

# THE BUGLE

Issue 219 | March 2016



## INSIDE

- Engineers in Fiji
- Mail to Deployment Locations
- Everyone Serves
- Easter Trivia

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 220 is  
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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:

Celebrating 219 editions of  
"The Bugle" - our deployment  
newsletter

## GUEST EDITORIAL

**Gary Clark**  
**Manager Deployed Personnel Support Centre**



**A**s my time as Manager of the Deployed Personnel Support Centre (DPSC) draws to a close, it is timely to reflect on the work of this under-appreciated and hardworking group.

In the last year, with an almost completely new staff group we achieved unprecedented levels of mail to overseas destinations, we saw the standing up of a new mission and also took over the role of providing Human Resources (HR) support for exercises, including tri-service NZ based exercises, Humanitarian Aid and Disaster Relief and ceremonial activities. Our source of information for the payment of allowances and granting of stand down come from the details sourced from personnel tracking tools provided by exercise command elements and within boundaries provided by Exercise Instructions. Ex Southern Katipo was our major exercise for the last year and saw us posting, paying allowances to and recording Stand Down for almost 1800 NZDF members.

Obviously our main mandate is to provide HR to deployed missions from our office in Headquarters Joint Forces New Zealand (HQ JFNZ). We started the 2015 year with only six staff members and despite the arrival of new large deployments and a major international exercise our staffing levels were not increased so the workload was nothing less than extreme. I'd like to think that most of the time, for most of the people, we did get things pretty right. We are passionate about our responsibilities and I firmly believe that most companies dealing in such complex HR would be very proud of our low error rate and high volume output.

We helped develop some world class processing. Some of the processes we have put in place with other government agencies our coalition partners have also taken up.

We sent record amounts of mail overseas and sent mail closer to Christmas than ever before and started with new deliveries on 6 Jan 16. This saw just one mail cycle not occur. The actual mail arrival in-theatre varies a lot but for reasons outside of our control. We send mail every week and we distribute mail received from theatre as soon as it is received. The reasons for holdups are many, with customs around the world clamping down on what can be sent, the documentation required and clearly detailed contents lists along with threat levels in some areas seeing reduced opportunity to uplift mail from arrival centres.

If we sent back mail to senders for incorrect details, over weight packages and lack of green customs stickers it would make our job easier but our role is to get mail to destination so we waste valuable hours repacking, labelling and addressing it.

If there was two things to take away from this article it would be:

For our deployed people to listen to the DPSC Mission Managers and provide the level of detail they ask for when they ask for it, and for our families and friends to follow the mail guidelines when sending mail/packages to deployed people.

## GUEST EDITORIAL CONT'D.

These two simple and easily achieved things would make everybody's jobs so much easier and would ensure greater success.

What will I **not** miss when I head away on my posting – regular 10 to 12 hour working days and weekend work.

What will I miss the most – my awesome team at DPSC. Most of you will never know the level of commitment this current team provides under unrelenting pressure all the time because they get on with it behind the scenes. This was my second posting to DPSC and in a total of five and a half years I still enjoy this role, the pressure and the contribution we make to deployed peoples lives. It is serious business and work we all take extremely seriously.

Best of luck for future missions.



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

and constructing emergency shelters,” said Major General (MAJGEN) Tim Gall, Commander Joint Forces New Zealand.

“Very few homes in the outlying islands survived the ferocity of Cyclone Winston last weekend, and thousands of people remain in emergency shelters.” MAJGEN Gall said the engineers will also help Fiji authorities assess damage to property and other infrastructure.

He said the NZDF was ready to deploy an additional 150 New Zealand Army engineers, drivers, sappers and medics with multi-role vessel HMNZS CANTERBURY to assist in Fiji's disaster relief efforts.

Aerial surveillance conducted by a Royal New Zealand Air Force P-3K2 Orion surveillance aircraft identified major property damage in the islands of Taveuni, Koro, and Lau, which are situated north of the capital Suva, and the northern coast of Viti Levu, Fiji's main island.

The Orion has flown Fiji Government officials over the cyclone-ravaged areas.

A NZDF C-130 Hercules aircraft also delivered an additional 16 tonnes of emergency relief supplies yesterday.

