
THE BUGLE

ISSUE 278
FEBRUARY 2021

THIS ISSUE

Stronger Deployment Relationships
MFO Personnel Excel
Antarctica—A Sensational Continent
Learning to Trust Wisely

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



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Deadline

The deadline for Edition 279 is
26 February 2021

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

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Disclaimer

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Cover Photo:

Op ANTARCTICA—training in a pristine environment

GUEST EDITORIAL

SQNLDR Megan Hodges Head of Operational Psychology



*The Operational Psychology Team
Mr Peter O'Sullivan, Squadron Leader Megan
Hodges and Captain Belinda Lavo*

Hari Tau Hou! Nau mai ki
2021!
Happy New Year and welcome to
2021 from the Joint Forces Psych
Team!

We co-ordinate the psychological support to deployment programmes for the New Zealand Defence Force (NZDF), drawing on the wider NZDF Psychology team to provide briefs at pre-deployment, support during deployment as required and debriefs post-deployment. Our focus is Service personnel, but we link in with the other support services who work with deployed families as and when appropriate.

We commend you all, both deployed personnel and families, for taking up the challenge of deploying in a COVID-19 environment. We are fast learning that it is an experience not for the faint-hearted with much complexity and uncertainty to juggle in addition to the usual demands that accompany a deployment.

My priority and intent this year is to help raise awareness and communicate more broadly about the different experience and impacts of deploying in a COVID-19 environment. Allied nations are also interested in learning and sharing knowledge in this area so we can better support you all moving forward. As part of that I will soon analyse the data from all those returning from deployments in 2020. While we're building our knowledge and understanding back here, I'm all too aware that you're living it and experiencing such challenges as:

- Limited leave and respite during deployment
- Restrictions and extensions in theatre
- Heightened uncertainty
- Heightened concerns for and from family
- Real risks around COVID-19 exposure
- Cancelled flights/challenges travelling home
- 14 days in isolation or multiple isolation/lockdown periods
- No/limited opportunity to talk/socialise with other returning people

Whilst deployment, decompression and debrief experiences look different from previous years we are doing our best to adapt and overcome as you are. I have heard many heartening stories of applied resilience and a focus on the positives and alternative opportunities brought about by COVID-19. This includes stronger deployment relationships within contingents and with allied nations, greater responsibilities and professional development, unique and exciting command opportunities, and significant operational successes. The coping strategies I am

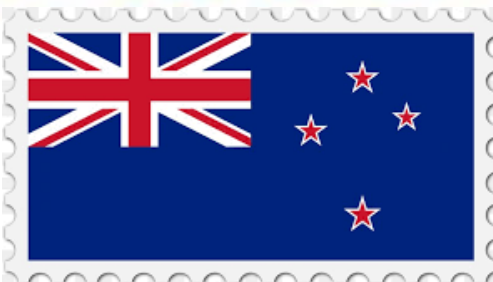
hearing also echo the research. For instance, restricting social media after recognising that it can be unhelpful and all-consuming in periods of isolation or lockdown; and, planning for and implementing a routine that incorporates exercise, interests (e.g. reading, music), work, and communications with friends and family whilst in isolation.

As well as those on deployments overseas, I also want to acknowledge those working at our borders and in managed isolation facilities as they too are encountering new and unique challenges and working industriously to keep NZ safe. For our junior personnel who have not deployed before this work provides a real opportunity to test out being away from home and processes that would be enacted at home if you were deployed. The interactions with returnees and other agencies, the enhancement of soft skills, learnings about shift systems and fatigue, camaraderie and interpersonal tensions, and the management of the ebbs and flows of the tasking all have valuable links to deployments and deployment skills.

With 2020 now behind us and with the learnings gained, 2021 is a chance to further develop a rhythm and processes to tackle the inevitable challenges that come. We in NZDF Psychology look forward to learning more from your experiences and from the research to better support you all as you transition through your deployment and return home. We'll also continue to work with the wider NZDF support services who assist families with their own significant challenges and resilient coping at home.

Take care and be strong in reaching out for support as you need.
E noho rā. Kia kaha i tō kimi tautoko mōu.

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 _____

FOREIGN CORRESPONDENCE

*News from
Sinai*

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

Competing in the Multinational Force and Observer (MFO) Competitions

CAPT Jasmine Irwin
NZCON Adjutant

Kia Ora to our friends and family back home!

In addition to our daily work, we have had a busy period in Sharm El Sheikh over the last month competing in all the Multinational Force and Observer (MFO) competitions. It has been a blast and we certainly won our fair share of awards. The first competition was the MFO Triathlon. The NZ contingent entered two teams and three brave individuals. The team competition was rather different to the normal order of events. All team members had to complete a portion of the swim, bike and run. This proved difficult as some of our killer runners and cyclists were like rocks in the water and we seriously thought they were going to drown at one point with an amount of water being swallowed. We managed to pull off 2nd and 3rd for the team competition, and a gallant effort by LCPL Andrew Daly and WO2 Jason Edgecombe saw us place 1st and 2nd in the individual competition.

The next event was the Norwegian Foot March, held on the 22nd of



January. The Norwegian Foot March is a ruck march that originated in 1915 to show civilians and new military recruits what it is like to be a soldier in the field. The Norwegian Foot March has since evolved to become a foreign service badge earned by completing the foot march to a specified standard. The foot march consists of carrying an 11kg backpack or ruck sack over 30km within 5 hours and 30 mins. Ten kiwis competed and out of over 150 competitors

managed to get four within the top ten, including 1st, 3rd, 5th, and 6th. A huge achievement.

