

THE BUGLE

ISSUE 282
JUNE 2021

THIS ISSUE

Producing a Service Newspaper
Journey to South Camp
Anzac Day in Lebanon and Israel
Stay Smart Online

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



THE BUGLE

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Deadline

The deadline for Edition 283 is
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Bugle contributions are welcome and should be sent to Carol Voyce.

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Disclaimer

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Cover Photo:

NZ Surge of Medical Team for rapid Covid-19 testing of the MFO force in South Camp in order to contain the outbreak.

GUEST EDITORIAL

Judith Martin
Editor
NZ Army News



Judith with her great-niece Camille on Anzac Day

W

hen Carol from The Bugle asked me to write about producing Army News I wondered what would be of interest.

The last minute panic just before deadline? The mortification when I notice a typo after publication? The delight when a lovely story falls into my lap? The joy when a proud mum rings to tell me her son or daughter is in the paper and could she please have three more copies?

Producing a service newspaper is all of the above, and lots more.

I briefly wondered if all my stories would dry up when Covid-19 struck and soldiers moved in their droves to manage isolation facilities. Stories have changed, but at this stage, fingers crossed, there is no sign of them drying up.

While it doesn't sound very professional the content of Army News can be a little like a bag of pick 'n mix. There is input from the Chief of Army and his deputy, and soldiers ranging from Privates to Major Generals make contributions. CA, DCA, LCC and SMA use the paper to tell the troops important information. Units often want their story told, and the paper seems to be a good vehicle for getting the message across, be it about career advancement, financial advice or new ways to train.

As editor I'm always thinking about what soldiers might find useful or interesting; it might be a story about mental health, our military history, why we train the way we do, and why certain standards of behaviour are expected.

Army News is unashamedly proud of soldiers' achievements. As mum of two young adults I know well the importance of celebrating the wins in life. The knocks can come thick and fast at times, so why not tell the world when our soldiers do something which is often, let's face it, remarkable? Like the three young people who were recently honoured for saving lives in Iraq when their camp was showered by rockets? Or the soldiers who risked their lives to retrieve bodies from Whakaari/ White Island? Or those who deployed to the Sinai to look after colleagues affected by Covid?

Not every story is about a hero. Those working behind the scenes enable our soldiers on the front line to do what they do and their efforts are equally important.

Producing a service newspaper every month can seem a bit of an endless task at times. No sooner is one issue at the printer then work on the next one must begin. Hence why I rely so heavily on soldiers and their command to let me know what is happening or send me stories.

Army News can be used effectively to communicate, but it is also a record of what our Army does. It goes to every college in the country and can let potential soldiers know what a life in green might be like.

One thing the paper does, and I'm proud of this, is let parents know what their offspring are doing at work. Sons and daughters don't always share their achievements and work experiences, so it's great to be able to let the people who put so much effort into bringing them up know what's going on.



NZDF Support to Canterbury Floods

31 May 2021

New Zealand Defence Force personnel have assisted in the evacuation of more than 50 people and are continuing to support civil authorities following severe flooding in the Canterbury region.

New Zealand Army personnel and crews from the Royal New Zealand Air Force (RNZAF) have been deployed to assist communities in Canterbury following the flooding.

The New Zealand Army has sent soldiers, trucks and an ambulance from Burnham Military Camp. There are also personnel in headquarters command and control roles, and liaison officers in Ashburton, Timaru, Waimakariri and Selwyn emergency operations centres.

Overnight, teams assisted in the evacuation of more than 30 people in the hardest-hit areas in support of Civil Defence and Emergency Management, New Zealand Police and Fire and Emergency New Zealand.

Crew aboard a RNZAF NH90 helicopter rescued three people from floods in the Ashburton area overnight. One man, who was in a tree surrounded by floodwater in the vicinity of Darfield, was rescued after he jumped from the tree and attempted to swim and was swept away. The crew scoured the water for about 30 minutes before locating the man and plucking him to safety. The crew also rescued an elderly couple from the roof of a car near Ashburton Forks.

A second NH90 has been placed on standby to assist if required.

Army Liaison Officer in Ashburton, Captain Jake Faber, said NZDF personnel had worked late into the night to ensure residents affected by the floods were brought to safety. They were continuing to provide support where needed.

"Seeing the community overnight pull together and support the displaced residents who were evacuated from their homes has been heartening.

"The efforts by our soldiers have been noted across the Civil Defence community with our soldiers at the front line doing all they can to support the people of the region.

"New Zealand Defence Force vehicles have been critical in evacuating residents from inaccessible locations and adverse conditions where residents were deemed not safe," Captain Faber said.

By the numbers so far:

The New Zealand Army has 16 vehicles and 30 personnel in the following locations:

- Ashburton: 17 personnel, 7 vehicles (including Unimog, HX58 and a LOV ambulance) – 24 adults, 6 children, 6 dogs, 6 cats evacuated
- Timaru: 6 personnel, 4 vehicles – 6 adults evacuated
- Waimakariri: 2 personnel, 2 vehicles
- Selwyn: 5 personnel, 3 vehicles – 20 adults evacuated
- Christchurch: 1 personnel

Two NH90 and crew are based at Christchurch Airport and further Army personnel and vehicles remain on stand-by to assist if required.



