

THE BUGLE

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The Deployment Newsletter is produced for families and service personnel associated with current overseas deployments



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

Editor: Carol Voyce
Printing: Sharyn Cameron
Repro Linton

Contributions co-ordinated by Carol Voyce and Janine Burton

Contact Information

Carol Voyce
Deployment Services Officer
Southern Regional Support Centre
Powles Road
Burnham Military Camp
Burnham 7600
Christchurch

Ph: (03) 363 0421
Cell phone: 027 449 7565
Toll free line: 0800 DEPLOY or
0800 337 569
Fax: (03) 363 0024
E-mail: dso.burnham@xtra.co.nz

Janine Burton
Deployment Services Officer
Linton Regional Support Centre
Linton Military Camp
Palmerston North 4820
Ph: (06) 351 9399
Cell phone: 021 649 903
Toll free line: 0800 OVERSEAS or
0800 683 77 327
Fax: (06) 351 9009
E-mail: dso.linton@xtra.co.nz

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Cover Photo:

A New Zealand UNMO providing instruction on vehicle recovery techniques to fellow UNMO's from China, Tanzania, Ethiopia, Ghana and Nepal.

GUEST EDITORIAL

Colonel Hamish Gibbons
Chief of Operations (J3)
Headquarters,
Joint Forces New Zealand



Greetings to our deployed personnel, their families, loved ones, and friends. We are now well into 2021 with the usual pre-deployment training activities occurring and rotations of deployed personnel underway. I thought I would take the opportunity to provide a brief update on a couple of things that is common across all missions, and finish with some thoughts relating to the Government's recent announcement that the NZDF commitment to Afghanistan will finish shortly.

Firstly, as many will be aware New Zealand has recently commenced its first stage of COVID-19 vaccination roll out. As both a key component of the border work force and due to the short notice overseas deployment requirements of the NZDF, the uniformed members of the NZDF will have access to vaccinations early in the national roll out. However, accessing vaccinations for our deployed personnel is a bit more challenging as they will rely on either the host nation roll-out or coalition partner plans. We have recently provided guidance to our deployed personnel to enable their vaccination decision making. This includes the opportunity for each individual to speak to a NZDF medical officer (doctor) to allow an informed consent choice to be made.

International travel continues to be challenging in 2021, and this includes for the NZDF. We have an agreement with Managed Isolation and Quarantine (MIQ) about getting our personnel home at the end of a deployment. However, any other travel including leave and compassionate travel to New Zealand mid-deployment remains difficult. It relies upon gaining a MIQ voucher in the same manner as for any other Kiwi trying to get back to New Zealand. For a compassionate situation, we will do our best to enable travel home, but unfortunately there is no guarantee that we will be successful.

Finally, the Government recently announced that the NZDF's commitment to Afghanistan will come to an end after almost two decades of operating there. This commitment has generated over 3500 veterans, and unfortunately the loss of ten of our personnel and some wounded warriors. I know that many of our currently deployed personnel are also Afghan veterans or knows someone who is one. My thoughts, along with many others, are with the families and friends of our fallen and wounded. They are also with the many good Afghani people that we were privileged to interact with and whom we helped enable to get on with their daily lives. Although Afghanistan remains a country facing many challenges, I do believe we made a difference to these people. I also believe that our deployed personnel are continuing to make a difference to the people within the various nations in which they are serving today.

To our deployed personnel thank you for your ongoing service. And to the families, loved ones and friends of our deployed personnel, thank you for your ongoing support during these uncertain times.



NZDF to Complete Afghanistan Deployment

17 February 2021

The New Zealand Defence Force (NZDF) will complete its commitments and proceed with the withdrawal of personnel from Afghanistan following the Government's announcement today that the deployment will conclude this year.

Over the past 20 years, the NZDF has worked alongside partners in Afghanistan, making a significant contribution to regional security and the lives of people of Afghanistan.

More than 3500 NZDF personnel have served in Afghanistan. Tragically, 10 NZDF personnel have lost their lives serving there.

Commander Joint Forces New Zealand Rear Admiral Jim Gilmour said the six personnel currently in Afghanistan would return to New Zealand within the next couple of months.

Rear Admiral Gilmour said the NZDF had made a significant contribution to regional security and development in Afghanistan over the past 20 years, including in Bamyán province with the New Zealand Provincial Reconstruction Team.

Recently, NZDF personnel have been supporting the NATO-led mentoring for the Afghan National Army Officer Academy (ANAOA), and working at the NATO Resolute Support Mission headquarters.

NZDF mentors have been supporting the ANAOA since its creation in 2013. They have been part of an international mentoring team together with the United Kingdom, Denmark and formerly Australia and Norway.

The academy produces about 75 percent of Afghan National Army officers. In September 2020, the academy graduated its 5000th cadet.

At the NATO Resolute Support Mission headquarters, NZDF personnel have been supporting Women, Peace and Security initiatives including in gender advisor roles.

Their work has included assisting in the development of Afghan National Army gender advisers and helping remove barriers for females in the Afghan army, including through the establishment of childcare facilities and education and training opportunities.

Rear Admiral Gilmour said NZDF personnel, working alongside international partners, had directly contributed to the development of future Afghan military leaders.

"Our NZDF trainers and mentors have made a valuable contribution to the academy which has been developing to self-sufficiency, with our support no longer needed," he said.

"We are also proud to have contributed to women, peace and security initiatives in Afghanistan, and look forward to seeing further progress in Afghanistan as this work continues.

"It has been a privilege to support our Afghan partners and serve alongside them over the years."



Source: NZDF



Ten years on the NZDF Remembers

22 February 2021

Ten years ago New Zealand Defence Force (NZDF) personnel were in the South Island gearing up for the NZDF's bi-annual exercise, Southern Katipo. Troops were ready, air assets were on the tarmac and HMNZS Canterbury was berthed at Lyttelton Port making final preparations before the exercise got underway.

Then, at 12:51pm on Tuesday 22 February 2011 a 6.3-magnitude earthquake struck the city of Christchurch. The earthquake killed 185 people and injured thousands and caused severe damage in Christchurch and Lyttelton. The NZDF responded by undertaking its largest-ever humanitarian assistance mission.



"I am still stuck by the dedication and professionalism of my ship's company and all of those members of the NZDF that ran towards the disaster to play our role in the response. I am equally impressed by the resilience of the people of the Canterbury region who fought through this disaster."

RADM Jim Gilmour

"Our move into the city was memorable, we had a large contingent of Pinzgauer and Unimogs which were joined by fire appliances, emergency vehicles and Police as we got closer to the central city location."

