

THE BUGLE

Issue 222 | June 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 223 is
6 July 2016

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

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Cover Photo:

NZDF service personnel deployed to all corners of the world.

GUEST EDITORIAL

A Varied and Diverse Role

W/O Toni Tate
Command Warrant Officer
Joint Forces New Zealand



My role as Command Warrant Officer of Joint Forces New Zealand is varied and diverse. One week I can be welcoming home our troops from an overseas deployment and the next week travelling around New Zealand visiting our pre-deployment training sessions, then the next week going to strategic meetings in Wellington City or attending ceremonial occasions. The part I enjoy the most is engaging with our people.

I was lucky to visit our joint response to Tropical Cyclone Winston in Fiji in April. To see the smiling Fijian people acknowledging our Kiwi effort was humbling. Talking with our people deployed in Fiji was inspiring; they felt like they were making a difference to the country's recovery after a devastating cyclone and doing what they joined their service to do, whether it be Army, Navy or Air Force. The same can be said for our people deployed overseas on operations around the world, they are doing what they joined their service to do!!

I am glad to have the opportunity to work in the area of Joint operations and particularly to support our deployed personnel. There is a real sense of purpose in Headquarters Joint Forces New Zealand and a buzz around the building that matches the battle rhythm. Everyone is working together towards a common goal whether it be current or future operations.

As we settle into winter here in New Zealand my thoughts go to all of you dealing with daily life while a very important person in your life is overseas serving New Zealand. Your support to them is critical and they couldn't do it without you! Keep those mail parcels going, no matter how small, mail is like GOLD when you are away from home. Importantly, if you need any assistance at home, reach into the resources that have been provided for you at the family pre-deployment sessions.

I want to also take the time to acknowledge the professionalism and dedication of our people who are working both in Joint Force Headquarters and overseas on deployment. Our people are representing New Zealand overseas every day in so many aspects, whether it be operational, non-operational, training exercises, humanitarian aid or ceremonial commitments. Stay safe everyone and keep up the good work!

"Keep your eyes on the stars and your feet on the ground."

Theodore Roosevelt



New Zealand Defence Force Troops Return from Iraq

26 May 2016

About 70 New Zealand Defence Force (NZDF) soldiers deployed to help train Iraqi Security Forces returned home this evening.

The returning personnel were welcomed home at RNZAF Base Ohakea by the Chief of Air Force, Air Vice-Marshal Tony Davies.

The soldiers formed part of the second rotation deployed to Iraq last November to contribute to the Building Partner Capacity (BPC) mission. A group of 37 NZDF personnel from the same rotation returned home from their six-month tour on 19 May.

“The training provided by our soldiers has been helping the Iraqi military regain their combat power as they step up counter-offensive operations against the terrorist organisation Daesh,” said Major General Tim Gall, the Commander Joint Forces New Zealand.

“Every soldier we train goes to the front line with new skills and confidence that make them more effective against Daesh and will help them to eventually defeat the terrorist group.”

Members of the Iraqi Security Forces attend training at the five coalition BPC sites as part of the continuing assistance to the Iraqi government in building the combat power necessary to sustain ongoing operations against Daesh.

Around 100 NZDF personnel and some 300 Australian Defence Force troops comprise the training force based at the Taji Military Complex. They have trained about 6600 ISF members since their mission began in April 2015, and a further 350 are currently undergoing training.



The New Zealand and Australian troops are among several thousand trainers from across the international coalition who support training programmes focused on individual soldier skills, weapons handling, combat first aid, live-fire and close quarters marksmanship, obstacle breaching techniques, counter-IED (Improvised Explosive Device), tactics and techniques for squad through to company-level operations, map reading and team leadership.

All Iraqi Security Forces are also taught the fundamentals of international human rights law and the Law of Armed Conflict.

Source: www.nzdf.mil.nz

NEWS AT A GLANCE

An NZDF contingent were in Crete for the 75th anniversary of the Battle of Crete commemorations. The group concluded paying their respects with a contingent-only private ceremony at Suda Bay War Cemetery to farewell all the fallen on behalf of New Zealand.

Source: www.nzdf.mil.nz





NZDF Personnel Join Largest Humanitarian Mission in Asia-Pacific Region

2 June 2016

Nine New Zealand Defence Force (NZDF) personnel have embarked on the US naval hospital ship USNS Mercy as they take part in the largest multilateral humanitarian assistance and disaster relief (HADR) mission to the Indo-Asia-Pacific region.

Wing Commander (WGCDR) Michelle White, who is the Senior National Officer of the NZDF contingent and Chief of Staff for this year's Pacific Partnership, said the US-led mission will see them visiting Timor-Leste, the Philippines, Vietnam, Malaysia and Indonesia over the next four months.

"We will be engaging in various partnering efforts designed to develop disaster response preparedness and strengthen relationships with other nations," WGCDR White said.

The NZDF contingent join over 600 military and civilian personnel from Australia, Canada, Japan, Malaysia, Republic of Korea, Singapore, the United Kingdom and the United States on board USNS Mercy. As part of the mission, Japan will also visit Palau.

During each stop in Pacific Partnership 16, NZDF personnel and other participants will partner with host nations for civic-action projects, community health exchanges, medical symposiums, engineering projects, and HADR training.

"One of the distinctions of this year's mission is that it highlights the role of women in HADR efforts in line with the UN Women's programmes on Women, Peace and Security (WPS)," said Commander Karen Ward of the Royal New Zealand Navy, who is leading the mission's WPS team.