Source: NZDF

FOREIGN CORRESPONDENCE

*News from
Sinai*

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

Greetings

LTCOL Brent Morris
Senior National Officer
Op FARAD 01/21

Tena koutou mai i te Sinai k inga
whanau katoa,

Greetings from the Sinai to all families,

I'll leave it to your loved ones to tell you how it's going over here. I would like to just say thank you. Thank you for taking on the extra work around the house while your loved one is away. Thank you for understanding the vocation that is service to our country. Thank you for making room for your soldier, sailor, airman, airwoman or officer to deploy. The New Zealand Defence Force will reward your loved one with medals and the respect that comes with deploying on 'ops', but the family sometimes doesn't share these honours in the same way the serviceperson does. So, I think we don't say thank you enough, or perhaps we do, but not at the right time. Sometimes it can sound hollow or can lack value. In my first message to the Bugle, I thought I'd take the time to just simply say thank you. Without your support, your service member cannot do their job. They cannot remain



LTCOL Morris and RSM Forsyth conduct the Take Over of Authority under Covid-19 restrictions

focused on the mission.

We need you now as much as we do when we are at home. If not more. Keep up your good work, and don't

worry if the lawns get long and the trees don't get pruned. We'll sort it out when we get back. Until then...

Nga Mihi,

Journey to South Camp

SGT E H Tipuna
NZCON PTI

"Three 90-second plank holds with 30 seconds rest in-between", and "OMG 90-seconds, that's ridiculous" I hear in the distance, and I could tell by the accent they were not from NZ. I chuckle, prime my voice and sing out "Standby.... Go!" This was the end of the first MFO PT class I took in South Camp, Multinational Force & Observers, Sinai. Getting into Sinai was an adventure; I will speak to the physical training the New Zealand Contingent (NZCON) did on our journey to South Camp.



At NZCON isolation in Sharm El Sheikh – The Jollie Ville Hotel after a yoga session

News from Sinai

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First day



MAJ Sophie Fundt



Both NZCONs before the Haka

Those who have been on long 15-hour flights can attest when I speak of the awkward position you fold yourself into for a less than desirable sleep (well, those in economy). With aches and cramps, we finally arrived in Dubai. The heat was something I had never experienced. We had moved into our rooms and had Physical Training (PT) the following morning at 0630h. Due to Covid restrictions I had to plan a class with pers separated and without equipment. The first PT class was a body weight circuit with a 25-minute time cap. Maybe I was too enthusiastic as only half of NZCON managed to

finish, although I did record those who had completed the circuit.

After a few relaxing days of PT, puzzles, and reading we had finished our waiting stint in Dubai. We were onto our next short trip and arrived in Jollie Ville Hotel for our 14-days isolation, like the Managed Isolation and Quarantine Facilities at home. To beat the full burn of the sun, we would have PT every morning at 0530h. NZCON were very fortunate to have a patch of grass—The Triangle—and a footpath around it that measured to approx. 200m. After a few sessions' bodies were starting to feel the ache of DOMs so I implemented voluntary recovery classes in the evenings at 1630h with deep stretches, long holds melting into positions. On appearance, this isolation turned into a fitness, boot camp circuits in the morning with recovery in the evenings much to the amusement of Russian tourists watching from afar. For the first week of PT the restrictions remained the same, separations and body weight. A variety of circuits ranged from chippers, pyramids, Tabata and AMRAPs. In the evening was Yoga which, for those who participated, was really appreciated.

Although there were PT classes in the morning and Yoga in the evening it was refreshing to see the contingent out around the patch of grass doing their own training from circuits to running and clocking up laps around the triangle with a brisk walk. As we started getting to the later end of our isolation, I made the final session the same as the first. After two weeks of PT with NZCON I was sure there would be an improvement. That morning was a much cooler morning with a light



SGT Tipuna mopping up in the gym

breeze, I explained the circuit and we got stuck into the session, everyone was ready to work hard and improve. As the first pers were finishing they were knocking minutes off their previous time. Everyone finished the circuit— not only did they finish but everyone was under 20 mins. A huge improvement from NZCON with all positively surprised by their improvements. The team had already set a great physical platform moving into the tour and were somewhat acclimatized to 35-degree days.

Post isolation we had finally moved into South Camp and into our handover -takeover. Once complete with all the top tips received from SGT Speck, I was ready to conduct my first multinational PT session.

At the time of writing this we are only into the first week of this operation and I have only delivered two classes to the MFO. Our PT classes are at 0530h Sunday, Tuesday and Thursday however once the Covid-19 restrictions end we will open the gym back up for sport and more PT classes.

Getting into South camp has been an adventure and now we are ready to get stuck into our roles and take on this new experience. I am looking forward to my time here, taking MFO PT and running sport events. "Standby.... go".

FOREIGN CORRESPONDENCE

*News from
Sinai*

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NZ Surge of Medical Team

NZ Surge of Medical Team for rapid
Covid-19 testing of the MFO force in South Camp in order
to contain the outbreak.



