

# THE BUGLE

Issue 202 | October 2014



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## “THE BUGLE”

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

### Deadline

Deadline for Edition 203 is  
5 November 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

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

### Disclaimer

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

### Cover Photo:

Privates Bentley and Leach from 3 CSS Bn participate in Exercise ARETE which was aimed at developing their all arms skills in preparation for any future operations.

## GUEST EDITORIAL

**Lieutenant Colonel Mike Duncan**  
**Joint Staff Officer**  
**Continuous Improvement (J8)**



*Lieutenant Colonel Mike Duncan*

‘Tena koutou katoa everyone!’

It’s a privilege to be able to contribute to this edition of the Bugle. When I was last deployed the Bugle was an excellent informative publication that allowed me to keep in touch with what was going on around different missions and at home. The effort by the staff to put it together, and distribute it to not only us but also to our families, is certainly much appreciated.

I am the J8 (Continuous Improvement/Lessons Learned) at Headquarters Joint Forces New Zealand (HQ JFNZ). What does that mean I hear you ask? Well, we are constantly learning lessons from each deployment and capturing those lessons through Post Activity Reports (PARs) and observations on the Electronic Reporting and Lessons Learned System, better known as the ‘dreaded’ EARLLS. HQ JFNZ read **ALL** the operational PARs that are submitted and it’s the J8 Branch that are responsible for:

- reading all the operational PARs and observations put into EARLLS;
- analysing the observations and breaking them into insights of similar types;
- deciding if the insight is valid and, in consultation with the experts, identifying what the lesson learned is and who should fix it;
- ensuring the ‘lesson identified’ is implemented; and
- validating that the lesson has indeed been learned (which is the most important part of the process).

What I have just described is the New Zealand Defence Force Lessons Cycle which is the process we use to achieve continuous improvement for all our operations and joint exercises. This process has been in use by the J8 Branch for the last year and a half and has allowed HQ JFNZ to address a number of issues which used to frustrate those deployed overseas. It could be something about equipment, leave and pay, conditions, training, command and control issues; anything to do with the deployment.

The input into the PARs written at the end of the deployment is critical to



# GUEST EDITORIAL CONT'D....

ensure that HQ JFNZ get to understand the issue and is able to address it. A well written PAR, with well considered observations, leads to the lesson being learned and changes to the issues identified. EARLLS is the reporting and lessons learned repository for the NZDF. It is a goldmine of information but is only as good as the information that goes into it which is why it is so important for us all to put the effort into contributing to it.

If you are deploying or are deployed already and are searching for lessons from previous missions or on a specific issue you have encountered in theatre then the J8 branch can find that information for you if it exists. We use not only EARLLS but a number of other sources including other countries lessons learned databases. We have very strong links with Australia, the USA, Canada and the UK's lessons communities and can access a lot of their lessons learned product to help you. Our intranet IMX site has all of our product but if what you are after is not there then drop us a line (email, phone, etc) and we will see what we can get for you. In the end continuous improvement is achieved by information sharing and having a process to identify lessons and implement change. That is what the J8 branch does in the joint operational and exercise space but it doesn't work if you don't do your bit as well.

If your loved one is deploying be assured that NZDF is an organisation that is continuously learning and improving all aspects of what we do. At HQ JFNZ the lessons we learn from all our operational deployments are a very important part of the process in keeping our missions as current as possible which in turn gives our people the best chance of achieving their mission and staying and well.

Stay safe.

## RSA CHRISTMAS PARCELS

New Zealand Defence Force personnel who will be deployed overseas on Christmas Day can expect a bit of Kiwi cheer thanks to RSA Christmas parcels that were packed in September.

Volunteers from local RSAs and children from Mount Cook School in Wellington joined with NZ Defence Force personnel including the Chief of Army, Major General (MAJGEN) Dave Gawn, to help pack the Christmas parcels.

Inside the parcels are Kiwi classics such as Marmite, reduced cream and onion soup mix, Anzac biscuits and Raro juice packets as well as messages and cards from the local primary school children.

MAJGEN Gawn said, "It can be difficult to be away from your loved ones and there's nothing like receiving a message or gift from New Zealand."

