

# THE BUGLE

Issue 221 | May 2016



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## "THE BUGLE"

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

### Deadline

The deadline for Edition 222 is  
**1 June 2016**

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

Editor: Carol Voyce  
Printing: Sharyn Cameron  
Mere Garton

Contributions co-ordinated by  
Carol Voyce and Janine Burton

### Contact Information

Carol Voyce  
Deployment Services Officer  
Southern Regional Support Centre  
Powles Road  
Burnham Military Camp  
Burnham 7600  
Christchurch  
Ph: (03) 363 0421  
Cell phone: 0274 497 565  
Toll free line: 0800 DEPLOY or  
0800 337 569  
Fax: (03) 363 0024  
E-mail: [dso.burnham@xtra.co.nz](mailto:dso.burnham@xtra.co.nz)

Janine Burton  
Deployment Services Officer  
Headquarters  
1 (NZ) Brigade  
Linton Military Camp  
Palmerston North 4820  
Ph: (06) 351 9399  
Cell phone: 021 649 903  
Toll free line: 0800 OVERSEAS or  
0800 683 77 327  
Fax: (06) 351 9009  
E-mail: [dso.linton@xtra.co.nz](mailto:dso.linton@xtra.co.nz)

### Disclaimer

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

### Cover Photo:

NZDF vehicles and equipment are transferred from ashore at Vanua Balavu Island in Fiji to HMNZS CANTERBURY ahead of the end of the NZDF aid mission on the island.

# GUEST EDITORIAL

## *Commitment Dedication and Success*

**Hugh McAslan  
Colonel  
Commander  
1st (NZ) Brigade**



As summer draws to a close, we enter a period when a high proportion of our international operational contingents rotate. In 2016, like 2015, this period has also witnessed the additional significant response in support of our Pacific partners following devastating cyclones. In 2015 it was Cyclone Pam in Vanuatu, while recently our most significant humanitarian response into the Pacific for some time has just returned from Fiji following Cyclone Winston. Collectively, security, peace support, and humanitarian operations have ensured 1 (NZ) Brigade and the wider NZDF have remained heavily committed for the first half of 2016; consistently delivering our various missions alongside our partners with competence, confidence, and pride.

This success overseas where our women and men continue to forge our enviable international reputation is reliant on support from families, friends, and whanau. The initial period of 2016 has seen a large proportion of our team mates deploy, or preparing to deploy. We appreciate this creates disruption and some perhaps anxious moments for those shortly to deploy, while for those families who will soon be reunited the excitement following a long period of separation builds. Collectively, this requires our military community to look out for each other and to be supportive to build and retain our resilience.

It is also more poignant this time of the year with the occurrence of ANZAC Day, that we remember those who have gone before, and reflect on those currently deployed. For families and whanau with loved ones off shore, ANZAC Day often takes on a significance and relevance all of its own. For those in the past that did not return, we remember.

On behalf of the 1 (NZ) Brigade Command Team, thank you families, friends, and whanau for your support to your soldier. Your commitment and dedication is an equally important contribution to delivering our mission. You are appreciated, and we are grateful that you enable us to serve in the manner we do.





## ***Dawn Service at Gallipoli Marks 'Defining Page' in Shared History***

**25 April 2016**

In cool and showery conditions over 1,200 people attended the Dawn Service at the Anzac Commemorative Site at North Beach on the Gallipoli peninsula today, celebrating the 101st anniversary of the ANZAC landings (the 100th Anzac Day).

The New Zealand Government was represented by Defence Minister Gerry Brownlee, and the New Zealand Defence Force (NZDF) by the Chief of Air Force, Air Vice-Marshal (AVM) Tony Davies.

Delivering the Call to Remembrance at the beginning of the service, AVM Davies said the Gallipoli landings gave New Zealand and Australia a defining page in their histories.

"The achievements of the Anzacs who came ashore here and held these ridges for eight months, in awful and trying conditions, are rightly to be honoured, their endeavours remembered," he said.



"The shock of the first true experience of war was for some almost overwhelming, giving rise to feelings of guilt, grief and loss that for many would last the rest of their lives."

A varied Reflective Programme centred on explaining various aspects of the Gallipoli campaign, with a number of musical contributions from a combined NZDF/Australian Defence Force (ADF) band, presented from 8pm through to 5am, kept the crowd engaged, although most managed to get some sleep at some point during the night.

The Reflective Programme included the winning speech of the annual ANZ/RNZRSA Cyril Bassett VC prize. The prize is awarded in honour of the only New Zealander to receive the supreme gallantry award, the Victoria Cross, during the Gallipoli campaign. This year's winner was Stephanie Simpson of Marlborough Girls' College.

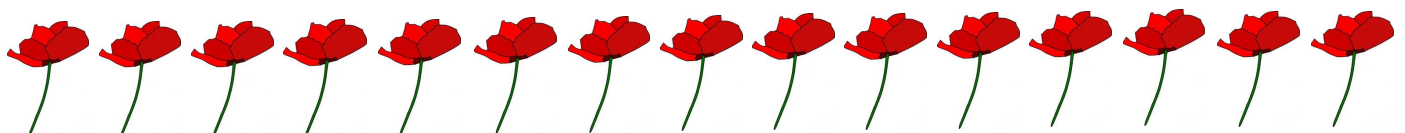
Katanga, the Maori Call to Gathering, performed by the women of the NZDF, set the scene for the service, which began at 5.30am.

Both Mr Brownlee and Australian Minister for Veterans' Affairs Dan Tehan gave addresses and laid wreaths during the ceremony.