Final Thoughts—Outgoing SNO

LTCOL Aaron Wright
SNO Op FARAD
Contingents 1/20 and 2/20

With the return of Operation FARAD 20-02 to New Zealand, another group of NZDF personnel have now completed their duty as servants of peace in the Sinai Peninsula, Egypt and handed over to Operation FARAD 21-01. We do so with absolute faith that they will continue the good work done by 39 years of NZDF personnel in the Sinai.

The experiences of the past two contingents have been different from those of previous contingents and has been dominated by the ever present hazard of COVID-19. They have endured weeks (for some this has been months) of isolation and/or quarantine, with attendant restrictions on their personal freedoms. Unfortunately, the opportunities that many sought for recreation, tourism and travel have not been available, but you should be proud that they have done their jobs, done them very well and in very trying circumstances.

Resilience is a word that is often used, but poorly understood. A different form of resilience has been needed to battle COVID and those who have suffered

the most are the younger members of the contingents who like younger people everywhere crave human interaction. I am proud to inform you that all 73 of your friends, family and loved ones who came to the Sinai over the past year have demonstrated resilience to a high degree and been superb representatives of Aotearoa in an environment where it is a cultural melting pot and not everyone shares the same view on how to manage COVID-19.

Their ability to do their jobs and make the sacrifices that have been needed have only been made possible by the support they have had from friends and family back home. Everyone needs support and despite the distances and the lack of options to get mail into theatre, you have been there for your deployed personnel through it all and for many of you, you have shared concerns about their health. Thank you for your care, concern and above all your patience.

A six-person medical team from the NZ Army joined Operation FARAD in the Sinai to help bring under control the latest outbreak experienced by the MFO. They joined an Australian Defence Force medical team and



supported the in-place team of medical professionals from the United States of America, Fiji, Colombia and Italy. That this team was able to arrive with the speed that they did from the country that is the furthest from the Sinai is testament to the professionalism of the team, but also the support from their families.

I know that we have missed many important life events. We have missed births, deaths, and marriages, we have been absent for many birthdays and anniversaries. We have missed important milestones. Most of all we have missed you! Thank you for your support, and we are grateful to be back home with you again.

The New Zealand Defence Force has four core values:

Courage | Tu Kaha - Taking action despite your fears

Commitment | Tu Tika - Giving your best

Comradeship | Tu Tira - Respecting and looking out for each other

Integrity | Tu Maia - Doing the right thing – always



**A FORCE FOR
NEW ZEALAND**

FOREIGN CORRESPONDENCE

*News from
Middle East*

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

Anzac Day 2021 in Lebanon and Israel

**MAJ Hunter Hannam and
LTCOL A J Brosnan**

In Op SCORIA, as elsewhere around the world, Anzac Day 2020 was not commemorated as usual. However, by Anzac Day 2021 the COVID-19 situation in Lebanon and Israel had eased enough to allow small gatherings.

Lebanon

In Lebanon, NZ United Nations Military Observers (UNMOs) teamed up with their Australian Defence Force (ADF) colleagues in Observer Group Lebanon (OGL) and held a Dawn Service at the Commonwealth War Cemetery in Beirut. It seemed a fitting setting to commemorate Anzac Day quietly in the dawn light with other Australian and New Zealand personnel deployed together in the Middle East. Among other things, Anzac Day commemorates a time when Australian and New Zealand troops forged a bond in war that endures today, and here we were again together, this time in the service of peace.

While being deployed with so many other nations in very multicultural teams working for the UN, the reality of the similarities shared by Australia and New Zealand becomes clear. We are not the same, but our common values and understanding enable us to swiftly unify to achieve whatever tasks are set. In faraway places, it is always comforting to discuss home, share a common joke or enjoy a joint success with fellow Anzacs.

As we stood in the Commonwealth War Cemetery in Beirut, surrounded by the many that had given their lives, it was a solemn reminder of how important it is that we do not forget the cost of war. Today and in the future, New Zealand's contribution to peace through political, humanitarian, economic and military



(Left to right) FLTLT Blair Theodore, MAJ Nicola Martin, MAJ Hunter Hannam, CAPT Cam Allan, all posted to Observer Group Lebanon, in the Commonwealth War Cemetery in Beirut

means should be seen as an investment in a safer and better world.

Israel

The Anzac Day ceremony in Israel was held at the Commonwealth War Cemetery on Mount Scopus,

Jerusalem, and was organised by the Australian Embassy. The ceremony followed the traditional format, with representatives from Australia, New Zealand, Turkey and the UK participating. Because this was an invitation-only event (due to COVID-19), apart from LTCOL Brosnan, the only New Zealand representative was the NZ Honorary Consul in Israel, an



NZ UNMOs with their ADF colleagues from OGL.

News from Middle East

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Commonwealth War Cemetery, Mt Scopus, looking over the city of Jerusalem



NZDF wreath at Mt Scopus

Israeli businessman. Unfortunately, he did not join in with “God Defend NZ” and so there was only one voice to be heard singing our national anthem.

