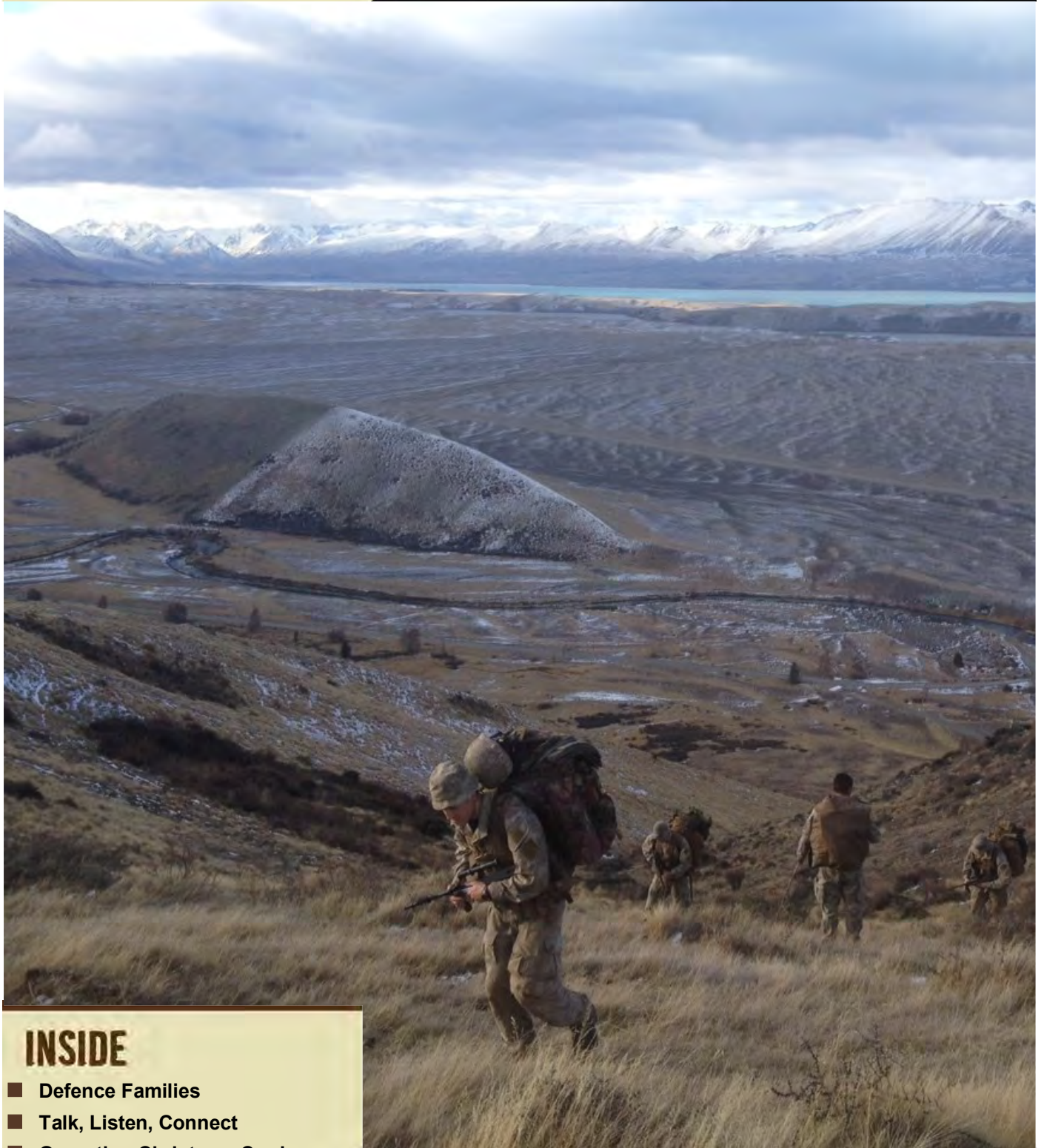


# THE BUGLE

Issue 213 | September 2015



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- Defence Families
- Talk, Listen, Connect
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- "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 214 is  
7 October 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:

3<sup>rd</sup> Combat Service Support Battalion reinforcing their basic soldier skills during Exercise Rorkes Drift, Tekapo 10-14 June.

## GUEST EDITORIAL

**Lynne Price**  
**Defence Community Coordinator**  
**Burnham Camp**

***“Defence Families  
are a resilient lot - not  
to mention smart,  
educated, well  
resourced, and  
trained to adapt and  
overcome challenges  
that would  
bedevil others.”***



**Lynne Price**  
**Defence Community Coordinator**  
**Burnham Camp**

This statement from some recently reviewed Australian literature says it all! As New Zealand Defence Force families, you have to cope with an ever changing climate - deployments, postings, courses, exercises - sometimes at short notice and sometimes for much longer than anticipated. I have the privilege here at Burnham Military Camp of witnessing first-hand the qualities identified in the Australian literature. I get to work with many families facing the challenges our work environment thrusts upon us.

