

THE BUGLE

ISSUE 286
OCTOBER 2021

THIS ISSUE

Where Has The Time Gone?
Meeting The Challenge
Pets and Deployment
Embracing Change

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



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Deadline

The deadline for Edition 287 is **29 October 2021**

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

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Cover Photo:

Op FARAD: NZCON personnel on top of Mount Sinai

GUEST EDITORIAL

LTCOL Marcus Linehan
Commanding Officer
2 Combat Service Support Battalion



At this time of a global pandemic and here in New Zealand moving through lock down alert levels, deploying away from home on operations comes with additional pressures. Pressures are on the individual deploying with uncertainty before your departure, during preparations, pre-deployment training and getting through that long list of jobs you had to do before embarkation. For others already deployed, it is doing your operational job as the planet wrestles with pandemic restrictions, vaccination and plans for re-emergence. For families at home the uncertainty with lockdowns and the spread of 'Delta'. Recently here in NZ there have been a few long weeks, especially for those working from home with kids, or just with kids under lock down. These pressures and uncertainty make life that tiny bit harder and often there is little we can do other than acknowledging and accepting it.

As someone who has deployed on operations before, I know that your coming home date is a critical one you hold onto dearly and any threat of change with this brings consternation in the very least. Likewise for the family members at home knowing when you get your loved one back, becomes that date you 'just have to hold on until'. If there is anything that is certain in these uncertain times, is that change will happen. The one date that is really important to us all will most likely change. Knowing and accepting that will hopefully make it 'suck a little less' when it does happen. While we all know this, frustration and disappointment are still normal reactions, so how can we mitigate them? From my experience there were a couple of things I did that helped; communication and building my support network.

Most of our deployed personnel have reliable communication opportunities through the internet back home. Maintaining good comms back home is important, if you can plan it and stick to a routine even better. Talking about your stuff with your loved ones is important, so keep doing it. The other thing we all need is a support network. For most of us deployed we will have other contingent members to chat with and share the load, they could be fellow Kiwis or coalition members. At home and particularly for those with families, your support network is critical. Some might be lucky enough to have a wider family group you can depend on, others may have close friends nearby and for some it might be your kids friends parents or other partners you have met through the deployment process. Whatever the network you have continue to maintain and nurture it, so you can leverage those relationships to get you through the times when you need help. That said, the NZDF does have a well developed network of professionals that can assist, from unit command chain, Deployed Services Officers, Chaplains, Social Workers and more. Help is there if you need it. Recently WO1 Moffitt (SMA) wrote in this foreword:

"I remind all families, whanau and service members to be brave—have courage (Tū Kaha) and seek help if you need it. You are never alone."

Keep communicating, maintain your support network, be ready for change.

Whirikoka o roto (Strength from within)



Kiwi-Led Naval Operation Seizes More Drugs in Indian Ocean

1 October 2021

The Royal New Zealand Navy-led counter-narcotics operation outside the Arabian Gulf has had a second major drug seizure in a week.

French Marine Nationale frigate FS Languedoc, operating in support of the Combined Maritime Forces (CMF) Kiwi-led Combined Task Force 150 (CTF 150), conducted a second intercept of a vessel in the Indian Ocean on Monday.

It resulted in the confiscation of 3,600 kilograms of hash, valued at \$US1.8 million (\$NZ2.59m).

It follows its intercept and search of another vessel seven days earlier, when the frigate seized more than 1,525 kilograms of hash and 166 kilograms of methamphetamine with a combined value of more than \$US5.2m.



Royal New Zealand Navy Captain Brendon Clark said that with the abatement of the southwestern monsoon season, the CTF-150 was observing an increase in narcotics trafficking through the CMF area of operations.

“For the second time in a week, the French frigate Languedoc has demonstrated her expertise and professionalism in seizing a large volume of narcotics that would have otherwise been destined for market with the funds from the sale being used to fund terrorism and criminal activity,” he said.

“The continued commitment and contribution of a French Marine Nationale Frigate to CTF 150 ensures mission success.”

Criminal and terrorist organisations use the proceeds of sales of narcotics to obtain weapons, ammunitions and equipment and for training for criminal and terrorist activities.

CTF 150 is one of three task forces of the CMF. Its mission is to disrupt criminal and terrorist organisations and their illicit activities, including the movement of people, weapons, narcotics and charcoal. CTF 150 conducts maritime security operations outside the Arabian Gulf to ensure that legitimate commercial shipping can occur freely.

The CMF is a multinational maritime partnership of 34 nations. It exists to uphold international rules-based order by countering illicit non-state actors on the high seas and promoting security, stability, and prosperity across approximately 8.3 million square kilometres of international waters encompassing some of the world’s most important shipping lanes.

The New Zealand-led multinational team took over command of CTF 150 from Canada earlier this year. The NZDF will command and staff the CTF 150 until early 2022.

Source: NZDF

From Afghanistan to Antarctica: Herculean Tasks Done in All Conditions

30 September 2021

Fresh from the heat of Afghanistan, a Royal New Zealand Air Force C-130 Hercules has made the Air Force’s first flight of the season to Antarctica, carrying personnel and cargo in support of Antarctica New Zealand.

The job was assigned to NZ7005, to be conducted in conditions which are the complete opposite of the aircraft’s Afghan assignment. In the space of a month NZ7005 has travelled north to the heat of the Middle East to collect evacuees from Afghanistan, and now down south to Antarctica and its frigid temperatures.



Aircrew do the flying, but it's maintainers who keep the aircraft in the top condition needed to get the job done in these demanding environments.

While both are desert areas, each region has opposite environmental conditions that the aircraft responds to differently, Squadron Leader Michael Bunting said.

"In the hot, dusty environment you're worried about the avionics systems, you're worried where the dust is getting in respect of engines and propellers in particular. The heat and the dust cause a unique set of challenges, which is at the opposite end of the spectrum to Antarctica, with its cold.

"Maintaining an aircraft in 45degC heat is a real challenge," Squadron Leader Bunting said, adding that steps have to be taken to look after personnel working in extreme conditions.

