

# THE BUGLE

ISSUE 283  
JULY 2021

## THIS ISSUE

Queen's Birthday Honours

A Mum Is Deployed

What An Experience!

How To Treat Yourself Without Big Cost

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



## THE BUGLE

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

### Deadline

The deadline for Edition 284 is **31 July 2021**

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

Editor: Carol Voyce  
Printing: Sharyn Cameron  
Repro Linton

Contributions co-ordinated by Carol Voyce and Janine Burton

### Contact Information

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

Christchurch  
Ph: (03) 363 0421  
Cell phone: 027 449 7565  
Toll free line: 0800 DEPLOY or  
0800 337 569  
Fax: (03) 363 0024  
E-mail: dso.burnham@xtra.co.nz

Janine Burton  
Deployment Services Officer  
Linton Regional Support Centre  
Linton Military Camp  
Palmerston North 4820  
Ph: (06) 351 9399  
Cell phone: 021 649 903  
Toll free line: 0800 OVERSEAS or  
0800 683 77 327  
Fax: (06) 351 9009  
E-mail: dso.linton@xtra.co.nz

### Disclaimer

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

### Cover Photo:

Op FARAD, Sinai.  
LAC Rogers-Brander, LT Fegan, LCPL Paterson after an epic PT session.

# QUEEN'S BIRTHDAY HONOURS 2021

## Two New Zealand Defence Force Officers Recognised in Queen's Birthday Honours

7 June 2021

The courageous work of two New Zealand Defence Force (NZDF) officers who have spent years dealing with bombs, explosives and highly volatile situations have been recognised in the Queen's Birthday Honours announced today.

Lieutenant Colonel Adam Modd and "Serviceman M" have both been awarded the Distinguished Service Decoration (DSD) for their careers, during which the pair have worked in some of the most dangerous and extreme situations imaginable.

Serviceman M, who cannot be named for security reasons, was responsible for leading the ground recovery team from E Squadron (Explosive Ordnance Disposal (EOD)) involved in the body recovery operation from Whakaari/White Island after the eruption on 9 December 2019, which killed 22 people and injured another 25.

He and his team worked in extreme conditions of heat and lethal gases, and through his role as a leader, Serviceman M liaised with all agencies involved, providing technical guidance to ensure the most effective and safest course of action was established.

"Being recognised in this way is still sinking in, I am proud and incredibly grateful. I believe I have worked hard, put myself at risk, and been challenged many times in my career," he said.

"I understand also that I've been recognised as the team leader. I am really grateful and humbled to be placed in a leadership position like this; especially considering the calibre of people we have throughout our unit.

"I still have a really strong sense of pride in the team and my unit. It was a tough job and I remain satisfied that we did our job well. I am also incredibly proud that we managed to continue our unit's reputation of delivering mission success in complex and novel situations."

Serviceman M said he believed it was important that people know the team continue to put itself into harm's way on a daily basis dealing with bombs, explosive ordnance, and a variety of other hazards.

"They do this because of their sense of commitment to the community and public and their love of the job," he said.

"Working with my team, and with the Navy, Air Force and Joint Forces staff made





the operation successful; their professionalism got us on and off Whakaari safely. I think as we face the risks from further earthquakes, and natural disasters resulting from increasing climate extremes, we will see more need for people who can solve problems and provide effective solutions. It's very reassuring knowing that the training and the people we have are up to the job."

Serviceman M, who has served in the New Zealand Defence Force for more than 17 years, said his family was proud of his efforts, especially his wife because of her connection to the Whakatane area.

"My children think it's awesome - mostly that certificate from the Queen is amazing."

The second DSD recipient in 2021, Lieutenant Colonel Modd, has had a career dedicated to the development of domestic and expeditionary EOD capabilities.

After a period serving with the British Army, he joined the New Zealand Army in 2007 as an Ammunition Technical Officer in the Royal New Zealand Army Logistics Regiment.

He set up a New Zealand-led international explosives research and training programme that resulted in a higher level of understanding helping reduce chemical and explosive related risks.

Lieutenant Colonel Modd, who left Regular Force last year and is now in the Reserve Force, said he was surprised and humbled to receive a Queen's Birthday Honour.

"I received a George Medal award from the Queen in 2002 and now to be honoured by the Queen a second time but in my new home of New Zealand is something really special," he said.

"I have made many sacrifices, and am proud of 'our' achievements as I have been part of a team of teams. So I will accept this award feeling it is also for the brave men and women I have served with and continue to serve with."

Lieutenant Colonel Modd said his career had very much involved risking his life to save others and to try to restore normality for anybody who was put at risk by explosive hazards and chemicals.

