

# THE BUGLE

Issue 225 | September 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 226 is  
**5 October 2016**

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

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### Disclaimer

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

### Cover Photo:

NZDF Chaplain Tony Harrison with children during Mass in Indonesia while on Pacific Partnership 16.

# GUEST EDITORIAL

## *Coping With Short-Notice Deployments*

**Commander Roger Ward**  
**Commander Current Operations**  
**Headquarters, Joint Forces**  
**New Zealand**



My wife and I are both senior officers in the Royal New Zealand Navy so I have spent time as both the deployed and stay-at-home partner having had to deal with holding the family together from both ends. In my current role as Current Operations Commander at Headquarters Joint Forces New

Zealand, I manage the New Zealand Defence Force's (NZDF) end of our deployed personnel which often has a welfare-related aspect.

I feel privileged to have been approached by *The Bugle* to provide this month's editorial and I wanted to offer some tips and thoughts on coping with short notice deployments. Although my article mentions deployments in the wake of devastating cyclones, the suggestions I've drawn up can apply to any deployment with little advance warning.

The NZDF will shortly conduct its contingency planning and issue Warning Orders for the south west Pacific cyclone season again. Many of us will be affected by this whether it be in the headquarters back here in New Zealand, as deploying personnel, as reserves or as the home guard left to look after our families. For those who might be required to deploy this means more than just taking your pack to work with you. Your family and the community need to be prepared for your absence as well.

Experience tells us that the most likely response for a cyclone in the south west Pacific will involve between 400-500 people deploying for a period of two months to a place where there will be limited infrastructure that we can rely on. The deploying force will be heavy in medical, engineering, aviation, logistics and maritime skills.

For our people who deploy in response to cyclone emergencies our New Zealand summers can be heavily disrupted. Summer vacations, school athletics, swimming sports, summer touch season, starting school and moving as part of the New Year posting cycle can all be impacted. A little bit of thought and preparation can help greatly to make things easier on those deploying and for those remaining at home:

- ◆ Are you ready for this?
- ◆ Do you have a plan?
- ◆ Have you got access to the household finances?
- ◆ Do you have a reliable means to move your family around?
- ◆ Do you have someone identified to provide some respite to the daily grind of family life?



# GUEST EDITORIAL CONT'D ...

- ♦ Can you cope without being able to have reliable communications with each other?
- ♦ As a family have you talked through the challenges you might face during an extended separation?
- ♦ How are you going to manage being absent for key dates?
- ♦ What are you going to do if there is a bereavement while you are separated?
- ♦ What are you not going to tell each other, and
- ♦ What don't you want to know about?

The NZDF is a great place to work and we will always be there to look after our people in need. But every time we do this we consume resources that we are not able to commit to people who might have a greater need and are far less fortunate than we are.

If you take a few moments as a family in the time leading up to Christmas to talk about the points I have mentioned you will be in a far better position to cope with the uncertainty that comes with a short notice deployment. Your resilience as a family makes it easier for us to support you and our Pacific friends as a Force for New Zealand.

He Pononga Kaha – Service with strength  
He heremana ahau – I am a Sailor



*A team of engineers and skilled tradesmen from the New Zealand Army helped clean up trees felled by Tropical Cyclone Winston and rebuild schools and homes that were destroyed in the seaside village of Driti in Fiji.*

## OVERSEAS OPERATIONS

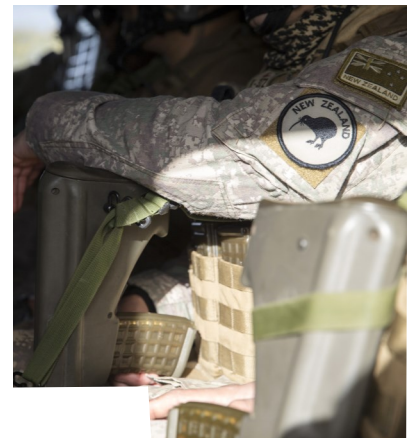
New Zealand has a history of contributing to international efforts to resolve conflict. The NZ Defence Force (NZDF) is a valued international coalition partner committed to peace and security, and regularly works alongside international partners on operations and exercises throughout the world.

It is in New Zealand's interests to play a leadership role in the South Pacific, acting in concert with our neighbours, helping to maintain stability, enhance regional security capabilities, and promote good governance and economic and social development.

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)



## **NZ Shares Disaster Response Lessons with Pacific Partnership**

**17 August 2016**

New Zealand Defence Force personnel have shared lessons drawn from responses to recent disasters as they take part in the largest multilateral humanitarian assistance and disaster relief (HADR) preparedness mission being held in the Indo-Asia-Pacific region.

“The Pacific Partnership mission, which is in its 11th year, provides an excellent platform for knowledge exchange, relationship-building and side-by-side training,” said Wing Commander (WGCDR) Michelle White, NZDF Senior National Officer and Chief of Staff for Pacific Partnership 2016. “It has helped partner nations to cooperate more closely and enhance their ability to work alongside each other.

“Natural disasters are a constant concern in the region, which is commonly referred to as the ‘ring of fire’. Through the five lines of effort – engineering, medical, HADR, women, peace and security, and community relations – Pacific Partnership seeks to work with partner nations in the region to better prepare and respond to natural disasters,” WGCDR White said.



*New Zealand Defence Force personnel have shared lessons drawn from responses to recent disasters as they take part in Pacific Partnership 16, the largest multilateral humanitarian assistance and disaster relief preparedness mission being held in the Indo-Asia-Pacific region.*

“One of the ways we are doing this is to work alongside host nations, military forces and civilian non-governmental organisations to share experiences and understand each other better, so that we can work together more effectively in times of crisis.”

Major (MAJ) Andrew Brooks, the deputy lead for the mission’s HADR activities, said Pacific Partnership participants took part recently in a simulated maritime emergency exercise in Da Nang City, in Vietnam, which involved managing mass casualties.