"Obviously we're super-concerned about heat stroke and out there we had no real shelter while working in the desert. Frequently the thermometer was well above 40degC. There were massive challenges, complicated by COVID-19, requiring us to wear masks and gloves."

At the other end of the temperature spectrum, in Antarctica maintainers wear multiple layers of clothing, he said.

"You end up looking like the Michelin Man. Trying to do any task that requires hand skills is that much more complicated. In both cases you're trying to limit the exposure of the maintainers to that environment, so that makes it a significant challenge, to the people themselves, not just the aircraft."

Maintainer Sergeant Dayne Van Stee said they endeavoured to get as much ready on the aircraft before going to locations with extreme temperatures.



"In the Middle East the sand and dust just gets in everything so we have to do extra inspections and cleaning," he said.

At the other end of the mercury, the Antarctic cold affects rubber seals on the aircraft, causing them to shrink, resulting in fuel and hydraulic liquid leaks.

"So before we go, we check and top up all the fluids to ensure we have the best start," he said.

COVID-19 protocols have imposed extra requirements to protect both passengers and crew. These have added challenges, including long 19-hour days to the ice; the aircraft no longer overnights in Antarctica but returns the same day.

However, the variety makes the work exciting and the aircraft and 40 Squadron personnel have proved more than equal to the task.

Above: Local Afghans on the tarmac as NZ7005 taxis after landing (Photo: NZDF)

Below: RNZAF C-130 Hercules NZ7y005 on the ice after carrying out the first supply flight of the season (Photo: Stuart Shaw)

Source: NZDF



FOREIGN CORRESPONDENCE

News from South Korea

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



Above: SSGT Finch and FLTLT Hall on the H128 "right to flight" into the DMZ.

Right: Members of the outgoing and incoming contingent gather at UNCMAC Secretariat for a briefing.



Below: Welcome BBQ, 2 Oct 21.



FOREIGN CORRESPONDENCE

News from Bahrain

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Maintaining Positive International Relationships

The last month has been a busy one for Op TIKI and CTF 150. Two successful drug seizures under our belt and millions of dollars of narcotics out of the hands of terrorists has increased morale and again proved NZ's worth among the CMF nations. Amongst the work, we have also made sure to take the time out to support base activities and engage with the nations who contribute to our successes here in Bahrain.

Being on a US Base meant the 20th anniversary of September 11th was acknowledged and remembered fittingly. Members from Op TIKI participated in a Fun Run organized to commemorate the day, participants included people who were first responders to the events on 9-11, a poignant reminder of the day. It was a memorable experience for those who partook in the run in the 40+ degree heat.

Captain Clark RNZN, Commander of CTF 150 has been ensuring to maintain positive relationships with other nations. In August he called on CAPT Pothier, Commanding Officer of French Ship LANGUEDOC. FS LANGUEDOC has been providing support to CTF 150, which has proved fruitful, with our two successful seizures being conducted by LANGUEDOC. The visit provided an opportunity for CAPT Clark to express his appreciation for their ongoing commitment to CTF 150. A few weeks later CAPT Clark and WO Karen Foster called on RADM Mohammed Yousif Al-Asam, Commander Royal Bahrain Naval Force (RBNF) to express their gratitude for the hospitality the RBNF has extended to the Kiwis.

The Royal New Zealand Navy's 80th birthday occurring on 1 October provided a great opportunity for both Op PUKEKO and Op TIKI to host our fellow international friends for a *korero* and some *kai* to celebrate our partnership and friendships. The event was observed with an afternoon tea at

the Officers Club at NSA and attended by people from about 20 different nations. Guests were entertained with an interesting rolling presentation of

RNZN history created by CPO Chris Lawson, which was enjoyed by all.



Members from CTF 150 partake in the Patriot Day fun run, commemorating 20 years since 9-11, held at NSA Bahrain 09 Sep 21.



RADM Mohammed Yousif Al-Asam, Commander RBNF receives a visit from Captain Clark, RNZN, Commander CTF 150 and Warrant Officer Karen Foster, RNZN, Manama Bahrain, 20 Sep 2021. [photo: RBNF photographer]

News from Bahrain

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Above: Captain Claire Pothier, FN, Commanding Officer of FS LANGUEDOC, welcomes Captain Brendon Clark, RNZN, Commander of Combined Task Force 150, onboard, 15 August, 2021 in Manama, Bahrain.
(Photo: CTF 150 Photographer).



Right: Cake to commemorate the RNZN's 80th birthday. Op TIKI and Op PUKEKO hosted the celebration held at the Officers Club as NSA, attended by international staff from Combined Maritime Forces. 29 Sep 2021.

Below: Members from the many nations at CMF attend the RNZN 80th birthday celebration at the Officers Club, NSA, Bahrain, 29 Sep 21



FOREIGN CORRESPONDENCE

*News from
Sinai*

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Where Has The Time Gone?

WO1 Lofty Forsyth
NZCON RSM

I spent a good week reflecting on the last five months. This deployment has been unique shall I say. I've spent quite a lot of time in the Middle East, over the years, but never had I watched people parasailing on the other side of the perimeter fence, nor have I been able to go snorkeling down at our private beach after a tough PT session. But I've also never had to contend with a deployment in this COVID world, which has also thrown some interesting challenges to us all.

It seems like only a few weeks ago that we received our hand-over from 02-20. We were very appreciative of the considerable effort they took to set us up for success, and we respected the way they had tackled the challenges that COVID-19 had thrown their way. With face masks and social-distancing still required at that time, the normal Mihi Whakataua was unable to be performed. It didn't feel right that we couldn't greet our predecessors in the uniquely kiwi way, so we engineered a way to make it happen, as the previous contingent was about to board the bus on their way to the airport.

We felt that no matter what, we had to perform the NZDF Haka to 02-20, to acknowledge their outstanding performance, and to bless their homeward journey, back to whanau, friends and a grateful nation. I have been deployed quite a few times, and have performed similar Haka, but this one felt very emotional and powerful, to farewell our 02-20 whanau. A big Kia ora goes out to SSGT Norm 'Ruts' Rutene, our contingent cultural advisor, for taking the lead for our cultural training, along with his trusty assistant on the guitar, SGT Richie Koaneti.

