

# THE BUGLE

Issue 230 | February 2017



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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 231 is  
**1 March 2017**

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:

LCPL Ash Rannali competing in the South Camp (Sinai) mini triathlon.

# GUEST EDITORIAL



Colonel Brett Wellington, DSD  
Commander  
1(NZ) Brigade



WO1 James Dawson  
Command Sergeant Major  
1(NZ) Brigade

Tena Koe Everyone,

New Year's Greetings to you all and the very best for 2017.

We acknowledge the commitment, contribution, and indeed sacrifice you make, both those deployed and families at home. That sacrifice would be especially poignant through the recent Christmas and holiday period. And indeed with pending national, commemorative, and cultural holidays inclusive of Waitangi, Easter, and ANZAC day.

It is timely to reiterate, and reflect, on the important contribution your deployment makes. Currently the global political situation is uncertain. International security and stability is being tested. The deployment you are participating in, and families indirectly supporting, is making a critical contribution to international collective security. At a time when such collaborative international effort and cooperation is sorely needed.

We remain proud of your significant contribution. Moreover your success continues to enhance our international reputation and legacy. However we are aware of the burden and potential toll on individuals and families. It behoves us, your units and leaders, to ensure a priority is placed on the well being of our soldiers and families. We assure you that significant focus is being directed to your wellness and the resilience of our people, families and community. This also requires our military community to continue to look out for one another, be supportive, and contribute to our overall resilience.

Stay Safe and our best wishes with you all.



## **NZDF Engineers head to Sinai**

**13 January 2017**

Thirty-five New Zealand Defence Force (NZDF) engineers left this morning for Egypt's Sinai Peninsula to help build a security fence around the Multinational Force and Observers' (MFO) South Camp.

Major General Tim Gall, the Commander Joint Forces New Zealand, said engineers from the New Zealand Army's 2nd Engineer Regiment would be working in the Sinai Peninsula for up to six months.

"The security fence will improve physical protection at South Camp, where our personnel and troops from other contributing nations that make up the MFO's Force are now based," Major General Gall said.

The MFO is an international organisation with peacekeeping responsibilities in the Sinai Peninsula.

The NZDF has been contributing a transport section, a training and advisory team, and a number of key staff positions to the MFO since it was established in 1982.

The New Zealand Government recently extended the NZDF's contribution to the MFO mission to July 2018.

At present, 26 NZDF members form part of the MFO Force of about 1700 from 11 other countries.

After operating at North Camp for more than 30 years, the mission's headquarters and a number of troops from the 12 nations that make up the MFO's force moved to South Camp in mid-2016 because of the deteriorating security situation in North Sinai.

The MFO is building new facilities to accommodate the influx into South Camp and had requested assistance with some of the infrastructure improvements.

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

## **Former Karamea Student Leader Heads to Sinai**

**13 January 2017**

As a child, Brendan James wished to follow in his father's footsteps and enlist in the New Zealand Army.

Sapper James, 21, the former house captain of Karamea Area School on the West Coast, achieved his childhood dream two years ago and left this morning for the Sinai Peninsula to help complete a key infrastructure project for an international peacekeeping force.

He is one of 35 engineers from the New Zealand Army's 2nd Engineer Regiment who will build the security fence around the Multinational Force and Observers' (MFO) South Camp.



*Sapper Brendan James, former house captain of Karamea Area School on the West Coast, is one of 35 New Zealand Defence Force engineers who left for the Sinai Peninsula this morning to build a security fence for an international peacekeeping force.*

"I had always looked up to soldiers and was always fascinated by the military," Sapper James said. "One of the main reasons I joined was because of my dad. Hearing about his time in the Army inspired me to join."

The MFO is an international organisation with peacekeeping responsibilities in the Sinai Peninsula. After operating at North Camp for more than 30 years, the mission's headquarters and a number of troops from the 12 nations that make up the MFO's Force moved to South Camp in mid-2016 because of the deteriorating security situation in North Sinai.





The MFO is building new facilities to accommodate the influx into South Camp and requested assistance from New Zealand and other countries with some of the infrastructure projects.

"I'm excited and am looking forward to doing my job overseas. Getting this opportunity will allow me to gain new skills and build on the ones I already have," Sapper James said.

"Having been selected to go on this deployment after being in the Army for only two years is a massive boost to my confidence and shows that my superiors also have confidence in me."

Now that he has realised his childhood dream, he hopes to do well in his role and make his family proud.

"Wanting to be the best soldier I can be drives me to try to improve myself and become more proficient in my job," he said. "I don't like to fail, so I always try to put my best foot forward and I get a sense of accomplishment from doing my job well."

"I joined the Army because I wanted a varied and exciting career and that is exactly what I have."

During their six-month deployment, the New Zealand contingent will get to experience Sinai's cold winter temperatures and its hot and dry weather during summer.

"The heat will take a bit to adjust to but I'm sure we will get through that," Sapper James said.

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

## **Hawke's Bay Man Leads NZDF Engineering Team to Sinai**

**13 January 2017**

In high school, Tom Gilbert led fellow students.

Now the former deputy head boy of Central Hawke's Bay College is leading a 35-member New Zealand Defence Force (NZDF) engineering contingent bound for the Sinai Peninsula.

"It is a massive honour to lead NZDF personnel on operations overseas," Lieutenant Gilbert, a Troop Commander in the New Zealand Army's 2nd Field Squadron, said.

