

THE BUGLE

Issue 217 | January 2016



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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 218 is
3 February 2016 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:

Service Personnel deployed on
OP Antarctica enjoy receiving their
RSA Christmas Packages

NEW YEAR HONOURS

NZDF Personnel named in New Year Honours

31 December 2015

Four NZ Defence Force personnel have been named in the New Year Honours 2016 today.

Appointed a Member of The New Zealand Order of Merit (MNZM):

Captain Mark Robert WORSFOLD, RNZN
For services as the Captain Fleet Personnel and Training
2011- 2015.

The New Zealand Order of Merit recognises those who, in any field of endeavour, have rendered meritorious service to the Crown and the nation, or who have become distinguished by their eminence, talents, contributions or other merits.

Three personnel have received the New Zealand Distinguished Service Decoration (DSD). They are:

Commander Louisa Ann GRITT, RNZN
For services as Chief of Staff of Combined Task Force 151 in the Gulf of Aden and Indian Ocean.

Chief Petty Officer Combat Warfare Specialist Anthony NICKEL, RNZN
For services as the Communications Staff Officer for Combined Task Force 151.

Wing Commander Andrew John SCOTT, RNZAF
For his contribution to the planning and execution of significant events involving the NZDF, other Government departments and international partners.

The New Zealand Distinguished Service Decoration (DSD) recognises distinguished military service by Regular, Territorial and Reserve members of the New Zealand Defence Force, including command and leadership and service in an operational environment, or in support of operations.

GUEST EDITORIAL



Colonel Stefan Michie
Chief Planning Officer
Headquarters
Joint Forces New Zealand

As the Chief Planning Officer for Headquarters Joint Forces New Zealand — it is my privilege to pen a few words for the first Bugle of 2016. I would like to start by acknowledging the service and sacrifice of all those serving overseas, as well as families and friends that support our deployed people. There is rarely a great time to be away from loved ones but for those whose duties have required them to be away over Christmas, I know the demands of service can loom especially large at this time of year. Thank you to you and your family.

Everything we do back in Joint Forces New Zealand; planning, deploying and supporting operations is for naught without the men and women who step up daily in the service of New Zealand. While it might not seem like it, time on operations is not simply someone's bright idea but is actually the end result of a very

long chain of logic stretching all the way back to Government. People are deployed because New Zealand sees the deployment as being in the national interest. It pays to reflect on this from time to time, especially during periods of frustration or doubt. Some personnel feel underemployed in the roles they perform and struggle to see the value in being away from family for so long. Others are worked very hard and come home "knackered". Both situations can and will occur and it's important to remember the NZDF needs everyone to make the best of their situation, both for the sake of the mission and for their own wellbeing. The NZDF expects all our people to accomplish their mission but it also needs everyone to look after themselves and be ready for the next one.

While it would be nice to think that we can predict and regulate mission ups and downs during planning; the reality is this is simply not possible. Even after months of planning, the situation on the ground may be quite different to what was predicted for a variety of reasons. There could be a change in security situation, a critical incident, a change in living conditions or the agreed arrangements with operational partners or it could simply be down to personalities and inevitable rotation of personnel from all nations.

Regardless of the reason for such unpredictability (and let's face it occasionally excitement as well), we know that deploying personnel will contribute more and gain more from their mission if they are well prepared. Being well prepared

physically, mentally and emotionally allows people to cope with the inevitable shocks when they come, as well as helping through the grind of long periods away, often in austere environments.

Pre Deployment Training (PDT) should not just be about 'ticking the box'. Sure PDT allows Commander Joint Forces New Zealand to apply standards to mitigate risk but there is much more an individual or team can do. Getting battle ready, getting fit, improving basic skills, perhaps learning a few new ones, reading about the mission and its background, searching some current media reporting - these all help. Even before that, preparing for PDT and coming with the right attitude, looking to make the most of it helps get the best results for all and ultimately contributes to the success of the mission. Preparation at home is just as important for those with family commitments. Putting in place support networks well before they are needed can save a lot of problems later on. It's one thing to crawl into the command post on duty when you are feeling poorly, it's quite another to crawl into the kitchen to make lunches, feed the kids, clean up the cat vomit, light the fire, brush their hair and do the shopping with barely a moment to yourself until the whole cycle starts again in 24 hours!

So to summarise: Staying ready for operations is our job, Looking after yourselves, expecting and dealing with the ups and downs are all part of being a "Force for New Zealand", thank you all for your service.

DSO'S CORNER



Carol Voyce

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

Seasons Greetings to you all. I hope you have had a wonderful Christmas and New Year and have enjoyed holidays and changes in routines and scenery. Sadly the time seems to go by so quickly and normality returns sooner than we sometimes want it to!

