Army and Navy who have deployed as part of NZCON".

I'm SSGT Danny Dewes and I am one of two OP Instructors working here at NZTAT with SSGT Nick Cloke from 2/1st Battalion, Burnham Camp. We are almost coming up to our half way point in the Tour and it seems our time here in Sinai is going very quickly.

Our job as OP Instructors in North Camp is to train the many other Forces who are here in Sinai as part of the MFO. The courses that we run vary from Road Convoy Course, RCO's Course for the Ranges, both here in North and South Camp, right through to the Site Commanders Course for Section Commanders who are

about to deploy out to the Remote Sites that are dotted along the Egyptian/Israeli International Border Line (IBL) and throughout Zone C of the Sinai Peninsula.

One of the other major roles that NZTAT are responsible for are the Snap Inspections of all of the Remote Sites starting with the Fijian AO in the North to the Columbian AO in the centre and finishing off with the US AO in the South. There are four NZTAT personnel who make up the team and carry out the inspections, Senior Instructor, (SI) CAPT Steve Fisher, NZCON RSM WO1 Clive Douglas, SSGT Nick Cloke and myself. These inspections consist of; testing the soldiers' vehicle/ aircraft and ship recognition skills, testing reporting procedures for any potential peace treaty violations, ensuring that all RS have a 100% stocktake of all mission essential

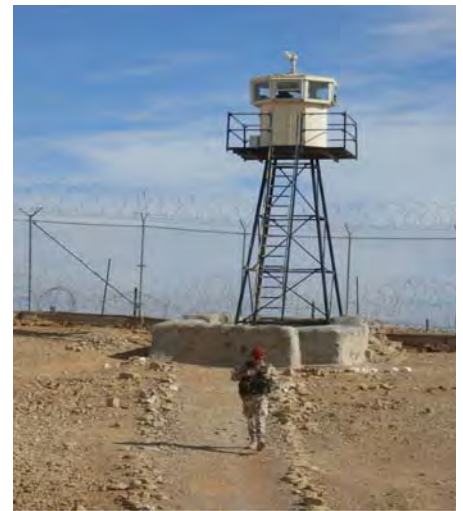


SSGT Dewes, SSGT Cloke, Columbian CAPT, WO1 Douglas, and WO1 McKinley (AUSCON)

FOREIGN CORRESPONDENTS CONT'D...



NZTAT Team with a Colombian Remote Site Team and Blackhawk Crew



Observation Tower at a Remote Site, US BATT AO, overlooking the Gulf of Aqaba

equipment, checking the security lighting and perimeter fencing around each remote site right through to ensuring that their vehicles have the right equipment to complete any given task. To date we have completed two lots of three day Snap Inspections covering all three AO's and spending a day in each. Due to time restrictions we can only inspect three sites a day in each AO.

The Fijian AO is covered by road and we travel in Fully Armoured Vehicles, (FAV's) which are big American Ford 350's with a lot of grunt under the bonnet. With a "no soft skin vehicle movement policy" for the Fijian AO North, travelling by FAV is the only way to get around along with escorts provided by the Fijians.

Travelling by road around the Fijian AO, North certainly has been interesting with the Northern AO being saturated with both heavily armed Egyptian Army and Police check points.

The Fijian AO is by far the busiest out of the three AO's that the MFO operate in, with 99% of activity

concentrated in this area alone. Part of the IBL straddles the Gaza Strip and surrounding towns in the immediate area which means our Fijian cousins are working hard successfully to meet the MFO's mission statement which is "Observe", "Report" and "Verify", which they do very well, effectively and efficiently.

For the Colombian and USBATT AO's and due to the location and distance of each site, we have had a Blackhawk at our disposal to fly us to each site. The language barrier when visiting the Colombian AO sites has been a challenge especially for our Spanish speaking interpreter. He has had to work hard to translate for us so these inspections can take a little longer than the other AO's that we visit.

The USBATT AO Remote Sites are run by veterans who have seen action in Iraq, Afghanistan and in some cases Somalia and have at least four to five tours under their belts. With each tour of duty being a year long, most are very young but at the same time they are very professional in what they do.

A majority of the US soldiers see a

tour in Sinai as a rest and seem to enjoy the change in pace. Their Remote Sites, when we inspect them, are always to a very high standard.

Seeing Sinai by road or air has been an awesome way to see the many different contrasts that the land has to offer; from flat to rolling sand dunes in the north, to the steep jagged mountainous terrain, the more south you travel, until you hit the Gulf of Aqaba and move along the coast, and then finally reaching South Camp in Sharm el Sheikh which is located at the very bottom of the Sinai Peninsula. Sharm el Sheikh seems in stark contrast compared to the north. This city is a tourist destination with many hotels, casinos, malls and shopping centres, all geared up for the tourist trade.

Our time here in Sinai has thus far been interesting to say the least especially with what is going on in the Middle East at this present time. I feel grateful and privileged to be part of Op FARAD 03/13 and more so to work and be part of a team of 27 professional soldiers from Army and Navy who have deployed as part of NZCON.