"A position of leadership comes with a unique set of challenges, which I very much look forward to. Every officer aspires to lead soldiers on operations and few get this opportunity."

"I am very humbled to be chosen to lead the contingent. It is my last year of troop command, so this deployment is the perfect way to finish my term as troop commander."

Lieutenant Gilbert is leading a contingent comprising combat engineers, carpenters, plumbers, maintenance fitters and electricians from the New Zealand Army's 2nd Engineer Regiment. The contingent left this morning to build a security fence around the Multinational Force and Observers' (MFO) South Camp over the next six months.

The MFO is an international organisation with peacekeeping responsibilities in the Sinai Peninsula. After operating



*Lieutenant Tom Gilbert is leading a 35-member New Zealand Defence Force engineering contingent that left today for the Sinai Peninsula to build a security fence for an international peacekeeping force.*



at North Camp for more than 30 years, the mission's headquarters and a number of troops from the 12 nations that make up the MFO's Force moved to South Camp in mid-2016 because of the deteriorating security situation in North Sinai.

The MFO is building new facilities to accommodate the influx into South Camp and requested assistance from New Zealand and other countries with some of the infrastructure projects.

"I had my sights set on becoming an engineer, and leading sappers on operations exceeds any expectations I had when I joined," said Lieutenant Gilbert, 23, who enlisted in the Army in 2012 straight from high school.

A number of his relatives served in the Army and the Navy and he regularly heard captivating stories of their wartime experiences while growing up.

"My soldiers motivate me to do well in my role. As troop commander, my success has a direct impact on them," he said.

"My family has been extremely supportive and that is another big motivation for me. We have a strong history with the military and I work hard to succeed in my role to honour them and make them proud."

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

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## ***NZDF Swings into Action for Annual Antarctic Resupply***

***26 January 2017***

About 55 New Zealand Defence Force (NZDF) drivers and logistics specialists sent to Antarctica earlier this month swung into action today to offload a year's worth of supplies for scientists working in the Ross Sea region.

"New Zealand has a strong interest in preserving the natural environment and stability in Antarctica and the Southern Ocean, and the NZDF plays a crucial role in supporting New Zealand's presence in the region," Major General Tim Gall, the Commander Joint Forces New Zealand, said.

"With the support provided through the Joint Logistics Pool, the NZDF helps advance New Zealand, US and Italian scientific research on a practical level."

Lieutenant Commander Ross Hickey, NZDF Senior National Officer in Antarctica, said it would take at least a week to unload the 3000 tonnes of supplies brought by cargo ship Ocean Giant.

He said about 5 per cent of the supplies were earmarked for the New Zealand Antarctic research facility at Scott Base, with the rest going to the US Antarctic research centre at McMurdo Station.

Ocean Giant's cargo includes food and drink, two new snowmobiles, two tracked snow vehicles, engineering equipment, vehicle parts and timber to help tide over scientists and support staff in Antarctica for another year.



# NZDF NEWS



Lieutenant Commander Hickey said that once all the cargo had been offloaded, NZDF personnel would reload the ship with waste and items for repair from the previous 12 months.

The NZDF provides search and rescue support, air transport, terminal operations at Harewood Terminal in Christchurch and McMurdo Station, and support for the unloading of the annual supply ship.

Up to 220 NZDF personnel, including air crew and ground support staff, passenger and cargo facilitation staff, fuel specialists and heavy plant operators support Scott Base and McMurdo Station during the summer season.

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

## OPERATION BIRD

Back in 2013 we sent out roving reporters to various deployment locations so they could contribute to The Bugle. At the beginning they were very enthusiastic but over time they have forgotten to report, and what is more, forgotten to come home.

*Has anyone seen our elusive birds?*



# FOREIGN CORRESPONDENTS

## NEWS FROM SINAI

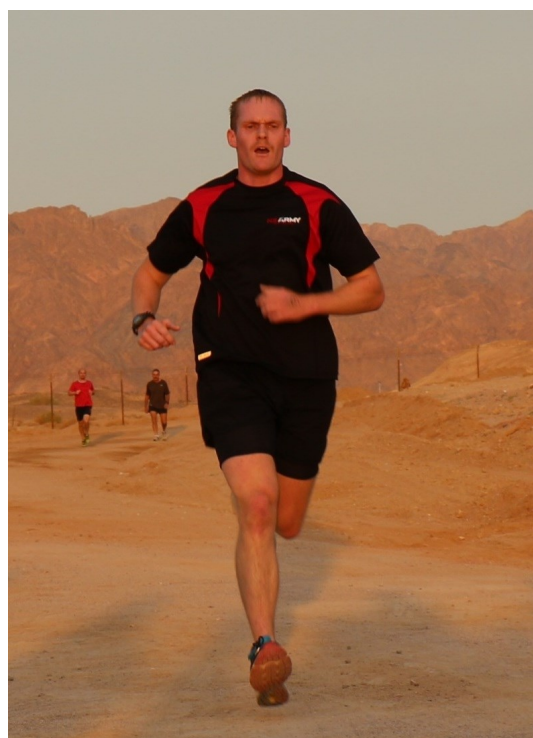
### **Kiwi Soldier Wins Multinational Force & Observers South Camp Triathlon Dec 16.**

LCPL Ash Rannali from Burnham is a member of Op Farad 16/02 contingent currently deployed to the Multinational Force and Observers South Camp in Sinai Egypt.