LTCOL Tim Tuatini



"It was incredibly sobering to see the destruction brought on the city. But my enduring memory was seeing and hearing people doing everything they could do to help—whether it was those on the ground we saw assisting others, or those in helicopters arriving from all points throughout the South Island and asking what can they do to help."

Nathan McMaster (then Flight Lieutenant)



Source: NZDF

FOREIGN CORRESPONDENCE

*News from
South Sudan*

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not necessarily those of the NZDF*

Sam's Story

MAJ Sam Gouk

Military Liaison Officer, Op SUDDEN

Hello readers and greetings from South Sudan! The SNO saw so many articles about Antarctica and the Sinai in The Bugle and because I poked fun at her when I saw her appear on national TV at Christmas, she promised she would direct me to write an article from South Sudan! So here goes - after a few months of waiting for VISA clearances and of course mandatory quarantine periods, our team of four is finally complete here. The team has moved into their permanent deployment locations with two of the team located at UN House on the southern side of Juba, one located at UN Camp Tomping, next to Juba airport and the other located in UN camp Bor in the state of Jonglei about 100 kms north of Juba. It's the height of the dry season here and despite the soaring temperatures and inescapable dust and cockroaches, everyone has managed to settle in and get stuck into their roles.

The team is made up of one staff officer working in the plans office at Force Headquarters with another working as the Military Assistant for the Special Representative of the Secretary General (SRSG), Mr David Shearer. Meanwhile the other two have taken up roles as United Nations Military Observers. This role is quite diverse and involves a lot of travel and movement around the countryside interacting with key members of the government of South Sudan and the local population. Being the dry season the conditions are perfect for this as the roads are in good condition and are easily trafficable by four wheeled drive vehicles. This will of course be a different story during the wet season as across the country a large percentage of the roads become un-trafficable and movement is very limited. Needless to say, the UN is making hay while the sun shines and is definitely keeping us all busy.

Some of the team managed to take time to recognise Waitangi Day and took the opportunity to share a brunch with SRSG and a handful of other kiwi civilians that are located within Juba



A New Zealand UNMO providing instruction on vehicle recovery techniques to fellow UNMO's from China, Tanzania, Ethiopia, Ghana and Nepal.

working for the UN. Despite being located in different camps and spread out from each other we stay in contact as best as we can and check up on each other to make sure all is well. This is especially important for the NZ UNMO located in Bor. Along with this the team has had a steady influx of mail arriving from NZ now that the holiday rush is over. This has been a continued source of morale and has provided some well received treats and comforts in a place where these can be

hard to come by. We appreciate all of you for keeping us in your thoughts. Anyway we wish everyone back home all the best and hope that you all stay safe and dig deep through the latest round of lockdowns and alert level changes. Kia Kaha NZ!

PS: Special shout out to the OP RUA crew who are closing the door on the NZDF mission in Afghanistan. Safe travels home team.

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Q & A From Antarctica

F/S J Ekman
Senior Cargo Handler
Scott Base Support Team

I recently engaged with the Advanced Trade Training Course at the Logistics Training Centre, RNZAF Base Woodbourne. Due to time constraints we couldn't do a VTC and instead we had the following Q&A exchange over email.

What deployments have you undertaken?

Op ANTARCTICA (HTT) – Cargo Handler
Op TROY – Air Mover/Log
Op FARAD – Contingent Quartermaster
Op TIKI – 5 Sqn Supplier
Op TAKAPU – 5 Sqn Supplier
Op TEAL – Air Mover,
Op ANTARCTICA (HTT) – Air Cargo Yard Load Planner
Op ANTARCTICA (SBST- Scott Base Support Team) – Cargo Handler & 2IC SBST

This doesn't include all the overseas 5 Sqn exercises, or Air Movements Air Load Teams (ALTs) and Maintenance Support Teams (MSTs) I've done.

What sort of PDT did you need to undertake, did you find any of it challenging?

I had to do a civilian basic first aid course first to get the unit standards that AntNZ wanted for staff working at



Scott Base. I also had to get Telehandler training which was difficult to nail down due to lack of course availability. COVID-19 didn't help.

Two days of PDT with JFNZ CTC in Burnham. This was mostly medical and environmental with a dash of deployed admin with DPSC, well-being, welfare support. On the first night we went to the blizzard room at the Antarctic Centre and ran through several scenarios with the Condition 1 storm going. Temperatures dropped to -14°C while trying to triage, treat and evacuate casualties.

We then had 10 days of Antarctica NZ Awareness Programme training with AntNZ and five days of fire training with NZ Fire service. The AntNZ training was very good—a generic module like learning NZ's role in Antarctica, how Scott Base works, all the different roles, the science events, a lot of environmental safety, code of conduct, learning how to stream waste (food, food contaminated, general rubbish, recycling, paper, construction waste, cardboard, metal). Nothing gets left in Antarctica, it all comes back, even the pool!

The most challenging part and fun for me was the fire training. It's graduated training all the way up to donning full clothing and breathing apparatus (BA) sets and sitting in the dark in a burning bunker or working through an obstacle course in the dark in a room heated to 40c in the same gear, and fighting a fire as a team, with auxiliaries, hose runners, BA team, with a medical team and an incident control team. The only thing stopping us from being as qualified as volunteer is we don't get the training with the trucks. We are our own fire service on Scott Base. We are rostered on week by week and we drill once a month. We provide our own Search and Rescue (SAR) team as well. Both our Fire and SAR responses are augmented by the Americans at McMurdo over the hill.

Did you have any memorable experiences that you can share?

So many:

- Saying goodbye to my family and going into isolation in the hotel for two weeks before deploying, getting to know everyone and



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doing a bit of remote learning for the coming months.

- Stepping out of the C-17 into the cold the day we landed. Feeling rush of cool dry air when they opened the forward crew door.
- The work is great, although there is less flights, less science, there is also only me and not a small cargo/log team so it balances out and between my work, 2IC Scott Base Support Team (SBST) duties and base duties I'm kept busy.
- Learning what everyone does here and sometimes helping them with their duties. In base services there's the chefs and the domestic staff, who do all the base cleaning. Programme services which includes myself as Cargo Handler, KP and Alex as Comms Ops, the Field Trainers who make sure everyone is equipped to be outside in the environment, the Field Support who does similar but works closer with the Science Event pers. The Ops Co-ord who does the helo load planning for the science events. Then there's the Engineering team- electricians, chippies, powerplant (generators and wind farm), water engineer (poo plant, reverse osmosis plant) and our NZDF Plant Operators who drive all the dozers, excavators, frontend loaders, etc.
- Climbing Observation Hill on 22 Oct 2020 for the last sunset of the year (the next one is around 20 Feb 2021!)
- Learning about the Scott Base rebuild project
- Learning so much about the weather down here and learning how to dress correctly for it. Even though it looks sunny outside it's not necessarily warm. It can be -20°C with windchill and you need to wear some layers.
- Putting parking tickets on a United States Antarctic Programme (USAP) crane stuck outside Scott Base for three weeks.
- Working as a small five-person NZDF team on a bigger civilian team has been a really good insight. AntNZ has similar process, systems and values as NZDF.
- Helping the NZDF contingent host a Formal Dinner (Dining In) for Scott Base
- The scenery here is amazing. Just this afternoon Southern bottle nose whales and pods of killer whales surfacing just off Scott Base. Hundreds of Weddell seals on the sea ice around Ross Island (where we are), Adelie and Emperor penguins and minke



whales also make visits.

