

Community Connection



NAVAL COMMUNITY ORGANISATION
Phone: 0800 NavyHelp
Or Email: nib@nzdf.mil.nz

APRIL 2011



The Manager's Message

By: Lieutenant Commander Allen Mortimer, RNZN
Naval Community Organisation Manager

This month there are three significant happenings. The first is that April is the middle month of autumn and with the loss of day light saving the nights are drawing in rapidly and we do need to prepare for winter. The second is the very late in the year Easter holiday break and the third Anzac Day.

Autumn is always a season of change and it seems that lately our world is experiencing quite a few extreme weather challenges. A couple of years ago at home we had a flash flood in the street. It had been raining all day and when it came time to let the dog out for its nightly constitutional, we noticed the lawn was flooded and only a small area in a corner was available to him. Traffic passing by was causing waves to lap against the patio. My wife went out in her gum boots to warn traffic whilst I rang 'Action Line'. Within an hour the flooding was gone and our street was made safe again. All of this was caused by the gutter grates being full of leaves, so it is good advice at this time of year to make sure spouting's and gutters are all free of debris which may cause flooding.

It is noteworthy that Easter is nearly at the latest time it can ever

be as I understand that Good Friday can be no later than the 24th of April and this year Anzac Day is on Easter Monday. For some families this may present a challenge, however this year the navy is encouraging navy personnel to don their uniform and celebrate Anzac Day at home. No matter where you are, be it on holiday or at home, you are encouraged to take time to join or support one of the many Anzac Day celebrations throughout our country. There is certainly a lot of navy, civic and personal pride felt when marching with our war veterans and remembering those who gave so much to ensure that we have a free land and a paradise we call New Zealand.

Our Senior Social Worker – Jason Hallie, leaves this month on eight weeks Parental leave and will be returning in late May. We have made contingency plans whilst Jason is on leave and therefore it will be business as usual for anyone who needs to use these services.

We at NCO do hope everyone has a good Easter break and an enjoyable Anzac Day and until next month please take care.

Library Corner

PHILOMEL BASE LIBRARY
Base Librarian Janet Gilmore

Here is a small selection of new books that have recently arrived in the Base Library.

Gillian Turner

North Pole, South Pole: the epic quest to solve the great mystery of Earth's magnetism

This engrossing book tells, for the first time, the complete story of the quest to understand Earth's magnetism - from the fascination of ancient Greeks with magnetised rocks to the astonishing modern discoveries that finally revealed the truth.

Patrick Lindsay

The coastwatchers

From their jungle hideouts, they warned of Japanese air strikes, reported on the movements of their ships and troops, and saved scores of downed airmen. It was the Coast Watchers' reports that ultimately gave the Allies a vital edge in the Pacific, allowing them to take a decisive toll on the enemy.

Jeff Apter

Together alone: the story of the Finn Brothers Based on interviews, critical analysis, extensive research and the author's 30-plus years of following the Finns, "Together Alone" is the first biography written about the Finn brothers. This is the story of breakthroughs, breakdowns, sibling rivalry and respect - and some of the best pop songs this side of Lennon and McCartney.

MEMORIAL

LCO RNZN - TUHORO RICHARD NATHAN
16 Sept 2006

Our gorgeous Richie

Five years now past, just seems like a few,
All the promises we make, from the cradle to the grave, all I ever want is you..

In darkness, I hide my pain.

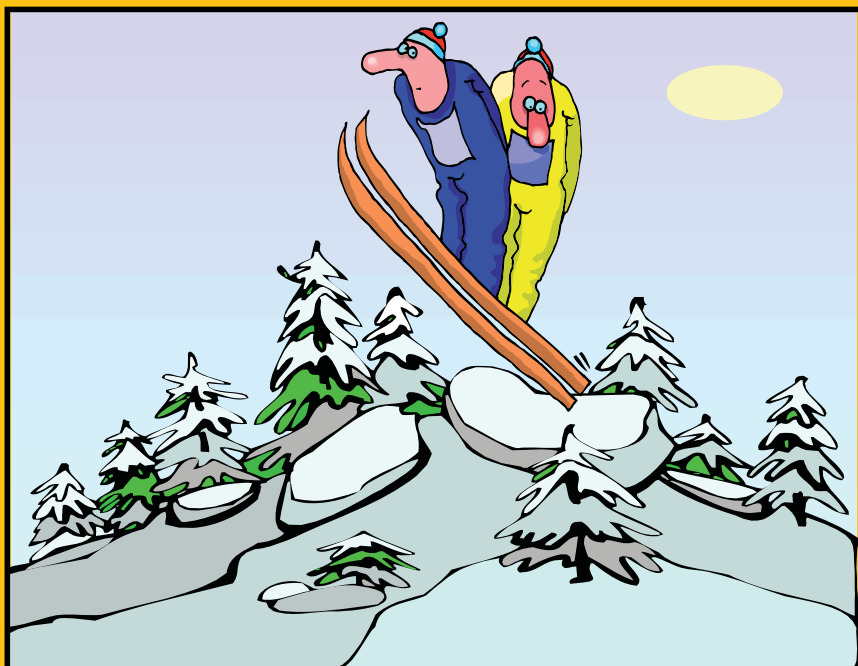
In reality, never to see you again.