Rannali competed in the recent South Camp mini triathlon taking out first place with an overall time of 32mins 20secs

The before-work triathlon kicked off with a crack of dawn start time of 0600hrs, and was conducted entirely on camp. It consisted of an ocean swim, a row and a run.

LCPL Rannali was very appreciative of his eager and helpful support team who ensured he gave it his best.



## NEWS FROM SINAI

### Training and Competitions

**Capt Tom Purcell**  
**Senior Instructor**  
**Force Training Team**

At the time of publication, OP FARAD 02/16 have completed half of their tour to the Sinai Peninsula. A significant milestone for everyone deployed, but an even bigger milestone for those at home. Counting the days since we have left home can now be replaced with counting the days until we are home!

The Force Training Team (FTT) has had a number of changes in recent history. Originally known at the New Zealand Training and Advisory Team (NZTAT), the FTT is now headed by a Canadian Lieutenant Colonel and includes Senior Non-Commissioned Officers from Fiji and Colombia, with some part time assistance from a USA Sergeant. This is a nod to the level of work that the FTT does and the importance of that work. The multinational make-up of the FTT has enhanced its own culture and increased our outputs.

The FTT has had a very busy three months. Every contingent that has arrived in the Sinai Peninsula has received training from the FTT. This training comes in two forms; Driving and Operations. The Driving Instructors have trained close to 300 personnel and the

Ops Instructors have been busy with patrol courses and Operational Readiness Checks.

The first three months has also seen the FTT split between FOB-N and South Camp. Most of the team has been in FOB-N training the new Colombian contingent. This has been an experience for all of the instructors since less than 5% of the Colombians have an understanding of the English language. By talking slowly (Kiwis tend to speak very quickly), hand gestures and translators, FTT got the job done. Meanwhile, down in South Camp, the remainder have been tackling smaller contingents as they arrive in the Sinai.

### Force Skills Competition

The big task we had on our calendar when we arrived was the Force Skills Competition. FTT was given the job of creating a two day competition which teams were assessed against. The purpose was to test individual and small team's ability to patrol effectively and efficiently and to generate contingent spirit. This momentous responsibility was taken up by the RSM. It was the equivalent of teaching cattle to tap dance in gumboots. The RSM dealt with each challenge as it arose including language barriers (Italians, Fijians, Colombians, Uruguayans and... Australians), moving most of the competitors to

FOB-N (seven of the ten teams were based in South Camp) and developing all of the product (Operational Orders, Team Manager Handbooks, Scoring Sheets, Maps, Range Targets etc.).

The first day of the competition was based on an eight person patrol in two vehicles. They were assessed against their ability to deliver orders, react to a change in situation and First Aid. The second day the teams had to complete the obstacle course, complete a 6km run, Recognition testing and a range shoot while wearing 15kg of gear. The competition was well fought but there could only be one winner. The Colombian triumphed over the rest with their speed around the course and run being key to their success. The Force Skills Competition was a resounding success; the professionalism and helpfulness of the team being a characteristic remarked upon by the competitors.

The FTT has a few more flags to get to before it's time to come home. Some of the team will be heading to the USA to conduct their training and there are new contingents coming in every month. Most of the team will also be running in the Tel Aviv Marathon (not this call sign!) soon and have been training hard for it. It is still hoody and pants weather at the moment, but we have been told that... Summer is Coming.

"Hone I Te Kaha"



# DSO'S CORNER



## Carol Voyce

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

It's a hot 31 degrees here today. My thoughts are wandering off to Rarotonga and the infinity pool at Manuia Beach and the ocean and a nice cool breeze. I think simply being there would be the perfect way to cope with such a day! My office fan is trying desperately to cool the air but with little effect!

Weather always seems to be a main topic of conversation! It seems that just last week we were all talking about the expected "weather bomb" and rushing home to secure loose garden items for the expected gales. It also seems that such events are timed to coincide with any Air travel I may have to do! I am frequently up and down the country for various briefings and I feel as though each time I head away, I can guarantee there will be a howling nor'wester or torrential rain. Last week I gipped my seat somewhat tightly as we experienced some hideous turbulence and a somewhat very shaky landing which was quickly followed by loud clapping from passengers as we cruised to a stop and could finally get off! I felt somewhat ill for awhile but quickly put things into perspective when one of the members of the pre deployment training team (NZDF Collective Training Centre)

described his journey and his "absolutely horrific nightmare landing". I am heading away again this weekend and have made a deal with myself to not even look at any weather forecasts for fear of not wanting to go! – Because I love it when I get there!!

It seems that we have a fairly full diary for the next few months and the opportunity to meet with many families country wide who will be waving loved ones off on deployment in the near future. I am sure you all recall that little bit of peace of mind you received following the pre-deployment briefing for your mission and how better it felt to have had the opportunity to meet with some of our support personnel. I always think this makes it easier to reach out if the going gets tough or the unexpected happens! For some it does take courage!

Over this last month I have had a number of calls from a number of families who have had to deal with the "unexpected". Many of the conversations start with – "sorry to be a bother". It's never a bother. I am just pleased that they picked up the phone. This is one of the reasons we are here. Simply sharing a concern can lessen the burden and if we can help in some way, be it by referral or hands on assistance then we can make it happen. Sending urgent messages to a deployment location is something we do frequently. While often it is sad news, on occasions it is good too. Whatever the situation, you can be assured that you will be supported and you loved one abroad will be too!