- 'Fam' trips with the Field trainers. Going out to local parts of Ross Island on skidoos or by Hagglund

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to sightsee like 'Room with a view', a natural viewing platform near Mt Erebus that lets you see the Ross Sea from a much different point of view than we're used to. Climbing Castle Rock that looks over the whole peninsula.

- Launching a midnight weather balloon from McMurdo
- Parading in all-weather to represent NZDF and NZ on ceremonial and memorial

occasions.

- Seeing my team mates at the Harewood Terminal Team (HTT) in Christchurch excel under all the usual Op ANTARCTICA pressures plus COVID-19 heaped on top.
- Stopping to take a few minutes and appreciate where you are. It's very easy to stay inside and watch movies or just work, work, work. There is always work but it's easy to miss opportunities to see something new and exciting, so just stop and take a few minutes.

- Seeing the sea ice break out in front of Scott Base and then all the whales that came in afterwards. No icebreaker or ships this year so it is the first natural break out since 1955!!
- The sad part- Saying goodbye to friends and workmates as they redeploy back to NZ. Even staff or event people leaving who have

only been here a month can affect the dynamic on the base.

- The internet bandwidth being upgraded from 2MB to 4MB so we can do more regular Zoom calls home to family, especially at Christmas.
- Watching my son Isaac (4) and daughter Freya (2) grow up through photos and stories from home.
- Getting mail, care packages and Christmas presents from home.
- Singing Six60's "Kia Mau Ki Te Ukaipo" at McMurdo's Ice Stock concert.
- Enjoying Scott Base's own Castle Rock Ski Field.
- Making Secret Santa gifts for each other.

What were some of the supply related tasks you had to carry out? Were you responsible for anything NOT supply related?

I do:

- Inwards/outwards mail, inwards/outwards cargo, inwards/outwards pax with bag drags and departure briefs.
- Sending Retro cargo home for repair/disposal. This is low priority freight usually sent by sea but because there's no ship this year .
- Lots of Dangerous Goods (DG) - I document and package DG for all the Helo missions that Scott Base do to support science at remote areas around the Ross Sea region. I document and package DG for all RNZAF flights from Scott Base to NZ. (IATA)
- I helped do a rack to record haz subs stock take for hazardous goods (HAZNO). Lots of different chemicals here for science and for running the base.
- Sending samples to NZ - living organisms, water samples, soil or rock samples.
- Being the go-to SME for any of the

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above. Helping to problem solve slow supply chain issues with Chch.

- Being the mail guy has perks. It's like Christmas every time we receive a mail bag so it is a good feeling making people smile. Unless it's bills. Then it's like serving someone a subpoena.
- It's been very similar to my role at Op FARAD - more supply/logistics than air movements, but being an air mover and especially one out of Chch with a deep understanding of Op ANT has been a huge bonus.

Some challenges for me are: The supply chain is reliant on flights, especially since we had no cargo ship this season. Our biggest flight delay so far has been 19 days straight back in Dec. The RNZAF C-130 had three more missions to fly and the ambient temps here were over -10°C getting up to 3°C forecast on a few days. The runway needs consistent temps under -10°C to be groomed effectively. It ended up with big holes in it due to ice melt and not enough serviceable runway for the Herc to come in. The NYANG LC-130 ski Hercs did some missions around Christmas to take off the edge and rotate people in and out for Christmas.

COVID response: COVID has had a



huge impact. Less science, less Scott Base staff, two weeks isolation with three COVID-19 tests before deploying, our own COVID-19 response to new people flying in is to go to level yellow. For me that means contactless delivery and collection of freight from McMurdo (MCM). It makes it hard to build working relationships with people. Processes and timelines get dragged out. Info sheets show what Scott Base does at the different COVID-19 levels.

Right now, is the air bridge: C-17 missions bridging the gap in cargo that having no ship left ensuring science and wintering USAP and AntNZ staff have what they need over the winter. We've had four C17's since the 11th with another every day this week until Friday, and also a kiwi Herc on Friday. If you consider the C-17 can carry 100,000 of payload and the C-130 can carry 23,000lb there's potentially up to 323,000lb still to come on its way south this week. I'll have to actively manage my fatigue with just me here as I drive the Merlo and the Isuzu truck (class 2) in my day to day business as usual (BAU). I can get help from one of the Scott Base staff who will be covering the cargo role during the winter. He is a civvy carpenter by trade and before I hand over to him before I leave I update the Cargo Handler Desk file to keep it current and make sure he is up to speed. One of the NZ Army Plant Operators is staying to help with the air bridge too and he is great to work with - very skilled on the Merlo and loader and a solid worker.

Sleep can be a challenge, with 24 hr



sun since 22 Oct last year and the first sunset on about 21 Feb 2021, it can play with your sleeping patterns. You have to figure out the best routine for your day and try and develop good sleeping habits. I've refused to learn how to use the barrister machine so I don't get a new bad habit and I've cut back on instant coffee quite a lot.

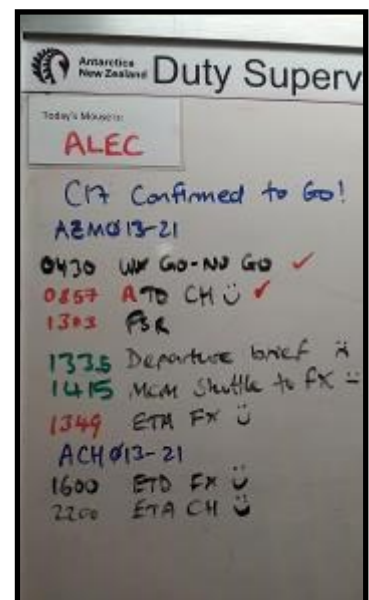
Drink lots of water! They recommend 3+ litres a day which is near impossible for me. It's the driest continent and your hydration is no duff important.

The two chefs here (normally three but no NZ Army chef this year) are excellent but the consequence of them making great food is putting on weight! People seem to put on about an easy 5 kg here. There is a gym, but you have to use it.