Flight Sergeant Kathleen Nikau, leader of the NZDF contingent's Maori Cultural Group, represented the NZDF in laying a wreath on behalf of military veterans.

Members of the public were also able to lay wreaths at the conclusion of the service.

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





## ***Young Soldier at Gallipoli First Ever Trip Overseas***

**24 April 2016**

Ruatoria-born soldier Private (PTE) Christian Hohepa has now travelled a long way since joining the Army in 2013. On his first-ever trip out of New Zealand, the 21-year-old Ngata Memorial College ex-pupil is a member of the Maori Cultural Group (MCG) which is part of the New Zealand Defence Force's (NZDF) contingent to Gallipoli this Anzac Day.

The 33-strong contingent has entered the final stages of rehearsing the various roles they will play at the two Anzac Day services to be held on the Gallipoli peninsula in Turkey (the Dawn Service at the Anzac Commemorative Site at North Beach, and the New Zealand Service at Chunuk Bair).

PTE Hohepa is currently an apprentice armourer in the Army, learning to fix and maintain weapons. Outside the workshop, he's into physical training and enjoys a variety of sports.



***PTE Hohepa at rehearsals for the Gallipoli Dawn Service***

"Joining the Army was a childhood dream," he said.

"Then when I got a bit older I could see it was a path to expanding my knowledge and potential, and also a way that I would be able to help people, which is really important to me."

Although PTE Hohepa is interested in most sports, right now his focus is on work and his involvement with the MCG. He has also taken on the study of mau rakau (traditional weapons skills) through the NZDF.

PTE Hohepa says he was "overwhelmed" at selection for the Gallipoli contingent.

"I was really surprised, and so humbled. There was a lot of talent at the selection wananga and to be chosen was a very proud moment for me, not just for myself but for the fact that I get the privilege of walking the same grounds as the brave soldiers who died here to protect our future."

PTE Hohepa isn't the first of his family to serve in the Army - his grandfather, John Grace, was a member of the famous Maori Battalion in World War 2. The Maori Contingent which served at Gallipoli was the forerunner of the Battalion.

"The NZDF is a solid career," he says.

"There's just so much opportunity, especially for rural people who might not have the range of experiences you get in the cities. You have experiences and learn in ways that you never would anywhere else."

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





## ***Chunuk Bair Service Attracts Capacity Crowd***

**26 April 2016**

The annual New Zealand Memorial Service at Chunuk Bair on the Gallipoli peninsula took place this morning [25 April] in perfect weather and in front of a capacity crowd of nearly 1,000 mostly young people. The service was conducted by New Zealand Defence Force (NZDF) Chaplain Colin Mason, the Principal Navy Chaplain.

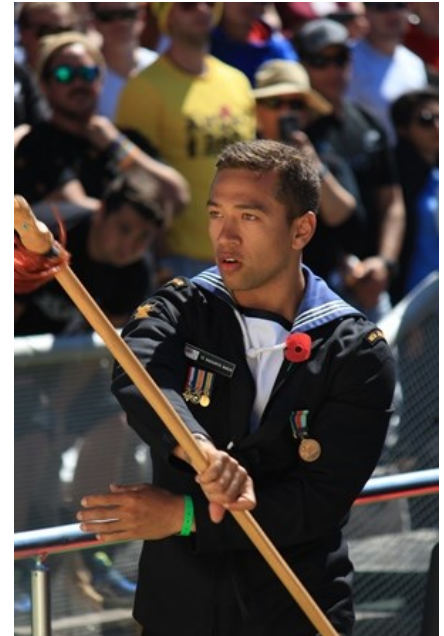
Whilst Chunuk Bair contains the graves of just eight New Zealanders, a further 850 names are on the Memorial to the Missing there, making it the largest New Zealand commemorative site in Gallipoli.

The Commemorative Address was given by the Minister of Defence, Gerry Brownlee, who also jointly laid a wreath with Australian Minister of Veterans' Affairs Dan Tehan. They were followed by the Chief of Air Force, Air Vice Marshal Tony Davies, and the Australian Chief of Army, Lieutenant General Angus Campbell.

The reading was delivered by Second Lieutenant Nick Hill, the NZDF Reservist of the Year for 2015, who had the privilege of being the first to wear Nga Tapuwae (footsteps), the recently presented NZDF cloak, or kahu huruhuru, to be worn by people of all ranks on special occasions.

Other highlights of the service included waiata by the New Zealand Defence Force (NZDF) Maori Cultural Group, and the NZDF Haka, performed by this year's NZDF contingent supporting the Gallipoli commemorations. The contingent comprised the Catafalque Guard, a tri-service band, the Maori Cultural Group and a team of site liaison officers.

The service concluded with the NZDF Haka, performed by the whole contingent.



***Combat Systems Tactical Training  
Able Rate  
Te Raukarito Baker performs with the  
NZDF Maori Cultural Group at the  
Memorial Service  
at Chunuk Bair***

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

The NZ Defence Force supports a number of major operations around the world. Currently there are personnel deployed on 14 operations and UN missions across ten countries, including:

- **Afghanistan**
- **Antarctica**
- **Iraq**
- **Middle East**
- **Sinai**
- **South Korea**
- **South Sudan**
- **United Arab Emirates**

At any time there are many other Defence Force personnel on other overseas activities and exercises.

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

# POPPIES FOR OUR DEPLOYED PERSONNEL

26 April 2016

More than 700 hand knitted poppies were sent to New Zealand Defence Force personnel serving overseas on Anzac Day thanks to a bright idea from one woman whose fiancé is currently on deployment.