"So receiving the DSD is something that adds to the honour but in a way that complements the main core of our role to save lives which is the most important thing."

Lieutenant Colonel Modd is now the Deputy Director Emergency Management at the Ministry of Health and is currently the Deputy Mission Lead on the Ministry of Health New Medical Assistance Team which is providing support to the Cook Islands.

"I am very happy I could go from a job saving lives to another role that also seeks to reduce the risk to people and infrastructure with a focus on the health and wellbeing of all New Zealanders."



File Photos

Source: NZDF

# FOREIGN CORRESPONDENCE

*News from  
Sinai*

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

## A Mum Is Deployed

**CPL Tineke Hopkirk**  
MFO Sinai

“You’re so brave”, “I could never leave my kids for that long”, “your husband is amazing” are just a few of the comments I received when non-military Mums found out I was being deployed. That is what I joined for right? I joined to serve my country, to make my family proud and to make a difference in the world - big or small. I joined Ngati Tumatauenga to be a better version of myself.

I guess being deployed could have been easier if I were to do it before having children! Easier to not feel that guilt of leaving my children for such a period. To not feel the guilt of following my dream and potentially putting my partners dreams on hold. Maybe it could have been easier knowing I hadn’t left all the home pressures up to my partner-in-crime. Perhaps easier on myself, knowing I would not be missing out on all the children’s activities and achievements throughout my time away.

But I must look at it from another angle; I should feel grateful not guilty. Grateful that I was picked for this deployment.

Grateful that although I am not there for this period of my children’s life, their Dad is. Grateful that my partner is an exceptional father who is very dedicated to our family. And although I am not there, he reminds them just how much I love them even though mummy can’t be here right now.

And proud, proud that my children can see that you can still be ambitious and follow your dreams after having a family. I also feel grateful knowing that I have a supportive partner, someone who encourages, motivates and supports from the side lines no matter what goals or ambition I have.

Life in Sinai is a little strange for me at this stage. I wake up earlier than what the kids would wake me up at home, 0500hrs most mornings (who would have thought, I was always complaining about kids not sleeping in). But in all fairness, I have only been here a month or so, so probably still adjusting my body clock. Only having myself to get ready is a strange experience, don’t need to think about what the kids have on that day and rushing to get out of the house on time.

Mealtimes are far from what I am used to, I just walk to the main dining facilities, the hardest decision there is deciding which food to pick from. Also washing is on a lot smaller scale, I can do my whole weeks’ worth of washing in a matter of 2 hours. Night routine is minimal too, I only have 32 teeth to brush not 72.

With all this being said, I miss it all and cannot wait to be there with my family again and just in time for Christmas (fingers crossed). But right now, I am focused on the task at hand and to do my best. I have a good crew here who are supporting me, my fellow admin clerks that I work with each day and the NZCON family. It is hard, but I am not the first mother to do this, and I will not be the last. I know my family are well, now it’s time to utilize my spare time wisely and focus on myself. I love you my family, Mum misses you soooo much.





## What An Experience!

**LAC Sophie Rogers-Brander**  
MFO Sinai

When I first found out I would be deploying on a land-based mission with the New Zealand Army I was somewhat apprehensive. Thoughts of six months of sand bagging, sentry duty and pack marches circled through my mind and the comforts of my regular Air Force office job fell further into the distance. As I was issued my green uniform and a bag full of body armour my anxieties were becoming a reality. The day I found myself on a range in Waiouru during pre-deployment training, I knew I was already in far too deep to look back.

Now almost two months into the deployment I am pleasantly surprised at how much I am enjoying myself. Not only have I not had to fill a single bag with sand, I get to spend my working day in a well air-conditioned office contributing to the force protection for the MFO peacekeeping mission. My role is to assist the Civilian Observer Unit and security elements operating outside of camp so they can continue to carry out their peacekeeping roles safely. I am working in a diverse team made up of Americans, Brits, Canadians, Australians, and Kiwis. It has been great working collaboratively in a multinational unit and learning how other countries conduct business.

My deployed position is open to all three services and as a result, I am the only member of the New Zealand Air Force among the soldier dominated group of Kiwis in the Sinai. This has meant that I have been taken out of my comfort zone on multiple occasions and had to adapt to the 'army way' of doing things. When I am not trying to be convinced to ditch my blue uniform by the rest of the contingent, I have tried to get involved in anything I can. For the first four weeks on base, we conducted battle PT sessions every Saturday at 0530. This involved



*Every Saturday morning at 0530, ensuring the team maintains a high level combat fitness which includes carrying our body armour, stores and at times, each other. A highly competitive environment.*

running around in full kit, fireman's carries and soldier movements. It was a good opportunity for us to get used to carrying the weight of our protective gear as well as a bit of healthy, physical competition. I ended up really enjoying these sessions and managed to give some of the soldiers a run for their money.