The New Zealand Defence Force is very much committed towards supporting families and we have a number of policies and services in place that allow this to happen. It doesn't matter if you belong to Army, Navy or Air; there are dedicated personnel in all locations who are always willing to extend a hand in friendship and support. While those who offer this support may have different job titles, they have one theme in common and that is to lighten the load, ease the

burden this lifestyle brings and to make sure that you have access to quality supports and services when the needs arise. These services are available to all, whether you live on a Base/Camp or have housing in your nearby community.

Our commitment is to you. Our services and supports are offered to meet a need. We have actively canvassed our local communities and asked our residents about what they need, what they would like and what would make a difference to their lives. We have, in each location, established our unique thriving community hub to just lighten the load a little. While we encourage individuals to actively seek and maintain their own support networks, some of the activities offered can in fact make that happen, while others may help in a time of a crisis. Here in Burnham we have essential services with the bonus of much fresh country air! No matter where you live, you will find so much to become involved with and even the

# GUEST EDITORIAL CONT'D...

opportunity to volunteer if you have the time.

The greatest barrier to using a support service or joining an activity is to have the courage to reach out. You will find that taking this step to not only live in your

community but to love and enjoy it too, can be worth the effort and can make a real difference. Be sure to introduce yourself to your Community Services Officer, Defence Community Co-ordinator, Deployment Services Officer, Welfare Facilitator, Family and

Social Services Officer or Chaplain. Don't be confused or worried about their title! They are here to give you much peace of mind and help you along the journey your life takes you as an important contributor to Defence life.

## NEWS UPDATE



Source: [www.nzdf.mil.nz](http://www.nzdf.mil.nz)



*New Zealand vs. France, rugby match, 1919. Photo credit: Crown Studios Ltd*

### **‘Defence Blacks’ New Name for NZDF Rugby Team**

**24 August 2015**

The Chief of Defence Force, Lieutenant General (LTGEN) Tim Keating, and New Zealand Rugby announced today that the New Zealand Defence Force (NZDF) rugby team will now be known as the “Defence Blacks”.

The new name comes before a commemorative tour in Europe by the Defence Blacks.

On 29 September the team plays a French selection in Paris commemorating a match in 1917 where the NZ Division played a French military side in front of a crowd said to number 60,000 people.

On 3 October the team will play a one-off match in the Dave Gallaher Memorial Tournament against the Belgium national team. From there the team goes to the United Kingdom for the International Defence Force Rugby World Cup (IDRC)

The Defence Blacks are in pool 1

with Japan, Fiji, and the Royal Navy. Their first game is against the Japanese Self Defense Force on 8 October.

LTGEN Keating said the new name for the team acknowledges the long-standing rugby tradition of the Defence Force, with the first recorded match involving New Zealand troops in December 1914.

“After the end of the First World War, New Zealand soldiers won what is now recognised as one of the first international rugby tournaments, fielding 13 former or future All Blacks.

“It is fitting that the NZDF rugby team returns to Great Britain as part of the New Zealand Rugby family as the Defence Blacks,” LTGEN Keating said.

While in Europe the team will also take part in a number of services to acknowledge the sacrifice of 700 New Zealand soldiers who died in the 1917 Battle of Messines.

# NEWS UPDATE CONT'D...



## New Chief of Army and Chief of Navy appointed

01 September 2015

The new Chief of Army and Chief of Navy appointments have been announced today by Defence Minister Hon Gerry Brownlee. Brigadier Peter Kelly has been appointed as the next Chief of Army and Commodore John Martin has

been appointed as the next Chief of Navy.

BRIG Kelly will formally take up the role as Chief of Army at a powhiri and handover ceremony at Waiouru on 10 September, and is being promoted to Major General.

CDRE John Martin currently leads capability development for the New Zealand Defence Force as Assistant Chief Capability. He will formally take up his new role on 30

November, and will be promoted to Rear Admiral.

BRIG Kelly has been acting Chief of Army since Major General Dave Gawn left the position in late July 2015 to be Head of Mission and Chief of Staff to the United Nations Truce Supervision Organisation. The current Chief of Navy, Rear Admiral Jack Steer, will be retiring from the Navy at the end of November.

"I want to congratulate both officers on their success in being appointed to these very important positions," says LTGEN Tim Keating.