I must say, I had a special, but very warm time in Victoria, Australia. Our daughter lives across the Tasman, so it was nice to visit and celebrate Christmas in an Aussie way. There wasn't a huge difference in the traditions there that we have loved here, except maybe for surviving it through the 39 degree day! Once the formal celebrations were over we all

enjoyed a relaxing time taking in some new sights and sounds and enjoying time together. My thoughts often wandered back to those separated over the festive season by deployment and I hope you were surrounded by loved ones and that simply being with others helped fill a gap. I hear many phone calls were made and Skype connections busy with the Christmas spirit being shared from near and far, even if, in a different way. I have also heard some "snippets of news" from some of our deployment locations and yes there was some fun, some hearty Carol singing, Secret Santas and great food enjoyed by many. Kiwi Forces radio was a great success. I listened to it online and really enjoyed some funny and then heartfelt messages exchanged from one side of the world to the other. Sincere thanks to Kate Lukins for bringing a little festive magic to everyone. It was perfect!

I have been back at the office desk for a few days now and so have adjusted to the early morning starts and old home routines. By the time everyone else comes back I will be well into the swing of things – and have another break to look forward to later in February! It's a great time to have a good catch up, clean up / clear out and make plans for the year ahead – and there seems a lot that is plotted for us all in 2016!

The last Bugle for 2015 was full of some wonderful contributions from

home and abroad. We have had some great feedback on that issue which was filled with some great reading! It took some serious compiling skill but we too, were pleased with our efforts and to know that it brought some good cheer to our many readers. Writing a Bugle now in the New Year, does bring different challenges but to leave it until February seems too long a break for you to hear from us all. As I write this I am still patiently waiting for some contributions from abroad and yesterday sent out some hasty reminders that we are past the deadline. I am guessing that we will be well short of our 32 pages in the last edition; however it seems our simple in-house publication fills a gap, reminds you we are here for you and keeps you entertained and informed. That means by my calculation, that the page count is less important.

As we move into another busy year, with so much to achieve, the one constant that remains is the commitment of our service personnel to deploy, with pride for their nation, and to make a difference to the lives of others. None of this would be possible without the commitment and support of families – you too make an incredible difference.

**Best wishes for a
great year ahead!**

Need advice, support or information to manage the deployment journey?

Contact Carol Voyce, DSO Burnham 0800 33 75 69 or Janine Burton, DSO Linton 0800 683 77 327

We are here for you!

DSO'S CORNER CONT'D...



Janine Burton
Deployment Services Officer
1 (NZ) Brigade

Happy New Year to one and all! I hope that your Christmas and New Year celebrations went well and that you were surrounded by family and friends to support you at a time when separation from loved ones is perhaps more keenly felt. For those who were deployed in any one of the locations around the world, I am sure that Christmas spent with your colleagues was also a special one. I know that family members here were diligently sending off their Christmas parcels to arrive in time, and that for the majority you were able to hold off opening your special gifts until the appropriate time. Christmas and New Year is definitely one of those milestones which is good to have in the past – I guess the next milestone will be returning to work – again one which most will be able to mark off the calendar. With each of these milestones passed brings homecoming that much closer.

The phones have been very quiet over the Christmas/New Year period so I guess all is good out there with you all?

When I started my leave before

Christmas, I had a number of goals which I wanted to achieve before returning to work. I am very impressed that I am working my way through the list and only have a couple more things I want to get done. I have been saving the worst for last – cleaning my oven! I really detest this job; nothing could be worse in my opinion. Thankfully I have a few more weeks to get this last task out of the way.

By the time this Bugle reaches you we will already be well into January and for those with children, return to school is just on the horizon. And that will be one month into 2016 dealt with. Scary that time is passing so quickly.

This Bugle will welcome new readers. Yes, we have already had personnel depart New Zealand over the past few weeks for various deployment locations; the deployment cycle rolls on. By the time this Bugle reaches you I will have already briefed another contingent who will shortly be departing for Antarctica – one location which is definitely one that is very different from anywhere else

in the world – and planning for another briefing at the end of January and yet another one in February.

With new readers coming on board, this also marks the imminent return home for personnel as well, so this will also be the final Bugle for some. While you won't be receiving the Bugle in your letterbox each month, remember that electronic copies of each edition are accessible via the Homebase website. We receive a lot of very positive feedback for our Bugle and while family members are relieved that their deployment journey has concluded, they do miss receiving their copies. Homebase offers the opportunity to all to continue access. We wish you all the best for your reunions and remember that our support of you doesn't end just because the deployment has and encourage you to make contact if we can assist you.

