

THE BUGLE

ISSUE 281
MAY 2021

THIS ISSUE

The Force Military Policing Unit in Sinai

A Unique Opportunity in Baghdad

Calendar Snake

The Importance of Social Support

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



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Deadline

The deadline for Edition 282 is
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Bugle contributions are welcome and should be sent to Carol Voyce.

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Disclaimer

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Cover Photo:

MAJ Grant McCarroll and WO2 Lisa Harrison spend time with the Commanding General of the 'Combined Joint Task Force Operation Inherent Resolve' in Iraq, Lieutenant General Paul Calvert, Anzac Day 2021

GUEST EDITORIAL

WGCDR Becs Maynard

J1: Joint Personnel
Headquarters
Joint Forces New Zealand



Kia ora koutou. Having just observed Anzac Day it has not only been a time to reflect on those who have served before us, but also on those who are currently deployed overseas and their families. It has also been a time to reflect on the year to date, in particular conducting operations during a global pandemic, and the continual process of learning that we are all experiencing.

At this time of year, there are a number of personnel who will be nearing the end of their deployment and preparing to return home to family and loved ones. This also means that there are a number of personnel who have just deployed or are preparing to deploy overseas. Each of these occasions can present a range of opportunities, challenges, emotions and expectations for both the deployed personnel and their families. These can range from excitement to apprehension, all normal emotions to be experiencing. The pre-deployment training and resources can be helpful to review and support you through this time.

I know many editorials before this have written about the experiences of deploying during a global pandemic. I won't repeat these, other than to say that we continually review how we prepare our people to deploy and return home. Questions we may ask ourselves are, what changes do we need to make now that the personnel deploying are vaccinated? What else has changed? What information do we need to provide to the families and loved ones? We are all continuing to learn and reflect on what we can do differently, and to provide as much certainty as possible in often uncertain times. This reflection and learning contributes to preparing our deployed personnel and supporting the whānau and loved ones the best we can. For whānau and loved ones, wanting additional resources, please reach out to the Deployment Services Officers and your Unit Point of Contact (Parent Unit representative). There are plenty of great resources within NZDF to support whānau, and if the above people can't help you, they will put you in touch with those that can.

As we have observed Anzac Day it is also a time to thank those who are currently deployed for their Service. Thanks to you all for your commitment, dedication and Service to New Zealand. The majority of you have deployed understanding that you are deploying during a global pandemic and understanding that your deployment experience may be different to others. It is important for New Zealand to continue to commit to these deployments and to represent our interests overseas, and you have stepped up with the support of your comrades and family to continue to serve New Zealand. To the whānau and loved ones, thank you for your support to those deployed. They couldn't do what they do without your support.

New Zealand has a history of contributing to international efforts to resolve conflict. The NZ Defence Force (NZDF) is a valued international coalition partner committed to peace and security, and regularly works alongside international partners on operations and exercises throughout the world.

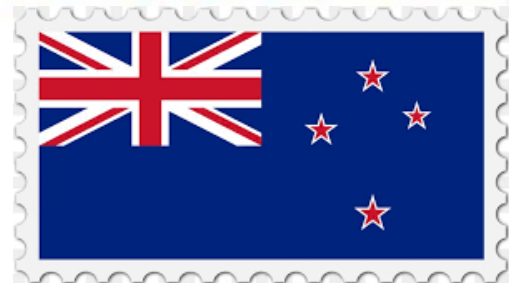
It is in New Zealand's interests to play a leadership role in the South Pacific, acting in concert with our neighbours, helping to maintain stability, enhance regional security capabilities, and promote good governance and economic and social development .

The NZ Defence Force supports a number of major operations around the world. Currently there are personnel deployed on operations and UN missions across the world including:

Middle East, Sinai, South Korea, South Sudan and the United Arab Emirates.

Currently, the NZDF are also committed to the Government's efforts to eliminate COVID-19 with personnel working in Managed Isolation Quarantine Facilities in various locations around New Zealand.

POSTCARD



CALLING ALL FOREIGN CORRESPONDENTS

The Bugle is our main way of communicating with families and those deployed. Our families are always looking for news from abroad and are often disappointed when there are no articles or photos from many of our deployment locations.

So asking for all budding journalists to send us the latest updates on your life so far away from us all. The deadline for contributions is the last Friday of each month. If writing an article seems an overwhelming task, then consider writing in a "Postcard format" - short paragraph or two and attaching a photo.

Not only will you keep your family and our many readers entertained and informed, you will keep the mission and your good work in the public eye. Look forward to hearing from you.

Email Carol or Janine for more information or with your contributions.

NZDF Personnel

All Deployment Locations

Across The World

Award Honours Officer's Achievements in Deployment to Iraq

22 April 2021

Lieutenant Colonel Iain Hill is one of several Army personnel recently honoured for their outstanding performance in Iraq as members of the final Defence Force rotation to the Building Partner Capacity mission at the Taji Military Complex, near Baghdad.