The drill, which involved more than 150 host-nation and Pacific Partnership personnel, was held on the Han River and on hospital ship USNS Mercy, the command ship for Pacific Partnership 16.

“Field exercises help improve partner nations’ ability to manage and respond to natural disasters, while enhancing our ability to work collaboratively in response to crises,” MAJ Brooks said.

This year’s Pacific Partnership mission involves more than 900 military and civilian personnel from New Zealand, Australia, Canada, Japan, Malaysia, Republic of Korea, Singapore, the United Kingdom and the United States. Mission stops are scheduled in Timor-Leste, the Philippines, Vietnam, Malaysia, Palau and Indonesia.

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





## NZDF Team doing 'Hard Yards' in the Middle East

28 August 2016

A 34-strong air transport team deployed by the New Zealand Defence Force (NZDF) to support Coalition operations in the Middle East is doing hard yards in extremely demanding conditions.

"Our team has been performing very well in hot and dusty conditions. They manage a high operational tempo, flying about 85 hours per month. They also have to contend with air temperatures in the mid-40s, with the metallic surfaces of equipment well above that," said the NZDF's Air Component Commander, Air Commodore (AIRCDRE) Darryn Webb, who has just visited the team.

As of 22 August, a Royal New Zealand Air Force C-130 Hercules aircraft and the detachment had clocked over 200 flying hours on 32 missions to Iraq and Afghanistan since they deployed to the Middle East in early June. Night vision goggles have been used on some flights.

The NZDF air transport team has been operating as part of an Australian Defence Force (ADF) air mobility task group transporting freight and personnel in support of New Zealand, Australian and Coalition operations in the region.

"They have provided much needed strategic air support to Coalition operations. And their performance has been outstanding, given the tough conditions they have to operate in," AIRCDRE Webb said.

"The team has flown every single mission assigned to them by the ADF Joint Task Force. Their rate of effort of about 85 flying hours per month is around double that of a similar aircraft in the fleet conducting military air operations throughout New Zealand and overseas. I am very proud of their achievements."

The NZDF contingent includes aircraft technicians, logistics specialists, maintenance personnel, and an Air Movements Load Team that is working as part of the Royal Australian Air Force's (RAAF) Air Movements Unit supporting Coalition aircraft in the region.



*The C-130 Air Loadmaster and a member of the Air Movements Load Team from the Royal Australian Air Force finalise details of a load on the Royal New Zealand Air Force C-130 Hercules aircraft.*

Picture courtesy of the ROYAL AUSTRALIAN AIR FORCE

"Working with the RAAF means handling a diverse range of tasks. My role varies from loading and unloading different aircraft, building cargo loads, processing passenger movements, marshalling heavy vehicles and facilitating VIP movements in and out of theatre," a member of the Air Movements Load Team said.

"It's a challenging work environment. The temperatures exceed 45 degrees Celsius here and it is both physically and mentally demanding at times, especially when we are wearing body armour," the C-130 Air Loadmaster said.

He said that working as part of a Coalition force meant "we have to learn, adapt and incorporate foreign processes and procedures into our own and make it all work as harmoniously as possible".

The NZDF contingent's deployment is for six months, until December 2016.

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



## ***New Zealand Soldiers in Iraq Maintain High Training Tempo***

*1 September 2016*

New Zealand Defence Force (NZDF) trainers deployed to Iraq are maintaining a high operational tempo as local forces continue their counter-offensive against the terrorist organisation Daesh.

About 1600 Iraqi soldiers have just completed a four-week warfighting course at the Taji Military Complex. The NZDF's Senior National Officer (SNO) in Iraq said the latest batch of graduates brought the total number of Iraqi troops trained by the combined New Zealand-Australia Building Partner Capacity task group to nearly 9000 since the mission deployed to Iraq in May 2015.

"By sharing our skills and experience, our trainers have been helping Iraqi Army officers and soldiers develop the skills and confidence they need to defeat Daesh. Iraqi commanders, civilian leaders and our Coalition partners value our contribution to the development of the Iraqi Army's capability," he said.

Major General (MAJGEN) Tim Gall, the Commander Joint Forces New Zealand, said the training seeks to develop capable fighters to combat Daesh.

"Training Iraq's ground forces has been critical for the Iraqi Government to regenerate its combat power and sustain its military campaign against the terrorist group," MAJGEN Gall said.

"Some of the Iraqi Security Forces we have trained took part in operations that reclaimed territory lost to Daesh in 2014, and have been working to sustain the gains made so far against them.

"The Iraqi Government, which initially requested the training, continues to rate the quality of what we're delivering very highly," he said.

Task Group Taji is comprised of 106 New Zealand soldiers and around 300 Australian Defence Force personnel. Its programme of instruction is based on individual soldier skills, including weapons handling, and marksmanship at close quarters and longer ranges.



*Major General Tim Gall, the Commander Joint Forces New Zealand, said the training provided by a combined New Zealand-Australian task group has been "critical for the Iraqi Government to regenerate its combat power and sustain its military campaign against the terrorist group".*

*Photo: Australian Defence Force*

The training includes combat first aid and obstacle breaching techniques as well as counter-Improvised Explosive Device and Explosive Hazard Awareness training. All Iraqi Security Forces are also taught the fundamentals of international human rights law and the Law of Armed Conflict.

"Many of the trainees have recent combat experience against Daesh so the programme has been developed to match trainee skills and experience in consultation with the Iraqi commanders. It may include tactics and techniques for squad through to company-level operations, mapreading and team leadership," the SNO said.

"The Iraqi Army soldiers understand the training is designed to help them survive and win on the battlefield. They appreciate our being here and the help we are giving them to defeat Daesh."