As we continue our deployment journey with you, I wish you all the best for 2016.

Commemorative Day: 21 January: Hugging Day

National Hug Day or **National Hugging Day** is an annual event created and launched in the USA on 21 January 1986. The idea of National Hug Day is to encourage everyone to hug family and friends more often. Studies have shown that human contact has many health benefits. It has been found that human contact improves both psychological and physical development. Hugging can also help build a good immune system, decrease the risk of heart disease, and decrease levels of the stress hormone cortisol in women. According to the American Psychosomatic Society, a hug or 10 minutes of holding hands with a romantic partner can help reduce stress, and its harmful physical effects. Other studies have indicated that the touch of a friend might not be as helpful as the touch of a partner but should not be avoided.

For further information view: www.nationalhuggingday.com

FOR YOUR INFO

Operation Christmas Card

I know we have mentioned this project a number of times in recent months, but the feedback from recipients worldwide has been simply amazing. Your efforts were well and truly appreciated. I have now been the lucky recipient of many thank you letters from abroad and have been busy forwarding them as they come to hand. Thanks to those who had the time to send their thanks back to us. I know many children have been delighted to get a response.

Greetings from afar

Have a look at the NZDF facebook page. There are some great video clips from service personnel abroad who sent festive greetings home. Sincere apologies to you all that we didn't know these were being posted and were therefore unable to alert you to look during the festive season. Sincere thanks to all those who took time to post messages. I am sure they have been enjoyed by many. Congratulations to the OP ANT team – we all loved your presentation!

Don't be confused!

In December NZDF launched a new 0800 number. This new confidential helpline is 0800 NZDF 4 U or 0800 693 348. This line has been established for service personnel and their families who may want to talk in confidence to trained health professionals about issues like depression, anger, anxiety, or violence – just to mention a few. Many families with service personnel abroad received a copy of the promotional calendar before Christmas. **The NZDF 4 U number and help line does not replace the 0800 Deployment support services lines. These numbers are: Carol Voyce DSO**

Burnham (0800 DEPLOY) or 0800 33 75 69 and Janine Burton DSO Linton(0800 OVERSEAS) 0800 683 77 327. It is important that the use of the new line is not confused with information and support offered to families through Deployment Support Services. While you may choose to use this line post deployment, it is important that in the first instance you contact the Deployment Services Officers in the first instance for anything related to current deployments. It is imperative that we are aware of any welfare issues that may affect you or your family which could impact on the deployment of your loved one. We do have the ability to make referrals to outside organisations for further support if necessary but we need to know of any concerns as a first step.

Come for Dinner

DSO's Burnham and Linton are planning another chance for you and your family to dine with us in at our respective Messes on Wednesday 10 February at 6pm. See page 12 for further information. Our previous dinners have been a great opportunity to get together with people in a "like" situation and for you to have a night off cooking

and dishes. Please make sure you RSVP. Carol and Janine look forward to seeing you all again.

Share your experiences and wisdom

Our calendars look busy for the coming year and we already have lots of family briefings and gatherings planned. There are some happening soon! February and March sees predeployment training commence for service personnel for a number of locations worldwide. These mean that there will be a number of family days being conducted in various locations as our Team shares valuable welfare support information with those involved in upcoming deployments. I am sure many of you will personally know of others soon to join the deployment journey. Your first hand experiences are vital in helping others along the way so if you have the chance to share your hot tips and what you have learned along the way, we encourage you to make contact with others. The best information can often come from those who have been there and done that!



**Send your Valentine
a Special Message**

**The next edition will be the one before Valentine's Day
so if you are thinking of putting in an extra special
message for your Valentine, make sure you don't miss
the deadline of 3 February**

FOR YOUR INFO CONT'D...

2016 EASTER AND QUEENS BIRTHDAY WEEKEND BALLOTS ARE NOW OPEN

The 2016 Easter and Queens Birthday Weekend ballots are now open for entry. Please do not enter the ballot unless you are fully committed to going to the Leave Centre if your entry is successful. If you enter and change your mind, please remember to cancel your ballot entry online before the ballot is drawn. The following closure and draw dates apply to these ballots:

EASTER (24-28 MAR) - closes 4.30pm Thursday 11th February, drawn Friday 12th February.

QUEENS BIRTHDAY (3-6 JUN) - closes 4.30pm Thursday 21st April, drawn Friday 22nd April.

The Labour Weekend and Xmas ballots will be opened mid year 2016 and the tenancy, closure, and draw dates will be published as a new announcement when these ballots are opened.

