

# THE BUGLE

ISSUE 274  
OCTOBER 2020

## THIS ISSUE

RSA Celebrates 80 Years of Christmas Packages

The Lone Warrior: Northern Kiwi

NZ Post Customs Declarations

Fun Coupons For Kids

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



## THE BUGLE

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### Deadline

The deadline for Edition 275 is **1 November 2020**

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

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### Disclaimer

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

### Cover Photo:

CAPT Tane North assisting with the packaging of the RSA Christmas parcels for deployed service personnel.

# GUEST EDITORIAL

**Tony Vale**  
Deputy Director  
Defence Public Affairs (DPA)



## Telling NZDF Stories

**T**he New Zealand Defence Force plays a vital role in the life of New Zealand and New Zealanders. Our people not only secure the country against external threats but they enhance the resilience and wellbeing of the people, communities and nation they serve. Staff and their families contribute hugely to the communities around the camps and bases where they live. It is the job of Defence Public Affairs (DPA) to tell the stories of the men and women of the Defence Force, to demonstrate their professionalism and service, and to show New Zealanders they have a Defence Force to be proud of.

There are several ways in which Defence Public Affairs tells the stories of the NZDF, and several channels DPA uses to reach the audiences it needs to reach. These audiences are both external (government, journalists, public) and internal (our people, their families).

One of the most effective ways to tell those stories is to work with the media who in turn can tell the public, the taxpayers who fund the NZDF, what the NZDF is doing and explain why it is doing it.

Sometimes that's hard to do. The NZDF is an organisation in which information is, rightly, tightly controlled. We don't want to do or say anything that might compromise the safety and security of our people wherever they may be posted in the world. At the same time we need to be as open as possible – to earn the trust of the people we serve we have to be accountable.

A free and vigorous media is a vital component of a functioning democracy. Journalists rightly hold power to account. A cynic might say some media also publish clickbait.

DPA works with the media at all levels, from international and national broadcasters to community newspapers, to provide journalists with stories

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which accurately inform the public about the NZDF. We highlight the work of our people and the contribution they make to their communities, to the country and to the world.

It is also DPA's job to respond to stories which might reflect negatively on the NZDF by providing the NZDF's point of view. Generally it's better to have a voice in the story than no voice. And if NZDF is in the wrong we should acknowledge that.

DPA also corrects journalists when they are wrong – there aren't that many specialist defence writers in New Zealand and journalists are under intense time pressures. So, we do push back on misleading stories and plain wrong information.

DPA is one small part of an organisation doing great things around the World and across New Zealand. When our people deploy and families are left behind, we want New Zealanders to know of their service and the sacrifices they make to safeguard this country. Our aim is to help make New Zealand proud of its Defence Force.

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POSTCARD

**CALLING ALL FOREIGN CORRESPONDENTS**

The Bugle is our main way of communicating with families and those deployed. Our families are always looking for news from abroad and are often disappointed when there are no articles or photos from many of our deployment locations.

So asking for all budding journalists to send us the latest updates on your life so far away from us all. The deadline for contributions is the last Friday of each month. If writing an article seems an overwhelming task, then consider writing in a "Postcard format" - short paragraph or two and attaching a photo.

Not only will you keep your family and our many readers entertained and informed, you will keep the mission and your good work in the public eye. Look forward to hearing from you.

Email Carol or Janine for more information or with your contributions.



NZDF Personnel \_\_\_\_\_

All Deployment Locations \_\_\_\_\_

Across The World \_\_\_\_\_

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# NZDF NEWS

## RSA Celebrates 80th Anniversary of Sending Christmas Parcels to Service Personnel

24 September 2020

The Royal New Zealand Returned & Services' Association (RSA) says today will mark the 80<sup>th</sup> anniversary of sending Christmas parcels to New Zealand service personnel overseas with a special packing event supported by local schools, key sponsors and the New Zealand Defence Force (NZDF).

For the last 79 years the RSA has been sending Forces Gift Parcels to New Zealand's serving personnel wherever they are stationed or based around the world from the Middle East to the Pacific Islands so that they can receive a little bit of NZ food from home at Christmas time.

RSA National President B J Clark says the 80<sup>th</sup> anniversary of Forces Gift Parcels Pack Day is a major milestone for New Zealand's commitment and proud history of service and sacrifice especially in a year so affected by the COVID-19 Pandemic.

"Despite the very challenging times created by the global COVID-19 Pandemic, fortunately the Forces Gift Parcels Pack Day is still going ahead. This is the 80<sup>th</sup> anniversary year of supporting our service personnel at Christmas time and the RSA is committed to making sure we recognise their service and dedication, wherever they are in the world. However, the Pack day on

24 September will take place behind 'closed doors' at Wellington Area Sports Club to ensure COVID-19 self-distancing guidelines are followed and that we can continue this great tradition of ensuring Kiwi service personnel receive their Gift Parcel packs for Christmas," says Clark.

Clark adds that without the generous support of Pams and Packaging Products who are providing all of the food items and the boxes and labelling for the Gift Packs and the original handwritten Christmas Cards made by the students of Mt Cook and Silverstream Schools, the Pack Day would not be possible.

"What makes the Pack Day extra special and adds some aroha into every gift we send to service personnel are the Pams food products from soft centre cookies, natural liquorice to peanut butter and a new toothbrush and the Christmas cards from the kids at Mt Cook and Silverstream Schools. We can't thank our sponsors enough for their support for Kiwis away from home, often working in dangerous conditions, so that they know we all care for the sacrifice they are making."

Chief of Defence Force, Air Marshal Kevin Short says the Forces Gift Parcels Pack Day is a reminder that there are NZDF personnel who cannot be with their whanau, family and friends at Christmas time, because they are deployed overseas protecting New Zealand's interests.

"We know how much it means to our deployed service personnel when they receive a care package from home. The Christmas parcels reassure our personnel that, even though they are far away from New Zealand at what is





traditionally a time when they are gathering with their whanau, family and friends, they are not forgotten, and their efforts are appreciated. The parcels also allow our personnel to celebrate Christmas, to a small extent, in a distinctly Kiwi style.”

Marketing Manager for Pams, Melissa Steffensen says Pams is proud to be a key partner in the Forces Gift Parcels Pack Day.

“Pams, like all New Zealanders, appreciates what our service men and women are doing to protect New Zealand’s borders but also all of the other peace keeping and humanitarian work on behalf of us all. Giving our service personnel some delicious and healthy Pams treats from home is a pleasure and we hope it brings a few smiles from far away places at Christmas,” says Steffensen.

The Pack Day at Wellington Area Sports Club started at 9am with a small team of NZDF and RSA staff who prepared the Gift Packs full of Pams Products and Christmas Cards which will then be sent to service personnel in time for Christmas.

### About RSA

Every day the RSA movement helps all service personnel and their families get the support they need.

Our mission is to remember and care for all those impacted by service for New Zealand in military operations.