FOREIGN CORRESPONDENTS CONT'D...

FORCE SKILLS COMPETITION MARCH 2014

PTE Jason Ward
Op FARAD

After taking out first place in the MFO Driving Skills Competition our focus turned towards training for the Force Skills Competition. This competition was similar to the Skill at Arms Competition we have back home and tested teams on their basic soldiering skills and knowledge. It consisted of five stands - stand 1 was the medical stand, stands 2 and 3 were the Confidence Course, 3km boot run and shoot, stand 4 was vehicle recognition, incident reporting and IED (Improvised Explosive Device) jungle lane, and stand 5 was the rules of engagement stand.

Our Team was made up of 8 members, a section commander with 4 competitors, 2 reserves and a team manager; we called ourselves "The NZ Woolshed work-party". We had five weeks to train and prepare ourselves physically and mentally for the competition while also completing our driving missions out in the AO as well, so we knew we were going to have a few long nights over the next few weeks. We eased into our training and started with a few boot runs after work; about 3 or 4kms just to adjust ourselves to running in our kit and running in the heat, then had a few lessons of vehicle recognition – we had to recognise about 50 Egyptian, Israeli and MFO land and air vehicles and remember their full names. Most of us had never seen a lot of these vehicles in our lives so we knew this wouldn't be easy, but our team was very fortunate to have the NZ TAT give us a helping hand and take us through some recognition training. Our section commander also had a brilliant idea and posted pictures and names of the vehicles throughout our whole barracks. Our

corridor, lounge and bathroom was covered in these pictures so that everywhere we looked they were there. I thought it was an awesome idea!

Before the competition we had about three range shoots to practice for our shooting stand and get ourselves dialled in for game day. For our shoot stand we had to load 20 rounds into our mags in under 2 minutes, then move to our mounds and position ourselves for firing. We had to fire 5 rounds prone at 30m, 5 rounds kneeling at 25m and 10 rounds standing at 20m. A perfect score was 80 points and after our first range shoot we were averaging about 65 points which wasn't too bad but we knew we could do better. I remember on our last range day we were walking to the range and the Canadian team drove past us and one of them put his head out the window and with a big smirk on his face he yelled, "one of our guys just shot a 68, ha ha, beat that!" We smiled and carried on. By the end of our shoot our lowest score was 68, we all laughed and said, "I think we've got this in the bag!"

We had three weeks left until the competition and still hadn't touched the Confidence Course yet, but we finally organized for the PTI's to take us through it so we could go and practice on our own. The course looked pretty rough but we knew we had to do good in this stand to take out the win, so every chance we got we were down at the Con Course practising and finding the best techniques to get through the obstacle. We timed our first run through at about 11 minutes to get all 5 competitors to the end of the course then another 20 minutes for the run. It wasn't too bad, but it wasn't going to cut it for first place, so we kept working and training and finding faster ways to do it – this is where we all started to work as a well oiled machine; we knew our weaknesses and strengths.

With two weeks left to go we were getting pretty excited, and a little bit nervous. We had seen the other teams around camp training for the competition. They had seen us training and knew we were going to be a threat, so we picked up the intensity even more. We decided to



FOREIGN CORRESPONDENTS CONT'D...

focus our training on our weaker points such as med, ROE's, incident reporting and the IED jungle lane. After work every day our section commander set up scenarios for our med and ROE training, and jungle lanes for practising spotting booby traps and IED's. It wasn't long before our eyes were dialled in and it was all becoming second nature to us. We were feeling pretty confident.

We took the last week off work so we could focus solely on training. Our section commander and team manager organised a few days for us to run through everything we had learned so far and put it all together, sort of mini competition days where we would do all the stands back to back and see how we performed under the fatigue and pressure. I think these were the most important days as we could see where we were going wrong and then we could fix it. We were amped and ready to smash the competition!