Home Units play a major role in offering support too and it's timely that they receive accolades for their concern for your wellbeing and that of their service per. (Not that they would ever seek it!) I have recently experienced amazing backup support from some local Units here, who despite their busy schedules continuing, will always put you first!

As we prepare to head away again this weekend our main message to the families we meet, will be as always – reach out – we can make a difference. At times post deployment, when I hear of someone who struggled, I feel saddened, that we didn't know just how tough the going was and didn't have the opportunity to make it a little easier. If you have people in your midst who are about to face a deployment, be sure to offer a smile and a simple gesture of goodwill and encouragement – it will make a difference.

I look forward too, to meeting with many of our local families associated with current deployments, for our first dinner of the year on Monday 20<sup>th</sup> February (5:45pm) in the new Community Hub, Burnham Housing area. This great new facility is set to become "your place" and the opportunities for its use are endless. Come and have a look and a night off cooking and dishes! RSVP to me if you can.

Kind regards

Are you going to ...

## Join us for Dinner?

Burnham  
Linton or  
Trentham

Monday 20 February  
5.45pm

RSVPs are required to  
Carol (Burnham)  
Janine (Linton)  
Marie or Ruth (Trentham)

See your Jan Bugle for  
contact details



# DSO'S CORNER



**Janine Burton**

Deployment Services Officer  
1 (NZ) Brigade

So would you believe that we are already into the second month of 2017?! School terms have started, in the case of Wellington and Auckland Anniversary weekends – gone already; you will be reading this just after Waitangi Day, so that is another of our commemorative days done for the year. All these dates can be considered ‘milestones’ in the deployment journey which can be marked off the calendar bringing homecomings closer. For most of us the time is passing horrendously scarily quickly – for some, not fast enough I know. Here is another milestone for you – this is your second Bugle of the year!

Happy Valentines to you all. I know that Valentines are usually directed at couples, but I don't see why you can't send Valentines to all those important people



in your lives – so here's to remembering all our mums and dads, our children, our brothers and sisters as well. The internet makes the world a very small place so I hope that if you traditionally receive flowers to mark Valentines Day, that this year you also receive your bouquet. Unfortunately its not so easy to send them from this end, but there are alternatives if you are creative and have sent something very special via post to celebrate your Valentine. Too late to do that now if you haven't! However, there is no reason why you have to wait for a date on the calendar to share just how you feel about the special people in your life.

While I had a long break over Christmas in order to reduce a significant balance of leave owing, and Carol very kindly carried the DSO phone for that period, we were in regular contact so was kept in the loop with happenings with our families. Then of course, I did spend a couple of days working on the January Bugle and we had one pre-deployment family briefing in Auckland, so although on leave, in this role where deployments just keep rolling through, you never totally leave it behind you. I think the only way that happens is if you go somewhere very remote where there just isn't any cellphone coverage, or that overseas resort that Carol often dreams about (Rarotonga). Even then, our families are still thought of; that's just the way it is.

Our dinner planning is well underway and when I sent out an email to families in the Linton catchment area last week, received a good response. Still have lots of

space left so if you are still wanting to come along to Linton on 20 Feb for a night off cooking and doing the dishes (my idea of heaven), then please give me a call.

As with most Bugles, this edition will be the final one for some as their deployment journey comes to its conclusion. For some, it will be a first one so welcome aboard. For the remainder it will be another Bugle closer to their loved ones coming home. Experiences of partners are different to parents which are different again for children and other extended family members. You are not alone as there are others also experiencing the same deployment journey. The individual challenges may be different, but challenges are there all the same. There are many around you to provide help and support. Accept that support when it is offered as I'm sure that you would be there making that offer to others who are in your current situation. Your family and friends know you best and I'm sure they will be with you every step of the way until homecoming, as are all the NZDF welfare team. Carol and I are specifically focussed on our deployment families and I would like to reassure you that at any time we are able to provide support, guidance and advice as we move forward. And talking about time moving forward, just think that Christmas is now just 10 1/2 months away!

On that cheery note, my column comes to its conclusion as all things do.

Hope you are talking care of yourself.

**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!**

# THE WORKING STAY-BEHIND PARENT'S GUIDE

*Here are some wise words of wisdom which I discovered on an American Internet site. No matter where you are or from what country service personnel deploy, those left at home face the same issues and thoughts. Printed in the hope that you maybe able to identify with these feelings and gain some helpful advice. (Here's hoping you get to sleep in until after 5 am!).*

*Editor*

The alarm sounds at 05:00. You roll over to shake your Sailor or Marine awake, only to find it's your 4-year-old snuggled up on the other side of the bed. Suddenly it all comes back to you. You remember standing at the pier, flight line, airport, driveway (pick one), and saying goodbye with your heart in your throat. All you want to do is cover up your head and sleep until your spouse returns, but the beeping of the alarm reminds you that your family and job still need attention, and life won't give you the luxury of a six-month nap. So you get up, and you go on.

Holding down a job and being a single parent during deployment is not easy, but it is possible to do it, and to do it well. It takes determination, balance, and a flexible attitude.

## **Balance Home and Work**

Take time to re-evaluate your new role and responsibilities now that your Sailor or Marine has deployed. You may think you need to be Superman or Wonder Woman, but you don't. Remember that you are, after all, only human. If you're finding you have inadvertently put on the superhero cape, don't be afraid to take it off and give yourself a break. Schedule time and budget money for yourself. If you get run down physically or emotionally, you won't do anyone at home or work any good.