The RSA was formed in New Zealand in 1916 by returning Anzacs during World War One to provide support and comfort for service men and women and their families.

The Royal New Zealand Returned and Services Association is made up of 182 local RSAs around the country, each an entity in their own right, with over 102,000 members. Local RSAs are managed by their own executive committee while being united with the RNZRSA in our strategic pillars, vision, and values. We believe in a nation joined by a heartfelt connection to the Anzac spirit of courage, commitment, comradeship and compassion.

See RSA for more information - <https://www.rsa.org.nz/about-the-rsa>





# FOREIGN CORRESPONDENCE

*News from  
Sinai*

Articles and opinions from Foreign Correspondents are not necessarily those of the NZDF

## The Lone Warrior: Northern Kiwi

### The Lone Warrior

Forward Operating Base—North (FOB-N)

When it comes to operations in the Sinai Peninsula, the New Zealand Contingent (NZCON) is predominantly based in the camp located in South Sinai. There are multiple challenges which soldiers face while on operations but when push comes to shove, there is a large support group and a sense of family which we can all lean on to help us through. For the Lone Kiwi living in the North, this dynamic can seem a little more isolating.

As part of the Force Protection measures, the MFO requires specialists operating in the northern area of Sinai known as Forward Operating Base – North (FOB-N) to assist the Observers and security elements in carrying out their peace keeping roles safely. NZCON has provided one Kiwi in FOB-N to help assist directly into the day-to-day operations of the northern MFO, with NZ members switching out every three months to support the role. This is where I come in.

After spending three months working in South Camp it was time to switch with

my counterpart and move to FOB-N to begin a new role. I was reluctant at first but upon arriving I was inducted into the Australian Contingent (AUSCON) barracks and treated as one of their own. Living with Australians involves a lot of banter over which country is superior (obviously NZ is, just look at our rugby record) but the lads hold up the ANZAC tradition and treat the Lone Kiwi like a brother.

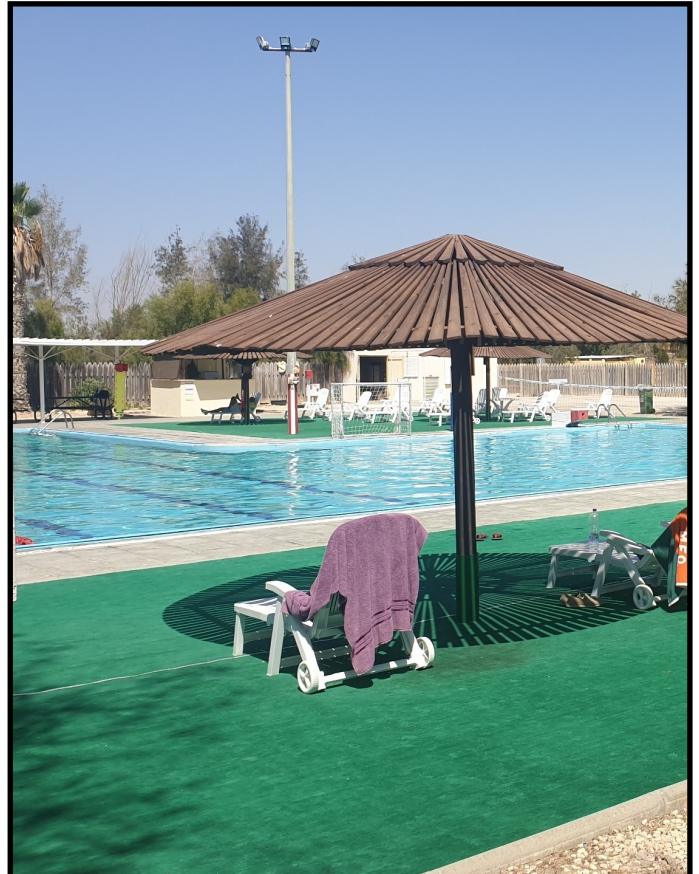
Living in the mighty north also lets you live with FOB-N's very own mascot, Corporal Roo. Roo is a dog adopted by AUSCON who is an important member of the MFOs mission and helps foster morale with every contingent. Anyone who loves dogs appreciates taking the over-sized puppy for walks around the camp or they come round for a visit just to hang out and have a play. They just need to remember to keep the gate closed when leaving!

As with everyone else who lives up in FOB-N there is a little bit of free time outside of our daily taskings to conduct activities. The Physical Training Instructor (PTI) often grips up teams to hold international sporting and fitness events which helps to inspire competition and teamwork between contingents. Being the Lone Kiwi, I usually enhance the Australian teams (they are a little slow when it comes to ball sports) or we make a mixed NZ-Australia-Canada team to smash the Americans. We also get to play against some of the Egyptian workers as well, however when it comes to soccer Egyptians are second-to-none and absolutely tear the rest of us apart. I've got my eye on them next time.

If we work hard in FOB-N we could get a low-activity day which means some free time to relax and enjoy the beautiful desert sun. Luckily for us we have a beautiful pool in camp where we can hang out and work on those awesome tans and do some sick manus. Trying to teach other nations how to do bombs in the pool requires patience and persistence but I'm sure after three months they'll suss it. Before getting the next tan we also have to make sure we show up with pump and where else better to lift some weights at FOB-N's very own gym. Fully decked







out with squat racks, benches and machines to work every muscle you can think of, the gym at FOB-N is perfect to maintain a healthy body and let off some steam.

Keeping in contact with the rest of NZCON is also a breeze. Every week we maintain contact with video conference calls to the team down south for updates on general MFO

happenings and for general catchups. Every few weeks or so we can also catch a flight down to South Camp to hang out with the team down there, so it is not as isolated as it may seem. Although internet is a little slower up here, we also always have our cell phones in case anything does pop up.

All in all, it is an absolute blast living in FOB-N. The community is a little bit

smaller in the north, but everyone knows everyone which helps to complete the MFO mission. I advise anyone coming on this trip to come up north and experience how great it is living here and the awesome work which we conduct. To everyone else, I hope you now know a little bit more about the Lone Warrior.

## MFO Force Training Team

### WO2 J Watts

Operations Instructor, NCCON

The Multinational Force and Observers (MFO) is a large organisation dedicated to supporting peace between Egypt and Israel in the Sinai Peninsula. Over 1000 military members from 13 different nations employ a wide range

of skills every day within the Force. You may already be asking yourself: "How does such a diverse group of people achieve anything together?" The answer is, of course, the Force Training Team (FTT).

While the achievements of the MFO may be modest, they are all owed to

this small group of dedicated professionals. Known across the Sinai for their indispensability and above average looks, this team is the safe pair of hands under every "Hail Mary" pass that the Force sends aloft. Be it expertly run range practices, thrilling driver training, or Search and Rescue escapades on the high seas, nothing is



# FOREIGN CORRESPONDENCE

## News from Sinai

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too hard for these servants of peace.

The FTT was originally established in 1986 as the New Zealand Training and Advisory Team (NZTAT), with responsibility for training all members of the Force in operational procedures. In 2014, the NZTAT was renamed FTT to save on printing costs.