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



# FOREIGN CORRESPONDENTS

## NEWS FROM SINAI

### Independence Day in the Sinai—4 July 2016

WO1 Alison Henry

Independence Day is annually celebrated by the United States on July 4 and is often known as "the Fourth of July". It is the anniversary of the publication of the Declaration of Independence from Great Britain in 1776. Patriotic displays and family events are organized throughout the United States and abroad.

Independence Day in South Camp, Sinai kicked off at 0400 in the morning with a 5km fun run.

0400 hrs in South Camp, Sinai.

Members of NZCON compete in the Independence day 5KM fun run.



Members NZCON participated in this event whilst other members saved their energy for sporting events that occurred throughout the day. Well done to LCPL Kalum Brown who was the overall fun run winner and WO1 Alie Henry and

SGT Mel Lusty who won their respective categories.

The day finished with a prize giving and a delicious assortment of BBQ food and desserts.

## Spur Ride 14 July 2016 – OP FARAD Member Tops US Skill at Arms Event

On 14 July 2016, the Multinational Force and Observer's USBATT (drawn from 2 Cavalry Regiment (2CR), one of the oldest continually serving US units) conducted a Spur Ride. The Spur Ride is a

mixture of a Skill-at-Arms and Longest Day event, with those who complete the event being admitted to the Order of the Silver Spur and permitted to wear silver spurs on ceremonial occasions. USBATT



### Spur Ride Tradition

When the horse was more important than troopers, new recruits were given a bobtail horse (a horse with a shaven tail) which indicated to more experienced soldiers to give them more room during manoeuvres due to their inexperience. They were not allowed spurs in fear that they would injure their horses.

Once they were ready, they were tested in a Spur Ride earning their spurs and acceptance into the Regiment.

2CR fable states that when the regiment rode into towns the single men would have their spurs facing up to catch the ladies garters thrown, and the married men facing down so they would slip off!

# FOREIGN CORRESPONDENTS CONTD ...

kindly allowed all members of the MFO to participate and attempt to earn their spurs.

The ride consisted of five activities, commencing at midnight and lasting well into the afternoon of the following day, including:

- § 12 Mile (19.2km) Ruck March
- § Buoy Swim
- § Weapons Testing
- § Hand Grenade Assault Course/ Medical Treatment Lane
- § Examination on 2CR's history

Three NZCON members participated, all earning their Spurs and PTE Ash Hickman winning the 2CR Regimental Coin for the fastest time in the 12 mile (19.2km) ruck march of 2hrs 50min. This time was very respectable given the heat of 30 degrees Celsius and the limited amount of training done. All 3 NZCON participants achieved outstanding results, coming first, second and fourth. A great effort from NZCON throughout the whole event.



The following Quotes were out of the "While you were Away" – 101 tips for families:

**"If you can organise your kitchen, you can organise your life".**

Louis Parrish.

**"Lots of people want to ride with you in the limo, but what you want is someone who will take the bus with you when the limo breaks down".**

Oprah Winfrey.

**"Trouble is part of your life and if you don't share it, you don't give the person who loves you enough chance to love you enough."**

Anon.

**"It is not about how much time you spend together, it is about the time you do spend together".**

Anon.



As the NZDF continues to educate personnel about cyber targeting and the risks of social media, the success rate of would be attackers' continues to decrease. Our personnel are being educated to ignore or block people they do not know and not to engage in conversation. They have been implementing the available security measures to decrease their cyber footprint.

[illegible]

Here are some things to look out for when using social media sites:

- [illegible]

There are a number of privacy settings available on social media sites and it is recommended that these are used to prevent these random people from contacting you.

# PACIFIC PARTNERSHIP 2016

## *From Poppies to the Policia Nacional de Timor-Leste—A Chance Encounter*

**16 August 2016**

From a chance encounter, on Lambton Quay in Wellington, NZ, to an international meeting on Women, Peace and Security (WPS) in Timor Leste, was an opportunity of a lifetime for Commander Karen Ward.

Superintendent Brett Callander, of the New Zealand Police, was hosting the head of Community Policing with the Policia Nacional de Timor-Leste (PNTL) when, on Poppy Day (15 April 2016) by chance he happened to meet Commander Ward on Lambton Quay.

During the brief encounter, Superintendent Callander spoke of his involvement with the Timor Leste Community Policing Program (TLCPP) in Timor Leste. Coincidentally, Commander Ward spoke of her involvement as the WPS lead for Pacific Partnership 2016 (PP16) and that she would be visiting Timor Leste in the near future.

Several emails later, a meeting was facilitated with Assistant Superintendent Umberlina Soares (Chief of Gender, PNTL) and Chief Inspector Daria Ximenes (National Head of the Vulnerable Persons Unit) and the PP16 WPS Team (pictured) during the Pacific Partnership 2016 mission stop to Timor Leste in June.



*Left to right:: Lieutenant Lisa Steel, RAN, Squadron Leader Amanda Norris, RAAF, Chief Inspector Daria Ximenes, Assistant Superintendent Umberlina Soares, Commander Karen Ward, RNZN*

The meeting provided an opportunity to share information about women's peace, security and equality and, for the PP16 WPS team, to gain an understanding of the roles for women in the PNTL and some of the challenges faced by women in Timor Leste.

Gender Equality in the PNTL is an issue that is being addressed in an effort to give women equal pay and opportunity. Few women are promoted to senior ranks, in Timor-Leste which is being addressed in part through a recruiting campaign 'Feto Mos Bele – translated as 'Women Also Can'. The PNTL training program is a six month very challenging course where all of the training standards are the same for men and women and this is viewed as achieving equality. Unfortunately, few women get through the course (the latest police recruit course had 270 male recruits and 7 females with none of the females graduating, which illustrates the challenge being faced).

The meeting was an added bonus for the WPS team who were also involved in the Humanitarian Assistance and Disaster Response (HADR) Symposium in Timor Leste providing a Gender perspective as part of the management of disasters.