As well as the official diplomatic and

military representatives, the gathering included representatives of various WW1 groups in Israel. These are the people who faithfully keep the history of WW1 alive.

A special part of the ceremony was the involvement of the former Chief Rabbi of the ADF. After the main ceremony,



NZ graves at the Commonwealth War Cemetery in Jerusalem

FOREIGN CORRESPONDENCE

News from Middle East

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we moved as a group to the section of British Jewish graves where the Rabbi recited prayers in Hebrew, accompanied by the IDF representative.

As is always the case with cemeteries around the world maintained by the Commonwealth War Graves Commission, the Mt Scopus cemetery is set in beautifully kept grounds and is a haven of peace that encourages meditation. At the top of the cemetery is a beautiful chapel, decorated by NZ in honour of the New Zealand Expeditionary Force who took part in operations in Sinai and Palestine during WW1.

Lest we forget.



A German and an Ottoman grave at the Commonwealth War Cemetery in Jerusalem



Interior of chapel decorated by NZ



News from South Korea

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*FLTLT Emily Hall and CDR Jennie Hoadley from Op
MONITOR at Transportation Corridor West overlooking
the Demilitarised Military Zone (DMZ)*

*Op MONITOR contingent members enjoying a
Mexican themed dinner at Street of Dream
apartments.*



DSO'S CORNER



Carol Voyce

Deployment Services Officer
Editor "The Bugle"

I recall my late Dad telling me that when he deployed to the Middle East during WW11, he had little contact with home. There was the odd letter that made it through and a parcel or two from the Red Cross. That's just how it was.

Some of our deployment locations do not have the ability to send and receive "snail mail" so we rely on the internet to keep each other close. If you do have a loved one deployed to a location where mail can be received, then please don't overlook the value of a letter. It might seem an old fashioned idea, but the value of a hand written letter is greater than you can ever imagine. I often think of an elderly friend of my mother's who would on occasions write to me. How exciting it was to clear the letterbox and see that familiar hand writing on the envelope and to eagerly get inside to read the contents. (I always felt guilty as this 94 year old would tell me that she had just come home from the gym and her daily swim.) It was a bit of a ritual when I received her letter. I would read it, make a cuppa, then read it again and call my sister to share her news. It was a perfect and valued connection that survived many years. I also recall a visit to our personnel abroad and the excitement that mail day brought. I would see parcels ripped open, often contents shared and then the young soldier quietly under a tree, reading his letter from home, tucking it in his pocket and seen re reading it again later on. So yes, there is value in a letter. I used to tell partners to spray their letters with their favourite perfume and seal it with a lipstick kiss – not possible on email.

Communication, whatever the means, is simply made easier with the many options we have available to us. Find what works for you and make sure you stay in touch. Today I am grateful for the ease at which I can use it in times of our Civil Emergency and maybe tonight to check in with my friend abroad.

There is value no matter what avenue we choose.

Greetings to you all. As I write this Canterbury is in the midst of a Civil Defence Emergency. It has rained and rained and rained. I think I have spent a fair amount of time over the weekend just staring out the window wondering if it is ever going to stop. Overnight the noise was deafening and I had my torch handy and water bottles and thermos filled just in case. It's hard to believe the sights in the many photos coming from within our province, which show such devastation and so many evacuations happening. I have managed to make contact with some families in the area who have loved ones deployed. They are all safe and well – some on evacuation alert with bags packed and others safe and dry but keeping a watchful eye. Nature has certainly

thrown us some huge challenges this week.

Communication has played a key role in the safety of many of our Cantabrians in this ongoing disaster here. It reminds us of the value of technology in our everyday lives. While we all received advance warning of this "Red Weather Alert", I think the scale of this disaster has exceeded expectations. Messages came thick and fast on the radio and through social media sites. There are ongoing updates as the situation changes by the minute and for some the "waiting and watching" continues.

I am sure that technology plays a huge role in your lives for keeping in touch with loved ones abroad. It bridges a gap when we can't be together. It helps keep relationships alive. How fortunate we are able to take advantage of email, skype, messenger, and what's app to name a few. Most of our deployed personnel have access to these "tools" to share their news and views from afar as you in turn can do so from home. A quick, even short message, is always reassuring and often a great way to start or end a day. An attached photo can bring smiles all round and gives an instant contact and update on a special event or happening. While at times we can be frustrated if the internet is not quite up to speed or there is a technical hitch, we are so lucky to have this modern asset in our lives.





Janine Burton

Deployment Services Officer

really important, but sometimes these can fall by the wayside if you have picked up additional tasks and responsibilities due to having a partner away. So they have to be worked at.

“Self care is not indulgent. Self care is real, and it matters—more than you might think.”

There are lots of suggestions of self care ideas on the internet or you may know of some that you would like to implement. So my challenge to you (and to me), is to try it. Pick something that you can do, just for you, and take the time to do it; even if it is just once.

Mindfulness seems to be another tool which could benefit many of us in our everyday lives. Again, there are many apps available and I'm sure that you will find one that will work for you if you choose to investigate. I have an app on my phone which was recommended to me. Have a look at Mentemia. There are many similar ones available, but this is one that I like.