Today the FTT is still responsible for ensuring all incoming personnel are trained and ready to conduct their specific MFO roles. This training includes courses to qualify personnel as patrol members, patrol commanders, range safety officers, remote site commanders, drivers and driver trainers.

As the previous NZTAT moniker suggests, the team is formed around a nucleus of experienced NZ Army personnel. NZ provides the Driving Instructors, Operations Instructors, Training Warrant Officer, and Senior Instructor. Like the MFO itself, however, the FTT is a cosmopolitan enterprise. The team is led by the CJ7, a Canadian LTCOL and includes a Fijian Operations Instructor and Colombian interpreter. Each of them bring their own strengths and experiences from which the team benefits. The CJ7 has previously led training at the Royal Canadian Armoured Corps School. The Fijian





instructor, SGT R, like many members of his contingent, has previous MFO experience. He is currently on his fourth tour of duty in the Sinai. The Colombian interpreter, PVT O, is perhaps the most critical member of the team. He translates all training packages into Spanish and also supports communications with Spanish speaking units. A deployment to the Sinai is a highly desirable opportunity within the Colombian Army and soldiers must excel to be considered for a position. Knowing how important communication is in the MFO, PVT O taught himself English while patrolling the jungles of Colombia, all to increase his chance of deploying to this mission.

With members from four different nations, speaking four languages, the FTT has the ability to offend almost any MFO member in their native tongue. More often though, the FTT uses words of peace, like “as salamu alaykum” (an Arabic greeting), “ahoj” (a Czech greeting), or “besame mucho” (a common request from some Spanish speaking MFO members, to which the polite response is “casate conmigo”). With 13 different troop-contributing nations come 13 different cultures, ways of operating, and expectations. These differences sometimes prove a challenge, but one that can be overcome through the cooperation and goodwill of all members of the Force.

Some of the best examples of cooperation can be seen during the base defence exercises at the larger MFO installations, which the FTT helps to plan and execute. Each exercise will involve a scenario that requires the tactical units to deal with a simulated threat, with role players doing their best

to find weaknesses in the base security plans. At the same time the security elements are responding to the threat, the Force HQ coordinates any supporting assets that might be needed, like the Explosive Ordinance Disposal team, or the evacuation of casualties. When it comes to casualties, the Force is fortunate to have several air assets to call upon, including UH60 Blackhawks operated by the US Army and Casa transport aircraft operated by the Czech Air Force. Realism is encouraged in these exercises, but as usual is balanced with the need for training to be safe. A recent improvement in this regard is ensuring camp security elements don't conduct the exercises with live rounds chambered.

In addition to all the activities on land and in the air, the MFO has a role to play in the waters off the Sinai Peninsula. Ensuring freedom of navigation in the Strait of Tiran is a key output for the MFO, and this is conducted by the MFO's Coastal Patrol Unit, made up of patrol boats from the Italian Navy. Like all Force elements they conduct regular training, and recently this took the form of a maritime Search and Rescue Exercise (SAREX). FTT personnel donned their sea-legs for a day aboard several patrol vessels while one simulated being a vessel in distress. After a search of the local waters lasting several hours, the distressed vessel was located, much to the disappointment of the FTT members aboard, who were beginning to enjoy life at sea. The simulated casualties, all bearing realistic wounds, were safely transported to shore, and treated by the Force medical teams.

In addition to Force level activities, FTT also facilitate regular training periods for the NZ contingent, with a focus on driving, tactical trauma care, vehicle recognition, IED awareness and combat shooting. The contingent's weapons training was cut short on Pre-deployment



Training due to NZ entering lockdown, so much effort has been focussed on improving contingent members' confidence and competence with the Glock-17 pistol and MARS-L rifle.

When the FTT are not conducting training, they make time to inspect the remote outposts that the Force maintains, ensuring that they are all operating well. There are also patrols to be observed: the team conducts inspections of patrol commanders giving orders and controlling their patrols on task around the Sinai. The NZ driver section, in particular, are always very grateful for the FTT's reassuring presence on a patrol.

Sadly, this team's time in the Sinai must soon come to an end. Though a bitter pill for the people of Egypt, there is some consolation in the fact that the next fine group of NZ personnel to arrive will likely surpass them in every respect.

To all the families and loved ones doing it tough back home in NZ, and across the globe, the FTT says thank you for all the support you provide.



# DSO'S CORNER



**Carol Voyce**

Deployment Services Officer  
Editor "The Bugle"

**T**echnology has always been a challenge for me. While I can manage the "basics" I sometimes struggle when new things come my way.

Last week at the suggestion of my daughter I got a new television. A smart TV they call it. My trusty old Samsung just wasn't up to taking advantage of the many new Apps that one can now purchase and she thought it might be good to be able to access and enjoy such things as Netflix, Spotify and TV on Demand, to name a few. The TV has now been installed and armed with only one remote, I am supposed to navigate my way around these little boxes that pop up in a row on the screen and find something I might want to watch. I had a couple of introductory lessons from my daughter, but she moved arrows and buttons with such great speed that I could hardly keep up with what was happening. Slowly now, by trial and error, I am making progress and not calling for help so often. I have Spotify mastered I think and am enjoying access to music and some favourite artists both new and old. I have managed to scroll through what's available on Netflix and saved a couple of documentaries and series which might be worth viewing at a later date. I

guess that is progress.

COVID has bought many changes and most of us have managed to adapt to that. Thanks to the introduction of the COVID App, I always use it to record visits when out and about. I must say I have become a real homebody in these times and despite changes in Alert levels, I am still into social distancing and at times, masks when out and about. This App, while debated by some, does give some security should one come in contact with an infectious person. I hope you have yours installed.

Apps are surely a way into the future. You can find so many which enhance contact with others and help you search for information or services. I use Viber to chat to a friend in Brisbane at times. Many of you will not be familiar with the old fashioned toll call, originally with assistance from a toll operator and then by direct dial, where minutes ticked by at an enormous cost and calling overseas was a rarity, except on special occasions. I can even recall when I was at boarding school, making "collect" calls home. We have surely seen a lot of changes in our life time!

It seems there is an App for everything! Some better than others, some safer than others and I am sure you have

your regular favourites. Messenger has given us instant low cost communication and many of you receive and send a daily "hello" abroad by this means. Apps help in chatting, sharing videos and photos. Great for fostering relationships! Social Apps on your phone make them easily accessible and easy to use and with a suggested 77% of the world's population owning a cell phone we are never far away from each other. Goods and Services can also be at our finger tips – great if you can avoid temptation for too much online shopping to blow the budget!