Any recommendations to a budding young LOGSPEC coming through the system?

Chase the work, do the hard mahi, get experience, get qual'ed, maintain your quals, be deployable, stay deployable - be indispensable.

Talk to your team mates, give them your expectations, understand theirs. You don't have to be the boss to lead. You're all responsible for each others



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physical safety and well-being.

Our Scott Base team, in particular our NZDF Scott Base Support Team has been amazing this season. We all talked with each other and made our five months together- 6+ including PDT, ANZAP and Isolation- much easier. Our ANZAP slogan was “Don’t be a d...” and we’ve carried that with us all the way through this deployment. The trip doesn’t need to be harder than it already is so there’s been very few personality clashes.

What licenses/endorsements should a LOGSPEC have to have a better chance on this deployment?

For this deployment and many others - Class 1 and 2, F and OSH, D. For this deployment in addition to the above - R, T, W and Telehandler Certificate US23637. Photo of our Merlo telehandler attached, 2,500 kg rated capacity (we use a Cat front end loader with fork attachments driven by the NZ Army Plant Operators for anything bigger. A 10,000 lb aircraft pallet is at its max capacity).

An IATA DG qual as a shipper is also essential as DG makes up a lot of the northbound cargo. Having an MPI Approved Person qual and biosecurity experience from Air Movements has been helpful as cargo can be first point of entry for flora and fauna from NZ.



Force Skills Competition 2021

SGT Royce Campbell
Force Skills Competition 2IC

The Multi-National Force and Observers (MFO) Force Skills Competition is an event that involves all nations of the MFO. It is made up of nine stands that require both physical and mental abilities.

NZCON had a team that had been preparing for some time but due to various personnel being unavailable it was only the day before the event that we decided we would enter an ANZAC team. The team consisted of five Kiwi members and three of our Aussie mates. With limited time to train as a team, the ANZAC team bonded fast and did as much last-minute preparations as possible.

On the morning of the competition the first stand for all teams was an 11 km forced march with a minimum weight of 15kg to be carried by each member along with their service rifles. The ANZAC's started the stand at a steady pace and gradually sped up overtaking half the field in the second half of the march to finish fourth overall.

Each team was then given a map that had a route on it that the team had to follow to get to their next stands. All equipment had to be carried and no mechanical aids were to be used.

The second event the ANZAC team competed in was a scored shoot. This tested the members ability to count how many rounds they shot at each target within a short time frame at different distances.

Once the shooting stand was complete the team moved on to the driving stand. This stand was split into two parts. Two members were selected to do a complex driving course where they were scored for time and accuracy. The remaining team were given four theory tests with a mix of questions to complete within a 20-minute time frame.

The team then moved onto the medical stand, where team members were expected to give medical attention to two injured personnel, send a 9-liner



report and then move the casualty to the extraction site. This stand was finished quickly allowing the team to study up for the upcoming recognition stand.

The recognition stand was broken down into two parts where the team was split and could not check each other's work. Half the team was sent into an observation tower and told to identify some tanks, aircraft and ships.

The other half of the team had to name 25 other common pieces of military equipment from within the Sinai in ten minutes.

A Counter Improvised Explosive Device (C-IED) was the next stand for the ANZAC team, with the team starting the stand in vehicles and having to react to an IED blast going off. They were being judged on how the scene and reports were handled. Once that



The ANZACs starting the 4km weighted run before completing the confidence course on day two.

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SGT Campbell completing the last obstacle on the confidence course.



LCPL Ross completing a theory test. In this picture he is attempting to identify various equipment the Israeli and Egyptian armed forces use.

was complete the team moved onto walking a given route identifying IEDs and marking their position on a map as well as identifying how the IED was initiated.

The final stand for day one of the competition was a theory test. This test was based around MFO history, MFO warning signals, equipment knowledge and finally a map test where all MFO locations had to be marked.

The ANZAC team really came together as time went on and they finished day one with good moral and optimism about day two.

The start of day two was a 4 km run then straight into the MFO confidence course. The run was in the same equipment as the weighted march from day one, then once the run was complete the team had to drop their armour and conduct the confidence course.

Once the confidence course was complete the team had to move to the range where the final part of the Force Skills Competition was a move and shoot competition.

The shoot was comprised of one person shooting at a time. Individuals started inside an armored vehicle and on the buzzer, moved to various locations on the range utilizing multiple firing positions. Exhausted the team spent the rest of the day resting aching muscles and refurbishing all the

equipment.

That evening prizegiving was held with the ANZAC team taking first place in the C-IED stand and second place in the shooting stands. Overall, in the Force Skills Competition the ANZAC team placed second in the minor unit's category and fourth overall, just missing out on a top three placing by two points.

Overall the team put in a tremendous effort, had a lot of fun and reinforced the ANZAC bond which has history in service on the Sinai Peninsula dating back to 1915.



PTE Price and PTE Kerr shooting well in the "Engage Targets" stand.



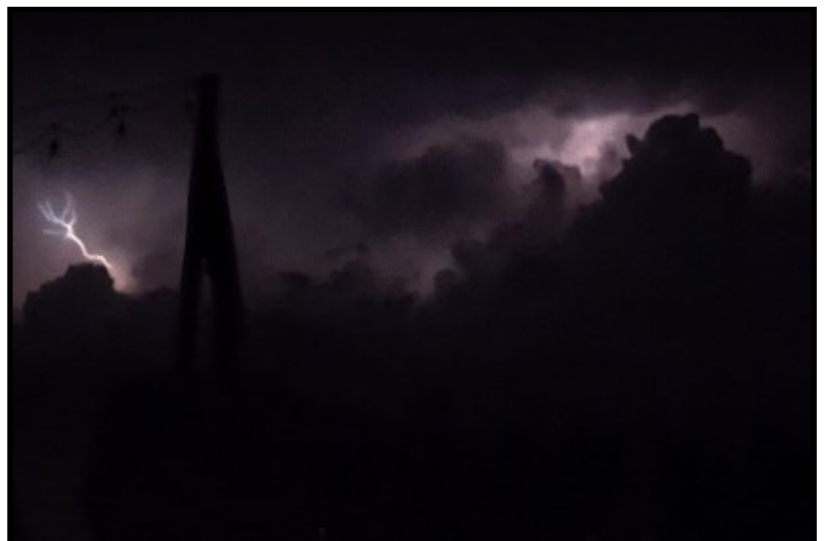
The team sticking close together on the forced march with the Aussies in the rear. Kiwis from the left, PTE Price, PTE Kerr, SGT Campbell, LCPL Cresswell, LCPL Ross.