I am planning my next family deployment dinner in Linton on Sunday 20 June—see pg 23. This could be one of your new self-care ideas—a night off planning the menu, cooking it and then doing the dishes! Consider this my gift to you. So come along and join me, bring your family or a friend. This could also be an opportunity to meet others (if you wish) who are on the same deployment journey as you. Sometimes knowing that you are not alone on this journey can make a huge difference to your thought processes.

Keep warm, dry and have a great month.

No matter where we are in our lives, we all experience days that are not as good as others. We may recognise these as 'bad days' where everything that could go wrong has gone wrong and as we crawl into bed that night we are just really glad that the day is over. At the other end of the 'bad day' spectrum we may get to the end of our day and feel a bit flat, that this was one of those groundhog days where nothing of note happened—it was just a day. Sometimes we need a day like one of these, or somewhere in between, to recognise the really good days in our lives where we are feeling at the top of our game and ready for whatever comes next.

As we enter the winter months, these 'blah' days can come along more often as we have shorter days, the weather can be cold or wet or dreary. Don't worry, you are not alone!

What started me thinking about all this,

was a colleague who recently asked me what I did for my own self-care. When I consciously thought about this, I realised that while I don't really have a formal plan, there are a few things I do. Unfortunately I also realised that the few things that I used to do for my own self-care have fallen by the wayside and I need to get back to them. I used to walk every day but haven't done that so much over recent months, I read a lot and also enjoy handcrafts. I haven't even spent as much time in the garden as I used to. So I definitely have some work to do!

What about you?

This triggered me into thinking about our deployment families and wondering what you might have in place for your own self care. Do you have things that you regularly do for yourself without it being a formal plan? What are you able to do for yourself, in what can sometimes be a very busy lifestyle, that keeps you happy and healthy both physically and mentally. Remember that your social connections are also

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**

FOUNDATIONS OF A RELATIONSHIP



What rings true?

A Chaplain's brief contemplations on relationships.

Building an authentic foundation—one key towards a resilient relationship.

When we are old and wrinkly lying on our death bed, looking back on our lives, we are not likely to care much about most things. We are however, quite likely to be thoughtful around how well we cared for and cherished our nearest and dearest and what sort of life we gave our kids.

A law of the universe- human beings only ever get good at what they practice. When was the last time we deliberately practised and up-skilled in the life skills that make rocky relationships good and good relationships great? Love, even really passionate love expressed without life skills is as vulnerable as a fish out of water. It is life skills that make love have an effect, make love work.

One life skill to be practiced is the continuous building of an authentic foundation. This is much easier than it sounds!

Occasionally I meet folk who come to see me when their relationships are not going so well. Some will second-guess the motives and experience around what drew them together as a couple. They will fret about not laying a good enough foundation. The reality is that couples come together with all sorts of mixed motivations. It might be sex, feeling lonely, feeling left out, a pregnancy, or maybe a sense of- if I let this one go I might not get another one, or even to please parents. And sometimes, in mind, body and soul, they actually know that they have found the right person.



I view the foundations of a relationship differently. Laying a firm foundation for our relationships is about the way we greet each other in the morning, the way we leave for work and maybe talk during the day, the level of respect that we show each other, it's about daily growing honesty and trust between us, a commitment to deeply hearing each other and a commitment to sharing in each other's interests and world. It includes our attitude upon coming home, and the sharing of our lives in the evening.

A one word definition of a great foundation of a relationship, both at work and home, is RESPECT. I can't say it loud enough.

Today is the only day we can build a great foundation for a relationship.

Yesterday, be it blessing or curse, is gone and we cannot build there. We may have great plans for tomorrow but we can't build a foundation there until tomorrow turns into today.

Our relationships are always *carpe diem* – grab the day! It takes practice.

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

A HOLE IN THE FENCE

There once was a little boy who had a bad temper. His Father gave him a bag of nails and told him that every time he lost his temper, he must hammer a nail into the back of the fence.



The first day the boy had driven 37 nails into the fence. Over the next few weeks, as he learned to control his anger, the number of nails hammered daily gradually dwindled down. He discovered it was easier to hold his temper than to drive those nails into the fence..

Finally the day came when the boy didn't lose his temper at all. He told his father about it and the father suggested that the boy now pull out one nail for each day that he was able to hold his temper.

The day passed and the young boy was finally able to tell his father that all the nails were gone. The father took his son by the hand and led him to the fence. He said, "You have done well, my son, but look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a scar just like this one. You can put a knife in a man and draw it out. It won't matter how many times you say I'm sorry, the wound is still there. A verbal wound is as bad as a physical one."

Friends and loved ones are a very rare jewel, indeed. They make you smile and encourage you to succeed. They lend an ear, they share a word of praise and they always want to open their hearts to us. Water your relationships with kindness... and they will grow. So be careful little lips what you say...! And you won't chase friendships away.

ONE WHO READ THE FUTURE

A man who lived a long time ago believed that he could read the future in the stars. He called himself an Astrologer and spent his time at night gazing at the sky. He was always busy worrying about the future and villagers often came to him, hoping to know what their future holds.