We here at NZDF are about to trial another use for Apps. We are setting up a closed Viber chat group for families of deployed personnel who may like to have the support of others experiencing a separation. We plan to commence this trial for the next rotation of Op FARAD and are in the process of setting it up after meeting with families at the recent pre-deployment briefs in Linton. Of course if it is successful, then we will offer it for other deployments in the future. The best advice and hot tips comes from those who facing the daily challenges of being home alone or parenting alone. While the Deployment Services Officers will still want you to call us if there is an issue or for information, it has been suggested that there may be value in offering a chat forum for those associated with a specific deployment. It may not be for everyone and we understand that, but this is just another tool to help you along the way. More information is going out to those associated with Op FARAD and we look forward to seeing if we can meet a need into the future for everyone.

Apps are popular because they are convenient and constantly innovating. Who knows what's next in this growing age of technology and change. We just have to learn to embrace it and reap the rewards.





## Janine Burton

Deployment Services Officer

to various locations. It is always great to reconnect with families who we have met before from previous deployments. It was expressed to me that it was good for them to know that we are still here and providing support for when their loved ones are away. For me personally, I also enjoyed meeting family members who I know from a different aspect of my life and they felt reassured that they already knew me and that I was going to be among their support structure.

Also at that brief, the SNO (Senior National Officer) from the Op FARAD rotation returned my own Deployable Ted. Ted went on deployment with him for a year to the Sinai Peninsula. Apparently not long after arriving in the deployment location, Ted went 'missing' but unknown to the SNO, he had been out and about and having his photo taken in all sorts of locations—not that we saw any of these photos of course, I think Ted was on a mission of his own! Ted had an enjoyable time out there but is very happy to be home again. Here he is wearing his operational medals having completed the prerequisite time in the Sinai. I didn't think I would be seeing him again so thank you to MAJ Tim Woodman for bringing him back home.

Now that we have returned to Level 1 lockdown, I have managed to book our Manawatu families in for a deployment dinner in the JRs Mess on Sunday 11 October—the evening before school goes back. Would love to see you there if it works for you.

The other thing I discovered last week was that NZ Post have changed their Customs Declaration stickers—see the For Your Info page for details.

**M**y goodness, but the year is certainly moving very quickly towards Christmas. It has definitely been an eventful year with COVID making a huge impact on how we go about our daily lives. I trust that everything is going well for you all, and especially for those of you in the Auckland region who have had to undergo an additional period of having to work and school from home. Now that the alert Level has been reduced, hopefully routines have returned to whatever your new normality is.

Rotations are ongoing in the deployment space as we continue to meet our obligations around the world. Certainly there are challenges and changes to how we do business to meet quarantine regulations in various parts in order to try to contain this hideous virus which has impacted every last one of us.

Last weekend (as I write) we held another Family Welfare Day in Linton. This was to cover seven different deployment missions for personnel who will depart within the next three months



## ***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**

# CHAPLAIN'S PEN



## CHAP Bill Dewar

RNZAF Base Auckland

spoke to the water bearer one day by the stream. "I am ashamed of myself, and I want to apologize to you. I have been able to deliver only half my load because this crack in my side causes water to leak out all the way back to your house. Because of my flaws, you have work to do and you don't get full value from your efforts."

The bearer smiled and said to the pot, "Did you notice that there were flowers only on your side of the path, but not on the other pot's side?"

That's because I have always known about your flaw, so I planted flower seeds on your side of the path. Every day as we walk back, you've watered them. For two years I have been able to pick these beautiful flowers to decorate the table. Without you being just the way you are, there would not be this beauty to grace the house."

Moral:

Each of us has our own unique flaws. We're all cracked pots. But it's the cracks and flaws we each have that make our lives together so interesting and rewarding. You've just got to take each person for what they are, and look for the good in them. Blessed are the flexible, for they shall not be bent out of shape. Remember to appreciate all the different people in your life!

Blessings

Padre Bill

It goes without saying, we are living in very unusual and difficult times, and it is in these times, we find ourselves dealing with more stress in our lives than usual. One of the outcomes of this is, relationships do get frayed around the edges.

Yes, the stresses we face just wear us down, and even the people whom we love and have chosen to journey with for the rest of our lives, they too can get on our nerves.

When we find ourselves in these hard places in life, we can become more focused upon the many little things that can annoy us, especially those little character flaws that we see in others.

We need at this time to take appropriate and positive action so that these annoying things (people etc) do not get us down too much, and one way we can do this is to look at them in a different way, and I hope this little story/proverb will help us do this!

### We're all cracked . . . but it's ALL good!

A water bearer in India had two large pots, each hung on the ends of a pole which he carried across his neck. One of the pots had a crack in it, while the other pot was perfect and always delivered a full portion of water.

At the end of the long walk from the stream to the house, the cracked pot arrived only half full. For a full two years this went on daily, with the bearer delivering only one and a half pots full of water to his house.

Of course, the perfect pot was proud of its accomplishments, perfect for which it was made. But, the poor cracked pot was ashamed of its own imperfection, and miserable that it was able to accomplish only half of what it had been made to do.

After years of what it perceived to be bitter failure, the cracked pot

Hi Families

The Bugle is your newsletter and we welcome your input. The NZDF is a unique environment and we often ask a lot from both our service personnel and their families. Deployments and long separations are a frequent occurrence.

We would like to invite you to share your stories – the highs, the lows, the challenges, the stumbling blocks and everything in between. We can all learn from each others experiences and often find a similarity between our stories. Would you like to share yours? You can change names, identities and locations. If you need any help getting your story written Janine and Carol are only too happy to assist. While we will obviously know who you are, no one else will. We would love to hear from you.



# FOR YOUR INFO

## NZ Post Customs Declarations

I dropped into my local PostShop prior to our last Family Welfare Day to pick up a supply of the green Customs Declaration stickers only to find that NZ Post have changed the sticker and are now using ones that look like this. You will see that while the right hand side is very similar to the old stickers, on the left hand side you are now required to complete the details of who the parcel is being sent to and who it is from. Even though these details will already be on your parcel from where you have addressed it and your details as the Sender, you are still required to complete these sections. NZ Post will be scanning these stickers on parcels and sending the details directly to Customs.

Give either Carol or myself a call if you have any queries about using these new stickers.

Janine

## Deployment Guides

Deployment Guides are prepared for family members for each of the missions we support. While Guides are provided at Family Welfare Days, some family members who may not be able to attend will then rely on their deploying person to collect these on your behalf and pass them on. While we would like to think that this works, we are also aware that some of you may miss out.

If you do not have a copy of the Guide for the deployment your family member is on, please contact Janine or Carol to have a copy popped in the mail to you. A full list of our contact details are on the inside front cover of this Bugle.

## 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:

Carolyn Hyland—Ph 06 387 5531

##### Papakura:

Ph: 09 296 5744

##### Burnham:

Kathryn Hodgkinson

Ph: 03 363 0322

##### Linton:

Lesley Clutterbuck—Ph: 06 351 9970

##### Trentham:

Christine Grant—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

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# WHY ARE CREDIT CARD RATES SO HIGH?

## Three things you can do about it

Just in case you missed it, interest rates in NZ are at record lows after steadily sliding downwards for at least the last 10 years, and most analysts predict they will drop further.