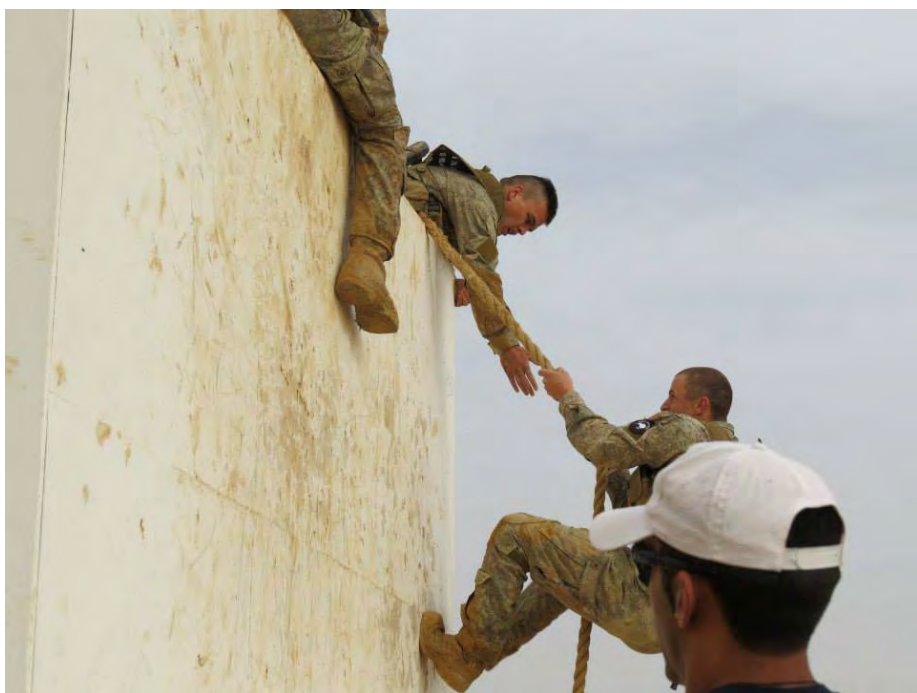
The day we were training for had finally come where we would see if all our hard work had paid off. We woke up early to have a hearty breakfast and get our kit ready then headed over to our first stand, the med stand. We were explained the rules then jumped into our vehicle. About 50m down the road we came across a vehicle accident where we had to assess the scene, apply first aid and provide security. This stand took about 20 minutes and we were fairly confident we had nailed it but couldn't be sure for certain. Next up we had the Confidence Course, run and shoot. We were most nervous about this stand in particular because we really wanted to take it out. We stood at the start point, talking each other up, getting amped for the intense 30 minutes ahead. There were at least a 100 people; all these different contingents watching and waiting to



see how we did. BANG! The gun went off and we were into it! Over the 6ft wall, through the mud, we were pushing ourselves to the limit. We managed to get all our five guys over the 12ft wall in under 30 seconds, everyone was cheering and clapping but we didn't even notice they were there, we were too much in the zone. We finished the course in 7 minutes and 16 seconds, almost 4 minutes off the

first time we went through. Next was the run, no rest between this and the Con Course as it was both timed as one. We were yelling and motivating each other the whole way, pushing ourselves almost to the point of vomiting. We finished our run at the range with a time of 25 minutes. It was a hard time to beat but didn't want to celebrate too early as we had the shoot up next.

FOREIGN CORRESPONDENTS CONT'D...



We caught our breath and started the shoot. We all thought we did well but weren't allowed to see the results so we focused on the stand ahead. Stand 4 was the recognition, reporting and IED stand and we didn't really know what to expect for this one. We got there and were told what we needed to do and to be honest it

was pretty easy, only because we had trained hard for it and expected something really difficult. But one thing I was a little nervous about was the IED jungle lane. The EOD team had set up live explosives out in the field, nothing that would hurt us, but if we set it off we would definitely know about it and so would everyone else. Luckily all our

guys got through without a bang and we headed off to our final stand. For our ROE stand we had to secure a vehicle that had broken down until the recovery vehicle came to retrieve it. During this a bunch of "angry locals" came over to see what was going on. We went through our proper drills and managed to get them to leave, then we were asked a few questions about our ROE procedures and that ended our last stand. We were finished!

The next day was prize-giving and all 158 competitors and 23 teams were seated in the court yard eagerly awaiting the results, along with the other few hundred supporters. Our team was shaking, we were so nervous but we knew we did well but didn't know if it was good enough to win. The Force Commander took the stage and kicked off the prize-giving. The first award was the individual top shot award. The speaker read out the name of third place and it was mine! I went up and collected my medal and certificate then sat back down. I thought it was pretty cool to get the first award of the evening even though it was just third place. Then another Kiwi name was read out and we got second place as well. We were stoked! First place went to an American but two out of three isn't bad. Next up was the minor unit trophy, Aussie were third, Hungary second and Kiwis first place! We were on our way to winning overall. Next was the Con Course and run trophy for the fastest time and they read out the Kiwis again. The major unit award was next but we weren't part of that competition so the next one up was the overall force skills competition trophy. This is where we really started to get nervous. My hands were sweating and heart was pounding. This was the one everyone really wanted to win. Everyone went dead silent as the

FOREIGN CORRESPONDENTS CONT'D...

Force Commander got up to present the award. He held up the trophy and said, "Congratulations...NZ Woolshed work-party". Everyone clapped and cheered as our team went up on stage; proud smiles on faces and received our trophy.

After a few handshakes and photos, we headed back to the NZ Woolshed for a few well-deserved beers and to put our photos and trophies up on the wall to be remembered and written into MFO and NZ history.

Congratulations to all that took part!