One evening he was walking along the open road outside the village. His eyes were fixed on the stars. He thought he saw there that the end of the world was near. He was lost in his thoughts about the future. As he was looking at the stars, he kept walking without looking down. Suddenly, he fell into a ditch full of mud and water.

He was sinking in the muddy water, and madly trying to claw at the slippery sides of the hole in his effort to climb out. He was unable to crawl out and fearing for his life, he started screaming for help. His cries for help soon brought the villagers running.

As they pulled him out of the mud, one of them said, "You pretend to read the future in the stars, and yet you fail to see what is at your feet! This may teach you to pay more attention to what is right in front of you, and let the future take care of itself."

"What use is it," said another, "to read the stars, when you can't see what's right here on the earth?"

Moral: We all want our future to be bright and happy, but the time doesn't stop for anyone. Each tomorrow turns into today, your present is also a part your future. There is always a tomorrow to look forward to and improve, but you can't go back to yesterday. So, maintain the balance of your present life while you work for a better tomorrow.

Deployment Support Services

Need information?
Need support?
Need a listening ear?
Need to send an urgent message to a deployment location?

Deployment Support Services are here for you

All personnel on deployment and their families have the support of the Deployment Services Officers (DSOs). In addition there is support from Unit Points of Contact (UPOC) and local Welfare Support Services. The nominated Primary Next of Kin (PNOK) of families of deployed NZDF personnel should, in the first instance, contact their DSO who has a responsibility for transparency into welfare issues.

Deployment Services Officers:

Linton—Janine Burton
Ph: 0800 683 77 327

Burnham—Carol Voyce
Ph: 0800 337 569

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

For additional support and services:

Army:

Defence Community Facilitators:

Waiouru:
Ph 06 387 5531

Papakura:
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

HOW TO KEEP UP WITH THE WORLD

Stay Ahead of the Curve With This Life and Career Hack

As we age, we might notice people around us fit into one of two broad groups, those who:

- Seem to be stagnant, i.e. not changing, not progressing, not accomplishing their goals, or
- Are growing, i.e. moving up in the world, making things happen, reinventing themselves and their lives.

What's the difference between these two groups of people?

A bestselling author of over 13 million books named Mark Manson believes he knows the answer: **curiosity**. After researching the topic, Manson concluded the defining trait of progressing in the first 20 years of this century appears to be a driving curiosity about anything and everything.

In contrast, he points out the 20th century did not reward curiosity. The traditional structures of schools, corporations, universities, and churches didn't just deter open questioning and experimentation — they often feared it.

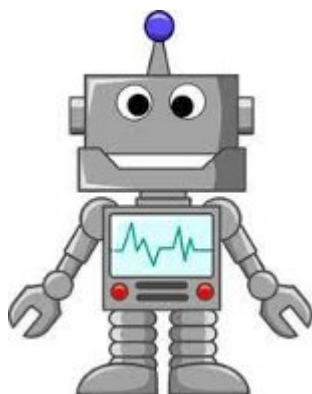
These often-stuffy institutions usually rewarded emulation. Knowledge was often held at the top of a hierarchy. Any sort of innovation or experimentation was limited to a few people at the very top of the pyramid. Everyone else was expected to be a good worker bee.

But the internet has inverted this. Knowledge and swathes of information are everywhere. Nowadays, it seems that it's the ones who fail to experiment, innovate, or challenge preconceived notions who get left behind.



Why?

Because in the 21st century, any decision-making that is sufficiently repeatable or predictable will eventually get taken over by a robot, computerised, or outsourced.



Peter Reinhardt called this phenomenon “living below the API.” An API is how software communicates with other software or with people. An Uber driver works “below the API” because his or her decisions at work are determined by software, not by him or herself. Journalists arguably live somewhat below the API because much of what they report on is driven by web traffic data and social media virality.

Basically, the more algorithms and software determine your day-to-day decisions, the more you live below the API.

What is worse is that the API is always rising, consuming more human endeavors as it goes. As technology progresses, so does its ability to micromanage every aspect of our lives for maximum efficiency. This efficiency benefits society yet punishes those who fall under it with stagnant careers, outdated thinking, repetitive entertainment, and soul-destroying jobs.

Once under the API, our opportunities for growth and advancement shrivel up — once robbed of the ability to make bold decisions, any chance to stand out or get ahead is likely gone.

Similarly, once under the API, your interests and worldview will become cemented, as algorithms feed you information they know you agree with and entertainment they know you will enjoy (more about Harry and Meghan, anyone?). People who live under the API feel as though they are this wonderful, unique, hard-working individual, but the truth of the matter is that they are simply living out what the algorithms have already determined for them.

What to do to keep up?

The only way to stay above the API is to foster an intense curiosity, to take professional and personal risks, to habitually challenge preconceived notions, to lean into uncertainty and unpopular opinions, to challenge yourself with information you don't agree with, with entertainment that doesn't come naturally to you.

