

THE BUGLE

ISSUE 284
AUGUST 2021

THIS ISSUE

When Conversations Get Into A Rut
Leading a Combined Task Force
An Unforgettable Experience
Tactical Separation

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



THE BUGLE

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

Deadline

The deadline for Edition 285 is **30 August 2021**

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

Disclaimer

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

Cover Photo:

Op FARAD—Staff Rutene left in shock at the speed of Captain Manuolevao, NZCON Counter vehicle ambush drills.

GUEST EDITORIAL

LTCOL Stephen Kearney
Chief Mental Health Officer
Defence Health Directorate



When Conversations Get Into A Rut

Firstly, thanks to the DSO team for the opportunity to post in the Bugle. The importance of maintaining a connection between deployed service members and their whānau is one of the most abiding observations of my 20+ years in the NZDF. The Bugle plays an important role in maintaining that sense of connection, so it's great to have the chance to be part of that.

Which brings me to the topic I'd like to touch on today. Having talked to, literally (I did the maths on this the other day), thousands of service members about their tours, it's my observation that the most important factor in maintaining wellbeing is a sense of connection. The empirical evidence for this is also pretty pronounced. Feeling alone or disconnected results in stress and is one of the best predictors of diminished wellbeing. Among other things, connection to whānau helps us retain a sense of being grounded in turbulent times and to sustain hope for the future in challenging circumstances.

However, deployments can make it hard to maintain a sense of connection. Life is busy and your partner's challenges can feel very different to your own. For the deployed person it can feel like the specifics of the operational environment are hard for whānau to relate to. For whānau, the relentlessness, loneliness and – oftentimes – boredom of life at home can feel unique to them. This can be exacerbated by either person's inability to fix or change things, or the resultant sense of futility and frustration. Consequently, we can settle into a pattern where conversations can feel superficial, and be admin focused.

Evidence suggests not all connections are created equal, deeper, richer and more vulnerable connections are the ones that offer us the most nourishment. Unfortunately, (and this may shock you) many service members, and their whānau, do not feel well equipped to talk about their feelings or discuss their hopes and dreams easily. ☺

But we know this makes a difference. So I thought it might be useful to provide a bit of a scaffold for such conversations. One researcher that has sought to understand deeper connections is Arthur Aron. In 1997 he published a paper describing a method for building a deeper, richer connection with someone in a 45 minute period. This method essentially consisted of working through a list of 36 progressively more

vulnerable questions, which have become known as the Aron Questions, and a version of which are included on page 22. Since then, a significant body of research supports the idea that the more breadth and depth in our understanding of each other, the easier it is to stay connected and well.

So, if you feel like you might be at that point in the deployment where communication can get a bit stilted, and it might be interesting to “mix things up a bit” in your conversations, then have a go at these questions. You can do it any way that works for you. You could pick one per call, or do a set in a sitting, or do them turnabout by email. The questions get more revealing as they progress, so I would suggest starting at the top, but don’t put too much structure around them. If a question takes you down an interesting tangent, all the better. The questions are such that you can also include older children in the conversations if you wish. If the question doesn’t feel relevant, or you want to change it for your situation, go ahead. As long as you are talking about things in new ways, you are probably doing yourself and your connection good.

Finally, it’s *good* if this and other conversations feel weird and awkward and clumsy, ‘cos those are all signs that you are going somewhere new. Be gentle and kind with each other in these moments. Human beings all need a sense of belonging, and we are at our best when we feel our true selves are seen and accepted by others. In order to be seen though, we have to take a risk and let our armour down a little.

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



RNZAF Carries Out Medevac From Antarctica

12 July 2021

Aircrew on a Royal New Zealand Air Force C-130 Hercules have carried out a medical evacuation of a patient from McMurdo Station in Antarctica.

The aircraft, with 13 crew on board including two New Zealand Defence Force medical personnel, left Christchurch for Antarctica at 10.25pm yesterday. The aircraft landed back in Christchurch shortly after 2pm today.

The crew used night vision goggles to land the aircraft in the dark on the ice runway. This is the first time the RNZAF has flown a medevac mission to Antarctica using this technology.

The patient, who is a member of the United States Antarctic Program, was not suffering from life-threatening injuries and is now receiving further medical treatment.

Air Component Commander Air Commodore Shaun Sexton said the NZDF had been providing support to Antarctica New Zealand and the United States Antarctic Program for many years but missions like this occur infrequently.

“We were pleased to be able to assist our US partners when the call came to help with the medevac. The aircrew and supporting New Zealand and US personnel in both Antarctica and in New Zealand did an outstanding job to complete this difficult medevac,” he said.

RNZAF Base Auckland Commander Group Captain Andy Scott said the Air Force team had been trying to get to Antarctica since last Saturday but poor weather had hampered efforts all week.

“Flying to Antarctica is one of the highest risk missions we fly due to the lack of divert airfields and inability to get down and back without refuelling. The crews therefore are highly trained to analyse the situation with regards to the weather and the airfield state before making a decision to proceed,” he said.

“Flying in winter presents even more challenges due to the extreme cold, the rapidly changing weather and little to no visual warnings of the changes you would ‘see’ in summer,” he said.

The Phoenix airfield at McMurdo was prepared by ground crew in Antarctica who made sure the runway was lit and that it was safe for the aircraft to land.

The aircraft refuelled at McMurdo while the patient was picked up before getting airborne a short time later.

Group Captain Scott also said the RNZAF C-130 fleet had clocked up 150,000 flying hours of service today during the return flight to New Zealand.