There is also a big focus on continuation training whilst we are deployed to the MFO and opportunities to take courses we do not have back in New Zealand. I took part in the Sentinel course run by the camp psychologist and Chaplain. It aimed to



LAC Rogers-Brander, LT Fegan, LCPL Paterson after an epic PT session. All girls leading the contingent from the front.

# FOREIGN CORRESPONDENCE

*News from  
Sinai*

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

train participants to assess, listen to, support, and refer others to specific specialists in times of stress. This course is particularly important in a deployment environment as people are away from home and exposed to new types of stressors. Knowing that there are people on camp who have been trained to actively listen and know where to go for help, is a vital resource

and benefit for the whole MFO.

Life post-covid has started to begin now on camp. Outside of work the MFO has many social and sporting opportunities to get involved with to meet new people. So far, I have taken part in a force wide volleyball competition, quiz nights, a standup paddle boarding lesson, beach yoga classes, and a triathlon. I have also been lucky enough to snorkel in the renowned Red Sea as there is beach access right on camp. More restrictions have begun to be lifted and I was given the

opportunity to go out on the Italian Contingent patrol boat. This was my first chance to get off base since we arrived and was a great way to see the landscape of the surrounding area. We were also fed an enormous plate of real Italian lasagna which I had zero complaints about!

I am looking forward to the rest of my deployment with excitement. In the meantime, I will continue wearing my Air Force propeller rank slide proudly on my uniform and try not to let it slip that I would never cross over to the green side.





# News from Sinai

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



FTT Bearcat training—Force Training Team (NZCON members) recently conducted driver training in North Camp with Colombian soldiers



NZCON members with Colombian Soldiers during motorized patrol in northern Sinai

# FOREIGN CORRESPONDENCE

*News from  
Sinai*

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

Range Training



## MFO—Multinational Force & Observers

### Mission:

To supervise the implementation of the security provisions of the Egyptian-Israeli Treaty of Peace and employ best efforts to prevent any violation of its terms.

Personnel from 13 nations make up the Force—Australia, Canada, Colombia, the Czech Republic, Fiji, France, Italy, Japan, New Zealand, Norway, the United Kingdom, the United States, and Uruguay—currently provide the MFO with military personnel that make up the Force and perform specific and specialised tasks.

The current Force Commander is Major General Evan Williams (NZDF). He is the third New Zealander to command the MFO since its inception in 1982.





# News from South Korea

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

## Our Team on Op MONITOR, South Korea



Clockwise from top left:  
MAJ Mike Lawry prepares for the 18 June Waterloo dinner.  
CAPT Deans, FLTLT Hall and MAJ Yardley visit Transport Corridor East near the DMZ.  
MAJ Garton enjoys tofu soup with colleagues while on an inspection tour.  
COL Jones, Ms Rivoallan and CDR Jennie Hoadley attend a Korean War Commemorative Peace Concert in Seoul.

# DSO'S CORNER



## Carol Voyce

Deployment Services Officer  
Editor "The Bugle"

A few weeks ago I reorganised my garage. Having moved house almost two years ago I still had little piles of boxes which needed to find a permanent home or maybe I didn't need to keep the contents after all. I had downsized so I no longer have the space for clutter. There are however some mementos that one must keep! My garage looks great with its new carpet and some cupboards I had recently purchased. "Good enough to have a party in" – my grandson said!

What was supposed to be a day of "getting on" with it, it became a trip down memory lane.

The first box was all about me! It was filled with all my kindergarten, primary school, secondary school and nursing photos. There was some pretty terrible childhood artwork, certificates for the "best sand saucer", locks of hair, my Plunket book – a sickly child it said, a variety of cards acknowledging many a celebration and milestone and much more. The memories this task created were simply amazing – some causing much hilarity as I shared them with my family.

Also of significance were boxes of paraphernalia belonging to my daughter and late husband. All theirs

too were full of many priceless treasures and we gathered about reminiscing – the afternoon fast ticking by. There was much laughter about the photos and their academic certificates (and the distinct lack of mine!).

The next haul had great significance. Two boxes belonging to my late father and late father in law. One a huge jumble of bits and pieces and the other very orderly. My late father in law had created files of all the letters he had sent and received during his time abroad in the Pacific and Middle East during WW2. Every letter was numbered and the file neatly finished with a telegram advising of his



*My Dad (centre back) and his valued mates. Maadi 1941.*

homecoming. It made fascinating reading.