Being good to yourself means eating healthy food, getting enough rest, and renewing yourself spiritually. Leave work at the office. Take time to decompress before you transition from work to home and parenthood. This might be a good time to hit the gym or some golf balls, or indulge in a yoga class. Take a few minutes to breathe deeply and refocus on your family before you walk through the door or pick the kids up from school. Those few minutes can go a long way toward helping you manage all that is required of you.

## **Stay Flexible**

Children take their cues from their parents, so if you remain relaxed and flexible, the children will, too. Everyone needs time to adjust to a new routine, and that doesn't happen over night. There's a reason that the phrase, "Don't sweat the small stuff," is so popular. It's good advice. Take care of the most important things, and the small stuff will get taken care of along the way — or not — the small stuff doesn't matter that much.

Remaining flexible keeps stress and tension down at work and at home, as well as helping you keep a healthy perspective. Get Organized. Organize your week. Each night, prepare for the next day. This will help avoid early morning madness. Plan ahead for meals and learn to use a crock-pot. This allows you more time being a parent and less time being a cook. Learning to organize your time will make life during a deployment go smoother and help your children learn valuable life skills. Keep things simple and easy. Life has a way of moving you right along and, before you know it, you'll be looking up information on return and reunions.

Source: [myarmylifetoo.com](http://myarmylifetoo.com)



**Sophie Rodie**

Defence Community Coordinators  
RNZAF Base Auckland

## Emotional Cycle of Deployment – How to Prepare for the Challenges

With so many of our loved ones heading away on deployment, or extended courses and training, the Base Support Team at RNZAF Base Auckland have been busy with meeting families and delivering briefs to help pass on useful tips and expectations for impending separations.

The reality is, separation from a loved one is demanding for all involved. Having an important family member leave for an extended period of time is likely to result in extra responsibilities, an increase in workloads and the added stress of having your loved one so far away.

It's so important to set accurate expectations and we encourage you to start planning and developing strategies to help mitigate concerns that may arise during your separation.

Even before your loved one leaves, it is very common to experience some ups and downs within your

relationship or family. Leading up to the deployment you may feel anxious, anticipating loss. You may even start to detach and withdraw. It's possible you may become bitter and aggressive towards one another. Some family members might try to push their loved ones away so that it's easier to say goodbye.

Once your loved one has left, you might find yourself feeling lost, aimless and lacking purpose. This is referred to as 'emotional disorganisation'. I personally experienced this the first time my partner went away to sea. I hadn't prepared myself beforehand and it really only hit me when I came home from work and he wasn't there. I've since learnt that making plans, being organised and having things to look forward to really help a lot.

After awhile you might find yourself in a good routine and doing well. This is a great time to re-connect with old friends and make the most of the independence.

Towards the end of the deployment you may start to feel a bit anxious again as you await the home-coming. You might have mixed emotions, excited to have them home and slight feelings of fear – will they have changed, will they be different? Remember these types of thoughts may make you feel tense or nervous. Children may also experience a range of emotions and be reacting to the feelings of the parent.

Immediately after the loved one returns home there might be a bit of re-adjustment to each other which could take a little time. The loved one may want to reassert their role in the family; a spouse may be reluctant to give up independence. After a few weeks things should return to normal and the family should be emotionally back on track.

**Following are some tips for managing deployment and extended separation:**

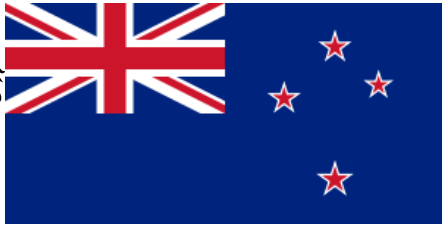
- ♦ If house hold bills are received via email ensure you have access and can pay them
- ♦ Consider giving lessons or perhaps even writing a list for things such as jump starting the car or starting the lawn mower
- ♦ Write a list of everything the service person does to contribute to the running of the household – find someone other than your partner to take over these jobs, i.e. a lawn mowing service
- ♦ Consider buying a few small gifts or write letters for the kids, a little something to unwrap once a month to say thanks for being good while I'm away
- ♦ Plan fun activities every few weeks so you have something to look forward to, catch up with friends, go to the beach, a massage or whatever you enjoy doing

It's important to remember that everyone's experience of deployment and separation can be different; communication and planning make a world of difference and that there is a lot of support available; you only need ask.

\*\*\*\*\*  
 \* Sophie has made a career choice \*  
 \* which sees her leaving the NZDF \*  
 \* at the end of this month. \*  
 \* We would like to wish her well \*  
 \* for the future and thank her \*  
 \* most sincerely for her \*  
 \* dedication and support to the \*  
 \* welfare of service personnel and \*  
 \* family members at RNZAF Base \*  
 \* Auckland; she has been amazing \*  
 \* and we are very \*  
 \* sorry to see her \*  
 \* leave the team. \*  
 \* Carol and Janine \*  
 \*\*\*\*\*







**“EVERYONE SERVES”**

## SHOW YOU CARE WITH CARE PACKAGES

**I**t is always exciting to come home from a busy day and find a package or parcel on your doorstep! It's even more exciting when you are on deployment!

