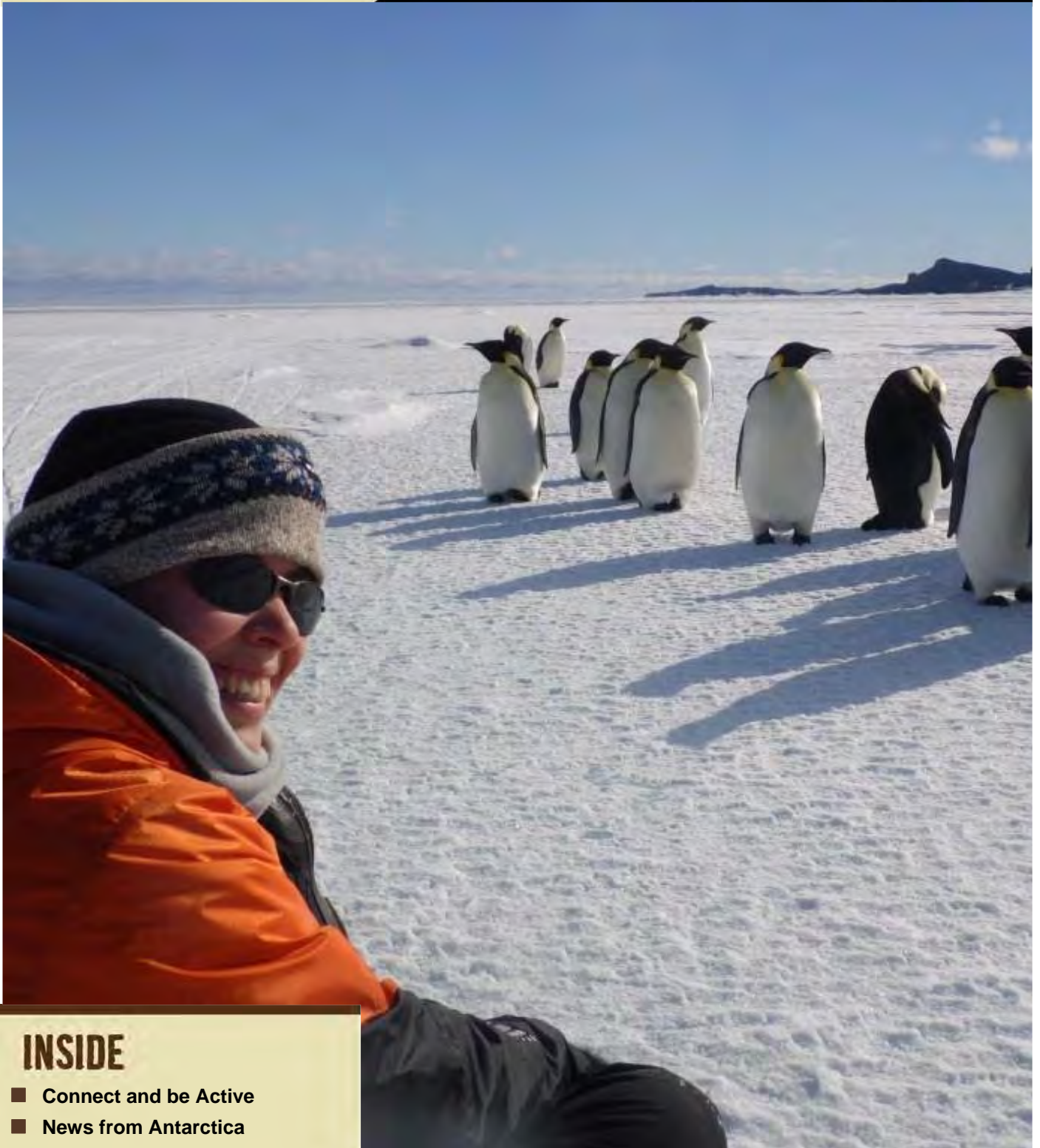


# THE BUGLE

Issue 203 | November 2014



## INSIDE

- Connect and be Active
- News from Antarctica
- Christmas Mailing Date
- Getting Sorted

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 204 is  
3 December 2014 at 4.00pm

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

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### Disclaimer

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

### Cover Photo:

Getting close to the Penguins on  
OP ANTARCTICA.

## GUEST EDITORIAL

### CONNECT AND BE ACTIVE – 6.1.1 FAMILIES CONTRIBUTE TO OUR MISSION SUCCESS

**WO1 Clive Douglas**  
**Command Sergeant Major 1<sup>st</sup> New Zealand Brigade**

As the Command Sergeant Major 1<sup>st</sup>(NZ) Bde, I had the privilege on 4 November to accompany the 1<sup>st</sup>(NZ) Bde Commander, COL Nick Gillard, and SMA, WO1 Mark (Titch) Mortiboy, to Palmerston North Airport to farewell personnel heading to OP FARAD as part of the next New Zealand Contingent, Multi National Force and Observers (NZCMFO), deploying to Sinai. In Sinai over the next six months the contingent will focus on a mission of peacekeeping to ensure Egypt and Israel adherence to the 1979 Treaty of Peace. As with any operational deployment there are loved ones who are left at home to continue their mission; maintain the family routine, household, or just be a loving, caring parent or partner; you are all not alone. This is not an easy job for all concerned whether it is the first experience of a deployment, or just having a loved one away again. Know that all personnel deployed and their families have the support of the Deployment Services Officers. Carol Voyce and Janine Burton, our Deployment Services Officers, do an outstanding job to support those deployed and our families at home. Being connected and staying active are key strategies in achieving mission success at home and being deployed.