Dad's box was something different. There was his Army pay book, train tickets from Hokitika to Papakura (for his predeployment training), his diary, many little faded black and white photos, medals, coins and various notes and other bits and pieces. The box offered a glimpse into the four years he spent in the Middle East during WW2. I am sure when he gathered these possessions he never once would have thought of their significance in years to come and the part they now play in our history of past conflicts.

I relate my story with encouragement to you – not only to have the chance to reminisce, but to think about creating a "deployment box". What may seem insignificant now, will in the future, prove its worth. I feel we all have some responsibility in preserving the many valuable documents we have and the paraphernalia collected, to make a priceless contribution to the history of our country. While there are many "treasures" deposited in archives around the country, there will be many more "squirreled away" in boxes like mine. Keeping letters, diaries, photographs, newspaper cuttings and other mementoes (maybe even The Bugle), with contribute much to recording things of a bygone era, add to the history we collect and have a significant impact on lessons learned. The true value of what we collect today, is not yet known.

I like to think that in some small way I have continued to do this. I have gifted many things that have come my way to the Waiouru Army Museum. Copies of The Bugle are lodged there, Deployment banners and gifts. To the Hokitika Museum, I have given things which reflect the "local lad who went to war".

A trip down memory lane has more value than you may think!





## Janine Burton

Deployment Services Officer

### **Focus**

Consciously be aware of your thoughts; negative words and actions are usually the result of negative thinking. So surely it follows that if we think positively, that the rest will follow in the same vein? Makes sense to me. If a negative thought 'appears', chase it away and replace it with a positive one.

### **Outside Influences**

Often we are influenced in our thinking by those around us; the positive ones are great, the negative ones are not so good; especially when we are working really hard on improving our own outlook.

### **Identify**

Identify and acknowledge those areas of negativity you would like to change and focus on them.

### **Affirmations**

Researching or creating positive affirmations which fit who we are and what we are trying to achieve, will help and support a positive outlook. Recite these affirmations out loud every day – my thinking times are while I'm driving, working in the garden and mowing the lawns.

**Positive thoughts  
generate positive  
feelings and attract  
positive life  
experiences.**

Wherever you are on the deployment timeline – beginning, middle or at the end – I hope that my positives vs negatives might help a little along the way.

I find myself in quite a contemplative frame of mind at the moment which is probably going to flavour the content of this column. Let's see where this is going to take me ...

How about we start with positive thinking versus negative and how this impacts on our day to day lives, and especially when we have someone near and dear away on deployment. For most of us, there are times in our lives when we feel overwhelmed by events. This could be caused by the number of things we try to cram into our day (especially if children are involved and need to attend various activities), or a situation which is taking time to resolve, or having to take on additional roles until our deployed person returns. Whatever the situation you find yourself in when inundated by life, maintaining a positive attitude will go a long way towards helping you through. You can do this, you have

done it before, no doubt you will have to do it again. Our inner strengths are there to help us through.

Each of us have the choice of taking the positive or the negative road. Obviously the positive side is the preferable one and in most cases there isn't an alternative, you just have to get on.

Have you been around people who maintain a positive attitude, even though you know that they are struggling with something that is happening in their lives? How do they do that? Perhaps it is by only concentrating on what is important to them; perhaps it is by putting their energies into things they have influence over and not worrying about the things they don't. Whatever the secret to positive thinking and a positive attitude, we all want some!

I think that this may be the way to go:

## ***We are here for you!***

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

Contact Carol Voyce, DSO Burnham **0800 337 569**

or Janine Burton, DSO Linton **0800 683 77 327**

# FOUNDATIONS OF A RELATIONSHIP



What rings true?

A Chaplain's brief contemplations on relationships.

Great mental health is only possible when we learn to accept short-term pain for long-term gain. The dilemma of delayed gratification.

We have all heard the sayings around at the gym. "No pain-No Gain!" "Cheer up- pain is just weakness leaving the body!" Usually such deep words of "encouragement" are most kindly offered to us while our chest is heaving in distress, and our sense of hearing and cognitive function is diminished with PT brain. My experience of such "encouragement" is an overwhelming desire rising up from within me to place the defibrillator paddles on the encourager's body in a position they were most definitely not designed for!

On occasions, all of us struggle to accept short term pain for long-term gain. But if we adopt an unwillingness to accept short term pain for long-term gain as a lifestyle, it will be detrimental to both our physical and mental health as well as our relationships. Learning to delay instant gratification, and to not give up, is a core life skill. The cold harsh reality is that long-term gains demand short-term pain.

A common symptom of when I choose not to delay gratification is one where my credit card becomes my enemy and not my friend. I end up in a life long struggle with debt. How do we know if our credit card is our enemy? The balance is not on zero at the end of each month. Banks love me when I can't delay instant gratification. I make them rich, and I in turn, suffer the stress and mental anguish of often unnecessary debt.