*A C-130H Hercules carries out a medical evacuation in Antarctica.
Photo supplied by Wayne Williams, Antarctica New Zealand*

Source: NZDF

Navy Spearhead Drug Interdiction Task Force

LTCDR Rebecca Hewson

*Reprinted from June edition of
Navy Today*

New Zealand is about to take a turn in command of Combined Task Force 150 (CTF150). This task force is one of three under the overall command of the Combined Maritime Forces (CMF) in the Middle East. The primary role of TF 150, made up of a coalition of the willing, is counter terrorism operations in the Arabian Sea and Indian Ocean. The remit is wide but is most visible in the seizure of narcotics which would otherwise fund terrorism and other illegal activity.

In an area of over two million square kilometres across the Indian Ocean and further afield, the ships of the task force aim to disrupt criminal and terrorist organisations and their illicit activities by restricting their freedom of movement in the maritime domain. Whilst reducing the movement of narcotics is one significant outcome, they also help prevent the illegal movement of people and weapons.

The 16 strong New Zealand-led multinational team will be comprised mainly of Royal New Zealand Navy personnel, along with one Royal New Zealand Air Force Officer. The international commitment will include four US Coast Guard personnel, one Australian and one Singaporean. CMF is stationed in Bahrain where our command team will be coordinating intelligence collection, ship and aircraft movements, and responding to cueing for potential intercepts. The website www.combinedmaritimeforces.com provides additional information for anyone who wants to follow operations from CMF.



CTF-150 has been running since 2001; command changes between nations on a six-monthly basis. On this occasion New Zealand assume command from the Canadian led team in July, then hand over to Pakistan in January 2022.

The Kiwi team have big shoes to fill after Canada's success this year in the CTF-150 seat. In May HMCS CALGARY, working with the French navy ship FS GUEPRATTE, seized over seven tonnes of hashish, heroin and methamphetamine across four successive seizures at sea. Overall, from January to May this year CTF-150 carried out 29 successful narcotic interdiction operations.

The other two task forces in the region under CMF command are CTF-151 (Counter-Piracy) and CTF-152 (Gulf Maritime Security). With a total of 34 nations involved, the engagement and international cooperation, as well as operational experience, is immensely valuable for the New Zealand personnel and the NZDF as a whole.

Now living in the era of the pandemic, COVID-19 will of course be a key factor in all of the New Zealand team's planning considerations. Although vaccinated, personnel will have to cast their minds back to the COVID Alert Level 3 days of the pandemic in New Zealand, having to remember how to social distance and wear masks in public outside of base. One of the major changes to deployments from recent years is that it will take a little longer than usual to get people home if a family situation develops. HQ Joint Forces New Zealand personnel work tirelessly when a compassionate situation arises to ensure as timely a repatriation as possible, while still to undertaking the mandatory two-week isolation in order to keep Aotearoa's borders secure.

FOREIGN CORRESPONDENCE

*News from
Bahrain*

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

Leading a Combined Task Force



*The Change of Command Ceremony, conducted on 15 Jul 21 in Bahrain.
CDRE Daniel Charlebois, Royal Canadian Navy hands over command of CTF 150 to CAPT Brendon Clark, RNZN.
Visiting dignitaries for the ceremony are included in the photo.*

CAPT Brendon Clark

Senior National Officer (SNO) and
Commander Combined Task Force 150

Kia ora (hello) whānau (families) in
New Zealand, Australia, Singapore and
the United States,

It is a genuine privilege to write the first
article of our OP TIKI deployment on
behalf of your loved ones. As you're no
doubt aware, we have assembled an
international staff, with women and
men from the New Zealand Defence
Force, the Royal Australian Navy, the
Republic of Singapore Navy and the
United States Coastguard. Four
nations and five services, weaving our
unique cultures together as a Force for
Good.

Ko tōku ingoa (my name is) Brendon
Clark and I am honoured to be the
Commander of Combined Task Force
150. It is truly humbling to serve
alongside your husband, wife, mother,
father, son, daughter, relation and
friend.

First and foremost, I wish to
acknowledge of you, our whānau.
Translated, this word encompasses
families, loved ones and support
people – essentially anyone who has a
personal connection in some way. Our
deployment and absence comes with
costs and sacrifice to those that we
have left at home; as service women
and men we choose to serve; you do
not. It is therefore vitally important that
we collectively acknowledge your

sacrifice as your love and support
enables us to serve. I know that my
newly formed family away from home
would join me in thanking you from the
bottom of our hearts.

I'd like to quote a short Whakataukī, a
Maori proverb, "He wāka eke noa".
Translated, this proverb states that "we
are all in this canoe together" and I
include you, our whanau in our waka
(canoe). There will be good and not
so good days during our deployment.
This is normal, expected and applies
equally to everyone. I can assure you
that individually we are each fortunate
to have the support of our fellow
deployed team members and the
network at home. To reciprocate I wish
to draw your attention to the fantastic
teams in our various support
organisations that are listed towards
the end of the publication. Please
reach out early and never be afraid to
make contact with these people.

During our deployment we will be
working in partnership with 33 other
member nations of the Combined
Maritime Force
(www.combinedmaritimeforces.com).
Established shortly after the Sept 11
2001 terrorist attacks, the Combined
Maritime Force is the world's largest
maritime coalition. There are three
Task Forces in this coalition and each
has a specific mission. Our New
Zealand led multi-national staff have
been given the privilege of
commanding Combined Task Force
150 (CTF 150). Our mission is to

disrupt criminal and terrorist
organisations and their illicit activities
by restricting their ability to move
personnel, weapons, narcotics and
charcoal across 3.2million square miles
of ocean. 50% of the world's trade is
estimated to pass through our area of
operations. Our mission is vitally
important to global peace, security and
prosperity as each of the illicit activities
mentioned above fund criminal and
terrorist organisations.

Over the last couple of weeks we have
settled in, taken command for the first
time in the Combined Maritime Force's
nearly 20 year history, put some
homely touches on our headquarters
building, developed new friends,
celebrated a couple of birthdays and
learnt to live in a Covid environment
with temperatures in the mid to high
forties.