Thunderstorm in the Desert

On the 3rd of February, all MFO personnel in South Camp were warned that a thunderstorm with heavy rain was heading our way that night. We were tasked to move all electrical items that were outside to inside locations. As South Camp does not get rain very often (not once in the last 7 months), we have outside patio areas with a television, stereos and washing machines. These items needed to be moved into sheltered areas as well as battening down the hatches, so our stuff didn't blow away. The generators around camp were all topped up to ensure essential services would still have power if there was a power cut. At 10pm most people woke up to the sound of thunder and the flashes of lightning. Some of us moved outside to watch the lightning as it was a spectacular sight to watch.

Once the rain hit South Camp it was very heavy and lasted for an hour. As we were watching the lightning over the Red Sea, one of the drivers went inside the Woolshed accommodation block and noticed water coming through the lights in the hallway. We started gathering buckets and chilly bins to catch the water as it looked like it was raining inside. Out of the nine rooms in the woolshed five were leaking, mostly through the electrical fittings and lights. As the power had already been cut, everything was turned off and unplugged to reduce the risk of electrocution.

Once the rain eased it was an all hands job to empty buckets and sweep the water out of rooms and accommodation areas. A couple of people had to change bed linen as their beds were soaked. Once barracks was cleaned up and everyone had a dry bed to sleep on, it was time to put our heads down and get some sleep before missions resumed the next day.



CAPT Morton running in the rain from Romani House to see the view from the Woolshed patio.

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The view from the Woolshed Patio looking out to the Red Sea.



L: The gutters not handling the amount of water coming down.



R: LCPL Daly changing his sheets after his roof leaked.

Aftermath of the Thunderstorm

South Camp was assessed by engineers the day after the storm. A lot of areas had damage from sand sinking underneath infrastructure. The perimeter fence had significant damage

and the American security platoon were deployed to ensure no one could breach the perimeter fence while repairs were being completed. The NZCON drivers had missions to complete in the morning and went out into the Sharm El-Sheikh area to conduct resupplies of local remote sites.



PTE Price, LCLP Daly and PTE Viney biking to the transport park through the flooded Main Dining Facility car park.



The route from RS2 to RS1 also had damage to the roads due to the storm. This route was also closed for a couple of days until Uruguayan plant operators cleared a section of road that was covered in mud and sand. The engineers did some reconnaissance on this route and it is no longer used by MFO vehicles as it is deemed unsafe due to the road condition. An alternate route is now being used.

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The flooded roads of Sharm El-Sheikh. Sharm does not have any gutters or drains so the water had nowhere to go.



The Main supply route from South Camp to Remote Site 2 (RS2) was blocked from rock fall in the canyon. This delayed movement of food and stores for two days as the Egyptians worked to clear the route.



Herbs Beach was destroyed from the thunderstorm and has been out of action since. This favorite kiwi spot is being fixed ASAP by engineers before the summer months arrive with 40 degree+ daily temperatures.



All contingents in the MFO helped to tidy up and repair damaged areas within camp. Thankfully everyone was safe and after a few days of tidying up most things were back to business as usual.

DSO'S CORNER



Carol Voyce

Deployment Services Officer
Editor "The Bugle"

It's chocolate season! If you are a lover of chocolate this has to be your favourite time of year. How can one resist? Every now and then I exchange a small pack of chocolate fish with a friend! It's become a standing gesture of thanks extended when we have completed some overwhelming task and is somewhat of a joke between us two!

However, no chocolate fish needed this month as we have every excuse possible to indulge in a little more chocolate than usual with Easter upon us! No need to justify every bite, no matter how big or small.

Chocolate contains beneficial antioxidants and apparently in times gone by was often used for medicinal purposes. It was used to help emancipated patients gain weight and was said to stimulate the nervous system and improve digestion. It's now widely known that antioxidants are found in a wide range of good foods so justifying that chocolate urge isn't always as easy as it was – or could be! That's what research does!

I am not sure if you have studied the history behind the giving and receiving

of Easter eggs but it does make some interesting reading. There are many traditions and conflicting legends which are peculiar to given countries, but some fascinating facts and theories to be found.

If you check out the "Cadbury" website you will find that the earliest Easter eggs were hen or duck eggs, decorated at home in bright colours with vegetable dyes and charcoal. The



17th and 18th centuries saw the manufacture of egg shaped toys and later still the emergence of the gorgeous Faberge eggs. It wasn't until 1875 that the first chocolate eggs

emerged. Imagine this – dark chocolate with a smooth surface, decorated with chocolate piping and marzipan flowers and stuffed with sugary almonds. By 1905 the now famous Cadbury dairy milk chocolate, made the first contribution to the Easter egg market and still does!

I guess many of you have been busy parcelling up eggs and sending them to deployment locations worldwide to keep the tradition alive and to offer a small treat. One just has to hope that mailbags are not left on hot tarmacs in transit and the perfectly formed egg arrives as a gooey chocolate blob! Sadly we know that some missions are unable to receive mail, so maybe you have to eat their share or tuck them away in the very back of the pantry until their return.

If we can't interest you in chocolate, maybe we can interest you in all things green! Each year on March 17, the Irish and "the Irish at heart", across the Globe observe St Patrick's Day. What began as a religious feast for the Patron Saint of Ireland has become an international festival of celebrating Irish culture with parades, dancing, special foods and a whole lot of green.

St Patrick who lived during the 5th century was born in Roman Britain, kidnapped and brought to Ireland as a slave when just 16 years old. He later escaped but returned to Ireland and was credited with bringing Christianity to its people. The most well known legend is that he used the three leaves of the national Irish clover, the shamrock, to explain the Holy Trinity (Father, Son and Holy Spirit). Corned beef and cabbage is said to be a traditional St Patrick's Day dish!

I think I will settle for the Easter egg!

Have a happy Easter and St Patrick's Day – look forward to catching up with you all soon.



Janine Burton

Deployment Services Officer

from overseas so will miss them as a regular guest group. These occasions were always enjoyable and for this particular family, not having to cook the dinner was an absolute treat. If you haven't been before, come along and join me. You can bring your family or a friend. I will be emailing Manawatu families shortly as well.

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 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 9 1/2 months away!

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

Hope you are talking care of yourself. Happy Easter.

The NZDF Welfare Team encompasses personnel from across all three services of our organisation. Over the years of working closely together, firm friendships have been formed and we have become a family of our own. In February one of our team retired. Carolyn Hyland, our Defence Community Facilitator (DCF) based in Waiouru left to begin her retirement after 25 years service to the Waiouru community. Lesley and Manda (DCF and Community Co-ord, Linton), Bridget (DCF Ohakea) and I attended the morning tea in Waiouru to recognise the impact Carolyn has had on her community over the years. It was a very emotional farewell with accolades from the NZDF, community groups, Waiouru School, the local Police and many personal tributes as well. Not only was Carolyn the DCF, and affectionately known as Camp Mother, she is a Justice of the Peace, a marriage celebrant and for many years,

a Victim Support volunteer. While we are going to miss her in a work capacity, we will continue to keep in contact and hope to catch up with her regularly. We wish her well in the next phase of her life.