One of the most rewarding facets of our



MFO Chief of Staff COL (US) Matthew Archambault addresses the 9-11 20th Anniversary Remembrance Ceremony.

deployment has been working with other nationalities and interacting with the local Egyptian workers that work for the MFO. I have found the Egyptian people to be very friendly and seem to really connect with Kiwis. They are really keen to help you learn their language, which is an important part to

connect our two cultures. On a recent trip to North Camp, I walked past a local cleaner, and greeted him with 'Sabah El Kheir' (Good Morning), to which he replied with 'Kia ora, kei te pēhea koe?' Wow, that took me by surprise. As it turned out, he had been working in North Camp for 25 years



NZCON contestants with the Fallen Kiwi board, displayed next to the circuit.



Three kiwi contestants fly through the nutrition station.

a full marathon, and if you think that sounds easy, just ask one of the people that took up the challenge. I was proud to watch our people battle through some dark places, keeping in the fight, even when their bodies were telling them to stop. The level of personal growth and resilience from this experience will remain with them for the rest of their lives.

I had rostered on to support the ANZAC drink stand, where our competitors could grab a drink or snack as they passed our stand. I had initially been rostered on for 2 hours, but after seeing the energy from the competitors at the start-line at 2200hrs, I ended up pulling an all-nighter to support our troops and provide encouragement to all the competitors. I remained there until the last competitor had completed their 14th lap of the perimeter, around 0700hrs the next morning. Whilst I felt tired after pulling an all-nighter, it was nothing compared to the warriors pushing themselves to their limits, and beyond.

Working in the Force Training Team (FTT) has been a blast, and I've appreciated not only working with our Kiwi team, but also interacting with all the other contingents. FTT has been very active in the training space for our deployment, and have spent a lot of time up in North Camp training the Columbian and US Battalions. After flying up to North Camp last week in a UH60 Blackhawk, this week we drove up to North Camp by road, stopping off to conduct Remote Site Inspections along the way. We also got to see first-hand the excellent work that the Force Engineering Office Kiwis were doing in Remote Site 2 as part of the major infrastructure upgrade, which has been ongoing over the last 12 months. Along the route, we also conducted a Mobile Observation Team (MOT) patrol, which

and had developed friendships with Kiwis during his time in the MFO. I have built on my language skills from previous tours in the Middle East and have been able to understand more about the local culture, and appreciate the local Egyptians for their hospitality and friendliness.

On 11th September, the local US Battalion conducted a memorial ceremony for the 20th Anniversary for 9-11. As one of the many personnel currently serving in the MFO that has deployed to Afghanistan over the last 20 years, it was a poignant ceremony for me, with my thoughts going to our lost comrades, to what we had achieved, and of course to the people of Afghanistan. Support to Afghanistan has dominated most of our careers, and I am proud of what we had achieved in that time.

Last weekend I had the pleasure to support the 28 Mile March of the Fallen, which is an annual event hosted by the 1-104th Cavalry Regiment, from the Pennsylvania Army National Guard. This event is run to honor those that have made the ultimate sacrifice for their nation, to bring peace and stability to people in far off places. Each of our recent fallen kiwi soldiers had their picture and details displayed on the circuit. It was moving to see competitors pausing at the photos, taking in the details, honoring the fallen, and using their sacrifice to push them along their journey.

Over half of the contingent took up the challenge in one of the many categories, ranging from wearing running shoes, shorts, and t-shirt, to uniform, boots, and body armour, right up to the people wearing a 35-pound rucksack. This is a longer distance than

FOREIGN CORRESPONDENCE

News from Sinai

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NZCON personnel on top of Mount Sinai

involves observing and counting the number of Egyptian Military assets as part of the MFO Observe, Verify, Report (OVR) mission.

As our mission draws to a close, we will all be excited about going home. However, we have a lot of work to do in the meanwhile, preparing to integrate FARAD 02-21 into the MFO, to the same high level that we received from our predecessors. I can't wait to welcome the new #TeamKiwi into Sharm El Sheikh, and introduce my replacement to the key stakeholders and personalities that he'll need to work with to perform his role as the MFO Training Warrant Officer. As we're preparing to head home, we'll be thinking of the two 01-21 Kiwis that we're leaving behind, LTCDR Josh Lord, our Engineering Officer whose deployment is for 12 months, and LTCOL Brent Morris, our SNO, whose tour is 9 months. I'm sure they'll settle in with the new team, but we will miss coming home as a complete callsign.

I would like to thank all the friends and whanau back home, on behalf of the entire NZCON. We have all appreciated the love and support, face-time, WhatsApp messages, and packages in the post. I'm sure you're all looking forward to having your loved ones home, as much as we are looking forward to our reunion. The strength of any deployed person is drawn from our whanau back home, along with your mates, your parent unit, and your internal drive to continue representing all those who have gone before us. The Deployment Service Officers are worthy of special mention here. To Janine Burton, Carol Voyce, and all the DCFs at the other Camps and Bases, thank you for all the support you have provided to our families. You have continued to provide that critical link between the whanau and the NZDF. The DSO team have continued to support whanau wellbeing and welfare and have never lost momentum throughout our deployment.

I know 01-21 has left their mark on the MFO. Our people have brought energy and enthusiasm to their roles, and pushed hard to make the place better. We have all related well to our MFO partners and tried to bring a bit of Kiwi magic to what we do. We're far from the biggest contingent, but we have punched above our weight, whether that's in the planning and training spaces, driving and engineering, keeping the Force Commander organised and safe, to the lone kiwi providing support to the FMPU, CJ1 Branch, S2 Cell, MFO Gym, and for the pair that provide organic support to our mission.

I am looking forward to getting home to my loving family. My wife and daughter have done amazing while I have been away. I am sad to have missed out on supporting Lilly through her last year of secondary school before heading onto university, which is something I can never get back. But I will miss my other family a whole lot too. My deployed family. Once we have all spent 14 days in our hotel room in Auckland as part of our Managed Isolation requirements, when we head to the airport, and get ready to separate to board our various flights, if I'm still wearing my sunglasses inside the terminal, it will be to cover up a small tear in the corner of my eye. To each member of Op FARAD 01-21, I thank you for your professionalism, your friendship, and the awesome memories. I am proud to have served with you, I look forward to catching up next year, and I'm sure the Signal chat will keep pumping. Shukran habib.

