

# THE BUGLE

Issue 199 | July 2014



## INSIDE

- Hi to all from Kabul
- Protecting our Reputation
- Reunions
- Everyone Serves

COURAGE | COMMITMENT | COMRADESHIP | INTEGRITY

## “THE BUGLE”

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

### Deadline

Deadline for Edition 200 is  
6 August 2014 at 4.00pm

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

Editor: Carol Voyce  
Layout: Christine Muir  
Printing: Sharyn Cameron  
Mere Garton

Contributions co-ordinated by  
Carol Voyce and Janine Burton

### Contact Information

Carol Voyce  
Deployment Services Officer  
Southern Regional Support Centre  
Burnham Military Camp  
Powles Road  
Burnham 7600  
Christchurch  
Ph: (03) 363 0421  
Cell phone: 0274 497 565  
Toll free line: 0800 DEPLOY or  
0800 337 569  
Fax: (03) 363 0024  
E-mail: [dso.burnham@xtra.co.nz](mailto:dso.burnham@xtra.co.nz)

Janine Burton  
Deployment Services Officer  
Linton Regional Support Centre  
1 (NZ) Brigade  
Linton Military Camp  
Palmerston North 4820  
Ph: (06) 351 9399  
Cell phone: 021 649 903  
Toll free line: 0800 OVERSEAS or  
0800 683 77 327  
Fax: (06) 351 9009  
E-mail: [dso.linton@xtra.co.nz](mailto:dso.linton@xtra.co.nz)

### Disclaimer

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

### Cover Photo:

*NZTAT ex at a remote site*  
(Photo provided by Op FARAD—Sinai.)

# GUEST EDITORIAL

## Lieutenant Colonel Kevin Brophy

Tena koutou katoa!

As the Principal Chaplain Operations, I have the privileged role of working at HQ JFNZ where I select Chaplains to accompany our servicemen and women who are deployed on operations and exercises, whether overseas or domestically here at home.

Chaplains have a privileged role journeying with our servicemen and women while on deployment. I have had the good fortune to be with our personnel while on operations and exercises and three things have stood out for me.

Firstly, the immense pleasure that service people enjoy talking about their families while they are away. Although focused on the job they are there to do, any chance to talk about their families and what they are up to seems to bring a sparkle to their eyes and a jaunt to their step. They seem filled with pride as they show photos of partners, children, grand parents, and the family pet or simply relaying what has been going on at home while they have been away. I have also been privy to hear them talk about the times that they have not been at home to celebrate significant milestones in their family's lives and how ardently they wish that things were different.

Secondly, while on operations military personnel are keenly aware of the tremendous effort that is being put in at home. Many partners and family members have tirelessly



**Kevin Brophy**  
*Principal Chaplain Operations*  
*HQ Joint Forces New Zealand*

worked and sacrificed to make sure that the home fires are kept burning brightly. A sense of deep gratitude and awe is felt by serving personnel.

Thirdly, the great and valuable work that is done at home with the Deployment Services Officers, Carol and Janine, and the Community Services Officers that are scattered around our camps and bases. Their contribution to maintaining some equilibrium with the families at home is to be commended and admired. Countless hours are spent, many times after hours, to ensure the wellbeing of families and to assure those military personnel away that all is okay at home.

Support is something that we can often take for granted. But when it is not there we can feel it keenly. So let us continue to support one another striving to be the best we can be.

# FOREIGN CORRESPONDENTS

## INSIDE THIS ISSUE:

News from Afghanistan — Hi to all from Camp Qargha, Kabul	Page 3
News from Sinai — Protecting our Reputation	Page 5

## NEWS FROM AFGHANISTAN

### HI TO ALL FROM CAMP QARGHA, KABUL

**Sergeant Craig Welsh**  
**OP ANAOA RLS**  
**Camp Qargha, Kabul**  
**Afghanistan**

The weather in Kabul has started to heat up now. We seem to have moved on from our daily afternoon electrical storms, which were quite nice at taking the heat out of the day. Now it seems the long hot dry weather is kicking in. We have reached over 30 degrees for the last few days, and it does not look like getting cooler any time soon.