"The parcels will help bring a little bit of home to our deployed personnel during the Christmas season.

"RSA National President, LTGEN (Rtd) Don McIver says that RSA Christmas parcels have been sent to overseas personnel since the First World War.

"We are proud to continue this longstanding tradition and bring a small reminder of home to our Defence personnel deployed overseas at Christmas."

"Our troops are doing a great job in often difficult circumstances and these parcels are a small token of the RSAs gratitude for their service," said LTGEN (Rtd) McIver.

Generous financial contributions from local RSAs, Countdown and the Navy, Army and Air Force Welfare Funds, enable the parcels to be sent each year.

There are currently 193 NZ Defence Force personnel deployed on nine operations and UN missions across ten countries including Afghanistan, Antarctica, South Korea, South Sudan, Sinai and the Middle East.



# FOREIGN CORRESPONDENTS

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## NEWS FROM SINAI

### WALKING THE ANZAC BATTLEFIELDS

**Captain John Aitken**  
**Senior Instructor**  
**Force Training Team**  
**Multi National Force & Observers**

On 14 August 2014, a group of six New Zealanders, together with one Australian, were lucky enough to make the journey from Sinai, Egypt across to the Gallipoli Peninsula, Turkey to walk the ANZAC Battlefields. This is our story.

### Day One —

#### The Journey to Istanbul:

The tour group left North Camp at approximately 0730 to cross the Egypt-Israel border to get to Ben Gurion airport in time for our flight to Istanbul. The group made it to Istanbul by approximately 1900 that night. After a long day's travelling the group checked into the hotel and explored the immediate surrounds. We were also able to enjoy some of Turkey's cuisine, including Dondurma, which is a kind of 'stretchy' ice cream.

### Day Two —

#### From Istanbul to Gallipoli:

A five hour bus ride took the tour from Istanbul to Eceabat the closest town to the ANZAC landings. After a quick lunch, we were given a guided tour around the ANZAC landings, stopping at several memorial sites throughout the battlefields. The sites included ANZAC Cove, Lone Pine, The Nek, Chunuk Bair to name a few. All sites were very well looked after, grass manicured and memorials in good repair. Following the guided tour, we were taken by ferry across the Dardanelles to stay at Cannakkale for the night.



*The view North from 'The Nek' in Gallipoli*

### Day Three —

#### From ANZAC Cove to Chunuk Bair:

Well before the sun rose, we caught the ferry back across the Dardanelles to Eceabat where our driver was waiting to take us back to ANZAC Cove. We arrived in darkness, approximately 15 minutes before first light. Not a word was spoken as we got out of the vehicle and everyone from the tour group found their own space to sit in silent reflection. There was an eerie calm about that place. No waves at the beach, no wind blowing, just silence.

From ANZAC Cove we moved to Shrapnel Valley to find the site where Private James Dasler, my Great Great Uncle, was buried on 25 June 1915. This was another



*The tour group at ANZAC Cove*

# FOREIGN CORRESPONDENTS CONT'D...



*Captain John Aitken paying respects to his Great-Great Uncle, Private James Dasler*

well looked after site, with a peaceful calm about it, tucked away in the folds of ground inland from the beach landings.

After we had paid our respects at Shrapnel Valley, we then walked north to No. 2 Outpost, along the beaches that so many ANZACs had walked 99 years earlier. From No. 2 Outpost there was a steady, and in places very steep, climb up to the main objective – Chunuk Bair. The walk, in clean fatigue,

took only one hour and eight minutes. This is in comparison to the ANZACs who did not take Chunuk Bair until Wellington Battalion's assault on 08 August 1915. The high ground was held for two days, before a massive counter-attack by the Turkish.

Following our time spent in the ANZAC battlefields, we also had time to travel south to Cape Helles where the British landings took place. In excess of 20,000 soldiers



*The British Memorial at Cape Helles*

lost their lives in that location. There was also a large Turkish Memorial to commemorate the naval defeat of the Allied Forces on 18 March 1915, which then forced the landings at the Gallipoli Peninsula.