Life has cheated you I know, the sadness for us to let you go..

Luv u forever Richie

Mum & Pat, Bro Josh & Amy & cousin Jade (Perth)

NCOs Next Family Event



NCO WINTER CAMP

Sun 17th July - Fri 22nd July
Navy Alpine & Ski Club Ohakune

How do I register interest? Contact the Naval Community Organisation on 09 445-5915 or 0800 NAVY HELP with your Sailor's name, address, phone number, service number, age of dependants (listed on ATLAS) and whether or not you have attended before to register. NB: Priority is given to those who have not attended before. Some families *may* have to share accommodation.

Registrations for Ballot close: Wednesday 1st June 2011

Ballot drawn: Friday 3rd June 2011

Cost: Adult \$100

Child \$50 NB: Under fives free.

What does this fee cover?

Your accommodation costs and meals i.e. Breakfast, lunch and dinner for five and a half days. All activities you and your family choose to partake in whilst at Ohakune are at your own expense. We at the NCO know how memorable a family Skiing holiday can be and how expensive the sport can be at the same time.

This Camp gives you a wonderful opportunity to bond with other Navy families on the slopes and in the evenings.

We aim to help with giving your family the memory of a fun break away skiing (weather dependant of course!) at an affordable cost. If the weather is bad, there are plenty of local area bike trails, hiking opportunities, the Waiouru Army Museum, a local cinema, horse treks, hot pools, perhaps a day trip to Taupo to partake in and much more.

Non refundable deposit due: Wednesday 15th June 2011

Payment in full due: Wednesday 29th June 2011

HOLIDAY PROGRAMME

Every school holiday period including Christmas, North Shore Leisure provides fun educational activities in a safe environment with highly-trained staff.

Download your School Holiday programme from their website:

www.northshorecity.govt.nz/NorthShoreLeisure/Holiday_programme/Default

These programmes are run at North Shore Leisure - ActivZone, North Shore Leisure - Birkenhead and North Shore Leisure - East Coast Bays as well as North Shore Leisure - Beach Haven.

Their programmes include games, sports, arts and crafts, cooking and trips around Auckland. They also operate after programme care for those that require a later pick-up. Payment is required on enrolment.

Programme outline:

- Suitable for children aged 5 - 12
- Early drop-off at 8am
- Activities run from 9am to 3pm
- After-programme care 3pm to 6pm for only \$12
- Trip days from \$37
- Centre days from \$25



New Discount

Gents Cutz - Barber Shop

Located in the Belmont Shops, 146 Lake Road, Belmont.

\$10 Mens cut when you produce your Navy ID card.

\$10 kids cut when you produce your Family ID card.

No appointment needed, just drop in.

Holiday House in Taupo - Navy Special Rate

House in Taupo, located in 2 mile bay, for rent. Advertised on the internet on Bachcare for \$140/night to general public.

Navy Discount \$100/night.

Large grassed area, backing onto a reserve, 15min walk to lake, sleeps 7 in 3 rooms. 1 x queen, 1 x bunk set + 1 single, and 2 x singles.

BBQ and dinghy available, sunny and quiet.

Contact: lmstuthridge@gmail.com or

lynn.stuthridge@nzdf.mil.nz



Recipes from Lineetta's Deli



PAVLOVA

Pavlova or as we all know it Nana's Pavlova for all you laterals!!

- 4 egg whites
- 1/4 tsp salt
- 1 C castor sugar
- 4 tsp cornflour
- 2 tsp vinegar
- 1/2 tsp vanilla

Cover tray with greased tinfoil. Beat eggs and salt until stiff, add sugar a little at a time beating well after each addition. Continue to beat until mixture is very stiff. Add cornflour, vinegar and vanilla - beat thoroughly. Pile mixture into a circle. Bake at 125degC for 1 1/2 hrs. turn off oven and leave pavlova in oven with door closed until completely cold. Remove to serving plate (can stay on tinfoil if necessary) pile up with cream, fruit and enjoy!!