Having recently returned from OP FARAD myself, before taking up the role of Command Sergeant Major 1<sup>st</sup> (NZ) Bde, I know the importance of being connected and being active. A connected mind and being physically active, helps in maintaining ones wellbeing and health whether deployed or at home. I encourage all these involved with the deployment cycle to contribute to The Bugle or make an effort to prepare a parcel for our deployed personnel or loved ones overseas. Receiving a message through to a topic like ‘Keeping the Home Fires Burning’, seeing a surprise



*WO1 Clive Douglas*

photo or personal message, all helps in staying connected and being active. As for those deployed, I also encourage you to reciprocate and stay connected to those at home. It's times away from home where taking the time to reflect and understand the home mission, that will contribute to the success of service to our families.

Our success in a large part is due to the passion of our families, Unit members, Padres, Psychologists, Deployable Points of Contact, Deployment Services Officers and those within the NZDF family who support the team deployed. From all of those who have deployed, currently deployed or about to deploy we all say “thank you” for your support and efforts to take the time to stay connected and be active in our wellbeing and health. Without your support, our passion for our service to our nation and the profession of arms would not enable success on operations.

Finally, New Zealander's continue to serve overseas and New Zealand continues to play a key part in maintaining peace around the world. To these service members returning from operations from around the world, congratulations on a successful tour and to your families “thank you” for being successful in your mission at home; for without your support, our personnel could not do their mission. Stay connected and be active.



# FOREIGN CORRESPONDENTS

## INSIDE THIS ISSUE:

News from OP ANTARCTICA	Page 3
News from Sinai — Beersheba Memorial Ceremony Israel	Page 4
News from Sinai — Overview	Page 5

## NEWS FROM ANTARCTICA

### Corporal Gill Lindsay, Scott Base Support Team, OP ANTARCTICA

It's rather a worrying experience when you are sat down and told that you are someone's lifeline- the only person a scientist may talk to for months, and that you are responsible for setting off the SAR efforts if something goes wrong. The tolerance for a late call in is only 5 minutes in some cases, and there is only 1 person monitoring the radios - you.

I guess that's why the NZDF work so well with Antarctica New

Zealand, we understand the importance of being on time, and are always ready with a helping hand. Every year we send down 4 people to act as the link between Scott Base and the deep field events in Antarctica. It is a soldier or sailor or airman who's voice is heard across this icy land; "Hello K082... This is Scott Base, how's it going today?"

The Scott Base Watch Keeper, or as we are more commonly called the comms op (Communication Operator) has the task of maintaining a 24 hour listening

watch (in 8hr shifts) on all Scott Base's guarded channels. We monitor who is going where and when they are due home (and check up on them if they are late- 5 minutes is a long time if you are stuck out in an Antarctic storm!), we carry out "skeds", the daily call in to each of the field parties to make sure they are ok, and extend a friendly voice across the miles, we carry out general administration tasks, and many secondary duties as each person sees fit. We try very hard to fully integrate ourselves into the civilian organisation, and into the Scott Base community.

Antarctica is an amazing place to work and live. Scott Base is warm and safe - very important attributes when the wind is howling at 70knts outside and the visibility is down to a couple of metres. The scenery outside the window is mind blowing and there are so many recreation opportunities (and 24hr sunlight) that sometimes it is hard to drag yourself off to bed.

If you are friendly and chatty and hard working, and you have an itch for adventure — ANTARCTICA is for you!



Scott Base from the air

## NEWS FROM SINAI

### BEERSHEBA MEMORIAL CEREMONY, ISRAEL, 31 OCTOBER 2014

A group of New Zealand, Fijian and Australian service men and women, currently deployed to the Sinai, participated in the 97 anniversary of the battle of Beersheba in Israel on 31 October 2014.

The group provided a ceremonial guard, consisting of two Australians and two New Zealanders, while Fiji provided the bugle player for The Last Post.



*The Ceremonial guard on parade*



*Members of the Ceremonial party, from the Australian Navy, Fijian Army, Australian Army, Australian Air Force and New Zealand Army*



# FOREIGN CORRESPONDENTS CONT'D...

The ceremony was attended by a number of dignitaries and members of the public, to mark The Battle of Beersheba, which was fought on 31 October 1917, when the Egyptian Expeditionary Force (EEF) attacked and captured the Yildirim Army Group garrison at Beersheba. This was the beginning of the Southern Palestine Offensive of the Sinai and Palestine campaign of World War I.