RSM out

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Some Challenges In The Mix

LCPL Sydney Bailey
Driver, NZCON

Coming over with a whole new contingent, it's been exciting and a wee bit nerve wrecking. Having to work with a bunch of people you never had to work with before and now to work in such close proximity for a decent extent of time was an interesting prospect as well.

It turns out we have a very good mix of people and interests between the group to keep us all on our toes at the regular gathering/events.

We have been settled into our roles for some time now and have a very good idea on the jobs we need to perform here. As part of the driving team, it's been interesting learning the Egyptian road rules (if you can say anyone in Sinai actually abides by them), and how the locals drive. Also getting used to driving in a left-hand drive on the opposite side of the road from NZ.

One of the biggest challenges is still the language barriers around South Camp itself. With such a variety of nationalities, this place also comes with a wide variety of mother tongues. The NZ driving team often works closely

with Uruguayan's. They speak little English, and we speak just as little Spanish. We've had to adjust and be patient to communicate effectively between each other (but big thanks for charades and google translate).

Second biggest challenge I bet is for the lads of the woolshed ☺. This is probably one of the first trips over to the Sinai where females are dominating as a majority within the Woolshed. Nine rooms within the woolshed and three of these are lived in by males.

We are coming to the end of our tour. I've enjoyed and learned a lot from this experience.



So, to the people I'm over here with thanks for an amazing time and great work environment and to the people back home waiting for me thanks for the support and I'll see ya soon. And twin brother and the wifey congrats on your little gremlin I get to meet once I get home!

Peace! Love Syd



DSO'S CORNER



Carol Voyce

Deployment Services Officer
Editor "The Bugle"

3. Make a time capsule. This is an activity which many families often do while a loved one is deployed. Once they return there are many treasures which have been collected during an absence and which can be all shared and enjoyed. But they can be made for other reasons too.



You can make time capsules to put away for a decade or two for future generations or simply for a year or two so children can see changes that have occurred and how they have grown.

Find a suitable container and let children decorate it and label it with their name and the date. Create a "profile" sheet which includes: age, weight, height, school class and teacher, photos of family and pets, drawings, favourite colour, food, music, television show, hobbies, activities, sports, friends and newspaper cuttings of world events. Record predictions for the future. Help younger children with their profile sheet but get them to sign their name if they can!

What you include will depend very much on the length of time you choose to leave the Time Capsule unopened – the list can be never-ending! Make sure it is a fun activity for everyone to enjoy. And include a secret letter to your child/children.

Once the project is complete, you have created a gift of memories.

Have fun!

Last weekend while it was raining, I found a large piece of brown paper and with my three-year-old grandson in tow, I traced around his body. He wriggled and giggled but thought it was fun. Once we had finished and cut it out, he took to drawing on his face and then clothes and shoes. It was quite a masterpiece. It has now been packaged and posted to his Australian grandparents, who due to the COVID situation, have not managed to see him for almost two years. I am sure it is going to take pride of place on a wall there, to be lovingly admired. Our little project reminded me of things you may like to do.

With school holidays almost upon us and the country in different Alert Levels, trying to fill in the days can be a challenge for those with children at home. While the suggestions below have a focus on deployment, either at home or overseas, keeping connected and keeping in touch is paramount, but they can be used for other reasons too! Here are a few ideas which you can work on together!

1. Get out the paints, crayons, glue, glitter and paper or card and create some "Kiwiana". You might like to trace around a pair of jandals, make a paper



Pavlova or a large copy of the New Zealand Flag. If children don't want to keep the things they have created, send them to the Deployment Services Officer and we will send them to one of our overseas deployment locations where they will be enjoyed by our service personnel abroad. Or if you prefer, we could send them into one of the Managed Isolation Facilities to our service personnel on Op PROTECT for their guests to enjoy and admire.

2. Make a Family Tree. Create visuals like drawing a massive tree, pyramid or charts with boxes for information on each family member. Start with the child in the first box and concentrate on only two or three generations in the beginning. Have children think about the closest members of their family and include a photograph if you can. Children could put pictures by the names that tell a story.



Janine Burton

Deployment Services Officer

Over the coming months a number of our missions will see personnel rotating in and out of deployment locations. While there could be some angst and trepidation with families who have just, or will shortly farewell their loved one for six, nine or twelve month deployments, there could very well be similar emotions for those who are about to welcome their loved ones home. All the emotions are normal reactions and I refer you to the Emotional Cycle pages in the Preparing for Deployment book—perhaps a time to refresh yourself if it has been some time since you attended the Family Welfare Day or the last time you picked it up. In addition, the Retuning Home book should have been received by partners of personnel coming home which is another of our really good resources to assist with reintegration.

We know that reunions, or integrating loved ones back into lives at home, no matter how excited we are that the deployment is finally over and homecoming is imminent, can also seem quite daunting at times and may bring feelings of apprehension and anxiety. Again, all these emotions are a normal reaction. Personnel having to isolate for two weeks when they arrive back in the country, again can bring some additional frustration—home (as in back in NZ) but not quite home (as in back with family).

We acknowledge that reintegration for some will be a simple process as loved ones slip back into home routines seamlessly, while for others it can be just as challenging as having that person away for the past six-plus months. Everyone is different, and everyone's experiences will be equally as different. I used to use the analogy of sharing the remote control for the TV; for some the sharing isn't a big

deal but for some who have had the freedom and choice to watch whatever they want to, and when they want to, could be a more difficult process and may need some to-notch negotiating skills. Good luck with that!

Our experience indicates that the key to successful reunions is communication. Having someone return home after deployment is an emotional time for all concerned—those who have kept the home fires burning, embracing independence, making new routines or maintaining old ones—who needs someone coming in and causing all this disruption? For the returning serviceperson, there could also be feelings of apprehension as they will be aware that they may well be causing disruption, just for coming home.

Again, communication is the key. I would suggest that discussions around expectations on homecoming should start a few weeks out just to ease the way forward.