I have one request; please reach out to
your loved one and encourage them to
write an article or two during their time
in Bahrain. The power of persuasion
from home would be greatly
appreciated!

Thank you again for keeping a steady
hand on the tiller and the waka at home
safe. Your sacrifice and all that you do
so that we can serve is truly
appreciated.

Kia Kaha, Kia ora.

News from Bahrain

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



The Op TIKI team with our special pillowcases given to us at PDT (pre-deployment training).



Members of CTF 150 team visit the Tree of Life in Bahrain, July 21.

FOREIGN CORRESPONDENCE

*News from
South Sudan*

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

An Unforgettable Experience

Major Poriwira Kahura
United Nations Military Observer

The River Nile is the backdrop to many of the world's events and stories, primarily at its destination in Egypt. But for over 1,300km, the White Nile winds its way through the centre of South Sudan, and is the focal point for many of the 11 million South Sudanese who rely on it for water, food, sanitation, transport, commerce, and for its cultural and spiritual significance to the local tribes.

The Nilotic peoples of South Sudan continue to reap the natural benefits of the river despite years of conflict and natural disasters in the region. For the United Nations Mission in South Sudan (UNMISS) the regular barge patrols along the river between the country's capital at Juba and the most northern state capital at Malakal, serves to engage with the river people, deter piracy and corruption, and to monitor the security situation while delivering food and fuel to Malakal's UN Base.



News from South Sudan

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

As a military observer, our unique role in this operation is to negotiate with over sixty military checkpoints to allow the barge to pass unhindered. Most are illegal checkpoints that local warlords have established to harass merchants and traders, but they demand to be respected in their small riverside "castles" of reeds and mud. Generally, the barge passes by these checkpoints and villages without issue. A pair of military observers will arrive to these locations by RHIB (small and agile boats) an hour before the main convoy arrives in order to conduct the negotiations and humanitarian assessments.

A comprehensive assessment is compiled of each location describing their needs, for those requests to be given to the most appropriate agencies. Generally, health is poor in these remote places, and is the most desired requirement of these people. After meeting with the local chief and senior military person, the military observers radio back to the main convoy to give the all clear. It doesn't always go well, and when it hasn't, we were confident in the support given to us by the Bangladesh Force Maritime Unit who were in their ninth year of operating along the Nile as part of UNMISS.

The experience of this patrol is unforgettable. It isn't often people can say that they ate breakfast on the Nile, saw huge crocodiles and fish, and heard hippos among the reeds.



FOREIGN CORRESPONDENCE

News from South Korea

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

Our Team on Op MONITOR, South Korea



Left: MAJ Johnny Garton, SSGT Ari Finch and CDR Jennie Hoadley at the DMZ Observatory near Transport Corridor East.



Above: CAPT Dan Deans, FLTLT Emily Hall, CDR Jennie Hoadley and MAJ Johnny Garton at the Military Armistice Commission Headquarters Area near the Joint Security Area.



Left: Lunch with COL Jones, Senior National Officer, at the KATUSA Bar on Camp Humphreys



Birthday bowling fun to celebrate Dan ((CAPT Deans) and Johnny's (MAJ Garton) birthdays.

Outside The Wire

SSGT N Rutene
Instructor, NZCON

Just over two months down and I cannot believe how fast time has gone by! From being in isolation for 2 weeks in the Jolie Ville Hotel to conducting a quick handover with our predecessors and before I knew it, I was sitting in the hotseat as an Ops instructor within the mighty Force Training Team (FTT). The first two weeks were daunting, trying to keep my head above water around all the different policies, procedures and just the general way of doing business in the MFO. Once the storm clouds parted I had a clearer view in what was needed to continue the good work laid down from the team before us.

The biggest thing I enjoy about my role in FTT is conducting patrol inspections and remote site inspections. Our Area of Operations have six remote sites dispersed throughout, operated by American and Columbian teams with patrols largely led by both Fijian and Columbian partners. I particularly enjoy this part of my role as it sees us “outside the wire” a lot and working alongside other nations.

During inspections we are looking to ensure the security, maintenance, communication, and all battle procedures are updated and serviceable. Aside from inspections, the Ops Team instruct several courses for incoming MFO personnel from different nations. One course I am responsible for is the Remote site commanders’ course, which runs over a two-day period.



RS-2 (Remote site) Entrance



RS-3 Sangar looking to the South

One of the first tasks after taking over the reins in FTT was to head to North Camp and facilitate training for the large 270 strong Columbian contingent. Six days of training were dedicated to enhancing driving skills and testing the operational readiness of Columbian operated patrols and Remote Site 1. An

interesting challenge working with international partners such as Columbia and Uruguay has been the language piece and this has been easier to work through with the attachment of an interpreter from Columbia in our small team – however the Spanish language has been fun to



Above: RS-6 FOB (Forward Operating Base)



Right: CAPT Manuolevao and SSGT Martin observe activity in the Strait of Tiran from RS-6

FOREIGN CORRESPONDENCE

News from Sinai

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

learn on the go! On the nostalgic side – visiting North Camp also gave FTT the opportunity to see where NZ Contingents used to be centralized prior to the repositioning of forces to MFO South Camp.

The MFO is truly Multinational, and the construct of the Force Training Team

resonates that with a New Zealand Instructor team supplemented by a Fijian Instructor, Columbian Interpreter and led by a Canadian Principal Staff Officer. The strong team culture amongst the New Zealand contingent and within the multinational Force Training Team has made my time thus far thoroughly enjoyable, and I look

forward to seeing what challenges the rest of my operational tour here in the Sinai brings!

Ni sa moce! Adios!