***“It was a privilege to attend this ceremony for the service men and women and something they all shall remember.”***

## SINAI OVERVIEW

This New Zealand Contingent deployed to the Sinai in April 2014. The weather was hot with temperatures averaging in the high thirties. With an excellent handover we proceeded to establish a good battle rhythm in North Camp. One of the first major tasks was training



*A poppy is placed*



*NZCON Powhiri November 2014*



# FOREIGN CORRESPONDENTS CONT'D...

the force with a relief-in-place (RIP) of the major units. Elements remained behind to assist us in this task which was much appreciated.

A resupply flight arrived in May. This went well with the RNZAF members of the contingent providing valuable expertise.

The driver training team stepped up to the mark with some 450 licenses issued and personnel rotating through the fully armoured vehicle (FAV) driver training in May.



*A casualty evacuation by air at a remote site*

June had the Force Training Team (FTT) conducting Exercise Hermes Respite. An exercise designed to test the Force Operations Centre's Command and Control elements and the response teams in North Camp.

NZCON participated in all the extra-mural activities in North Camp with



*Loading the C130*



*The weightlifting competition*



notable efforts in the weightlifting, swimming sports and tug of war.

July and August saw the majority of the personnel take leave to a variety of places throughout the globe and a tour for some to Gallipoli. The drivers continued to support the force in their various resupply and maintenance tasks at the remote sites and Israel.

*Left:*

*NZCON and AUSCON combined to win the swimming sports and came 3<sup>rd</sup> in the Tug-of-War*



# FOREIGN CORRESPONDENTS CONT'D...



*Forming up in the marshalling area before heading out on a driving task*



*ANZAC's in the Columbian Route march*

The Senior Driving Instructor, with the help of his instructors, conducted a successful Force Driving Skills which was won by the NZ Woolshed. The FTT also conducted the Force Skills competition in late September with the Kiwis finishing a credible third. Along with snap and operational readiness checks of all the remote sites and the remote site upgrade, it has been a busy tour. Certainly

the Sinai has changed over the tour and the contingent as a whole matured within themselves and gained good operational experience. Living within a close environment and dealing with the complexity of the MFO has been challenging but the friends we have made far out way everything else.

I would like to thank those contingent personnel that have supported us Mel, Laura, Peter and

Maria cheers! Also I would like also to take this opportunity to thank our families, Unit members, Deployable Points of Contact, Deployment Services Officers, Janine and Carol, and those within the NZDF family who supported the team. From all of us we all say, "thank you" for your support and efforts to take the time to write in the Bugle, send packages and maintain contact via social media. Ake Ake Kia Kaha.

# DSO'S CORNER



## Carol Voyce

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

Greetings to you all! I hope all is well!

**T**hese past few weeks I have been challenged with new technology and while it has not been without drama, it reinforces the fact that good communication is the key to keeping relationships alive and well, especially for those separated by distance.

My daughter has recently moved to Australia and she felt it was timely, before her departure, that I upgraded my very basic cell phone so that we could easily keep in touch and especially by utilising wireless networks or data. Easy for her I thought, as she had grown up with the latest in everything and it was second nature to her to speedily tap away on the keys of a laptop, iPad or cell phone. Not so for me. Our first purchase was an iPhone. Besides setting me back a tidy sum of money, I then had to learn how to manage it. There were

lessons to be had in "Snapchat", "Viber", "Messenger", "Whats App" and then the basics that go with a new phone. Initially I was regretting this major outlay as I struggled to remember all she had taught me. I could log on – that was simple as she had set the phone up to not only a password but finger print identification – but what next! All I really wanted to know, was how to make and receive a call and how to set the alarm clock! That lesson had to wait while she asked: Would I also like music on it? Use the notes? Would I like to "speak" to the phone and ask "Siri" a simple question for a quick answer? Did I want all my contacts saved from my old phone?

Well over the past few days I have been in touch with her using almost all of the above and have mastered the special features of the phone! I am feeling quite pleased with myself. We spent ages over the weekend sending back and forth messages about what she should name her new kitten. (The kitten had been named Matilda before she left NZ, but when she got to the breeder – Matilda was actually a Matt – hence a new name needed!) I also sent a couple of "Snapchats" and sent a message to a friend in Brisbane on "Viber"! And got replies!

For those deployed, keeping in touch is at times challenging too. The location determines what communication tools are available for you to utilise and it differs widely! Skype, where it is available, makes an incredible difference. That familiar face smiling back just bridges a huge gap. Children can

sing, read stories, and show off certificates and share special occasions. It makes the distance seem so much less. Phone calls too are essential. Some of our service personnel have relatively easy access to landlines, while others are dependant on mobiles where the connection is not always good and often down. Despite the challenges, we need that regular contact for reassurance and peace of mind not matter from where and when!

Technology can sometimes overlook the almost forgotten thrill of "snail mail". Nothing beats a handwritten letter, a card or a parcel. We know that small parcels sent frequently have the greatest impact on morale. That familiar handwriting, that special treat, a newspaper or magazine – they all mean so much! Today I posted off welfare packages full of goodies to our service personnel in Sudan. While they may take a little time to reach their destination they will simply brighten a day! Don't forget ladies – you can spray your letters with your favourite perfume or slap a lipstick kiss on the envelope of your card or letter. Something personal that technology can never bring!