## **Day Four/Five — Istanbul and the Return Trip:**

During the last two days in Turkey the group was fortunate enough to visit many sights around Istanbul including the Hagia Sophia mosque and the Egyptian Spice market. We also sampled authentic Turkish cuisine which was full of flavour. From Istanbul we returned to Tel Aviv where we stayed for a night and enjoyed a quick swim in the Mediterranean Sea. It was a long drive back to Egypt where we settled back into work and life here at the MFO.

Overall, the trip gave us all a great insight into the stories told from the ANZAC campaign at Gallipoli and it also provided a good break away from the MFO for a few days.



## NEWS FROM AFGHANISTAN

### A BUSY TIME FOR NZDF PERSONNEL IN KABUL

**Captain Thomas McEntyre**  
**QP RUA II**  
**Camp Qargha**  
**Kabul**

September has presented a few fresh faces and some colder weather for those deployed to the Afghan capital.

Our longstanding support team of Staff Sergeant Stephen Lamb, Sergeant Sean Cleary and Sergeant Craig Welsh returned to New Zealand and a well-deserved leave break after six months of hectic tempo. Warrant Officer Class 2 Marty Hill, and Staff Sergeant Richie Bray also completed their mentoring duties and left the Afghan National Army Officer Academy after a long nine month effort.

The dedication and contribution of those NZDF personnel who left us this month was recognised and acknowledged by Brigadier Bruce Russell, the commander of the ISAF troops here at Qargha, when he presented them with their NATO medals at a small ceremony during their last week here.

Lieutenant Sione Stanley, Staff Sergeant Neilroy McGregor and Sergeant Leah Griffiths arrived to begin their tours supporting the mentoring effort. Captain Ian McKnight and Sergeant Chris Kidney departed New Zealand for the United Kingdom where they are currently finishing off their training before arriving here in Kabul to

begin mentoring in time for the next training period.

The most notable event of the last month has been the first graduation of Officer Cadets from ANAOA. The Officer Cadets began their training almost a year ago, and have now commissioned into their respective regiments as Second-Lieutenants. The final testing of their skill as commanders was assessed during a challenging exercise which produced some enjoyable moments.

The graduation parade and ceremony was attended by the NZDF mentors and the New Zealand Ambassador to Afghanistan, Mr John Mitera. It was a proud occasion for those who commissioned, and also for the mentors and ANA instructors who have seen them develop. The efforts of Major Aiden Shattock and Captain Joe Darby must be acknowledged as they had made a significant contribution to the training of the graduating class while deployed here from late 2013 to mid 2014 as the first NZDF mentors at ANAOA.

Overall, the NZDF personnel deployed to Kabul remain busy, happy, and safe. For some, September is the start of a long time away from home, and for others the end is almost in sight. Either way, the support, messages, and parcels from home are both highly anticipated and appreciated - and everyone sends a big thank-you back to those thinking of them at home.

### Sergeant Marty Hill

Wishing you safe travels home.

You have excelled. Thank you so much for co-ordinating and on many occasions, sending articles and photos for The Bugle.

We have appreciated your commitment and will long remember the extra efforts you went to, to keep us informed and entertained. Happy reunions! Your wife is patiently waiting.