Team Members were:

CPL Sekola Wong (Manager) - TAD
CPL Lloyd Carter (Sect Comd) – 10 Tpt Coy
PTE Ben Markman (second place in the top shot competition) – 3 Tpt Coy
LCPL Scott Francis – Spt Coy Papakura
PTE Karl Bowen – 3 Tpt Coy
PTE Jason Ward – 10 Tpt Coy
PTE Jonathen Moses (reserve) – 3 Tpt Coy
LCPL Robert Brocklehurst (reserve) – 3 Tpt Coy



The new Force Commander, MAJ GEN Thompson (far left) giving the thumbs up for the NZ Woolshed work-party

DSO'S CORNER



Carol Voyce

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

As a youngster I was always fascinated at the preparation that went on in our household just before ANZAC Day and had little, if any, knowledge of what was really happening! Dad would be polishing his medals after spending hours searching for them in the safe place he was sure he had stored them the previous year and Mum would be ironing the suit and then making running repairs to the medal ribbons and clasp! Dad would be in the town centre selling poppies and on a working bee at what was referred to as the Soldiers' Plot at the Hokitika Cemetery. There always seemed much to be done. Then ANZAC Day would arrive and Dad would leave home very early and not reappear until long into the night when we were all fast asleep. I recall Mum giving Dad no sympathy the next morning, as the after effects of alcohol consumption were discussed!

How much has changed in the years that have gone by since! How much we have learned and how much we all now know. We all have a very real personal connection to ANZAC Day – be it family members

who have served in previous wars or those, who today are involved in peacekeeping, or in other New Zealand Defence Force missions worldwide. We have our celebrated successes and we have shared our grief, but we always remember!



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

As a nation, we are now fortunate to have much formal and informal documentation available of our commitment to service abroad, and priceless information is now recorded in our history, valuable lessons learned and sacrifices truly acknowledged.

I have in my safekeeping, the personal diaries of my late father, written during his four years in the Middle East during World War 11. I often decipher the spidery fading pencil writing, gaining a little insight into the times and conditions he faced, the value of true comrades and of the courage displayed by so many.

His writings tell of some colourful characters who became his treasured mates and then of the heartache when some were lost. I haven't had the courage to put these entries into a public arena. I am not sure what he would think of that!



*Former Mayor of Hokitika, Rev. John Drylie (left) and my late father, Henry Pierson, (centre) march in the local ANZAC Day Parade, (date unknown).
A familiar sight now countrywide*

DSO'S CORNER CONT'D..

Some years ago I had the privilege to visit the Battle Fields of the Somme in France and then to travel to Cassino in Italy where my Dad had been during the Battle of Monte Cassino in February 1944. It was truly a humbling experience to gain an insight into the terrain and the conditions our soldiers faced. I also felt the overwhelming loss of so many of our fine young Kiwi soldiers whose final resting place was in one of the many Commonwealths' War Memorial cemeteries I visited.

John Hepworth in The Long Green Island wrote:

"They pinned no medals on him, they made no speeches, - we need no medals or speeches, we know him and remember. He was just an ordinary bloke – that's the point – that's the important thing – he was a bloke like you and me."

I couldn't help but feel that my Dad's safe return was a blessing so many families didn't get. I hope you

can find time to remember at an ANZAC Day service nearby.

***To my Dad, 61647 Gunner
Henry Robert Pierson, I say
rest peacefully with your
beloved comrades. Your
legacy, like that of so many
others, is priceless.***



Janine Burton
Deployment Services Officer
1 (NZ) Brigade

With this edition of "The Bugle" we are welcoming yet more new readers. March was a busy month with two pre-deployment training groups, so two family days. The first group we saw in Linton were deploying to Afghanistan, South Korea or the Middle East; the second group we met in Trentham and they are off to Sinai. Welcome to your first "Bugle". They are published



*"They shall not grow old, as we that are left grow old,
Age shall not weary them nor the years condemn,
At the going down of the sun and in the morning,
We shall remember them"*

DSO'S CORNER CONT'D..

monthly so in six/seven issues from now, most will be welcoming home loved ones, although some from the two groups seen will actually be deploying for a year!

For each mission deploying we provide copies of Deployment Guides to families. The guides contain at least one (sometimes more) page of country facts, contact information for all the welfare support avenues available throughout the deployment period (before, during and after), the process for sending urgent messages through to deployments, the mailing address, and heaps more helpful information. These guides are given out to family members who attend the briefings and to the personnel deploying. If you have not received a copy of the Guide for your particular deployment, please contact either Carol or myself and we can pop a copy in the post to you. We do rely on our service personnel to ensure these make their way to their families if they haven't been able to attend a briefing to collect one for themselves, but sometimes they get lost between our place and yours.

Likewise, at the briefings we offer an opportunity to add additional family and/or friends to our database to receive their own

copies of "The Bugle" and "Army News", and either the "Air Force News" or "Navy Today", if the deploying person belongs to that particular service. This is a great way to be part of the deployment journey so if you have someone who would like to receive their own copies, again please contact either Carol or myself and we can add their contact info to our mailing list.

April is a big month in the calendar; change back for daylight savings, Easter and Anzac Day. And of course there are the first lot of school holiday for the year. Carol has already sent off Easter eggs to the deployment locations which I'm sure will be greatly appreciated. Messages she received have certainly indicated this is the case.