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

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

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

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

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

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

*the thought that they had made it up spurred on I guess by the delight it brought to me.”*

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

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

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

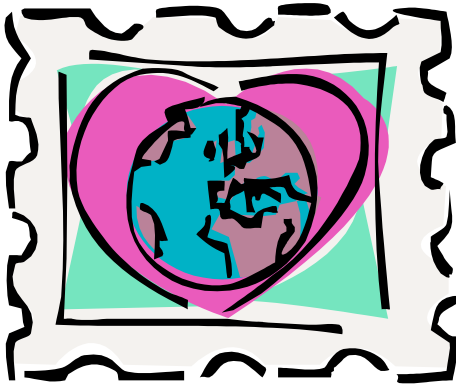
We often ask for feedback to share and these responses from home and abroad clearly illustrate the true impact a care package can have for those deployed. Sometimes you may feel that you are doing all the work and getting little thanks! Occasionally that does happen, but you can be assured that every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

### **– And then this:**

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

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

# MAIL TO DEPLOYMENT LOCATIONS



customs declarations attached.

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

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

## As a reminder:

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



If you have any questions about any aspects of sending mail, remember that Carol or Janine are just a phone call away.

Thank you for your co-operation and support.

# KEEPING THE HOME FIRES BURNING



*Hello Everyone*

We are gradually getting ourselves back into routines now. The holidays passed by way too quickly and now that school has started so it seems has the summer weather. The last few days of the holidays was spent getting Amelia's uniform organised and the dreaded stationery list sorted. I then had to get the duraseal for the books and battle with the sticky coverings to make them fit - not my forte that's for sure. I couldn't believe how much Amelia had grown over the holidays - a real growth spurt so I had to let the hems down on her tunics and we had to get yet another pair of school shoes. Amelia had to have a new lunch box and drink bottle but thankfully was still happy with her back pack. It's an expensive time for parents. I often wonder what it like for those with a number of school aged children. Jonty went happily back to day care and already I have had a number of relief teaching days so no putting my feet up in my household. I actually manage time better with routines and do better being organised and not putting myself under pressure.

*It's hard to believe that this*

*deployment is heading to the half way mark soon. Jason is enjoying his time on deployment which is great. We still manage to have our regular skype catch ups and I feel lucky that we can do that. It makes a huge difference to us all to see his smiling face and for him to see ours too. Amelia likes to share all her news with her Dad and because there is so much happening at school with a new teacher and new classroom, she's certainly given her Dad every detail and more. Jonty tries to make up for it by rushing off and returning with a toy and explaining it in detail too, to his Dad. Sometimes I feel lucky to get a look in!*

*We have planned some special events and outings to help us get through the next few months and hope that they don't drag once we see an end in sight! Fran (my friend whose husband is also away) and I have planned a couple of treats just for ourselves. While they don't sound much we are heading out for pizza this Friday and then going to see La La Land at the movies. We also booked tickets for a Fashion Parade later in the month and then are treating ourselves to a pampering day the following one. Once the*

*school term gets underway it will quickly be Easter so Nannie and Pa are coming to stay which always causes great excitement and spoilt kids!!*

*My parents, Granny and Pop live not too far from us and are a great support. My Dad is a great handyman so I can always rely on him to fix or replace anything that needs it. He has been getting our winter wood cut and stacked - that's a job Jason can have a rest from on his return - we are spoilt!*

*We are all looking forward to going to the Army dinner towards the end of the month. If you live nearby and haven't been yet - then you must. They say it's nothing fancy but just the night off cooking and dishes is good enough for us all. It's always nice to meet up with people from Jason's Unit and to meet new people too.*

*Hope the month goes by quickly for you all and your Valentine remembers!*

*Leanne*



# KEEPING THE HOME FIRES BURNING

*Hello Families*

*I always get a surprise when the reminder comes through for my Bugle contribution. I feel as though I have only just written the last. I guess that's a good way to feel. Sarah has been away for 3 months now - so I guess that's halfway. She seems really settled and enjoying the experience so that's good too. She has made some new friends as well and I guess if they live and work together for that long they are bound to find support from one another and share experiences which will last a lifetime.*

*She is busy preparing for her leave at the moment and has planned a tight action packed sightseeing schedule into a small time frame. Oh to have that kind of stamina again! I am sure the break is good for them though and probably just gives everyone a lift to carry them through to the end of the deployment.*

*Tony and I have been really busy at work. I think we are paying for taking such an extended holiday break and closing down the business but we needed it! It was great to have time to get some home and garden chores completed and to catch up with friends from near and far!*

*I have enjoyed making up regular wee packages for Sarah and she tells me she loves receiving them. I don't spend a lot on the contents but rather try to remember what the "girls" said at the briefings - about communication and keeping in touch and the "value" a parcel brings to a loved ones morale! Sarah has laughed at some of my "finds", but enjoyed everything she has received. She tells me she still is enjoying the last remains of her RSA parcel.*

*I was grateful to have some recent contact from the DSO's too. The text message and email they sent, provided some reassurance that our kiwis were fine following an incident in the deployment location. They do a great job trying to beat the media so we don't worry! In fact I didn't hear anything on the media this time so that was good. Thanks to all for this way of keeping us informed and reassured. We value that and I am sure others do too.*

*Have a great February and enjoy the sunshine.*

*Kind regards,*

*Brenda and Tony*

## 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



# PERSONAL MESSAGES

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

### Kia ora Hera and Mereana

E kaute ana au I nga ra kia noho tahi ai tatou hei whanau. Arohanui papa xxooxx

### Hey

Missing everyone heaps, but especially Sunday Dinners. Can't wait to see you again, including the little tucker and the furry one. Don't spoil her too much, and don't let her sleep on the bed. It was awesome to get your Christmas presents, nothing better than things that remind yourself of home. Don't work too hard, I'll catch you in a bit. Nenaw nenaw, cawabunga dude. Much love xx.