This is easy and great for an occasion, you can double the recipe quite successfully.

Community Events in April

Date: Friday 8th & 15th April
Event: **Wriggle & Rhyme**
Time: 10:00am – 10:30am
Venue: Devonport Library, Devonport

Auckland Libraries are proud to be offering free Wriggle & Rhyme:

Active movement for early learning sessions for parents and caregivers and their young babies.

A SPARC (Sport and Recreation NZ) initiative, Wriggle & Rhyme is a 30-minute music and movement programme aimed at stimulating babies' brain and body development.

Date: Monday 4th April
Event: **Nordic Walking Course**
Time: 6:30pm – 7:30pm
Venue: Narrow Neck Beach, Devonport
Contact: 0274 383 923 Jude
Cost: \$60.00 including pole hire
www.nordicwalking.net.nz

The "first steps" course will introduce you to the basic Nordic Walking technique and can be enjoyed by anyone eager to reap the benefits of this new, effective form of exercise. Wear good running/walking shoes and comfortable clothing. Please bring a water bottle, a hat and a raincoat as the class will be held rain or shine.

Date: Tuesday 5th, 12th, 19th & 26th April
Event: **Trivia Quiz Night**
Time: 7:30pm – 9:30pm
Venue: Albany Sports Bar and Cafe, Albany

Albany Sports Bar Quiz night every Tuesday with Terry Moffit. Bar tabs worth \$75.00 to be won. Great discounts on food and drinks.

Date: Wednesday 6th April
Event: **Diane Levy Parenting Evening**
Time: 7:30pm – 9:30pm
Venue: Willow Park School, Hillcrest
Cost: Single :\$10.00 Couple:\$15.00
Door Sales Only

Diane Levy is a household name in New Zealand, known as the person you turn to when you having trouble managing your kids.

Topics that will be covered: Personalities unravelled & getting our children to do as they are told.

Please register to secure your seat by contacting Northcote Baptist Church on 09

480-7064. For more information see:

<http://www.facebook.com/event.php?eid=144723372257709>

The doors will be open from 18:45, and Diane Levy will have some of her books for sale at the venue.

Date: Wednesday 6th April
Event: **Dog Training Classes**
Time: 6:00pm – 7:00pm
Venue: Mairangi Bay Scout Hall, Mairangi Bay

Cost: \$140.00
Website: www.thecanineclub.co.nz

Our aim for the class is to:

1. Show you how to get the best from your dog
2. Show you and your dog that training can be fun and enjoyable rather than another task that needs to be done
3. Assist you to have a dog with good manners and a calm relaxed disposition.
4. Build the bond between you and your dog

Over the 5 weeks we will cover a range of topics and experiences which include:

- Reinforcing the basic commands of sit, down, stay and come
- New commands & getting great focus
- Leadership & how to prevent and eliminate unwanted behaviour
- Walking on and off lead, training methods and aids 5 weeks class.

Date: Starting Thursday 7th April
Event: **Artsight After School Art Classes**
Time: 3:30pm – 5:00pm
Venue: East Coast Bays Community Centre, Browns Bay
Cost: \$190.00 per 8week Term

Artsight Programme Running after school these classes allow students to take an in depth look at specific artists, themes and art making processes. Each class works on developing students' understanding of art and art making practice and courses are available focusing on a range of themes and methods including drawing, mixed media, painting and printmaking.

Animals in art (drawing and painting), suitable for ages 5-10 years.

Make artworks based on your favourite animals and learn about artists who feature animals in their work. This course will teach you how to draw proportions and record tone and texture as well as use a variety of painting techniques.

Term fee (8 weeks) \$190 or \$180 for 2 or more family members. Please wear old clothes or bring an art shirt and afternoon tea. For more information and to book contact Fiona Sullivan (04) 3862908, phone or text: 021786629, or email fiona@artsight.co.nz

Date: Thursday 7th, 14th, 21st and 28th April
Event: **Outdoor Fitness Bootcamp**
Time: 6:15am – 7:00am
Venue: McFetridge Park, Hillcrest
Cost: Per session:\$15.00 6 week programme @ 2 sessions per week:\$150.00 Door Sales Only

Do you love training in a team environment with great energy and support and want to become part of a group dynamic? Come and join D.R.I.L.L. You will never believe achieving goals and results could be such fun!