"Women and children often make up the majority of displaced populations in the aftermath of disasters and conflicts. We recognise that women's participation in disaster recovery efforts or peacebuilding is vital if we are to have more inclusive societies and increase the survivability for women and children," she said.

As with previous Pacific Partnership missions, various surgeries will be performed aboard USNS Mercy in coordination with host nations.

Source: www.nzdf.mil.nz



From left to right: Corporal Anatoliy Derepa, Captain Jacob Boersen, Lieutenant Gemma MacPherson, Commander Karen Ward, Wing Commander Michelle White, Lance Corporal Leeann Leadbetter, Major Andrew Brooks, Corporal Alex Taylor and Chaplain Anthony Harrison.



NZDF Participates in the World's Largest Maritime Exercise - RIMPAC 2016

2 June 2016

The New Zealand Defence Force (NZDF) is sending ships, aircraft and personnel to take part in the world's largest international maritime exercise, and a senior officer of the Royal New Zealand Navy (RNZN) will be playing a key role: commanding the amphibious task force of 13 ships from the task force flag ship USS America.

Twenty-seven nations, 45 ships, five submarines, more than 200 aircraft, and 25,000 personnel will participate in the biennial Rim of the Pacific (RIMPAC) exercise scheduled to take place from 30 June to 4 August, in and around the Hawaiian Islands and Southern California.

The RIMPAC amphibious task force will be led by Royal New Zealand Navy Commodore (CDRE) Jim Gilmour.

"We are training and working with our allies and friends. All these different nations coming together creates a valuable opportunity to exercise a wide range of capabilities, from disaster response to maritime security operations and sea control involving complex warfighting," said CDRE Gilmour.

RIMPAC provides a unique training opportunity that helps participants foster and sustain the cooperative relationships that are critical to ensuring the safety of sea lanes and security on the world's oceans.

"Roughly 70 percent of the world is water, 80 percent of the world's population lives on or near a coast, and 90 percent of international commerce moves by sea. Capable maritime forces help ensure stability and prosperity around the world, and RIMPAC helps participating nations develop these capabilities. Our role is to protect our interests at sea," said CDRE Gilmour.

The theme of RIMPAC 2016 is "Capable, Adaptive, Partners." The participating nations and forces will exercise a wide range of capabilities and demonstrate the inherent flexibility of maritime forces. The relevant, realistic training programme includes amphibious operations, gunnery, missile, anti-submarine and air defence exercises, as well as counter-piracy, mine clearance operations, explosive ordnance disposal, and diving and salvage operations.

The NZDF's participation includes the RNZN frigate HMNZS Te Kaha, Littoral Warfare Unit (shallow water operations), Air Surveillance and Reconnaissance Force (Royal New Zealand Air Force P-3K2 Orion and supporting elements), Command Task Force 176 (command staff onboard USS America), New Zealand National Support Element, and the New Zealand Army Light Rifle Platoon.



Royal New Zealand Navy frigate HMNZS Te Kaha (F77) at sea sailing from Devonport Naval Base to Sydney during workup prior to Rim of the Pacific (RIMPAC) Exercise 2016, the world's largest international maritime exercise.

This year's exercise includes forces from Australia, Brazil, Brunei, Canada, Chile, Colombia, Denmark, France, Germany, India, Indonesia, Italy, Japan, Malaysia, Mexico, Netherlands, New Zealand, Norway, People's Republic of China, Peru, the Republic of Korea, the Republic of the Philippines, Singapore, Thailand, Tonga, the United Kingdom, and the United States.

- The first RIMPAC, held in 1971, involved navies from Australia, Canada, New Zealand, the United Kingdom, and the United States. The Royal New Zealand Navy was frequently involved until the 1980s ANZUS nuclear ship dispute. In 2010 the NZDF attended in an observer role before becoming a full participant in both 2012 and 2014.

For more information please visit www.navy.mil.nz/oe/ex/rimpac/rimpac16.htm

Source: www.nzdf.mil.nz

GRATITUDE FOR FIJI ASSISTANCE

Last month we received a copy of a letter written to the New Zealand Prime Minister, Minister of Defence, and the New Zealand Government from the residents of Sawana Village, Fiji. This five-page letter signed by every family living in the small village, praised the contribution our service personnel made to improving the lives of those affected by Cyclone Winston. While the heart warming letter is too long to print in its entirety some excerpts are given below for your interest and information.

On behalf of the Head of our Yavusa, our Tongan Reverend of our Methodist Church, the village headman and all the members of our village, including the children, I wish to extend to the New Zealand Government and your people, our sincere gratitude and appreciation of the magnanimous act of love and support rendered to our village during our period of distress caused by Tropical Cyclone Winston.

We were completely traumatised and the aftermath of TC Winston spelt nothing but despair, hopelessness and fear. The prompt action of the NZ Government and the decision to head straight to Vanuabalaru brought much hope and a feeling of getting another chance at life. You first restored communication with our loved ones and brought your desalination units to refine sea water and make it safe for us to drink.