My Postie has already brought me a small package from Australia – included was the latest catalogue from Myer – my favourite Australian store. Guess that means that despite all the "Snapchats" and Messages – I best get something in the mail. It's not what we send but the connection it makes!

Keeping in touch is priceless!



# DSO'S CORNER CONT'D..



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

With this Bugle the deployment journey has started for our new contingent in Sinai. I was at Palmerston North Airport last week on the day of departure to join with family and friends who farewelled loved ones who they won't see again for six months – apart from Skype communications of course. It has been a while since I have been at a departure and had forgotten how intense this part of the deployment can be for some. Tears are inevitable, I'm afraid. There were around 11 of the contingent members departing from Palmerston North – almost half of the contingent – and a good representation from uniformed personnel who dropped by to say good-bye and good luck for a successful deployment. Family members were recognisable faces in the main part, as we had met a few weeks ago at the Family Day; Carol and I are with you until homecoming in 2015, so don't forget to give us a call if there is anything we can assist you with.

So we welcome our new readers and also look forward to receiving contributions from the team for our future Bugles too, of course. No pressure – yeah right!

With this beginning, we are now on the countdown to homecoming for the contingent who will soon be replaced. They will travel home to reunite with their loved ones and reintegrate with their families and life back here in NZ. This can also be a challenging time for some, so be aware that while we have waited all this time for loved ones to return from overseas, there may be some bumps along the way which is absolutely normal, as is the absence of the bumps, so don't panic if reintegration isn't very smooth. And then it will be Christmas!

Christmas thoughts already, wow! However, for those who will be celebrating Christmas while having someone on deployment, if you are wanting to send a Christmas gift, please be thinking about getting them in the post by the end of this month at the latest. I know that this is early, but allowing 10-15 days for delivery, getting your gifts on their way means you can cross this off your "to do" list now. If you are the deployed person – same suggestion applies if you are wanting to send gifts home.

Again with regards to Christmas, don't forget that our next Bugle will be the final for the year so if you and/or your family would like to send a special Christmas message to loved ones overseas – or to loved ones at home – our Personal Message section is a wonderful way to share those special

messages. Again, don't think "yep, I will do that later" and then miss the deadline. Send your messages through to Carol or myself sooner rather than later and it will be one more thing you won't have to remember to do.

Over the past month I have had a couple of calls with regards sending mail overseas. If you ever have any queries about the mail, have issues with getting things posted or queries with regards mail arriving in the deployment location, please contact either Carol or myself so we can follow up and hopefully have issues resolved.

Finally this month, I would like to say,

**“A huge thank you to  
the current OP FARAD  
mission for their  
contributions to  
the Bugle Each month.**



**We have really appreciated  
your regular contributions  
and have enjoyed  
reading them.  
Safe travels home.”**

# KEEPING THE HOME FIRES BURNING



**O**kay, I am officially over deployment! Not for any special reason, but enough is enough. Dave is due home really soon and I think that it is just the counting down to him getting home. The past months have really flown by, but for some reason the weeks are starting to drag now. Looking back, I think we have done really well. One thing I don't think I mentioned in earlier Keeping the Home Fires Burning articles, was when just a couple of months into this deployment, Dave was asked to extend his deployment by a couple of months. At the time I just didn't want to think about it, but now is when it is having an impact when I am thinking that if he didn't have the extension he would have been home already. But we are on the homeward stretch now and rather than months, we know that he will be home in a few weeks and definitely before Christmas, yay! We even have a date to work to now; flights have been booked, my leave has been applied for - just a couple of days, then a longer break over Christmas. I know that things are always subject to change within the military and I try to be prepared for that as well. I

haven't mentioned the date to the kids just saying that their dad will be home really soon, and keep on with the routines.

We met up with Michelle and her children again last week which was great. We had planned another outdoor day so the kids could run about, but as it was a particularly wet day we ended up at the local pool (indoor and heated) which was just as successful as our previous get-together. Once they had finished their time in the pool we had lunch in the coffee shop in the same complex which was another treat for us all. Yesterday I was able to help Michelle out by watching her kids for a few hours when she needed someone to watch them. As our kids all get on so well, it was really easy. Again, I wish we had started this much earlier in our deployment.

Katie is really enjoying school and has made heaps of new friends. She is also into her artwork and has brought home so many pictures for her dad, I have put them all into a box so she can go through them with him when he gets home and has a spare hour or so. Timmy has also started putting bits and pieces away

in one place so he has some things to share as well. I have found that getting them to make a collection box to share with their dad is keeping them positive, but the deployment has certainly been a long road for them too.

Only weeks to go now!

Denise

Can you read this?



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



# FOR YOUR INFO

## Christmas Mail to Deployment Locations

I am sure you will be aware that the volume of mail worldwide increases over the Festive season. This year will be no different. With this in mind, we are suggesting that you post early to avoid the Christmas rush and ensure that your gifts arrive in plenty of time.

To avoid confusion with other packages you maybe sending, please mark Christmas gifts accordingly and hope that the lucky recipient can resist temptation until December 25<sup>th</sup>! As with all mail, please attach a green customs declaration form and keep all copies of Post Office receipts.