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

## NEWS UPDATE



*NZ Army Engineers of 25 Engineer Support Squadron load a RNZAF C-130 Hercules at Nadi airport after arriving to assist in the relief operation following Tropical Cyclone Winston.*

### NZDF Engineers to Help in Cyclone Hit Fiji

**25 February 2016**

Thirty-seven New Zealand Defence Force (NZDF) engineers have

arrived in Suva to work alongside the Fijian military in supporting communities devastated by Tropical Cyclone Winston.

“The government of Fiji has requested our assistance in a range of tasks including clearing roads, assisting schools to reopen



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

## First World War Rugby Trophy now on Display at the National Army Museum

18 February 2016

One of the first international military rugby trophies, the Somme Cup, is on display at the National Army Museum in Waiouru until 26 April 2016.

The Cup, a cast bronze sculpture of a French grenadier by French artist Georges Chauvel, has been preserved in a private collection

since the end of the First World War. It was brought to the attention of the New Zealand Defence Force when the Defence Blacks rugby team played a replica commemorative game against the French military's Pacific XV in Paris late last year.

National Army Museum Director, Ms Tracy Puklowski, said the Museum was grateful to the lenders for the opportunity to display the Cup to the public, especially during the centennial year of the Battle of the Somme.

"Not only is the Somme Cup an important First World War artefact, it's also a remarkable piece of

Trench art and a symbol of the enduring ties between New Zealand and France built as a result of the First World War", Ms Puklowski said.

The Somme Cup was awarded to the New Zealand Division's rugby team in 1917 after winning against the French military team in Paris. The New Zealand Division rugby team, or Trench Blacks as they were later known, won the game 40-0 in front of a crowd estimated by contemporaries to number 60,000.

While it was reported as a great victory in French and New Zealand newspapers at the time, the Somme Cup subsequently disappeared from public consciousness as the First World War entered into one of its darkest years.

The Cup's creator, Georges Chauvel, was an ordinary soldier in the French Army who continued to sculpt during the war. After he was demobilised in 1919, Chauvel was commissioned to design war memorials by French towns. After the Second World War, he devoted himself to the restoration of monuments and statues, carrying out restorations in the parks of St Cloud and Versailles.

The Cup is currently displayed within the 'Balls, Bullets and Boots' exhibition which tells the story of New Zealand rugby during the First World War. When the exhibition closes on 26 February, it will be displayed in the Museum's Medal Repository until 26 April..



*Defence Blacks 2015 jersey with the Somme Cup at the National Army Museum*



# FOREIGN CORRESPONDENT



## THE BIENNIAL INTERNATIONAL DINNER FOR COMBINED MARITIME FORCES HEADQUARTERS

**Wing Commander R. Pringle**  
**Senior National Officer**  
**Bahrain**

Under the helm of FLTLT Sara Potter, RNZAF aka head chef, LT Matt Williams, RNZN chef 1 and myself as chef 2 a selection of kiwi treats were prepared and served at the Combined Maritime Forces (CMF) biennial international dinner in Bahrain on the 11<sup>th</sup> of February 2016. The dinner was hosted at the US Ambassador's residence where members of the staff from all 31 countries contributed

with home made, locally made and purchased home nation delicacies. Our kiwi treats included custard squares, bacon and egg pie, curried eggs, kumara and feta salad, cheese rolls, lolly cake and a token chocolate brownie kiwi cake - all home made. A big thanks to our friends and families for sending over the special ingredients in the weeks prior to our baking extravaganza. Well done head chef who departed Bahrain at midnight immediately after the dinner concluding a successful eight month deployment. For the record, the Australians made pavlova again - but at least everyone here knows that pavlova is a Kiwi dessert! You can only imagine the other treats from France, Pakistan,



Yemen, Jordan, Canada, UK, Italy, Germany, Spain, Seychelles, South Korea, Kuwait, Egypt, Japan, Singapore and the list goes on....absolutely amazing dishes. The best part of the evening was at the end when we traded left over custard squares and bacon/egg pie, etc for biryani rice, prawn and pasta salad, fruit pastries, sweet n sour chicken, sushi.roll on the next dinner but just need to lose a few kilo's before then!

*Source: Joint Forces NZ*

# DSO'S CORNER



**Carol Voyce**

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

I am sure you ask yourself, why is it that things happen when I am home alone and there isn't a helping hand insight? It's happened to me several times and asking for help isn't my strong point and probably not yours too – but what a difference it can make!