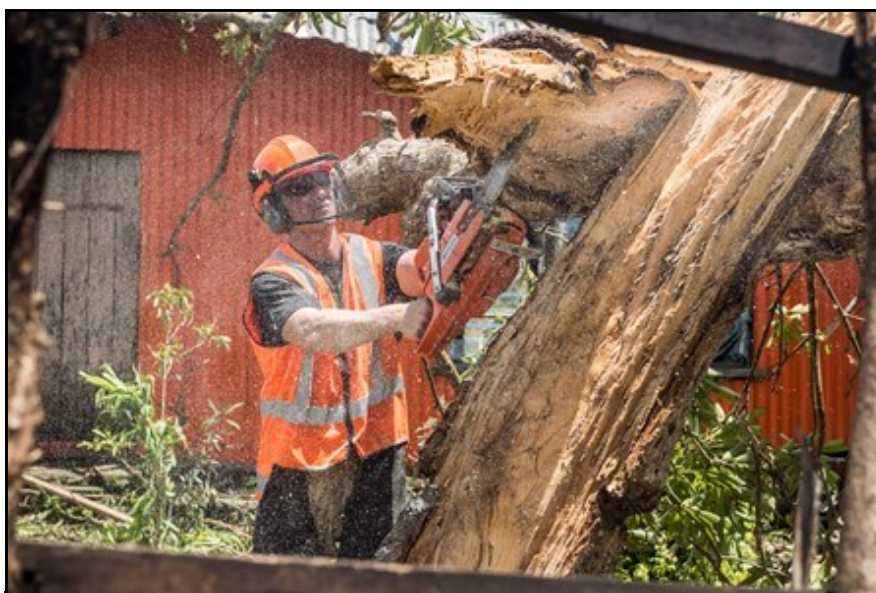
Your men and women did not waste a moment. They helped us clean up our village. They climbed on roof tops, sawed tree trunks in no time, gave first aid to the sick and distributed food rations.

Our children were excited to tell us of their new "palagi" friends. They will miss talking, eating and playing with your soldiers. Some of them have learnt to speak English. Please forgive them for being naughty and disturbing you while you were working. It took them away from the thought of the cyclone and their traumatic events. Our children are now back at school. Sawana cannot repay you in cash or in kind. You have dug deep into your pockets and this kind gesture is something every child will remember in their lifetime.

You will be forever in the hearts of every Sawana man, woman, child and the elderly. Sawana will miss the little green tents around our church compound.

May God bless you New Zealand.

Reverend Sione Mone (and 13 other families)



A team of 25 Engineers from the New Zealand Defence Force and the Republic of Fiji Military Forces were deployed to Driti village along the northern coast of Viti Levu, Fiji's main island, to help clean up trees felled by Tropical Cyclone Winston and rebuild schools and homes that were destroyed.

Know where you're going in life... you may already be there!

Life in the present world is indeed a rat race. Even many who have qualifications from reputed universities too do not know where they are going in life.

Reproduced below is an old story that is still a classic example.

A boat docked in a tiny Mexican village. An American tourist complimented the Mexican fisherman on the quality of his fish and asked how long it took him to catch them.

"Not very long," answered the Mexican.

"But then, why didn't you stay out longer and catch more?" asked the American.

The Mexican explained that his small catch was sufficient to meet his needs and those of his family.

The American asked, "But what do you do with the rest of your time?"

"I sleep late, fish a little, play with my children, and take a siesta with my wife. In the evenings, I go into the village to see my friends, play the guitar, and sing a few songs... I have a full life."

The American interrupted, "I have an MBA from Harvard, and I can help you! You should start by fishing longer every day. You can then sell the extra fish you catch. With the extra revenue, you can buy a bigger boat."

"And after that?" asked the Mexican.

"With the extra money the larger boat will bring, you can buy a second one and a third one and so on until you have an entire fleet of trawlers.

Instead of selling your fish to a middle man, you can then negotiate directly with the processing plants and maybe even open your own plant. You can then leave this little village and move to Mexico City , Los Angeles , or even New York City! From there you can direct your huge new enterprise.."

"How long would that take?" asked the Mexican.

"Twenty, perhaps twenty-five years," replied the American.

"And after that?"

"Afterwards? Well my Friend, That's when it gets really interesting," answered the American, laughing.

"When your business gets really big, you can start selling stocks and make millions!"

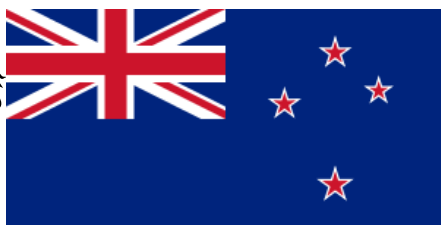
"Millions? Really? And after that?" said the Mexican.

"After that you'll be able to retire, live in a tiny village near the coast, sleep late, play with your children, catch a few fish, take a siesta with your wife and spend your evenings doing what you like and enjoying your friends."

"With all due respect sir, but that's exactly what I am doing now. So what's the point wasting twenty-five years?" asked the Mexican.

And the moral is: Know where you're going in life... you may already be there.

~Author Unknown~



“EVERYONE SERVES”

The Positive Side of Deployment

New opportunities

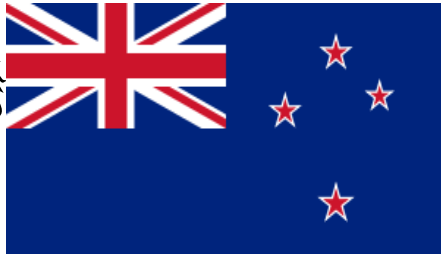
View this deployment as an opportunity — Set a goal and give yourself a chance to grow and learn new things.