Over the past few weeks, while the temperatures have still been hot and rain has been scarce, it has been getting darker in the mornings and I have noticed that leaves are beginning to subtly change colour. Now we are into March and it is Autumn, we only have a month left of daylight savings time.—ends on Sunday 4 April—so we encourage you to make the most of the extra hour of afternoon sunshine.

March also brings our next dinner for deployment families within the Manawatu. So please mark your calendar—**Sunday 21 March**, looking forward to having you join me. I have one family who have joined us for every dining occasion but their deployed person has now returned

We are here for you!

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**

CHOICES

What rings true?

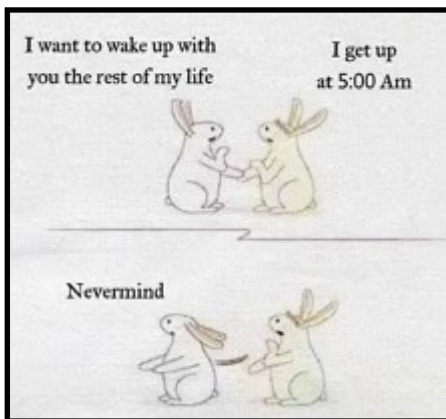
A Chaplain's brief contemplations on relationships.
The power to choose different. How not to be a blame-shifter!

Any relationship (both at home and work) will only be as good as the emotional and mental health of those in the relationship.

When we were a child our environment shaped our attitudes. Now that we are adults our attitude shapes our environment. Our attitudes will largely determine if we are an asset or a liability to the firm, whether we are growing towards or growing away from the love of our lives. Our attitude will shape whether our children will grow up trusting us or disengaging from us. Are we deliberate in our choices shaping our attitudes or do our attitudes cause us to drift into choices?

Picture this. Our own attitudes and character are like a grand oil painting whose colour, texture and detail has been painted over many years. Here is the key. When you step back and look at your character painting and you notice parts of the painting that you don't like, then simply grab some turpentine and a rag and scrub those parts of the picture back to naked canvas. You then have the freedom to re-paint what you truly value there. We are both canvas and artist.

A significant factor towards great mental health is our accepting responsibility for the consequences of our choices. All our choices matter-they all have consequences. The power to touch-up our grand oil painting comes from the committed belief that we are responsible for our choices. We either choose to repaint or not! If we choose to never scrub out and repaint, then we often become blame-shifters. We drift along having others paint their stuff onto our painting.



A blame-shifter blames the government, their partner, their children, their boss, the firm, their workmates, the system, their health, their parents, their....., their..... Other blame-shifters will delay and delay a decision until others are forced to make the decision for them. Then they get to blame the others for the outcome of the decision that they chose not to make. Chronic blame-shifters never become trusted. Great relationships are only ever built on trust. The efficiency of the New Zealand Army is built and based on trust.

When we own our own decisions, our choices have meaning as we decide what we will paint on our own canvas. We are empowered to say an effective "Yes" or an effective "No". We decide "Yes", we are going to be fit, or educated, or sociable, or even tempered, or hardworking, or look after our health, or a great partner or parent.

We can decide to say "No" to being short tempered, flying off the handle, with the associated destructive coping mechanisms and we can decide to teach ourselves what we need to learn and practice to become more even-tempered.

If we don't like what we see- reach for the turpentine. Hold on to what rings true for you and let the rest ebb away. Regular and Reserve Force, Veterans, Civilians and their families can access Wellbeing and Counselling support on 0800 NZDF4U (0800 693 348).

CHAP3 Hamish Kirk
Linton Military Camp



The Mayonnaise Jar and Two Cups of Coffee



When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar and the two cups of coffee.

A professor stood before his philosophy class and had some items in front of him. When the class began, he wordlessly picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous 'yes'.

The professor then produced two cups of coffee from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand. The students laughed.

'Now,' said the professor as the laughter subsided, 'I want you to recognise that this jar represents your life. The golf balls are the important things ... your family, your children, your health, your friends and your favourite passions ... and if everything else was lost and only they remained, your life would still be full.

The pebbles are the other things that matter, like your job, your house and your car. The sand is everything else ... the small stuff. 'If you put the sand into the jar first,' he continued, 'there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff you will never have room for the things that are important to you.

'Pay attention to the things that are critical to your happiness. Spend time with your children. Spend time with your parents. Visit with grandparents. Take time to get medical checkups. Take your spouse out to dinner. Play another 18. There will always be time to clean the house and fix the disposal.

'Take care of the golf balls first—the things that really matter. Set your priorities. The rest is just sand.'

One of the students raised her hand and inquired what the coffee represented. The professor smiled and said, 'I'm glad you asked.' The coffee just shows you that no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend.

Source: Unknown

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.

Deployment Services Officers:

Linton—Janine Burton
Ph: 0800 683 77 327

Burnham—Carol Voyce
Ph: 0800 337 569

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

For additional support and services:

Army:

Defence Community Facilitators:

Waiouru:
Ph 06 387 5531

Papakura:
Ph: 09 296 5744

Burnham:
Kathryn Hodgkinson
Ph: 03 363 0322

Linton:
Lesley Clutterbuck—Ph: 06 351 9970

Trentham :
Dee O'Connor—Ph: 04 527 5029

Air Force:

Defence Community Facilitators:

Air Staff Wellington:
Linley Williams—Ph: 04 496 0555

Base Auckland:
Kylie Smedley
Ph: 09 417 7000, xtn 7035

Base Woodbourne:
Claudia Ayling—Ph: 03 577 1177

Base Ohakea:
Bridget Williams—Ph: 06 351 5640

Navy Community Organisation:

Ph: 09 445 5534, 0800 NAVYHELP
nib@nzdf.mil.nz

Local Chaplaincy Services

Unit Point of Contact



Property investors loan to value ratios (LVRs)

After regulators imposed a 40% deposit requirement on property investors earlier this week, more customers are expected to be turned away by their bank. Under the updated rules, banks will only be allowed to lend 5% of their total overall lending book to investors above 60% LVR. In effect, it means most investors will struggle to borrow unless they can provide a 40% deposit. While these new rules only technically apply from May, three of the four largest banks have imposed their own 40% deposit requirements on investors in recent weeks.

The restrictions are being introduced as the government try to take some of the heat out of the housing market, with investors copping the blame for soaring demand and price inflation.