That's all for now, we hope everyone back is home is doing well. Best wishes.

WO2 Jason Edgecombe (below) and LCPL Andrew Daly (right) on the bike leg.



News from Sinai

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LH Daniel Lord



SGT Richard Skipper



CPL Katelin Harding and LCPL Scott Cresswell



NZCON competitors at the finish line

Northern Kiwis

LAC Harriet Williams
NZCON in North Camp

Contributing to the mission of MFO peacekeeping in the Sinai Peninsula is predominantly done by the New Zealand Contingent (NZCON) from South Camp. However, two of the roles get the opportunity to spend half the tour in North Camp supporting the Northern Battalion (NORTHBATT).

As part of Force Protection measures, the MFO requires specialists to assist the Civilian Observer Unit and security elements operating out of North Camp so they can continue to carry out their peacekeeping roles safely. NZCON provides two personnel on three-month rotations to be directly involved in this part of the mission, which has been my bread and butter for the first part of the trip.

NZCON and AUSCON (the Australian Contingent) also provide one Physical Training Instructor on a rotation between the two contingents. Their role is to oversee the running of the gym and sports facilities, as well as facilitate other events such as sports tournaments, social events, run PT seminars and provide daily physical training classes for the residents of North Camp.

FOREIGN CORRESPONDENCE

News from Sinai

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Left and above: SGT Roo

Right: Strongman/Strongwoman event



Being the only two kiwis in the North meant we got to bunk down in the barracks known as “the Billabong” with our AUSCON brothers and, of course, the infamous resident and official MFO mascot (newly promoted) Sergeant Roo. Roo is an oversized puppy who was adopted by AUSCON in 2015 and has been a permanent member of “the Billabong” ever since. He is without a doubt the greatest provider of morale on camp! Roo has been a CPL for a number of years and after being an outstanding good boy and always

putting his best paw forward, it was decided he was due for a promotion. This was fittingly held on Australia Day after a traditional cricket fixture on the North Camp parade square. Congratulations SGT Roo!

Outside of work we have also had the opportunity to be involved in some awesome social events during our time in North Camp. Many of the events have been organised by our very own PTI / specialist morale support programme committee chairman, SGT Marcus Speck. These included various pizza nights, a football (soccer)

tournament in which our quality commonwealth team (plus a few of our American and Canadian friends) put in a stellar effort but could not quite pip the in-form Colombians. A strongman/strongwoman event, contingent patio Christmas decorating competition and my personal favourite, a North Camp New Year’s Eve tradition which included each contingent providing a small display of their home nations’ culture for the rest of camp.



SGT Marcus Speck and
Lac Harriet Williams



AUSCON lamingtons and NZCON
pavlova

The New Year’s Eve tradition involved getting stuck in, in the kitchen and making a traditional dish, setting up a stand with a bit of merchandise and in some cases, doing a traditional dance! SGT Marcus Speck and I tagged in with our AUSCON brothers, so while they claimed the lamington for their speciality dish, of course we had to make a pavlova. We also had teams from Colombia, Egypt and the United States taking part, making the event a huge success. The pavlova was definitely a hot favourite and we should have made more!

We have both thoroughly enjoyed our time here, especially the extra challenges that being in the North brings, such as attempting to communicate with the Spanish-speaking Colombian contingent and the much cooler temperatures. It is now almost time for us to switch over with our Southern counterparts and say goodbye to our AUSCON brothers.

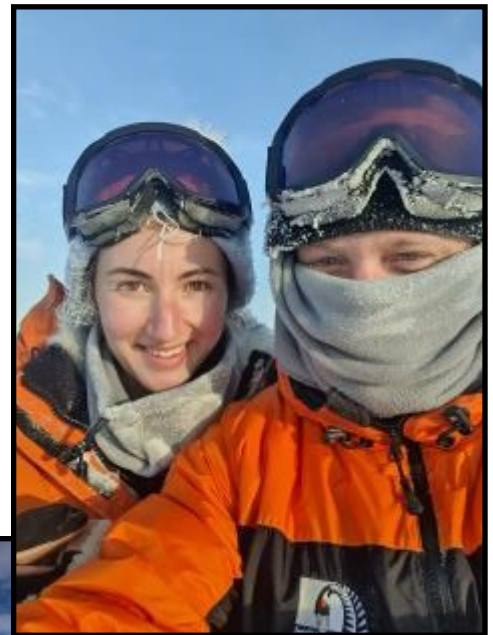
Once In A Lifetime Opportunity

LMED Alex Carter
Communication Operator

Five months deployed to the coldest and driest continent on earth has flown by. My time down here as one of the Communication Operators is rapidly drawing to a close. It has been an honour to be selected for this role and work alongside Antarctica NZ. Scott Base has been a unique home over this period with various weather states. First impressions of Scott Base was freezing with temperatures of -40 degrees Celsius to greet me and an incoming Condition 1 storm.

This year we had a very different season due to the world Covid pandemic. We all started off with our two weeks of isolation prior to departing NZ. This season

saw no Kiwi helicopters, core crew reduced to a third of the normal size and a huge reduction in science and other normal seasonal events. Our NZDF team size was also reduced in half to five members consisting of: F/S Jae Ekman as the Cargo Handler, SGT Kirsten Pease as the Senior Communicator Operator, LCPL Nathan Jamieson and LCPL Laochailan McGregor as Plant Operators and myself in the other Communicator Operator role.



run dressed as a Penguin.