- **Set a goal with the deployment's end date in mind.** Make a list of projects that you need to complete. Clean out that wild hole you call a garage, take a course that requires focus or create a new fitness plan for you and your family.
- **Visit family.** Deployments can create an opportunity to visit family and friends who can become one of your support systems during this deployment.
- **Create new family rituals or build upon the old ones.** Consistency is important for everyone, especially children. Continue Friday game nights or Saturday pancake breakfasts and consider creating new customs to get everyone excited.
- **Set a money-saving goal.** With the extra money you get from the deployment, set up a system for saving it.
- **Plan a post-deployment vacation when your loved one returns.** This can be a fun way to count down the days together until his/her return.
- **Give yourself a chance to grow.** Try something new — a yoga class, a book club with other military families, a volunteer opportunity, etc.

Positive changes

Through the tears and tough times, there are positive changes happening as well. Focus on the following when you feel yourself getting stressed or when challenges become somewhat overwhelming:

- **Watch your children grow.** Deployments can be tough on everyone, but they can also foster maturity and independence that will help your children.
- **Strengthen your family bonds.** Military families have to make a lot of adjustments during times of separation, and this can often lead to discovering new sources of strength and support.
- **Appreciate your family's ability to adapt to change.** Deployments can teach you and your family about flexibility and adapting to change.
- **Allow your "I can do this" attitude to emerge.** It is time for you to shine! You'll be amazed at what you can do when you have to versus relying on another person. See and build on your strengths.



“EVERYONE SERVES”

Handling stress

As the holidays approach, it's important to find healthy ways to deal with the stress that can come from a loved one's deployment. Here are some tips:

- **Keep busy.** Involve yourself in things you enjoy and things that make you feel connected to your service member. Think about projects such as care packages, letter-writing and taking other military children on outings or excursions with yours. This type of giving back often makes you feel better.
- **Establish a routine.** Routines can be comforting in times of change. Even if the routine is different from the one you had before the deployment, try to be consistent with it.
- **Be good to yourself.** Take time out to do something for yourself — take a long bath, cook a special dish you enjoy or find a babysitter and go out with some friends. Give yourself credit for dealing with a difficult situation.
- **Stay healthy and take care of yourself.** Exercising, eating right and getting enough rest are important ways to reduce stress and keep you feeling positive.
- **Cultivate supportive relationships.** Focus on those people who lift you up and make you feel positive. Consider finding another military family experiencing a deployment and share the good and the bad times with one another.

Support services

There are numerous resources available for both you and your family to assist during deployments, returns and reintegrations.

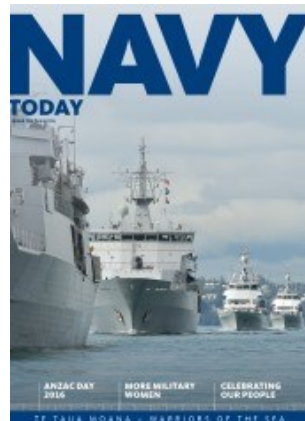
Contact the Deployment Services Officer for more information.

Source: *militaryonesource.mil*

Did You Know ...

That you can access all NZDF publications via HomeBase?

homebase.mil.nz



OPTIMISM AND ...

Research tells us that people who are optimistic tend to do better in life. Sometimes it is hard to be optimistic, particularly when life is throwing you challenges. Often, events that are negative are the things that stick in our mind and that we devote lots of time and energy to thinking about. This can create a negativity bias. We often ignore things that are positive or don't pay enough attention to them. This can give us an unbalanced view of reality.

But optimism is about more than just "looking on the bright side". There are specific skills you can use to be more optimistic.

One easy skill that you can implement is an activity called **3 Good Things**.

The 3 Good Things exercise requires you to get into the habit each night of identifying three good things that happened that day. Often we don't pay attention to what is going well and as a result don't benefit from the positive emotion that can be built upon.

These things could be big or small but they must be good. Examples include...

Getting top of the class on an exam
Having a good workout
Your children having a good report from school
Having a catch-up with family or friends
Having a nice meal or going out for a coffee
Achieving something positive at work
Having a laugh with your friends or colleagues

Then ask yourself **3 questions**

1. Why did the event go well?
2. What meaning does this positive event have for us?
3. How can you make this happen more often?

EXAMPLE

Today I had a great catch up with a friend on my lunch break

- *This happened because I made the effort to contact them earlier in the week*
- *Its important to me because I value my friendships and I always feel better when I chat with I get along with*
- *I can make more regular contact with my friends to have these sort of catch-ups more often*

3 GOOD THINGS EXERCISE

1st Good Thing

This happened because...

This is important because...

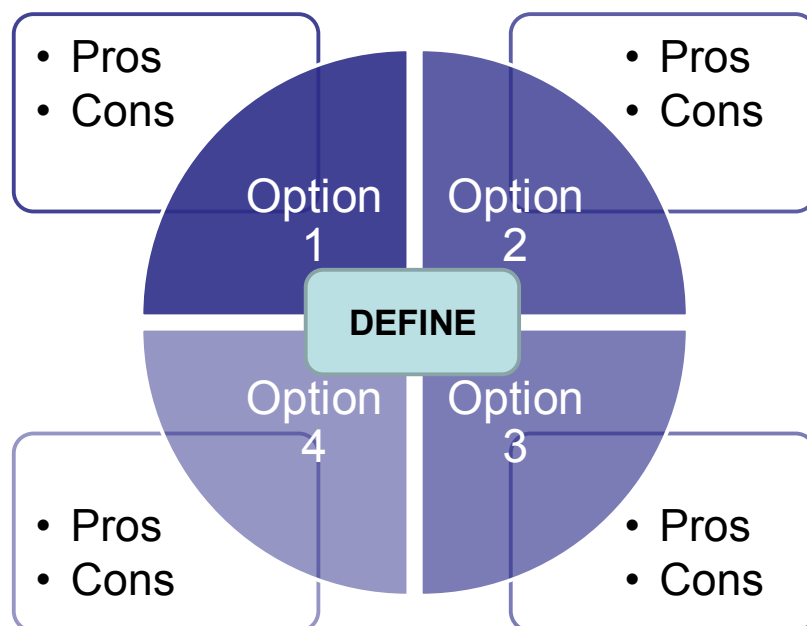
Ways I can make this happen more are...