In short, staying above the API requires a certain level of discomfort — and Manson doesn't advocate simply the discomfort of working more hours or reading more books — he means the discomfort in the kind of hours and the kind of books. It's not a question of effort but intent. You should feel a little bit contrarian. You should feel a little bit wrong. You should feel a little bit foolish. That's the only way to know that you're right. The only way to be "on" is to feel a little bit "off." The only way to stay ahead of the curve is to ditch the curve.



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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.

FINANCE QUOTES:

Time is more valuable than money. You can get more money, but you cannot get more time. *Jim Rohn*

Money is only a tool. It will take you wherever you wish, but it will not replace you as the driver. *Ayn Rand*

Finance is not merely about making money. It's about achieving our deep goals and protecting the fruits of our labour. It's about stewardship and therefore about achieving the good society. *Robert J Shiller*

Money is a terrible master but an excellent servant. *P T Barnum*

Wealth is the ability to fully experience life. *Henry David Thoreau*

Stay Smart Online: Use Social Media With Care



Staying safe on social media sites is everybody's responsibility.

When you use social media, you need to consider the platform's privacy and security settings and its guidelines with respect to lawful use and community standards.

As a Defence family member, being mindful of the content you post to Facebook and other social media sites will also help protect the online security of both your family and your service person.

Some things to remember when online:

- Respect privacy, be polite and treat other users with respect – if you wouldn't say it to someone's face, don't say it online.
- Be aware that anything you post online can be seen by others, even on a 'closed group' or secure site.
- Avoid identifying yourself or others as a Defence family member, or using names and images with a connection to Defence.
- Do not post dates, locations, unit numbers, names, photographs of your member in uniform, or details about missions or operations.
- Think twice about posting any personal details about your family such as where you live, your schedule or job.
- Educate children about what information they should not post or discuss online and why.
- Only accept friend requests from people you know personally.
- Be aware of inadvertently sharing metadata, such as GPS coordinates of your location in digital photos.
- If you start your own social media group, you have additional responsibility to ensure what is posted is appropriate, and to support and guide users when needed.

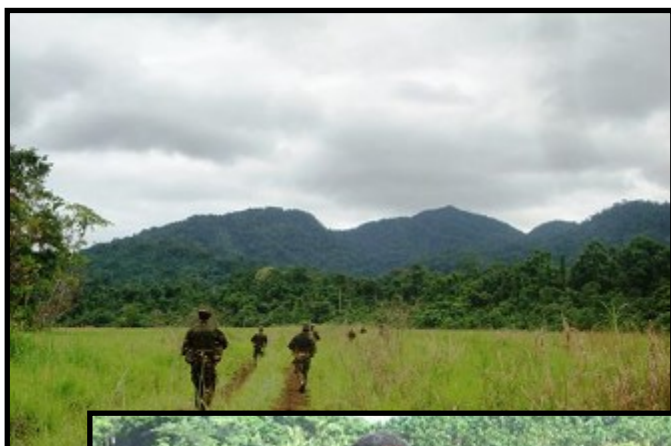
Visit the [Stay Smart Online website](#) for information about maintaining your personal security online and safer use of social media.

Source: www.defence.gov.au/DCO/

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 over coming issues.

These images are from the Operation RATA II mission to the Solomon Islands, 2006-2011.



**FAMILY
DEPLOYMENT
DINNER**

**Partner
Away?**

Our next Deployment Dinner will be held on
Thursday 17 June 2021

If your partner is away on course, on deployment or on Op PROTECT
on **Thursday 17 June** we would like to invite you and your family
over for dinner.

Join us at the Vince McGlone Galley HMNZS Philomel,
on **Thursday 17 June 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 14 June** 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).

BOOKMARKS

You may like to cut these bookmarks out, glue them to some card and even laminate them.

Remember to:

- * Take time to listen to each other
- * Understand feelings
- * Spend time with people
- * Join a group or take up a hobby
- * Keep up routines
- * Take time out for fun
- * Help others
- * Look after yourself
- * Use NZDF supports and services
- * Reassure and praise children
- * Continue family rituals
- * Talk about change
- * Discuss the deployment with teachers and childcare providers
- * Keep the deployed person part of every day events



DEPLOYMENT

Time of Anticipation

Counting down the days

HELP YOUR CHILDREN UNDERSTAND HOW LONG A PARENT WILL BE GONE:

Set up a Calendar and Number Each Day

Make a Paper Chain and Take One Link Off Each Day

Take Beans Out of a Jar to Mark the Passage of Days



DEPLOYMENT

Time to grow

Preparing for separation

REMEMBER THAT SEPARATION CAN BE AN OPPORTUNITY FOR EVERYONE IN THE FAMILY TO GROW



DEPLOYMENT

Time to Celebrate Family

Creating family rituals

Family rituals create a sense of family and bonding. These routines give family members a sense of:

Connection
We belong together

Familiar
We serve mum breakfast in bed on Mothers Day

Identity
We're a military family

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 June 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

Hi Cherie and Lexi

I hope you girls are doing fine. I just want you girls to know that I always think of you both every day. How is school Lexi? I hope you're having fun and enjoying the company of your friend George at school. It's only been a month since I left home but it feels like months to me. I hope you're being a good girl to mummy aye.