I have thoroughly enjoyed my time on this icy continent and have some rare experiences to take away, along with new friends and skills learnt.

One of my favourite takeaways from being part of the Scott Base crew has been learning new skills from friendly, experienced people throughout the workshops, like: welding, carpentry, cooking, baking and mechanical skills! My main takeaway has been on the rare occasion venturing out in spare time to teach myself how to ski on the Ross Island trails and see local wildlife at the same time.

I would like to thank the NZDF for this once in a lifetime opportunity and will miss the best office window view of the Ross Ice shelf with its pressure ridges, Weddell seals, minke whales and penguins. I would extend this gratitude to family and friends supporting me from back home and the current Antarctica NZ crew. And of course, the current NZDF SBST crew I have been posted down here with for their support and constant comradeship throughout our time down here.

We survived our Antarctica Field Training sleeping in small tents and learning how to survive in these testing conditions. From this training induction we were then able to venture outside off shift, in our down time. Outside of Scott Base we can take advantage of the rare views, Antarctica trails, fat bikes, crevasses, ski field, numerous outdoor activities or even visit our American neighbours at McMurdo base.

Over this time, we have been immersing ourselves in the history and culture of Scott Base and Ross Island with various formal ceremonies and other themed events reliving some of the historic milestones. Some of the most meaningful ones I will remember are the raising and lowering of the summer and winter flags and being part of the Erebus memorial ceremony. The Ross Island skirt event is one I won't forget along with the 5km Turkey Trot



FOREIGN CORRESPONDENCE

News from Antarctica

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Antarctica—A Sensational Continent

LCPL Nathan Jamieson
Plant Operator

Antarctica. What a truly colossal and sensational continent to be deployed to.

With the bewildering 24-hour sun and the extravagant views, its an absolute pleasure to write a piece about my time here on deployment during the Christmas and NewYear season.

Spending a Christmas 3832 km away from home at Scott Base in Antarctica was something I never thought I would ever experience.

With new friends and great morale base wide, Christmas was absolutely blissful.

Prior to the festive day we all had to pluck a name out of a hat for a secret Santa gift. With the one rule that the gift had to be handmade, there were a great number of well crafted and well thought of presents.

The day was filled with great food, laughter, and an abundance of joy.

With the year 2020 nearly over, I was so fortunate to spend my 35th birthday here on the 31st December. Bringing in the New Year over at McMurdo Station with the friendly Americans, who played great music, and were such amazing hosts.

Another memorable day for myself was getting to lead the Haka during a song that we at Scott Base performed to the Americans over a McMurdo Station. It was for the festive day that the

Americans host over there called Ice Stock. The song was called Kia Mau Ki Te Ukaipo written by Six60, and the Haka was Ka Mate. It was an absolute honour.

I have to give a massive shout out to the peers on the traverse team who travelled for 42 nights, traveling 3000+km across the ice to deliver 80 tonnes of cargo and drill rods to the K.I.S 3 (Kam Ice Stream) in order to keep our Antarctic New Zealand science happening.

Also to:

- the Comms Ops gals for their hard work maintaining the radios;
- the Domestics for keeping the base ever so clean;
- the Mechanics for keeping the machines in good working order;
- the Chefs for their amazing meals;
- the Engineers for keeping the base running;
- the Field Trainers for giving us the tools and their knowledge to look after ourselves in this rugged environment;
- the Scott Base Leadership Team for keeping us all safe on this

extraordinary and glorious continent;

- and to all the deployment brothers and sisters.

YTB



DSO'S CORNER



Carol Voyce

Deployment Services Officer
Editor "The Bugle"

During my time in this job I have been fortunate to learn so much, meet some great people and witness some amazing things. I have heard and shared many a story along the way. Some happy, some sad! Many have been character building, not just for me, but also for those at home and those abroad. This is an amazing place. Where else would you get the opportunities on offer? We have all learned to better understand separation and challenges to our daily lives. We are stronger for it! We have new skills, new coping mechanisms and are adapting to a COVID world. Today I can't help but think how lucky we are here in New Zealand!

I have many favourite 'heart warming' moments but this would have to rate near the top! It occurred sometime ago now but always brings a smile when I think of it or share. Picture this –

Mum and Billy called into my office for some advice. Mum was struggling with the separation and needed some reassurance and a listening ear. (Oh, so common!) Billy and I got chatting. This gorgeous, bright, four year old went to great lengths to tell me his Dad

was working on the other side of the world. "If I wanted to go there to see him it would take me two days in the fastest jet plane to just to get to the airport!" he said. "But I am not allowed to go because Dad is really, really, really busy!" He quickly reminded me that his Dad was helping people who didn't have nice houses to live in, nice food to eat or even nice toys to play with. "They don't have blankets and wouldn't even know what a lollipop was" – he said as he slurped on the one I had given him. His facial and verbal expressions were amazing. I asked Billy what his Dad looked like. I meet so many people along the way that I couldn't quite picture this young man's hard working Dad. "Is he as tall as me?" I asked. With that, and leaping onto a chair, gumboots and all he said, "My Daddy is this tall and more – pointing to the ceiling. "He is the tallest, smartest daddy in the world and I love him." His eyes sparkled and his smile was beaming. "He's got orange fairy footprints on his face" he exclaimed. I just love him this much and more, he said with his arms outstretched. This description clearly warmed my heart. Billy idolised his Dad and the vision he had so clearly painted and portrayed, illustrated that little Billy was just like many other NZDF

children. A scenario probably repeated in many households!