RS 1—Briefing model



North Camp pool



From left: SSGT Ratunabouwalu (Fiji), SGT Smith, SGT Ward, WO2 Marvin, CAPT Manuolevao, LCOL Fowler (Canada), WO1 Forsyth, SSGT Martin, SSGT Rutene, PVT Castillejo (Columbia).

Day in the Life of a Truckie

CPL Ihipera Lomu
Section 2IC, NZCON

Two questions I often get asked by people, "What do you drive?" And "what is on the back?"

Our job here is not so different from a truck driver in NZ, we deliver general stores, fresh food and dry food, water, mail (this is by far the most exciting) and, transporting a variety of equipment. These are some of our tasks; we move anything from point A to B, however we do have a few differences. We have armored cabs, we carry body armor, weapons, and ammo, and we drive with our escort vehicles. These are armored 4X4 utes with four Fijians squeezed inside, and sometimes we have Egyptian contractors travelling within our convoy too. The roads are full of different hazards, including sand drifts, donkeys, camels, landmines, and at times the local population. Some days we can have quite a big footprint on the road, and other days we can be the only vehicle. This is the best day, faster, smoother, and all in all, a shorter day on the road for us.

Life on the road as a Truckie

The night before we do a big drive up to Remote Site 2 (RS2), we prep our



This is one for the NZ Drivers moving a vehicle during "Operation Compound Sanitize", moving obstacles like green wheelie bins, so nobody backs into them 😊

trucks and tie down the loads. I would not trust anyone to do that for me, as this is always the drivers' responsibility. We then position the trucks in the layup area ready for the next day's mission.

Early in the morning we go to the mess. This is the best meal of the day for us, we have the option of pancakes, or French toast with bacon or a fresh omelette prepared for us on a hot plate,

or all of the above. Some of the more experienced drivers sneak in some extra treats to get them through the long day on the road.

After breakfast we move down to the transport area, and line our trucks up ready to depart. This is called the 'layup area', where the most important task is to sort out the MUSIC playlist for



A local load (left) and kiwi load (right) ... see if you can spot the differences?

FOREIGN CORRESPONDENCE

*News from
Sinai*

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



Our lunch box to take on the road.

the drive, and of course load all our equipment and lunches into the Cab.

Thanks LCPL Sydney Bailey, I now know all the songs from *Frozen!*



Catching up with the local kids.

We all get the final driver brief, immediately prior to heading out the front gate.

Several hours into our journey we have our first and only planned rest stop on our drive. This is when the driver and co-driver get to swap around. LCPL Luke Brosnahan and I winning over the local kids lol.



Arriving at RS-2

Mid-morning we arrive at RS2. This is where we will do our trailer exchange.

Soon after arrival we have lunch with the Columbians at RS2 before getting back on the road to South Camp.

After a couple of hours of driving we have our rest break, and driver change-around.

Later in the day, we're finally back in camp, and start unloading our trucks.

After dropping off all our gear, we head to the Mess for something to eat.

Life here is not all work, we take part in many events held by the MFO. The Force Commander's wife invited us to a women's paint night which was really fun. There is swimming at Herb's Beach in South Camp with some beach volleyball, which is always fun when it's not too hot!



Final driver brief before departure.



Rest break and driver change around.

News from Sinai

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



Left: Painting workshop
Above: Herb's Beach

We are a very competitive group and are always up for a challenge. We got invited to do a Force March around camp for Fiji Infantry Birthday. In good Kiwi style, we decided the Force March wasn't enough, so we turned it into an EPIC body armour run, section vs section.

MFO also runs a few other activities during the week, namely a weekly pizza night, yoga class, crossfit, combative class and even day tours outside of camp. Once the COVID-19 situation has improved, we will get the

chance to go Quad Biking around sand dunes, exploring the underwater world on a snorkelling tour, a local cycle tour, and even going to the local museum (to see mummies, ancient Egyptian artifacts, etc). We have been here for over three months and everyone has started to find their feet. So far this has been an awesome experience.



Always up for a challenge.



DSO'S CORNER



Carol Voyce

Deployment Services Officer
Editor "The Bugle"

hoping that you are going to be one of those in 2021.

As with previous years, the project for 2020 exceeded expectations. The cards, letters and decorations were sorted and forwarded onto our service personnel based around the globe. And by late that year and into early of this one, came the most amazing replies from the lucky recipients, sometimes even containing little mementoes' from some locations but importantly telling of the joy the recipient felt and the impact the cards and letters had on their morale. It's another big job to make sure they were distributed back to the contributors - but it made the circle complete. Joy from one side of the world to the other and back again!

As Christmas 2021 approaches for many of you, your loved ones may have returned from deployment and you might not quite see the importance of this project – for you anyway. But can I ask that you share our request within your local community and add even more to the value and success of Operation CHRISTMAS CARD.

Because of COVID times and the unreliability of air freight to certain locations the deadline for contributions is **Friday 15 October**.

Please send your contributions to:

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

I look forward to your contributions – we can all make a difference.

Greetings to you all. I hope this finds you well and warm. The country seems to have been hit by numerous floods and storms of late so I hope you are all safe and not impacted by mother- nature!

Is August far too early to begin thinking about Christmas? Occasionally you will meet one of those totally organised people, who about this time of year, have already finished their Christmas shopping and have their plans well and truly in place for the festive season. I'm not one of those! I am however thinking about Operation CHRISTMAS CARD.

Operation CHRISTMAS CARD is one of my favourite projects which lets us all share Christmas cheer across the miles. It is your chance to share the festive spirit worldwide with our deployed service personnel and contribute to the continued success of the past 19 years. To help make this project come to fruition again, we invite you to make a card, buy a card, write a letter or take the concept and guidelines to your local preschool, school, community group, your work place, church group, senior citizens club or beyond. Everyone can make a

difference, get everyone on-board!