This may mean property investors increasingly turn to non-bank lenders. *These lenders are often called second-tier lenders. They include lenders who are in the business of providing finance but aren't the traditional registered banks like those included above. Non-bank lenders include building societies and credit unions. Especially for property investors, second-tier lenders can offer loans to help buyers secure a mortgage with a lower deposit. The main difference between first and second tier lenders is the LVR restrictions. Non-Bank lenders can offer higher LVR limits across your properties. This can dramatically change matters for a property investor.*

The non-bank, second-tier lenders also have more flexibility when encountering situations such as the self-employed or even those with an adverse credit history. This makes the property market much more accessible to investment.

A wide mix of people are now seeking non-bank options.

The bottom line - Mortgage Wars

Mortgage rates are again at all-time lows. If you think you're in a position to make the most of the wars between the banks, then why not get in touch for an obligation-free chat with one of our mortgage brokers (advisers) by emailing:

info@milestonedirect.co.nz or making a free-call to **0508 645 378**.

As always: please keep in mind that interest rates are subject to change, and that even with the LVR rules removed, there are still lending criteria to be met with banks or non-bank lenders.

*This article has been contributed by Joseph Darby, CEO and **authorised financial adviser at Milestone Direct Ltd.** This article first appeared on the Milestone Direct website. The views and opinions expressed in this article are those of Joseph Darby and not necessarily those of Milestone Direct Ltd. The views and opinions expressed in this article are intended to be of a general nature and do not constitute a personalised advice for an individual client. A disclosure statement relating to Joseph Darby is available, on request and free of charge.*

How to get hold of us

Please get in contact with us with any questions about your financial needs. Feel free to call us on **0508 Milestone (645 378)** or email info@milestonedirect.co.nz. There are no costs involved until an adviser has established your specific needs.

EASTER TRIVIA

- ✦ The name Easter derived its name from the Anglo-Saxon goddess Easter, which symbolizes hare and egg.
- ✦ Easter always falls between March 22 and April 25.
- ✦ Easter is however now celebrated (in the words of the Book of Common Prayer) on the first Sunday after the full moon, which happens on, or after March 21, the Spring Equinox.
- ✦ Since time immemorial, egg has been considered as the symbol of rebirth.
- ✦ The first Easter baskets were designed as such so as to give it an appearance of a bird's nests.
- ✦ The custom of giving eggs at Easter time has been traced back from Egyptians, Gaul, Persians, Greeks and Romans, to whom the egg was a symbol of life.
- ✦ During the medieval times, a festival of egg throwing was held in church, during which the priest would throw a hard-boiled egg to one of the choirboys. It would then be tossed from one choirboy to the next and whoever held the egg when the clock struck 12 was surely the winner and will retained the egg.
- ✦ Americans however celebrated Easter with a large Easter egg hunt on the White House Lawn.
- ✦ Pysanka is the term used for the practice of Easter egg painting.
- ✦ The maiden chocolate egg recipes were made in Europe in the nineteenth century.
- ✦ Each year nearly 90 million chocolate bunnies are made.
- ✦ Besides Halloween, Easter holiday also paves way for confectionary business to prosper.
- ✦ When it comes to eating of chocolate bunnies, the ears are preferred to be eaten first by as many as 76% of people.
- ✦ Easter Bonnets are a throwback to the days when the people denied themselves the pleasure of wearing fine angels for the duration of Lent.
- ✦ Kids' favourite Easter foodstuff comprises of the Red jellybeans.
- ✦ Some Churches still keep up the old tradition of using evergreens - symbolic of eternal life—embroidered in red on white, or woven in straw, but most now prefer displays of flowers in the spring colours of green, yellow and white.
- ✦ The date of Passover is variable as it is dependent on the phases of the moon, and thus Easter is a movable feast.



Source: <http://www.theholidayspot.com/easter/trivia.htm#2e4OZv24yP9HFyxa.99>

LOOKING BACK

Over the years, and over many deployment rotations, we have collected some amazing photographs. Rather than just storing them in our archives, we are enjoying sharing some of these incredible images with our readers in each issue.

These images are from the Operation LIMA mission to Lebanon (2007).





FAMILY DEPLOYMENT DINNER

This month's Deployment Dinner will be held on
Thursday 18 March

If your partner is away on **18 March** we would like to invite you and your family over for dinner.

Join us at the Vince McGlone Galley HMNZS Philomel, on **Thursday 18 March from 5.15pm onwards. Dinner is served from 5:30pm and we will finish up around 6:45pm.**
It'll be great to catch up.

We will need to know if you are able to make it, so please RSVP by **15 March** on **0800 NAVY HELP** or nco@nzdf.mil.nz so we can save you/your family a spot.

Make sure that you and your family are registered on your Partner's ESS (your partners **Dependants** list) so that you can join us.

If you have any questions please give us a call on 0800 NAVY HELP.



POOL PARTY:

- WHAT:** NCO are putting on our Annual Pool Party for all the Naval and Civilian families. There will be a Kid Zone, a Mocktail Bar and a Sausage Sizzle on the Tennis Courts
- WHEN:** Sunday 21 March, 4.00pm to 7.00pm
- WHERE:** Naval Base Pool and Tennis Courts
- WHAT TO BRING:** Togs, towels, snacks (we'll supply the sausage sizzle and drinks)
- HOW:** Make sure to bring your favourite inflatable pool toy!
Numbers are limited so to register, please contact NCO on **0800 NAVY HELP** or nco@nzdf.mil.nz



Kylie Smedley

Defence Community Facilitator
RNZAF Base Auckland

Making That Connection For Partners

For many reasons it can be difficult for partners of our personnel to feel connected to the organisation their significant others serve. The military environment is very unique and difficult to relate to for those who do not work within the wire, or have not been around it for a long time. The work our people do is often not comparable to civilian employment and the environment they operate in has its own particular systems, language and culture that takes some time to become comfortable with. For our partners, without the benefit of being exposed to our processes, acronyms and policies on a daily basis, understanding the nuances of this very special environment can be challenging and even isolating.

Those working in support spaces within the NZDF will often liaise with the families of our people and work to assist them to navigate the military world when their service personnel are not available to do so. A little bit of knowledge can have a significant impact on our partners as an issue that

may have seemed overwhelming becomes much easier to tackle once some information is passed on and a way forward is identified. The ability for our partners to have access to information assists them greatly in terms of having the confidence to problem solve within, and feel connected to, the NZDF community.

It can be difficult for our service personnel to put themselves in the shoes of their partners and remember what it felt like when a military environment did not feel intuitive or comfortable. It can also be difficult for our service personnel to understand what is relevant for their partners to know. It can be easier for those working in the NZDF support spaces to maintain an objective role and help partners access information and resources, rather than the service person having to navigate this space, and we are often working on the best way to achieve this for our families.