Leave Centre Enquiries, phone 0800 111 823 or (04) 527 5823



STARTING NOW!

**GRATEFUL
JAR 2016**

Grateful Jar — 2016

Starting now, write good things that happen to you on little pieces of paper and then put them in a jar:

- ♥ Memories worth saving
- ♥ LOL moments
- ♥ Accomplished goals
- ♥ Surprise gifts
- ♥ The beauty of nature
- ♥ Daily blessings

Then on 31st December, open the jar and read all the amazing things that happened to you in 2016

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

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:

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

Local Chaplaincy Services

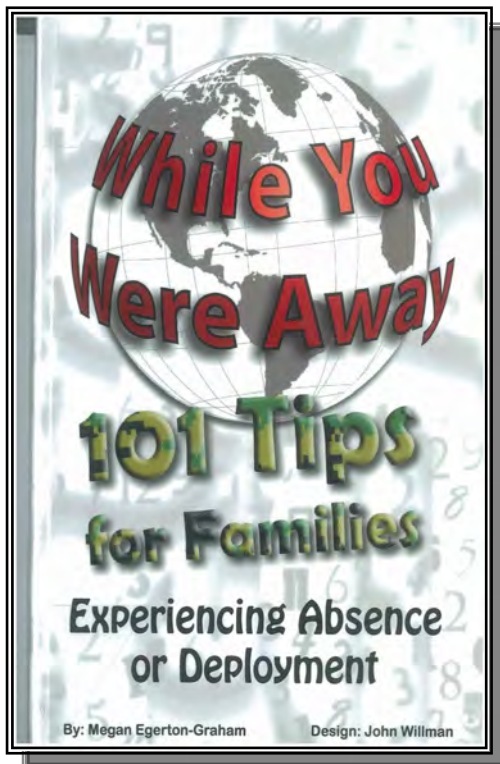
Unit Point of Contact

Books available for loan



We now have a small library of books available for loan to help you or your loved one manage deployments

Here are some of our new books:

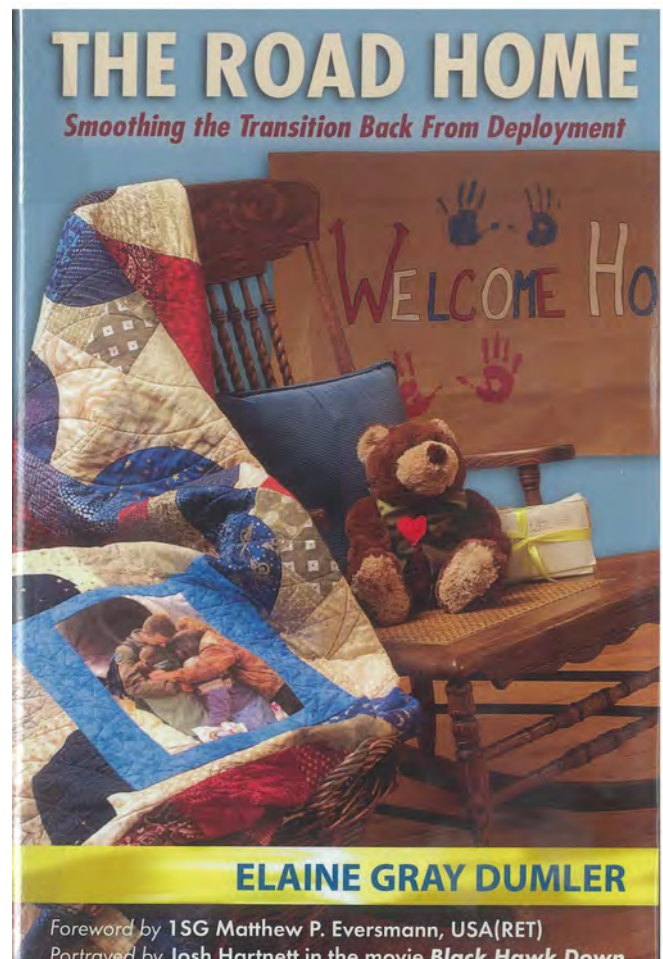


Author: Megan Egerton-Graham

FORWARD:

This book was created to support family members through any and all extended absences of a significant member of your family. All of the tips and suggestions have been tried and/or tested either by our family or other families experiencing absences. The intent of the book is to make the absence easier and give your family the tools to thrive during your/their absence.

Also available in the "While you were Away" series:
Journal for Teens
Journal for Military Families
Journal for Kids



FORWARD:

The Road Home is the newest addition to the "I'm Already Home" book series which is widely used by more than 54,000 military families. This comprehensive resource meets the specific needs of families in all branches of service transitioning back to "real life" as their service member returns from deployment.