There are three of us deployed as Afghanistan National Army Officer Academy (ANAOA) Real Life Support (RLS). The RLS are bedded with Qargha Force Protection Company (QFPC), in the following departments: The Intelligence, Operations and Logistics cells. QFPC consists of No. 2 Coy, 1<sup>st</sup> Battalion, Coldstream Guards; C Coy, 1<sup>st</sup> Battalion, Royal Australian Regiment (1RAR); and B Squadron, 3/4 Cavalry. QFPC provides RLS to (ANAOA) mentors and Unified Training Advisory Group (UTAG). This means we are

supporting people from 11 partner nations including UK, Australia, New Zealand, Afghanistan, Germany, Turkey, Denmark, France, USA, Norway and Croatia. When you include KBR (civilian firm that looks after the kitchen, cleaning and maintenance), there are now over 500 people based here. The New Zealand contingent has also increased to an additional post of a mentor with the ANAOA consisting of five mentors

Major Roger Earp, Captain Tom McEntyre, WO2 Marty Hill, Staff Sergeant Richie Bray and Sergeant Matt Jenson. Sadly, we said farewell to Major Aidan Shattock and Captain Joe Darby who both did a super job and will be missed by all the ANAOA team.

The RLS have not been out and about much, and our movement around Kabul has been limited, with minimal trips 'outside the wire' not essential for us to conduct our jobs. When we do go out and about, we generally move around in the Australian Bushmaster, UK Foxhounds or occasionally UK MHOV.

Over the next few months of our time here, we will be kept busy. We have the next term of ANAOA starting, with the 3<sup>rd</sup> Kandak (Battalion) of cadets beginning, and some big changes within the QFPC and the first Australians, followed by the UK conducting with their relief in place. This will mean a lot of new people for us to meet and greet, to bring into line and establish the pecking order! Not to mention numerous moans and groans about anything and



*Force Protection in hills overlooking the Afghanistan National Army Officer Academy*

# FOREIGN CORRESPONDENTS CONT'D...



*Lambo promoted to Staff Sergeant*

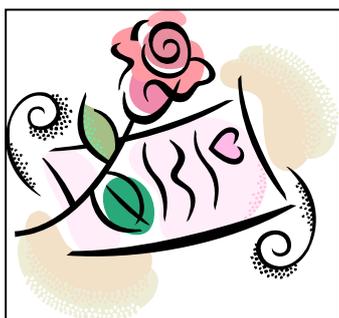
everything – all part of the daily life of working in a Q-Store.

Richie Bray has just returned from some well deserved R'n'R full of smiles and ready to get on with the job in hand, Marty Hill will soon be on R'n'R back in the UK to attend his son's wedding. A special mention to Lambo who was promoted to Staff Sergeant, well done mate, well deserved!

And finally, the tent was full of banter for the All Blacks vs. England game today (14 June). Good to see the lads didn't let the side down, but Lambo, remember you still owe the Commanding Officer Guards a crate of coke for the ambiguous bet!



*Lambo placing bets with the Commanding Officer 1<sup>st</sup> Coldstream Guards*



*I would like to finish by saying hi to Catherine, Sheldon and Travis. You guys are doing a great job back at home, and I cannot wait until I am back there myself, seeing you all again. BKX.*

## NEWS FROM SINAI

### PROTECTING OUR REPUTATION

**Sergeant Tyrone Rapana  
Driving Instructor -  
Force Training Team**

*"It is rewarding working with the different nations and it keeps me busy, which is great, because it makes the time fly by. Even though we all miss home at times, it makes us appreciate our families and friends even more so".*

Upon arrival in theatre and after spending approximately one week in North Camp, I was sent down to South Camp to conduct induction training for the incoming USBATT. As they arrived into theatre to conduct their relief in place, they attended Licence presentations, theory and practical testing and Fully Armoured Vehicle (FAV) Courses. They would arrive in droves of approximately 100 personnel per flight and after initially having trouble understanding their heavy Texan accents and slang, I had to adapt and adjust the Kiwi instruction to suit the audience and found myself having to speak slower - apparently we have a talent for speaking fast. I kindly explained to the Americans that it is because of our superior intelligence.