The two incidences that come to mind for me couldn't be more different. About a year ago, I wrote about a strange noise I heard near my back door while pottering in the garden, only to find on further investigation that a large native wood pigeon had taken up residence in my kitchen, on my stove top! I have this somewhat pathetic fear of fluttering birds in confined spaces, so this situation was sure to be challenging! And it was – the more I squealed and flapped the more airborne the pigeon became, leaving a nice trail of 'poop' and then finally settling once more, but higher up on the extractor fan unit. No choice, but to seek help from the neighbours, who slightly amused at my plight, came to the rescue. I was forced into hiding while the pigeon was kindly ushered off and out to the nearby native reserve! Grateful – both of us to be saved!

Then just recently, I fell victim to a severe case of campylobacter. This nurse can manage anything so I presumed, but the ongoing nature of the illness left me in a somewhat confused, dehydrated and debilitated state. No one about – my timing yet again not perfect! I did think to ring Healthline, and obviously the conversation didn't go well and an ambulance was dispatched! Luckily I managed to contact a friend who arrived post-haste and was able to thankfully take control of the situation, and on determining and reassuring me, no one was watching, ushered me in my mismatching PJ's into the ambulance! After some much needed rehydration, the old me emerged. While the recovery has been slow (far too slow for me). I realised no matter how hard you try to be superwoman (or man if that's the case) some things are just simply too hard to do alone! Taking the courage to ask for help is something we all wrestle with. The value of a true friend can never be overlooked and is something I cherish, rather than take for granted!

These two incidences have taught me:

1. To never trust a disoriented wood pigeon drunk on the effects of over eating berries! He/she might be scheduled to visit your kitchen.
2. True friends are priceless. They will come when you need them no matter the hour of day or night. They won't pass judgement on your mismatching PJ's, but guide you and support you along the right path (Thanks M).
3. To never eat a \$10 chicken souvlaki from a food cart, no matter how long the queue, no matter how tasty it might look or how good it might smell!

I am sure you have all battled your way through many a challenging moment and still will. Whatever the situation, be sure to phone a friend, or DSO. It surely makes a difference.

Kind regards to you all. Carol.



**Janine Burton**

Deployment Services Officer  
1 (NZ) Brigade

It's chocolate season! How can one resist. Every now and then Carol and I exchange a small pack of chocolate fish! It's become a standing gesture of thanks extended when we have completed some overwhelming task and is somewhat of a joke between us two!

However, no chocolate fish needed this month as we have every excuse possible to indulge in a little more chocolate than usual with Easter upon us! No need to justify every bite, no matter how big or small.

Chocolate contains beneficial antioxidants and apparently in times gone by was often used for medicinal purposes. It was used to help emancipated patients gain weight and was said to stimulate the nervous system and improve digestion. It's now widely known

# DSO'S CORNER CONT'D...

that antioxidants are found in a wide range of good foods so justifying that chocolate urge isn't always as easy as it was – or could be! That's what research does!

I am not sure if you have studied the history behind the giving and receiving of Easter eggs but it does make some interesting reading. There are many traditions and conflicting legends which are peculiar to given countries, but some fascinating facts and theories to be found.

If you check out the "Cadbury" website you will find that the earliest Easter eggs were hen or duck eggs, decorated at home in bright colours with vegetable dyes and charcoal. The 17<sup>th</sup> and 18<sup>th</sup> centuries saw the manufacture of egg shaped toys and later still the emergence of the gorgeous Faberge eggs. It wasn't until 1875 that the first chocolate eggs emerged. Imagine this – dark chocolate with a smooth surface, decorated with chocolate piping and marzipan flowers and stuffed with sugary almonds. By 1905 the now famous Cadbury dairy milk

chocolate made the first contribution to the Easter egg market and still does!

I am sure many of you have been busy parcelling up eggs and sending them to deployment locations worldwide to keep the tradition alive and to offer a small treat. One just has to hope that mailbags are not left on hot tarmacs in transit and the perfectly formed egg arrives as a gooey chocolate blob!

