

Community Connection



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

MARCH 2011



The Manager's Message

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

A most important function of the navy is to be able to deploy ships overseas to take part in training exercises, provide diplomatic support and assist our allies in areas of conflict. For those at sea not taking part in overseas missions, valuable security and constabulary duties are conducted in our Economic Exclusion Zone and without appropriate shore support both the aforesaid would be a difficult reality.

Toward the end of this month we will have three ships - HMNZS Endeavour, Te Kaha and Te Mana deployed overseas with up to 400 of our men and women ready to perform as ambassadors for our country. Here at NCO we will have the latest ship contact information at our finger tips to enable that very important contact link not to be broken.

It is also our duty to ensure that ships' nominal lists (details of all personnel onboard) are up to date so that at any one time during these deployments we will know exactly where the ship is and who is onboard. This is one of the primary purposes of our organisation -

to give support to our operational deployed ships and to provide them with a strong and robust connection to our naval community.

It is a privilege to have the opportunity to be this vital link between sea and shore for not only our people deployed on ships overseas, but also those conducting peacekeeping duties around the world. Everyone is rightfully proud of each one of these Service personnel who unselfishly serve our country by deploying for long periods overseas and around our shores.

This month also marks the Resettlement and Lifestyle planning seminar. So far we have had a large number of enquiries and quite a few registrations from eligible personnel. By the time you receive this newsletter, if you intend coming, you should have registered or else risk missing out due to over subscription.

If you feel you wish to discuss any issue or seek guidance in regard to our navy personnel, please do not hesitate in contacting us on 0800 NAVY HELP and until next time please take care.

Library Corner

PHILOMEL BASE LIBRARY
Base Librarian Janet Gilmore

Just recently I have read books by two authors who treat their subject matter a little differently.

Christopher Farnsworth

Blood oath: the President's vampire

For the past 140 years the Presidents of the United States have inherited a vampire who lives in the basement of the Smithsonian Institute in Washington. He is the President's secret weapon to be used against the other supernatural beings who inhabit the world. Nathaniel Cade is the vampire and Zach Barrows is his new political liaison officer. Zach is very politically ambitious and is somewhat surprised at the new direction his career has taken.

Suspend your belief and this books becomes a fast paced and entertaining thriller. I imagine it may be the beginning of a series.

Sarah Addison Allen

Garden spells...The girl who chased the moon

In "Garden spells" the Waverley sisters are just a little bit different and they have an apple tree in the garden that is more than just an ordinary tree. A combination of harsh reality and

just a touch of magic all wrapped up in Southern manners, this is just the book for those who like a little enchantment.

Emily Benedict is "The girl who chased the moon", she goes to stay with her grandfather, in Mullaby North Carolina, after the death of her mother. There are a number of mysteries in this small town, why did her mother leave, why does the wallpaper in Emily's bedroom keep on changing and where does the mysterious light in the garden come from? Read the book and you will find out.

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It's rugby time again!

North Shore Junior Rugby Weigh-in

We go from Year 1 to Year 8
Come and join the Family Club!

INCLUDES
SMALL BLACK RUGBY
(NON CONTACT RIPPA FOOTBALL)
Open to Boys and Girls 5 to 7 - played locally!

REGISTRATION DATES:

Sunday February 27th - 5pm to 7pm
Wednesday 2nd March - 5pm to 7pm
Sunday 6th March, 5pm to 7pm
at the Clubrooms, Cambridge Tce, Devonport

www.northshorerugby.co.nz

SUBS: \$75 PER PLAYER OR \$125 PER FAMILY
(INCLUDES SHIRT, TEAM PHOTOS AND MOUTHGUARDS)

For further details phone

Gordon Stuart 027 262 9596

see details of Junior Rugby on www.northshorerugby.co.nz

Please return any old jerseys shorts, socks and boots to the club
Proudly sponsored by Gill and Gundry

Up coming NCO events...

seminar

ARE YOU THINKING ABOUT A CHANGE TO 'CIVIL STREET' ----> 

Date: 22-24th MARCH 2011

RESETTLEMENT CAREER PLANNING

- Conditions of Service
- Resettlement
- Transfer Assistance
- Exploring Career Options
- Job Seeking/Interview Skills
- Ex-Service Personnel Advice

and much more.

Eligibility: RF Personnel within three years of completion service or extension.

MAKE AN INFORMED DECISION!