South Camp is much hotter than North Camp, averaging

temperatures in the mid 40s. This took a bit of getting used to and after turning several shades darker I found myself with "raccoon eyes" and severe tan lines. It is like you are consistently walking with a hair dryer blasting you in your face and eventually the sweat beads dry.

I really enjoyed PT with new scenery and playing sport against the different contingents in South Camp; it was especially funny when I was asked if I knew how to play Softball, and after being told how to play the game, I then told the same guy that NZ are the World Champs in Softball. I also played in an impromptu volleyball tournament playing for the Italian team commonly known as "Team Speedo", "Team Budgie Smuggler" or "Undies, Undies Togs", it was fortuitous for me, and I suppose for others around, that I was overdressed.

With two Driving Instructors from

the Force Training Team, Sergeant Sutcliffe and I successfully completed over 300 theory and practical licences and trained 143 personnel on Fully Armoured Vehicle Courses. With this work rate we will find ourselves back home in no time. It is important to all NZ contingent members that we all sustain the highest of standards whilst achieving our individual work outputs. Maintaining this will ensure we protect our reputation and our long 32 year history within the MFO.

Every other contingent seems to really love having 'Kiwi's' around, this could be due to our brutal honesty or high levels of sociability or maybe it's our natural talent of giving jovial outbursts at everything we see.

It is rewarding working with the different nations and it keeps me busy, which is great, because it makes the time fly by. Even though we all miss home at times, it makes us appreciate our families and friends even more so. However, it is imperative to continue with the mahi and leave here with a positive footprint in the sand. (Excuse the Pun).



# DSO'S CORNER



## **Carol Voyce**

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

Oh to be in beautiful Salzburg but sadly at this moment sitting in a Laundromat. We have been travelling for just over

three weeks now and this is a much needed stop! We are enjoying our travels which to date have seen us in the Netherlands, Germany, Austria, Hungary and Slovakia.

An extra hot stopover in Singapore to catch up with friends had the added excitement of seeing one of our Burnham soldiers reunited with his family after seven months on Op FARAD in Sinai. The family travelled on the same flight as us and the 10 hours waiting for their reunions must have surely dragged! I stood my distance in the Arrivals Hall but it was so great to see them together once more and the deployment journey over for them. Your turn soon!

The first thing that struck us when we arrived in Europe was the World Cup Soccer fever and the pride

showed by the display of people wearing colours of participating nations. Flags fluttered, horns tooted and there were screams of delight and/or sobbing at the success or failure of one's national team. By the time you read this, the soccer will almost be over and the abundance of merchandise half price!

I fell in love with Amsterdam. The sights, especially the canals and the flowers were a joy to behold. Berlin was steeped in a torrid history and I managed to recall much of it from my sixth form History class. No mean feat and my teacher would have been so proud! We walked past the remains of the Berlin Wall and visited various monuments commemorating the bygone years. From the Bears in Berlin to the Beers in Munich;



*The beautiful canals in Amsterdam. So picturesque!*

# DSO'S CORNER CONT'D...



*Berlin has many statues of bears. This special display, shows bears of participating nations in the World Soccer Cup, painted in their national colours*

*The beautiful streets of Munich where many Beer Halls could be found, great music played and of course a chance to sample some great local ale!*



Munich became a city we loved too. Our feet barely touched the ground! There is never a minute to waste in case one misses something.

Austria is very beautiful and with six nights in Vienna, not only did we explore the city, but we took two huge day trips into Budapest in Hungary and Bratislava in Slovakia. Both were ambitious ideas, but to be so close and not to see the changing sights and experience another culture was something we couldn't afford to miss.

I can't believe how quickly time has gone since we left New Zealand on our journey to the Northern Hemisphere. I love the warmth and often think of you all as we wear one less layer and you probably put on another. I hope your deployment journey is passing as quickly as our journey.

Special thanks to Janine for all her support in my absence.