Children just like Billy, separated from the one they love through deployment, are very much aware of the difference their Mums and Dads make abroad. They are their heroes. These little ones are a shining example of courage and bravery too, often carrying a lot on those little shoulders and doing it proudly. They too are our little heroes!

For some of you, the end of a deployment is insight. How exciting that big and little heroes are soon to be united. You all get to share the well earned medals! For others, the wait will be equally as rewarding.

Kind regards





Janine Burton

Deployment Services Officer

dishes has not diminished and we had yet another delightful event in Linton on 31 January. Each of our families brought along additional family or a friend, which was lovely to see. They all also enjoyed joining us. Thank you to those who continue to support the dinners, I really enjoy having the opportunity to host you and to check in with the progress of your deployment journey.

With the exception of one deployment, personnel are currently deploying and returning in small groups, or sometimes in just ones or twos. This can also be challenging in that often partners left at home sometimes feel that they are doing this deployment journey alone. Please don't feel you are on your own; I can assure you that you are not.

Deployment experiences for those of you at home are as individual as you are. This might be a first deployment or a seventh; family might be partners of long-standing or newish relationships; there might be children to add a whole new dynamic, or we might be supporting parents. No one group is more important than another. Individual challenges may be different, but challenges are there all the same. There are many around you to provide help and support. Accept that support when it is offered as I'm sure that you would be there making that offer to others. Your family and friends know you best and I'm sure they will be with you every step of the way until homecoming, as are all the NZDF welfare team. Carol and I are specifically focussed on our deployment families and I encourage all our families to give either Carol or myself a call if we can help at all.

February already! Time is certainly moving quite quickly for me and I hope that for those of you who are eagerly awaiting the return of your loved one, that you also feel that time is speeding along. By now all schools will be back at school so this marks yet another milestone as you move towards homecoming. I trust that they have all settled well into their new year of learning.

In the last few days we have seen the return (albeit into managed isolation) of some of our personnel who have completed their deployment. Welcome home and trust that your reunions will go well when you eventually reach home.,

The long break over Christmas/New Year/January can seem a very long time for some, especially when having to arrange childcare when mums and dads have to get back to work before

school returns. Of course, this is always a challenge but the pressure mounts when one parent is away and the juggling of commitments can, at times, seem quite overwhelming. This is when a good network of support becomes essential. One positive thing that the lockdown(s) of last year taught us, is that in many situations there is the capacity for a lot of us to be able to work from home., which adds another option when perhaps you feel you have to be in two places at one time—if the nature of your job allows of course, and that you have an understanding and sympathetic employer.

With the conclusion of our mission to Iraq last year, our deployment numbers have reduced significantly. So the number of families within the Manawatu are a lot smaller than they have been for a while, hence, the number of families I now host for our dinners are smaller. But I am happy to say that the enjoyment of not having to cook or do

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 Chris Purdie

Burnham Military Camp

store treasure our hearts will be also' (Luke: 6:21). My little medical event gave me time to think about what it is I valued, what my treasure was. I am pleased that I had my family around and had good relationships with them. Because I needed their help, I needed their support. I am pleased that I invested in them and I am pleased that I was able 'store treasure' with them—so to speak.

Welcome to a New Year.

So it's the 27th of December, I'm blessed and I am at home in Christchurch on leave. Then Wham! I am having a medical event – well, over the course of the day I had a number of firsts; I have a trip to A&E in the big yellow bus with lights (1st), CT scan (1st) etc, etc. Turns out I'm okay, just had a mild infection and the symptoms will pass. It was a lot quieter leave than planned let's say.

This little event did remind me that our new year can give us new things – but they may be things we might not have planned or thought that we would be ready for. New isn't always new in the ways we hope or thought.

The challenge for us all after 2020 and the extraordinary things that happened last year is to keep our heads in the game. The hope is that 2021 will deliver a return to normality, a quieter year. However just because we wish it, doesn't make it so.

The bible reminds us that 'where we

This is a new year and for you who are away—and for those who are home with them away—take some time to consider where your treasure is stored, what are the things that you truly value? where is your heart at? Are these the things which will sustain you for the long haul? Will these things help you though the tough times?

The more we invest in the things of life which are resilient and sustainable, the more likely we are to respond better when things change or don't go to plan.

Blessings for the New Year.

A Pond Full of Milk

Once there was a king who told some of his workers to dig a pond. Once the pond was dug, the king made an announcement to his people saying that one person from each household has to bring a glass of milk during the night and pour it into the pond. So, the pond should be full of milk by the morning. After receiving the order, everyone went home.

One man prepared to take the milk during the night. He thought that since everyone will bring milk, he could just hide a glass of water and pour inside the pond. Because it will be dark at night, no one will notice. So he quickly went and poured the water in the pond and came back. In the morning, the king came to visit the pond and to his surprise the pond was only filled with water! What has happened is that everyone was thinking like the other man that "I don't have to put the milk, someone else will do it."

When it comes to help, do not think that others will take care of it. Rather, it starts from you, if you don't do it, no one else will do it. So, change yourself. That will make the difference.



Source: English-for-students.com/parables

TIME OR MONEY

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

Imagine there is a bank that credits your account each morning with \$86,400. It carries over no balance from day to day. Every evening the bank deletes whatever part of the balance you failed to use during the day. What would you do? Draw out every cent, of course!!!