This is great news for nearly everyone who's borrowed or is borrowing money (including those with mortgages who haven't fixed the term for too long), as they won't be paying so much in interest. This probably means they have choices such as using the extra surplus to increase debt repayments or build up cash reserves.



Despite this, NZ (and global) credit card interest rates remain stubbornly high. Most of the mainstream cards from NZ's largest banks are still charging around 20% interest every year. So what gives?

Well, there are several reasons commonly cited for the high credit card rates:

- Lending standards are much lower for credit cards. If you apply for a home loan, for instance, a lot more scrutiny is applied.
- The loans are unsecured. If you stop paying your mortgage, the bank can take your home – it's not as easy if you stop paying down sums owing on a credit card.
- Consumers have all of the power in terms of when and how to use their allotted credit. This means it's harder for the bank to forecast what you might spend on your card and how much they'll make in interest etc.

- There is a higher chance of delinquency (failure to repay) with credit cards compared to mortgages and other loans.

Most of these reasons make sense, but this doesn't tell the whole story. For one thing, the delinquency rates of credit card loans have actually come down a lot in recent years.

The other reason credit card rates remain so high has to do with plain old inertia. The banks have always charged high rates on credit cards, so that's what they've continued to do. Because "that's the way we've always done things" is about as good a reason



as any when you're dealing with entrenched ideas. It may also have something to do with the credit card companies themselves. Visa, Mastercard, and American Express are among the biggest and most powerful companies in the world.



## What can you do about it?

There are three broad options available to strike back at the banks and credit card providers.

Which option, or combination of options, you take probably depends on your personal spending habits and situation:

1. If you're not very disciplined, get rid of all credit cards and pay with your savings instead! Of course, this might take a budgeting overhaul, and perhaps an adjustment to spending habits.
2. Buy Now Pay Later (BNPL) might be a good credit card alternative. BNPL systems allow consumers to purchase and obtain goods and services instore or online



immediately, then pay for the purchase over time. It's a relatively new concept in NZ. BNPL differs from familiar concepts such as traditional laybuy, where the item is held by the store until it's paid in full. With BNPL, the consumer takes the item away after leaving a small deposit, then pays the remainder of the original price over a set period of time, with no interest.

While an attractive feature of BNPL is no interest charges, there will be penalty fees for late payments and a few other fees to be aware of. Four companies - Afterpay, Oxipay, PartPay and Laybuy - are the most well-known providers starting to make their mark on the NZ market.

3. If you're disciplined, get a credit card with a good rewards or cash-back scheme and repay your credit card in full during the card's interest free period. By channelling well-disciplined spending through the credit card, you won't pay a cent in interest, and will start to accrue plenty of rewards. You might just pay an annual credit card fee of \$100 or so.

*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](mailto:info@milestonedirect.co.nz). There are no costs involved until an adviser has established your specific needs.

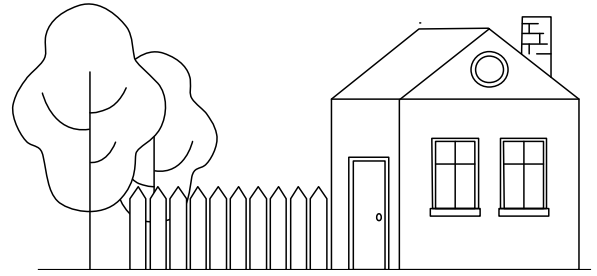
Too many people spend money they earned ... to buy things they don't want ... to impress people that they don't like. Will Rogers

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

I'd like to live as a poor man with lots of money. Pablo Picasso

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# KEEPING THE HOME FIRES BURNING



## Hi Everyone

*It is nice to have the opportunity to contribute to The Bugle. I felt inspired after seeing Joanne's entry in the September issue.*

*My name is Jasmine and my partner deployed to the Middle East about 4 months ago. We don't have any children so it's just me and the dog at home. I am fortunate to live in the Housing area of our Defence Base and because we have been here for several years now I feel well settled in our house and have developed many friendships nearby. I am grateful too that this community is quite close knit and we understand and are used to the comings and goings of our family members and get to support each other along the way. Any support services that I might need are either across the road or just around the corner. I guess I could say I'm both lucky and spoilt.*

*Living alone can be both positive and negative. I love tidiness and order which is not always achieved when Luke is about. I could probably describe him as not the neatest creature on earth. There are usually boots to trip over, packs stuffed in a corner and growing piles of clothes waiting to be put away. Might sound familiar to some of you. Now there is complete order. Everything has its home and place. Most of the time I do like it, but then the lack of mess does constantly remind me that Luke is far away and for a few more months at least!*

*Our dog, Rex, really did notice Luke's absence almost immediately. He would wait at the door, whining and scratching and when let loose outside would dig big holes in the garden and be constantly patrolling the fence line. Rex seems more settled now and we seem to have become great companions. Settled for second best I guess. We walk every night when I get home from work and on the weekend are often found in the country climbing hills or seeking out new tracks and adventures. He also gives me a feeling of security being home alone and I must admit in the quiet of an evening I chatter away to him - with no response!*

*I am a school teacher so looking forward to the holidays and a couple of weeks of change in routine. Rex and I are heading south to catch up with family so it will be nice to have some company and Mum's home cooking for a few nights. I come from a large family so I am sure there will be lots to keep us entertained.*

*Luke and I have managed to keep in touch quite easily during this deployment. I find the ability to Skype every now and then, reassuring. Great to see that familiar face. We also use Messenger just for the quick message or days greetings. The communication has been great and made a huge difference to us, although the mail system hasn't been great. Sadly we have had to cancel some post deployment travel but I'm sure it will happen in the future.*

*I am looking forward to the next dinner and meeting up with many of you again. It's a great opportunity to put my poor cooking skills to rest and enjoy some great Mess food and simply chat - then leave the dishes behind.*

*Luke's homecoming may be different than planned too. I guess it depends on the current COVID situation but I am thinking that he will have to self-isolate in one of the managed isolation hotels before heading home. Maybe that will mean he won't be tired and can launch into the garden and run with Rex.*

*I hope this finds you well and managing the deployment separation as best you can. I'm loving these sunny days.*

*Kind regards*

*Jazz*

*(names changed for this article)*



# 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 going to share some of these incredible images with our readers over coming issues.

These images are from the Task Group CRIB mission to Afghanistan, 2003-2013.





# ***Deployment Dinner \*Back on Thursdays...***

Our next Deployment Dinner will be held on  
**Thursday 15 October**

If your partner is away on **20 August** we would like to invite you and your family over for dinner.

Join us at the Vince McGlone Galley HMNZS Philomel,  
on **Thursday 15 October 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.  
There is no cost to you for dinner. It's on us. It's our way to say "*Thanks for all the Support*".

We will need to know if you are able to make it,  
so please RSVP by **9 October** on **0800 NAVY HELP** or [nco@nzdf.mil.nz](mailto: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.