PARTNERS WELCOME



Resettlement Career Planning Seminar

Venue | Seminar Centre, PHILOMEL Email | nib@nzdf.mil.nz or Ext 7537 or 7915 RSVP BY | 4 MAR 11

seminar

ARE YOU THINKING ABOUT YOUR FINANCIAL FUTURE ----> 

Date: THURSDAY 24TH MARCH 2011

FUTURE LIFESTYLE PLANNING

- Financial Advice
- Successful Investing
- Asset protection
- Superannuation

and much more.

MAKE AN INFORMED DECISION!

PARTNERS WELCOME



Future lifestyle Planning Seminar

Venue | Seminar Centre, PHILOMEL Email | nib@nzdf.mil.nz or Ext 7537 or 7915 RSVP BY | 4 MAR 11

If you are eligible/interested in attending 2011 Resettlement Seminar held at Devonport Naval Base **22-24 March 2011**, please contact NIB 0800 682 94357 or email nib@nzdf.mil.nz. Registrations close soon.... so get in quickly. Closing date: 4 pm Friday 4 March 2011.

TRENTHAM

MARIE'S COMMUNITY NOTICES

LOCAL DISCOUNTS FOR NZDF PERSONNEL

Arorangi Country Homestay in Mangaroa Valley - Paul & Sharon are offering an awesome discount to NZDF employees. Arorangi is the perfect venue for a Romantic Weekend away or lovely place for your visitors from overseas or national.

See attached flyer for more information or contact Paul & Sharon at Arorangi on (H) 04 5264334 or (M) 0212579029 or email info@arorangicountryhomestay.co.nz.

Holistic Health Practitioner Teresa Saunders offers Massage, Indian

Head Massage, Foot Massage Bowen Therapy at a discounted rate for NZDF personnel. Contact Teresa on 04 5264 326 or 0272860919 or www.teresasaunders.com or email tsaunders@xtra.co.nz

The following also offer discount on presentation of your NZDF ID Card:

Mitre 10 Mega 15% on selected items
Briscoes Upper Hutt 15%
The Bike Hutt Upper Hutt 15%
VTNZ 15%
Cycle Science Lower Hutt 20%
VIC Cycles Lower Hutt 15%
Configure Express Upper and Lower Hutt 10% off membership.

New Discount NAVY SPECIAL

Connection café

Located Next to subway in Victoria Rd, Devonport across the road from the Patriot

10% discount when you produce your Navy ID card.
Not to be used in conjunction with any other offer.

For all you Coffee lovers!! Or those that enjoy the occasional outing for lunch in Devonport.

Check out plenty more discount offers on the NCO intranet page, under Discount Booklet.

New Holidays

School Holidays change

Parents of school aged children please note. There is a change to this years scheduled school holidays.

This year the Ministry of Education has pushed the start date for term three and four holidays 'out a fortnight' later than usual.

For most primary and intermediate schools, the holidays will now begin: Winter Holidays - Monday July 18th (term two/three)
 Spring Holidays - Monday October 10th (term three/four)

Please check with your individual schools, to avoid any mix ups or possible planning errors in your childcare arrangements over this time.

Deployment

DVD available for loan

If you think a DVD on Children and Deployment may be of use to you and your family, please contact one of the NCO Social Workers.

We also have other age appropriate resources available for you to read through. Contact the NIB on 09 445 5915 or email: nib@nzdf.mil.nz to make arrangements.

FREE COFFEE

BIKE TO WORK WEDNESDAYS

Need a little incentive to ride to work?
 How about a free coffee near work.

All you have to do is ride to work on the scheduled day and enjoy a free coffee.

Dates: Wed 9 Mar - Wed 23 Mar - Wed 6 Apr

Time: 0700-0900 hours

Venue: The Devonport Deli Cafe.

Bike to Work on the following Wednesdays, call into The Devonport Deli Cafe, with your bike and Navy PT Shirt and receive a free coffee.

Deployment Tips For Families

There are many simple things the parent at home can do to have fun with their children and make this time memorable.

Here are some examples:

Have Family Fun Nights – Have each child take turns selecting an activity.

Take turns planning dinners for each other.

Keep a family timeline during the deployment on a large piece of paper taped on the wall.

Make a video of the family during deployment. Plan, edit and produce it just like a movie.



Have board game tournaments.

Keep a scrapbook.

Buy a mini-tape recorder and record messages to the deployed parent.

Make sure they have a recorder too so they can send messages back.

Check out a copy of the Guinness Book of World records and try to beat some of the records.