In my relationships, my allergy to short term pain presents itself in all sorts of unhelpful ways. I am the partner that will only do the quick fix, the sticking plaster approach to life. I will put off dealing with any hard issue for another day. I would rather chase a short term temporary gain, peace at any price, to create the feeling of a problem sorted, when in reality, it is just a problem delayed.

My allergy to short term pain presents itself in the discipline, nurturing, fitness and education of my children. They will grow up not trusting me because I have demonstrated time and time again that I am all talk and no delivery. Life becomes full of- "One day we will..." If my children copy me they will have little sense of building a future. They may have goals but they will have no understanding of how to get there.



My allergic reactions to short term pain are real—it hurts. So what can I do about it? Long term gain is in real terms an alternative vision of the future, a goal, an outcome, a desire to be met. I need to draw strength by constantly reminding myself of the future I seek and the sort of person I want to be. I need to keep telling myself that denying a craving for a particular instant gratification will make a particular future goal possible.

Think small steps—small goals. The longest journey starts with a single step. When we compose our goals, we are literally composing ourselves.

How do we teach our bodies that it is not the boss? That it can't always have the instant gratification that it desires. For millennia, faith communities have encouraged fasting to practice denying the body instant gratification. Fasting orientates the body to understand that it is not the boss. Fasting can be skipping a meal, or no food for a day. (Keep the water intake up.) Or I can fast from the credit card for a season, or no free spending until I have achieved a small savings goal. What is the long term gain that I desire that will empower me to do what it takes to get there?

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



# FOR YOUR INFO

## Staying Connected

How we communicate with you ...

In order for us to keep in contact with you, it is so important that we have your correct information.

So if you:

- ◆ Change address and/or your home phone number
- ◆ Update your cellphone and have a new number
- ◆ Change your email address

we would like to know so we can update our database.

If you think it might be possible that we don't have your email address or just want to check that the address we have is correct, please email either Janine or Carol and we will check and update our records as necessary.

[janine.burton@nzdf.mil.nz](mailto:janine.burton@nzdf.mil.nz) or [carol.voyce@nzdf.mil.nz](mailto:carol.voyce@nzdf.mil.nz).

We thank you.

## Deployment Guides

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

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

## 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:

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](mailto:nib@nzdf.mil.nz)

### Local Chaplaincy Services

### Unit Point of Contact

---

# HOW TO TREAT YOURSELF WITHOUT BIG COST

## The 21 Best Ways to Treat Yourself Without Going Broke

Yes, you can treat yourself without spending too much! Here's a few ways you can get started, most of which don't need you to splurge a lot of cash.

### Benefits of treating yourself

While saving money and investing is key to a great financial future, it also doesn't mean you should never spend money on yourself and enjoy the journey along the way. Yes, sacrificing to ensure your future self has the lifestyle you want is important. But it should not be at the complete expense of you or your health.

After all, as far as anybody knows, you only live once ("YOLO"), and you should be able to enjoy the finer things in life from time to time.



This is what the concept of "treating yourself" is all about! It's doing things or buying something that will boost your happiness and improve your overall mood.

Just like anything, it pays to be wary that you aren't treating yourself too much, where you are overspending and going into debt to satisfy some instant

### Wait, figure out the 'why' before spending on yourself

Understanding why you want to spend money on yourself might help to fix any long-term problems. Is it because you're not enjoying some aspect of life? Is it because you're trying to impress others?

If you're spending in order to escape from an uncomfortable feeling, then it's important to be aware that treating yourself won't fix the underlying problem. Be brutally honest with yourself and ask yourself why you want to spend money on yourself.

### What does it mean to 'treat yourself'?

Treating yourself is about giving yourself the chance to enjoy small pleasures every now and then. These small "treats" are a good way to boost your mood, feel grateful, reward achievement, and get you through a difficult day. Small pleasures are also a good way to improve your overall mental health and set aside some time for yourself.

Treating yourself might offer benefits including:

- **Energy boost.** Treating yourself will help you take a break and gain a new perspective on the path you're heading for. Something as simple as taking a day off and doing something unrelated to work will help increase your energy levels.
- **Motivation.** You can use treats as a way to motivate you to reach a goal. For example, treating yourself to a nice hot bath and smoothie after a workout may motivate you to workout more often.
- **Happiness boost.** Treating yourself with a bit of self-compassion will help boost your overall happiness.
- **Improves self-esteem.** Prioritising yourself every now and then will help boost your self-esteem and give you the confidence to be in control and take better decisions.



## 21 Ways To Treat Yourself

### 1. Do a staycation

Why not stay at home and explore the area you live in? You can still make it feel like a holiday, and learn a thing or two about your home town!