Now do this again for your 2nd and 3rd Good Things.

Resilience Strategies



Problem-solving



- Some families struggle with re-establishing roles during the post deployment phase. One way to help overcome this challenge is to engage in a problem solving session as a family. Problem-solving is all about taking a logical approach to deal with an issue. This problem-solving technique is an effective and simple strategy to use with a group of people or individually.
- The first thing you need to do is write down the problem, define it, be specific as you can.
- Then you need to think of a range of options to overcome the problem. Remember there is no such thing as a bad option, so try not to criticise other peoples ideas, instead respect their ideas. You may even find that the stupid or silly ideas bring to light creative possibilities.
- Write a list of pros and cons for each possible solution.
- Choose a solution by weighing up the pros and cons. Which solution suits the whole family?
- Now you are set to try out the solution. If you find that it doesn't work then try the next solution on the list, or go back to the drawing board and develop other options.
- This process can be time consuming, but if the whole family is involved in each step then they are more likely to engage in the solution.

DSO'S CORNER



Carol Voyce

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

This morning I was in a rush! I was just grabbing the car keys and as I turned around the cat kindly vomited all over the carpet! I love my elderly cat dearly, but vomit on the carpet – No! And couldn't she have timed it a little better?

Challenges are part of every day life. Its how we deal with them that makes the difference I guess. I could have turned a blind eye and pretended it didn't happen on my "watch", leaving it to someone else to deal with or do the decent thing and clean it up myself! So yes, I put my bags down and set to work while she looked on and wondered what all the fuss was about! Once the task was completed, I merrily set off to again start the day.

Hardly a big challenge, but sometimes it is these little things that can upset the balance or cause the days plans to be disrupted. If I had left it there, I would have worried about when it would finally be discovered, how well it would have been cleaned up and was the cat actually going to be ok? Needless worry!

Over the past month there has been some unrest in the vicinity of some of our deployment locations. Of course that causes you some worry and anxiety. You read and hear things. People ask you if this is near where your loved one is and others can constantly "feed" your unease by trying to be helpful offering their "tuppence worth" of advice on unfolding scenarios some distance from us. Quite rightly unsettling, to say the least! Our challenge is to make sure that we keep you informed.

As news filtered across the airways of disturbances abroad, the DSO phone lines got hotter. We quickly knew that some people were worried. But HQ JFNZ were one step ahead of us and requested our assistance in notifying Primary Next of Kin (PNOK) of the current situation and reassuring families that loved ones were safe and well. If you recall the pre-deployment briefs you attended, we talked about how, depending on a given situation, we would make contact with the PNOK, who then had a responsibility to inform other family members of our contact and message. The several concerns that arose this past month were dealt with in different ways because the situations were different. Some of you received emails with reference to a particular incident and some of you received phone calls for another. Unfortunately there were a very small number whose contact details were incorrect and we had to use our detective skills to track some folk down. I think in the final analysis we missed 2 families. We were pleased to be able to reassure so many of you, so quickly, as promised and to give you a degree of peace of mind. This will continue should the need arise.

Our efforts to contact families are, sometimes a challenge too. We can only use the contact data we have been given, so should you move, holiday overseas, change your email address or phone number, it is imperative that you let us know. Our aim is always to be able to make contact when we need to. So if you didn't hear from us in the last month, then please call me or Janine and we will check your details. Alternatively if you just want to check all the contact information we have for you or add an extra number or two, then please give us a call.

Challenges parenting alone or simply dealing with the day to day running of households and caring for children can upset the best made plans. And so can the stormy weather currently hitting many parts of the country. Whatever it is, be sure to ask for help if you need it. We know that asking is sometimes hard but if we can lessen a burden or simply offer a listening ear then we are pleased to help. Challenges can merely be stumbling blocks or stepping stones. It depends on how you view it and how you manage them.

Now to my next cat challenges – Firstly, hoping there is no repeat of this morning's efforts when I get home tonight. And secondly, my daughter and her partner are looking at returning to New Zealand from overseas and bringing with them their beloved "Scottish Fold" (at enormous cost) to join the household. Can the sedate elderly furry girl live with the challenge of an energetic young fluff ball? Can the owners cope? A challenge yet to face full on!

King regards,

DSO'S CORNER



Janine Burton
Deployment Services Officer
1 (NZ) Brigade

Bugle writing time seems to come around more and more quickly and there are times when we definitely need to think outside the box when looking for inspiration that is relevant and interesting enough to keep you reading. We also want our readers to look forward to what we might have to write about in the next edition, and the next one after that. Added to that, when Christine left NZDF back in March, it left Carol and I to deal with the mechanics of also putting the editions together. I must admit, it was so much easier when we could just email the articles/ideas to Christine and have her use her outstanding desktop skills to produce the finished edition. We are working hard to keep up the quality of the Bugle for our readers.