In listening to the radio in the car today about the Auckland lockdown levels, made me feel very thankful that we are at least at Level 2 here in the Manawatu and apart from mask wearing and social distancing we are going along okay. However for our families in the Auckland region who have had extended Levels 4 and 3 lockdowns, we trust that you are doing okay and that you have strategies to keep you sustained. By publication date of this issue, or by the time it arrives in your letterbox or in-box, we sincerely hope that Level 2 is on the horizon if not already implemented.

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**

FAMILY MOTTO

What rings true?

A Chaplain's brief contemplations on relationships.

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



I have had three honeymoons, all in Rarotonga, and all with the same wife! People joke about the “honeymoon being over”, meaning that the argument season has started. Usually these arguments are the result of the inevitable clash of unspoken family mottos.

Many of us have had the experience where we find ourselves upset with a situation or another person and not really know or understand the reason for our reaction. Worst still, we are engaging with someone who is upset at us, who seems determined to take offence where none was intended and we are at a loss to understand what went wrong. Family or work mottos are the deep seated and often subtle values that shape our beliefs and behaviours at work or home. They are the unconscious, semi-automatic, rarely thought of, default mottos by which we live by.



The unspoken rules that form family mottos are things like- In this family we vote Green, or we follow rugby, or that particular task is a woman or a man's task, or we value hard work or we are ok with waiting around for someone else to make us rich, or we don't really value education, or saving money is not important, or saving money is extremely important etc. These thoughts and feelings on various topics are incredibly strong emotive drivers.

Even within a camp, a soldier may trade change into a different unit and find themselves the centre of unwelcome angst not realising that they have violated an invisible unwritten understanding that is the basis of the sense of humour, the level of political correctness or sacredness of some topics in their new workplace. This dynamic can be torturous for some upon exiting the NZDF.

How do we spot a family motto at play? An unexplained sudden explosion of tension is usually the clue that our mottos have clashed with another's family motto. What can we do about it? Family mottos tend to press buttons to get us to react. Once identified, make a decision to not offer out that particular button to be pressed! Family mottos get their power to clash through being un-negotiated, and invisible. Therefore, family mottos become disempowered by being identified, made visible, and negotiated. Disempowered family mottos still exist, are part of the fabric of who we are- they are simply denied permission to clash. When we were a child, our environment (family mottos) shaped our attitudes. Now that we are adults, we can choose which attitudes will shape our environment.

Life is about choices and we are allowed to choose to have a honeymoon in our home most days. Together, we get to choose what our workplace and homes are like. It is our choice to put up with toxic or do something about it, as it is our choice to value and encourage love and respect. Our home and work life will never be better than the sum of the mental and emotional health of the people involved.

Name the motto, then explain the motto, then laugh and enjoy each other's family mottos. This will transform them from a weakness to a strength.

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

FOR YOUR INFO

Welcome to New Readers

A very warm welcome to new readers of our deployment newsletter, The Bugle. This is our main way of communicating with you all and keeping you informed with the latest in news and happenings in deployment locations worldwide and offering some information and advice for the months ahead. Your input and contributions are also welcome. The deadline for each issue is the last Friday of each month.

The Bugle finds its way to your letter box or "inbox" monthly – usually within the second week of each month. We value your feedback. Please make sure you contact us if your mailing details should change. Give Carol or Janine a call, text or email.

You will notice that the Bugle is written for people at all stages of the deployment journey and we hope that in each issue you will find something of interest that will help you along the way.

Deployment Guides

Deployment Guides are prepared for family members for each of the missions we support. While Guides are provided at Welfare Family Days, some family members miss out.

If you do not have a copy of the Guide for the deployment your family member is on, please contact Janine or Carol to have a copy popped in the mail to you.

Final Bugle for Some

As we welcome new readers we are also saying farewell to those whose deployment journey is concluding. We hope that once the isolation requirements are complete that you will enjoy family reunions, holidays and happy days!

It has been wonderful for us to have been able to support you during the separation, whether you have needed to make direct contact with us or not, and hope that you have enjoyed receiving your edition of The Bugle each month.

Please remember our team is still here for you if you need any assistance in the weeks ahead. With best wishes to you all, we look forward to possibly meeting you again at some point in the future.

Survival Tips

We are always looking for new ideas to help make deployments easier for those at home and those going away. As personnel on deployments are constantly changing, why not share any handy hints and survival tips that you may have. These ideas can be shared at future briefings to help others along the way.

For some it will be a first deployment, for others it will be "another" deployment. Was there something special that was sent or received? Was there something special or different that assisted your children with the separation?

Your experiences may help others who are struggling with separation while on deployment, or left at home to keep the house, kids and routines running. These may also be printed in future editions of the Bugle.

(Anonymous contributions are welcome.)

Deployment Support Services

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

Deployment Support Services are here for you

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

Deployment Services Officers:

Linton—Janine Burton

Ph: 0800 683 77 327

Burnham—Carol Voyce

Ph: 0800 337 569

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

For additional support and services:

Army:

Defence Community Facilitators:

Waiouru:

Rebecca Smith—Ph: 06 387 5531

Papakura:

JJ—Ph: 09 296 5744

Burnham:

Kathryn Hodgkinson

Ph: 03 363 0322

Linton:

Lesley Clutterbuck—Ph: 06 351 9970

Trentham :

Dee O'Connor—Ph: 04 527 5029

Air Force:

Defence Community Facilitators:

Air Staff Wellington:

Linley Williams—Ph: 04 496 0555

Base Auckland:

Kylie Smedley

Ph: 09 417 7000, xtn 7035

Base Woodbourne:

Claudia Ayling—Ph: 03 577 1177

Base Ohakea:

Bridget Williams—Ph: 06 351 5640

Navy Community

Organisation:

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

Local Chaplaincy Services

Unit Point of Contact

MEETING THE CHALLENGE

This article was written for families associated with Op PROTECT—our Government's response to COVID 19. It is reprinted with permission of the writer and contains many helpful hints for everyone.