Pacific Partnership is the largest annual multilateral humanitarian assistance and disaster relief preparedness mission conducted in the Indo-Asia-Pacific region. The NZDF contingent joins over 900 military and civilian personnel from Australia, Canada, Japan, Malaysia, Republic of Korea, Singapore, the United Kingdom and the United States on board USNS Mercy, and will visit, in addition to Timor Leste, the Philippines, Vietnam, Malaysia and Indonesia.

**Source: NZDF**



# PACIFIC PARTNERSHIP 2016

## NZDF Padre in Pacific Partnership 16

16 August 2016

Nine New Zealand Defence Force (NZDF) personnel embarked on USNS MERCY took part in a number of Pacific Partnership engagements during a two-week humanitarian visit to Legazpi, Philippines. Having been advised that Legazpi was the home to one of the most symmetrical volcanoes in the world 'Mount Mayon Volcano' the team were pretty impressed when the USNS MERCY was anchored directly opposite the volcano.

For Chaplain Tony Harrison, a New Zealand Army Reserve Padre, of Invercargill the visit to Legazpi provided some great opportunities.

On arrival in Legazpi, members of the NZDF contingent, including Chaplain Harrison, participated in the Opening Ceremony hosted by the Mayor of Legazpi which was followed by a Cultural event hosted by the Governor. Legazpi is a city of contrasts. Walking through the modern shopping malls with all of the brand name shopping on offer is very different to the small market stalls that operate out on the streets where families are striving to make a living.

On a daily basis, the US Navy Chaplain, and Chaplain Harrison visited the patients who had been brought on board USNS MERCY, as part of Pacific Partnership, for a variety of surgical procedures. Prior to the patients heading for their surgery, the Chaplains visited the patients and offered a prayer as well as providing patients and escorts with Rosary Beads, which were well-received.

The population of the Philippines is around 83% Catholic which was evident with the numerous churches in Legazpi alone. Chaplain Harrison was amongst the group who attended Mass on Sunday at the Church of St Raphael the Archangel. This church has 10 Masses on a Sunday with the first at 5.00 am and the last Mass at 8.00 pm. Seven Masses are conducted in the local dialect and the other three are in English. On the first Sunday of the visit, Chaplain Harrison concelebrated with the priests of the parish on the first and on the following Sunday he led the celebration. "Coming from my own parish experience in New Zealand to be presiding over a congregation of well over 1,000 people was very inspiring for me as well as the members of the ships contingent who were present. As is their custom, young and old members of the congregation came flocking around at the end of Mass to receive a blessing from me" said Chaplain Harrison.



*Chaplain Tony Harrison with families during Mass*

While USNS MERCY is underway, at 8pm each evening, the Chaplains take turns to provide a short prayer over the ship's main broadcast system. This is a US Navy custom and provides an opportunity for the Chaplain to share a reflection on some aspect of life with personnel onboard.



*Chaplain Tony Harrison at PHL Closing Ceremony*

Pacific Partnership is the largest annual multilateral humanitarian assistance and disaster relief preparedness mission conducted in the Indo-Asia-Pacific region. The NZDF contingent joins over 900 military and civilian personnel from Australia, Canada, Japan, Malaysia, Republic of Korea, Singapore, the United Kingdom and the United States on board USNS Mercy, and will visit, in addition to Philippines, Timor Leste, Vietnam, Malaysia and Indonesia.

**Source: NZDF**

# DSO'S CORNER



## Carol Voyce

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

Isn't modern technology a wonderful thing? Our great grandparents would surely be surprised about how modern living has changed due to so many inventions and labour saving devices! Imagine what they would think of Skype and the wonderful connections it makes with loved ones abroad. I haven't always come to grips with some technology though and am still thrown a curve ball from time to time which I need help with. Usually if it is computer/phone/iPad related, I can find a willing helper. If my daughter is about she will roll her eyes ever so briefly and fix whatever it is in a flash. That flash is so quick I don't have time to process it should the problem occur again!

I had a major confrontation with modern technology last week – or is it just change in the way things advance before our eyes. I am a little hesitant at telling this story as to some of you it was probably second nature, - but here it is! Yes embarrassing!

I arrived in Wellington last week for the predeployment family briefings for some new rotations about to deploy abroad. I had slotted into my day a couple of meetings as well. The plane was well over an hour behind schedule so I had to hop foot it to Trentham - with out breaking any rules. I collected the keys for the rental car and made a quick dash to the parking lot. No key on the key ring? Weird I thought. Managed to unlock it ok and then it suddenly dawned on me – this must be one of these new keyless models. What next? I surveyed the dashboard – nothing! I got down on my knees and looked up and down and left and right – still nothing that looked like a button – or didn't cause anything else to move. This process took some 20 minutes before I finally had to admit defeat and return to the rental car counter and ask for help. Easy they said, so armed with the new instructions, off I set once more while the clock ticked away! You know sometimes things aren't so easy and after another stint of searching there was this big round button completely hidden by a somewhat chunky indicator arm which said START! Done it. What relief but oh I was so late!



I navigated my way to Trentham but each time I stopped at the lights I had this inner panic that I had stalled the vehicle – then my brain told me – a petrol saving bit of technology? On reaching my destination I parked at the side of the road and took 10 big breaths. Made it. Put the car into Park and presumed it would then just stop. All was silent so I thought yeah! I proceeded to gather up my belongings, answered the "where are you" phone call and then the car gave this enormous shudder. Still going!! Oh the brain said – best you push that hidden button again!

You know while I might be old, my own car isn't, but this was a testing time to master the technology – and with no co - driver who probably would have rolled their eyes ever so briefly and fixed it in a flash! I am still trying to work out the advantages of a key and no key. Maybe less of a wearing part? Maybe no holes in your pocket from a sharp key? Who knows? Maybe you do and I haven't quite worked it out yet.