Towards the end of each year, all the contributions arrive in my office and I have the pleasure of sorting the many contributions and sending them on to our Operations abroad. It's a fun time – the assortment of greetings is truly heart-warming. Some children design their own cards or simple decorations, many write letters and there is an overabundance of glue, paint, cotton wool, felt pens and glitter adorning both me and my office. Every single one brings many a smile, sometimes a hearty laugh and even a little sadness. Children write from the heart, share a little about themselves and their family, their holiday plans, their own wise words of wisdom and then a question or two and even jokes and riddles. We encourage all our contributors to write their name and address on the back of their contribution so our service personnel have the chance to reply.

Each year we have many regular contributors – schools and preschools who have the project firmly cemented in their calendar and even a senior citizens group in Nelson who always supply at least 100 cards. And each year we have the joy of new groups and individuals coming on board. I am



Janine Burton

Deployment Services Officer

There are many challenges in life and we face them each and every day. Many of our challenges are so routine that we don't really think of them as anything out of the ordinary. These could start off with the challenge of getting out of bed when the alarm goes off, finding that garment that you had decided was going to be worn that day, but isn't where it should have been, getting kids dressed and breakfasted and off to school, daycare or kindy and you arrive back home or at your work place and take a deep breath before getting on with the rest of the day.

Everyone has their own preferences for how to face a challenge in life. However, there are a few good tips and tricks to follow when the going gets tough. Here are a few suggestions:

- Make a plan. While you don't know

what is going to happen in the future, you can always plan ahead. Many examples can be drawn from the patterns in your life and the challenges you have faced in the past and how you overcame them.

- Know that you are not alone. Every person in this world has their low points in all sorts of areas. Reach out to your family or friends or your support network. DSOs are here too if you want to chat.
- Feel your feelings. Your feelings are not going to go away by hiding from them. Take some time to feel what you feel, write them down, mediate or voice them—if only to yourself. Once out there your feelings may take on a new light and a solution be more obvious.
- Accept support. Asking for help is one side of the coin, the other is being willing to accept it. Those who come to

your aid truly do care about you.

- Help others. You will have heard of 'what goes around comes around'. Your experiences could be a great support for someone going through similar challenges, but be careful not to overwhelm them by only talking about what happened to you, etc, and not listening to them.

- Positive mindset. Train your mind to think positively. It could take time and practice and you might like to engage mindfulness techniques and meditation. When you get good at acknowledging your thoughts and letting them pass, you can stop negative thoughts in their tracks.

- Don't give up. Persistence is a huge key to overcoming challenges. Power through by asking for support, feeling your feelings and making a plan to work through it.

You only have to look at the Olympic Games and some of the amazing athletes we are currently watching to see what they are all achieving in their chosen sports to see this in action. Not to mention the Games proceeding at all after having to be postponed last year thanks to Covid.

- Work smart, not hard. There is generally more than one way to get something done. Just because 'this is the way it has always been done' does not mean that it always has to be done that way. This in itself could be a new challenge for you.

See how you go.

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**

TACTICAL SEPARATION



What rings true?

A Chaplain's brief contemplations on relationships.

The two best questions you can ask when it really turns to custard!

When things get real bad at work or at home, here are two great questions to ask of ourselves. How have I contributed to this mess? And what am I actually like to live/work with? If I am the cause of the problem then I am the solution—not others. We need to be willing to try on any hat that work or home gives us. Test and see if the hat fits. And if it fits—then fair enough. If it doesn't fit—then politely hand it back.

Sometimes our relationships can get so fractured that the only real word to describe them is toxic. I have visited homes that have been absolutely toxic. In these homes the relationship has broken down so much that every other relationship in the house is affected. Trust, humour, and respect are long gone. Blame-shifting, name calling, unhelpful outworking of anger and aggressiveness are common. Frequently the attitude is one where someone feels the need to impose their will at all costs—it is a relationship battle that needs to be won! Folk in this situation make lawyers rich and have yet to understand that they have lost everything already. Relationships are not meant to make you feel trapped.

Worse still is when young children live amidst this toxicity. Young children are great recorders of history but lousy interpreters. They will remember the feelings around toxic and threatening events but will not be able to put them in context. They will inevitably take the blame on themselves for what is happening.

My relationship and my home life is toxic. What do I do next? Firstly decide to do something—I must not be passive and just let this stuff happen to me day in and day out. Secondly, I need to decide that my toxic relationship is over. Do not go back to toxic. It is time for me to renegotiate my relationship with my partner in order to create a brand new relationship, a non-toxic relationship. Either we learn to live well together or we learn to live well apart. What we don't do is toxic!

When things are this bad, I will need to be wise and get professional help. When it is this bad sometimes people separate. There is a helpful way to separate and an unhelpful way to separate. If I separate in desperation to "see how it will go", drifting with no plan, then I am likely to drift apart.

A separation can be helpful if it is tactical. We separate for a deliberate purpose. The tactical separation is meant to wake me and my partner up. It says "This is serious!" The behaviour between us is killing our trust and love. It will drive us out of our own home; is this what we actually want? Everything can be talked about and most things sorted. During the tactical separation I need to ask myself, "How have I contributed to this mess?" And what am I actually like to live with? I need to focus on my issues and teach myself to be the person I want to be. Focusing on my partner's faults during a tactical separation will not help. Then some honest talking with my partner; "What must I do to re-earn your trust?"

It is not a competition nor a battle. It is two wounded people needing to heal in order to either live together really well or live apart really well. Are we prepared to do whatever it takes for us and our families to live well? Children deserve to have their parents treat each other with dignity and respect regardless of the living arrangements.

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 STRUGGLES OF OUR LIFE

Once upon a time a daughter complained to her father that her life was miserable and that she didn't know how she was going to make it.

She was tired of fighting and struggling all the time. It seemed just as one problem was solved, another one soon followed.

Her father, a chef, took her to the kitchen. He filled three pots with water and placed each on a high fire.