Draw a circle on a map with an eighty-kilometer radius from your house. Pick a new place to explore within that circle each weekend.

Teach your kids to dance.

Journaling

Journaling can be one of the most effective ways to help kids handle deployment. It allows them to explore and learn about themselves in a personal way.

According to research done by the American Psychologists Association, journaling increases mental and physical health and is a very effective way to turn angry and confused feelings into clear thoughts. Rachel Robertson an author created a wonderful Deployment Journal for Kids to help guide military kids through the journaling process during a parent's deployment.

Deployment Journal for Kids is a special place for you to write about how you feel and what happens during the time someone you love is deployed.



It has calendar pages, writing ideas, places to write your thoughts and feelings, pages for drawing pictures, cool information about some common deployment locations, military definitions, and a pocket to keep special things like photos and letters.

Rachel Robertson, wrote this book especially for military kids like you. You can order a copy online or try Amazon booksellers to secure a copy. If not, maybe create your own at home.

Journaling Ideas

Pick some different colors and **describe how they make you feel**. For example: **Blue** makes me feel calm; it makes me think of oceans. **Yellow** wakes me up. Its a simple but effective way to notice how your child may be feeling.

What is your wish list?

Try writing three different lists: What do you wish for yourself?

What do you wish for your family? What do you wish for your deployed person?

Don't know what to write about today?

Here are a few ideas to get you started:

- Draw a picture of your dream holiday.
- Write a poem about change.
- Write about a story you've been told about the day you were born.



Clip Sunday Ads

Go through the Sunday paper and cut out ads for different things your family buys, such as popcorn, drinks, chips, cereal, light bulbs, and petrol. Make sure the ads show the prices. Make a list of these items or keep the ads in an envelope in your journal. This is a great thing to keep in your journal so that when you look back at your deployment experience years from now you will be amazed at the difference in how much things cost.

Parents can get more information at www.survivingdeployment.com/pressDJK.html See related article - Kids and Journaling and tips for kids about journaling on DeploymentKids.com.

Time for a Timeline

Whether someone you love is deployed or not, this is always a fun project.

1. Take a long piece of butcher paper or small pieces of plain paper (about 12) and put them on a wall, side by side.
2. Then draw a line horizontally (side to side) across all of the paper.
3. At the beginning write the month; keep writing the names of all the months across the line left to right making sure there is the same amount of space between each month.
4. You can make a timeline for a whole year, for the length of a deployment, or you can do it month to month.
5. Then whenever something interesting happens make a mark by the right month including the date and the interesting information.
6. You can even tape photos or draw a picture of an event or special time.



Parents

It also important for parents to take care of themselves so that they may take better care of their children.

"It's like the safety instructions you get on an airline," says Pavlicin. "Secure your own mask before assisting others." That means getting plenty of exercise, sleep, and healthy food. Your lives are already in such chaos from all the changes in a deployment, so

establishing a daily routine to ensure you get the basics can go a long way toward keeping yourself and your kids less stressed.

Sometimes parents require additional support and we want you to understand you are **not alone** and please seek help by contacting your **NCO ph: 0800 Navy Help**.

Events and support in our community

Movies by moonlight

Mercury Energy Movies by Moonlight shows blockbuster flicks. Screening times depend on sunset times, so come early to secure your spot in some of Auckland's most stunning parks, and catch the music beforehand. Grab a blanket and picnic treats, and come enjoy a summer's evening under the stars. A DJ plays from 7:30pm before the screening at sunset.

Date: Saturdays from 12 Feb onwards

Time: 7pm-10:30pm (approx)

Venue: Fort Takapuna, Vauxhall Rd,

Devonport and all over Auckland

Cost: Free

More info: Auckland Council / 379 2020

Devonport Community Harvest Fair 2011

Sunday 13 March

Time: 2pm-7pm

They are having a **Giant Pumpkin Competition** with the weigh in at 2pm. There will be prizes for roundest, smallest and most orange pumpkin.

Old MacDonalds farm will be in the carpark from 2pm-5pm

Enter into the **Biggest Sunflower Competition**

1. Biggest Flower head
2. Biggest Seed Head

or perhaps the **Scariest Scarecrow Competition**, where all materials must be recycled.

Other fun events include a Bake Off

1. Best cake
2. Best fruit pie
3. Best decorated cake

Even ribbons for the Oddest/ Funniest/ Biggest vegetable you have grown in your

garden this year.