Over the past couple of weeks we

have welcomed home a couple of contingents as their tour overseas had completed. All very exciting, even though in the case of one particular deployment, flights (non-commercial) arrived early which was a bit of a scramble to let everyone know in time. Our means of doing this was by way of email and text, which was by far the quickest and easiest way to reach a large number of families in a short space of time. This is why it is so important that we have the correct email and cellphone numbers for our families. When we came together at the designated place and time there was definitely an air of excitement which is totally understandable and very infectious. Many of the families were commenting at the speed which with the deployment separation had passed—all very easy to say at the 'right' end of the deployment.

This should offer some reassurance for those of you who are at the beginning or middle of your deployment journey that they do come to an end and before you know it (hopefully), you too will be welcoming your deployed person home again. Of course there are always those additional challenges along the way and we remind you that Carol and I are only a phone call away if we can help in any possible way. Sometimes all we can do is listen, but we have found that just by having someone to verbalise everything to, can put things into perspective and a way forward has been there all along but

just out of reach until having that non-judgemental opportunity to let it all out, that all becomes clear.

There is not a lot we haven't seen or heard in the time we have been in our DSO roles. We know that at times it all just seems too damn hard, but also know that in the majority of cases tomorrow will be a brighter day. We also know that Mondays come around very quickly too and as I write, that tomorrow is the last day of May!

Communication is the key for the success of any deployment—from day one to day of RTNZ and in the days and weeks after our service people return home. While they are away we have the welfare phones, computers available for the sending of emails and, in many locations, the Skype facility although this also has challenges when connections are not always the best. From home we know that our families are regularly sending letters and parcels with favourite treats, magazines, some foodstuffs. I have heard that a few families are even receiving letters and parcels in return! How outstanding is that? I would also remind you that this very publication can also carry messages to and from the deployment location to remember special events like birthdays and anniversaries, special achievements, or just that "hi, I'm missing you" message. Perhaps by next deadline you might like to send us a message we can publish for you too.

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!

KEEPING THE HOME FIRES BURNING



I was fortunate to look at some back copies of *The Bugle* and enjoyed stories that other families have written about their deployments and events along the way. I have been asked to try and follow in their footsteps and contribute something each month about our journey as it unfolds. I feel a bit hesitant as there have been some great writers but I am happy to try and share our family story over the months ahead. I have changed the names of our family members - only because I am not sure if my husband would really want his name in print, but I will be waiting to see if he reads *The Bugle* and recognises us!

My new name is Hilary and my husband Rob. We have 3 children, Evie 4, Ben 8 and Harriet 12. Lucky for us, we live near to one of the major Army Camps and have an established circle of friends who have been involved with deployments before. Rob has deployed a number of times in the past, but I never get used to it. While I manage the day to day things fairly well, I have this horrible habit of worrying about things - anything! I'm aiming to be better this time and try to be always positive and increase my networks. I see this as a chance to also meet new people and try new things. I hope when the end of the deployment comes, I can read back and think I did just that! I work part time in a clerical role and enjoy both the job and the company. That may be my saviour. I have school holidays off so that

means the children will be well catered for.

Ben and Harriet understand the deployment and the reasons why Rob has gone away. Evie just thinks Dad is at work and will be home soon. I hope she hasn't a great concept of time because it is going to be a long wait. Rob hasn't even been gone a month yet so it seems to me that he is just on another course or exercise in terms of time. I guess soon I will come to the reality that it's going to be considerably longer.

So far I am pleased to admit that we haven't had any problems. Ben and Harriet have adapted pretty well in these early stages and we haven't had to change much at home except delegate a couple of extra chores to everyone and which I am pleased to say have been accepted without argument and continued without complaint. An extra pair of hands just for the simple things like taking the rubbish out and filling the wood basket makes the children feel as though they are helping and contributing to all of this. I think that's great and their Dad will be pleased too.

So far we have managed a few phone calls and have been on Skype. There was a fairly orderly queue here for both although Evie was making sure she got plenty of Dad's attention. We all laughed though and made allowances for her "TV stardom". We have planned the months ahead as best we can with special treats and special visitors to stay. I

have set one major fun thing for each month and one special treat. We all talked about it and each chose something for each thing. Sounds good and something to look forward to for everyone. I am sure other things will happen in-between though but at least we have the calendar marked with what's happening.

So that is us. I will catch up with you in June.

Hilary.

DEPLOYMENT

Time to keep in touch

Sharing thoughts—
**PLAN WAYS TO
COMMUNICATE
WITH CHILDREN
AT HOME:**

Telephone

Letters

Audio or Videotapes

Email Messages

Bugle Messages

KEEPING THE HOME FIRES BURNING CONT'D

Hello,

My name is Mary; I am married to Brian and have 3 adult children. One of course has pursued a career in the Army which is why I am writing for The Bugle. I see Alf's Mum wrote when the last lot of troops were away and the "Ladies" (-Carol and Janine) have asked me if I could follow on. I will do my best here and will be hoping that I can encourage Brian to write as well as not only will he share the load, he will also see things from a different perspective I think. This is our son's (Chris) first deployment. He was so excited to get the opportunity to deploy. It was his mother and father who weren't quite so excited. We know this is what he has trained for and dreamt of doing so our apprehensions really have nothing to do with it all. I must say Brian and I felt so much better after the pre-deployment family briefs. Not only did we get to meet the "Ladies" who will help us out along the way but we also got to meet those who will be in charge of the deployment and whom we have entrusted the care of our young man to. I must say that we felt much more at ease with the information we received at the briefs. We really do now understand what it is that Chris will be doing and the difference it will make to others. We also found out how to get help if needed and about this great newsletter which is put together for everyone to get news and stories from all our troops who are away. It was a great session and belated thanks to the team for making us feel

welcome and for sharing so much.