Once the three pots began to boil, he placed potatoes in one pot, eggs in the second pot and ground coffee beans in the third pot. He then let them sit and boil, without saying a word to his daughter.



The daughter, moaned and impatiently waited, wondering what he was doing. After twenty minutes he turned off the burners.

He took the potatoes out of the pot and placed them in a bowl. He pulled the eggs out and placed them in a bowl. He then ladled the coffee out and placed it in a cup.

Turning to her, he asked. **“Daughter, what do you see?”**

“Potatoes, eggs and coffee,” she hastily replied.

“Look closer” he said, **“and touch the potatoes.”** She did and noted that they were soft.

He then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg.

Finally, he asked her to sip the coffee. Its rich aroma brought a smile to her face.

“Father, what does this mean?” she asked.

He then explained that the potatoes, the eggs and coffee beans had each faced the same adversity—the boiling water. However, each one reacted differently. The potato went in strong, hard and unrelenting, but in boiling water, it became soft and weak.

The egg was fragile, with the thin outer shell protecting its liquid interior until it was put in the boiling water. Then the inside of the egg became hard.

However, the ground coffee beans were unique. After they were exposed to the boiling water, they changed the water and created something new.

“Which one are you?” he asked his daughter.

When adversity knocks on your door, how do you respond? Are you a potato, an egg, or a coffee bean?

Moral of the story:

In life, things happen around us, things happen to us, but the only thing that truly matters is how you choose to react to it and what you make out of it. Life is all about learning, adopting and converting all the struggles that we experience into something positive.

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:

Rebecca Smith—Ph: 06 387 5531

Papakura:

JJ—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

FIVE REASONS NOT TO GIVE YOUR KIDS AN ALLOWANCE



Many of us received an allowance back when we were kids. This is often the main reason many of us pay an allowance to our own children. But is tradition really a good reason to give our kids money? In fact, there might be some very good reasons for **not** giving our kids an allowance.

There are some good reasons to question the conventional wisdom in this area.

Should kids get an allowance?

Like anything in life, this decision might not be as simple as a yes or no. You'll see from the reasons not to give your kids the money below, as well as the reasons we might consider it, that it's more a matter of how we do it and how we use that allowance to help build good financial habits.

1. An allowance might not work as intended

There are good reasons to give our children an allowance, and done correctly, it might help create some good money habits, but it also might not work as well as we think.

Consider it this way: when is the last time someone paid us for cooking dinner or cleaning up after ourselves? If we give our kids an allowance for cleaning their room or helping out around the house, does that mean we will be inspecting their student flat room every week when they're older and paying them to keep it clean?

Kids need to learn that there are some things you do around the house just because they need to get done. That's what any capable member of a community, society, or a family does. A family works together even if the rewards aren't as tangible as getting paid. If everyone pitches in, the work is done much faster and more fairly.

If one person never learns this rule of working together, then the rest of the family will constantly have to pick up the slack.

Of course, there's a difference between our work outside the home and the chores we do as a family. Kids should be encouraged to be entrepreneurial, create ways of earning money, adding value to society, and doing work beyond their family chores.

Encouraging this kind of extra work with a weekly allowance might not be a bad idea but do it on a performance or results basis. Our kid's allowance should be relative to the amount of work they did, or results they achieved, not just a flat allowance they get every week.

Perhaps we can be the spark that ignites our child's entrepreneurial spirit? Perhaps we can help them get started in an online business? Perhaps we can provide them a lawn mower, or some gardening tools and they can take care of neighbours lawns and

gardens? Maybe they can sell arts or crafts on Trademe? Could they walk neighbours' dogs while neighbours are still at work? Could they help elderly neighbours with chores? The list is nearly endless.

2. Allowances don't mean financial responsibility

If our kids are receiving an allowance but have no financial responsibilities such as bills to pay, are they really learning anything about budgeting or saving? Forcing them to save some of their allowance only makes saving a punishment and alternatively, is it fair to charge them for food or other necessities that we as parents should be providing?

A different approach is to be more open about our own finances and teach our kids about financial responsibility by sharing ours. No, that doesn't mean make them pay for watching Netflix, but



it does mean talking to them about what it means to manage your money including the hard decisions, the trade-offs we all have to make when making a spending decision.

This can help our kids get in the habit of saving, not because it's forced but because those savings give them more opportunities and choices in the future. Help them see what they can do on \$25 each week and then how to save it and turn it into an amazing experience every few months.

Show your kids the power of making their money work for them!

3. Allowances don't reinforce concepts of sacrifice or hard work

Children may have no concept of money or sacrifice if we are just paying them an allowance every week.

Money may not even work as a reward for some children. This topic comes up on one episode of *The Simpsons*. Marge threatens Bart and Lisa by withholding their allowance until the garden work is done. After a quick

attempt, the kids give up and go back to watching TV and wonder why they're even bothering when everything is paid for anyway.

4. Better reward ideas

There are better rewards than giving a child an allowance. Maybe let them pick the family outing for the week, what to have for dinner, or just tell them how proud you are of their accomplishment.

This relates back to the first reason in the list. We shouldn't feel like we have to reward our children for doing things they should be doing anyway.

5. Better financial ideas

There are better ways to teach our kids about money, including with budgeting games and saving. Perhaps we can ask them to help us plan the family's budget, or there are plenty of free online games such as the author of bestselling book *Rich Dad, Poor Dad's* game called *CashFlow Classic*. That makes it just as real to them as saving

a few dollars a month for some intangible goal.

The bottom line: should you pay children an allowance?