**Please note:** Christmas crackers are banned by NZ Post and cannot be sent.

## Mail to OP RUA

There have been some problems identified with the sending and receiving of mail to service personnel deployed on this mission. The problem appears to have been resolved but if you still have concerns, please contact the Deployment Services Officer.

## Operation Christmas Card

Thanks to the many people who have so far contributed to our project to spread Christmas cheer worldwide. Some great cards have been received and I look forward to packaging them up and sending them abroad. If you would still like to send a letter, card or poster, please make sure it arrives at the DSO office in Burnham no later than 14<sup>th</sup> November.

## The Bugle Christmas Edition

This is our bumper issue so be sure to gather your Christmas Greetings from family and friends for loved ones deployed and send them to [dso.burnham@extra.co.nz](mailto:dso.burnham@extra.co.nz) no later than 3 December.

## Stickers

We have a proforma for Christmas stickers which print on Avery labels L7160. (see below). If you require the proforma, just give us a phone call or you can cut out the below and use on your packages.

**DPSC have advised that all packages and parcels for Christmas should be posted no later than 1 December.**

## 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](mailto:nib@nzdf.mil.nz)

#### Local Chaplaincy Services

#### Unit Point of Contact



# CHAPLAIN'S PEN FROM HOME

## Padre Molony

School holidays are looming on the horizon already and take a bit of managing for those with children, as soon as the Kids are on holiday I can't help but feel that I should be on holiday too! My routine carries mercilessly on while the kids either sleep in (the older child) or get up early and watch cartoons, I will have a break as well so I could sleep in too (actually I often get up and watch cartoons).

Like many Kiwi's our family holidays have a pretty significant amount of driving involved and I love the road trips, especially now the kids are a bit older.

A lot of comms happen on these trips, lots of talking, listening to

music together, and a lot of reconnecting.

The week to week routine of life can get quite hectic and it's pretty easy to get out of sync and not have time to catch up on just day to day life together, that's what I love about the road trips. Somehow I'm a better listener while I'm driving; I think this is a guy thing. I read recently that the average person listens for just 17 seconds before interrupting! And conversation is a funny thing anyway as what you think you say, what the other person hears you say, and what you actually said can all be different things!

So having the space to talk and listen to each other and catch up is precious. Guys, you don't have to fix the problems that come up, you

just have to listen...for more than 17 seconds! This is why driving is so good; you can listen while you drive!

For all of us though we really need these gaps and breaks from routine, they are absolutely essential to maintaining good healthy relationships. All of us need a finish line where we stop 'work' and are available for the significant others in our lives, our spouse, partner, children, family and friends.

So for the lead up till Christmas and for the break you deserve, hang in there, take care and may God's Blessing be with you.

*Kia noho a Ihowa ki a koutou, Ma Ihowa koe e manaaki*



*Celebrating the 150th Anniversary All Saints , Burnham*



# THE IMPORTANCE OF GETTING SORTED

**Lynne Smith**  
**Personnel Welfare Co-ordinator**  
**Headquarters**  
**Joint Forces New Zealand**

**F**or many of us, organising our personal arrangements is something we keep putting off. This is especially true if it involves legal business such as wills. It can be depressing thinking about the “what ifs” in life. But it’s the “what ifs” that can sometimes ruin people’s lives - especially for those left behind when things do go wrong.

As at 1 October 2014, every member of the New Zealand Defence Force is covered by a minimum of \$300,000 life insurance policy which means this goes to their beneficiaries (people named in a will or legal beneficiaries identified by law if there is no will) after any debts (mortgage, loans, funeral expenses etc) have been cleared. Having a clear up to date will can really help avoid problems for those left behind.

## So What about Wills?

People mainly use a will to write down friends or family they want to provide for if they die, and how they want to distribute what they own. Wills also let you specify someone you would like to look after your kids or to leave special gifts and meaningful stuff. They can include special instructions for your funeral and typically name the person who will carry out your wishes.

If you don’t have one, or if yours is not valid for some reason, what you think should happen if you die may in fact not. This could put your family into legal and financial difficulties.



## Top things to know are:

- ♦ If you die without a will, the government will use a formula to divide up your assets and this can take a lot of time;
- ♦ If you get married, the will you wrote before your marriage is no longer valid;
- ♦ if you die without a will, all your assets (money, property, car etc) do not automatically go to your partner, and
- ♦ the last will you signed – even if it’s out of date – will be the one used if you die.

You may assume that if you die everything would automatically go to your current partner (if you are in a relationship). There have been situations where, for example, a widow had to share the estate with her children and his parents or where a legal (but separated) wife gets an estate and a current de facto partner gets nothing, and this is not something everyone understands.

At each stage of life, there are different reasons for making a will. For many people having a will is much less about distributing wealth – it’s much more about sorting out a young family or making things

easier in the event of the unexpected. For others it may be about making sure a parent is looked after and the hundreds of thousand of dollars in life insurance is distributed fairly.