### Hey Bebe and Critter

I've definitely always wanted to write one of these and knowing it'll make you happy to reading it J. Keep counting down the days for a tropical adventure and then the short time till we are family for real, forever. Stay safe, stay happy and keep getting SWOL. Love you always, Other Bebe.

### To all the family and friends back in the mighty north

Merry Xmas and Happy 2017! Enjoy yourselves and ride a few waves for us. Beale

### To all the family and friends back in the mighty Tasman

Merry Xmas and Happy 2017! Enjoy the Roar, and hit the mountains! Happy hunting bring home a mighty Red. Cossy

### Hey everyone

hope you had a good Christmas and new years. See you all soon, cheers. Deano

### Hey family and friends

Hope you all had a festive season

and had many drinks for me. See you all soon. Much love xoxo. Lisa

### To everyone back in Burnham and especially all the lads at the unit,

I hope you guys had a good break. I am looking forward to seeing you all again soon. NUSQUAM OCCULTO

### To all the family and friends back in the mighty South

Merry Xmas and Happy 2017! Enjoy yourselves and have a few ales for me. Whits

### Mum, Dad, Si, Al.

Happy New Year, hope all is well in NZ. See you midyear in time for another winter. Tom

## From Home

### Hello R, # 3 son

All good here. You are in our thoughts a lot Well I'm back to climbing the scaffolding to finish painting the house So hope its finished before your next visit.

We will visit your treasures again in Feb as there are a few others going before us. Oil still leaking from the chev truck but dad is under it a lot more than in it lately. Yarra purrs on and behaves more like a dog every day.

Love and respect your way xxxxmum

### Hi Mrs Hodge Jnr

Missing you lots. Busy here with moving. Gabrielle loves her stuffed camel you sent for Christmas. She has also taken her first steps. Benji is his usual lovable demanding self and loves sleeping on anything I want to read - so I've given up reading now! Hope all is going well over there. Looking forward to your return. Love you lots GG xx

### Hi Jason

Hope you have a wonderful Valentines Day I will be thinking of you and plotting our next move! Lots of love, Leanne xxx

### Hello Dad

I am in Room 3 this year and my teachers name is Miss Thorn. I like her. We have our desks in groups. I am sitting next to Chloe. I am in the Bantams Red group for spelling and the Lion Blue group for reading. I got a new pink lunch box and drink bottle and I got my books covered with "frozen". They look cool. I hope its not too long till it's Easter because Mum told us that you will be home after we get our eggs! Yum Yum. I love you and miss you lots. Amelia xx

### Dad

I wish you could come home soon and play with my cars. My favourite is the Lamborghini. Maybe you might have some spare money when you come home and could buy us a real one. Yellow would be good. Pop took the trainer wheels off my bike and I can go really fast now. You could get me a bigger bike when you come home too. Love you Dad, Jonty xx

### Dear Dad (Connor )

Well you'll be happy to know Christmas went well and no dramas with the Christmas tree. Nan didn't get a real tree in the end and I was very good at not touching the decorations. Life is ticking along quickly however, I get over excited if I see a truck like yours only to be disappointed when your not inside. Nan gives me an extra hug and a kiss on my head as we both walk away a bit disappointed. Nan is biking every day with me now so she's hoping I won't be to unfit when you get home and we go for our long runs. Nan's river is deeper than our stream Dad as I jumped in the other day and went right under the water. I wasn't impressed but

# PERSONAL MESSAGES

Nan was laughing that much she had to stop biking to wipe the tears from her eyes. Well I learnt my lesson. Don't chase the ducks. Anyway Dad me and Nan are really missing you and looking forward till when your home again. Stay safe. Love Tango.  
P.S. Nan sends her love too xx

## Hey Handsome Boy

Hope you are having heaps of fun at the beach and gym! Sent you a little parcel today. Miss you heaps but don't worry I've eaten all the valentines chocolates!! Happy first valentines xx Beautiful Girl

## Katie

I love you every day, not just on Valentine's Day.  
From your loving husband, Daniel.

## Rania

Happy Desert Birthday! Have a great day. We miss you!  
Got the peas started, and we are still scrubbing the deck!  
Thinking of of you, Love Renie, JL, and B. Toledo



## My Darling

We are half way there babe so the rest will fly by and me and the tamafreakies will be waiting for you when you land.  
Love you beyond the stars  
Tx

## Dear Papa

We miss you so so much every day. But mama says its like you are still here because we are just as loud as you. We hang out in your truck and drive mama crazy watching motorcross.  
We love you beyond the stars.  
Boy, Pukeko & Boyboy

# DOG TAGS



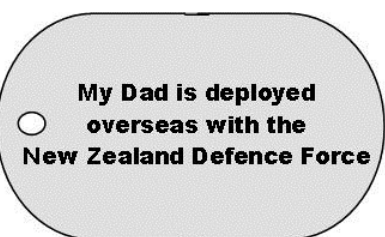
Dog Tags are available for families of tri-service personnel deployed abroad with the New Zealand Defence Force. They are available for Children of mums and dads deployed and we also have some Special dog tags for other immediate family members - like Mums, Dads, Brothers and Sisters, Grandparents! Sorry, not for pets though!