### 2. Read a good book

When is the last time you read your favourite book? Find it again and then cozy up for a few hours to read, or perhaps borrow something new from a friend or a local library.



### 3. Sign up for a monthly subscription box

These will vary in price, but for \$50-100 per month, you will get a new box of goodies right to your door. It could be food, clothes, books, etc. Whatever interests you, take a look online and see what is out there.

### 4. Take a fitness class

Yoga, kickboxing, cycling, etc. You don't have to pay every month if you don't want to, but maybe take a one-off class to get some energy out, learn something new, and maybe find a new hobby.



### 5. Learn something new

All the information in the world is available at your fingertips on the internet, or even as courses you can take that are not overly expensive.

### 6. Go to your favourite café or coffee shop

Although many financial gurus like to tell us to stop spending on lattes, one every here and there won't break the bank.

Naturally, set some boundaries so you aren't spending every day, but maybe once a week or whatever frequency you feel comfortable with.

### 7. Check out a museum

Many museums and art galleries are free. If you live in the city, check out the closest museum and stay there for a couple of hours. It can be relaxing and a cool way to experience something different.



### 8. Go to the library

A quiet, book-filled library can be a very calming place to go to read without having to spend money. Pick a book and stay for the entire afternoon.



### 9. Do a movie marathon

Want to catch up on your favourite series? Plan a movie marathon night. Get your Netflix or Prime subscription and watch all your favourite movies. Yes, it's okay to have a monthly subscription to a streaming service.

### 10. Dine outside

Eating your lunch outside can be relaxing and pleasant. Enjoy a little fresh air and forget about things for a while, maybe even leave your phone behind to make the most of it!



### 11. Turn up your favourite songs

Put your favourite music on full blast and do a full out dancing session in your room. Nothing better than jamming to your favourite tunes.

### 12. Buy your favourite food

While dining out or ordering takeout everyday will start to hurt your wallet, it's okay to dabble from time to time. If you have a good budget in place and can do this in moderation, it's a great way to treat yourself.

### 13. Go tramping

Most of us live near some great walks and attractions we might not even be aware of, so take a break and go explore. It's a great way to explore, get some good exercise, and free your mind of the hustle and bustle of everyday life. Learn more on the Department of Conversation website.



#### 14. Do body 'self-care'

Give yourself a manicure or pedicure, moisturise your skin, shave or do whatever feels like a good way to take care of your body. You'll feel refreshed and self-nourished.



#### 15. Take a bath

Hot baths are a great way to hit the reset button. You might even add some salts and a bath bomb, put on some music and soak for a couple of hours.

The essentials you need for this are not very expensive, but you can relax without going to an expensive spa.



#### 16. Go for a tech-free walk

Explore the city or streets you live in without taking any phones or earphones. Listen to the sound of your surroundings!

#### 17. Call an old friend

It's easy to lose touch with some friends. Make an effort to call up an old friend or relative and ask how they are doing. They will nearly always appreciate it.



#### 18. Get creative

Make a scrapbook, whip out the paintbrushes or go out and take some photos. Working the creative side of the brain can be relaxing while still involving some sort of challenge.

#### 19. Play a board game

Get some of your friends or family together and spend an evening playing board games!

#### 20 Sleep!

Whether it's giving yourself a morning to sleep in or simply an afternoon nap, sleeping is a great way to take your mind off things and relax. If you can't sleep, at least have a good rest.



#### 21. Take a day off

Sometimes all we need is a day off. Take a leave day from work and devote it to yourself, doing only things you want to do. You will have more energy to go to work the next day (and you're still getting paid, dependent on your work).

#### The bottom line—treat yourself

Finding out what's important to you and what makes you feel at your best can make you a lot more content. So, what are you planning on doing to treat yourself?

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

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

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

#### How to get hold of us

Please get in contact with us with any questions about your financial needs. Feel free to call us on **0508 Milestone (645 378)** or email [info@milestonedirect.co.nz](mailto: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 TROY mission to Dubai.



## YOUR WELLBEING

The **MILITARY LIFESTYLE** presents a **UNIQUE** set of **CIRCUMSTANCES** to families, and how well they cope with these is **STRONGLY RELATED TO THEIR WELLBEING** and the wellbeing of those around them.

# BUILDING CHILDREN'S RESILIENCE

## BEYOND BLUE

Each time a baby **FALLS DOWN AND GETS BACK UP** when they are learning to walk, they are demonstrating resilience.



**W**e are all born with an innate sense of resilience, but its also a skill parents can foster in their children to build life-long emotional strength and awareness.

When we talk about resilience, we're describing a person's ability to cope

with ups and downs and bounce back from the challenges that life can throw at us.