Modern technology is a blessing for those separated by deployment. It provides avenues and options for communication, for keeping in touch and for keeping relationships alive.

It's absolutely vital – how would we manage without it?

Yes – it's a great thing when it works – or one knows how to make it so!

Kind regards



# DSO'S CORNER



**Janine Burton**

Deployment Services Officer  
1 (NZ) Brigade

Today (as I write) is 31 August, a commonly held view that this is the last day of winter. Outside the sun is shining, there is just the hint of a breeze; all in all an almost perfect day. I say almost, as on a day like this I can think of a lot of things I would rather be doing than sitting in an office working.

Thinking about Spring, which arrives tomorrow, has me Googling the topic and I found the following article excerpt. It is a little 'deep' but I still think it is worth sharing.

*"Spring and hope are intertwined in the mind, body and soul. In spring, nature conspires with biology and psychology to spark the basic needs that underlie hope: attachment, mastery, survival and spirituality. It is true that hope does not melt away in summer; it is not rendered fallow in autumn nor does it perish in the*

*deep freeze of winter. But none of these other seasons can match the bounty of hope that greets us in the spring."*

Anthony Scioli PhD  
Psychology Today



As I continue my Googling I have found articles published in various media outlets yesterday which suggest that temperatures in the next few months will feel more like Summer. I quite like the cold of winter as heat isn't really my thing, but must admit that I do love Spring with just one exception—what to wear in a possibly weather-changing day? Do we move straight into lighter and brighter clothes or stay a little longer in the winter woollies with enough layers to divest if the days are warm? The decisions of an indecisive person!

Other topics I would like to share with you this month:

\* With this edition we are welcoming a whole team of new readers to the Bugle, of which we are very proud. Everyone you talk to has their favourite part—some like the personal messages so read them first or save them to the last; others like the articles and increasingly the Keep the Home Fires columns have

become popular. If you have something you would like to share with other readers who are working their way through a deployment, we would love to be able to share. There are usually highs and lows along the way; times when everything is going along swimmingly, then other times when you are just over it! This is such a normal reaction to deployments. Hopefully when one of these 'over it' times comes around that the sun is shining and you are able to call or meet a friend for a coffee. Alternatively you could always give Carol or myself a call to offload. We don't mind in the slightest.

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

\* If you are in the Linton, Burnham or Trentham vicinity, I hope you have considered coming along to dinner with myself, Carol or Marie and Ruth. Would be lovely to see you there.

Life both at work and at home is throwing up all sorts of challenges for me as well at the moment. My way forward is to take it one day at a time, enjoy the sunshine and not to sweat the small stuff! This is how I feel today—tomorrow I may have a new philosophy altogether!

**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



Hello All,

I can't believe that it is time for my next contribution to The Bugle. I almost feel as if I have just done the last one. I guess that is a good feeling though as this surely means that time is flying by and we are closer to the end of the deployment.

Rob has enjoyed a break from his deployment location and enjoyed a change of routine and scenery. We were all spoilt with some gifts sent from afar. Initially I felt slightly annoyed that he was having a good time without us and got to do, see and experience things we could only dream about - all on the other side of the world. It didn't take me long to put things into perspective and realise that he needed that break. Six months or so in the same location and same thing day in and day out can be pretty daunting at times. Yes he deserved it. At times here too, we have the same things happening day in and day out - school, sports, activities, work etc. but we have the freedom to safely go about our day to day lives without fear - a gift that others do not have. Rob's commitment to

offering a tiny glimmer of hope to others has to be put into balance - to think those people he is trying to help will have a chance at a better life because of it! It's a helpful stance to have! Hey - but we don't have to brave about it all the time.

Harriet and Ben are working hard at school and I felt a burst of pride with their mid year teacher interviews. I must be doing something right! There have been some extra special achievements and Rob has been able to share in those too, thanks to Skype and photos. Little Evie likes to be included in all that happens and has surely grown in Rob's absence and he will surely notice the Miss Independence!

I see there is another "Dining In" at Camp this month. We have been lucky not to miss any previous ones and really enjoy that promised night off cooking and dishes. I am sure I have mentioned that we have made new friends because of this and share some fun times with each other and each others children. So it's not all about the food and meeting the "boss", but that

certainly helps in making us all feel valued!

Towards the end of the month we have Daylight Saving starting. The weather has been warm and mild on a whole so now we can think about pottering outside in the evening for longer and even dusting off the BBQ. Summer is closer than we think!

School holidays are only a month away. I am so lucky not to have work holidays and have the task of finding someone to take care of my three. Granny and Pop will be coming again for a few days. It's a highlight for the children and a highlight for the grandparents too. A real win win situation. It won't be that long after that that we will be thinking of Rob's return. Our calendar snake is already looking very colourful and the segments getting less and less!

I hope you are all well and feeling reassured that there is an end in sight.

Hilary



# KEEPING THE HOME FIRES BURNING CONT'D

Hello Everyone,

Janine rang me today to remind me that my article for The Bugle was due next week. Is it really I thought? Brian and I seem to have been so busy and I can't believe that we are nearly into a new month.

Our huge garden is looking forward to welcoming the Spring. Lots of my bulbs have well and truly pushed their way through the ground and we are looking forward to some colourful displays soon. I thought a while ago, when I planted more, that Chris would be home not long after they had finished flowering. How right I was!

Brian and I really enjoyed our visit to Camp and the chance to attend the dinner. We were made to feel really welcome and enjoyed our chance to sample some Army fare. I was amazed at the many capable young Mums' parenting alone and calm and in control of some active little ones! I had forgotten what those days were like. It was nice to chatter to them and some did admit that not every day is easy but they just get on and do it. It was interesting to hear too, that they ask and accept help in whatever form may come

their way. I call that bravery! It's a huge task for months on end to be the sole care giver to ones children and I am sure at bath time, tea time and bed time especially, they wish they had some helping hands to lighten the load. I am sure every soldier deployed who has left a family behind would very proud of their efforts and commitment to "Keeping the Home Fires Burning in their absence.