Lieutenant Colonel Hill, who has been awarded the Defence Meritorious Service Medal, was New Zealand's Senior National Officer, and Chief of Staff in the Coalition Task Group Headquarters in Iraq, from November 2019 to March 2020.

Lieutenant Colonel Hill, originally from Scotland, served in the British Army for seven years before transferring to the New Zealand Army in 2012. This was not his first Army service in Iraq – he served in a British deployment to Basra in 2007.

The citation notes that Lieutenant Colonel Hill was tested early on, by a life-threatening incident during the mission rehearsal exercise in Darwin. A young officer nearly drowned while swimming and had to be returned to New Zealand.

"It was a body blow to us all," said Lieutenant Colonel Hill. "Thankfully he has recovered, but the event certainly brought us closer together and made us stronger for when we arrived in Iraq."

The citation states that Lieutenant Colonel Hill's leadership and influence were later tested again, by "a number of complex issues, including a missile crisis and during rocket attacks, in which his management and control of the camp were essential".

"The context of our mission was unique," he said.

"The environment was intense ... we had to deal with more critical incidents than in the nine previous rotations combined.

"But above all, as the final rotation to Taji we wanted to ensure New Zealand's strategic reputation on conclusion of our deployment, and I think we achieved that, thanks largely to the excellent team I had.

"They made it possible ... their professionalism and commitment were exceptional. I am enormously proud of them all - it's no coincidence that six other members of the contingent have received honours for their work.

The citation makes particular mention of his work as chief of staff in the Task Group headquarters: "[He] quickly established himself as a trusted officer within the Australian and New Zealand Coalition Headquarters. He led, directed and mentored staff to achieve excellent outcomes. He became indispensable in his inform-and-assist role, providing leadership with sound, well considered tactical and operational advice that helped shape strategic decision-making."

In conclusion, the citation says that: "Lieutenant Colonel Hill's achievements are of an extremely high calibre and are indicative of the ethos, traditions and values of the New Zealand Army, the New Zealand Defence Force and the Anzac spirit."

Source: NZDF



LTCOL Iain Hill

Defence Force Soldiers Recognised for Actions in Taji Rocket Attack

22 April 2021

Three New Zealand Army personnel have been recognised for their courageous actions in a rocket attack on the Taji Military Camp in Iraq in March last year.

Corporal Charles Munns was awarded the Defence Meritorious Service Medal, and Corporal Jessica Healey-Render and Private



CPL Charles Munns

Maddison Van Sitter both received a Chief of Defence Force Commendation.

Corporal Munns, originally from Kaitaia, was a section commander within the Quick Reaction Force of the Task Group in Iraq from November 2019 to March 2020, and was part of the team responsible for maintaining the security of the camp.

On the night of 11 March, there was an indirect fire attack on the camp that saw at least 29 rockets explode within a one-kilometre square, resulting in mass casualties, large fires and unexploded ordnance littering the camp. Corporal Munns said his training kicked in immediately.

“I was climbing into bed when it happened about 7.30pm, because I had to be up at midnight for a patrol. At first you don’t think it’s real because you do so much training but within seconds you realise what is happening.”

He ran to a bunker and ensured his section was all there. Venturing out into the camp they found casualties almost immediately, although no New Zealanders were killed or injured.

“We found three wounded soldiers, two in a rather bad way and the third had taken a lot of shrapnel and was in a lot of shock. We treated all three and had to begin CPR on one but eventually it was no use as his injuries were too much.”

Three people - two Americans and a British medic - died in the attack, and 17 were injured. Corporal Munns, who has also deployed to Solomon Islands and Timor Leste, says he wanted to “do my very best” for the injured soldiers.

He and his section spent the rest of the night clearing areas where power lines were sparking, buildings on fire, dealing with vehicles leaking petrol, and marking spots where unexploded ordnance had fallen.

In the same attack, Corporal Healey-Render (deployed as an Acting Sergeant), a medic who is from Auckland, was one of the first responders to reach many critically injured casualties, and quickly assumed control of the medical situation.

“We heard the rockets just after we had finished a step class in the gym. I found my evacuation team and we drove down the road where we soon found our first casualty. This is when I realised the true nature of the situation. There were multiple traumatic injuries including shrapnel wounds. I’ll admit it was scary – you never think there will be a day when you are literally running for your life.”

The citation for her Commendation says that there is no doubt that her actions saved the lives of the critically injured casualties.

“Her medical skills and decision-making demonstrated an exceptional level of professionalism during a complex and challenging situation,” the citation says.

Private Van Sitter, who is from Rotorua, responded to one of the main incident sites, where he noticed an extremely distressed Coalition soldier attempting to deliver CPR to a critically injured colleague. Private Van Sitter quickly took over the CPR duties and spent the next six minutes fighting to resuscitate the injured person.

“When medical staff confirmed that the individual had died, he re-focused his efforts on ensuring that the deceased serviceperson was afforded privacy and as much dignity in death as the situation would allow, covering the body and ensuring that onlookers were kept away,” his Commendation citation says.