"The roles of the chiefs of the three Services are to raise, train and sustain their respective Service. These positions are of vital importance to both the Service concerned - whether that is Army, Navy or Air Force - and the wider Defence Force."

## NZDF Engineers Lead Multinational Task Group to Cook Islands

02 September 2015

Around 40 engineers and skilled tradesmen from the New Zealand Defence Force (NZDF) arrived today in the Cook Islands to lead a multinational task group that will relocate a critical fuel depot and refurbish public buildings in the South Pacific nation.

Captain Andrew Blackburn, Senior National Officer for the New Zealand contingent, said members of the New Zealand Army's 2 Engineer Regiment will be working alongside around 20 military engineers from China, the United

States and the United Kingdom as part of Exercise Tropic Twilight.

"New Zealand is a trusted and valued partner in the Pacific and Tropic Twilight demonstrates New Zealand's commitment to the region," he said.

"The exercise also offers an opportunity to practise the NZDF's capability to deploy alongside other militaries to provide humanitarian assistance and disaster relief in the Southwest Pacific," he added.

Captain Blackburn said several schools and hospitals were being refurbished to increase their resistance to cyclones and address electrical safety concerns.

Tropic Twilight is a recurring activity and will be conducted this year in the northern Cook Islands atolls of

Penrhyn and Manihiki from 31 August to 12 October.

"The New Zealand Aid Programme is supporting Tropic Twilight by funding the design, project management, purchase and transport of materials," said Nick Hurley, New Zealand's High Commissioner to the Cook Islands.

Mr Hurley said the new fuel depot was crucial to the Australian-funded Cook Islands Pacific Patrol Boat, Te Kukupa, undertaking long-range maritime surveillance patrols in the northern atolls, where a large proportion of illegal fishing occurs.

Holding this year's activity in the Cook Islands has extra significance because it coincides with the 50<sup>th</sup> anniversary of the country's self-governance in free association with New Zealand, he added.

## NEWS FROM SINAI

*Dear Family and Friends*



*Greetings from the Sinai – We are now just over half way through the deployment and although the situation here is constantly changing, everyone within the contingent is adapting and rising to the challenge.*

*Our drivers are constantly busy with numerous resupply tasks, racking up the miles on the roads, our engineers are flat out making our facilities and bases better protected, the training team is constantly on the go with a number of new courses plus training the hundreds of new arrivals into the mission. Our liaison team is always in the mix and central to what the MFO is all about, and our support; HQ and staff appointments, are all hard at work across the MFO contributing to everything from visits coordination, administration of the contingent, and the arrival of new equipment. I am very proud of what our small team has achieved in such a short time and how they have all contributed to enhancing the NZDF reputation amongst the international community – in the typical understated kiwi fashion.*

*It is not all work and no play either. Contingent sports and PT continue to feature in our routine and many have managed to get away for some well-deserved leave.*

*I expect that things are all go at home too especially with Summer just around the corner. I would like to recognise the continuous support you provide to your friends and loved ones deployed here in the Sinai, I know it is greatly appreciated. Please remember the support networks available to you in your area, I know the Deployment Services Officers, Carol and Janine are always available to help out.*

*Thanks for your support and I'll be in touch again soon with another update.*

*Commanding Officer*

# DSO'S CORNER



**Carol Voyce**

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

**Q** busy but exciting time is ahead. We are just plotting the pre-deployment briefs for families for the next rotations of a number of missions. Exciting for you all, as this is usually the signal that there is an end in sight for you and reunions will be here more quickly than you think!

You probably remember how you felt as you arrived at such a family brief. Nervous, apprehensive, scared, excited, tearful – a myriad of emotion, all different for everyone. You might also recall how you felt when you left – informed, reassured and with a degree of peace of mind. Our briefing team plan carefully the outcomes we want to achieve for you all and your feedback is important to us. It tells us that we have met and often exceeded your need and has provided you with a steady platform for the way forward! For Janine and me, it also provides an opportunity for us to personally meet with you all – even if we can't always later, put a face to the name. We meet over 300 people on our briefing roadshow, so I guess we could be forgiven for that! At least you know who we are and "see" who you are talking to when you call!

Throughout every mission abroad, we gain new information, new ideas and new ways of doing things. This is important to us, to be sure that we leave no stone unturned in providing you the very best in information and support. We also learn a lot for you – the family left behind – and are always grateful for the handy hints and suggestions that you offer which makes life a little easier during the separation. We are grateful that your feedback enables us to share your ideas with others. We all learn!