If we can't interest you in chocolate, maybe we can interest you in all things green! Each year on March 17, the Irish and "the Irish at heart", across the Globe observe St Patrick's Day. What began as a religious feast for the Patron Saint of Ireland has become an international festival of celebrating Irish culture with parades, dancing, special foods and a whole lot of green.

St Patrick who lived during the 5<sup>th</sup> century was born in Roman Britain, kidnapped and brought to Ireland as a slave when just 16 years old. He later escaped but returned to

Ireland and was credited with bringing Christianity to its people. The most well known legend is that he used the three leaves of the national Irish clover, the shamrock, to explain the Holy Trinity (Father, Son and Holy Spirit). Corned beef and cabbage is said to be a traditional St Patricks Day dish!

I think I will settle for the Easter egg!

**Have a happy Easter and St Patrick's Day – I look forward to catching up with you all soon.**



## Purple Day — 26 March

Purple Day is an event designed to raise awareness of epilepsy. Beginning in 2008, people are encouraged to wear a purple-coloured item of clothing on March 26. Purple and lavender are often associated with epilepsy, as for example in the wearing of a lavender ribbon.

For further information view: [en.wikipedia.org/wiki/purple\\_day](http://en.wikipedia.org/wiki/purple_day)



# FOR YOUR INFO .

## “Keeping the Home Fires Burning”

We have been fortunate to feature this column in each edition of “The Bugle” for sometime now. It was the suggestion from one of the Partners of service personnel on deployment to Afghanistan several years ago and has been a great addition to our newsletter. Regular readers will have enjoyed the opportunity to see how others manage a deployment and to find, many times, that they have shared identical “ups and downs” along the way. The column has proved its worth in ensuring that we are reminded that we are quite sane, even at times when the going gets tough and we are under considerable pressure. There have been some helpful hints shared, some great laughs and overall some great reads.

So we are now looking for new recruits. You can contribute a regular column for the duration of a deployment or offer a few words once or twice - always with a non de plume and no mention of the actual deployment location unless you wish otherwise! We are happy to edit anything contributed and would really value additions to this column. This is your newsletter so your input is valued more than you can imagine and we all learn from each other. The deadline for the next issue is 6 April, so why not put pen to paper and send us a few lines. Contributions should be sent to Carol Voyce DSO. (Contact details inside front cover).

## “Personal Messages”

This section in “The Bugle” proved very popular when large numbers of service personnel were deployed over the past years. Nowadays the column looks somewhat small! We have been told that the



first thing recipients of “The Bugle” do is not to admire the cover page, but to flick straight to the messages in the hope that there is one included for them. So now here is your chance to send your good wishes abroad. Non de plumes and secret codes are most welcome. Communication is the key to a successful deployment and this is just another tool in keeping in touch. Give it a go - you might be surprised by the response. All “Bugle” messages should be sent to Carol Voyce DSO - contact details inside front cover.

## The Best Help can come from you!

There is no greater value than firsthand experience! If you know of families about to face the deployment journey, please feel free to offer some sound advice and information on tips and treats that helped you along the way. Life within the NZ Defence Force is unique. I read last year *“Defence families are a resilient lot - not to mention smart, educated, well resourced and trained to adapt and overcome challenges that would bedevil others.”* How true this is! Sharing can lighten a load! While homecomings for many seem in sight for some, others are just embarking on the journey and would welcome your contact. If you can reach out to those around you, I am sure it would be appreciated.

## 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

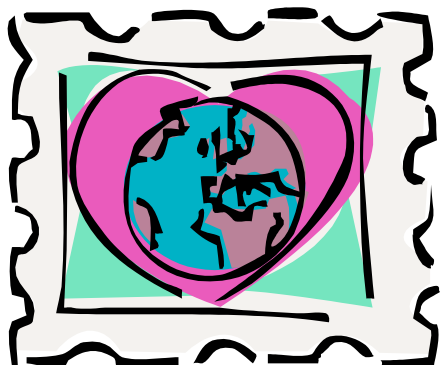
nib@nzdf.mil.nz

#### Local Chaplaincy Services

#### Unit Point of Contact



# MAIL TO DEPLOYMENT LOCATIONS



While we value the importance of mail to loved ones deployed, it is sometimes difficult for those at DPSC to process some packages quickly, which do not meet the Operational Security (OPSEC) requirements. While NZDF does have the right to open parcels that do not meet the customs standards, and OPSEC guidelines given, we would rather not.