Best wishes to you all. We will catch up again from Portugal for the next edition of "The Bugle". By then we will have made our way through Slovenia, the Czech Republic and Romania, and been to Italy for a family wedding. I look forward to keeping in touch.

# DSO'S CORNER CONT'D...



**Janine Burton**  
Deployment Services Officer  
1 (NZ) Brigade

Firstly, I would like to say welcome to our new Bugle readers and farewell to those of you who have just received this, your final Bugle. If you have enjoyed your Bugles so far, and want to continue with your monthly Bugle 'fix', remember that you can access all editions via the Homebase website –

[www.homebase.mil.nz](http://www.homebase.mil.nz)

You are also able to access service publications via Homebase, i.e. Navy Today, Army News, Air Force News.

I have been utilising my thinking time over the past week, looking for a theme for this month's Bugle. Do you have thinking time? Time when you are on your own, thinking about whatever you need to ponder, consider, write lists (in your head), etc? I have a number of thinking times, starting with time in the shower (thinking about the day to come), driving to work (thinking about what I need to achieve today), driving home at the end of the day (this is often thinking about what is planned for dinner and do I need to go to the supermarket, and the list of things I need to purchase if I do). Invariably I have a list which I repeat, this is to try and stop me forgetting anything. I also count

how many items I need to purchase so I have a mental note of whether I have everything on the list. When I get home, I then find that I have purchased additional items and missed one of the 'must get' ones, so the number system doesn't always work! I would guess that there are many who could relate to this.

My other favourite thinking time/place is in the garden. I spent four hours out in my garden on the Saturday just gone, weeding/thinking, thinking/weeding. It has been some time since I spent time in my garden so I still have lots of weeding/thinking time ahead of me! By next weekend the scratches (from the roses) will have healed and my muscles will have stopped aching so will be ready for the next patch of weeds! By the time the next Bugle comes around, my garden will be back in shape (I hope) so the thinking time will be relaxing in my garden. We'll see! I have been giving up a lot of my 'free' time to family, which is not a bad thing; but other stuff that gets pushed aside does catch up – like the weeds in the garden!

Anyway, in my thinking time I have found that there are a number of things on my mind that have been causing me some anxiety – not sure why, but in consciously

thinking about them, deciding that they were trivial, have been able to put them aside. Thank you weeds! This also indicates that perhaps I am feeling a little bit stressed and I need to fall back on some of my tried and true stress relievers – knitting, jigsaw puzzles, reading. And perhaps getting a little bit more sleep. It all helps.

You will see from Carol's column that she is having a fabulous time. Her daughter is running a travel blog which is a wonderful way for those of us less fortunate, i.e. those who are left at home, to follow their travels. But her thoughts (in a small part) are still with her DSO role, as her writing for The Bugle and getting it through well before deadline will testify. They are packing a lot into their trip and having a ball.

For those of you from the Linton/Palmerston North, or the greater Manawatu area, please note in your calendars for 27 September that there will be a Spring Festival event in Linton. We will have details for the next Bugle on what the Festival is all about, but it will be a fun event for all.

I hope your deployment experience is not causing too much stress and that you have strategies to put in place when you need to.

## Surviving Deployment

**Set a goal.** Start that little project that you've been putting off. Start a course. Do something that will make you feel good.

**Take a break.** Take time away from your normal routine. Go to dinner with friends and arrange a babysitter. Plan an outing — ring friends to join you.

**Pamper yourself.** Treat yourself to a special occasion. Take a long bath, have a massage or read a book.

**Don't feel guilty.** Separation can be a stressful time, so 'time out' from your daily routine is important.

**Treat yourself to some retail therapy, but don't break the bank!**

# FOR YOUR INFO...

As previously advised, Carol is away on leave and returning to her office on 11<sup>th</sup> August. In her absence the phone will be diverted to Janine Burton, DSO Linton. You can call Carol's 0800 number which will transfer you through to Linton (it takes a few seconds to make the divert) or you can call Janine directly on 0800 683 77 327. Carol's phone will not be able to receive and forward any text messages but if you wish to send a text to Janine, her number for messages is 021 649 903. Bugle messages may be sent as usual and those mailboxes will be cleared. Deployment Services and support will still be available in her absence and Janine looks forward to hearing from you.