Resilience is a combination of both characteristics we're born with and the environment we grow up in, including our support networks. Not just about being 'tough' or the 'strong, silent type',

resilience is about emotional strength and awareness and a positive sense of self.

While we can't change our genetics, there are lots of ways we can help children and young people become more resilient.

You can help build resilience in your children by:

- >> focusing on their strengths and skills, and providing them with plenty of opportunities to succeed
- >> showing affection and compassion—give plenty of hugs
- >> being an active listener and letting them know you care and are there for them if they need someone to talk to
- >> helping kids to think positively and see that challenges can be overcome
- >> setting clear, realistic boundaries for children's behaviour and model these expectations within the family
- >> demonstrating how to listen to and respect the opinions of others, even if you don't agree with them



# Building children's resilience to help them cope with life's ups and downs.

- >> allowing children to practice making decisions for themselves and the wider family, which provides a challenge and helps them develop age-appropriate autonomy
- >> making everyone in the family responsible for different tasks—even very young kids can help with things like tidying up
- >> encouraging the whole family to get actively involved in the community and have regular contact with friends, neighbours, teachers and activity groups.

While it is natural for us to want to protect our children from negative experiences, it's important not to shield them completely from life's challenges.

Focus on demonstrating skills such as conflict resolution and accountability. When there is a disagreement, show your kids how to reach a compromise and, if you make a mistake, own it and show your children how they can learn from their mistakes.

Working through difficulties and problems (with adult support when needed) gives kids a chance to learn about themselves, develop resilience, and grow as people.

[www.healthyfamiliesbeyondblue.org.au](http://www.healthyfamiliesbeyondblue.org.au)



## Three Good Things

This exercise might seem too simple, but Three Good Things has been found to be extremely powerful in increasing your daily levels of happiness.

What is the “Three Good Things” or “What Went Well” exercise?

Basically, it is a gratitude exercise you formulate as a daily habit. It works like this:

1. Every night, just before you go to bed, sit down for a while and look back at your day.
2. Think of three things that went well for you during the day.
3. Write them down and reflect on them.

The Three Good Things don't have to be grand to be counted, e.g. winning Lotto, getting a pay rise or promotion at work, passing an exam. Just three simple things would be enough.

Initially it may take quite a long time to think up three good things. Eventually, however, you will start to see the small good things in your life that light up like tiny sparkles. This could be a feeling of love or wellbeing when someone checked to find out how you were doing, or it could be a token of appreciation someone gave you at work, or it could be a shared time of talk and laughter at dinner time with your family. It might be a moment when you saw a fabulous flower in full bloom or a rainbow, or a cute puppy. Don't limit yourself; the possibilities are endless and are special to you.

There are just three conditions for this exercise:

1. **Writing down**—it is vital as it helps you to focus on the events in a structured way.
2. **Reflecting on what you did**—is essential as it adds to your sense of perceived control and well-being.
3. **Timing is significant**—either do it every day for one week or try it once a week for six weeks.

See how you go.

# FAMILY DEPLOYMENT DINNER

Partner Away  
On Course  
On Deployment  
Or on Op PROTECT?

Our next Deployment Dinner will be held on  
**Thursday 15 July 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 15 July 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 12 July** on **0800 NAVY HELP** or [nco@nzdf.mil.nz](mailto: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).





## Thoughts for the 'stay behind' parent

The alarm sounds at 0600 hrs!

You roll over to shake your "soldier" awake, only to find it's your four year old snuggled upon his side of the bed. Suddenly it all comes back to you.

You remember standing at the airport terminal and saying goodbye with your heart in your throat. All you want to do is to cover up your head and sleep until your spouse returns – but the beeping of the alarm reminds you that your family and job still need attention and life won't give you the luxury of a six month holiday. So you get up and go on. It takes determination, balance and a flexible attitude. Balance home and work time to re-evaluate your new role and responsibilities now your loved one has deployed.

You may think you need to be Superman or Superwoman, but you don't. Remember that you are, after all, only human. If you're finding you have inadvertently put on the super-hero cape, don't be afraid to take it off and give yourself a break. Schedule time and budget money for yourself. If you get exhausted physically or emotionally, you won't do anyone at home any good.

Being good to yourself means eating healthy foods, getting enough rest and renewing yourself spiritually. Leave work at the office. Take time out before you transfer from work to home to parenthood. Take 10 minutes to breathe deeply and refocus on your family before you walk through the door or pick the kids up from school.

Stay flexible. Children take their cues from their parents so if you remain relaxed and flexible, the children will too. Everyone needs time to adjust to a new routine and that doesn't happen over night. Remaining flexible keeps stress and tension down as well as helping you keep a healthy perspective.