Of course, just having a will is not enough – it has to keep up with where you are in life. These days people need to update their wills for a variety of reasons: their relationship or financial situation has changed, they’ve become a parent or grandparent, they’ve purchased a property (or some other big asset), they’ve received an inheritance, they’re starting a business or their health has changed. That’s a lot of circumstances for a will to keep up with.

This article is an edited extract from [www.sorted.co.nz](http://www.sorted.co.nz). Sorted is run by the Commission for Financial Literacy and Retirement Income which is an independent government organisation whose aim is to “increase New Zealanders’ lifelong financial literacy”.

If you want to know more or need help “getting sorted” go to [www.sorted.co.nz](http://www.sorted.co.nz) or call your Deployment Services Officer for a chat.

...Looking after those you leave behind.

# WHAT'S ON IN WELLINGTON AND TRENTHAM

## WELLINGTON AND TRENTHAM DEFENCE AREA CHILDREN'S CHRISTMAS PARTY

Sunday 30 November 11am — 3pm on Davis Field

Open to all NZDF families, military and civilian, in the Wellington Area.

Bring cash or BYO lunch. Great entertainment, food stalls and music.

One ticket per child to exchange for free goodies (tickets are issued by your location POC on receipt of your child's gift and includes your appointment time with Santa).

POC's for Gifts and Tickets are:

HQNZDF Freyberg House: Jo Bland

YDU: Michelle Stokes or Lyn Hills

Messines: Linda Workman or Vicki Lock

All in Trentham Camp: Registry Drop Off or Archives Personnel: Karley Johns

Torrens House: Jo Davies

HQJFNZ: Mel Wallace

HRSC: Sarah Hannan

LockHeed Martin: Teuila Holsted

Presents are to be delivered to the POC in each location by Wednesday 26 November

Any queries, please contact [marie.lotz@nzdf.mil.nz](mailto:marie.lotz@nzdf.mil.nz)

## TE REO CLASS

Every Wednesday midday in the Clock Tower. FREE to attend, bring your lunch.

## UKULELE CLASS

Starts Tuesday 4<sup>th</sup> November 4.30pm in the Clock Tower and runs until the Tuesday before closedown. It's FREE run by the UHCC Library. Ukuleles available to borrow. RSVP: [marie.lotz@nzdf.mil.nz](mailto:marie.lotz@nzdf.mil.nz)

## The Community Garden

The garden has had a tidy up and planted with beans, squash, beetroot, chillies, sweet corn and cabbages. The garden is open to anyone in the TDA and especially the housing area who would like to look after it. It's a give and take system of watering, weeding and of course using the vegetables when they grow. There is loads of mint at the moment you can use already.

## Playgroup

Every week in the Clock Tower 10am to 11.45am.

Any queries for any of the above, please contact [marie.lotz@nzdf.mil.nz](mailto:marie.lotz@nzdf.mil.nz)



2014

## WHAT'S ON IN AUCKLAND

14 DECEMBER

### FLEET CHILDREN'S CHRISTMAS PARTY

Sunday 14 December, 10am—2pm, Ngataringa Sports Field,  
Jim Titchener Parade

Tickets purchased with cash only-EFTPOS not available. No door sales. Tickets go on sale from the NCO on 10 November until 5 December. Phone 0800 NAVY HELP for any queries.

2014

## WHAT'S ON IN BURNHAM

DECEMBER

### CHRISTMAS CAROL SERVICE

Tuesday 2 December, Christmas Carol Service, Burnham Chapel, 5pm

- BBQ plus Bouncy castle for the kids
- Service starts at 6.30pm, finishes around 7.30pm

Christmas Eve service @ 7.30pm, Burnham Chapel

Christmas Day service @ 9am-9:45am, Burnham Chapel

10 DECEMBER

### TWILIGHT CHRISTMAS GALA

Wednesday 10 December, 5-7.30pm, Burrows Field, Burnham Camp

All welcome. For further information, contact Carol Voyce, DSO on 363-0421 or 0800 33 7569.

## The Bugle Deployment Newsletter Bumper Christmas Issue

Deadline for contributions is 3 December

Take this opportunity to spread some festive cheer across the miles. Personal messages from those at home and those abroad are welcome. Share the Christmas spirit! Email your contributions to: [dso.burnham@xtra.co.nz](mailto:dso.burnham@xtra.co.nz) by the given deadline. Articles welcome too!



# Armistice Day

Source: nzdf.mil.nz

## 11 November

**A**rmistice Day (also sometimes also referred to as “Remembrance Day”) marks the anniversary of the signing of the Armistice that ended the First World War and commemorates the sacrifice of those who died serving New Zealand in this and all wars and armed conflict.

The Great War of 1914 to 1918 was one of the most disastrous events in human history. New Zealand, with a population of 1.1 million in 1914, sent 100,000 men and women abroad. 16,700 died and over 40,000 were wounded – a higher per capita casualty rate than any other country involved.

The coming of peace on the eleventh hour of the eleventh day of the eleventh month of 1918 brought blessed relief for all involved. On Armistice Day 1918, New Zealand had 58,129 troops in the field, while an additional 10,000 were under training in New Zealand. In total, the troops provided for foreign-service by New Zealand during the War represented 10% of its 1914 population between the ages of 20-45.