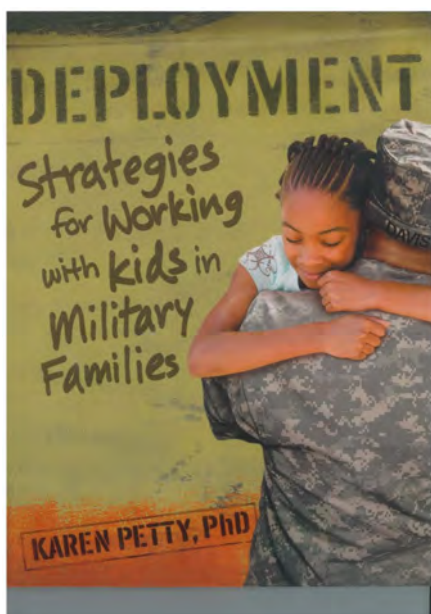
Books available for loan...



If you are interested in borrowing any of these books, please contact Carol Voyce, contact details on the inside cover or call into her office.

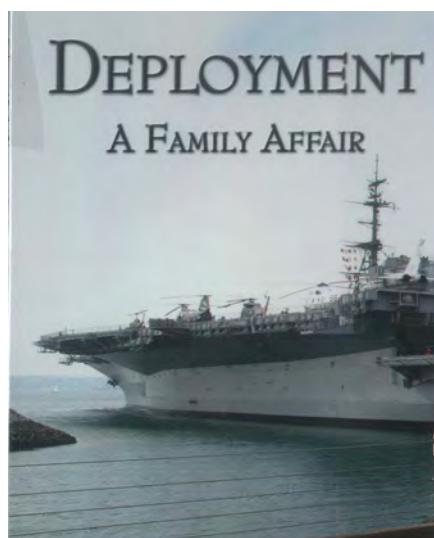
The time period for loan is two weeks. It may be necessary to form a waiting list, depending on demand.

Return postage costs need to be met by the borrower.



FORWARD:

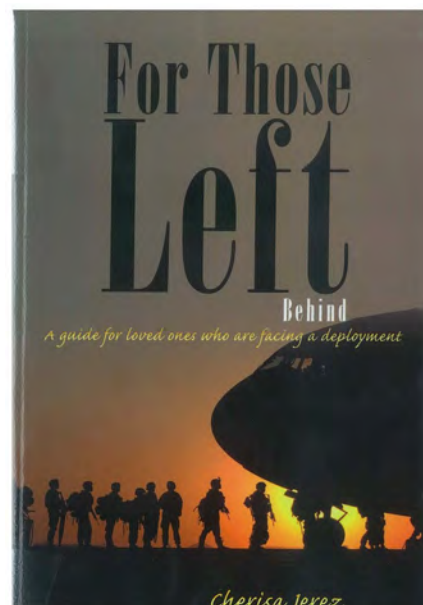
Military kids face many unique stressors and difficult transitions related to deployment, relocation, separation from loved ones, and changes in family structure.



Authors: Pamela Haynes, and Debbie King Mabray

FORWARD:

This book helps the reader to identify the normal and abnormal reactions one can have to this type of separation.

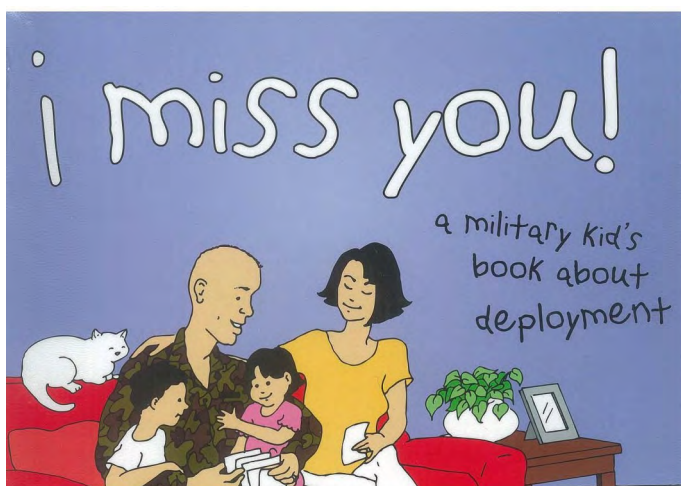


Author: Cherisa Jerez

FORWARD:

This is a guide for friends, parents, spouses, and children that are left behind when their service member is called to duty in a foreign place.