## INTERNATIONAL DAY OF FRIENDSHIP — OBSERVED 30 JULY

The International Day of Friendship was proclaimed in 2011 by the UN General Assembly with the idea that friendship between peoples, countries, cultures and individuals can inspire peace efforts and build bridges between communities.

The resolution (A/RES/65/275) places particular emphasis on involving young people, as future leaders, in community activities that include different cultures and promote international understanding and respect for diversity.

The Day is also intended to support the goals and objectives of the Declaration and Programme of Action on a Culture of Peace and the International Decade for a Culture of Peace and Non-Violence for the Children of the World (2001-2010).

To mark the International Day of Friendship the UN encourages governments, international organizations and civil society groups to hold events, activities and initiatives that contribute to the efforts of the international community towards promoting a dialogue among civilizations, solidarity, mutual understanding and reconciliation.

### 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 personnel on deployment and their families have the support of the Deployment Services Officers (DSOs). In addition there is support from Unit Points of Contact (UPOC) and local Welfare Support Services.

The nominated Primary Next of Kin (PNOK) of families of deployed NZDF personnel should, in the first instance, contact their DSO who has a responsibility for transparency into welfare issues.

Added to this there are other very valuable support networks available in your local region. For additional support and services:

#### Army:

#### Deployment Services Officers:

**Linton**—Janine Burton

Ph: 0800 683 77 327

**Burnham**—Carol Voyce

Ph: 0800 337 569

#### Community Services Officers:

**Waiouru**—Carolyn Hyland

Ph 06 387 5531

**Burnham**—Cherie Mansell

Ph 03 363 0322

**Papakura**—John Furey

Ph 09 296 5744

#### Community Services Facilitator:

**Linton**—Lesley Clutterbuck

Ph 06 351 9970

#### Family & Community Services

**Officer: Trentham**—Marie Lotz

Ph 04 527 5029

#### Air Force Welfare Facilitators

#### Air Staff Wellington:

Lisa Macdonald

Ph: 04 498 6773

#### Base Auckland:

Deana Lye

Ph: 09 417 7035

#### Base Woodbourne:

Claudia Baker

Ph: 03 577 1177

#### Base Ohakea:

Bridget Williams

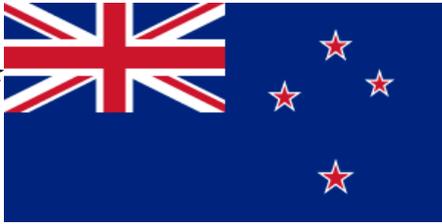
Ph: 06 3515 739

#### Naval Community Organization:

Ph: 09 445 5534, 0800 NAVYHELP  
nib@nzdf.mil.nz

#### Local Chaplaincy Services

#### Unit Point of Contact



“EVERYONE SERVES”

## KEEPING EVERYONE INFORMED

*Permission was given for this letter to be shared with protection of identity. (Written 2013)*

Dear Caroline

Our time apart is difficult, but it has given me time to think and value the things I have left behind. I remember very clearly the day I told you I was going to deploy to Afghanistan. That seems so long ago now and I have been in Camp XXX for 3 months. You were always outwardly so supportive but I know you secretly worried about this separation and how you might manage and if I would be safe!

It seems that maybe I focussed too much on preparing myself for this time apart and didn't do all I should to make sure that you and the kids were well prepared. I was excited to get this opportunity and was so busy with the predeployment training and getting my gear together, that maybe we didn't make the most of our week together before I deployed. I can't turn the clock back now but I can turn it forward. I can admire your ways of coping in my absence and I can plan with you for our future!

I know Army life is difficult and you have had to endure many times alone when I have been on Courses or Exercises. We have shifted house a lot! I have missed special family events like birthdays and anniversaries, but you have always been there for me. I must be the luckiest bloke around. You have loved me through all of this and are the most amazing wife and mother. We are blessed with two gorgeous children who have inherited your charm, brains and good looks!