Now for many of you, the countdown is beginning and we ask that you share your experiences with those nearby who are facing an upcoming deployment. It is your first-hand experiences that will help others along the way. I am sure that you have all experienced that helping hand which was extended at just the right time and if you can offer it to someone else, their burden will be lessened too – and you will feel good!

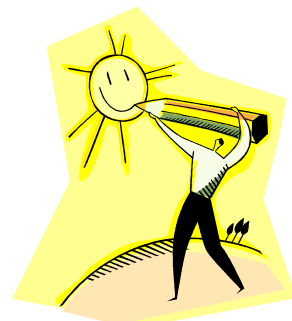
Spring brings new beginnings and household chores. While the daffodils bloom and the lambs skip merrily about, so comes that spring cleaning! I have moved house so many times since the Christchurch earthquakes that I like to think my spring cleaning has been done over all seasons. Hopefully my hoarding days are over, but I am sure if I looked a little closer into a stored box or a cluttered wardrobe that I could easily dispose of a bit more. I recall a soldier's wife once telling me that she had "had a massive cleanout/throw out of his stuff!" I am sure you can imagine his comments on his return! Don't be tempted – the advice is don't touch his stuff! A neat pile maybe but definitely not a trip to the tip!

We will shortly be sending out a booklet about preparing for

homecomings which contains some wonderful advice. Much of the information is based on research and feedback and is an absolutely vital tool in preparing for reunions. Make sure you take the time to read it. There is information on preparing for reunions, the actual reunion and life post deployment. Obviously the key to success in any homecoming is communication and while there can be some challenges; there are some very positive outcomes for all. The reunion experience is different for everyone but remember you have all changed from the experience. You have all been challenged by the deployment and parenting or being home alone! Understanding each others expectations can help for a smoother transition, and seeking help if the going gets tough are positive steps. Just remember we are still here for you all long after the arrival home.

So now it is time to complete our planning for supporting the next rotations, and to get this edition of The Bugle to print. I am sure you are all busy and nervously excited about what the coming months will bring.

Take care out there!



**Daylight Saving  
commences on Sunday  
26<sup>th</sup> September – put  
your clocks forward  
one hour at 3am**

# DSO'S CORNER CONT'D...



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

With this edition of the Bugle, we are welcoming more new readers. We continue to get lots of very positive feedback about our Bugle, of which we are very proud. Everyone you talk to has their favourite part – some like the personal messages, so read them first, or save them to the last; others like the articles from our deployment locations, and increasingly our Keep the Home Fires columns have become popular. If you have something you would like to share with other readers who are working their way through a deployment, we would love to be able to share. There are usually highs and lows along the way as you may gather from Jule's regular columns, times when you are just over the whole deployment, and then times when all is calm and going well. Sometimes, just knowing that somewhere there is someone going through similar experiences makes things seem a little less stressful somehow. So if you would like to share, and we can withhold author names or use pseudonyms, please send through to Carol or myself – contact information on the inside front cover.

Often when I am writing this monthly column I read previous contributions. Earlier this year I was considering resilience and strategies that we put in place to cope with separation as a result of deployment. Of course, whether we are consciously aware or not, there are strategies we put in place for every day life; whether it is organising our family routines so we get out of the house each morning to get to work or school on time, arranging our daily work processes so we achieve whatever is required. When deployment is added to the mix, for some of us it is just a slight adjustment or possibly even a complete re-work to keep things running. Different strategies work for different people and/or situations. Whatever works for you in your individual situation is absolutely the right thing.

Although the timing of printing and

posting of this Bugle will mean that Father's Day has passed, we would still like to acknowledge our dads – whether they are those away on deployment or for those on deployment to remember their dads at home. We hope that dads at home and away had a great day, but fathers should be remembered always. As should mums, partners, siblings, grandparents as well, of course.

The overseas exercises have continued to keep me busy; a deployment of shorter duration but life continues and situations arise which we can assist with. Strangely, the shorter duration deployments such as exercises can have different pressures than the more lengthy ones. We are happy to help wherever we can.

As your particular deployment journey starts, continues or concludes, you are in our thoughts.