With over 5 years experience covering all fitness levels from beginners to elite athletes I cater for individuals, sports teams and corporate groups.

So if you're ready to get down to business and have fun along the way then don't just imagine, get up and get moving and feel the power of D.R.I.L.L. Motivational outdoor training at it's finest. Drill Outdoor fitness bootcamp is a professional training system that provides affordable & professional body & fitness coaching, outdoors.

Trainer Andrew Wilson with his 8 years experience in the sport & fitness industry will have you pushing yourself and getting the rewards in a respectful and positive manner, so come and see what makes Fitness Therapy & D.R.I.L.L. Outdoor Fitness the leaders in this sector.

Date: Saturday 9th & 10th April
Event: **Antique Fair**
Time: 10:00am – 5:00pm
Venue: AUT Sport & Fitness Centre, Northcote
Cost: Free

Quality antique fair presented by The Antique Fair Charitable Trust TACT (proudly supporting North Shore Hospice). All items for sale including quality furniture, vintage tools, china, crystal & silver, clocks, militaria, books, jewellery (vintage, modern), postcards, linen, quality collectables and much more.

Enquiries to Diane 021609399 or email finechinadi@ihug.co.nz.

Christchurch Earthquake

The Defence Force provided round-the-clock assistance to the people of Christchurch in the wake of the 22 February earthquake.

With New Zealand facing a situation in Christchurch of immense proportions, a top priority for the Defence Force has been to support emergency services, by securing quake-ravaged areas and maintaining public safety.

At the peak of our effort some 1796 Defence Force people were directly involved in earthquake-related operations – 239 Navy, 1379 Army and 150 Air Force Regular Force, as well as various companies of Reserves. With Defence people at Burnham, Wellington, Linton, Ohakea, Devonport and Whenuapai continuing to lend support.

Four Navy ships, HMNZ Ships CANTERBURY, PUKAKI, OTAGO and RESOLUTION supported the mission, delivering people and freight in and out of Lyttelton, and surveying the harbour.

CANTERBURY returned to Lyttelton several times with consignments of supplies, including portable showers, excavators, trucks and trailers. In total, CANTERBURY has transported a total of 1707 tonnes of vehicles and equipment and 375 personnel in and out of Lyttelton.

As well as trucks and excavators, the load on CANTERBURY being unloaded over the initial few weeks included drainage and general maintenance equipment:

5 x Excavators, 1 x JCB Loader, 1 x Works Ute and caravan
1 x Truck and compressor, 1 x Large truck and transporter,



2 x Large trucks and 3 axle trailers filled with heavy duty drainage equip, 1 x Truck and generator, 1 x Truck and trailer, 1 x Ute, 2 x trailers, 1 x Large truck and 4 axle trailer, 5 x Trenching frames, 2 x 20ft containers, 5 x large Porta-showers .

Also a fuel tanker (belonging to Chevron Mobil), four Telecom vans, four pallets of Telecom equipment, 20 DoC 4WD vehicles, five Housing New Zealand 4WD vehicles, two pallets of water, two containers of bedding (Department of Corrections), medical backpacks (Ministry of Education), Army equipment including two Unimog trucks, a truck tractor and 12 Bailey bridges, four refrigerated containers and three diesel generators.

Well done everyone.

Members of the RNZN presented a cheque to the Westpac Red Cross Christchurch Earthquake Appeal. The money was raised through sausage sizzles and collections at the messes. \$1950.80 was raised.

TRENTHAM

MARIE'S COMMUNITY NOTICES

FIREWOOD FOR SALE

6' x 4' trailer load. To be delivered on Friday 11 March between 8am and 4pm. Only 10 loads available to be delivered. Cost: \$100 includes delivery. Delivery only available in the Upper Hutt area. Contact Mark Field via e-mail Or phone Ext: 7131

TDA EVENTS & ACTIVITIES

Yoga & Meditation... is anyone interested in Yoga and meditation sessions? Please register your interest to marie.lotz@nzdf.mil.nz, with preferred time and day. NZDF partners/dependents welcome.

Pilates is back... on Thursdays lunch-time at 12.10pm in Rehab Gym. Contact helclarke@hotmail.com to register. NZDF partners/dependents welcome.

ZUMBA classes... with Instructor Jo from Lifestyle Gym FRIDAYS 1205 TO 1245 \$5 PER SESSION. NZDF partners/dependents welcome. Contact: marie.lotz@nzdf.mil.nz.