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



Wishing you all

A HAPPY EASTER

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

FOR YOUR INFO

NZ Postal Rates to Rise from July 2014

New Zealand Post will increase the cost of a standard letter rate from 1 July 2014. The cost of sending a standard medium sized letter within New Zealand will rise by 10 cents from the current 70 cents. The cost of sending parcels will rise from 10c to \$1 depending on size and weight. International postcards will rise from 10 - 30 cents depending on location.

The New Zealand Defence Force (NZDF) will continue to provide courier services for mail to all mission areas, however, you will face an increase in postal costs to get your letters or package from your home location to the Auckland Mail Centre or to HQ JFNZ after the given date.

We will remind you again just before the increases are due to take effect.

Disturbed by Media Reports

From time to time news items referring to deployments or deployment locations, appearing on television or in the print media, can cause unnecessary worry to those at home. If you are concerned about anything that you see or hear, please contact Carol or Janine (DSO's Burnham and Linton) for further information. While we may not know the answers to your queries, we know where to find them and how to navigate the system. There is always someone willing to talk to you and our aim is to provide peace of mind, so please don't hesitate to call.

Keeping the Home Fires Burning

It is just over a year since we started including this column as a regular feature in "The Bugle" and we have been fortunate to almost always have at least a few contributions to include in each edition. The column started at the suggestion of a wife and mother of an officer deployed to Afghanistan and has since attracted many great stories.

So we are asking for more to share. You are welcome to write under a non de plume, and change names and locations to protect your identity, but tell us your story! We have all learned so much from each other along the deployment journey and your contribution may help someone else along the way or simply help them identify with what it is like for you and simply confirm that it is not always plain sailing, but it is normal, amongst all the stresses of parenting alone or being alone. This column is just as important for Mums and Dads too - do we ever stop worrying about our children - even as adults? You don't have to be a journalist to write for us - we are happy to spell check and edit - it's your thoughts and experiences that will count and help others. Send your contributions to Carol Voyce, DSO Burnham at dso.burnham@xtra.co.nz. We can't wait to hear from you - don't leave it to someone else!

Deployment Guides - Do you have one?

A Deployment guide for families is produced for each overseas mission where we have service personnel based. This deployment guide forms an integral part of the support offered to families and is of

great value to those supporting loved ones abroad. The Guide is designed to give background information on the deployment but, most importantly, identifies the key people who are able to support you along the deployment journey and the many resources available. Guides are written for specific locations and updated during each rotation of service personnel. If you do not have a copy of the Guide, please contact the Deployment Services Officers (contact details inside front cover) and they will send you the latest edition.

A Plea to Service Personnel Abroad

"The Bugle" has enjoyed a number of articles, for many years now, from many locations worldwide and we have enjoyed keeping our readers informed, sometimes entertained and certainly helping them feel part of the New Zealand Defence Force Family. We have, however, struggled with getting news and views from some of the smaller deployment locations and would just love to hear from you. We have tried all ways possible to hear from you, so we nicely ask again and remind you that articles from all locations are sought for "The Bugle" and we would love to hear from you. This is a Deployment newsletter for families and everyone is interested in what is happening no matter what the location. Rewards offered to all contributors! Please send your contributions (and photos if you can) to Carol Voyce, Editor, "The Bugle". Contact details inside the front cover.

FOR YOUR INFO CONT'D...

Did you know? The "Order of Wear"

The rules governing medal wearing in New Zealand, known as the "Order of Wear", specifically allows family members to wear medals of deceased ex service personnel on the right side of the chest for national days of memorial.



Royal Honours of insignia cannot be worn by anyone other than the original recipient.

Dog Tags – just like Mum's

One of our Defence Force Mum's was dining with her family at McDonalds recently after just returning from an overseas deployment, when she was approached by a lady sitting nearby and asked if she was "Emma's" Mum. The two got chatting – of all things, about dog tags. Apparently, while Mum was deployed "Emma" and her sibling both wore their dog tags, which had been issued pre deployment at the Family Day, to school. Mum had loved the dog tag concept and felt they were special with great meaning and just like hers! – And they had been spotted by others at the local school.

During the conversation, the two discussed deployments. The lady, whose husband was in the Air Force and about to deploy, was keen for her children to have the same pride in wearing the dog tags – so new contacts were made. A friendship and a contact number for the Deployment Services Officers to help with the request.

Nice outcome!



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

KEEPING THE HOME FIRES BURNING



will be looking out for the next "Bugle" and hope my Dad has seen this.

Harry

Departure day arrived. Dave was caught between looking forward to getting on the aircraft and getting started on his journey at the same time as dreading the moment of final goodbyes. We had talked about how we were going to do this - whether he should just say goodbye at home and leave as if he was going off on a normal work day or if it would be better for us to take him to the airport and go through the emotional roller-coaster.

"Dave's departure was looming, but if I could ignore it and just get on with my normal life, then maybe it wasn't going to be a total disruption"

Hello. My name is Harry. I saw what Ollie wrote in the last issue of "The Bugle" and Mum said I should write too so she is helping me do this. My Dad is away overseas. I miss him a lot. He's been gone for ages now and there is still ages till he comes back. I really miss him.