Chris has had some time out from the deployment location and with a couple of friends was able to enjoy some sightseeing and relaxation for a short while and forget about the daily routines now so deeply engrained there. I am still sending my little but very welcomed care packages and I maybe one of the lucky ones that gets a thanks Mum. It's nice to know that he appreciates my meagre efforts and actually looks forward to the next.

Hope this finds you all well and thinking of the summer months not so far away and the joys of sharing it with your loved ones.

Kind regards to you all,

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

All personnel on deployment and their families have the support of the Deployment Services Officers (DSOs). In addition there is support from Unit Points of Contact (UPOC) and local Welfare Support Services. The nominated Primary Next of Kin (PNOK) of families of deployed NZDF personnel should, in the first instance, contact their DSO who has a responsibility for transparency into welfare issues.

Added to this, there are other very valuable support networks available in your local region.

For additional support and services:

### Army:

#### Deployment Services Officers:

**Linton**—Janine Burton

Ph: 0800 683 77 327

**Burnham**—Carol Voyce

Ph: 0800 337 569

#### Community Services Officers:

##### Waiouru:

Carolyn Hyland—Ph 06 387 5531

##### Papakura

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:

#### Defence Community Coordinators

##### Air Staff Wellington:

Lynley Williams—Ph: 04 498 6773

##### Base Auckland:

Sophie Rodie—Ph: 09 417 7000

Extn 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

# A LITTLE ENCOURAGEMENT GOES A LONG WAY



**Claudia Ayling**  
DF Community Co-ordinator  
RNZAF Base Woodbourne

I guess we all can think of a moment when someone gave us a word of encouragement? But: Have you ever really looked on the face of someone you helped and encouraged. At the same time, have you ever payed attention to yourself, how it makes you feel, when you have encouraged someone? Every year millions of dollars are spent around the world on gifts for Christmas, but there is one very special gift we can give daily. It costs nothing, it uplifts a person probably more than anything you can ever buy, and it has a lasting effect. Yes, I believe that gift is a word of encouragement. Some of us thrive on it so much, we almost ask for it, others find it hard to accept, because they feel they don't deserve it. But lets face it, we all need encouragement from time to time to keep going – and deployment is most likely such a time.

Someone called Sindney Madwed wrote, "The finest gift you can give anyone is encouragement. Yet, almost no one gets the encouragement they need to grow to their full potential. If everyone received the encouragement they need to grow, the genius in most everyone would blossom and the world would produce abundance

beyond the wildest dreams. We would have more than one Einstein, Edison, Schweitzer, Mother Theresa and other great minds in a century."

We live in a world full of challenges, and it begins right from birth. I myself had to learn to receive encouragement, but I certainly get a buzz out of encouraging others. There is nothing that makes my day more than someone leaving my office with new found hope, or feeling better about themselves. I see it as a calling to encourage others, it's second nature, but I realize that it doesn't come that easy to everyone. However, we can all do it, and since deployment time is a time were a bit of encouragement can help to pull each other through the challenges, I would like to share some techniques of encouraging others.

- ♦ **Show genuine interest.** This is one of the most effective ways, as it tells a person that he/she matters, shows you care. Ask questions, listen, let them talk – that way you may help them find their own ways of dealing with difficulties.
  - ♦ **Acknowledge what's important to them.** When you do this, you affirm and validate who the other person is, who he/she is and what he/she is doing – deep down we all crave for this, and it builds our self-esteem and confidence.
  - ♦ **Say "Well done".** Worthwhile things always take time and effort. Nothing worth doing is ever easy. One good way of providing encouragement is simply by saying "Well done" or "Congratulations". Said sincerely and at the right time, these words can make the difference between "keep going" and give up".
  - ♦ **Say "Thank you".** These words tell others that what they have
- done for you is worthwhile and meaningful to you. Thanking your spouse/partner for that something special they did for you, or your son/daughter for the picture he/she has drawn, thanking a friend or colleague to see how you're doing. Saying thank you could become a natural thing, its common courtesy, good manners, and is really encouraging to keep and doing the good stuff.
  - ♦ **Reciprocate the favour.** If someone does something nice for you, why not show your gratitude and give something back. Of course, you can start the pendulum, too. You do something nice for others, no doubt, someone will reciprocate a favour – and likely when you most need it!
  - ♦ **Respond with something unexpected.** Have you ever done something for someone out of the blue, totally unexpected. It's likely you'll blow them out of their socks, and may give them fresh energy to keep going.
  - ♦ **Ask for advice or confide in them.** This may seem odd, but doing this is flattering. "Gosh, I must mean something to him/her if he/she is asking me or confides in me." We all like to have a purpose, and being asked to help in a situation may be just the right encouragement for someone.
  - ♦ **Offer to lend a hand.** Why wait until someone you know is asking for help. Be proactive and offer a lending hand, especially if you see someone struggling. Your willingness to commit yourself and your time may be just what they need to see something through and less likely give up themselves.

Whether you are at work, on the



# A LITTLE ENCOURAGEMENT CONT'D ...



sportsfield or at home, you will know that a bit of encouragement can go a long way. So why not be the first to get this wheel rolling. I'm a firm believer in the good old "bless and you shall be blessed". Feel the effects, encourage others and be encouraged!

"We make a living by what we get.  
We make a life by what we give."  
Winston Churchill

If you feel a need for encouragement, but there is nobody around giving out, why not contact a Community Services Officer/ Deployment Services Officer / Community Coordinator or one of the Chaplains. We are more than happy to help!