Recently there have been a number of parcels which have failed to meet all requirements. We have therefore had to inspect these articles and repackage with the appropriate customs declarations attached.

As a reminder:

1. All mail must be no more than 1kg in weight.
2. Parcels must not exceed the size of a shoe box.
3. Service numbers, rank and mission name **MUST NOT** appear on the address label. (The mission is identified by the Box number we have given you).
4. Include the sender details inside the package.
5. The **GREEN CUSTOMS STICKER** must clearly and honestly identify the contents in full. A full description is required, e.g.  
Letter,  
Greeting card,  
Muesli Bars,  
Chocolate Fish,  
Lollies (Jet planes and Barley Sugars),  
Paper backed reading book,  
Tinned spaghetti,  
Powdered drink sachets x box of 4.
6. Refer to your deployment guide for full address details. If in doubt contact your DSO for guidance.



We thank you for your co-operation.

# KEEPING THE HOME FIRES BURNING



Hello All,

Wow, this month has sped past. The children have settled back into school and enjoying their new classrooms and their new teachers. They seem to be excited each day with the many activities that are happening there and they bounce out of bed with much enthusiasm so long may that last!

We had a lovely visit from my long lost friend from Australia and it was just like old times with all the chatter. There is so much value in true friends. We enjoyed many outings to local places and all the children played happily together so that left lots of opportunity for nattering! Mick has since suggested we plan a holiday over there so that would be something to think and plan on his return. Always nice to have things to look forward to.

We went to the deployment dinner at the mess a couple of weeks ago. It's not just the night off cooking and dishes that I love, but the chance to make some new friends and share that feeling that we are all in this together! They seem quite a rowdy occasion and the Mess staff are so patient with us all taking

over half their space! The food was great and Lucy and Josh don't seem to realise that they are eating all their vegetables without persuasion. Maybe I need to send them there every night. I have got to know some of the young Mums quite well and it is great to share a story, frustration or to simply laugh. For a short time, this parenting alone thing gets forgotten.

Mick is still enjoying his deployment and manages to keep in touch quite often. We all love to see his smiling face and get that reassurance that all is well with him and the others. I read that the DSO's are planning the briefings for the next contingent. That gives me some excitement that homecomings are not so far away and it's actually happening! I did meet up with one of the Mum's at school whose partner is going to be part of the next rotation. She was nervous about waving him goodbye as this was the first time he would be deployed since they had had children. We enjoyed a chatter and I was honest with her and said some days (thankfully not many), I get angry that Mick has abandoned me for so long and then I told her that other times, I actually

feel quite proud of myself on the way that we manage and the way the family has grown in his absence. I also have learned some new skills and have amazed myself with the things I never thought I could do.

Over Easter Mum and Dad are coming to stay. The kids absolutely love having their grandparents here and I must admit it is great to have some adult conversation in the evenings! I am sure there are plans for more arty creations and construction to take place. I know I have said this before but it helps so much to have something extra special to look forward to each month. Time seems to pass more quickly when they roll around.

We are still working on our regular parcels and the letters and cards. Mick never seems to tire of the glued up masterpieces and kids' roughly written letters. I guess that helps him even more keep that link with home and us. I think that the writing actually helps the kids too and they get so excited when something addressed to them appears in



# KEEPING THE HOME FIRES BURNING CONT'D...



*the letter box. Nice.*

*Well I hope this finds you all ticking off another day closer to homecomings. I think maybe I only have 2 more contributions to write and then it's someone else's turn. That will be exciting!*

*Charlotte*

*Hello Readers,*

*It doesn't seem that long ago that I wrote for the last issue of The Bugle and had just waved the family off back to England. Is it these long warm enjoyable days that make time pass too quickly? I enjoy getting The Bugle and newsletters from the deployment. It just keeps me feeling included and informed. Thanks to everyone for taking the time to think of us and for keeping families and loved ones in the loop. We appreciate your commitment.*

*Talking about commitments,*

*I kept mine with the request for the Hokey Pokey biscuits. Alf was overjoyed and their arrival prompted a phone call home to tell Mum they were the best tasting batch she had ever made. Nice feeling for such a simple task. The popcorn and the glad bag worked a treat so be sure to try it. I am now under instruction to make ANZAC biscuits and enough for everyone. I can't imagine them being saved for the day.*