The signing of the Armistice is observed annually in New Zealand at 11.00 am on 11 November (the eleventh hour on the eleventh day of the eleventh month). Two minutes silence is observed in memory of those New Zealanders who died while serving their country. Wreath laying ceremonies will take place across New Zealand.

### Remembrance Sunday

In addition to observing Armistice Day, Remembrance Sunday has become a universal time of commemoration when all men and women who have died in the service of their country are commemorated in church services throughout New Zealand.

In New Zealand, Remembrance Sunday is observed on the second Sunday in November. We also take this opportunity to remember our comrades in other parts of the world, especially our personnel currently serving in the various operational missions.



*They shall grow not 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 will remember them.*

(Fourth stanza of Laurence Binyon's 'For the Fallen')



# HOW TO BE SUNSMART

**S**kin cancer is largely preventable if you are SunSmart when Ultra Violet Radiation (UVR) levels are high. Avoid getting sunburned and remember that skin can burn in as little as 15 minutes in the midday New Zealand summer sun.

## 1. When to be SunSmart

Between September and April, especially between the hours of 10am-4pm when UV radiation levels are very high.

## 2. Slip

Slip on some sun protective clothing, i.e. shirt with a collar and long sleeves and trousers or long-legged shorts and into shade whenever possible.

## 3. Slop

Slop on SPF30+ sunscreen 15 minutes before you go outdoors and every two hours afterwards. (Note: sunscreen should never be your only or main method of sun protection).

## 4. Slap

Slap on a hat that protects your face, head, neck and ears.

## 5. Wrap

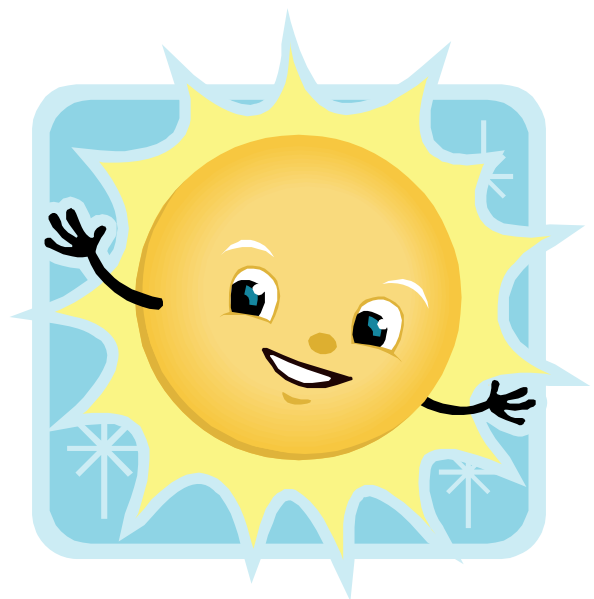
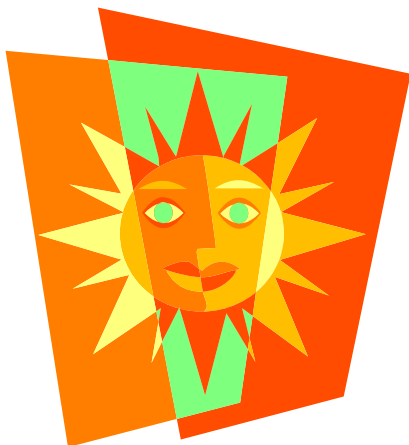
Wrap on some sunglasses: make sure they meet the Australian/New Zealand Standard.

## 6. Avoid Solaria (Sunbeds)

Using solaria (sunbeds) significantly increases your risk of melanoma.

Note: People with a history of skin cancer, sun damage or who are taking medicines that affect photosensitivity should use sun protection all year round.

Sun protection should also be used throughout the year when at high altitudes or near highly reflective surfaces, such as snow or water.



# DEPLOYMENT MAILING ADDRESSES

Letters and parcels (up to 1kg in weight) may be sent to deployed personnel at the following addresses, at internal NZ Post rates. When mailing your parcels, please retain the receipts given to you by your Post Shop so the item can be traced, if required. A **green** Customs sticker must be attached to any parcels, clearly stating the contents and value.

## Sinai (Op FARAD):

*FORCES CONCESSION RATE* (please write this at the top of your envelope or parcel)

*Regimental Number, Rank, Initials and Surname*

NZ Contingent

Multinational Force and Observers

El Gorah, Sinai

P O Box 99000

Tel Aviv, Israel

C/- International Mail Centre

Auckland 2022



## Other Deployment Locations:

(No requirement for "Forces Concession Rate")

*Regimental Number, Rank, Initials and Surname*

*Mission Name* (e.g. Op SUDDEN, Op SCORIA)

C/- DPSC

HQ JFNZ

Private Bag 900

Upper Hutt 5140

or 2 Seddul Bahr Road

Trentham

Upper Hutt 5018

NB: Mail is sent from DPSC to deployment locations every Monday.