This is a book that will take you through the announcement, the time apart, and the trials that military members themselves are going through as they spend up to 15 months deployed. This book will help to provide the insight and strategies to overcoming one of the most challenging experiences a person can face when they are forced to be the ones left behind.



Author: Beth Andrews

FORWARD:

Military families face stressful times that are unique to the military lifestyle. One of the most challenging situations, both for children and for parents, is when a parent or a sibling is deployed and must be away from the home. The sadness, anger, fear, anxiety, and loneliness these children experience are emotions they often do not understand or know how to express. I Miss You! Is designed to help both children and their parents or adult caregivers during such difficult times.

KEEPING THE HOME FIRES BURNING



Happy New Year to you all. I hope you are having a great holiday and have enjoyed a restful time.

All the thinking pre Christmas on how our day without Mick would be, was actually worse than the day itself. I seemed to get myself quite worked up with what seemed to be so much to do and then rushed around trying to make things perfect! Aunty Joan had me figured out though and was a calming influence in trying to get me to maintain some sort of life balance! And as she said - everything did fall into place and was perfect.

Mick managed a Skye call on Christmas Day - (his Christmas Eve). Father Christmas had already been to our side of the world and Lucy, Josh and Sam had plenty of time to show him their special gifts and share their excitement. They were perfect and to Mick it looked like a very organised, but coatic mess with paper and boxes strewn everywhere but a million smiles. He had heard our message and request on the Kiwi Forces Radio and loved it! I had planned a simple lunch, but with all the trimmings and Micks family joined us for lunch. Aunty Joan stayed for the evening too and when

all was quiet at the end of the day she congratulated me on managing so well. It was after that that I felt a bit tearful but it didn't last too long!

As I write this we are now up with my family at the Bach near the beach and really enjoying a change of scenery and time away. A change of routines is really good for us all. The children have cousins to play with and everyone seems happy. We had a few days of heavy rain and although we were all cooped inside the older ones helped entertain the younger ones and we had lots of games and even a New Years Eve concert which was lots of fun!

I know it was hard for Mick too, but the contingent had some great activities and entertainment planned and he said the food was simply amazing! They had a Secret Santa which gave lots of laughs and everyone cheered everyone else along - everyone wished they were home.

It won't be long until we have to think about returning home and making plans for the new school year. There will be uniforms to update - my children seem to grow so fast - and school bags, lunch boxes and stationery to purchase. There will be the excitement of new

classes and new teachers and summer sports. It will also mean that we are well into halfway through this deployment which will be a bright spot to enjoy too. Like I said last time we have something special to look forward to each month until Mick comes home. In February my friend is coming to visit from Australia. We haven't seen each other in years but that won't make any difference - we will chatter the nights away. We will take the children to the movies and out for tea a couple of times and enjoy some picnic days nearby on the weekends. In March it's an early Easter and Mum and Dad will take a turn to fly down and be with us. Lucy and her Grandma have been doing some wonderful handcrafts together and Pop has helped Josh build a few things. I think he has Pop promising to make a cart when he is here. I haven't checked the dates but April must be school holidays so we will have to sit down and talk about that soon. So these months are going to be busy!

We are busy putting together another parcel and I got lots of extra Christmas photos

KEEPING THE HOME FIRES BURNING CONT'D...



printed off for Mick to enjoy. He has seen some I have emailed but because they can't print anything he can stick these ones about the place.

Well I think the sand and surf beckons me so I will go and look forward to catching up in the next Bugle. I hope this finds you all well and recovering from the hectic festive season.

Charlotte.

Hello Readers,

New Years greetings to you all!

I hope you had a nice Christmas and a little Christmas cheer to help you along! We had a very quiet Christmas day - but a good one. I tried not to focus on the fact that Alf was so far away, but he is the "joker" in the family and we did notice his absence. He had sent some lovely thoughtful gifts to us though and we had resisted the temptation to

open them early - although the customs declaration gave us a huge hint on the contents! Same for him he said! We were fortunate to get a call from Alf on Christmas Day and it was reassuring to hear his bright and cheerful voice. The rest of the family could also have a quick hello and share the news so that was a happy interlude to the day. I was luckily very distracted much of the time with the visiting family from overseas and my gorgeous grandchildren loved the warmth of Christmas and the BBQ's and beach outings. I will miss them when they return to England.

I have tried to resist the temptation to follow the overseas news too closely. For some reason, I seem to find the negative reporting and the speculation on who did what where - or maybe - utterly frustrating. I take reassurance that Alf and the contingent are well trained and well led and know how to protect themselves. No

amount of worry from me changes any of that and he is always reminding me that they have a job to do and are doing it well and safely! I do believe him on that!