Your letters and photos mean so much. I love too the kid's drawings and little notes. I know you plan all this and make up the most amazing packages which surely boost my morale. I have down days too but you are so outwardly positive and boost me along. I love to see your smiling face on Skype and hear of your day. It's the day to day things happening at home that I like to hear about. You probably think it's boring but I feel pride in school achievements, love to see and hear of the certificates earned and the Saturday sports results.

I admire the fact that you don't feel you have to do this all on your own. I like that you spend time with your family and that they take care of difficult tasks – although not sure that there are too many since you can change a tyre, replace a fuse, paint the fence and still keep our precious family well cared for and safe. I like too that you plan special things for yourself and the kids and don't feel guilty about taking a reward for your efforts. Guess that's why you are still sane!

From afar, I thank you for all you do. Saying thanks doesn't seem enough, but I have a feeling that this time apart, as tough as it is, has made us better people: it has given us the opportunity to plan and together make our way forward. I feel grateful for what life has given me and excited for our future as a two-some and as a family.

With love always,  
Michael



QUOTE:

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

*(Marge Kennedy)*

# KEEPING THE HOME FIRES BURNING



Oh, what a surprise! In last month's Bugle Dave sent us messages. It was so unexpected to see messages there for us, it brought tears to my eyes, and made me miss Dave even more. But it was so lovely that he sent us these messages, I will definitely put that Bugle away in a special place. And send him messages back! In fact, it is our 10<sup>th</sup> Wedding Anniversary this month so have written him one to mark the moment, as it were.

The past month has had its challenges, that's for sure. It started with a headache that I couldn't seem to fully get rid of, then sore ears, then a sore throat. Oh no, I couldn't get sick, not now. Really busy at work and with the kids and the dog and house and everything else, I couldn't get sick. But yep, the virus that had been doing the rounds decided that I needed to have a dose as well. Having Dave away seemed to add to the symptoms so I was a right royal misery! Luckily the worst of the symptoms were over a weekend so I didn't have to take time off work and the kids were brilliant. They were soooo good and really kind and attentive. After Timmy's soccer game on the Saturday morning and a

quick tour around the supermarket we were able to potter around at home. A couple of loads of washing and minimal housework and great kids, by the end of the weekend I was feeling much better and ready for work by Monday morning.

One of the great things that Dave had arranged before he deployed was a lawn mowing contractor, even though I am more than capable of mowing the lawns once a week! It was absolutely the best thing ever, when I was feeling so yuk, that the lawns were done - it is one of the things I do obsess over when Dave isn't home. Silly really, but we all have our idiosyncrasies.

I thought that it was all going along swimmingly as I was getting better, but towards the end of the following week, Timmy, then Katie, both started getting symptoms of the bug I had had, so in the end it meant a couple of days off work to care for them. But they enjoyed being fussed over and having a day watching their favourite DVDs. All better now though and they are looking forward to the school holidays.

We have continued to communicate regularly with Dave and even though we

are talking (mostly via SKYPE) often, we enjoy putting together care packages for him as well. Last week we baked some Afghan biscuits (his favourite) to send to him. They haven't arrived yet, but should only be days away. We made sure to make lots for him to share! While the kids were home sick, they drew some pictures for their dad and I also took photos which we had printed off to add to the parcel we sent. It was as much fun putting it all together as I'm sure Dave will have opening it and looking at all the stuff we have sent him.

One thing about writing for this Bugle column, it has marked the time passing and really quickly. With the hectic-ness of the past month I almost decided to flag it for this edition, but decided that as I had made the commitment to record my deployment experience via The Bugle, I wouldn't let myself miss one. Now that it is written, I am really pleased that I have done it and it wasn't really that difficult.