We have already had two calls from Chris which has been great. He did say he would ring when he could but I wasn't so sure thinking that when he got there he would want to just get on with the job and not have too much time to think of us here. His older brother and sister are in the UK, so without Chris in the country we are noticing a difference. Chris seems to have settled in really well. The travel was good he said and the accommodation and food pretty good too. He seems to like the work so far so it is all an encouraging start.

I have just made up my first parcel to send and I am sure I am going to have fun thinking of interesting contents to fill a small bag each week. I remember Carol telling us it didn't matter what we sent but the thought and connection from home that was so important. So I have done just that! My shopping will take on new dimensions now.

Brian and I still work so we are busy during the day and have a great social network of friends to keep us on track. We play bowls most weekends and enjoy pottering in our big garden. I am hoping that these things will keep us well occupied for the months ahead. Then it will be homecomings before we know it.

Have a good month.

Mary

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

ABSENCE MAKES THE HEART GROW FONDER—IF YOU WANT IT TO!



Claudia Ayling
DF Community Co-ordinator
RNZAF Base Woodbourne

After our move from England to New Zealand, I rediscovered an old picture that my son had painted. It looked pretty tattered and I wasn't sure if it was worth keeping. But then I imagined it in a new frame, so I went out and found one that really brought out the beautiful colours he had used in the picture. It was a piece of art – probably better than any picture I ever bought. Amazing how things can look when you're framing them right!

Now, what would that have to do with deployments you may wonder? Well, speaking from past experience, deployments bring along a range of mixed feelings, emotions and thoughts – before, during and after the deployment – most of the time I don't hear people very positive about it, but framing these thoughts, feelings and emotions in a positive way can make things look very different.

Having been through several deployments as a “wife of”, left at home with 3 children, I truly have experienced the rollercoaster everyone is on during such time – and I am saying EVERYONE, because I have observed far too often, that each person involved often thinks they are the only one affected by the separation, often forgetting that others have their own feelings and thoughts on the way.

The one left at home feels left alone with all the work, nobody cares and he/she who has gone is thought to probably having a jolly good time wherever they go. The one who has been deployed often returns expecting things to be just as they were when they left and cannot understand when they are not quite as heartily welcomed as they would have thought.

Here a few ideas that may help the “reframing”:

For the one staying at home:

- ♦ **Acknowledge** that your partner has gone away, because that is **their duty** - they're not out for a joyride! It's hard for them, too, to be separated from the family.
- ♦ Make sure you **talk** about what needs to be put in place that will help you whilst your partner is away.
- ♦ Whilst your partner is away, do **ask for help**. It is not a sign of weakness, and there are people everywhere keen to help – you are not alone, don't push them away!
- ♦ Keep up positive correspondence; treat your loved one overseas regularly. It makes you feel good, too!
- ♦ Treat **yourself** regularly – your partner cannot do it whilst he/she is away, you can't blame him/her!
- ♦ When the deployment is over, **give him/her time** to adjust back into family life. He/she most likely won't be up to all the “old chores” immediately.

For the one deployed:

- ♦ Think of things that may help you family – your loved ones at home will need support of some kind, even a phone call from someone asking how things are can make all the difference.

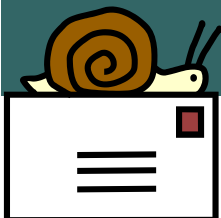
♦ Keep up positive correspondence if you can – and keep encouraging them, it does wonders to tell them how proud you are that they keep things ticking over – it's not all that easy!

♦ When you come home, don't expect to find everything the way it was. Children change within a few months, and the parent left at home was the main one to turn to and probably will be for a while. **Give them and your partner time** to adjust to you being around again.

♦ **Acknowledge** that your partner will have developed some independence and life at home was most likely not half as exciting as all the things you may have seen whilst overseas, and they may not be up to hearing all the glorious stories that have a lot of meaning to you, but not to them – at least not straight away. **Give each other time** and space to “get used to each other” again.

Communication is the key to everything. Don't assume you know what the other wants, needs, feels etc., or expect them to be in a certain way that suits you best. Uphold, encourage and talk to each other. The more you talk to each other about your feelings and needs (and acknowledge what you hear), the better you will all cope before, during and after deployments. After all the old phrase “absence makes the heart grow fonder” can indeed be very true if you frame the deployment experience with positive thoughts and actions!

“The greatest revolution of our generation is the discovery that human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives.”