*Carol and Janine.*

## Heroes come in all sizes



**because being  
left behind  
takes bravery,  
too.**

# DOG TAGS FOR KIDS

**Front**



**Back**

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

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

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

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

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

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

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

## Dog Tags for Kids

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

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

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

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

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

Dog Tag required: Mum: ☐

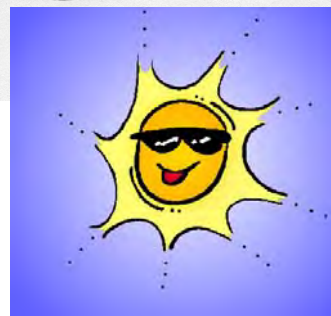
Dad: ☐

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

# Our Calendar Snake











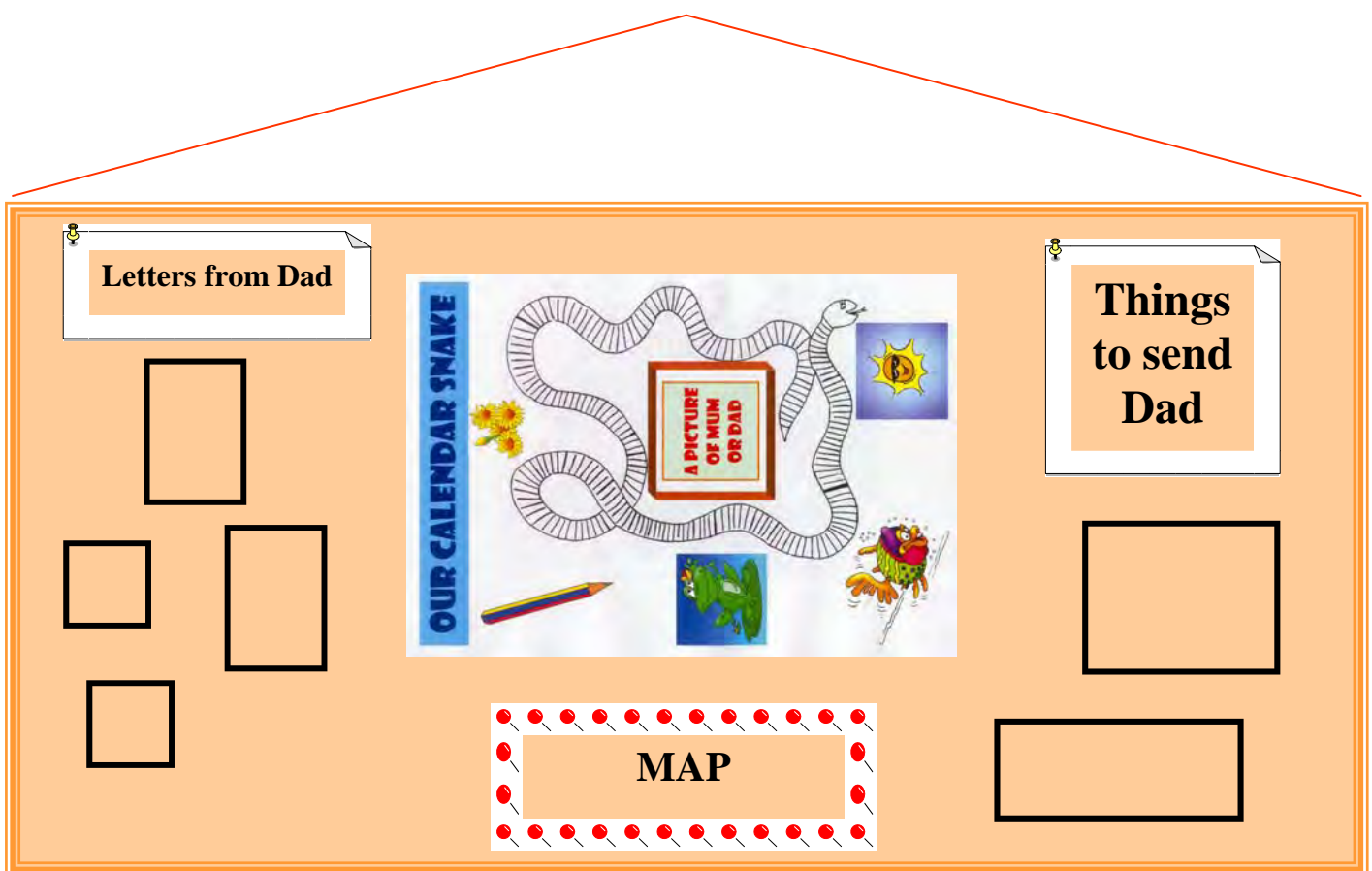
**A PICTURE  
OF MUM  
OR DAD**










# Instructions

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



## Here's some extra ideas.....

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

*Design & Layout: Christine Muir*

# DSO'S CORNER



## **Carol Voyce**

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

Greetings to you all!

As I write this, there is a terrible cold blast sweeping the country. Like you, I am hoping this is the last for the season and we can move on and enjoy Spring and anticipate Summer. September seemed to pass really quickly and with the elections and school holidays all falling in that month there was much to keep our minds otherwise occupied.