Coffee Group...

Coffee Group is every Tuesday morning 9.30am to 11.15am in the Officers Mess Ante Room. All NZDF at home parents and pre schoolers (or prospective parents)

very welcome.

Community Garden...

As mentioned earlier Upper Hutt Garden Circle will mentor the Community Garden to help our garden group really take off this season. We have a visit planned on Tuesday 22nd March to a garden in Barton Road and following on from that plan to have garden talks and demonstrations at the Community Garden in Davis Field. These talks will be held at lunchtimes to enable the most people to attendwet weather option hopefully the WASC.

Craft Group... every second Tuesday next one is 22nd March 2011 in the Trentham Camp Library 7pm to 9pm. Contact: de-bra.howell@nzdf.mil.nz.

Chapel Notices:

The Military Christian Fellowship (MCF) meets every Wednesday from 1210-1250 at the Trentham Camp Chapel. Bring along your lunch and be prepared for some bible-reading, prayer and fellowship with other Christians here on camp. Family members and first-timers always welcome! For more information, contact Chaplain Jennifer Betham-Lang on (347) 7035 or email jennifer.betham-lang@nzdf.mil.nz

House To Rent: (see listing on Trademe).

The rent is \$350.00pw the bond would be 4 weeks rent and we require a week in advance. www.trademe.co.nz/Browse/Listing.aspx?id=358777928. Contact Penne Durdle, Property Manager, Rental Results T: 04 4711 880 M: 0 2737 11 880 F: 04 471 1884 E: penned@rentalresults.co.nz

House to Rent in Brentwood street.

Trentham. 5 minutes walk to Trentham Camp. Available NOW. \$390 per week. Three comfortable bedrooms, huge modern kitchen, nice shower with high pressure water, separated toilet. Fully fenced property with a single garage, huge front and back patios. Please tel or txt Lan at 021 0419928, or work tel 04 9109231; email: lanvic999@gmail.com

House to Rent, available 4 March. \$375 per week. Two bedrooms - both with an ensuite (full bathroom) and an extra toilet **at the laundry**. A single garage with an automatic door. Fully fenced property. Located at the most prestigious area - Barton Avenue, 5 mins walk to Trentham Camp. Please Phn Janine Tweedle at The Professionals; 04-5279754 or 027- 4088851.

Where the ships are in April

NB: This forecast is subject to change.

HMNZS CANTERBURY

Dates	Programme
01-04	DNB
04-24	At sea
24-27	Port Visit - TBC
27-30	At sea

HMNZS MANAWANUI

Dates	Programme
01	At sea
01-04	DNB
04-15	At sea
15-30	DNB

HMNZS RESOLUTION

Dates	Programme
01-17	At sea
17-30	DNB

HMNZS TE KAHA

Dates	Programme
01-08	At sea
08-11	Port Visit - Fremantle
11-21	At sea
21-26	Port Visit - Sembawang
26-29	At sea
29-30	Port Visit - Sembawang

HMNZS OTAGO

Dates	Programme
01-20	DNB
20-21	At sea
21-31	DNB

HMNZS TE MANA

Dates	Programme
01	At sea
01-04	Port Visit - Fremantle
04-05	At sea
05-08	Port Visit - FBW
08	At sea
08-11	Port Visit - Fremantle
11-21	At sea
21-24	Port Visit - Sembawang
25	At sea
26-30	Port Visit - Sembawang

HMNZS ENDEAVOUR

Dates	Programme
01-08	At sea
08-11	Port Visit - Fremantle
11-21	At sea
21-25	Port Visit - Sembawang
26-29	At sea
29-30	Port Visit - Sembawang

HMNZS TAUPO

Dates	Programme
01	At sea
01-04	Port Visit - Bluff
04-08	At sea
08-11	Port Visit - Oban
11-15	At sea
15-18	Port Visit - Bluff
18-21	At Sea
21-30	DNB

HMNZS ROTOITI

Dates	Programme
01-04	DNB
04-08	At sea
08-30	DNB

HMNZS HAWEA

Dates	Programme
01-06	DNB
06-08	At sea
09-13	Sea training
13-18	DNB
18-21	At sea
21-30	DNB

HMNZS PUKAKI

Dates	Programme
01	At sea
01-04	Port Visit - Wellington
04-08	At sea
08-30	DNB

HMNZS WELLINGTON

Dates	Programme
01	At sea
03-30	DNB