Each of us has such a bank. Its name is TIME. Every morning it credits you with 86,400 seconds. Every night it writes off, as lost, whatever of this you have failed to invest in good purposes. It carries over no balance. It allows no overdraft. Each day it opens a new account to you. Each night it burns the remains of the day.



The clock is running Make the most of today!

To realise the value of **ONE YEAR**, ask a student who failed a grade.

To realise the value of **ONE MONTH**, ask a mother who gave birth to a premature baby.

To realise the value of **ONE WEEK**, ask the editor of a weekly newspaper.

To realise the value of **ONE HOUR**, ask the lovers who are waiting to meet.

To realise the value of **ONE MINUTE**, ask a person who missed the train.

To realise the value of **ONE SECOND**, ask a person who just avoided an accident.

To realise the value of **ONE MILLISECOND**, ask the person who won a silver medal in the Olympics.

Treasure every moment that you have! And treasure it more because you shared it with someone special, special enough to spend your time with. Remember that time waits for no one.

A GREAT SUMMER ON A BUDGET

How to have a great summer without blowing the bank

There are ways to make your hard-earned dollars go further while you have a great summer break, here are eight tips to have a great summer without blowing the bank.

1. Don't confuse expenses with happiness—the best experiences are often free

Have you ever seen a child discard an expensive new present to play with the box it came in instead? The same principle applies to grown-ups – some of life's most enjoyable experiences cost very little, or nothing at all. Consider:

- Picnic
- A day at a lake
- Camping
- A country or bush walk, or one of NZ's great walks (or on a mountain bike!)



- Going somewhere new
- BBQ
- Picking fruit
- Free outdoor activities or attractions such as pools and gardens
- Free or heavily discounted activities such as libraries and museums
- Time at the beach



- And so-on

A part of this is basic economics: the higher the demand, the higher the price. One solution? Get off the beaten track.

Avoid tourist hotspots and opt instead for somewhere less trendy. With a little research, you might soon find more fun things to do and enjoy the luxury of not having to battle through masses of other people to get an ice cream or a family selfie.

2. Pay up front

A study in the Journal of Consumer Research shows that we are happier with purchases that we make up front, and then experience later. If you can, pay for your travel arrangements such as a hotel or motel in advance (from your savings, not on credit!) and then go happily on your trip. You'll certainly have expenses while there but having paid for the trip in advance keeps your account balances from taking a big hit all at once.

3. Decide what is important, spend on that

No holiday budget is unlimited, so how can we make the most of our money? Spend on what is most important to you. If you are a foodie, spend on dinners out and save on your hotel. If walking around and taking pictures is important, spend on a hotel in a great neighborhood (and a great camera too), and save on meals out by going to the local grocery store and making sandwiches in your room.

4. Don't skip the extras

It is easy to think of what you have spent all summer and stop yourself from spending another \$10 or \$20 on an experience. You will get more bang for your happiness buck if you make those small extra purchases. Plan and save for them in advance so there's no need to skip those extras.



And when you get home:

5. Pay your travel bills off in full

Just like paying for experiences in advance, then enjoying them later boosts our happiness, having experiences and having to pay for them on our credit cards afterwards decreases our enjoyment. No matter how much fun that trip will be, you'll beat yourself up about it if you're stuck paying the bills for months afterwards. Don't let your summer impact you through 2021, pay for it now.

6. Manage your expectations

If an all-inclusive luxury resort or down-country trip is beyond your bank balance, then it's time to re-think what you really need to have an incredible experience when you travel. Could you swap a pricey villa with an infinity pool for something simpler?



7. Timing is everything

Last-minute deals do not tend to exist during school holiday periods, and those that do are usually to undesirable places. Even if you do not have kids, a quick search on Google will tell you school term dates well in advance; use this information to book far ahead – even a year ahead. You can lock in great deals when prices are still relatively low due to the lack of demand, and you might find yourself looking forward to the experience even more too.

If your kids aren't in school yet, have left home already, or if you never had kids at all, then make the most of travelling outside the peak periods, when costs are low, and all the best spots are less crowded.

8. Take care booking flights

Flights and hotels are much more expensive on the weekend because that's when people are off work. That means that some of the best flight deals are during the week, especially



during the middle of the day.

When booking flights, look carefully at the baggage too. For most trips, a carry-on bag of seven kilograms is included, so you might not need any check-in luggage. This saves time at the airport too!

The bottom line—having a great summer that doesn't cost the world

Here's a recap of the top eight for you to enjoy a great summer without pressure on your dollars:

1. Don't confuse expenses with happiness – the best experiences are often free
2. Pay up front
3. Decide what is important, spend on that
4. Don't skip the extras
5. Pay your travel bills off in full
6. Manage your expectations
7. Timing is everything
8. Take care booking flights

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

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

BROKEN TRUST



What rings true?

A Chaplain's brief contemplations on relationships.
Trust must be guarded, watered, cared for or it will die!

It is a law of the universe—that we move towards those people who care for and respect us and we move away from those who don't. No rank structure, employment arrangement, marriage licence or family structure is exempt from this law.

Both naïve trust and earned trust must be guarded, watered, and cared for or it will die. Naïve trust is the automatic trust that we have in someone because of their position. A young child will automatically trust their teacher because they are an adult and a teacher. A recruit will automatically trust the Directing Staff at TAD. Once naïve trust has been shattered, it can never come back. Trust then has to be re-earned. The main trust killers are the betrayal of natural justice, treating people unfairly and dishonesty.