She enlisted the help of friends and family to put their knitting needles to good use so everyone received a piece of homemade care for Anzac Day.

The National Army Museum also stepped in and kindly donated hundreds of poppies that had been knitted by New Zealanders in remembrance of World War I.



The poppies were accompanied by a personal letter from Chief of Defence Force Lieutenant General Tim Keating and Warrant Officer of the Defence Force WO1 Danny Broughton acknowledging that our personnel were “serving their country with distinction”.

The purpose of the project was to show personnel overseas that people back home were thinking of them.

“They were sent to people serving our nation, sacrificing time away from loved ones. They are our modern ANZACs and our modern day heroes,” she said.

**Source: NZDF**





# FOREIGN CORRESPONDENTS

## ANZAC DAY AROUND THE WORLD

Bahrain commemorative dawn service at the Bahrain British Club, 0445hrs 25 Apr 16.  
Approximately 100 people including the UK and Turkish Ambassadors, Combined Maritime Forces (CMF) colleagues including Deputy Commander CMF and lots of Navy and local expats attended.

The Combined Maritime Forces is a multinational naval partnership comprised of 31 member-nations. They seek to promote a safe maritime environment, defeat terrorism and prevent piracy.





# FOREIGN CORRESPONDENTS CONT'D ... ANZAC DAY AROUND THE WORLD

## Dawn Service of Remembrance at Kol-e Charandaz (2150m) Qargha, Afghanistan

LTCOL Andrew Brown

Salaam alekum.

Tena koutou, tena koutou, tena koutou katoa.

Sob bakhir, hosh-gel-dinn-iz, namaste, welcome to this morning's dawn service of remembrance.

I specifically acknowledge: Brigadier Ian Rigden, Colonel Olgun, Colonel Andy Smith, Lieutenant Colonels Steve Jenkins, Jamie Murray and Ryan Seagraves, and Major Klaus Hansen.

Nau mai, haere mai.



Time dims the memory of ordinary events, but not great events. In a nation's history, great events – whether in peace or war – live on regardless of time. They are great – not because of what was achieved, or even whether they were victories or defeats – they are great because they are distinguished by the quality of the human endeavour that they called upon, because of the examples and stories that they create to inspire ordinary men and women like us, and by their legacy that ripples down through the years.

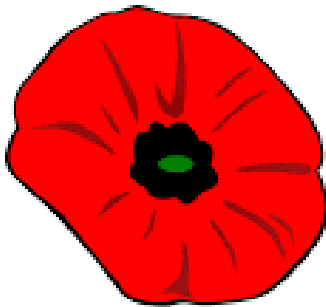
And so it is today, Anzac Day. This is our day to pause and reflect, to honour and remember all those who have served their country in all wars and, in particular, those who have lost their lives in executing that duty. The embodiment of the Anzac spirit was clearly represented during the ill-fated Gallipoli campaign. This year marks the centenary of the first commemorations of the events that took place at Gallipoli. Today on Charandaz we pause to remember the courage, self-sacrifice, back-breaking toil and mateship which is the essence of the Anzac story. Qualities as relevant today as they were in 1915. As soldiers it is important to reflect on the fact that at Gallipoli we misjudged the Turks' steadfast defence of their homeland, we misjudged the terrain and weather, and we underestimated the cost in blood and treasure that the Gallipoli campaign would exact on almost every community. Lest we forget.

And while we look to the past and honour our forebears we also embrace the future. At ANAOA we are working hard to ensure that Afghanistan has the junior leaders in the ANA to safeguard the future of this wonderful country. Afghan men and women who will carry the fight to the enemy and not take a backward step. In Māori we would say ake ake kia kaha – forever strong.

Kia ora, kia kaha, kia manawanui, huihui tātou katoa—Be well, be strong, be courageous.







## Seoul, South Korea





# SURVIVING DEPLOYMENT SEPARATION

*Carol and I are always grateful when a family member makes a contribution towards the Bugle from their perspective. Like the "Home Fires Burning" articles where we can follow the impact the deployment has on an ongoing monthly basis, we appreciate it is a big ask to have articles written for each edition.*

*One of our family members, whose partner is due to return from deployment in the near future, decided one day to put pen to paper (well, write me an email) to outline some of the things that have helped her through.*

*We are very appreciative for the following and hope that you may find yourself identifying with some of the below, or use some of the wisdom you may find.*

*Janine*

I was thinking about tips and tricks that I / we have been doing during this deployment that have made things easier, and think I saw somewhere to send any in for the next lot gearing up to go. From the perspective of a soon to be wife of a deployed pers.

## 1. Pinterest = Amazing!

We've been planning home renovations, landscaping and a wedding while apart with Pinterest. You can 'follow' each other so that if you see something you like, you pin and the other can see it. Has made it so much easier to talk about ideas and plans with a visual and saves emailing them back and forth.

2. Common TV series - If you watch TV together normally, it is nice to have the same shows to watch while you're apart. Keeps a little bit of normal about your week if you can talk about a show you're both watching. Either get them on disc or duplicate hard drives if you can.



3. Photos - print them and send them. You can't blu tak a Facebook post to the wall to look at later.

4. Probably don't watch the international news too often = heart in throat and doesn't really help any. Trust your DSO's to let you know anything that is relevant to you. Up to you though, to be honest it's hard to live in a bubble with world media but maybe don't set your Google alerts to tell you everything about their part of the world, that would just get hectic.