*Alf really enjoys his job away. I know he can't tell me much about what they are up to, but he says the people he works with are great and he is impressed by what they achieve. That's surely a good feeling when being so far away from home. I often feel hesitant when I wave him off to strange places, but he has the training and the desire to go, so Mum's worry can't stop him pursuing the career he has chosen. It's something I can say I never get used to*

*and I am only the Mum.*

*I feel as though the end of the deployment is slowly creeping closer and I will look forward to seeing his smiling face." No fuss Mum and no embarrassment please" is sure to the forthcoming instruction in the next few months. I will try to contain my excitement and behave!*

*I hope you are all managing well with your little ones and enjoying the summer sun. Look forward to catching up with you all in April.*



*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!**



**“EVERYONE SERVES”**

## SHOW YOU CARE WITH CARE PACKAGES

It is always exciting to come home from a busy day and find a package or parcel on your doorstep! It's even more exciting when you are on deployment!

Care packages serve multiple purposes. They give family members a tangible activity that they can do on behalf of their deployed service person, they boost the service member's morale and provide them with comfort items that they may not be able to obtain overseas and they help create and maintain a positive connection between the service person and his family.

*“I love making up parcels. The first few are easy but then it takes lots of thought to think of new and exciting things.”*

*“The DSO told us to seal our letters with a lipstick kiss and spray the envelope with our favourite perfume. We all looked at each other and laughed but it works!”*

*“The kids always help with care packages and love to put in their special drawings and photos of things we have been doing. We even included a copy of the school report and the class certificates and stickers. Bob feels included in the day to day happenings here!”*

*“Small parcels sent often are much better than the big one sent at the last minute, because we didn't get around to it earlier. I made that mistake on Pete's last deployment and have been pleased that we have managed regular parcels this time which have been great for his morale and ours for doing it!”*

*“I have been spoilt. Regular parcels from Jane sure boosted my morale. There were little notes from the kids, photos which I could put on the wall and some rather colourful drawings and crafts. These things always made me smile. Magazines were a treat and so was the local paper from time to time. I still enjoyed the old news! It didn't matter what was in the parcel – it was the thought that they had made it up spurred on I guess by the delight it brought to me.”*

*“It's Easter time and I now have just received a good selection of Cadbury's to devour! More excitingly though, is the handmade Easter cards and the cotton-wool bunny tails! My kids have warmed my heart – again!”*

*“My Grandma has sent me a small selection of scratchie tickets. She tells me they were easy to post in with a letter and will still be valid to claim on my return. (Or – if I have a big win send them on back!) Nice touch Gran – thanks”*

*I didn't think that Mum listened that much to the pre-deployment welfare briefing as she was sniffing into her hankie the whole time at the thought of me going away! But how wrong I was – today arrived exactly what the DSO suggested. Home made biscuits, in a Glad Bag filled with popcorn and sealed. The biscuits are fresh and unbroken – well they were until we all had a taste or two! Thanks Mum – you excelled!”*

We often ask for feedback to share and these responses from home and abroad clearly illustrate the true impact a care package can have for those deployed. Sometimes you may feel that you are doing all the work and getting little thanks! Occasionally that does happen, but you can be assured that every care package makes a difference!

### – And then this:

*“I got my own parcel today – the most gorgeous selection of pashminas'. Now that winter is arriving, I am going to get lots of compliments. And there were little stickers for the children and some very odd looking lollies. We felt really extra special today.”*