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

From In-Theatre

Beccs

Arrived safely. This place is awesome. Unpacked and everything looks great. Please send some things for me to decorate the walls with – a few posters and photos would be great! Looking out for that first parcel. Miss you all. Love ya. Sonny xox

Miss P

Hope you have a happy 5th birthday. I am sad I won't get to see you head off to school on your first day. Have fun. Work hard and be polite to the teachers. I am sure Mummy has got you a nice lunch box and drink bottle. Be sure to eat your lunch. Your birthday party sounds like it will be lots of fun. I will be waiting to see a photo of that fairy cake with 5 candles. Lots of love Daddy xxxx

Gran

Wishing you a happy 90th birthday on the 19th. I am sure you will enjoy the celebrations and still be the last person on the dance floor! Have a great weekend of partying. Thinking of you with love. Bill xx

From Home

Happy Anniversary JJ

Will miss being spoilt and taken out wining and dining, but know you have to be away, so will bank the points for a bigger celebration next year. Love you. Mrs JJ xxx

Hi Dad

I have been really good. I am growing fast and eating all my vegetables. In fact I just love food. The Plunket nurse said I was "healthy and bonny". That's good news I guess. I haven't been making Mum get up in the night either so I

am overall a pretty good little chap. I miss the stories you read and the songs you sing. Hear from you soon. Love from Freddie

Aunty M

I am getting a sister. You will have to come and meet her when she arrives. I hope she likes me and shares her toys. Love BRV xx

Hello Mum

I have been really good for Dad and Nana. We went to the movies and then to McDonalds for tea. I was in the big race at school. I got really puffed but got 3rd. Everyone was clapping and I got a certificate. I will get Dad to take a photo of it so you can see it. We are having a holiday this weekend and going to visit Aunty Sue and Uncle Mike. It will be fun to play on their farm. I love you Mum, Missy xxx

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

WHAT'S ON IN

TRENTHAM



COMMUNITY CONNECT CAFE



You are invited to MEET THE Trentham and Wellington

COMMUNITY SERVICES TEAM
and other NZDF FAMILIES in your
NEIGHBOURHOOD.

FREE COFFEE AND CAKE PROVIDED.
Children very welcome



CHOCOLATE FISH

Wednesday 15th June
10am

100 Shelly Bay Road
Maupuia, Wellington



CLAREVILLE BAKERY

Wednesday 13th July
10am

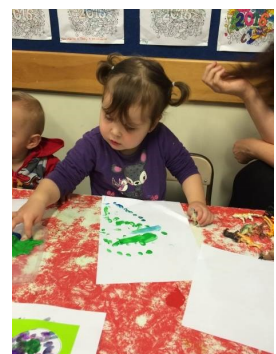
3340 SH2 Carterton



RSVP TO Ruth Murray or Marie Lotz communityservicestrentham@nzdf.mil.nz Or phone 04 5275029

Trentham Camp Coffee & Playgroup

This group is held in the Clock Tower Community Lounge, every Tuesday morning from 9:45am to 11.30am. Playgroup is a relaxed environment for people to meet and children to play. Cuppa and biscuits included. All welcome. (NZDF at home parents/caregivers and pre-schoolers (or prospective parents) very welcome). If you don't have a Trentham Camp pass, come into camp, give me a call or email me for details on how to get one. ruth.murray@nzdf.mil.nz



Ukulele Classes

Mondays 12.15 to 1pm STARTING 2ND MAY in the Clock Tower. Beginners to Advanced are welcome. The Instructor is Gary. Ukuleles available to borrow. It's Free and you can join at any time. Please register via email to marie.lotz@nzdf.mil.nz.

Heartfulness Meditation

In the Clock Tower every Thursday 1230 to 1pm in the Community Lounge. All welcome.

WHAT'S ON IN

LINTON



LINTON SCHOOL HOLIDAY PROGRAMME

REGISTRATION FORMS

For **July 2016**

**ARE HOT OFF THE PRESS AT THE
LINTON COMMUNITY HUB!**

When: 11th - 22nd July 2016 (Week days only)

Where: Linton Community Centre Time: 7:30 - 5:00

Cost: \$20 per child per day (plus excursion day cost's)

**For a registration form or more information
email Amanda Brokenshaw or call: 3519619**

LINTON AND BURNHAM

Deployment Dinner—Mark Your Calendars

Our next Deployment Dinners will be held in Linton and Burnham on
Wednesday 27 July—after school returns from holidays.

More details in the July Bugle but if you would like to RSVP your interest now, please contact either:

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

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

We look forward to seeing many of you there.

OPERATION NEPTUNE

2016

Secondary School Creative Competition

In 2016 the Royal New Zealand Navy (RNZN) is celebrating our 75th anniversary as the independent maritime arm of the New Zealand Defence Force. During this year, we would like to engage with secondary school pupils, teachers, and wider communities throughout New Zealand through a competition that engages the creative energy of pupils and aligns with educational outcomes including the NCEA syllabus.

We would like the competition to draw in the widest possible range of creative talent.

This is a unique opportunity for students to develop a creative proposal, developing a project that aligns with their strengths and areas of interests.

Prizes

YEARS 10–11 WINNER: Apple Macbook Air

RUNNER UP: DSLR camera

YEARS 12–13 WINNER: contribution towards tertiary study of \$3000

RUNNER UP: contribution towards tertiary study of \$1500

WINNING SCHOOLS WILL RECEIVE \$3000 EACH

Themes

“Our Navy: courage, commitment, comradeship”

“Our Navy: our roots, our story, our mission”

Concept

Competition applicants are to submit a proposal using a template (provided by the Navy) to describe their proposal and the medium in which they propose to work, and how this supports the competition theme.

From these proposals, six finalists will be selected to bring their proposal to fruition.

These finalists will be given free travel to visit the Naval Base and meet naval people, as well as a contribution towards the cost of developing their proposal.

Dates

Friday 24 June	Submission of proposals
Friday 29 July	Finalists (6) will be notified
Friday 30 September	Final works to be submitted
Sunday 20 November	Prizegiving, part of the Navy's International Naval Review



For further information, please email the Navy: RNZN75@nzdf.mil.nz

www.nznavy75.co.nz

#Kiwinavy75th



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1941 – 2016