There are good reasons to give our kids an allowance as well and paying them a little regularly isn't the worst thing if time is still taken to reinforce good money ideas and concepts. In our humble opinion, probably the biggest problem with a regular allowance is that busy parents just don't make the time to talk to our kids about money. The allowance just becomes something the kids expect, and the parents don't take the time to talk about good financial habits or what the allowance is supposed to achieve. Instead, we can teach our kids good money habits by demonstrating them ourselves and talking and working through important topics like budgeting, saving and investing. We can even be open about where we've made mistakes with money, and the family's financial goals.

This article has been contributed by Joseph Darby, CEO and Financial Adviser at Milestone Direct Limited. The views and opinions expressed in this article are those of Joseph Darby and not necessarily those of Milestone Direct Limited. The information contained in this publication is general in nature and is not intended to be personalised financial advice. Before making any financial decisions, you should consult a professional financial adviser.

Nothing in this publication is, or should be taken as, an offer, invitation or recommendation to buy, sell or retain a regulated financial product. No responsibility is accepted for any loss caused as a result of any person relying on any information in this publication. This publication is for the use of persons in New Zealand only.

Copyright in this publication is owned by Milestone Direct Limited. It has been reproduced here with permission. You must not reproduce or distribute content from this publication or any part of it without prior permission.

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.

ARON QUESTIONS

From Guest Editorial

SET I

1. Given the choice of anyone in the world, whom would you want as a dinner guest?
2. Would you like to be famous? In what way?
3. Before making a telephone call, do you ever rehearse what you are going to say? Why?
4. What would constitute a "perfect" day for you?
5. What is one of the things you feel most competent doing?
6. If you were able to live to the age of 90 and retain either the mind or body of a 30-year-old for the last 60 years of your life, which would you want?
7. Do you have a secret hunch about how you will die?
8. Name three things you and your partner appear to have in common.
9. For what in your life do you feel most grateful?
10. If you could change anything about the way you were raised, what would it be?
11. Take four minutes and tell your partner your life story in as much detail as possible.
12. If you could wake up tomorrow having gained any one quality or ability, what would it be?

SET II

13. If a crystal ball could tell you the truth about yourself, your life, the future or anything else, what would you want to know?
14. Is there something that you've dreamed of doing for a long time? What's got in the way?
15. What is the greatest accomplishment of your life?
16. What do you value most in a friendship?
17. What is your most treasured memory?
18. What is your most terrible memory?
19. If you knew that in one year you would die suddenly, would you change anything about the way you are now living? What?
20. What does friendship mean to you?
21. What roles do love and affection mean to you?
22. Alternate sharing something you consider a positive characteristic of your partner. Share a total of five items.
23. How close and warm is your family? How happy do you feel your childhood was, compared to most other people's?
24. How do you feel about your relationship with your mother?

SET III

25. Make three true "we" statements each. For instance, "We are both feeling ... right now" or "we both believe that..."
26. Complete this sentence: "Something I think others misunderstand about me is..."
27. If someone really wanted to get to know your partner, please share what would be important for him or her to know.
28. Tell your partner what you like about them; be very honest this time, saying things that you might not say to someone you've just met.
29. Share with your partner an embarrassing moment in your life, that you have not shared before.
30. When did you last cry in front of someone other than your partner? By yourself?
31. Tell your partner something that you like about them already.
32. What, if anything, is too serious to be joked about?
33. If you were to die this evening with no opportunity to communicate with anyone, what would you most regret not having told someone? Why haven't you told them yet?
34. Your house, containing everything you own, catches fire. After saving your loved ones and pets, you have time to safely make a final dash to save any one item. What would it be? Why?
35. Of all the people in your family, whose death would you find most disturbing? Why?
36. Share a personal problem and ask your partner's advice on how he or she might handle it. Also, ask your partner to reflect back to you how you seem to be feeling about the problem you have chosen.

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 enjoy sharing some of these incredible images with our readers.

These images are from the United Nations Mission in South Sudan (UNMISS).



**FAMILY
DEPLOYMENT
DINNER**

**Partner
Away?**

Our next Deployment Dinner will be held on
Thursday 19 August 2021

If your partner is away on course, on deployment or on Op PROTECT
on **Thursday 19 August** we would like to invite you and your family
over for dinner.

Join us at the Vince McGlone Galley HMNZS Philomel,
on **Thursday 19 August 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 **Monday 16 August** on **0800 NAVY HELP** or
nco@nzdf.mil.nz so we can save you/your family a spot.
* Please let us know if you will need a high chair for your child.

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 (0800 6289 4357).

FREE NZDF
**MID-WINTER FAMILY
PICNIC & MOVIE**

**CAMP CINEMA
SUNDAY, 29 AUGUST
4PM - 6PM**

FEATURED MOVIE

LUCA

**ID REQUIRED FOR CAMP ACCESS
FISH & CHIPS, POPCORN & ICE CREAMS PROVIDED**

**PLEASE BRING YOUR OWN
PICNIC RUG, CUSHIONS & FILLED DRINK BOTTLE**

TO REGISTER

EMAIL DCF: kathryn.hodgkinson@nzdf.mil.nz



**Cancer Society
Daffodil Day**

**Friday
27 August**

www.daffodilday.org.nz

The Cancer Society of New Zealand's Daffodil Day symbolises hope for 1 in 3 New Zealanders affected by cancer.

Since 1990, this iconic event has inspired people to come together and support the Cancer Society's work. As well as providing an opportunity to raise awareness of cancer in New Zealand.

Your donations will go towards vital scientific research into the causes and treatment of all types of cancer, as well as providing a wide range of support services, education and awareness campaigns/programmes for people affected by cancer in your area.

Whether it's by buying daffodils / donating to street collectors, purchasing merchandise, or making a donation by text, phone or online, every gift counts.

Any donation, no matter how large or small, will make a difference in the life of someone living with cancer.

PERSONAL MESSAGES

The deadline for contributions and personal messages for The Bugle is the first Monday of each month (**the next edition deadline is 30 August 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

To baby girl

Thank you so much for my parcel it was awesome—hopefully you should have yours by now.