4. Skype = Even more amazing! That is all.



5. You time = I planned and did one thing a month that was all about me and what I wanted to do, that I could look forward to for myself, i.e. a haircut (rare pamper for me), an out of town market to go to, or an outdoor adventure (what ever floats your boat) home life admin and chores fills your time in but doesn't really reward you.





# SURVIVING DEPLOYMENT SEPARATION

6. Don't over commit yourself, the tail end of the deployment gets weirdly harder and exciting at the same time = tiring. Coping with missing someone all the time will take its toll, so be gentle with yourself. Your mates / family will understand.

7. Try not to count forward. That goes for before they go and while they're away. Before they go, it'll just make you anxious and may ruin the time you've left to hang together before fly day, if you focus on fly day, you won't enjoy today. The going away for work is going to happen, may as well have as much fun together before they go right, and not ruin it by thinking forward too much. Be smart tho, plan what you really need to get done before fly day and get it sorted, i.e. new eftpos card for the one that might expire while they're away, and drivers licence etc. And then don't count forward for how long til they're home til you're well past half way, why do it to yourself, you'll just want to puke on your shoes. Count off the weeks that've been, they turn into months, and then all of a sudden there's only 9 weeks to go, you've already done 21, booya, you've got this.



8. Don't forget, they do love their jobs, at the end of the day it's a massive win to be deployed, they'll actually be enjoying their days. It's still possible to enjoy your work and miss someone.

9. Be prepared for a different idea for life after this deployment every week. Have been meaning to write them all down and make a bucket list from them. Amazing ideas, but if you took every idea as the new basis to plan your future on you'd potentially be moving all across the world / country, or never leaving the house again all in the same month. Camp life is inhibiting, I've lived and worked long term on remote sites before, but for only 2 wks at a time. There's nothing more awesome than planning what you're going to do when you get home. Compound that by 6 months of thinking, and you can imagine.

10. Everyone's deployment experience will be so different. You learn a bunch about yourself and your relationship through it. Take the wins when they come, from remembering your anniversary to an unplanned skype date, and remember that they'll be home soon enough.

11. Talk to people that know what you're going through, as sometimes mates that have no idea, mean the best but get a bit doomsdayish about the whole thing, every time you hear "it must be horrible, I don't know how you're doing it" it sinks in a little and you have to be even braver to ignore it. Set the rules early of what you want to tolerate for the next 6 months with ya mates/acquaintances/colleagues.

12. If you've a dog or pets, they'll be a little weird, and be prepared for them to play up after seeing their boss on a skype session. Ours would commonly destroy something in the backyard the day after recognising her boss on the screen.



Hope my lil tricks can add to the existing awesome list of advice and help out a little for someone in the future.

Cheers,  
*Name withheld at request of the Author*

# DSO'S CORNER



## **Carol Voyce**

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

Last week there was an enormous "crash" in my work storage room. On further investigation I was to discover that an overloaded shelf could no longer bear the weight of being piled so high with an assortment of "stuff". There wasn't an inch of carpet to be seen amongst the burst open files and spilled boxes! You know, that all important stuff that we just might need one day or that has some sentimental meaning. As I left work that day, firmly locking the door and muttering a few "words", I pondered on what was to become of all that I had accumulated over my years here and what may still be worth salvaging for the sake of history!

Next morning the mess was as I had left it. Not sure why I expected it to be any different but there it was to greet me! I climbed over it and around it for awhile before I had the energy and time for the attack! The "attack" was believe it or not truly satisfying. I had this wonderful trip down memory lane. When I first started work here we had huge numbers of service personnel deployed under the U N Banner to Timor-Leste and the role of Deployment Services Officer was relatively new. I think I had a few files of notes, a few photographs

and a computer on my desk. And yes the computer used floppy discs to store and back up photos! Over the years as the role has expanded and we have deployed to all corners of the globe, we have developed new resources and found new ways of doing things which are still constantly changing. The changes have happened for a number of reasons but the main ones are from lessons learned from service personnel and their families and from a world with an ever changing face. So I think it is fair to say that I have accumulated a lot of valuable resources and certainly many a written word and photo which will take its place in our Defence history.

I had a great time reminiscing and creating safer storage for the many things that show how much our approach to support has changed over the years. I flicked through many old newsletters and foreign correspondence from all over the world. I recalled some great people who were great leaders on so many previous deployments and saw the young shy Private who was made to write for us, was now a highly successful Commanding Officer! Does that mean I have been here too long?

Needless to say, I threw very little away – much of it now has a renewed place in my memory, an amazing place of prominence in recording our contributions globally and a safe neat storage place on my shelves. Many of the files, documents, photos and contributions have been copied and put into safe storage or/and lodged with the Waiouru Army Museum. So the 'crash' and the "clean-up" had a great outcome.

This systematic planned approach to these priceless things couldn't be in more contrast to the way I cleaned up post earthquake and the way I became so ruthless as we moved from rental house to rental flat over a number of years before it was confirmed that our house was

no longer habitable! I threw out an amazing amount of "stuff" and didn't bother replacing much of what was destroyed. I learned to become clutter free. I also learned what was important and what wasn't. Obviously the safety and security of loved ones was uppermost but material things became of much lesser significance. Having said that, I did everything I could to preserve those things associated with the history of our family, including antiques, various heirlooms, photos and other items of significance. Several much loved antique items were able to be restored, but some were beyond repair. I now like to think that I am not known as a home hoarder – just a work one!