## Quote:

*"If someone listens, or stretches out a hand or whispers a word of encouragement, or attempts to understand a lonely person, extraordinary things can happen."*

L. Fizaris, 1920

## And a word of encouragement:

Don't close the book when bad things happen in your life, just turn the page and begin a new chapter.

Quotes & Thoughts



## Linton/Manawatu Residents

### Your help is needed for Community Projects and Activities

As a valued member of our NZDF whanau, we invite you to become involved in some of the exciting community projects and activities we have underway.

- **ARTS AND CRAFTS** – we have exciting plans for mixed media 'boards' to be created for the walkway area in the Community Hub. Do you know your soldier's Corp colours, or know what the cap badge looks like? Are you creative, or just keen to be involved? We have no preference for mediums; cross-stitch, scrap-booking, quilting, sewing, crocheting, knitting or weaving are just some ideas we've had. Perhaps you've got a really good eye for detail, or just want to try something different. We'd love to meet with you to discuss our vision.
- We have some grey **ARMY BLANKETS** that we're going to **REPURPOSE**...we have some great ideas; some easier than others which should allow us to accommodate most skill levels. These blankets signify a lot of different things. Would you like to help us get creative?
- A lot of our community events seem a wee bit 'drab'...to combat our olive green tentage, we'd like to make some bright and colourful flags or banners. Fairly straightforward sewing, so with a small team helping out, we could create these one Sunday afternoon.
- We'd like there to be a **community 'social event' each fortnight**. We thought we could run **HOUSIE** on one pay Friday evening, and on the other pay week, have a **QUIZ NIGHT** down at the Elliott VC Complex in Camp. To be able to do this, we need to find a couple of **QUIZ MASTERS**, and perhaps another couple of **HOUSIE CALLERS**. Are you able to help us with either of these fun evenings? They'll be a great way to socialise, without having to worry about any rank distinction.

If you'd like to hear a little more about these initiatives, please call into the Linton Community Hub and see Lesley or Manda. We'd love to hear from you! Keep an eye on our **FB page: Linton Community Hub 2016**.

Please contact either Lesley or Manda on 06) 3519970 or 06)3519619





# PERSONAL MESSAGES

The deadline for contributions and personal messages for The Bugle is the first Wednesday of each month (**the next edition deadline is 5 October at 4.00pm**). Please note: All Bugle messages are to be sent to Carol Voyce, DSO Burnham (email: [dso.burnham@xtra.co.nz](mailto:dso.burnham@xtra.co.nz))

## From In-Theatre

### Hello Son

I am so proud of you. What a great school report! All that hard work paid off. The running club sounds great. Hope you enjoy it. Thanks too for being a great help at home. Its' reassuring to know you are making a difference there. Love Dad W x

### Harriet, Ben and Evie

Missing you all. I am glad you liked the parcels I sent after my holiday. Hoping you shared the lollies with your friends otherwise the dental nurse may not be pleased with me. Well done Harriet on getting the role in the Drama production. I hope someone will video it for me to see if I am not home by then. It was great to hear you enrolled at the Tennis club Ben. You will be so good after all that coaching that I will need time for practice when I get home before we have a challenge. Thanks Evie for the beautiful painting. It looks lovely hanging in my room. Keep looking after Mum and being good. Lots of love from Dad xoxo

### E, B, J and DD

Missing you guys. Sounds as though you have great holidays planned for October. Wish I was there. Take care over there. Love Dad.

### Granny and Pop

Thanks for all you do for the family. It is appreciated from afar. Look after yourself. Love Rob

### Dear Milly

Missing you everyday but thinking of the good times to come. The planning efforts are amazing. It will be a great day for us all. And a great chance to all be together again. Love you. Bennie xxxx

### Happy Birthday Miss 5

I hope you have a lovely day celebrating being 5 years old. I hope your little friends enjoy your party then its time to pull up your new socks and head off to school looking pretty smart. Make sure you send me some photos. Love Dad xx

### Happy Anniversary Mum and Dad

A bit of a milestone achieved on the 20th. Sending my congratulations to you both for a happy day and celebration. Love Mark x

Hey Mum and Dad,  
Choice parcel thanks! A few more exactly the same wont go astray. Good thinking there! Gone in a flash though. Remember a bit of whitebait in the freezer would be a welcome home coming pig out! JJ

## From Home

### Dear Dad

I made the squad. Looking forward to going to practice and making the team next week. Hope you get a chance to see me play when you get home.. See you on Skype. Love Stephen

### Hey Babe

You missed a great party for the 21st. Good turn out and lots of fun had by everyone. Was great to see all the family and long lost cuddies too. Everyone asking after you so I told them you were on a tropical island drinking Rum and eating gingernuts! Isn't that where you are? Hey catch up soon. The other Babe!

### Hello Uncle Terry

I am 5 months old now. You will love me when you get home. I have a very cute smile and LOVE food.

No wonder everyone thinks I take after you! I'm pretty noisy too so that's another thing you can take the blame for. Mummy sent a photo to you yesterday so I will be waiting to hear what you think of me. Lots of love, Ellie xxx

### Happy Birthday Sophie

Thinking of you on your 24th birthday. Hope you have a great day. Love from Auntie P xxx

### Hello Auntie M

We were excited to see you smiling face. Mumma says that things are pretty settled in our house now. Baby is still quite noisy but is learning how to be good—well better! She causes abit of a scene in the middle of the night. She needs to know its' not breakfast time until the daylight comes! I do love her though and can't wait until she is bigger and she knows I am the boss too. Love you. BRV xx

### Master

Brutus here. I made the most amazing hole in the lawn. Absolutely perfect when the rain came and I had this enormous pool that I could splash and slide about in. No one would recognise me afterwards and I had mud from head to toe. Then when She wasn't looking I whipped inside to see if it was Dog Roll time. Well did I get a telling off. What's abit of mud between friends I hear you say? She was not that pleased but its all sorted now. A hosing down you might say. Anyway see you in a few months. I will try to please her .