Hi Wifey

Thank you for all you've done so far. I want you to know that I do appreciate it. Keep doing what you're doing and I promise you that we will get through this together. I love you both lots and lots more than life itself.

Bye for now. Love always Richie.

Happy Birthday Jenny aka mummy!

Hope you have a lovely day and I am sending you big hugs from Sinai. Love you more than words, Steph

To Lotti, Kortez, Harley and Noah – sending lots of love. Uncle Si

To Jake, Marley & Eli

I miss you all so much. Makes Mum so happy that you kids are behaving for Dad. I love all the videos Dad sends me of you all. Lots of love Mum xx

Hi Nadia

I hope you are enjoying being a big sister to Sione. Can you please give Auntie Claire lots of hugs when you see her next. Miss you. Love Uncle Josh

Dear Harry

Don't forget to feed the cat. Look after mum.

Dear Arlo

Please water my plants, keep up the good work on the Rugby field!

Maxi-moo

I miss you heaps. I will take you to the movies when I get home.

Reety

Who's the big Mun?

Mrs M

Don't forget to put the clutch in when you drive my car.



Baby girl and boys

One month down so sorry I missed the deadline for the last issue. Happy belated mothers day and birthday baby girl.

By now we should both be in a good routine; hope its all going well.

Love and miss you Heaps.

Your army man

xoxoxoxox

From Home

To Daddy

I love you, I have been missing you a lot. I hope you have a good time. Love from Troy xxx

Daddy

I love you,
From Ethan ox

Army man

We're all missing you heaps! Hope you manage to see the turtle, bit jealous of your weather while we are stuck in rain and cold!

We love you loads, babygirl xoxoxo

To Aunty

Teira has been taking good care of Nixon with Nan this week. Had a lovely dinner with all your family in Burnham. Awesome to all get together. Love always, B,G,K,R and T xox

To Aunty

Missing you heaps.
P.S. Koro stored heaps of stuff in your garage!

Love from Santara, Jahna, Nakita, Mick, Nan, Koro, Zorro and Nixon

To Aunty/Sis

Hope you are not working too hard on online shopping. LOL.
Keeta and Tara



Hi Baby

We have just had a lovely dinner at the Camp. Great to catch up with Carol. Kids having fun. Nixon doing well. Still loves attention. Dad looking forward to starting the 10/12 hour shifts because he seems to be rostered with more days off than working days. Miss you heaps. Lots of love, Mum xxx



Hi Ariana

Enjoying the family dinner at Burnham. Love from us all.

Join me for Dinner in Linton

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

Bring your Family or a Friend.

LINTON: Sunday 20 June 2021
TIME: 5.30pm
VENUE: JRs Mess—42nd Street, Linton Camp
RSVPs TO: Janine Burton: 0800 683 77 327 or 021 649 903
Email: janine.burton@nzdf.mil.nz

Please RSVP to Janine by 14 June so catering numbers can be confirmed with the Mess.
Families within the Manawatu will also be emailed.
Janine is looking forward to hosting you.

BURNHAM and TRENTHAM Dinners:

Carol and Dee enjoyed hosting many of our families into Burnham and Trentham at the end of May.
Watch this space for the next ones.

Surviving Deployment

Set a goal. Start that little project that you've been putting off. Start a course. Do something that will make you feel good.

Take a break. Take time away from your normal routine. Go to dinner with friends and arrange a babysitter. Plan an outing – ring friends to join you.

Pamper yourself. Treat yourself to a special occasion. Take a long bath, have a massage or read a book.

Don't feel guilty. Separation can be a stressful time, so "time out" from your daily routine is important.

Treat yourself to some retail therapy, but don't break the bank!!

Exercise and keep fit. Find fun activities and allow yourself to have a good time. Make a list of things that you like to do and then plan time to do them. Say "No" when you have to and be kind to yourself.



On The Lighter Side

Check out these curious cornages—there are so many things for which there are simply no words, despite a clear and crying need.

Barbequeue:

The line of men at a BBQ trying to tell the host when to turn the chops, and trying to get a go at the tongs.

Billge:

The pile of unpaid bills that accumulates on the corner of the kitchen bench.

Despairs:

All the trousers in the wardrobe that you hope to one day fit into again but secretly know you never will.

Liebry:

A pile of unread but fashionable books, placed on a coffee table in order to impress visitors.

Manjar:

The jar or cup or bowl full of coins that is located somewhere in every man's bedroom.

Passportism:

The tendency for everyone's passport photo to look like that of a drug runner.

Snock:

A sock that has lost its partner.

Snockpit:

The pile of unpartnered socks at the bottom of the laundry basket, kept just in case the partners turn up.

Vegemate / Marmate:

A pal who sends you supplies of vegemite or marmite while you are overseas.

Vidiot:

Someone unable to use the timer function on the video.

Wanderlost:

The awkward realisation that you've just walked purposefully from one end of the building to the other, but you no longer remember where you were going or why.

Left in the Lurge:

Suffering from verbal wanderlost?

Source: Richard Glover, Readers Digest June 2002