## **5 — 11 October is Mental Health & Wellbeing Week. Come along to one of the seminars running at Trentham Camp**

**Email: [marie.lotz@nzdf.mil.nz](mailto:marie.lotz@nzdf.mil.nz) for further info**

5 October, 12 to 2pm, TTS Theatrette, **Vic Tamati & Phil Paikia**  
*Men's Stories.*

6 October, 12 to 2pm, The Clock Tower, **Claire Laurenson, Grief Seminar.**

6 October 6pm to 8pm, The Clock Tower, **Major K. Milburn, Army Psychologist, Family Resilience Workshop.**

7 October, 12 to 2pm, TTS Theatrette  
**Lisa Tamati, Author of Running Hot shares her inspiring journey.**

8 October, Your time, Your Place, **Individual Unit Wellbeing Initiatives.** *Photograph your event and be in to win.*

9 October, 11.30am to 2.30pm, The Clock Tower, **Celebration of Health & Wellbeing, Recognising the good days and celebrating..**

# FOR YOUR INFO

## Welcome Sophie

Sophie Rodie has recently been appointed as the Defence Community Co-ordinator, Whenuapai. We are so pleased to have Sophie as part of the support network and I know that families in the Whenuapai area will welcome the assistance Sophie can give them all. If you are in the area be sure to call past Sophie's office. You can contact her on (09) 417 7000 Ext 7035 or 027 450 2001.

## Mail to Deployment Locations

We have had several concerns expressed about the delay in receiving incoming mail from those currently abroad. We have done some behind the scenes investigating and have been told that mail into DPSC arrives from overseas missions about 2 weekly and is then put into the NZ Post system for delivery nationwide. On occasions mail bags have been delayed for customs inspections. If there are items which need to be cleared then the whole mailbag has to be held while that happens. We recently incurred some delays with mailbags containing tobacco products and herbs and spices! Please be assured that everyone does a great job in getting the mail from one side of the world to the other and are constantly striving to always improve the service. If you have any problems be sure to contact the DSO so we can look at this again if necessary.

## Are you the Primary Next of Kin (PNOK)?

When a service person deploys they nominate a PNOK who is the person that we communicate with for day to day welfare needs. We are of course happy to talk with others but on certain occasions we

receive instruction to communicate directly to the PNOK only. This usually occurs when we are asked to share information about media reports or happenings overseas. The PNOK has a duty of care to inform other family members of the information we pass. Recently many of the nominated PNOK received by email, a statement from HQ JFNZ about a media release. We were asked to communicate with you all to provide some reassurance and then to follow this up with a phone call. The call was to provide further reassurance about the situation and to answer any questions. Because of the sheer volume of numbers, we established in Burnham a "Calling Tree". A great group of military and welfare personnel made these calls. We managed to speak with about 80% of PNOK. We chose not to leave messages where there was no reply just in case this caused some anxiety. It was great to be able to reach so many of you and thank you for passing the information on to other family members.

What was troubling was the number of incorrect contact details we held for some families. We are reliant on this information being given to us prior to deployment. Obviously there is some inaccuracies in what deploying service personnel have recorded. If you are concerned about the contact information we hold for you and if you did not get a follow up phone call, then please contact the DSO so we can check the information we hold, with you. This is about peace of mind for you and us!

## Media Reports

From time to time, the media networks report happenings overseas which can be worrying to our families with loved ones

deployed. Just a reminder - if we think this may cause you some concern, then our standard procedure is to reassure you by email and/or a phone call. It is our aim to try to always beat local media reports. Sometimes we can achieve this but sometimes it is impossible. I am sure you understand that we cannot talk with all family members and should the situation arise, thank you in advance for sharing the information with your extended families.

## Ready for Reunions?

"Returning Home from Deployment" a guide for personnel and families – This booklet will find its way to those who are expecting the return of loved ones from abroad in the coming weeks. A wealth of information is contained in its many pages and we suggest you spend some time reading the information offered, based on past experiences of others. If you have any questions be sure to ask one of our welfare Team members or your DSO.

## Operation Christmas Card

This is a fun annual project which you and your community can get involved with. Please refer to Page 12 of this edition of The Bugle to see how you can help. We look forward to exceeding the last years record of receiving 1751 cards to forward to deployment locations abroad. Bring a smile to those away from home and spread the Christmas cheer afar!

## Nigel Latta coming to Linton and Burnham

We are privileged to have Nigel Latta visiting two of our Bases to share many fine words of wisdom

## FOR YOUR INFO CONT'D...

with both service personnel and their families in October. This invitation is extended to include families of those deployed who would like to take the opportunity to hear his presentations.

Please refer to the full page advertisement in this edition of The Bugle for more detail, but if you wish to come, please ensure that you RSVP and advise if you require childcare.

**Expect a little  
humour mixed with  
some practical  
advice!**

**HAPPY  
FATHER'S  
DAY  
TO DADS AT  
HOME, DADS  
ABROAD AND  
DADS WHOSE  
MEMORY LIVES  
ON IN OUR  
HEART**

## Send us your Tips and Tricks

Being a Defence Force Family can sometimes seem like a challenge, with loved ones often away or with regular postings and/or absences for courses.