Hot tips from families about coping with separations are often shared and adopted by others on a deployment journey. But one partner learned a valuable, never to be repeated lesson, when her man was away. It reads: "Never touch his stuff!" She had this massive cleanout-throw-out of what she had decided was unnecessary junk that had grown from a manageable pile over the years, to what she saw as a junk heap. She sorted, made the judgement calls and then had a huge bonfire. She was pretty satisfied with the small, must keep pile, remaining. Well that was until his return, when suddenly he wanted that old soccer ball he had had since childhood and his favourite jacket. Then the reality hit and questions came thick and fast! This good deed had turned into a nightmare. While they did find some common ground after a few heated exchanges it was a timely reminder that sometimes our personal junk is valuable junk for whatever the reason – so don't be tempted in the months ahead to clean their stuff – just do your own if you must!

Have a great month and keep in touch – it's a few months until spring cleaning time!

# DSO'S CORNER



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

 As I write I am in a Life Happens! Week. I'm sure that our readers will know what I mean with regards Life Happens! moments.

This brings my contemplations to the positive thinking versus negative and how this impacts on our day to day lives, and especially when we have someone near and dear away on deployment. For most of us, there are times in our lives when we feel overwhelmed by events. This could be caused by the number of things we try to cram into our day (especially if children are involved and need to attend various activities), or a situation which is taking time to resolve, or having to take on additional roles until our deployed person returns. Whatever the situation you find yourself in when inundated by life, maintaining a positive attitude will help you through. You can do this, you have

done it before, no doubt you will have to do it again. Our inner strengths are there to help us through.

Each of us have the choice of taking the positive or the negative road. Obviously the positive side is the preferable one and in most cases there isn't an alternative, you just have to get on.

Have you been around people who maintain a positive attitude, even though you know that they are struggling with something that is happening in their lives? How do they do that? Perhaps it is by only concentrating on what is important to them; perhaps it is by putting their energies into things they have influence over and not worrying about the things they don't. Whatever the secret to positive thinking and a positive attitude, we all want some!

I think that this may be the way to go:

## **Focus**

Consciously be aware of your thoughts; negative words and actions are usually the result of negative thinking. So surely it follows that if we think positively, that the rest will follow in the same vein? Makes sense to me. If a negative thought 'appears', chase it away and replace it with a positive one.

## **Outside Influences**

Often we are influenced in our thinking by those around us; the positive ones are great, the negative ones are not so good; especially when we are working really hard on improving our own outlook.

## **Identify**

Identify and acknowledge those areas of negativity you would like to change and focus on them.

## **Affirmations**

Researching or creating positive affirmations which fit who we are and what we are trying to achieve, will help and support a positive outlook. Recite these affirmations out loud every day – my thinking times are while I'm driving, working in the garden and mowing the lawns.

*Positive thoughts  
generate positive feelings  
and attract positive life  
experiences.*

Time is moving on – we are well into Autumn and the weather is still relatively warm although the evenings are cooling down, the first set of school holidays for the year are over and children are back at school and our missions are still rotating in and out of deployment locations. Wherever you are on the deployment timeline – beginning, middle or at the end – I hope that my positives vs negatives might help a little along the way.

By the time this Bugle reaches our families and deployed personnel, Mothers Day (Sunday 8 May) will have passed. I hope that even though many miles will have separated you, that you were either able to contact home on this very special day to talk to your mum, and if you were expecting that call from your child, that your hopes were met.

**Need advice, support or information to manage the deployment journey?**  
**Contact Carol Voyce, DSO Burnham 0800 337 569**  
**or Janine Burton, DSO Linton 0800 683 77 327**

**We are here for you!**



# INTERNATIONAL DAY OF UNITED NATIONS PEACEKEEPERS

## 29 MAY



By resolution 57/129 of 11 December 2002, the General Assembly designated 29 May as the International Day of United Nations Peacekeepers, to pay tribute to all the men and women who have served and continue to serve in United Nations peacekeeping operations for their high level of professionalism, dedication and courage, and to honour the memory of those who have lost their lives in the cause of peace.

The date was chosen because on that day in 1948, the first UN peacekeeping mission, the United Nations Truce Supervision Organisation (UNTSO), began operations, with a group of unarmed military observers in Palestine

As this Day is being observed around the world, peacekeepers are fulfilling roles as military observers, trainers and disarmament experts, civilian police, civil administrators, judges and prosecutors, economists, human rights and humanitarian workers. Others perform the more traditional peacekeeping functions of monitoring ceasefires and buffer zones, in 14 missions on three continents.

UN peacekeepers have a distinctive bright blue coloured helmets or berets, and are often referred to as the 'blue helmets'.

*"While peacekeeping by itself cannot end a war.... it can prevent a recurrence of fighting. Above all, it gives time and space for conflict resolution. It gives peace a chance"*

**Ban Ki-moon**  
UN Secretary General

**For more information visit the  
International Day of United Nations  
Peacekeepers website.**

## Did you know?

The 16 UN Peacekeeping Operations are deployed on 4 continents.

UN Peacekeeping is the second largest deployment in the world, yet accounts for less than 0.5% of the world's military expenditure.

Women make up 30% of civilian Peacekeepers, 10% of police Peacekeepers and 3% of military Peacekeepers

The largest mission is in Darfur.

UN Peacekeepers help over 150million people across the world.

The UN is sheltering more than 80,000 civilians at Peacekeeping bases in South Sudan.