LTCOL Steve Kearney
Clinical Psychologist
Chief Mental Health Officer
Defence Health Directorate

Staying connected when you're apart

The pandemic has had a real and tangible impact on many Kiwi families, whether it be having the kids around for weeks at a time, your winter holiday plans to the slopes or the islands getting scuppered, or having to deal with very real financial stressors. However, the impact has been unique for whānau involved in Op PROTECT. Having service members away for long stretches is not unfamiliar to many Defence families, but the duration and repetition of Op PROTECT has brought some unique challenges. In talking with some families, one of these is staying connected, so I thought I might offer some ideas about how to address this challenge.

Deliberate gratitude for each other (possibly even your children)

When we are stressed and busy, it becomes easy to lose awareness of the things we are grateful for in each other. Our stressed brain focuses on the aggravations and irritations. Be deliberate about reminding yourself of the things you appreciate about in your partner and whānau. You might deliberately reflect on particularly good times together, or why you fell for each other. You can also make an effort to cultivate a culture of appreciation. Now, no-one can be positive all the time, so it can be useful to be deliberately positive at critical moments. One good time for this is when you first come together. This can be hard because you are tired and relieved, but making an effort to be positive, upbeat and warm in the first 10 mins after you reunite can set the tone for the rest of the day or evening.

Get out of the Rut

Frequent separations can make it difficult for people to stay in touch with each other's lives. If you have whānau and work to attend to, you can fall into a pattern of "ground hog day" that is focused on admin and logistics or, as Nigel Latta puts it, "become flatmates". One of the antidotes to this is to deliberately do things that are novel and different together. Human brains are inherently curious, and pay attention when they are doing something new. So think about how you might get out of your comfort zone a little. This might include things like;

- Learning a new skill together, such as dance, Te Reo Māori, or knife making (no really, I know a couple that did a class on this together and loved it). Even a one-off cooking class.
- Be deliberately silly (kids love this). Do something that is wacky together. It might be dressing up in theme for dinner or making a tiktok video. Playfulness reminds us not to take ourselves too seriously, and is a useful antidote to stress.
- Make time together talking about something other than admin and the kids, and be present with one another. This might include going for a walk together, playing a board game (though be mindful if one of you competitive 😊).

Enjoy the planning as much as the doing. Research suggests we can extract as much joy out of planning a holiday as having it. The experience of imagining and anticipation is free, and it's something you can do together, so take advantage of that. Allow yourselves to savour and enjoy the process of brainstorming, selecting options and making choices.

Give yourself permission to still want time for yourself, and give each other time for that

When we feel stretched thin, particularly if we spend much of our time tending to others, such as children or our work team - it can be hard to give ourselves permission to take some individual time. People vary in the extent to which they need this, but most of us benefit from a little time unplugged from the needs of others. However, when time together is precious, it can feel difficult to spend some of this doing our own thing. Remember, taking a little time to do your own thing can help you then be a better partner, parent or housemate. Have a conversation about how you might help each other with this. It might be making time for the other to go for a run, getting a sitter so book group is doable, or taking the kids for a long morning walk to allow a peaceful lie in.

New Zealand is asking a lot of our NZDF whānau, and it looks like Op PROTECT will be going for a while yet, so I hope one of the tips above is helpful.

Notably, all these things take a little bit of energy. That can be hard to come by when life is busy and full, so start with something easy. Talk about it with each other and work together.

Me mahi tahi tātou mo te oranga o te katoa - Work together for the wellbeing of everyone



SEPARATION ANXIETY: PETS AND DEPLOYMENT

When our "pet owning" service personnel deploy, their pets, particularly dogs; often exhibit a very marked separation anxiety. Absolutely true! I have had numerous discussions with partners and family members about this and not being a dog owner myself, found it somewhat enlightening! In fact, at times hard to comprehend, but it is very real and often difficult for those left at home to actually deal with.

Apparently separation anxiety in pets can be caused by a number of things like a traumatic event, a change in routine, some major life change like a new baby, new house or prolonged absence of the owner. With service personnel deploying for extended periods it seems this separation anxiety can become a very real problem. They tell me that dogs exhibit very marked behaviour changes - ranging from pacing, excessive salivating, destructive chewing, barking, howling, whining, to digging and scratching at doors and windows in an attempt to reunite with the owner. And the list goes on to include physical symptoms too. Some families have reported that their dogs have needed veterinarian treatment and sometimes medication to make life a little easier for all. It would seem that we have a lot of literature on separations for children and loved ones, but we have overlooked a real problem from man's best friend - the dog!

The little-documented literature for separation anxiety in pets, gives good advice about preparing pets for the separation - obviously we prepare families but by the time this anxiety shows in pets it is too late to begin that preparation as the owner has already

left our shores. If you are struggling with this phenomenon now, the basics really apply - feeding the dog and leaving home without a fuss, leaving the radio on, providing plenty of exercise, play and fun when you are about and leaving the dog with something to do in your absence - like giving him a cardboard box to shred!

In reviewing the literature, I was amused to read of the lengths our American friends have gone to, to address this problem! The first obviously requires some preplanning. A software package called "Digital Dog sitter" has been created. It works like this - the pet owner records his/her voice to the software. "When the dog is alone, the software listens to the dog and analyses the incoming audio through the computers microphone. Whenever the dog barks or howls, software plays the owner's voice to the dog and the dog stays calm!"

Whatever next you might be thinking - well there is more! If you live in San Diego, a cable based television channel has established "Dog TV". A programme has been created by dog behavioural specialists and is colour adjusted to appeal to dogs. It features segments designed to relax the dog, while exposing them to everyday scenarios. And if you are a fan of "SpongeBob SquarePants" apparently research shows this is a favourite for dogs too!

As a side, apparently horses are infamous for anxiety which is why it's sometimes commonplace to see a goat



alongside providing companionship.

I do recall one of our early family deployment update briefs for Afghanistan in Burnham, when one of our Air Force families brought their two extremely large dogs to watch the DVD! We all took a second look when they bounded into the Burnham Camp Conference Centre. I have to say they were very boisterous, but did let out a howl when their "Dad's" familiar voice was heard over the audio.

So, remember your pets and give them an extra pat and a treat because they struggle with deployment too.