So if you have a tip about encountering and meeting a challenge that is unique to Defence life, then let us know about it. Your ideas may ultimately make life easier for someone else. You too may have found a resource that helped you cope with this Defence lifestyle that you could share with us all. It could be a website, book, film, TV series, community event, outside organisation or even a person!

We welcome your feedback: Responses can be emailed to [carol.voyce@nzdf.mil.nz](mailto:carol.voyce@nzdf.mil.nz) or by phone to Carol – toll free 0800 337 569 or to Janine [janine.burton@nzdf.mil.nz](mailto:janine.burton@nzdf.mil.nz) – toll free 0800 683 77 327. We look forward to hearing from you!

### 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

**Papakura**—John Furey

Ph 09 296 5744

##### Defence Community Co-ordinator:

**Burnham**—Lynne Price

Ph 03 363 0322

##### Community Services Facilitator:

**Linton**—Lesley Clutterbuck

Ph 06 351 9970

##### Family & Community Services

**Officer: Trentham**—Marie Lotz

Ph 04 527 5029

##### Defence Community Coordinators

###### Air Staff Wellington:

Lisa Macdonald, Ph: 04 498 6773

###### Base Auckland:

Sophie Rodie, Ph: 09 417 7000  
Extn 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

# INTRODUCING SOPHIE RODIE

**H**il! I'm Sophie. I am the new Defence Community Coordinator at Air Force Base Auckland. Originally from the Manawatu region, I shifted to Auckland in January 2014 to join my partner who has been in the Navy for over 11 years. Professionally, I have a background in Exercise Physiology and Health and Wellness.

Prior to joining the NZDF as Defence Community Coordinator, I was working as a Healthy Lifestyle Advisor for individuals and families in the Papakura and Highland Park communities here in Auckland; where I supported them to make healthy lifestyle changes through exercise and nutrition. I am passionate about working with people and empowering them to support themselves and their

families. My aim is to utilize my skills and knowledge to offer any support and assistance to the Base Auckland personnel and their families; so please feel free to contact me or pop into my office if you need any information, support or advice – personal, work or family related, and I will meet with you so we can work towards a solution together. If you have any suggestions for new activities or programs you would like to see in your Whenuapai community I would love to hear them!

My office is located at Arawa House (5 Arawa Street, next to the Chaplains office).

Ph: (399) 7035, or

(09) 417 7000 Ext 7035

Cell: 027 450 2001



*Sophie Rodie  
Defence Community Coordinator  
RNZAF Base Auckland*

## 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!





Nigel  
Latta

## Coming to Linton and Burnham



**A survival guide –  
raising children and  
teenagers with the  
pressure that military  
life brings – and more!**

**Linton Camp  
Monday 5 October  
3:30pm or 7.30pm**

**Burnham Camp  
Tuesday 6 October  
Camp Cinema at 1.00pm**

**Duration of presentation: 90 minutes**

**Those wishing to attend must pre-register by 30 September:**

**Lesley Clutterbuck (Linton) (06) 351 9970**

**Lynne Price (Burnham) (03) 363 0322**

Childcare available, please advise on registration. Gold coin donation required.

# 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, adorned 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 on-board! Contributions must be received no later than **6 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  
Burnham 7600



# KEEPING THE HOME FIRES BURNING



*Hi Everyone! It doesn't seem that long ago that I wrote the last contribution to The Bugle and here I am again! I have been hoping to see some other people writing for this as well but so far it doesn't seem as though I have convinced anyone else to have a go!*

*August seemed to go by really quickly despite the cold and the snow we had. I am looking forward to Spring and the lambs hopping about in the nearby paddocks and a few early daffodils tell me that it is not far away! It also seems to be lighter in the evenings and I think that's encouraging too. Daylight saving starts 27 September so that really means we are closer to Summer then and to homecomings. Isn't it strange to think that we have endured a winter and those away will get 2 summers in a row! Guess they deserve it though.*

*Michael and Fiona have had a pretty busy time at school and both enjoyed school trips. Add to this the soccer and the dancing, I feel that sometimes we are never home! I am already trying to plan the school holidays at the end of the month and we will be looking forward to another visit from Granny and Pop. The kids love their visits and they are even more important with Simon away. I know they feel that in some small way they are contributing to the deployment as well. Grandpop*

*especially loves to do the odd jobs about the place and if there aren't too many I am sure he invents some. Fiona has loved the extra one on one time with Granny and especially the knitting lessons. I am sure all this and more will follow on the next visit. I think we have enough multi coloured scarves now so I am hoping we can move on to something more useful - not a tea cosy I hear you all say. (I remember that was one of my first efforts - oh so long ago!)*