May 29<sup>th</sup> is International Day of United Nations Peacekeepers

*For more information: [www.un.org](http://www.un.org)*

## As at March 2016

Peacekeeping Operations since 1948:	71
Current Peacekeeping Operations:	16
Current Peacekeeping Operations directed by the Department of Peacekeeping Operations (DPKO):	16
Uniformed Personnel:	104,773
Troops:	89,546
Police:	13,434
Military Observers:	1,793
Civilian Personnel:	16,471
UN Volunteers:	1,809
Total number of personnel serving in DPKO Missions:	123,053
Countries contributing uniformed personnel:	123

*Source: [www.un.org](http://www.un.org)*

# FOR YOUR INFO

## Last Mailout for Some

This is the last mailout for some whose loved one is coming to the end of their deployment. We hope you will all enjoy your family reunions, holidays and happy days! It has been wonderful for us to have been able to support you during the period of separation and hope that you have enjoyed receiving your edition of the Bugle each month.

Please remember our team is still here for you if you need any assistance in the weeks ahead. With best wishes to you all—we look forward to possibly meeting you again at some point in the future.

## Reunions

Experience has shown that virtually all service personnel and their partners/family members experience at least a little uneasiness as they re-adjust to their normal environment after a deployment. Changes, some more subtle than others, have taken place during the deployment for everyone concerned. To successfully cope with change

requires that we make corresponding adjustments in attitude, thought and behaviour.

As you make the transition back to your pre-deployment environment, whenever you begin to feel angry or frustrated, ask yourself “How realistic are my expectations in this situation?”, “Am I giving myself, and others, enough time and space to adjust?”, “Am I trying to force readjustment to happen rather than being patient and allowing it to happen at a comfortable pace?”

Remember that readjusting to home life and work life is a process, not an event. As you reintegrate into your family, work and social environments, it makes sense to allow yourself and others the appropriate time and space. In so doing, you will probably find that in a few weeks everything is back to a comfortable pattern again.

*Source: Preparing for Reunion  
(NZDF Debrief Booklet)*

## Welcome to New Bugle Readers

A warm welcome is extended to all those who are receiving their first copy of The Bugle in their mailbox either at the end of your drive, or your email inbox. The Bugle is our informal deployment newsletter and is sent to all Primary Next of Kin (PNOK) and families associated with all overseas missions. This is our main way of keeping in contact with you all and sharing news and views from deployment locations. There is also an opportunity for you to contribute to the Personal Messages column and to submit articles and photos which may be of interest to our many readers in our Home Fires pages.

You will notice that The Bugle is written for people at all stages of the deployment journey and we hope that in each issue you will find something of interest that will help you along the way. It is our aim to help you achieve some peace of mind and urge you to contact Carol or Janine if you have any queries or concerns.

## Important Request

How we communicate with you ...

In order for us to keep in contact with you, it is so important that we have your correct information.

So if you:

- ◆ Change address and/or your home phone number
- ◆ Update your cellphone and have a new number
- ◆ Change your email address

we would like to know so we can update our database.

If you think it might be possible that we don't have your email address or just want to check that the address we have is correct, please email either Janine or Carol and we will check and update our records as necessary.

[janine.burton@nzdf.mil.nz](mailto:janine.burton@nzdf.mil.nz) or [carol.voyce@nzdf.mil.nz](mailto:carol.voyce@nzdf.mil.nz).

We thank you.

# KEEPING THE HOME FIRES BURNING



Hello All,

**O**ur family (well probably just me) is so excited. Homecomings are so close now. While there is still some confusion about the date, I expected that and am just going with the flow! We are in the midst of the school holidays now and the children are well occupied with lots of visitors and activities. They are happy. I will resist telling them the exact details about the flight arrival until I am pretty sure that what we have is set in concrete. I know countdowns are exciting but disappointments are harder for the young ones to handle so I'm playing it safe! They know time is getting closer though and we have made a big welcome home banner and talked about when the day actually comes what we will do. Mick's parents have been a huge help to us all in his absence and yet, they exercise great patience and understanding, letting us go to the airport on our own and keeping their distance for a few days. It must be hard for them but I admire their stance and for letting this little part of our family have time together first!

I mentioned last issue

about my scribbled list of positives and negatives to come out of the deployment. I've been adding to the list a bit of late and you know it really does surprise me what we have managed to achieve. We surely haven't done it all on our own and I feel proud that we have made it pretty well unscathed. I would never have thought that when Mick left but when I look at the list, I feel pretty proud. Thanks to everyone who has helped us along the way. It hasn't just been family - close friends have been understanding and seen when it would be nice for me to have a couple of hours to myself and just turned up to take Lucy and Josh out for a treat. I didn't think I needed it but the intuition of others is appreciated and yes I guess I have to admit that they were right! It was the Army friends and colleagues that really understood the separation though. I know we sign up for this lifestyle too, but actually "living it" is a completely different thing. The DSO dinners were fun and we would laugh, exchange stories and generally enjoy each others company. It was also an opportunity to know that I wasn't the only one that "lost the plot" once or twice, or faced a home

handyman task with greater gusto than skill. That's all part of the deployment challenge and not a sign that one must always be in control. Once I learned that I was quite normal and not alone, my smiles returned.

This may be my last contribution to The Bugle. I have enjoyed sharing our family journey with you all. Not sure if I will get to write about the homecoming. I have read the booklet sent out and feel pretty reassured that we will be fine. I guess that there is some reassurance though that there is help there if we need it. I will tuck that to the back of my mind! Enjoy your countdown too. Time goes faster than you think it will. If I can share my experiences and survival tips with others in the Camp then I surely will be. I know some of you are soon to wave off those replacing our team. Your wait is going to be longer but if I can do this so can you.