As you know, The Bugle is our main way of keeping in contact with you and Janine and I enjoy bringing it to you, with the help of our Foreign Correspondents. News and views from deployment locations can give you a greater connection with those abroad and an understanding of their day to day lives so far away from us all. Getting articles suitable to publish can be a difficult task. We experience times when we have many articles and others when there are few. We understand that Bugle writing is not the core task of those deployed and occasionally time constraints are difficult or

requests fall on deaf ears! We are very good at begging and occasionally bribing, but we don't always win! Last month we had an article and photos submitted from the team in Afghanistan. While we were keen to share it with you all, that which was sent, did not pass OP SEC requirements. All submissions we receive from overseas have to pass through our HQJFNZ for approval and permission to print. Sometimes a few minor adjustments allow us to proceed but at other times the entire contribution has to be withdrawn. Sadly, permission was not granted for the contributed information from Afghanistan to be included in the last edition of The Bugle.

You might remember us talking about OP SEC requirements at the pre-deployment family briefings. For very obvious reasons this is of huge importance to us all. Briefly and as a reminder, OP SEC protects our operations, those planned, those in progress and those completed. Success can depend on secrecy and surprise, so the military can accomplish mission tasks and goals faster and with greater collective personal protection. Our adversaries want our information (and that from other nations) and they don't just concentrate on our military people to get it from – they can look at other communications to family and friends. Little bits of information may seem insignificant, but to the trained adversary it just may provide the pieces needed in putting a puzzle together. Hence we all need to be careful.

You too have a role in all of this.

### **Be Alert:**

Watch your internet activity. A number of social networking sites like Bebo, Facebook, You Tube

and Twitter can facilitate rapid sharing of information.

### **Be Careful:**

Deployed service personnel can not always talk about what they are doing and where and when they might be moving about in deployment locations. Please don't pressure them for information and learn to talk in riddles. If you are the recipient of photos of loved ones abroad, be sure to keep them for personal viewing only. You and I, are not trained to identify something in a photo that maybe a risk to the safety and success of a mission. Phone and Skype lines are not secure, so be careful here too!

If you need more information then be sure to call me or Janine. We would be happy to help or to put you in touch with someone if you want more in-depth information or explanations. At the end of the day it is just about being sensible!

The success of The Bugle depends too on your input. This is your newsletter and we value your comments and suggestions. While some people are happy to write for us, others are not. We understand, but hope that you might consider a personal message or two. This is another great communication tool to enhance relationships and keep that connection across the miles. It is a fun way to keep in touch.

Many of you will be anticipating homecomings, as our briefing team embark on Family Days for those deploying to Antarctica and Sinai in the near future. I always think that when new rotations or replacements are planned that this clearly shows an end in sight for some! We look forward to meeting with you all along the way.

Kind regards.



# DSO'S CORNER CONT'D..



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

It is all around us – the signs of spring. Here in Palmerston North many of our streets are now lined with blossoming trees which I think are quite spectacular. It is such a pity that the blossoms are not with us for long and I can see that the green leaves are now becoming more noticeable as the blossoms finish. I have a couple of flowering cherry trees in my garden which are also in full blossom. I was really excited to see the first flowers appear first on one tree then the other, then the trees being covered; my blossoms are also giving way to the new green growth – and I'm not referring to the weeds that are surrounding them! The other obvious signs of spring are, of course, the wee lambs in the paddocks and we are very lucky here in Linton as I can see the new lambs on my drive to and from work each day. The displays of yellow daffodils have been around for a while too. This has got to be the best time of the year! I wonder how many of you who have loved ones away on deployment have equated this change of season with yet another milestone in your journey, and getting closer to homecoming? Of course, if your journey has just

started, surely this time of year when the days are growing in length, the weather is improving (in theory sometimes it seems!) and on a fresh, spring morning anything seems possible?!

As I write, just prior to this edition's deadline, daylight saving time has just started, as have the school holidays. School holidays don't impact on me, but it does take my body clock a while to adjust to the timing change of daylight saving.