Carol Voyce
Deployment Services Officer

Helpful websites:
www.asPCA.org
www.pets.webmd.com

Post Covid-19
Separation anxiety in Dogs post COVID
-19 Lockdown –
www.vetknowhow.co.uk
Separation anxiety Post Covid-19 –
www.pointcookdogtraining.com.au

COMMON JOB INTERVIEW QUESTIONS

... And how to answer them

Job interviews can be nerve wracking. Being sat in the hot seat and expected to summarise your career, strengths and weaknesses, all in a single conversation, while also fielding (and perhaps posing) rapid fire questions isn't always a fun time.

By preparing for common questions, you can build confidence and make it much easier to answer any of the curveball questions that might normally throw you off. Interviews might even start to feel much more conversational and productive, and you'll get more offers.

Here's a few examples of common questions, and some of the best ways to nail the responses to them.

Tell me about yourself

This is probably the most common interview question of all, and it's the first question in many job interviews. Having a strong answer to this question gives a great first impression and will help you to build momentum for the rest of the interview, so it's important to be properly prepared for it.

How to answer this effectively:

- **Stay brief, save things for later.** Remember, you'll still be fielding questions and will likely have to make a stronger case for yourself later in the interview. Resist the urge to blurt out your qualifications upfront so that you will still have impressive things to talk about later in the interview.
- **Customise your answer to the specific job.** Think about the context of the role you're applying for and what the interviewer is looking for in a candidate. Adjust your answer accordingly. How does your education and experience make you a great fit for this role? *This rule should really be*

applied to all interview questions.

- **Show some personality.** A lot of people make the mistake of thinking that "tell me about yourself" is a casual small-talk question and they start talking about their childhood, pets, family, and hobbies. Injecting a little personality is great but keep 80-90 percent of the reply to this question on your career, skills, and how your qualifications apply to this specific job, with only one or two quick interesting personal facts that might get across the point you will be an interesting person to spend time with.



just a pit stop while you pursue something else you'd rather be doing.

When people enjoy what they're doing, they do great work and it's more likely that they'll stick around for the long haul.

How to answer this effectively:

You might say something like:

"Since I would be entering your organisation at a junior management level, my goal is to gain the skills and experience necessary to be at the mid-management level and have a team under me within five years."

Bonus points if you can go into detail regarding the specific skills needed to reach that level.

Where do you see yourself in five years?

This question is meant to gauge how ambitious you are, and whether or not the position you're applying for is something you actively want to do — or



worker”, or “I’m very honest and loyal” are great strengths to have — but that’s not what you’re really being asked. Be sure your answer involves a strength that would be a major asset in the job that you’re interviewing for.

How to answer this effectively:

The strength you discuss as your greatest or most significant may vary from one job interview to the next because the qualities you’ll need for each job will also vary.

Don’t simply answer the question by listing your strengths. Go a step further and provide a real-world example from your professional background that demonstrates that strength in action. Prove to the interviewer that you have the strengths needed for this job. For example, if you’re applying for a customer or client services role you might say something like:

“My interpersonal communication skills are very strong. I’m great at relating to people and anticipating their needs which has really helped me to excel in client-facing positions. By being proactive and reaching out to clients with new offerings, I’ve been able to increase revenue by 15 percent while also building strong rapport.”

What is your biggest weakness?

This question is tricky because you need to be real, but you also don’t want to over-emphasise actual weaknesses. The point of the question is to gauge how open and honest you are, so if

you say your biggest weakness is that you “work too hard”, you might hurt your chances and come across as unoriginal and dishonest.

How to answer this effectively:

Everyone has weaknesses, so it’s best to show some self-awareness and honesty by discussing a vulnerability. Ideally, the weakness you mention will not be one of the most critical aspects of the job. For example: if you’re interviewing for an accounting position, don’t tell the interviewer that you’re bad at numbers or attention to detail!

For extra points, mention what you’re doing to improve the weakness. You could be taking an online course, getting coaching, volunteering somewhere to get better experience, or making sure that you ask for feedback from co-workers.

What interests you about this role?

There are lots of jobs you could apply for, so why this one? What is it that appeals to you? Why do you think it’s an excellent opportunity? Why is it a good fit for you?



Why are you leaving your current position?

Take care, this can be a dangerous question. It’s designed to give you the opportunity to say negative things about a current or former workplace, current or former boss, or colleagues. Of course, this will only reflect poorly on you.

Regardless of whether you have legitimate gripes it’s unprofessional to air dirty laundry and could give your interviewer the impression that you’ll run into similar issues in your new workplace, **and** who is likely to be moaning behind their back about it too.

How to answer this effectively:

Answer the question based on what appeals to you about the new opportunity. Mention the things you are looking to do or what you want to accomplish; perhaps potential growth, career opportunities, training and development, or something else. Anything you mention about your current job, or your last job should be kept brief and to the point.

What is your most significant strength?

Leave the generic and canned answers at home. Things like “I’m a hard

COMMON JOB INTERVIEW QUESTIONS Continued

How to answer this effectively:

You'll need to research the company (or organization) and the specific role if you want to answer this question effectively. Once you've done that research, this is a perfect opportunity to sell yourself and why you're an ideal fit for the role.

This is another opportunity to talk about how your skill set makes you a good match for this role and talk about what new skills you're hoping to develop.

How would your colleagues or boss describe you?

This is another one of those questions that is an opportunity to brag, but if you go overboard, you'll come off as insincere and cringeworthy.

How to answer this effectively:

Remember that the interviewer wants to hire someone who will work well with others, become part of the team, and take responsibility and accountability seriously. Focus on issues related to these things and show that you'd be a valuable addition to their team. Use real-world examples whenever possible.

How do you handle stressful situations?

Most jobs involve stress and pressure from time to time, and the interviewer wants to know how you work in these situations. No one is immune to stress, so don't claim that stress doesn't impact you or that you just ignore it and work right through it.

How to answer this effectively:

Answer by talking about your approach to managing and overcoming stress or achieving success in high-pressure situations. Be sure to have some specific examples in mind to provide evidence rather than giving a theoretical example.

Why should we hire you?

A lot of times interviewers will end on this question, so think of this as your closing arguments.