A Postal Users guide and Prohibited Items Brochure are available on the NZ Post website by going to their website at [www.nzpost.co.nz](http://www.nzpost.co.nz) and typing *Postal Users Guide* and *Prohibited Items Brochure* into the search box. These brochures give valuable information, such as what you can and cannot send, and how to best wrap your items.

Strong packaging is *essential* as these items pass through many hands, may get thrown around and have other items put on top of them. Attempts to send prohibited items may result in entire shipments being delayed as Customs remove suspect items.



# PERSONAL MESSAGES



The deadline for contributions and personal messages for "The Bugle" is the first Wednesday of each month (**the next edition deadline is 3 December 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

### Hey Jolie

Well it will not be long now until you will be here with me for what will be an exciting holiday I bet. Be sure to pack some warm clothes and don't forget to bring my jersey. Good luck with your final exam and enjoy being on exercise, hopefully it isn't too stressful. Thinking of you always. Love Black Panda.

### Dear Jackie and Mike

Congratulations on the new baby boy! So happy that you guys have someone extra to add into the family! I look forward to catching up with you guys when I get back and spending time with my two nephews, Wiremu and little Timothy, and Little Jacqueline. Love you guys lots. TC.

### Hi Rolly

We are busy but can't help but think of homecomings! Not long now. Might take me a while to sort this past 6 months of acquired and accumulated stuff! So looking forward to seeing you all and for the summer of fun planned. Keep busy and I will be there before you know it! Love you always. JJ xx.

### Floss

All well here. We are enjoying the experience. Thanks so much for the great parcels and for all your letters and cards. They really cheer my day. Sounds as though you have the house and garden in order! Enjoyed your photos – great job. You will be looking forward to lots of sunshine. Keep smiling. Love you. Harry xxx.

## From Home

### Mr W

Can't believe that you are coming home next month! Looking back, time has flown. We have all learned from this experience and given it our best – you too! We are proud of you and you of us. No more trips to the Post Office, no more rubbish bins, but oh guess we need to share the remote once more! Will cook your favourite meal for your special family homecoming dinner! Make sure you sleep on the plane! Just us though and we will catch up with the rest of the family in the weeks ahead. Safe travels and thanks for still being you! Lots of love and homecoming wishes. The W Clan xxoo.

### Benji

New kitchen – wow! You will love it! Just needing you to perch on the barstools and survey family life once more! And the ever starving white fluff ball will continue to meow around your feet! Can't wait! See you soon. No more missing you. Elizabeth xxxx.

### Patrick

The school holidays have been fun, but everyone now busy with study and exams looming. We miss your guidance but value your encouragement from afar. Family are still helping and Mikey has been busy in the garden. Keep smiling across the miles. Shirley xx.

### Hey Bro

Missed your antics at Charlotte's 21<sup>st</sup>! We all had a great night. The bus service was great – lots of singing and great door to door service. The speeches were funny and of course you got a mention of tricks and treats from bygone

years! We are now planning Christmas and the beach BBQ and hoping that summer will arrive eventually! Keep up the good work. We are all proud of your efforts here. Love, Aunty Michelle xx.

### Jack

Rugby over here! Tasman didn't make it but they were tough and played hard. We were still proud of their efforts throughout the season. I am sure they learned a lot from the experience. Nana has been busy planning her contribution to Cup week in Christchurch. We will be staying there for a week with Joss and family so a good time will be had by all. Nana has a new outfit as usual. I think my suit still has years of wear in it! Not sure why she can't think the same with all her flash outfits clogging up the wardrobe space. The horse is set to start so it will be exciting. Hope the sun shines though. Nellie and Bob have a new grandson so they are staying home this year to offer help on the home front. Been great reading The Bugle and we are always proud of you. Take care there, Love Grandad Bill x.

### Leon

Missing you heaps. Over halfway and counting down, can't wait for you to come back. Happy Birthday for the 6th Dec, we will celebrate your birthday when you return, any excuse for a party! (J and K miss you loads, and are waiting to see a photo of you in The Bugle? Lots going on here, very busy times. Love you xo. Your whanau.

### Uncle Lloyd

An uncle is a special person and your birthday is a special day, so here is hoping that your special day is wonderful in every way. Happy Birthday from the Haywood Clan.

# SEND A MESSAGE OVERSEAS

*Send a message  
to your loved one overseas, with...*



**K**ate Lukins, a former DJ and studio engineer with the Radio Network (Newstalk ZB, ZM/FM, Classic Hits, Coast FM etc) is once again producing the NZDF Christmas radio show for deployed forces.

She will be recording a two - three hour programme complete with music requests and messages of support from families and friends.

Kiwi Forces Radio will be made available to our people in theatre, in time for Christmas. For people in New Zealand, it will also be available for download from the NZDF website. Download details will be advised in December.

To send a song request and record a message for your loved one, email: [kate.lukins@mbie.govt.nz](mailto:kate.lukins@mbie.govt.nz) with your name, phone number (cellphone is okay) and say what time during the 15 – 16 November is best for her to call you from the studio.

**Final day to email your details through is:  
Friday 14 November, all calls will be made on:  
Saturday 15 and Sunday 16 November.**