Bugles arriving in your letterbox or by email are a good way to mark the passing of time in your deployment journey, as are the passing seasons, school terms and "anything" milestones in your own life. There are heaps of other things you can do as well:

**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. Arrange a babysitter and go to dinner with friends. 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!

**Exercise and keep fit:** Find fun activities and allow yourself to have a good time. Make a list of things that you like to do and then plan time to do them. Say "no" when you have to and be kind to yourself.

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

## 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:

**Waiohuru**—Carolyn Hyland

Ph 06 387 5531

**Burnham**

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

# KEEPING THE HOME FIRES BURNING



*So our wee girl is now a schoolgirl. Katie can't really see why after only four weeks at school she has to have a holiday, but then's the breaks! Her birthday party was as expected, lots of girls at our house making lots of noise. But it was a great day for Katie and Timmy was a great help, although I did notice that he retreated to the backyard with Luca when he became overwhelmed.*

*Once we got over the excitement of the birthday party and Katie's first day at school, I found that I had a bit of a down few days. Nothing really went wrong but I think it was just the routine of things - you know, get up and off to work/kids to school, work, pick up kids, cook dinner, bed and then we can get up and do it all again tomorrow! A ground-hog day existence where each day was the same routine with the occasional additional visit to the supermarket. Yippee, what an existence. When I thought about it and identified what I thought the problems were, decided that I had to do something about it. While routine was good in passing the time until Dave gets home, it was negative in that it was routine! So I made a plan and the following weekend invited the neighbours over for dinner.*

*It was fun to plan the menu, shop for ingredients that I hadn't bought for a while, including a couple of bottles of wine, and do something special not only for my guests, but also for myself. At one point I groaningly thought "what am I doing this for?" but that only highlighted that I had been hermit-inating myself. Our neighbours have been really good to us since Dave deployed - and especially when Luca went walkabout! - So it was nice to say thank you in a tangible way. It was a lovely evening; dinner turned out well, we talked politics a lot as the election was coming up and put the world to rights, drank all the wine. It was great!*

*I felt so much better over the coming days that I had to plan my "what's next" project. What I did was contact the partner of one of the other guys who is on deployment; her name is Michelle. We had met at the pre-deployment Family Day and had exchanged cell-phone numbers. We had texted a bit in the early days, just after the guys departed, but had fallen away in our contact. So I sent her a text and organised for us to meet for coffee that weekend. As we both have kids we arranged to meet at the coffee shop by the local park. We started to*

*get to know each other over our first coffee and while the kids had milkshakes and a snack treat (neither of us take our kids to coffee shops usually so they thought it was wonderful). Over our second coffee (take-away this time) we watched our kids play in the park while we chatted and compared our deployment experiences - what was working well, what challenges we had had to face so far, etc. It was so good to be able to share with someone who was in the same space as me, where I didn't feel I had to explain or defend our Defence lifestyle where husbands sometimes go away for long periods of time and leave everything at home for us to do. Just marvellous. It was such a successful day we wondered why we hadn't done it before. A couple of hours wondering around the park with the kids and chatting passed really quickly. We have set a date to do it again in a few weeks time. Timmy and Katie had a great day too and talked all the way home about playing with Michelle's kids next time.*

*Should have done this much earlier in the deployment!*

*Denise.*



# OPERATION CHRISTMAS CARD



**This is one of my favourite projects – spreading some Christmas Cheer across the miles!**

OPERATION CHRISTMAS CARD began some 14 years ago and has a proud history of sending a little of our kiwi festive spirit abroad. Last year we had the pleasure of a huge response to this project, receiving hundreds of cards, letters, drawings, posters and handmade decorations. It was with pure joy that I got to enjoy the efforts of so many, big and small, who wanted to remember our New Zealand Defence Force personnel on Operations abroad. Sorting the contributions brought many a smile, many a laugh and even a little sadness. Some children simply coloured the enclosed card (which is inserted into this edition), others designed their own, copious amounts of glue, glitter, cotton wool and felt pen, adored many a gorgeous creation and many a letter acknowledged the sacrifices of those separated from those they love, over the festive time. Some children wrote from the heart, shared a little about themselves, their holidays, their families and their pets and often included their own wise words of wisdom and a question or two! Some highly amusing and sure to bring a smile! In the past, we have had some outstanding cards from schools closely associated with our military camps, i.e. Burnham and Linton, and also from schools with no military connection at all.