*Simon seems really busy in his job. And happy too which pleases me. We have the luxury of still be able to enjoy Skype. My friend's husband is away too but he is deployed where there is no access to what we now take for granted, so I try not to talk about it too much to her. I know that being able to Skype makes a huge difference to the way I feel and to the way the children do too. To see Simon, even if the picture is grainy is such a boost for us all. We don't have a regular calling time - it just happens when it happens and we are grateful for the difference it makes. I think Simon also feels reassured that we look ok too! I know communication is a big thing during deployment and we are lucky that we use all that is on offer. I must say I am cautious with emails and always try to be positive and upbeat even when I have had not such a good day.*

*Thankfully these are few but I know Simon can't help or change things so I try not to burden him! We are on a roll with our letters and parcels. The mail service continues to be pretty good and it is great that the kids want to send drawings and decorations for Simon's room. There are some funny little letters written but I am sure he treasures every squiggle and every word.*

*I am trying not to count down yet to homecomings but I hear of some soldiers getting ready to start their predeployment training soon. This is always a good sign I think for us who are just over halfway. While we don't have any dates to fix in our minds it does send a positive message. It's probably good that there aren't any dates yet anyway. I know when Simon was last away that the dates he thought were wrong and then we did get some tentative dates they sure were tentative as they changed twice. The safe return is all we want and then the holidays together will be the icing on the cake!*

*Hope you all have a great September. I look forward to catching you all next month.*

*Kind regards,*

*Jules and the Browns*



## “EVERYONE SERVES”

I have a wonderful little paperback book called *“While you were away – 101 tips for families experiencing absence or deployment”*. Written and published in Canada, all the tips have been tried and/or tested by military families and others experiencing absences. The guide is a bit like a recipe book, some recipes will work perfectly for your family and some recipes your family would never even want to sample. Here are a few you might like to try:

### ■ Time with friends

***“Lots of people want to ride with you in the Limo, but what you want is someone to take the Bus with you when the Limo breaks down.” (Oprah Winfrey).***

- ◆ Sharing time with people who love and care about you helps to alleviate the sense of being alone.
- ◆ Spend time with people who energise and enrich your life.
- ◆ Attempt to see friends and family in person – you get a break and a much greater sense of connection.
- ◆ Join a club, organisation or evening class you have always wanted to.
- ◆ Find someone to go to the Gym with.
- ◆ Make spending time with a friend(s) or family part of your weekly routine.

### ■ Keep busy

***“People who know how to employ themselves, always find leisure moments, while those who do nothing are forever in a hurry”. (Jeanne-Marie Roland).***

- ◆ Sitting at home isn’t going to distract your mind from worry and it won’t give you a sense of purpose.
- ◆ Take on tasks and work that is meaningful to you.
- ◆ Take on an activity or hobby.
- ◆ Volunteer at your child’s school.
- ◆ Join a support group and find out what you could do in your community.
- ◆ Choose tasks and activities that are going to lift your spirits and not become an overwhelming burden.

### ■ Laugh every day

***“The Human race has one really effective weapon, and that is laughter.” (Mark Twain).***

- ◆ With laughter comes the restoration of hope. When you are able to laugh each day you are able to shake off your stress and worries, if only for a few minutes.
- ◆ Rent funny movies.
- ◆ Read funny books.
- ◆ Get your children to tell some jokes.
- ◆ Get a daily calendar with funny sayings or cartoons of funny happenings or happy moments.

### ■ Responsibilities

***“Responsibility is the price of greatness.” (Winston Churchill).***

- ◆ With an absence may come additional responsibilities to take on. Distribute household chores/ responsibilities evenly and fairly and give everyone the ability to shine.
- ◆ Create a new “chore chart” with the entire family.
- ◆ Distribute chores evenly and fairly.
- ◆ Give rewards or incentives for family members when they complete their tasks.
- ◆ Praise often and reduce criticism to a minimum.
- ◆ Assign tasks according to the time they take rather than the number of them.

# “EVERYONE SERVES CONT’D....”

Source: *While you were away 101 Tips for families.* Megan Egerton-Graham

## ■ Ask for help

***“Plant a seed of friendship; reap a bouquet of happiness.” (Lois Kauffman).***

- ◆ Asking other people for support, advice or assistance cannot only get you the help you need but it can also let others close to you feel useful.
- ◆ Ask members of your family to contribute to meals.
- ◆ Ask for someone to make a weekly check in call for the sole purpose of seeing how you are and what you need and listen to a little bit about what you could do with less of.
- ◆ Ask someone you trust to drive your children to an activity or event.
- ◆ Ask for help during special occasions (birthday parties) or events.