# BE KIND TO YOURSELF ...



**Claudia Ayling**

**Defence Community Facilitator  
RNZAF Base Woodbourne**

while. It is essential that you have a chance to take time out when you really need it. This is, of course, where YOU come in and realise that YOU may have to take a step in the right direction by asking for some help. It may be that you have a friendly (and trustworthy) neighbour who could watch the children for a while. It could be that you ask a friend for help, after all, isn't that what friends are for? You are likely able to return the favour when they might need it one day.

Or, it may also involve contacting your Base/Camp network for support, namely the Defence Community Facilitators, Social Worker, or a Chaplain. You will find that people everywhere are only too willing to help out, because we've probably all been in a similar situation at some stage in our life!

## **A quote:**

*“Choice, not chance, determines your level of resilience.”* Unknown

To me, resilience is not just about being able to face challenges on your own, but also to know when you need help to bring your inner strength out. Make the choice today to “help yourself” - and ask if someone can help you with that!

## **... and knock on “a door” when you need help!**

**T**here is a saying that “you can't help anybody unless you help yourself first.” While this is very true, in today's busy world of cramming in work, sports and training, without mentioning any social activities, it is often hard to find time to have even five minutes to oneself – this seems the same to all people, whether they are single, with or without children – although, family life is generally putting additional stresses on us. I still groan remembering the endless notes from school or sports clubs about “your help is needed”, parent teacher interviews, teacher only days etc., apart from physically and emotionally being

available to our offspring. AND – the extra demand on our military people, but also stresses on families due to COVID-19 is not helping.

However, there is nothing more beneficial for those around you than having you in your “happy space”. May I encourage all of you – and in particular mothers and fathers as you are affected by deployments - to take some time out (even just five minutes), as often as possible, to engage in something that makes you happy. It may be your own sport, reading a book, coffee with a friend, or taking a walk, listening to some music, or even just “smelling the roses” – being mindful of the present moment, forgetting everything around you for just a while.

A good support network is very important in this, too, especially when your spouse or partner is away for a



## **Remember the five simple rules to be happy:**

- Free your heart from hatred.
- Free your mind from worries.
- Live simply.
- Give more.
- Expect Less



# WRITING A LETTER TO YOUR DEPLOYED PARENT

Some children may find it easier to express their feelings to their parents through letters than to say these things

## TO: DAD OR MUM

I'll miss you because .....

I like being with you because .....

These are things I like doing with you .....

You helped me when .....

We had fun when .....

You are great when .....

You are great at .....

The thing I love most about you is .....

I'm proud of you because .....

We can do these things when you come home .....

While you are away I will do these things .....



I love you!



# FUN COUPONS FOR KIDS

THIS COUPON IS GOOD FOR ONE:

**SUPER-DUPER HUG**



(READY WHENEVER YOU NEED IT)

THIS COUPON IS GOOD FOR ONE:

**OUTING OF YOUR CHOICE**



(TO THE PARK, BEACH, ZOO, FISHING—YOUR CHOICE))

THIS COUPON IS GOOD FOR ONE:

**EXTRA TREAT**



(YOU CAN HAVE ONE MORE OF WHATEVER YOU WERE TOLD YOU HAVE HAD ENOUGH OF)

THIS COUPON IS GOOD FOR ONE:

**GAME OF YOUR CHOICE**



(PICK YOUR FAVOURITE BOARD GAME, SPORT OR ACTIVITY))

THIS COUPON IS GOOD FOR ONE:

**DINNER CHOICE**



(YOU PICK THE MENU)

THIS COUPON IS GOOD FOR:

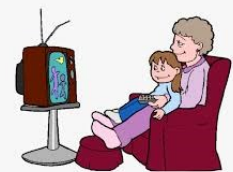
**SKIPPING ONE CHORE**



(FOR ONE DAY YOU DON'T HAVE TO: TAKE OUT THE RUBBISH, MAKE YOUR BED, WASH THE DISHES OR ANY OTHER CHORE OF YOUR CHOICE!)

THIS COUPON IS GOOD FOR ONE:

**1/2 HR PAST YOUR BEDTIME**



(STAY UP TO READ, WATCH TV, OR WHATEVER YOU WANT!)READY WHENEVER YOU NEED IT)

# WHAT'S ON IN LINTON?

## *Hi Everyone*

For those that don't know me, I'm Lesley Clutterbuck, the Defence Community Facilitator based in Linton Camp (previously known as the CSO). I work very closely with Manda Brokenshaw and together we're part of the Linton Regional Support Centre (LRSC), and are based in the Linton Community Centre out in the housing area. Our focus is always on how we can actively support our people.

Manda and I've been chatting about Op PROTECT, (NZDF's support to COVID) and we have to admit that we are a little concerned the impact these ongoing domestic deployments may have on our whanau – you know, the domino effects we might not initially identify. The exciting part is that we can actually do something to support our whanau, and of course your whanau will be enjoy that increased support too.

So what's happening?

The best way to keep up with us is via our [NZ Army, Linton Military Camp Community Group](#) FB page. We use this as a regular way to reach out to everyone (send through a members request, and we'll happily add you to this group). Please encourage your whanau to join us too – we'd hate them to miss an opportunity to connect.

To stay current with what's happening across the country, there are a couple of places to google: 'Force Financial Hub', and 'force4families'. Please encourage your whanau to tap into these sites. Force 4 Families actively seek discounts from our business community, and have just released a couple of amazing educational opportunities; one with Massey and the other with UCOL. These discounts apply to family as well as our service people, so we encourage you to check them out.

COVID-19 has made people revisit delivery of workshops/huis, and podcasts seem to be the new normal.

**Force Financial Hub** are running **FINANCIAL FIGHTING FIT PODCASTS** for Defence Community Members – please see the flyer on pg 25.



We're on the hunt for some good **parenting** courses, so watch this space. We all need help remembering to celebrate the great stuff we do as parents, and stop beating ourselves up if we don't quite get it right every time.

Fingers crossed there're some great courses on **effective communication** – they'd go down a treat in our house...30 years on and Buck can still bark at us like we're soldiers – 'crusty old warrant officer' is frequently heard being muttered lmao!. Yep, it probably happens in most of our homes, so you're definitely not alone!



Now, to the good stuff. At the moment Manda and I are working on a calendar of events and activities. We hope to deliver these with support from the Linton Community Board, LRSC, and with volunteer help. Here's a snapshot of what we'd like to see happen:

- The last week of October is dedicated to a huge fund-raising opportunity centred around **HALLOWEEN**. We **partner with the Esplanade Scenic Railway** (and three other community groups), and help deliver their Halloween Trains. This is typically over four nights during the week starting Labour Day Monday. It's a massive effort, and we truly appreciate all of the volunteer hours given to this. Check out our photos! The early part of each evening isn't too scary, to enable youngsters to **ride the Halloween Trains**. After 7.15pm, all bets are off. The four community groups go out of their way to scare everyone. The costumes and make-up are amazing, and the sounds and lighting effects are awesome. If any of your whanau are in the Manawatu during the period 26–31 October, encourage them to brave it...