**They are so popular that we recently ran out of the Special dog tags but our new order has now arrived so if you missed out at recent briefings please get in touch for your set.**

Wear your dog tags with pride or simply tuck them away for a future keepsake. All we ask is that you DO NOT identify the location of your loved ones deployment but rather, if asked, simply say overseas!

The Dog Tag Project is a huge success and a real favourite campaign for many. Children love wearing the dog tags. For schools, teachers are reminded that a child has someone special absent from their home and sometimes need a little extra attention and understanding. Dog Tags are a great talking point when families are out and about and give others the opportunity to acknowledge the sacrifices families make and the chance to acknowledge the commitment that our service personnel make abroad. Now with the added - "I have someone special deployed" ..... we can all share in the pride, commitment and sacrifice.

Dog Tags are available from the Deployment Services Officers. We are happy to post as required. Please contact either Carol (0800 337 569) or Janine (0800 683 77 327).

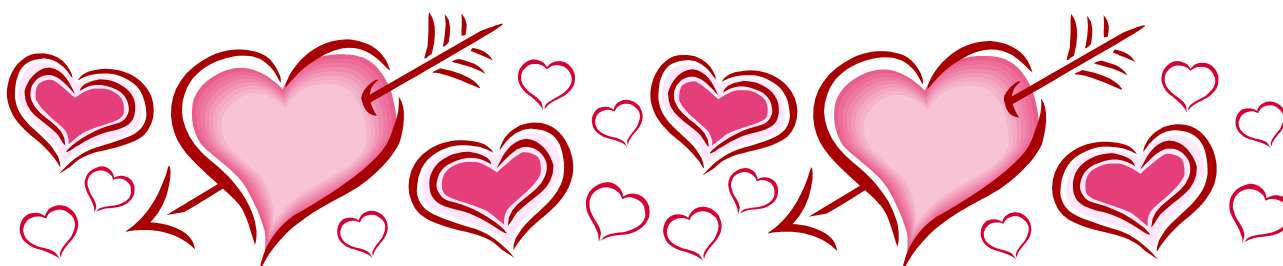




## Valentine's Day — Fact or Fiction?



- \* Legend has it that Valentine was a priest who served during third century Rome. There was an Emperor at that time by the name of Claudius II. Emperor Claudius II decided that single men made better soldiers than those who were married. With this thought in mind he outlawed marriage for young men in the hope of building a stronger military base. Supposedly, Valentine decided this decree just wasn't fair and chose to marry young couples secretly. When Emperor Claudius II found out about Valentine's actions he had him put to death.
- \* Another legend has it that Valentine was an imprisoned man who fell in love with his jailor's daughter. Before he was put to death he sent the first 'valentine' himself when he wrote her a letter and signed it 'Your Valentine', words still used on cards today.
- \* Perhaps we will never know the true identity and story behind the man named St Valentine, but this much is for sure ... February has been the month to celebrate love for a long time, dating back to the Middle Ages. In fact, Valentine's Day ranks second only to Christmas in the number of greeting cards sent.
- \* Another Valentine gentleman you may be wondering about is Cupid (Latin cupido, "desire"). In Roman mythology Cupid is the son of Venus, goddess of love. His counterpart in Greek mythology is Eros, God of Love. Cupid is often said to be a mischievous boy who goes about shooting people with his bow and arrows.
- \* A young girl was supposed to marry, eventually, the first eligible male she met on this day. If a girl was curious and brave enough she could conjure up the appearance of her future spouse by going to the graveyard on St Valentine's Eve at midnight. She would then sing a prescribed chant and run around the church twelve times.
- \* In England little children went about singing of St Valentine and collecting small gifts. It was also customary to place valentines on their friends' doorsteps.
- \* It was thought that birds chose their mate for the year on February 14. Doves and pigeons mate for life and therefore were used as a symbol of 'fidelity'.





# TMC UPF Teddy Order Form

(see Photo on back cover)

Service Number  
(if applicable)

Rank/Title

Initials

Surname

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	Quantity	Cost per Item (incl GST)	Price (incl GST)
Army Teddy Bear		@\$30.00 each	
Postage/Packaging	x1 Bear - \$ 6.50 x2 Bears - \$ 7.50 x3 Bears - \$15.00		
If purchasing 4 or more bears please contact TMC UPF (E mail below) for actual courier cost			
<b>TOTAL DUE:</b>		\$	

Phone Number:

Delivery Address:


Payments can be made by:

Payment Method	Details
Internet Banking	TMC UPF Account: <b>03 0251 0020663 010</b> Particulars: Army Bear Reference: <b>Your Name</b> Code: Quantity Ordered
Notes	Order must be paid in full including postage (if applicable) before Teddy is dispatched

Submit for processing	Details
Hard Copy	Print the completed form and mail it to: TMC UPF, HQ WRSC Private Bag 905 Upper Hutt, 5018
Email	Scan the completed form to: <a href="mailto:TRSB-UPF@nzdf.mil.nz">TRSB-UPF@nzdf.mil.nz</a>

## TMC UPF Use Only

Date Payment Received: \_\_\_\_\_

Receipt Number: \_\_\_\_\_

Date Goods Dispatched: \_\_\_\_\_

Dispatched by: \_\_\_\_\_

# Deployable Ted

## PRIVATE TEDDY



Teddy 30cm tall / left sleeve view



**\$30 inc GST (p&p extra)**

**See Order Form inside back cover**  
**Proceeds to TMC UPF Welfare**