I have been working on my welfare parcels and the corner of my cupboard is well stocked to make another parcel or two. Alf has enjoyed that contact from home through the mail and I am happy that he shares it with his mates. I am planning to send some home baking soon but as fast as I make something, the little English ones demolish it!

Enjoy the rest of your holidays. The hardest times are over and we all have homecomings to look forward to later this year!

Kindest regards,

Alf's Mum

Need advice, support or information to manage the deployment journey?

Contact Carol Voyce, DSO Burnham 0800 33 75 69 or Janine Burton, DSO Linton 0800 683 77 327

We are here for you!

INVITE FOR DINNER

Having a loved one away on deployment has many challenges, including keeping up with household routines, the most regular of which will be meals.

So how would you like a night off from cooking the dinner and doing the dishes? Previously we have had some very successful dinners in Burnham and Linton and thought we would do it all again. So

Would you like to join us for dinner?

**Low key, no speeches or presentations,
no pressure, no mess, no fuss.**

Bring your family

BURNHAM: Wednesday 10 February 2016, 6.00pm
B Block Mess, Burnham Military Camp

LINTON: Wednesday 10 February 2016, 6:00pm
JRs Mess, Linton Military Camp

We will need to confirm catering numbers to the Mess, so please **RSVP** names of all adults and children attending by **3 February 2016** to:

Carol Voyce (Burnham)
0800 337 569 or 03 363 0421
Call or text 027 449 7565
dso.burnham@xtra.co.nz

Janine Burton (Linton)
0800 683 77 327 or 06 351 9399
Call or text 021 649 903
dso.linton@xtra.co.nz

Rosa 'Peace'



Pease, perhaps the most famous rose of all, is revered for its perfection of bloom, as well as the courage and perseverance which finally led to its introduction in 1945, over five years after being shipped to freedom out of France in 1939.

The beautiful blooms, 45 petals of pale yellow tinged with pink, form a classic, 5-6 inch hybrid tea bloom. Blooms have a fruity scent, and last well as cut flowers.

Peace features thick canes covered with shiny, green foliage.

Francis Meilland, at the age of 23, hybridized this rose in 1935 in France, known at the time only as #3-35-40. In 1939, as war began to envelope Europe, shipments of the budwood were sent out of France, including one shipment to America in the last diplomatic pouch out of Paris before Hitler's army marched on the city. For over five years, communication was difficult, and the Meilland family had no knowledge of whether their rose had actually survived. Survive it did.

Conrad Pyle, to commemorate the end of World War II, christened the rose 'Peace.' The rose was introduced formally in Pasadena the day Berlin fell on April 29, 1945. A shining example of the ability of humans to persevere even in the worst of circumstances and a signal of the beginning of a new era. To plant 'Peace' in your garden is to plant a legacy of remembrance and history.

The hope was that the 'Peace' rose would influence men's thoughts for everlasting world Peace. In 1945, forty nine delegations of the United Nations were presented with a single bloom of Peace.

Talk, Listen, Connect

Sesame 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 review 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!

Now for the good news - go to: www.sesameworkshop.org. Here you can download the booklet and poster to print and watch the Parent/Child video and parent video. Well worth a look!





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 February at 4.00pm**). Please note: All "Bugle" messages are to be sent to Carol Voyce, DSO Burnham (email: dso.burnham@xtra.co.nz)

From In-Theatre

To Baby Girl

I love you so very much and can not wait to be in your arms again. Time is sort of going quick but it can not go quick enough for me. So looking forward to our holiday and getting back to normal life. My love to the little monster. All my love, Your Army Man. Xoxoxoxoxoxo.

From Home

Happy birthday Josh on the 25th

Jan. Thinking of you always. Lots of love from Deb, Noel, Lori, Kilo and the rat.

Happy New Year Andy

Thinking of you often. Wishing you a year filled with many good things. Missed you at our celebrations. Love always. Nan, Pop, Julie, Ken and Bruce.

Have a great year Wes

Look forward to the year ahead and our many plans finally happening. Miss you, Love you, Jen xx.

Hey Mick

Just written my Bugle article for you. Hope you enjoy it too. It's been really relaxing at the beach. The kids have had a great time and been thoroughly spoilt by their grandparents. Back to routines soon with school and work. It has been a great summer and hope there are many more sunny days to

come. Will be great to Skype again when we get home. We have missed you during the fun times but next year we will make up for it all. Don't let them send you away again then! Lots of love, Charlotte, Lucy, Josh and Sam.

Dear Dad

Christmas and holidays have been loads of fun. I love my new skateboard and am getting pretty good at doing jumps and turns now. You would think I was pretty cool. Show you when you get home. Miss you Dad, Love Josh.