**Carol Voyce**  
**Editor**  
**“The Bugle”**



## HOT TIPS FOR THOSE LEFT AT HOME

- 👍 **Have a positive attitude.** It will help you, your kids, and everyone who is fortunate enough to be around you!
- 👍 **Talk to your kids about their Daddy or Mummy being away.** Preschoolers have short memories, so it is important to talk to them about their absent parent and look at pictures often to make their transition back home easier and avoid "stranger anxiety."
- 👍 **Take care of you.** Take a bubble bath, rent a movie, visit a friend. Find time to relax a little.
- 👍 **Start a project.** Make a video diary and/or a scrapbook, or start a home improvement project to surprise your returning partner.
- 👍 **Extend your family.** Get involved in your community, even if you haven't lived there very long. By reaching out to others in need, you can keep your own situation in perspective.
- 👍 **Take the initiative.** Your non-military friends may not know how to help or what to say. Take the first step to reach out and let them know how to help, whether it's asking for help around the house or a night out.
- 👍 **Leave your spouse's "stuff" alone** - even if it hasn't been used in years, they may not appreciate it being cleaned up in their absence!
- 👍 **Accept help!** Let people take you out to lunch, come over and bring dinner, or baby-sit your kids.
- 👍 **Limit news shows,** especially if your spouse is involved in a conflict or if your child is in the room.
- 👍 **Get out of the house** - especially if you have little ones. Join a group in your area!





# PERSONAL MESSAGES

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

## From In-Theatre

### Hi Lucy and Josh

Thanks for your messages and the photos. I love all your mail and especially the things you make. Your cards were really colourful. Time is going quickly and it won't be long until I get home. Look after Mum and keep up with your jobs, love from Dad. Xxx.

### Hi Mum and Dad

Thanks for the great baking Mum. You have won a lot of new friends over here! Hungry ones always looking for a taste of home! Great job! Love to the family, Alf.

### Happy Birthday Nana

Thinking of you on your 90<sup>th</sup> birthday! Hope you have a great time celebrating with everyone. Enjoy your special day. Lots of love, No. 1 Grandson. Xxx.

### 20th Wedding Anniversary

To my beautiful darling wife. Thank you for agreeing to share your life with me and for 20 wonderful years. I am truly sorry that we are not together for our special day but you are always with me in my heart. How lucky are we with the wonderful family we have and the fantastic life we share. I love you with all that I am and you are as beautiful now as the day we married. Yours forever xxxx.

### G Unit

Hey Team, We've almost cracked it and we'll all be together again soon. I can't wait to see the new puppy and chicks. Keep looking after each other, helping Mum out and I can join in the family time soon. I love you both, Your Dad xxxx.

### Lily Girl

Hello Lily Girl - I miss you and I can't wait to hear about what you and Daddy did for your special day. I can't wait for you to send me some of your beautiful drawings - maybe you could do some of what we might do on our holiday? Have fun at daycare and playing with your friends - keep practising riding your bike, you might be able to start and stop all by yourself when I get home. I love you, Mumma x.

### Hunter Man

Hey Buddy! I miss you and miss hearing all your stories. How is school? You will have a holiday at the Bach soon - I wish I could be there too. You will have to voxer me - maybe you will find some new caches? I can't wait until our holiday - have you had your special day with Dad yet? Be good and remember your listening ears. I love you, Mumma x.

### Chucky

Hey Babe - thank you for being so awesome. I miss you all MJ xx=.

## From Home

### Apologies: Personal message that may have been missed in the February issue

### To My Babygirl

Happy Valentines Day to the sweetest valentine I could want. You are my sweetheart and I am so glad you are mine. A Day without you is a day without Sun. A night without you is a night without Moon. A life without you is a life without life. I love you so very much my darling and can not wait to be back in your arms again. OXOXOXO.

### Hey my Handsome Man

Hope you liked your most recent parcels! By the time you read this I would have gone on my weekend trip down south and probably brought a bunch of stuff I probably don't need ... Whoops' should also have mastered cantering (and hopefully haven't fallen off again) hoping to have my jumping up to scratch by the time you come home! It's so wonderful to be riding again, terrifying at times, but wonderful. The pooches are doing well and miss you lots, your boy reckons I don't throw the stick far enough when we are at the beach but likes that I try anyway. Miss you every day and can't wait to have you back. Love you to the moon and back xoxoxox from, your pain in the bum.

### Hello Alf

Pleased to hear the biscuits arrived safely and were enjoyed by all. More in the making and postings. Always happy to cheer your day. With love from Mum and Dad.

### Hi Dad

School is great. My new school bag is purple and so is my lunch box and drink bottle. Everything matches. We really miss you but Mum says you will be home in a few months. That will be fun. I love you. Lots of love from Lucy, xxx.

### Hello Dad

I still love my skateboard. Mum thinks it's pretty cool too. Don't worry, I have all the safety gear and always wear it. Mike and I like to get to the ramp to practice our jumps. Can't wait for you to see them. We had the swimming sports and I did quite well. I can't wait for the athletic sports soon. I bet I can win a race. See you on Skype. Josh.