A significant factor in great mental health is learning to trust wisely. Wise people place their trust in people who have been tested first. As Jesus said talking about people, "A good tree bears good fruit, but a bad tree bears bad fruit." Look at the effect of that person on the people around them. When we place trust in the wrong person we set ourselves up for pain and suffering time and time again. The consequence of repeated experiences of broken trust is that we inevitably become commitment shy.

How do we know when trust levels are high? When our beloved, our workmates, our boss or our children can bring up any topic and know that they will be respected and well heard- then trust is there. Doubly so if they are raising a very painful or awkward topic, or a topic that they already

know we might disagree with.

How do we know when trust levels are low or non-existence? When there is only silence or generic small talk. When we feel like we are walking on egg shells, or that the fear of the person's reaction tips us into risk mitigation mode, then we no longer speak the truth in love. It is simply far safer to say nothing. Trust will only flourish where honest talking and hearing takes place. While relationships watered with honesty always grow trust, we need to understand that trust grows slowly.

Sometimes when trust has been broken we try to put things right by attempting to reset things with an apology. An apology offered from someone who plainly does not respect or care will only add to our instinct not to trust them. Bland generic apologies with little detail of what went wrong or the remedy to put things right almost never work.

An offered apology needs to signal that we do respect and care. An apology must express regret, it asks for an opportunity to re-earn trust and an opportunity to put things right as best we can. An offered apology is an invitation for the apologising person to be reassessed. For an apology to be effective it usually needs to be as loud as the disrespect that gave rise to it. It also needs to be detailed in what went wrong, detailed in the suggested remedy and very personal. Growing trust is always personal. An apology is the prefix to the question- What must I do to re-earn your trust?

Hold on to what rings true for you and let the rest ebb away.

Please remember, if you have been bad, or are going mad, or even feeling sad, then 0800 NZDF4U (0800 693 348) is a safe place for you.

CHAP3 Hamish Kirk
Linton Military Camp

LOOKING BACK

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

These images are from Operation Antarctica.



EVERYONE SERVES

I have a wonderful little paperback book called *“While you were away – 101 tips for families experiencing absence or deployment”*. Written and published in Canada, all the tips have been tried and/or tested by military families and others experiencing absences. The guide is a bit like a recipe book, some recipes will work perfectly for your family and some recipes your family would never even want to sample. Here are a few you might like to try:

■ Time with friends

“Lots of people want to ride with you in the Limo, but what you want is someone to take the Bus with you when the Limo breaks down.” (Oprah Winfrey).

- ◆ Sharing time with people who love and care about you helps to alleviate the sense of being alone.
- ◆ Spend time with people who energise and enrich your life.
- ◆ Attempt to see friends and family in person – you get a break and a much greater sense of connection.
- ◆ Join a club, organisation or evening class you have always wanted to.
- ◆ Find someone to go to the Gym with.
- ◆ Make spending time with a friend(s) or family part of your weekly routine.

■ Keep busy

“People who know how to employ themselves, always find leisure moments, while those who do nothing are forever in a hurry”. (Jeanne-Marie Roland).

- ◆ Sitting at home isn't going to distract your mind from worry and it won't give you a sense of purpose.
- ◆ Take on tasks and work that is meaningful to you.
- ◆ Take on an activity or hobby.
- ◆ Volunteer at your child's school.
- ◆ Join a support group and find out what you could do in your community.
- ◆ Choose tasks and activities that are going to lift your spirits and not become an overwhelming burden.

■ Laugh every day

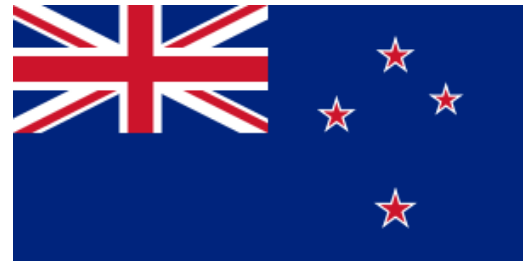
“The Human race has one really effective weapon, and that is laughter.” (Mark Twain).

- ◆ With laughter comes the restoration of hope. When you are able to laugh each day you are able to shake off your stress and worries, if only for a few minutes.
- ◆ Rent funny movies.
- ◆ Read funny books.
- ◆ Get your children to tell some jokes.
- ◆ Get a daily calendar with funny sayings or cartoons of funny happenings or happy moments.

■ Responsibilities

“Responsibility is the price of greatness.” (Winston Churchill).

- ◆ With an absence may come additional responsibilities to take on. Distribute household chores/ responsibilities evenly and fairly and give everyone the ability to shine.
- ◆ Create a new “chore chart” with the entire family.
- ◆ Distribute chores evenly and fairly.
- ◆ Give rewards or incentives for family members when they complete their tasks.
- ◆ Praise often and reduce criticism to a minimum.
- ◆ Assign tasks according to the time they take rather than the number of them.



■ Ask for help

“Plant a seed of friendship; reap a bouquet of happiness.” (Lois Kauffman).

- ◆ Asking other people for support, advice or assistance cannot only get you the help you need but it can also let others close to you feel useful.
- ◆ Ask members of your family to contribute to meals.
- ◆ Ask for someone to make a weekly check in call for the sole purpose of seeing how you are and what you need and listen to a little bit about what you could do with less of.
- ◆ Ask someone you trust to drive your children to an activity or event.
- ◆ Ask for help during special occasions (birthday parties) or events.

■ Memory box

“To look backward for a while is to refresh the eye, to restore it, and to render it more fit for its prime function of looking forward.” (Margaret Fairless Barber).