Kind regards and good wishes to you all.

Charlotte



# KEEPING THE HOME FIRES BURNING CONT'D

Hello Readers

*The Bugle deadline is a couple of weeks away but because I promised the girls I would write for them, I thought I better do it sooner than later. The next month looks so busy for us and of course Alf coming back makes it even more exciting than normal.*

*The ANZAC biscuits have arrived safely for the contingent. Alf tells me he hasn't had a "taste test" yet which I find hard to believe. Harry and I are going to the local ANZAC service next week. I will stand very proud thinking of our families contributions over the years. I am sometimes even a little emotional but I won't let that be seen! I am amazed at the numbers of young people and their families who now attend the services around the country. It does warm my heart that our country's commitment and achievements world wide, now find a place and meaning in the lives of those so much younger. I hope this tradition established continues - infact when I think deeply enough, I am sure it will only grow.*

*So much seems to be happening over the next*

*month that time is going to fly by for us and for other families who are waiting for their sons, daughters, partners and husbands to return to us all. I have a big golf tournament looming and it's such an enjoyable social event that it will keep me well distracted. I am not sure what my chances are in winning the Cup again - it's all about the comradeship really - actually like the bond Army mates make with their colleagues I guess. We support each other through the good times and the bad and as we are getting older - should I admit that? - there are some challenges and some celebrations. That's life.*

*This is my last contribution to The Bugle. Thanks for letting me share my thoughts and ramblings over the past 6 months. I have enjoyed it. I hope that homecomings are all that you expect and more and for those just setting out, I hope the time passes quickly and you take care of yourselves - wherever you may be.*

*Yours sincerely,*

*Alf's Mum*

## 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

The larger missions to Afghanistan, Solomon Islands & Timor-Leste appoint a lead Deployment Services Officer (DSO). All other missions offer support from either the DSO, Unit Point of Contact 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:

##### Waikouaiti:

Carolyn Hyland—Ph 06 387 5531

##### Papakura

Rachel O'Neill—Ph: 09 296 5744

##### Burnham

Lynne Price—Ph: 03 363 0322

#### Community Services Facilitator:

**Linton**—Lesley Clutterbuck

Ph 06 351 9970

#### Family & Social Services Officer:

##### Trentham

Marie Lotz—Ph: 04 527 5029

### Air Force Welfare Facilitators

#### Air Staff Wellington:

Lynley Williams—Ph: 04 498 6773

#### Base Auckland:

Sophie Rodie—Ph: 09 417 7035

#### Base Woodbourne:

Claudia Ayling—Ph: 03 577 1177

#### Base Ohakea:

Bridget Williams—Ph: 06 351 5640

### Naval Community Organization:

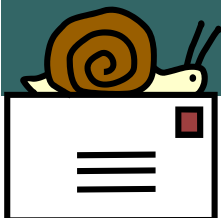
Ph: 09 445 5534,

0800 NAVYHELP

nib@nzdf.mil.nz

### Local Chaplaincy Services

#### Unit Point of Contact



# PERSONAL MESSAGES

The deadline for contributions and personal messages for The Bugle is the first Wednesday of each month (**the next edition deadline is 1 June 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

### Mrs BWZ

Got the first parcel. Thanks. You did well. Must have taken ages to plan that one. I suppose you are making lists for the next. Hope you don't run out of ideas! Will make my day when your parcels come. Get the kids to do some art work for me. Hope the dog is behaving just like the kids. I miss you all. Look after each other. Mr BWZ

### Hi Doll

Safely here and getting myself organised for the months ahead. Weather is warmish and the place looks pretty good to me. Food is great. Will have to workout at the gym if the waistline is to stay in trim. Hope things are ok for you there. Missing you all. Look after each other. Love Lucca

### Bern

Miss your smiling face but appreciate all your letters and parcels which cheer me along. Thanks for the great book. My favourite author! I can put it in our library here once done. Others will get to enjoy it too. Can you send some minties next time – oh and some jetplanes would be good. Also maybe a few cashews. Fussy – no not me. Love you heaps. Jed xoxo

## From Home

### It's your Birthday MM

Have a happy birthday MM on the 29<sup>th</sup>. All of us will be thinking of you. Hope your presents have arrived and there has been no ripping of holes in the paper to peek yet! Enjoy the cake and watch for a fire from all those candles. Love from us all, Mum, Dad, Jonty, Archie, Ella, Georgie and Winnie xxxxxxx

### Hey love

Homecoming month!!! I am amazed at how fast this has gone, cannot wait to see you in person again. Less than three weeks and we will be holidaying in Australia, just the two of us! I am so over excited and am probably driving everyone insane with my countdown but I can't help it. We have missed you so much and I am sure the midget will be completely shocked when he actually has his Daddy in person again. Just a heads up, lower all your food standards, there is no way I can compete with the amount of food you have had available. I hope these next few weeks hurry up, as I am sure they will drag. Final message done, woohooo. See you shortly! We love you endlessly, BabyGirl + Midget xo".

## TEMPLETON RSA FAMILY SUPPORT DAY Sunday 26 June

Templeton RSA invites all families (including children) and partners of deployed NZDF personnel from the Canterbury area to come and enjoy a disco for the kids, lunch and our bar facilities.  
(Meals cost \$5-\$8 children, \$10-\$15 adults)

We would love the opportunity to let you know what extra support we can provide to you and your deployed loved one.