# PERSONAL MESSAGES CONT'D

## Bennie

Ha ha. Did you take my hint and send the chocolates and flowers or was it pure coincidence. Love you no matter what, Liz. Xxx.

## BB

We are thinking of you and your team always. Keep up the good work and we will look forward to coming home. Love Nana and Pop.

## Master

I escaped. There was a major search party out looking for me and like before I was found and dragged home. I laid low for a few days. The lady of the house was a bit cool towards me, but we are back on good terms now. She forgets quite quickly. Back on those good bones. Back on digging holes and believe it or not, still in the backyard. Rover.

## Dear LM

I miss you Auntie L. I am growing up really fast. I am walking now and getting into lots of mischief. It will be great to see you when you come home soon. Mum and Dad will be excited too. Lots of love, Michaela Rose.

## Happy Birthday Babe

Have a great day on the 19<sup>th</sup>. Sending lots of love. Don't open your parcel early! Hope you are spoilt on your special day. Love you, Bronnie. Xxxx.

## Happy Easter Billy

Hope you enjoy munching on the great array of eggs we sent. Sorry you will miss our traditional Easter Egg Hunt. We will be thinking of you and are sure to miss your antics. Love from the Bunnykins.

## WEIRD FACTS

It is impossible to sneeze with your eyes open

Jet lag was once called Boat Lag, back before jets existed

There are more beetles than any other kind of creature in the world

The original name for the butterfly was 'flutterby'

Barbie's full name is Barbara Millicent Roberts

## Bouquets

### Janine

Sincere thanks for carrying the load over these past weeks. I know that load has been huge, but have appreciated your hard work in my absence. Carol.

### M

'A true friend has your best interests at heart and the pluck to tell you what you need to hear! (e.a. Bucchianeri). Thanks a million. Carol.

### Mr P

Bouquets of flowers and get well wishes for your recovery. I have enjoyed hearing of your progress and wish you all the best in meeting the challenges you face and over coming them. I look forward to when our paths may cross again. With kindest regards, Carol Voyce, DSO.





# EASTER TRIVIA



- ★ The name Easter derived its name from the Anglo-Saxon goddess Eastre, which symbolizes hare and egg.
- ★ Easter always falls between March 22 and April 25.
- ★ Easter is however now celebrated (in the words of the Book of Common Prayer) on the first Sunday after the full moon, which happens on, or after March 21, the Spring Equinox.
- ★ Since time immemorial, egg has been considered as the symbol of rebirth.
- ★ The first Easter baskets were designed as such so as to give it an appearance of a bird's nests.
- ★ The custom of giving eggs at Easter time has been traced back from Egyptians, Gaul, Persians, Greeks and Romans, to whom the egg was a symbol of life.
- ★ During the medieval times, a festival of egg throwing was held in church, during which the priest would throw a hard-boiled egg to one of the choirboys. It would then be tossed from one choirboy to the next and whoever held the egg when the clock struck 12 was surely the winner and retained the egg.
- ★ Americans however celebrated Easter with a large Easter egg hunt on the White House Lawn.
- ★ Pysanka is the term used for the practice of Easter egg painting.
- ★ The maiden chocolate egg recipes were made in Europe in the nineteenth century.
- ★ Each year nearly 90 million chocolate bunnies are made.
- ★ Besides Halloween, Easter holiday also paves way for confectionary businesses to prosper.
- ★ When it comes to eating of chocolate bunnies, the ears are preferred to be eaten first by as many as 76% of people.
- ★ Easter Bonnets are a throwback to the days when the people denied themselves the pleasure of wearing fine angels for the duration of Lent.
- ★ Kids' favourite Easter foodstuff comprises of the Red jellybeans.
- ★ Some Churches still keep up the old tradition of using evergreens - symbolic of eternal life - embroidered in red on white, or woven in straw, but most now prefer displays of flowers in the spring colours of green, yellow and white.
- ★ The date of Passover is variable as it is dependent on the phases of the moon, and thus Easter is a movable feast.



<http://www.theholidayspot.com/easter/trivia.htm#2e4OZv24yP9HFyxa.99>