Hi Dad

Christmas has been good. We have had fun at the beach. We built the best sandcastle yesterday. It took all day. Hope you like the photos of it that Mum sent. It will be good to get home again and ride my new bike. Come home soon Dad. I miss you. Love from Lucy xx.

Daddy

I love you. From Sam xx.

Happy New Year Son

Hope you are safe and well. We are always thinking of you. Take care over there. Dad.

New Year Greetings Tom

Hope you had a great Christmas and New Year over there. We missed you at the BBQ. There were plenty of left over spuds on Christmas Day. Nan must have forgotten you wouldn't be here! Great fry ups though – so thanks! The whole gang had a great day together and the excited kids were pretty well behaved. Jase and Mel

surprised us with their engagement so there was plenty to celebrate about! Oh and with! Keep in touch and now I can say you will be home this year. Love from us all. Mum and Dad.

Dear BB

Happy New Year! Hope this year is filled with happiness for you all. Love from Nana and Pop.

Hi Babe

It wasn't the same with out you here for New Years Eve. The party was fun and the dress- ups were hilarious. I have sent some photos for you to enjoy. A few sad faces and quiet bods about on New Years day. Now we are into the resolutions! Had a great time down south but good to be home. Boris pleased to get out of the kennels and start digging holes again! Missing you. See you in a few months or so or so! Love you. Babina xxx.

Miss W

Have a great 2016. Always thinking of you and miss your company and bright smile. Keep up the letters. Love them. Debbie xx.

Happy Birthday MM

Have a great day on the 21st. We will celebrate for you. I hope the mail has arrived ok. No peeking yet! Enjoy your cake and eat it too! Maybe share a bit though! Ring if you get the chance. Love you Babe. DD xxxx.

Hi Auntie M

Thanks for taking such great care of me while Muma is away. I am



PERSONAL MESSAGES CONT'D

pretty sure I have been well behaved in her absence. That's excluding the odd claw up on her sofas and the scattering of litter. Hot summer days aren't my most favourite time of year – but I am coping! Always great to hear you unlock the door each day and fill my world with fuss and food! You are very special and I am lucky Muma has such a good friend who loves us both! BRV.

Josh

Happy birthday Josh on the 25th Jan. Thinking of you always. Lots of love from Deb, Noel, Lori, Kilo and the rat.

Hey love

Welcome to 2016! So weird to have celebrated Christmas and New Years without you. Everyone was asking for you and sending their love to you and those who are away with you. Your child right now is yelling/crying at me to Skype you, too bad you are asleep and he just doesn't understand the concept of time zones. Toddler tantrums are all go here, I am sure you are terribly upset to be missing out on them... I have no doubt that these next few months will fly by and we will be holidaying on the beach, or just the hotel room soon! We are missing you loads but are glad that the days are passing by with no dramas on either sides. Well surely you should wake soon and be able to talk to us. We love you endlessly, BabyGirl + Midget xo.

Hey Kid..

Well this is my first Bugle message - I am sure you will figure out that it's Me! We hope that you are enjoying your new digs. We miss you but are enjoying the sun and random weather from here.

We are keeping busy, dogs are nuts but that's nothing new .. Nana was pleased you enjoyed her parcel. J wanted to know how the balloons went down? He hoped you had some fun with them.

Should have sorted out the skype, would have been good to have been able to see your face. Hope you enjoyed Christmas, at least it would have been a change for you. As you know we all love you and think of you always. Love Mum xoxo.

COMMEMORATIVE DAY: WORLD NUTELLA DAY 5 FEBRUARY

World Nutella Day will be celebrated on February 5th every year. On this day, all of the Nutella lovers will unite to celebrate the Nutella Day by eating Nutella, preparing Nutella recipes and get creative with Nutella.

Nutella is the brand name of a spread, which is hazelnut flavoured registered by the Italian company Ferraro at the end of 1963. This spread recipe is found from an earlier Ferraro spread released in 1949. Nutella is sold over 75 countries. For Nutella Lovers Nutella is more than just a Chocolatey hazelnut spread, it is one of the way of life.

For further information view:

www.altiusdirectory.com/Society/world-nutella-day

TRENTHAM

**The Connect
Calendar
commences again
in February with
the school term
for 2016**

**Any interested parties,
please contact Marie Lotz
Phone: (04) 527 5029**

**Need advice, support or
information to manage
the deployment journey?**



**The New Zealand Defence Force Community offers
a broad range of services and supports to help Defence
families manage this unique way of life.**

**The best way to access these support services
during a deployment is to contact your
Deployment Services Officer.**



Carol Voyce
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