Transport will be provided from Burnham Military Camp (BMC)  
Depart BMC (DSO Office) 11:30am  
Depart Rolleston Railway Station 11:45am  
Depart Templeton RSA 3pm

Please RSVP to  
Carol Voyce  
Phone 0800 33 75 69 or text 0274 497 565 by 22 June

# INTRODUCING ...



The role of the Defence Community Coordinator (DCC) is to assist Command with the enhancement of a positive environment for Air Force personnel, civilian staff and their families living in the greater Wellington region. The DCC Wellington can also support any NZDF military personnel and civilian staff in HQNZDF with locating support services if needed and referrals to relevant services.

The DCC provides wellbeing support and community events to the Wellington Air Force community this can include;

- ◇ Events and outings
- ◇ Funded places in school holiday programmes in the CBD
- ◇ Referral to internal and external support
- ◇ Deployment support to personnel and their families if requested
- ◇ Monthly newsletters — this is how you are informed of AF Wellington community activities
- ◇ RNZAF Wellington children's Christmas party

As RNZAF Wellington's DCC my desk is located on Level 3 of HQNZDF, which will make it difficult for you to drop in and see me if you do not have access to the HQNZDF.

You can email or call to arrange to meet with me. If you would like to receive the monthly newsletter and updates about the activities for RNZAF Wellington please email [AIRDCCWN@nzdf.mil.nz](mailto:AIRDCCWN@nzdf.mil.nz) to be put on the email list.

## DCC WELLINGTON

This is the first of regular monthly articles for The Bugle by the Air Force Defence Community Coordinators (DCC). The DCC is here to support you and your family at any time including before, during and after deployment. Anything from a phone call, a coffee, keeping you up to date with local events and activities, answering any questions or assisting you locate additional support.

I have been the Air Force Wellington DCC since late January 2016. Three months into the role and there is still a lot to learn.

At home I am part of a military family, who are halfway through the deployment experience which has been a busy, stretching and interesting challenge. Matt and I have four children in our busy blended family, two who are now in their early twenties, both in the middle of tertiary study and living at home. We also have two little girls of five and seven years who are delightful, very active and great at keeping me well grounded in the present. Deployment is an experience that has definitely presented some challenges and I expect that there will be more before the end, but life without deployment can be challenging and it has helped to remind myself of this some days. One good piece of advice I'm finding helpful is to build in regular fun activities for the little girls and I, an outing, a plane trip to Grandmas, going out for dinner and lots of laughter. We have been on the first two organised Air Force events in Wellington which were fun. Taking regular, scheduled time out for me without demands helps me manage the more difficult times

better.

We have discovered that often what we thought would be the toughest parts of deployment were relatively manageable. For us it has been the unexpected events that have been a bit rough. It has been important to remind ourselves that there are a lot of things out of our individual control and this is where stress management skills like tactical breathing, exercise, taking control of your thinking and talking with the right people confidentially have been beneficial. When we started the deployment journey the then six year old did not take the news well and on the day of departure she climbed into our bed and said "this is the day I wished would never come" and she was "mad at daddy's work for making him do stuff like this". I have always kept the language simple and the message consistent for the little girls. I found this helped me keep things in perspective as well.

I encourage you to keep connected when a member of your family is deployed, there are a number of NZDF services in the welfare space that you can access for support. I have found the key is to ask and if the help does not meet your expectations or does not address your issue ask someone else.

Linley Williams  
DCC Support Command  
HQNZDF Wellington  
Email [AIRDCCWN@nzdf.mil.nz](mailto:AIRDCCWN@nzdf.mil.nz)  
Cell 021 243 4108  
E 04 496 0555



# MUMISMS

**Mumism:** Common sentences and quotations used by mothers worldwide. Mumisms are genetically built into all mothers and are passed down from generation to generation. They are sometimes found in other peoples' speech and repeated use of clichés make ones voice sound exactly like their mothers.

See if you recognize any of these ...

- ◆ You don't have to like it ... you just have to eat it.
- ◆ Ask your father (closely followed by "Ask your mother").
- ◆ Who'll end up walking, bathing and feeding it ...?
- ◆ And THAT'S FINAL!
- ◆ I'm going to give you until I count to three ...
- ◆ Just eat it, or you'll go without.
- ◆ Get that thing out of your mouth! (or nose).
- ◆ If you have to ask the answer is NO.
- ◆ Were you born in a tent ...?
- ◆ If you cut your legs off in that lawnmower, don't come running to me!
- ◆ I love you ... (lots).
- ◆ Don't drink out of the milk bottle!
- ◆ Is having a good time all you think about?
- ◆ No, you did not wash your hands. Never mind how I know — just do it again and use soap this time.
- ◆ You can look but DON'T TOUCH!
- ◆ Let me kiss it and make it better ...
- ◆ I slave for hours over a hot stove and this is the thanks I get!?!
- ◆ Just you wait until you have kids of your own — then you'll understand.
- ◆ I'll treat you like an adult when you start acting like one!
- ◆ The wind will change one day and your face will stay like that!
- ◆ How many times do I have to tell you, don't throw things in the house!
- ◆ Don't EVER let me catch you doing that again!



## Mother's Day Quote:

"A mother is the truest friend we have, when trials, heavy and sudden, fall upon us, when adversity takes the place of prosperity; when friends who rejoice with us in our sunshine desert us when troubles thicken around us, still will she cling to us, and endeavour by her kind precepts and counsels to dissipate the clouds of darkness, and cause peace to return to our hearts." - *Washington Irving (1783-1859)*.