On RNZAF Base Auckland we are looking to start a Partner's Night initiative to create an environment where partners or family members can directly connect with the support services on the base, designed to make life easier for our people and their families. What we hope to achieve is a platform where partners can meet

those working in the support roles on base and learn about what is available to them. We aim to focus each catch up on a specific area such as welfare and support roles, DSSG, deployments and even potentially bringing in external speakers around relevant topics such as returning to work.

The intent around the Partner's Nights would be:

- small, hour long catch ups on base once a month
- early evening to accommodate working partners
- specific topics each month
- informal – over cheeseboard and a drink



It is hoped this approach will allow those attending to learn about what they can access, while being informal enough that the conversation can go wherever suits the partners that evening. It is a great opportunity for partners to network and link in with others living a similar lifestyle and for more experienced partners to share their experiences. The hope is our families will have a better understanding of the NZDF community and feel more comfortable in a military environment.

Each camp and base will have some capacity to support our families in a similar way, so take the time to consider what is available in your location and make the connection if this opportunity may suit you or your family. For RNZAF Base Auckland personnel, look out for the first Partner's Night we hope to have up and running by April 2021.

PERSONAL MESSAGES

The deadline for contributions and personal messages for The Bugle is the first Monday of each month (**the next edition deadline is 31 March 2021 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

Hey Kids,

Be good for your Mum. Keep up doing those chores and enjoy your school and sports. I miss you all. Look after each other. See you in abit. Love Dad W

Happy Birthday Molly

I hope you have a great 5th birthday. Can't wait to see you in your school uniform and hear about your first day at school. We can skype soon. Always thinking about you and Mummy. Love you heaps, Daddy xxx

Hi Boys

Hope you are enjoying being back at school and are working hard. Still lots of warm summer days to enjoy. Have fun on your sports day and give it your best. Love Dad GHT xx

Happy Birthday Mum

Have a great day on the 10th. Make sure you sit back and let everyone wait on you and shower you with presents. You deserve it. Bruce x

Dear Troy, Alex and Geoff

Was great to talk on Skye last week. Am impressed with your good start to the school year. Keep it up. Have a great time at the cricket and hopefully have a win to celebrate. Take care there. Be careful on your bikes. Love you all. Dad

From Home

Hi Millie

We are thinking of you a lot and really appreciate your messages and photos of your friends. It is good to know you are enjoying yourself but it will be great to have you back. Miss you heaps, especially at family gatherings. Much love G'dad and Nana

Hi Uncle Calvin (Cal)

Hope you having fun driving trucks and drinking lots of chocolate milk. See you when you get back soon. Love Theo xxxx

Happy Easter Dad

Sorry we can't send any Easter eggs over for you but don't worry I am sure I can eat plenty of your favourite ones. Hope you are still enjoying it over there. Love from Greg.

Dear Daddy

I have been really good for Mummy. We are going to see Granny for Easter and I might get some chocolate eggs from the Easter Bunny. I miss you. Come home soon. Lots of love, Lucy xxx

Happy Anniversary BKB

Missing you heaps. Will keep the celebration in ice until your return. Counting down the days. Love you. CCB xx

Happy Birthday Daddy

We hope you have a nice day. We will have a cake here for you and blow out all those candles. We can have a party when you come home. We all love you lots, Liam, Charlotte and George xxx

Easter Greeting Billy Boy

Miss you heaps. No Easter holidays this year but look forward to the next one. Take care and keep safe. Love Mum and Dad.

Dear Uncle Freddie

I hope you like it there and there is lots to do and see. Have a happy Easter. I hope you get some chocolate to eat. We all miss you and it will be good to see you when you get home. Love from your favourite nephew, Kel



Burnham Easter Programme—Community Hub:

Tues 30 Mar: Egg Decorating (10.00am—12.00pm) and (2.00pm—4.00pm)
Bring along your hard boiled eggs for decorating

Wed 31 Mar: Egg Decorating Competition Sponsored by Twice as Nice—Eggs submitted to Twice as Nice by 10.00am

Thurs 1 Apr: 10.00am Morning Tea—Hot Cross Buns & Kids Easter Movie
4.00pm to 6.00pm—Meet the Easter Bunny, Egg Hunt, Sausage Sizzle & Kids Easter Movie

Keep an eye out on the [Burnham Military Camp Community Group Facebook page](#) for more details.
Or contact [Kathryn Hodgkinson](#) on 03 363 0322

Join me for Dinner in Linton

Low key, no speeches or presentations, no pressure, no mess, no fuss.

Bring your Family or a Friend.

LINTON: Sunday 21 March 2021
TIME: 5.30pm
VENUE: JRs Mess—42nd Street, Linton Camp
RSVPs TO: Janine Burton: 0800 683 77 327 or 021 649 903
Email: janine.burton@nzdf.mil.nz

Please call, email or text Janine as soon as possible so we can finalise our catering numbers. We look forward to having many of our families join us.

APRIL SCHOOL HOLIDAY CAMP, WELLINGTON

This opportunity is open to children aged between 8 and 12 years (at primary school) of NZDF military and civilian personnel based in the Wellington region.

Where: El Rancho, Waikanae

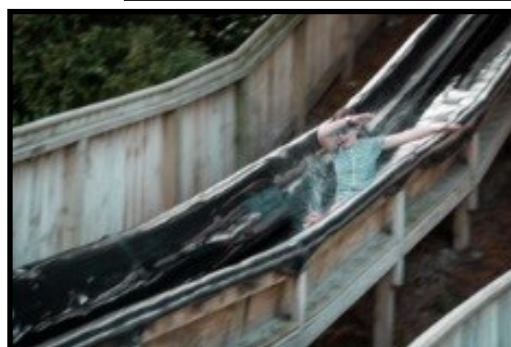
Dates: From 4.00pm on Monday 26 April to 11.00am 30 April 2021

There are plenty of out and indoor activities including rock wall, kayaks, go carts, archery, horses, waterside, just to name a few. Holiday camps support children in the development of independence, resilience and confidence to try new things as well as an opportunity to make new friends.

Check out their website www.elrancho.co.nz and if your child is keen to attend please register via email AIRDCFWN@nzdf.mil.nz no later than **15 March**. In January there were 26 NZDF kids at camp among the more 200 other children.

This opportunity is supported by

- Integrated Wellness (Defence Health)
- RNZAF Wellington Welfare Fund
- Trentham UPF
- Navy Community Organisation NCO



**New Zealand Daylight
Saving Time Ends at
2.00am on ...**

**Sunday
4 April 2021**



**So at 3.00am remember to
move your clocks back one
hour to enjoy that extra
hour of light in the morning**