- We're in discussions with the Palmerston North City Council (PNCC) about having another **Summer outdoor movie**.
- Because we like to add value, rather than 'rinse and repeat', we're exploring having a **Camp Out/Sleep Over** in February. The intent would be to have tents set up in the area behind the Linton Community Centre – we're likely to have an **outdoor movie**



### CAMPING KIDS



running, have a few BBQ's set up (or food vendors, depending on the feedback from whanau), and make a really good night of it. Call us crazy, but we know the kids will love playing spotlight in Wedde Woods, or in the trees behind Woodlands. We want our whanau to have an amazing weekend, so will spend a considerable amount of time identifying and mitigating any risk to our whanau. If you've got any suggestions, please get in contact with me...it's been years since Buck's been

deployed, but we do remember how hard it can be on everyone. Manda and I both feel privileged to be in a position to really help, so would love to hear from you.

- We're going to run **regular disco's** for our kids in the Linton housing area. This is a low-key activity, but we'd like to have them monthly, to enable your partners to connect/re-connect with other people in the community. If these work well, they could shape into respite care, enabling your partner to do their shopping – Christmas is looming very quickly, so we'll do our best to provide opportunities like this. (Providing food/treats at the disco's would be a great fund-raising opportunity for a local community group – I have my fingers crossed that the dog owners keen on **developing a dog park** out here will step up, and offer to do this for us...watch this space lol!)

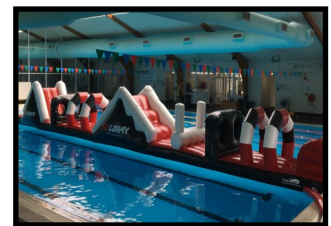


- Because the Linton housing area is so small, we're hoping to partner up with another support provider (perhaps with the local RSA's), and have a **monthly Military sausage sizzle** somewhere in the Manawatu. We're got so many amazing parks and walkways, and of course the beaches are close too; these will start happening when the weather improves.

Some of the other initiatives include; games nights, craft nights and/or weekends, a cycle safety day (leading into the holidays), a family pool party (have you seen the amazing pool inflatable the Community Board purchased?), we'll kick off our 'Village Meals' initiative, look into 'Green Days', our playground needs some seating (and hopefully a top notch BBQ!), and will start promoting all day weekend brunches down at the Fernleaf Café.



We've got the NZ Army Band coming up our way towards the end of the year (supporting a Charter Parade), so we'll definitely snap up the opportunity to have them playing in our Camp/community. The list goes on...so for those of you in the Manawatu reading The Bugle, please don't hesitate to contact me. If there's anything you would like to tap into/be a part of, both Manda and I would love to hear from you.



Please stay safe – he waka eke noa. (A canoe, which we are all in, with no exception.)

**Facebook:** Linton Military Camp Community Group  
**Phone:** 06 351 9970



# WHAT'S ON IN BURNHAM and TRENTHAM?

**\$5 FAMILY PASS (OF 4)  
\$3 SINGLE TICKET  
(CASH ONLY)**

## BURNHAM

# HALLOWEEN FESTIVAL

**THURSDAY 29 OCTOBER  
5.30PM - 8PM  
BURNHAM COMMUNITY HALL**

**FEATURES**  
A HARRY POTTER TENT  
THE WITCHES HOLLOW  
A MAD SCIENTIST LAB  
THE ADDAMS FAMILY TENT  
A MUMMY'S TOMB  
THE PIRATES CAVE  
ENCHANTED FOREST  
AND SO MUCH MORE!

For more information email:  
[kathryn.hodgkinson@nzdf.mil.nz](mailto:kathryn.hodgkinson@nzdf.mil.nz)

Proudly supported by  
 **SELWYN** DISTRICT COUNCIL

**BURNHAM MILITARY CAMP  
SELWYN YOUTH CENTRE**

## MOVIES IN THE PARK & SANTA'S GROTTTO

**WHEN: SAT 28 NOV @ 1500 HRS - 2000 HRS | WHERE: RORY'S FIELD (TRENTHAM CAMP)**

**CHILL & RELAX WHILE WATCHING A MOVIE ON THE LARGEST OUTDOOR SCREEN IN NZ  
KIDS CAN MEET SANTA AND RUN AROUND**

**EMAIL: [davida.o'connor2@nzdf.mil.nz](mailto:davida.o'connor2@nzdf.mil.nz) | [chris.grant@nzdf.mil.nz](mailto:chris.grant@nzdf.mil.nz) (DCF's TRSC)**



# MERRY CHRISTMAS

Alternate date if wet: 29 Nov 20

Movies: TBC

Entry: Wristbands (Will ensure a speedy entry)

- ❖ Free to ALL NZDF Families / NZDF Contractors
- ❖ Bring a picnic & blanket to enjoy during the movie
- ❖ Bring a Gazebo or shade tent in case it's hot
- ❖ Plenty of parking in & around camp
- ❖ Food Vendors on site | JR's Mobile Bar 1800hrs
- ❖ Entry via Granville Road (back gate opens 1400hrs)
- ❖ NZDF ID or Dependants Pass or NZDF Contractors ID



# Financial Fighting Fit Podcasts for Defence Community members

You and your families are invited to listen to a series of 12 x 30min podcasts developed by Milestone Direct, NZDF's preferred financial advice service.

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**Weekly, from Friday 18 Sept**

(You and your families can listen in anytime you like)

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Access online on the following channels using the phrase:

**Financially fighting fit NZ**



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## WHAT IS COVERED

- What do low interest rates mean for you?
- Preparing household finances for the next crisis
- Budgeting – small behaviours that make a big financial difference
- How to buy your first home
- KiwiSaver do's and don'ts
- Financial opportunities for those with stable employment
- Save or Invests, is there a difference? (clue: Yes!!!)
- Investing session, to include: risk v return, when is the best time to start investing, constructing an investment portfolio, diversification, asset allocation etc
- Financial challenges facing women, especially retirement savings and buying a first home
- The importance of financial planning, regardless of phase of life
- What to do with another \$50 each pay?
- How to get a pay-rise, to include promotion/ progression, invest, side business or part time work

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**A FORCE FOR  
NEW ZEALAND**

## FIND OUT MORE

Google Force Financial Hub  
Google force4families

## QUESTIONS OR COMMENTS?

Milestone Direct Ltd: [info@milestonedirect.co.nz](mailto:info@milestonedirect.co.nz)  
NZDF Benefits cell: [benefits@nzdf.mil.nz](mailto:benefits@nzdf.mil.nz)

# PERSONAL MESSAGES

The deadline for contributions and personal messages for The Bugle is the first Monday of each month (**the next edition deadline is 1 November 2020 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

### Dear Charlie

Happy Birthday! I hope you had a fun day with all of your friends. Thanks for being a big help to Mum while I am away. I am super proud of you & ILYTTMAB! Dad.