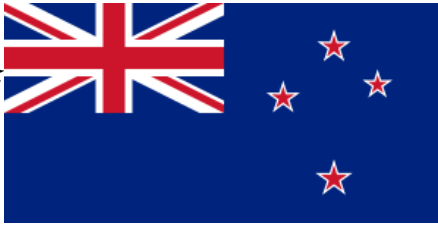
So, how can you help make OPERATION CHRISTMAS CARD a continued success? Take the enclosed card, copy it, or take the concept and guidelines to your preschool, school, community group, your work place, church group, senior citizens club or beyond. Everyone can make a difference! Get everyone onboard! Contributions must be received no later than **15 November** – postal details below. Once we receive the contributions, these are checked, packaged and mailed to all deployed service personnel on all missions abroad. Last year many of those who contributed, and included their contact details, were sent letters, photos and sometimes even a small gift from grateful service personnel, acknowledging the difference their festive greetings had made to their morale.

Your support is appreciated more than you can ever imagine. Carol.

Post Christmas Card contributions to:

Carol Voyce  
Deployment Services Officer,  
Southern Regional Support Centre  
Burnham Military Camp  
Powles Road  
Burnham 7600





“EVERYONE SERVES”

## YOUR WELLBEING

## YOUR WELLBEING

The **MILITARY LIFESTYLE** presents a **UNIQUE** set of **CIRCUMSTANCES** to families, and how well we cope with these is **STRONGLY RELATED TO OUR WELLBEING** and the wellbeing of those around us.

*Wellbeing is a complex combination of a person's physical, mental, emotional and social health factors. Your wellbeing is about how you feel about yourself and your life: it's about the whole person.*

## FOCUS ON CHANGE

## FOCUS ON CHANGE

*(Author Julia Esprey-Barton)*

*Source: Defence Family Matters, May 2014*

*Some say that a **CHANGE IS AS GOOD AS A HOLIDAY**, while others prefer life to remain consistent. Some people relish the **PROSPECT OF ADVENTURE AND NEW EXPERIENCES**, while others have a natural preference for **PREDICTABILITY, CLARITY AND FAMILIARITY**.*

**T**he reality is that most people find change challenging on some level, and we all manage it differently.

During times of change, it is important to remember that it's not change we tend to resist, but rather transition.

Change is generally tangible and observable. It's moving house, acquiring a new boss, landing a promotion, losing a job, having a baby, facing a deployment.

On the other hand, transition is the process of letting go of the way things were and taking hold of the way they will become.

For some, transition can be a time of confusion and stress. However, remember that transition is a natural process of disorientation leading toward clarity and familiarity.

Feeling confused and stressed during transition is a natural phase toward accepting the change. For some, it is not the change itself that is difficult, it's the process of embracing the 'new normal' that is upsetting.

The paradox is that the very things we wish we could keep the same were originally produced by change, change that may once have seemed daunting and impossible.

We are generally more resilient and capable than we think.

When managing change, it is invaluable to have a positive and flexible approach to new possibilities. Equally important is recognising that transition can be difficult — allow yourself time to adjust and seek support.

As a military family you will become familiar with navigating the highs and lows of new situations. Remaining motivated, focused, and developing a shared sense of purpose as a family will help you embark on each new adventure with confidence and enthusiasm.



# PERSONAL MESSAGES



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

### Hi Rosie

Time is ticking by now really quickly and I am looking forward to home days again. Nothing flash - just good company! Appreciate all the support and love always being sent my way. Take care, MacIndoe xxx.

### The W Clan

The life of the remote gets shorter every day now! On the countdown but still lots to do here. Missing you and looking forward to seeing our travel plans become reality. No doubt you have the wardrobe sorted for us all already. By the time you read this, your daylight saving will have started. That means so much extra evening daylight to take care of all those outdoor chores! Hope the school holidays go to plan. Take care, Love you all. Mr W xx.