Denise

# REUNIONS

*Military families look forward to being together after a long deployment with many mixed emotions. Each family member will have different expectations. Every family situation is different. However it is important to remember the needs and feelings of the returning family member, the adult at home and the children.*



## **Understanding the Returning Family Member**

- ❖ Military deployments, especially in a combat zone, can significantly change an individual's life.
- ❖ The deployment involved the loss of many comforts that people back home take for granted: contact with family, comfortable living conditions, a variety of good food, time to relax, etc.
- ❖ The deployment involved hard work and enormous responsibility.
- ❖ What sustains military personnel on a difficult deployment is devotion to duty, a close connection with fellow soldiers and the desire to return to the comforts of home, family and community.
- ❖ The returning family member may seem preoccupied with the experience of their deployment. They may be unable to talk about it or may excessively talk about it.
- ❖ The returning family member may have suffered physical or emotional injury or disability.
- ❖ The returning family member may expect extra attention and support for some time after their return.
- ❖ The returning family member may have serious concerns about their financial or employment future.

## **Understanding the Adult that Stayed at Home**

- ❖ Life has gone on and the adult at home has had to keep the family moving forward during the deployment. They may have had to take over many functions normally performed by the deployed family member.
- ❖ Often the adult at home has handled many small and not so small crises. These problems are old news at home but may be big surprises for the returning family member.
- ❖ The adult at home may expect extra attention and credit regarding the performance during the deployment. They also may expect the returning family members to automatically accept the family as it now exists and begin to perform a role with which they are uncomfortable or unfamiliar.

## **Understanding the Children**

- ❖ Children generally are excited about a reunion with their returning parent. However, the excitement of the reunion is stressful for children. Children may also be anxious and uncertain about the reunion.

# REUNIONS

- ❖ Children's responses are influenced by their developmental level. Toddlers may not remember the parent well and act shy or strange around them. School age children may not understand the returning parent's need to take care of themselves and to spend time with their spouse. Teenagers may seem distant as they continue their activities with friends.
- ❖ Children may need a period of time to warm up and readjust to the returning parent. This should not be misinterpreted or taken personally.

## Understanding the Family

- ❖ Couples may find the deployment has strained their relationship. Time and negotiation will help the couple work toward a new loving relationship.
- ❖ Family problems that existed before the deployment frequently reappear after the deployment.
- ❖ Extended family members such as grandparents, aunts and uncles may have provided support and service to the family during the deployment. They may have difficulty redefining their role with the family.

## Give Everyone Time

- ❖ All family members will need time to adjust to the changes that accompany the return of the deployed family member.
- ❖ Open discussions of expectations prior to the return home are helpful if they are possible.
- ❖ Families should utilize the help offered by the military and other organizations to readjust to the reunion.
- ❖ Most families will change. Children have been born or have grown. An adult at home may have become more independent. The returning family member had a life changing experience. The goal is to form a healthy, new life together.

Reunion of a military family after a long deployment is a cause for celebration. Some patience and understanding will go a long way to help the whole family successfully reunite with a minimum of problems. While most families cope successfully with the stress of the deployment and following reunion, problems can develop. If significant problems develop, the family should seek help from within their organisation. For many, relationships are enriched by the experience.



For more information visit:  
[www.AACAP's Military Families Resource Center](http://www.AACAP's Military Families Resource Center)



## Thoughts for the 'stay behind' parent

The alarm sounds at 0500 hrs!

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

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

You may think you need to be Superman or Superwoman, but you don't. Remember that you are, after all, only human. If you're finding you have inadvertently put on the super-hero cape, don't be afraid to take it off and give yourself a break. Schedule time and budget money for yourself. If you get exhausted physically or emotionally, you won't do anyone at home any good.

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

Stay flexible. Children take their cues from their parents so if you remain relaxed and flexible, the children will too. Everyone needs time to adjust to a new routine and that doesn't happen over night. Remaining flexible keeps stress and tension down as well as helping you keep a healthy perspective.

There's a reason why the phrase, "Don't sweat the small stuff" is so popular. It's good advice. Take care of the most important things, and the small stuff will get taken care of along the way – or not. The small stuff doesn't matter.