### Grandma Jayne

Wishing you a happy birthday for October 17. Enjoy your special day and the cake with 87 candles. Always thinking of you. Sending lots of love always, Benji Boy xxx

### Happy Birthday Bud

Have a special day on October 12. Always thinking of you and always missing you. Buddly xxx

### Dear Justy

I hope you have a happy birthday and lots of little friends at your party. Here's hoping your cake looks like Lego and is rather grand. I am sad that I won't be there to enjoy the fun but will talk to you soon and hear all about the party and special presents you get. Be good for Mum and kind to your little brother. Love from Dad.

### Hi Monkey

No more swinging in trees and no more stitches and broken bones! That's enough! OK? Enjoy the school holidays and have fun with your cousins. See you in a few months. Love you. Dad xxooxx

### Birthday Greeting Mum GHF

Have a great day Mum – sorry no present but just lots of good wishes from afar. Hope the family have something organised for a celebration. Will be looking out for some photos. Enjoy your day and a great milestone. GF x

### Happy Anniversary Cil

Sorry I'm not there to celebrate our 15<sup>th</sup> anniversary but will be thinking of you and looking forward to the many plans we have for when I get home. I won't

be away next year! Love you heaps and miss you more. Da x

## From Home

### Hi Luke

Hope all is going well there and you are enjoying all that's on offer and the sights and experience. We miss you. See you in a couple of months. Love you. Jazz and Rex

### Hi Daddy

Today we went to Orana Park and we saw lots of animals. The giraffes were having their lunch. My favourite animal was the meerkat. So cute. Wish we could have one. Mum got us a special ticket so we can go there as many times as we want to for a whole year. You can come too when you get home. We are having holidays soon and going to go to McDonalds for a treat and then go and see Uncle Rick and Aunty Jo and stay at their house. I might get to help with the lambs and have a ride on the tractor. I hope you are having fun and that you will come home and see me soon. I miss you. Love from Henry x

### Hey Dad

Heading off on holidays soon. It's going to be fun. We are going to the beach and staying there for 5 nights. I like playing in the sand and looking for shiny stones. I hope it's nice and sunny and we get to make a small bonfire if we are allowed to. It's a shame you can't come but maybe next time. Have fun over there with your friend and then come home soon. Love from Patrick

### Hello Uncle Jed

We went to your house for a BBQ on Saturday and Aunty Lou let me play on your X Box. I was pretty good at it. It was fun. We had sausages and chops on the BBQ and then some ice cream. We all had a good time. I



wanted to stay the night at your ur place but Mum said I had to come home. It will be good when you are there next time. We all miss you. Love from Luca.

### Dear Dad

I got a new scooter and helmet for my birthday. I have been down to the park with Mum and we have lots of fun. Did you see the photo she sent? I like school too. We have holidays soon so I can ride on my scooter every day. I hope you can come home soon and see how good I am. We might go to visit Grandma soon. I love you Dad. Love from Albie xx

### Giddy Dad

How's it going there? All good here. Going on holidays soon and off to see the Bourkes. Will be awesome. They have lots planned for us to do on the farm and a few day trips planned as well. I'm looking forward to it a week off all the jobs I have to do at home. The weather is good now, although a bit windy some days. Won't be long until we start cricket. Hoping for a good team. I think there are a couple of new players so hope they are good. Not too many months until you come home! See you soon on Skype. Cherrio. Eddie.

### Hello Daddy

You should see how tall I have got. I can reach the door handles now and open the windows. Mummy said she needs to have eyes in the back of her head. I don't know what that means as that would look very funny. I can ride my bike really fast and climb to the top of the slide. Mummy said that when you come home you will be busy looking after me too. We love you and miss you so have a good plane ride home. Love from Robbie and Mummy xx



# OPERATION CHRISTMAS CARD



This is one of my favourite projects – spreading some Christmas Cheer across the miles!

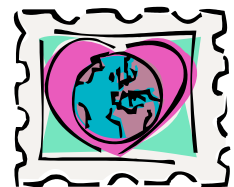
**Operation Christmas Card** began some 19 years ago and has a proud history of sending a little of our kiwi festive spirit abroad. Last year we had a huge response to this project, receiving heaps of cards, letters, drawings, posters and handmade decorations. It was with pure joy that I got to enjoy the efforts of so many, big and small, who wanted to remember our New Zealand Defence Force personnel on Operations abroad. Sorting the contributions brought many a smile, many a laugh and even a little sadness. Some children designed cards, copious amounts of glue, cotton wool and felt pen, adorned many a gorgeous creation and many a letter acknowledged the sacrifices of those separated from those they love, over the festive time. Some children wrote from the heart, shared a little about themselves, their holidays, their families and their pets and often included their own wise words of wisdom and a question or two! Some highly amusing and sure to bring a smile! In the past, we have had some outstanding cards from schools closely associated with our military camps, i.e. Burnham and Linton, and also from schools with no military connection at all, individuals, groups and clubs.

So, how can you help make **Operation Christmas Card** a continued success? Make a card, buy a card, or take the concept and guidelines to your preschool, school, community group, your work place, church group, senior citizens club or beyond. Everyone can make a difference! Get everyone on-board! Contributions must be received no later than **16 October** – postal details below. Once we receive the contributions, these are checked, packaged and mailed to all deployed service personnel on all missions abroad. Last year many of those who contributed, and included their contact details, were sent letters, photos and sometimes even a small gift from grateful service personnel, acknowledging the difference their festive greetings had made to their morale. Be sure to write your name and address on the back of your card.

Your support is appreciated more than you can ever imagine. Carol.

Post Christmas Card contributions to:

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



# New Zealand ShakeOut

## Whakahaumarū Aotearoa

New Zealand ShakeOut is our national earthquake drill and tsunami hīkoi, taking place on Thursday 15 October 2020 at 9.30am

**Drop, Cover and Hold** for 30-60 seconds:

- **DROP** down on your hands and knees. This protects you from falling but lets you move if you need to.
- **COVER** your head and neck (or your entire body if possible) under a sturdy table or desk (if it is within a few steps of you). If there is no shelter nearby, cover your head and neck with your arms and hands.
- **HOLD** on to your shelter (or your position to protect your head and neck) until the shaking stops. If the shaking shifts your shelter around, move with it.

If there is no shelter near you, crawl to an inside corner of the room and cover your head and neck with your hands and arms. **DO NOT** run outside or stand in a doorway. Many people are injured while trying to move **DURING** the shaking. It is safer to Drop, Cover and Hold until the shaking is over.

If you are in the car when an earthquake happens, pull over and wait until the shaking stops.

While you are doing the drill, take note of what might be happening around you in a real earthquake. Think about what you might need to do to prepare for a real earthquake.

After your ShakeOut drill and tsunami hīkoi:

- Talk about what you learned with your family, workmates, flatmates or friends.
- Make changes or add to your household emergency plan, personal workplace plan, business emergency and continuity plans, or school/early childhood centre emergency plans if you need to.