There's a reason why the phrase, "Don't sweat the small stuff" is so popular. It's good advice. Take care of the most important things, and the small stuff will get taken care of along the way – or not. The small stuff doesn't matter.

Get organised. Organise your week. Each night prepare for the next day. This will help around the morning madness. Plan ahead for meals and learn to use a slow cooker or crockpot. This allows you more time being a parent and less time being a cook. Learning to organise time will make life during a deployment go smoother and help your children learn valuable life skills.

Keep things simple. Life has a way of moving you right along and, before you know it, you'll be looking up information on return and reunions.

Kelli Kirwen

**Source: [myarmylifetoo.com](http://myarmylifetoo.com)**

# PERSONAL MESSAGES

The deadline for contributions and personal messages for The Bugle is the first Monday of each month (**the next edition deadline is 31 July 2021 at 4.00pm**). Please note: All Bugle messages are to be sent to Carol Voyce, DSO Burnham (email: [dso.burnham@xtra.co.nz](mailto:dso.burnham@xtra.co.nz))



## From In-Theatre

### Hey Dad

Two months down my darling. Hope the kids have had their ears turned on. You are doing an amazing job. Miss and love you like crazy. Give those knuckle heads of ours a kiss from me.  
Love Mum xx

### Hey Teza

Happy anniversary for the 28<sup>th</sup>. Miss you so much and hope Luka is behaving lol  
Love M

### Dear Lolo

I'm very proud of how clean your room is! I'm also glad the tooth fairy came to you even though mum lost your tooth.

### Dear Harry

You are brave and courageous on the Rugby field. Keep tackling and running hard. You'll sidestep me when I get home.

### Dear Max

We will go camping when I get home.

### Dear Reety

Do you want to go on the Mo-Mower with me when I get home?

### Mrs M

Keep surviving! ☺

### To baby girl

You are doing such an awesome job with the boys and I know its been a rough couple of weeks for you with all the illness going around. Hopefully by the time you read this it will all be over.  
Happy anniversary for the end of the month babe. Keep an eye on the mail box closer to the date.  
Love and miss you so very much, your army man  
XOXOXOXOXOXOXOX

### Happy Birthday Granny

Hope you have a wonderful 80th birthday.  
With love, Tom

### To Troy

Love seeing your football videos that mummy sends me. You are doing awesome  
Thank you for being understanding on the phone when Ethan is being a pain. So very proud of you.  
Love and miss you  
Daddy  
XOXOXOXOXO

### To Ethan and Leon

Really enjoy seeing the videos that mummy sends of you with your food and the fun pictures.  
Love speaking to you on the phone. Leon you need to start sleeping mummy is tired  
Love to both of you  
Daddy  
XOXOXOXOXO

### Bronwyn

Thank you for looking after the dogs so well and not letting them escape into the Burnham housing area. Give my regards to Timmy. Talk soon.  
K.

## From Home

### To Mudz

Hope you are well and getting heaps of tan time. I know you are working hard like always. Can't wait till you're home and go on more adventures over the summer break.  
Milan is doing amazing at school and sports but misses his daddy, xox  
Love Sammi

### Hi dad

I hope you are having a good time.  
Love Milan

### Hi Baby

Hope all is going well. All good here but we are all missing Nixon. When is he coming home? Love from us all.  
Mum



### For Rowan

Thinking of you son on this special day. Wishing you a Happy Birthday and we also appreciate the effort that you're putting in overseas to make this a better world. Every year, I'm even more grateful to have a son like you.  
Dad.

### Hi Dad

Almost time for the school holidays. We are going to Wanaka and hope to spend lots of time skiing. There isn't much snow there yet but we are expecting some over the next few days so that should help. I hope you are enjoying the deployment and all is going well for you. We all miss you heaps. Love Alexis xx



# WHAT'S ON IN LINTON?

*1 (NZ) BDE and the Linton Community Board  
invite Linton Military Whānau to*

**Join us for dinner to celebrate**

**MATARIKI**  
*THE MĀORI NEW YEAR*

**7th July 2021**  
**5.30 - 7pm**  
*Linton Camp Main Mess*

**Numbers are limited so please RSVP by 6th July 2021**  
**Via email to: N1037105@NZDF.MIL.NZ**



## **Join Janine for Dinner in Linton**

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

### **Bring your Family or a Friend**

**LINTON:** Sunday 1 August 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](mailto:janine.burton@nzdf.mil.nz)

Please RSVP to Janine by 26 July so catering numbers can be confirmed with the Mess.  
Families within the Manawatu will also be emailed.

With recent changes to the security policy in Linton, please advise the names of all family members coming to dinner PLUS vehicle registration number.



# Op FARAD—Sinai Peninsula