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

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

Kelli Kirwen

**Source: [myarmylifetoo.com](http://myarmylifetoo.com)**

# PERSONAL MESSAGES



The deadline for contributions and personal messages for "The Bugle" is the first Wednesday of each month (**the next edition deadline is 6 August at 4.00pm**). Please note: All "Bugle" messages are to be sent to Carol Voyce, DSO Burnham (email: [dso.burnham@xtra.co.nz](mailto:dso.burnham@xtra.co.nz))

## From In-Theatre

### Dear Mac

Great to keep in touch! Looking forward to hearing about the 90<sup>th</sup> celebrations. Hope you all had fun and took lots of photos. If you are packing, hope the journey home goes well. C x.

### Nath

Thank You for the message in the last Bugle. It was so cool. I'm glad you're enjoying rugby. Keep trying hard and you will do well. I really enjoy our time on Skype, it's awesome to hear what you have been doing. Cannot wait for our holiday, it is going to be so cool. Give Mikala a huge hug for me on her Birthday. Love and miss you. Dad.

### MeshellGee

Hi Wifey. Thanks for the pressies and the rest of the parcels. Not long to go until our holiday, can't wait. Hope the kids don't drive you too nutty before then. Love and miss you, your Hubby.

### Mikala

Happy Birthday! Hope you have/had a great day and got spoilt. Don't let your brother drive Mum too nuts. Hope the exams went well. Give James a hug for me, Love and miss you guys. K.

### Denise

Another message to wish you a Happy 10<sup>th</sup> Wedding Anniversary! Even though this is not the first time I have been away for our anniversary, because it is our 10<sup>th</sup>, I would have loved to have been home to be with you. We will have to have a 10½ anniversary celebration when I get home! Love you always, D.

## From Home

### Dear Bennie

What fabulous plans we have! I can't wait until you come home and we can start house hunting. It is super exciting! Winter is going ok here. We have been busy with outings and visits from Gran. Gina will be home from the UK for Christmas. Just booked her tickets so we are all super excited that she will be here! Look after yourself and let me know when we can start the countdown. Much love, Alice xx.

### Happy Birthday Grandson

Wishing you a special day in that far away place! We will be thinking of you and hoping you get a celebration of some sort! Hope our parcels have arrived. Have fun and keep safe. Love Grandad, Grandma and Auntie Bett xx.

### It's your birthday Robbie!

Have a great day on the 20<sup>th</sup>! We will be thinking of you. With love from your sisters, Kylie, Anna and Gina xxx.

### Happy Birthday Robbie

Thinking of you on your special day! Look forward to your homecomings and a belated celebration. Love Grumps and Nan.

### Hi Dad

We are having school holidays soon. We are going to go to the movies and then to get a Georgie Pie! Mum said that Dan could come for a sleepover so that should be fun. We might get to go to the snow for a day and play on the toboggans. We will send you some photos. I love you and miss you. Toby xxoo.

### Dear Uncle Mac

We miss seeing you when we go to

the car racing. The track was really slippery last time and Dad managed to put a big dent in his car. He still got second though. We are going again next month. Jess has been to the vet. She got caught in the fence and had to get some stitches but she is better now. I am playing rugby and having fun. I got the trophy on Saturday for the best player and also got some McDonalds vouchers. Yum yum! Write me a letter or send me a message so I can see it when we visit Nan's house. Love from Al.

### Hi Babe

Missing you and always thinking of you. Miss the fun times but will see you soon. Love always, D xx.

### Hello Mr M

Great parcel arrived today. Thank you so much. Really brightened my day! Work has been busy but managing ok. Not good at getting up on these cold dark mornings! Hear from you soon. Love you, Mrs M xx.

### Dear Sonny

Sounds as though you had a great time and lots of laughs! I can imagine many of the scenarios unfolding. Look forward to the photos! Love Rosie.

### My Darling Dave

Happy 10<sup>th</sup> anniversary! Wish you were here so we could have shared this special day together. Love you more than I did before. Your loving D.

### Hi Dad

Missing you! We are being really good for mum. She said you would be very proud of us because we are helping lots. Love you, from Timmy and Katie. P.S: Luca is missing you too.



# Building Resilience

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



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

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

## **Developing Baseline: Building Resilience**

A guide for Personnel on Operational Deployment and their Families

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

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