By the time you read this we should be half way through or very close to it. You should also be coming out of winter and looking forward to some warmer days.

Love and miss you so very much your army man
XOXOXOXOXOXOX

To Troy

I hope you got to see the baby Tigers in Rotorua and had a good holiday.

Thank you for Panda. He sits and watches me at work all day.

Thank you for being good for mummy. Very well done at school with your award. You are so clever.

So very proud of you love and miss you.

Daddy
XOXOXOXOXO

To Ethan and Leon

I love your new flashing shoes I bet you are driving mummy mad with them.

Thank you for Cheetah. He also sits and watches me at work all day.

You need to start staying in your own bed.

Love speaking to you on the phone.

Leon, you are always so happy when I am on Messenger. Hopefully you will start crawling soon, think you are nearly there

Love to both of you

Daddy
XOXOXOXOXO

Dear Harry

I love hearing about all the new Pokemon cards you have been getting.

Dear Lolo

I can't believe how much you have grown, you will be taller than mum when I get home!

Dear Max

Keep looking after Reety for me.

Dear Reety

Did Kpop take you on the mo-mower? I bet that was fun!

Dear Mrs M

I'm so proud of you raising the boys AND working at the same time. You inspire me 😊

Hey Dad

Kara's bathroom and laundry looks amazing, you are so talented.

Thanks for the help at my house too.

Love and miss you.

Your daughter

To Bronda, Looloo and Alaska

I hope you are all staying safe and warm in the frost and snow. I love you like old people love chicken.

Yassss Queen.

Hi Lexi and Wifey

I hope you're both doing well. Thinking of you both all the time. Love you both lots and lots! – Richie

Happy Birthday Mum

Wishing you a happy 70th birthday on the 18th. Have a wonderful day

celebrating with everyone. Missing you

and thinking of you.

Jim



Hi Dad

Enjoy the fishing. Hope you catch plenty. Send me a photo of your haul then you won't need to exaggerate on your catch.

Love Kev.

Hi Gran

I hope you are feeling better now and enjoying playing cards with your friends. Keep warm.

See you soon, lots of love
Rod



From Home

Daddy

We love you. So all of us were missing you so we sent you a box with some gifts in it XXOO

Love from Troy XXOO"

Daddy

I want a cuddle and kiss. I drew a flower and a umbrella too, and another umbrella for you.

Love you from Ethan xo.

Army man

Hey sweetie, cannot believe it has been two months already! No idea where that time has gone but I'm glad its flying by (mostly). The boys are great chaotic company. The tiny one is going to be a monster by the time you get back. Missing you lots and love you heaps.

Babygirl xoxoxo

Morrie

We miss you lots. Always thinking of you.

Love from Anna, Harry, Arlo, Max and Everett.

Hey Mum

I have been listening to dad and helping him out with the dogs and playing nicely with Eli. We miss you so much and love you to the stars and back. xox

Hey my love

Hope you're doing well and enjoying yourself. Stay positive and motivated babe, you got this, we got this!!!

Kids are both doing well and growing up fast (little clowns).

Love you to the moon and back!!

Join Us for Dinner in Burnham, Trentham or Linton

No cooking or dishes—just great food and great company!

Bring your Family or a Friend

BURNHAM

Tuesday 17 August 2021

TIME:

5.30pm

VENUE:

B Block Mess, Burnham Camp

* Visitors to Camp to assemble at the Main Gate to be escorted into camp

RSVPs:

By 6 August

To Carol Voyce:

0800 337 569 or 027 449 7565

Email: carol.voyce@nzdf.mil.nz

TRENTHAM:

Sunday 29 August 2021

TIME:

5.15pm TO 7.00pm—dinner at 5.30pm

VENUE:

Main Mess, Trentham Camp

RSVPs:

To Dee O'Connor

021 905 157

Email: davida.o'connor2@nzdf.mil.nz

LINTON:

Sunday 29 August 2021

TIME:

5.30pm

VENUE:

JRs Mess—42nd Street, Linton Camp

RSVPs:

Names of all family members attending **PLUS** vehicle registration number

By 23 August

To Janine Burton:

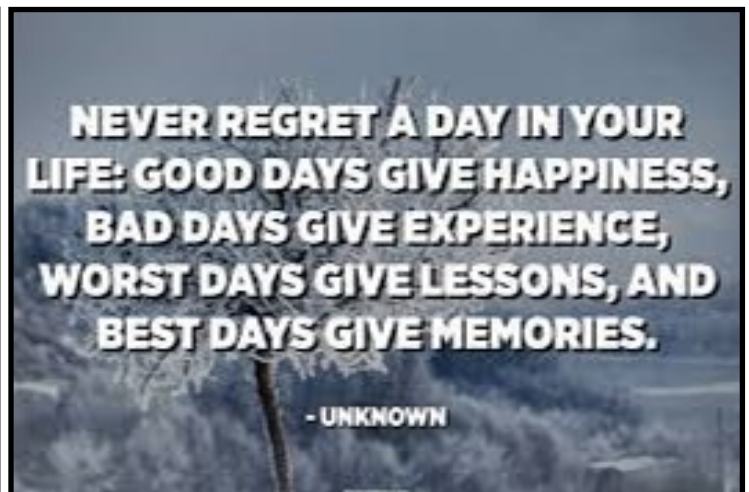
0800 683 77 327 or 021 649 903

Email: janine.burton@nzdf.mil.nz

We will be emailing families in our respective locations to provide any further details so you will also be able to RSVP by return email.

NOTE: All adults will require photo ID for access to Military Camps

Your hostesses are looking forward to your company.



The New Zealand Contingent Pizza Night in South Camp always draws large numbers. Op FARAD 01-21 did not disappoint!