- ◆ A memory box during the absence is a good way to start opening up the lines of communication upon a loved ones return. Each item will tell a story.
- ◆ Save a shoebox and make a project of decorating it or buy a pre-decorated box.
- ◆ Inside the box the family can put pictures, awards from school, reports, postcards, birthday cards, drawings, newspaper cuttings, etc.
- ◆ Record the date on the back of items using post it notes to remind yourself of a funny incident or story that goes along with the memory.
- ◆ Ask family and friends to contribute to the box too, to get a wide range of perspectives on the time they have been away.

■ Getting information

“It is only because of problems that we grow mentally and spiritually.” (M. Scott Peck).

- ◆ Don't listen to sensationalized media reports or idle gossip. Make sure you know who and how to access up-to-date information. Have address and contact information readily available.
- ◆ Get all the contact information before your loved one deploys.
- ◆ Avoid listening to media reports that may be exaggerated.
- ◆ Find official reliable sources for news and updates.
- ◆ Keep the list of useful contacts in a handy place.
- ◆ Cancel your newspaper subscription if it upsets you and subscribe to a magazine you would enjoy.

■ Breakfast for Dinner

“Food is the most primitive form of comfort.”

- ◆ Not only is having breakfast for dinner sometimes a simple dinner solution but children love the idea of mixing up things a little and it can make a meal filled with smiles and laughter.
- ◆ Ask children what day of the week they would like to do it on.
- ◆ Get a toast stamp with a funny greeting on it.
- ◆ Pour pancake mixture into cookie cutters.
- ◆ Make a smoothie or punch to go with it.
- ◆ Use paper plates or fancy dishes to make it special.
- ◆ Eat in another room or out on the deck.



If you would like to borrow this book for more ideas, please contact Carol Voyce, DSO Burnham.

Caring for Yourself

Deployments for those left at home are not always easy.
Caring for yourself is crucial!

Try this check list:

- ® Remember that the better I care for myself, the better I will be able to meet my children's needs.
- ® Make sure I am getting enough rest.
- ® Make sure I maintain good nutrition.
- ® Make sure I am getting enough exercise.
- ® Join in NZDF family activities and briefings.
- ® Join a club, start a new hobby.
- ® Talk with others in like situations.
- ® Reach out to old and new friends and relatives.
- ® Try to find time for myself.
- ® Try to do something I have never done before. Cook a new recipe or learn a new sport.
- ® Learn ways I can become independent.
- ® Reward myself for doing a good job.
- ® Remind myself during stressful times that the situation is temporary.
- ® Seek help if needed. Contact the Deployment Services Officers, Psychologists, Social Workers, Chaplains or any member of the Welfare Support Team.



Family Deployment Dinner

Our first Deployment Dinner for 2021 will be held on
Thursday 18 February

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

Join us at the Vince McGlone Galley HMNZS Philomel, on **Thursday 20 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.

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

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

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

POOL PARTY:



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

PERSONAL MESSAGES

The deadline for contributions and personal messages for The Bugle is the first Monday of each month (**the next edition deadline is 26 February 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 Wills, Mags, LJ & Chase

Holidays are over and it's back to school! Hope you all make new friends and settle in to the new place.

Thinking of you heaps and missing you every day.

Tell Dad to buy you biscuits and can someone please wash the dog.

Love you all, big hugs
Mum

Dear Natalie, Isaac and Freya (Shuffle & Sully too!)

It was so great to be able to talk to you all on the video call! I really enjoyed hearing your stories and seeing you dance and sing. I can't wait to get home and play games with you all again. Looking forward to talking to you all soon. Much Love, Dad xoxo

Boys

Be good, be strong, be safe and be nice to your mother. Hope you enjoy going back to school. Remember you don't go just to eat your lunch so work hard and reap the rewards. Always thinking of you. Love DAD STV

Babe

Miss your smiling face. Keep cool and see you soon. BB

Hi Tim, Everley and Max

Hope you are being good and helping Mummy at home. Soon time to go to school, kindy and daycare again. That will be fun. Work hard and send me some of your art work so I can put it on my wall. Miss you heaps. Love Daddy xxoo

Dear Gran

Have a great birthday on the 10th. Have fun celebrating and trust you can manage to blow out all those candles. Hope everyone spoils you. Love Bruce

Happy Anniversary JK

Happy Anniversary for the 17th. Let's hope I am home to celebrate the next one. Thanks for keeping the home fires burning. Miss you heaps. MK xx

Happy Birthday Mum

Enjoy your celebrations. Have a great day with the family. I will be thinking of you. Sorry no present but lots of wishes. Pete xxxx

From Home

Dear Harley

We have finally made it to the Mess for a lovely meal. Plenty of food and lovely company. We were talking about you. Were your ears burning? Hope we can come again when you are home again. Won't be long now. Thinking of you.

Lots of love from Murray & Sue xxx

Hello Dear Harley

Have had a wonderful Sunday dinner with Lisa and Isabella, Grandad, Grandma. Hope you are healing well with your head—we want you all in one piece when you come home. Lots of love—you are in our thoughts. Love Auntie Anne x

Hello Daddy

I have been at school for 3 days now. I am in Room 1 and my teachers name is Miss Short. We have our own desk and chair. I am sitting next to Rosie. She lives not far from our place. We have a reading book to take home each week. I like it there. I have a lunch box and a drink bottle. I hope you can come home soon to see my classroom. Love from Harriet.