This is the perfect opportunity to sell yourself and convince the interviewer that you're the right person for the job. Do a quick recap of the major points you've made so far and be sure to highlight anything relevant that hasn't already come up yet.

How to answer this effectively:



When you're answering this question, be sure to exhibit confidence. If you seem like you're unsure of yourself, it will send the wrong signal. As is the case with all interview questions, being specific is key. Have your response prepared ahead of time and be ready to explain why you're right for the job.

The bottom line—nail your interview questions

Interviews can be stressful, but just like most things in life, the more prepared you are the more confident you will be.

With a little bit of preparation, you'll be able to walk into an interview calm and confident so that you can leave feeling like you nailed it.

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

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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.

LOOKING BACK

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

These images are from the Operation FARAD mission to the Sinai Peninsula, Egypt.



PERSONAL MESSAGES

The deadline for contributions and personal messages for The Bugle is the last Friday of each month (**the next edition deadline is 29 October 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

Dear Reety

Did the cat catch another rabbit?

Dear Max

Are you looking forward to playing cricket this season? You are a big boy now!

Dear Arlo

You should send me some of your art. I would love to hang it on my wall.

Dear Harry

I want to hear what happens to John Teliot. You will have to finish that story.

Dear Mrs M

Keep trucking along. We are over half way 😊

Hi Mum

Happy birthday. Hope you had a great day. Love Bob.

Hello Kids

Hope you are having fun over the holidays. Don't forget to do your jobs, then you can spend your pocket money. Miss you all. See you in a few months. Love you all. Dad MCK

Dear Granny

I hope you are enjoying life in your new apartment. It looks really lovely and you deserve to be treated like a Queen. Keep well and look forward to seeing you at Christmas time. Love always. M.D.H.

From Home

Hi Dad

I had fun at my party. We played games and had lots of yummy food which Mum made. I had a dinosaur cake – it looked pretty cool and I had 6 candles too. Thanks for the bike. I went to the park to try it out. Super good! Can't wait until you come home and we can go riding in the forest. I love you. Max.

Hello Aunty

We all miss you. We went to Bob's place for lunch yesterday and tomorrow we are going horse riding. Keep safe over there. Love Maise xx

Daddy

I can nearly walk now. I can stand on my own even if it is abit wobbly. When you come home I will be able to run to meet you. Love from Tui.

Dad

The cat went missing for 6 days. Not sure where she was hiding but is home now. We searched everywhere. Mum was worried. Cricket starts soon which will be fun. I am proud of you and what you do. Love from Henry.

Dear Dad

It's school holidays now. We can't go anywhere because there is a virus here. We built a hut in the backyard and its super cool. We put old carpet in it and painted the walls. See you soon. Jesse, Tama and Mum xx

QUOTE:

"In trust, a family is what you make it. It is made strong, not by the number of heads counted at this dinner table, but by the rituals you help family members create, by the memories you share, by the commitment of time, caring and love you show to one another, and by the hopes for the future you have as individuals and as a unit."

Marge Kennedy

Unexpected kindness is the most powerful, least costly and underrated agent of human change.
Bob Kerry



Claudia Ayling

Defence Community Facilitator
RNZAF Base Woodbourne

The remarkable thing is, we have a choice every day regarding the attitude we will embrace for that day.

We can't change the past, can't change the fact that people will act certain ways, say certain things.

We can't change the inevitable.

The only thing we can do is play on the one string we have and that's our attitude.

I am convinced that life is 10% what happens to me and 90% how I react to it.

We can change our attitude, be it positive or negative.

***We have the choice for the day.
We have control of our attitude!***

Make the most of your day today!

And I would like to finish with a fitting whakatauki which represents a mindset that turns negative situations into positive ones, and therefore has the ability to free yourself of those things that may burden you or hold you back:

Hurihia tō aroaro ki te rā tukuna tō ātārangi kia taka ki muri i a koe.”

Turn your face to the sun and the shadows fall behind you.

Noho ora mai rā i roto i ngā manaakitanga katoa – Look after yourself, may you remain well!

Embracing Change

It's unavoidable, CHANGE is all around us: changes in the Organisation we are working for, changes to family life when a baby is born or a loved one dies, let's not mention habit changes required due to a pandemic, and, of course, a partner/spouse / parent going on deployment – it impacts everyone involved. Change can be difficult, even the change that will have a positive impact in our lives. For any change of habit to have a chance to take root, we must have a plan of action. Jumping into change for emotional reasons is not likely to produce a lasting effect. An effective plan must be rational to succeed.

In order to get through the pain of dealing with change, it is important to become comfortable with being uncomfortable. Some change you might be going through may in fact be for the better, even if you can't see it right now, and in the deployment situation, do believe that the change will not always be as difficult as it is at the beginning, that you will set into a

new routine, and that there is an end to it.

The Community Facilitators on the Bases are all keen and prepared to help those struggling through changes. Not only do we have the time to listen, but we also have contacts to agencies and people you may need to give you a hand.

You are not alone - never hesitate to seek help! You will find contact details for DCF's and other support personnel in this Bugle magazine.

A reading I'd like to leave you with to ponder on:

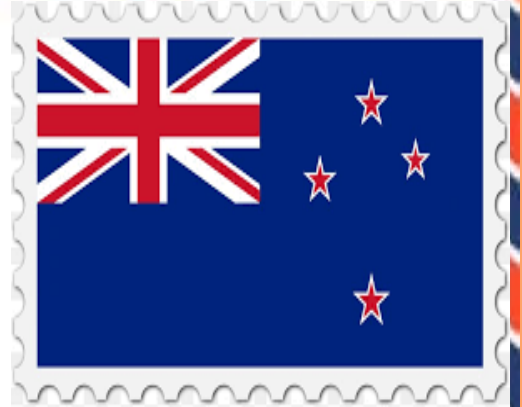
Attitude

The longer I live the more I realise the impact of attitude on my life.

It's more important than the past, education, money, circumstances, failures, success, what other people think or say.

It's more important than appearances, possessions and status.

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 Janine (DSO Linton) for more information or with your contributions.

NZDF Personnel

All Deployment Locations

Across The World