## ■ Memory box

***“To look backward for a while is to refresh the eye, to restore it, and to render it more fit for its prime function of looking forward.” (Margaret Fairless Barber).***

- ◆ A memory box during the absence is a good way to start opening up the lines of communication upon a loved ones return. Each item will tell a story.
- ◆ Save a shoebox and make a project of decorating it or buy a pre-decorated box.
- ◆ Inside the box the family can put pictures, awards from school, reports, postcards, birthday cards, drawings, newspaper cuttings, etc.
- ◆ Record the date on the back of items using post it notes to remind yourself of a funny incident or story that goes along with the memory.
- ◆ Ask family and friends to contribute to the box too, to get a wide range of perspectives on the time they have been away.

## ■ Getting information

***“It is only because of problems that we grow mentally and spiritually.” (M. Scott Peck).***

- ◆ Don’t listen to sensationalized media reports or idle gossip. Make sure you know who and how to access up-to-date information. Have address and contact information readily available.
- ◆ Get all the contact information before your loved one deploys.
- ◆ Avoid listening to media reports that may be exaggerated.
- ◆ Find official reliable sources for news and updates.
- ◆ Keep the list of useful contacts in a handy place.
- ◆ Cancel your newspaper subscription if it upsets you and subscribe to a magazine you would enjoy.

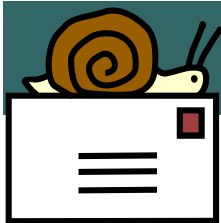
## ■ Breakfast for Dinner

***“Food is the most primitive form of comfort.”***

- ◆ Not only is having breakfast for dinner sometimes a simple dinner solution but children love the idea of mixing up things a little and it can make a meal filled with smiles and laughter.
- ◆ Ask children what day of the week they would like to do it on.
- ◆ Get a toast stamp with a funny greeting on it.
- ◆ Pour pancake mixture into cookie cutters.
- ◆ Make a smoothie or punch to go with it.
- ◆ Use paper plates or fancy dishes to make it special.
- ◆ Eat in another room or out on the deck.

If you would like to borrow this book for more ideas, please contact Carol Voyce, DSO Burnham.





# PERSONAL MESSAGES

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

**J**  
I bet the wedding was a cracker, especially with Mitch as MC. A good catch-up for you, too, with CHCH friends and rellies. KL, here we come my love. Not long now. Lots of love. A. x x x x x.

## From Home

### Dear Handsome Prince

Happy Dadda's Day! I miss you! I hope you have got my card in the mail. I was sick but I am better now. I have been making sure Hunter and Mumma do everything just the way I like it. We can't wait to have you home because it means we are going to say, 'Surprise!'. Lots of love, Lily Girl x.

### Hey Coach

So when you get home I have a plan. It's a Boy's Day. Starts with bacon. Then kicking the ball around. Then....movies with treats. And then, Asian for dinner. I think I'll have Laksa. Mum says she wants to come and eat Laksa but I told her it's only for boys. Happy Father's Day Dad. Love ya xxx.

### Hey Babe

Happy Father's Day to the most wonderful Daddy! We love and miss you so much and know the last bit is going to fly by. Can't wait to have you home! So much to look forward to. Love you baby, MJ xx.

### Aunty M

Extra biscuits, extra treats – always welcome in my house! Love you. BRV.

### Kev

Hope all is well. Busy as usual here. All looking forward to having you back safe and sound. An email would be nice!!! Or a postcard even better, just not a rude one. Take care.

### Daddo

Happy Father's Day to the best daddo ever! We are counting the days down until you are home to give us big cuddles. We miss you, we need you, we love you, from your girls XOXO.

### Hi Daddy

Happy Father's Day to the BEST Dad in the whole wide world. We have lots of hugs and kisses saved

for you. We miss you so much. Counting down, yay!!! Mum says thank you for her name tag and I know you have sent me something but mum is keeping it a surprise. Thank you lots Dad. I have been enjoying basketball and now I am going to join hockey. I went to Flip City on Sunday, it was fun except I sprained my ankle. It would be cool if we could go together when you get back. We went to visit JNR, he was so funny because he gets so mad if it does not go his way. He always wants me to read a book to him and cries when it's finished, then I have to read it over and over. I don't like old MacDonald anymore. Come home soon Dad. Love you lots, Jordy mum and JNR.

## Bouquets

Sincere thanks to the "Burnham Calling Tree":

WO2 Niki Ruki

Capt Shane Baird

Padre James Molony

WO1 Ali Henry

Padre Jimmy Ullrich

Padre Zane Elliott

Capt Sam Williams

Lorraine Aitken

Lynne Price

You all excelled. Your efforts were appreciated by all. Carol.