### Cheers to you Mr T

Have a great birthday on the 18th. We will bake a cake, ice it, decorate it with 34 candles, sing happy birthday and then demolish the lot. Heres hoping that someone there knows it is your special day and gives you a shout out! SV BTS



# DEPLOYMENT DINNERS

## BURNHAM, LINTON & TRENTHAM

You are invited to ...

### *Join us for Dinner*

In either Burnham, Linton or Trentham Military Camps where you are offered a night off cooking and doing the dishes! Bring your Family. We look forward to seeing many of you there.

Wherever you are in your deployment journey, we look forward to the opportunity to host you.

**DATE:** Thursday 22 September 2016

**TIME:** 5.45pm

**VENUE:**  
**Burnham:** B Block Mess, Burnham Military Camp  
**Linton:** JRs Mess, Linton Military Camp  
**Trentham:** Main Mess, Trentham Military Camp

Many RSVPs have already been received but as we need to confirm catering numbers, if you would like to come along we need to know number of adults and children as soon as possible.

**Carol Voyce (Burnham)**  
0800 337 569 or 03 363 0421  
Call or text: 027 449 7565  
Email: [dso.burnham@extra.co.nz](mailto:dso.burnham@extra.co.nz)

**Janine Burton (Linton)**  
0800 683 77 327 or 06 351 9399  
Call or text: 021 649 903  
Email: [dso.linton@extra.co.nz](mailto:dso.linton@extra.co.nz)

**Marie Lotz or Ruth Murray (Trentham)**  
Email: [communityservicesentrentham@nzdf.mil.nz](mailto:communityservicesentrentham@nzdf.mil.nz)



## LINTON SCHOOL HOLIDAY PROGRAMME

**REGISTRATION FORMS FOR September 2016  
ARE HOT OFF THE PRESS AT THE LINTON COMMUNITY HUB!**

**When: 26th-30th September (One week only)**  
**Where: Linton Community Centre**  
**Time: 7.30am to 5.00pm**  
**Cost: \$20 per child per day (plus excursion day cost's)**

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

# DAYLIGHT SAVING

## Origins of Daylight Saving in New Zealand

Entomologist and astronomer George Hudson was the earliest known advocate of daylight saving in New Zealand. Hudson presented a paper to the Wellington Philosophical Society in 1895 advocating for seasonal time adjustment. However society members ridiculed his idea. It was not until 1909 that the issue was next raised, by Parliamentarian Hon Sir Thomas Sidey who argued for putting clocks forward by one hour during summer so that there would be an additional hour of daylight in the evenings.

In 1909 and for the next 20 years, Sidey introduced a Member's Bill to put this idea into effect. It almost became law in 1915 and again in 1926 when in 1927 he was finally successful. The passing of the Summer Time Act that year authorised the advancement of clocks by one hour between 6 November 1927 and 4 March 1928. The Act was only operative for one year, and when the Summer Time Act 1928 was passed extending the period of summer time from 14 October 1928 to 17 March 1929, the period of advancement was changed to just half an hour. This made New Zealand Summer Time 12 hours in advance of Greenwich Mean Time.

The Summer Time Act 1929 enacted the provision of a 30-minute time advance from the second Sunday in October to the third Sunday in March the following year. In 1933 the period was extended from the first Sunday in September to the last Sunday in April of the following year. This continued until 1941, when the period of Summer Time was extended by emergency regulations to cover the whole year. This change was made permanent in 1946 by the Standard Time Act.

## Daylight Saving Since 1974

The Time Act 1974 provided that the Governor-General could declare, by Order in Council, a period of Daylight Time (daylight saving). Daylight Time is fixed as a one-hour advance on New Zealand Standard Time, and in the case of the Chatham Islands, is fixed at one hour forty-five minutes ahead of New Zealand Standard Time.

The public response to a trial period of daylight saving in 1974/75 was generally favourable and the New Zealand Time Order 1975 fixed the period of daylight saving from the last Sunday in October each year to the first Sunday in March of the year following.

In 1985, the Department of Internal Affairs undertook a comprehensive survey of public attitudes towards daylight saving and its effects on work, recreation and society. The results of the survey demonstrated that 76% of the population wanted daylight saving either continued or extended.

In 1988, as a consequence of the survey and further feedback from the public, the Minister of Internal Affairs arranged for a trial period of extended daylight saving to be held from the second Sunday in October to the third Sunday in March. The Minister invited the public to write to him with their views on the five-week extension.

Again the public response was generally favourable and a new Daylight Time Order was made in 1990. It declared that Daylight Time would run for 24 weeks from the first Sunday in October each year until the third Sunday in March of the following year.

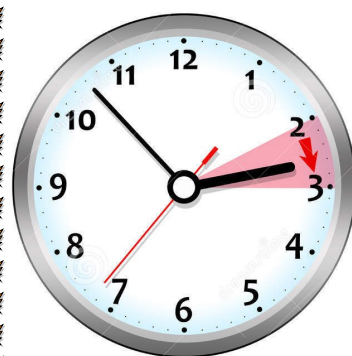
## Daylight Saving Review

The end of daylight saving in 2006 generated public debate, which led to a review of the period. A petition to extend daylight saving was presented to Parliament with an estimated 42,000 signatures.

The Minister of Internal Affairs Hon Rick Barker announced on 30 April 2007 that the period of daylight saving would be extended to run from the last Sunday in September until the first Sunday in April.

Source: [www.dia.govt.nz/Daylight-Saving-History](http://www.dia.govt.nz/Daylight-Saving-History)

**Daylight Saving Time  
Begins  
25 Sept 2016**



**So remember to move  
your clocks forward  
one hour to enjoy  
that extra hour of  
early evening light**