### BRV

A little hiccup! Never mind, Mama can handle it! Be patient and tolerant - loving you. Ted xx.

### Hi Gorgeous

Another month gone by! Thanks for the great packages. I feel so lucky to get so many and love what you think of sending. Of course some stuff is devoured in a flash but every mouth full is swallowed with much enjoyment! Kid's drawings were amazing and the cards great. You too are amazing and I can't thank you enough for all you do for me and our precious family. Love Bradley xo.

### Hello Granny and Grandpop

Another bundle of special treats! Thanks so much. It is great to be able to share some of the goodies with the others, and they all send their thanks too. All is going well here but we are thinking of our travels home and getting our feet back on NZ soil. Will be great to catch up when I have unpacked! Christmas will be extra special. Hope you are both looking after yourselves there. Love Grandson B x.

### Hello CC

Hope my vote counted! DD.

### Sis

Maximillan here - how did you dig that name up from? I actually remember the occasion and recognised your message was for me. All is good here. Enjoying the experience and opportunities! Trust you are keeping everyone and everything in order there as always! See you in a few months. Little Bro x.

## From Home

### Hey Babe

Counting down the days now! Me and Bobby miss you heaps. Take it easy and don't work too hard. Love you and miss you heaps xx. Twinkle toes.

### Mr W

We have enjoyed seeing your Bugle messages. Thanks for thinking us. School holidays next week. We have lots of plans and some fun activities to do at home if the weather is bad. We promise not

to spend all your allowances. The birthday photos were great. I knew some one would find out and ensure the day didn't go unnoticed. We are well here but will be happy to see your smiling face again soon. Take care and skype soon. The W Clan xx.

### Hey Babe

Basil is in fine form - managed to chew through the cushions last week and scatter their contents the full length of the house. He then proceeded to tear the toilet paper to shreds from both bathrooms and knock over 3 pot plants. I am sure you can imagine my reactions and the need for his Master to return and SOON! Extra long runs do nothing to diminish his energy. Can't you see why I think a gentle little kitten would be my perfect pet? No matter what, I love you and that stupid dog. Miranda xx.

### Hi Suzie

Missing you! Thanks for all the letters, cards and parcels. Mail day is really exciting and I have been spoilt. Thinking of you always and the fun times we have to look forward to. Look after yourself. I will be home soon. Brown Bear xx.

### Sean

Hope you are keeping well and busy. Congrats on your driving team winning the beautiful trophy you guys are awesome. Thanks for skyping when you can. It's always great to hear from you. Dad says hi and thanks for the T-shirts. We are all keeping busy and are counting down the days till you're home. The Ute is fine. Dad has looked after it for you. Love you heaps and miss you. Lots of Love Mum xxxxx.

# Talk, Listen, Connect

**S**esame Street, in partnership with WAL-MART, has produced a booklet and DVD on “Helping Families During Military Deployments”. This kit is designed to help military families cope with feelings, challenges and concerns experienced during various phases of pre-deployment, deployment, and homecoming. The kit also includes a child’s activity poster.

While this package has been created with American families in mind, there is much similarity in our approaches to Deployment Support Services. We all experience the same questions, and the same feelings throughout the deployment cycle.

The kit is aimed at children 3-5 years of age. The DVD shows Elmo and his parents preparing for Elmo’s Dad to be deployed. The characters discuss feelings, exchange keepsakes and reviews the reasons why Elmo can’t go too.

The DVD presentation moves through the cycle of deployment right up to anticipating reunions. Elmo describes being ‘excited in a funny way’ going on to say his tummy is doing flip-flops!

Loan copies are available from the DSO in Burnham or Linton, or you can download the package from [www.sesameworkshop.org](http://www.sesameworkshop.org). Well worth a look!



## CHANGE OF ADDRESS FORM

If your address or contact details have changed, or are changing, could you please complete this form and return it to the DSO in Burnham.

Service Person’s Name: .....

Deployment Location: .....

Name: .....

Old Address: .....

New Address: .....

Postcode: .....

Phone Number: ..... Email address: .....