I am 11 years old and wish that my Dad was here. I am a lot like Ollie, except that I have two sisters and they are both annoying at times. It would just be cool to have Dad around to do boy stuff! So I am making a list and Dad will be so busy when he gets home. I have been sending him the list as it grows and he thinks we have some pretty good things to do. Give him a week first to rest up - he says!

I have learnt lots about me and Dad since he has been gone. This might sound weird to you, but I know I love him more than ever. I

know he tells me off to make sure I learn the right way to do things and to be safe, because he loves me just as much back. I might be naughty at times but aren't all kids? I just know now that I love what I have and realise how lucky I am. Luckier for sure than the kids that live in the country where he is working. It makes you think and feel lucky about all that you have.

My Mum is cool too. She hates it when Dad goes away but I am big enough to help her now and I do some jobs. I feel important and I know that Dad is pleased to hear about some of the good things I do to help out at home. He says he is proud of me and that means a lot.

So Ollie and me have both now written for this newsletter - is it your turn next? I wish I knew where Ollie lived as I think we would make good friends. I



KEEPING THE HOME FIRES BURNING CONT'D.



For me, I had to choose the airport route, but then we had to think of the kids as well and what would work better for them. In the end we decided airport for them as well. We had been talking about this deployment thing for weeks and weeks and even though saying goodbye at the airport might be distressing for them, it was also the start of the deployment experience. In the end, they were brilliant, very matter of fact and more excited about the atmosphere of the airport as a whole than what they were actually there for!

The last few weeks have been a mixture of emotions for me. Sometimes very calm, with normal routines - work, school, day-care, meals, housework, etc, etc, then sometimes feelings of panic and uncertainty. Dave's departure was looming, but if I could ignore it and just get on with my normal life, then maybe it wasn't going to be a total disruption. These were followed by feelings of anxiety and being totally overwhelmed by the whole thing. One moment I wanted to know everything I could about where Dave was going and what he was going to be doing, and then periods of not wanting to know anything at all, thinking that the less I knew,

the less I would worry! I found myself watching the world news more intently, just in case there was anything about where Dave was going to be, and again had mixed feelings about that as well. I have stopped watching the world news!

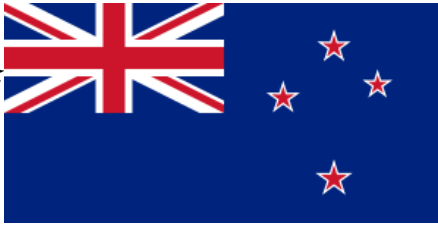
We had a few additional things to do during these weeks as well, including visiting family and friends which meant we have been travelling about a bit. Attending the deployment family day was one of the best things I have done for myself. At first I thought well I have been through deployment before and I don't remember it being too traumatic, so I'm sure I'll be fine, but that was eight years ago and before the addition of Timmy and Katie to our lives. For me, having the knowledge of Dave's deployment has had a calming affect. I had an opportunity to meet families of other deploying people and we shared cellphone numbers and email addresses so we can keep in touch. I have texted with a couple of them already and it's great to have that contact. The other really great thing about the family day was the information and resources available to help us through the deployment - especially

surrounding the kids. The dog tags have been a great hit - Dave gave them to Timmy and Katie, comparing them with the ones he has to wear. They wear them all the time.

Well, Dave has left now so our deployment experience has started. It's very strange, but we were very relaxed as we waited for his plane departure to be announced, but when it was called there seemed to be a desperate shortage of time. There were tears and a few anxious last minute hugs and kisses before he walked through the doors at the airport, and a few more tears when the plane took off, but then practicalities took over. Timmy and Katie, each clutching their dog tags, chatted as we went back out to the car to be dropped off at childcare and school. I had tossed up about going back to work myself, but that is normal for me and my work colleagues have been wonderful, so spent the remainder of the day doing 'normal' things.

An emotional day and I was exhausted, but our deployment has begun.

Denise



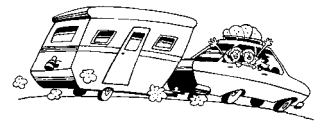
“EVERYONE SERVES”

There was some great feedback from the first of this new column which featured in the last edition of “The Bugle”. Thanks to those who took the time to make comment and offer suggestions. This is your newsletter so it is always good to hear your thoughts and suggestions.

If you are the loved one of a service person abroad, use this checklist to remind yourself of some positive ways to cope with a deployment.

You may also want to review it from time to time to see if you can improve on your coping strategies. You might also like to add to it and share it with others.

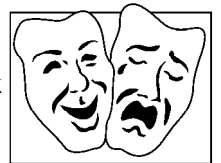
- ☐ Find things to look forward to. (Take a class, start a new hobby, volunteer, plan a trip away). Break the deployment down into manageable chunks.



- ☐ Reach out to others in the same situation.

- ☐ Don't hide your feelings. It is normal to feel sad, lonely or angry. Talk to people you trust. Use the support services offered.