To enter a competition contact the Devonport Community House on 445 3068 or email: devonpotharvest@gmail.com.

Help On Hand To Achieve New Year Quit Smoking Resolution

Those wanting to stick to their new year goal of quitting smoking have help on hand, thanks to smoking cessation support provided through Waitemata DHB.

An eight week supply of patches, gum or lozenges is available for just \$3.00.

These products work by replacing the nicotine in cigarettes and loose tobacco that are the source of addiction. While nicotine is addictive, it is not dangerous in itself. It is the more than 4000 other chemicals that can cause harm.

More Info: Quitline / 0800 778 778

Want to write for Tearaway, the Voice of NZ Youth?

Tearaway are looking for new contributors to their magazine, which in 2011 will come out twice every school term.

As a contributor you'll have the opportunity to write on a broad range of topics, and have your work published in a magazine read by young people all over the country, as well as in cyber space.

You can also review the latest albums, books and products each month.

More Info: Rain Francis / editor@tearaway.co.nz / remember to include your age, and a sample of anything you've written

Partners Activities

Your NCO team understands deployment can be a difficult time and will be organising some fun activities and get togethers specifically for Partners of deployed personnel over the next few months.

Look out for a letter in your mail box inviting you to come along and have a break.

Contact the NIB on 09 445 5915 or email: nib@nzdf.mil.nz to let us know if you will be keen to attend or if you have a suggestion in regards to these get togethers.

Budget Advisor Service

Back up and running on alternate Thursdays on base PHILOMEL at the NCO office.

- Budgeting advice
- Debt clearing
- Financial consultation

Telephone the friendly staff up at the NCO to secure your free appointment with Christine.

Telephone 09 445 5534 or email: nib@nzdf.mil.nz.

FREE CONFIDENTIAL SUPPORT AVAILABLE TO ALL NAVAL FAMILIES

The Naval Community Organisation's Family Liaison Support Officer is available to assist you by giving:

- Time out from the children
- Transport
- Networking information of the local area
- Parental information
- For relief & support of any normal day to day stresses of life, that effects all families.
- A friendly face to have a chat too.



CINDY HALIBURTON
FAMILY LIAISON

To make a booking call the Naval Information Bureau on 0800 NAVY HELP and arrange further details.

Where the ships are in March

NB: This forecast is subject to change.

HMNZS CANTERBURY

Dates	Programme
01-04	At sea
04-07	Port Visit - TCB
07-13	At sea
13-28	DNB
29-31	At sea

HMNZS MANAWANUI

Dates	Programme
01-16	DNB
17-18	At sea
18-28	DNB
14-17	At sea
17-28	DNB
28-31	At sea

HMNZS RESOLUTION

Dates	Programme
01-10	At sea
10-14	Port Visit- Timaru
14-24	At sea
24-28	Port Visit - Wellington
28-31	At sea

HMNZS TE KAHA

Dates	Programme
01-11	At sea
11-14	Port Visit - FBW
14-18	At sea
18-21	Port Visit - Fremantle
21-25	At sea
25-28	Port Visit - FBW
28-31	At sea

HMNZS OTAGO

Dates	Programme
01-03	At sea
03-07	Port Visit - Wellington
07-08	At sea
09-31	DNB

HMNZS TE MANA

Dates	Programme
01-11	At sea
11-14	Port Visit - FBW
14-18	At sea
18-21	Port Visit - Fremantle
21-25	At sea
25-28	Port Visit - FBW
28-31	At sea

HMNZS ENDEAVOUR

Dates	Programme
01-14	DNB
14-19	At sea
19-28	DNB
28-31	At sea

HMNZS TAUPO

Dates	Programme
01-11	At sea
11-21	DNB
21-25	At sea
25-31	DNB

HMNZS ROTOITI

Dates	Programme
01-02	DNB
02-04	At sea
04-14	DNB
14-19	At sea
19-21	Port Visit - New Plymouth
21-25	At sea
22-31	DNB

HMNZS HAWEA

Dates	Programme
01-31	DNB

HMNZS PUKAKI

Dates	Programme
01-06	At sea
06-09	Port Visit - Wellington
09-11	At sea
11-21	DNB
21-25	At sea
25-28	DNB
28-31	At sea

HMNZS WELLINGTON

Dates	Programme
01-03	At sea
03-07	Port Visit - Dunedin
07-08	At sea
09-21	DNB
21-25	At sea
25-28	Port Visit - TBC
28-31	At sea