Dear Bud

Missing you. Hope all is going well for you. Thinking of you lots and trying not to countdown until your return. Keep safe, Trudi xx

Hi Dad

Back at school and on the bike. Seems ok so far but who knows it's early days. Pretty hot here. Going to join a couple of the school sporting clubs and see how they go. Hope you are enjoying things over there. Levi



Hello Uncle B T

We all missed you over the summer holidays. It was a nice long break. We had a few weeks away at the Bach and then did a bit of a South Island tour. Hard to think about going back to school now, especially since it is so hot. Thanks for the letters and parcels. Look forward to seeing you in a few months. Be careful there, Love Troy, Mickey, Frank and Alice

Dad

All's good here. Getting ready for the last school year. Holidays went well and liked my part time job. I managed not to spend all my wages and have started saving so you will be pleased to hear that. I can still work Saturdays once school returns. Dog good. Still destructive and chewing everything in sight. Skype soon. Love Tony

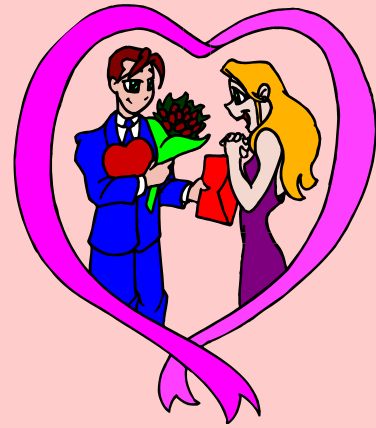
Aunty SSS

Happy New Year. We had great summer holidays. Good weather and lots of time camping at the river. Enjoyed some boating and lots of BBQs. Heading back to school in a week or so. Its so hot here now that we have to sit in a classroom. Guess you are cold there and would like some of this sun. Enjoy your time away and we will see you when you get back. Love, Tom, Will, Bee and Izzy

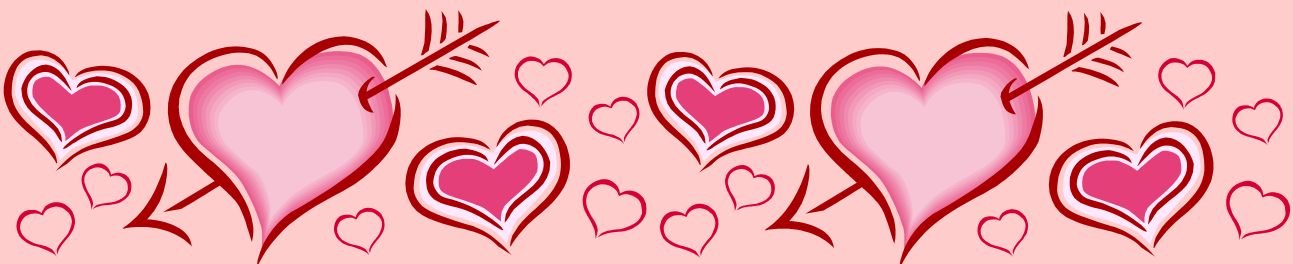


**Wishing you all a
Happy Valentines Day!**

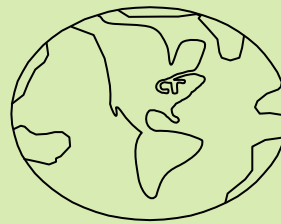
Valentine's Day — Fact or Fiction?



- * Legend has it that Valentine was a priest who served during third century Rome. There was an Emperor at that time by the name of Claudius II. Emperor Claudius II decided that single men made better soldiers than those who were married. With this thought in mind he outlawed marriage for young men in the hope of building a stronger military base. Supposedly, Valentine decided this decree just wasn't fair and chose to marry young couples secretly. When Emperor Claudius II found out about Valentine's actions he had him put to death.
- * Another legend has it that Valentine was an imprisoned man who fell in love with his jailor's daughter. Before he was put to death he sent the first 'valentine' himself when he wrote her a letter and signed it 'Your Valentine', words still used on cards today.
- * Perhaps we will never know the true identity and story behind the man named St Valentine, but this much is for sure ... February has been the month to celebrate love for a long time, dating back to the Middle Ages. In fact, Valentine's Day ranks second only to Christmas in the number of greeting cards sent.
- * Another Valentine gentleman you may be wondering about is Cupid (Latin cupido, "desire"). In Roman mythology Cupid is the son of Venus, goddess of love. His counterpart in Greek mythology is Eros, God of Love. Cupid is often said to be a mischievous boy who goes about shooting people with his bow and arrows.
- * A young girl was supposed to marry, eventually, the first eligible male she met on this day. If a girl was curious and brave enough she could conjure up the appearance of her future spouse by going to the graveyard on St Valentine's Eve at midnight. She would then sing a prescribed chant and run around the church twelve times.
- * In England little children went about singing of St Valentine and collecting small gifts. It was also customary to place valentines on their friends' doorsteps.
- * It was thought that birds chose their mate for the year on February 14. Doves and pigeons mate for life and therefore were used as a symbol of 'fidelity'.



Need advice, support or information to manage the deployment journey?



The New Zealand Defence Force Community offers a broad range of services and supports to help Defence families manage this unique way of life.

The best way to access these support services during a deployment is to contact your Deployment Services Officer.



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



Ph: 03 363 0421
Cell phone: 027449 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
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Ph: 06 351 9399
Cell phone: 021 649 903
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0800 683 77 327
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E-mail: dso.linton@xtra.co.nz