- ☐ Do something special for yourself and your family, (e.g. rent a movie, go to the theatre, cook a special meal, etc).



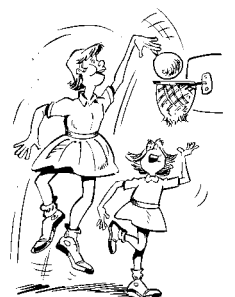
- ☐ Concentrate on things you can control. It is normal to worry about your loved one's safety, but remember these are things you can't control.

- ☐ Ignore rumours. Only rely on official information.

- ☐ Learn stress management techniques that work for you. Try different ways of managing stress such as exercising, journaling or meditating.

- ☐ Seek support from your community.

- ☐ Take care of yourself first. (Get enough sleep, exercise, and make healthy food options).



(Adapted from Military One Source and Everybody serves)



EASTER TRIVIA



- ★ The name Easter derived its name from the Anglo-Saxon goddess Eastre, which symbolizes hare and egg.
- ★ Easter always falls between March 22 and April 25.
- ★ Easter is however now celebrated (in the words of the Book of Common Prayer) on the first Sunday after the full moon, which happens on, or after March 21, the Spring Equinox.
- ★ Since time immemorial, egg has been considered as the symbol of rebirth.
- ★ The first Easter baskets were designed as such so as to give it an appearance of a bird's nests.
- ★ The custom of giving eggs at Easter time has been traced back from Egyptians, Gaul, Persians, Greeks and Romans, to whom the egg was a symbol of life.
- ★ During the medieval times, a festival of egg throwing was held in church, during which the priest would throw a hard-boiled egg to one of the choirboys. It would then be tossed from one choirboy to the next and whoever held the egg when the clock struck 12 was surely the winner and retained the egg.
- ★ Americans however celebrated Easter with a large Easter egg hunt on the White House Lawn.
- ★ Pysanka is the term used for the practice of Easter egg painting.
- ★ The maiden chocolate egg recipes were made in Europe in the nineteenth century.
- ★ Each year nearly 90 million chocolate bunnies are made.
- ★ Besides Halloween, Easter holiday also paves way for confectionary businesses to prosper.
- ★ When it comes to eating of chocolate bunnies, the ears are preferred to be eaten first by as many as 76% of people.
- ★ Easter Bonnets are a throwback to the days when the people denied themselves the pleasure of wearing fine angels for the duration of Lent.
- ★ Kids' favourite Easter foodstuff comprises of the Red jellybeans.
- ★ Some Churches still keep up the old tradition of using evergreens - symbolic of eternal life - embroidered in red on white, or woven in straw, but most now prefer displays of flowers in the spring colours of green, yellow and white.
- ★ The date of Passover is variable as it is dependent on the phases of the moon, and thus Easter is a movable feast.



<http://www.theholidayspot.com/easter/trivia.htm#2e4OZv24yP9HFyxa.99>

PERSONAL MESSAGES

The deadline for contributions and personal messages for "The Bugle" is the first Wednesday of each month (**the next edition deadline is 7 May 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

Marty

Miss you loads Babe. Looking forward to our holiday to the UK. All my love forever and always. Your wifey xx.

Nick Cloke

Miss you lots. Wads can't wait to meet you in Singapore and have loads of fun there!!! Livvy Lu and Mummy! And my man Coco, Rosie and Lucy.

Foxyy

She'll be right. We're all good. Safe and sane. Awaiting your arrival. Miss you xx Mashy and Red xx.

Hey Dear

Just a quick note to say hello from me and the Hooligan! Look forward to the new fire on your return and a 3rd Birthday with early morning Hooligan cuddles. Lub lub, Heath and Declan.

Marcus

Just wanted to say hi from all at Headquarters! Hope all is going well. We miss your sense of humour around here. Take care of yourself. See you soon. Christine.

Hi Harry

Hope all is well with you. Can't believe we get to see you soon. Exciting times ahead for us all and lots planned to keep us all busy. Still time for a few more letters and parcels yet. Take care over there. Jules xx.

Hello Tom – Boy

Was great to hear from you and catch up on all the latest in news and events! Big surprise. All's still good here. Weather is good and

settled. A bit of rocking in the Central North Island last weekend but nothing more. Just checking I think that I still have that emergency kit you laugh about! Keep in touch again when you can. Looking forward to the good times at home again soon. Tom – Girl xoxo.

Hey you!

You missed a good one! Never to be repeated no matter how hard we try. Still loving and missing you and thinking about the months still to pass and then the rewards at the end of it all. Keep working hard and I will too. Missy xx.

B.R.

Thanks for the parcel. Just loved the goodies and now I am the envy of so many. More parcels enroute from me but nothing that even vaguely compares. Have a great break – you deserve it. Lots of love from us all and the others too. Rosie xx.

Dad

We miss you. We have been good for Mum and had lots of treats – but not too many. We are going to see Gran in the school holidays and she is going to take us to the movies and to McDonalds so that will be fun. I can still fit in the playground there. Then we are going to see Uncle Tom and Auntie Jazz and get to help on the farm. We will send you some photos. Thanks for the letters. I will write back soon and send you a painting which I did at school. I love you. Dan xx.

Dad

Hello Dad. You are so cool. I loved the stickers. Thanks. School is good but the teacher has been

crabby. She said I talk too much and don't get all my work done. Mum said I am just too quick for her but maybe I need to be quiet when she says! We will see. I think she needs a holiday. Our holidays are going to be neat. We are going to Auckland to the farm which will be fun and then to Gran's too. And then it won't be too long to countdown until you are home. Hope we can still get to Skype again before we go away. Look out for the moon. Love Char xx.

To the Best Dad

It's not the same here without you but we are doing good. Our calendar snake is really colourful now and not too many spaces left so that means you will be home soon. Training has started and we have quite a good team. Billy is playing again so that's good. I can't wait until you are home to come and watch again. That's all from me for now. Your "kid" x P.S. I hope you know this is from me.

BOUQUET

Catering Staff 3 CSS Bn

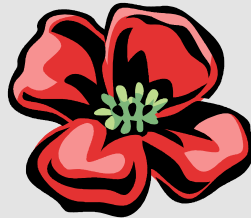
Many thanks for your great hospitality and catering for our "PNOK Dining In" recently. We really enjoyed the chance to get together and have a night off cooking. *Canterbury families of deployed personnel.*

IN FLANDERS FIELD

The red of Flanders poppy has been linked with battlefield deaths since the time of the Great War (1914-18).

The plant was one of the first to grow and bloom in the mud and soil of Flanders. The connection was made, most famously, by Lieutenant Colonel John McCrae in his poem "In Flanders Fields".

Significance of the Poppy



Red poppies made of light cloth or paper are popularly worn on and around ANZAC Day as a mark of respect to those who died in the course of service to their country. The poppy has its origins in the early twentieth century, when red Flanders poppies bloomed over the graves of soldiers in France and Belgium. The poppy is now the undisputed symbol of remembrance, although its design has undergone several changes over the decades.



In Flanders fields the poppies blow
Between the crosses row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.
(John McCrae)

ANZAC BISCUITS

Originally called "soldier's biscuits", the biscuit that has come to be referred to as ANZAC was popular to send to soldiers during the First World War because it was a hard, durable food that travelled well by sea.

Still popular, there are several ANZAC biscuit recipes around, including this one:



Ingredients:

1 cup rolled oats
1 cup wholemeal flour
½ cup sugar
¾ cup coconut
125 grams butter
2 tablespoons golden syrup
½ tsp baking soda
2 tablespoons boiling water

Method:

Combine rolled oats, flour, coconut and sugar. Combine butter and golden syrup and microwave until melted. Mix soda with boiling water and add to melted butter mixture, stir into dry ingredients. Place teaspoon lots on a greased tray, roll into ball shapes and press to flatten (about 12 per tray). Bake at 170 Celsius for 20 minutes. Cool on trays. Makes about 35 biscuits.

WHY WEAR A POPPY?



*"Please wear a Poppy", the lady said
And held one forth, but I shook my head
Then I stopped and watched to
see how she'd fare.*

*Her face was old and lined with care
But beneath the scars the years had made
There remained a smile that refused to fade.*

*A boy came whistling down the street
bouncing along on carefree feet
His smile was full of joy and fun
"Lady" he said "may I have one?"
As she pinned it on I heard him say
"Why do we wear a Poppy today?"*

*The lady smiled in her wistful way
and answered "This is ANZAC Day
The Poppy there is a symbol for
The gallant men who died in war
And because they did, you and I are free
That's why we wear a Poppy you see.*

*I had a boy about your size
With golden hair and big blue eyes
He loved to play, and jump and shout
Free as a bird he would race about
As years went on he learned and grew
And became a man as you will too.*

*He was fine and strong with a boyish smile
But he seemed with us such a little while
When war broke out he went away
I still remember his face that day
When he smiled at me and said "Goodbye
I'll be back soon so please don't cry."*

*But the war went on and he had to stay
All I could do was wait and pray.*

*His letters told of the awful fight
I can see it still in my dreams at night
With tanks and guns and cruel barbed wire
And mines and bullets, and bombs and fire.*

*Til at last the war was won
and that's why we wear a Poppy son."
The small boy turned as if to go.*

*Then said "Thanks lady, I'm glad I know
That did sound like an awful fight
But your son, did he come home all right?"*

*A tear rolled down each faded cheek
She shook her head and didn't speak
I slunk away, head bowed in shame
And if you were with me, you'd have
done the same
For our thanks in giving, is oft delayed
Though the freedom was bought, and
thousands paid.*

*And so you see when a Poppy is worn
Let us reflect on the burden borne
By those who gave their very all
When asked to answer their country's call
That we at home in peace may live
Then wear a Poppy, remember, and give.*



POPPY DAY:
17 APRIL