“In his actions after the rocket attack Private Van Sitter showed maturity and composure beyond his years, and demonstrated an exceptional level of professional skill as he carried out his duties in a traumatic situation.”

Private Van Sitter said the experience was “quite intense”.

“It was far from what I’d ever expect to deal with but I’m just glad that we all were able to do what was needed under the circumstances,” he said.



CPL Jessica Healey-Render



PTE Maddison Van Sitter

Source: NZDF

FOREIGN CORRESPONDENCE

News from South Korea

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not necessarily those of the NZDF

Op MONITOR Personnel



Op MONITOR Kiwis and Koreans at
UNCMAC HQ
(United Nations Command Military
Armistice Commission)

Op MONITOR 1/21 on the DMZ
(Demilitarised Zone)



Op MONITOR 1/21 sightseeing
in Suwon



Op MONITOR 1/21—Seoul Tower

Force Military Police Unit (FMPU)

SGT Adrienne Davis

Shift IC FMPU

The Force Military Policing Unit (FMPU) is the Policing Authority for the MFO and our primary role is the enforcement of MFO laws, orders, regulations and directives, crime prevention, investigations, security patrols, emergency response and supporting the force. FMPU has members situated in both North and South Camp and is under the Command of the Provost Marshall. After receiving the confirmation notification as the Shift IC for Op FARAD 20/02, I could apply my 15 years' experience in Policing into a deployment environment as this position is the only Policing deployment



Final flight home from RS6, Tiran Island

for NZDF MP and from the time I walked into FMPU, I was welcomed immediately into the FMPU family.

On Day One, I hit the ground running, literally!!! Within the first four hours I found myself on a helicopter deploying to Tiran Island to conduct the initial investigation and the repatriation for our fallen comrades of the MFO

Helicopter Crash which claimed seven lives from various nations that day.

After five days in the hot sun on a desert island doing what we needed to do, we returned to South Camp. A part of me thinking we could have done more, however knowing we had done the best we could with

the limited resources we had assisting not only the initial investigation, but most importantly the quick return of our fallen comrades to their families.

From then I knew this deployment was going to be an experience I would not

forget. Those first few weeks of my deployment seemed like a blur with the helicopter accident as well as settling into my role as the Shift Commander. After various briefs and some downtime, it was back to FMPU Policing Duties and investigations.

Once back into a normal routine at FMPU, the Shifts were set so that we could best maximise the

limited personnel FMPU had. I was blessed to have a team of six Fijian 'Brothers' and 'Uncles' all whom had a lot of experience working in both North Camp and South Camp, this being the seventh deployment to Sinai for some. Knowing every inch of both Camps and how everything works, I was very grateful as it made my job a so much easier.

Due to the Investigations Warrant Officer being posted to North Camp to head our North Camp FMPU team, I was now to assist with his role for South Camp. This meant I would be overseeing all FMPU investigations within SC prior to release by the PM and being SIB qualified meant I would be able to cover the capability of investigating serious investigations if required.

I was also very lucky to have a Headquarter element that were passionate for the job and wanted to further develop certain areas that lacked regulation and guidance. Both the Provost Marshal and Company Sergeant Major were Canadian and very easy to work with, holding a lot of



FMPU Welcome/Farewell Dinner for SGT DAVIS and SGT BECKWITH



FMPU Team sent to Tiran Island (SGT's BALEI and SETA)



FOREIGN CORRESPONDENCE

News from Sinai

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knowledge between them both, I learned a lot from them along the way. As the MFO has various contingents within it, this in itself presented many challenges for FMPU especially the Headquarters.



Conducting foot patrols

and minor investigations within FMPU to keep the sections busy on top of Policing. I was lucky with the FMPU Headquarters elements going on leave, a replacement investigator SGT FERRIS was sent over from Canada to take lead with Investigations, which eased the load greatly.

Over the months I learnt quickly how other nations operated, building close bonds with like-minded individuals, and tolerating others. With so many countries involved in the MFO, this made for some healthy competition such as the weekly volleyball and one touch afternoons against other nations, or the more competitive Force Skills Competition, 30km individual Ruck march, and shooting competitions.

Not to mention the NZ vs AUS sports battles in cricket and volleyball that also took place (NZ won both I must add). Each side contending with the ferocity as if going into battle against each other. Nonetheless, all made for great comradery and healthy competition and later topped off with a BBQ, some quiet and a few good laughs.



PM MAJ Smith, SGT Ferris (TOD) and myself

I also enjoyed participating in cultural practice, which as part of our cultural identity I felt was my duty to do so. This led into events bringing us together for such occasions such as



Conducting licence checks



NZCON conducting the haka on NZCON Pizza Night

In NZ, Camp Orderlies or Units deal with trivial and some minor offences allowing MP to deal with serious offences. Here in the MFO, MP are responsible for all disciplinary matters including trivial and minor offences. As a result there is a high volume of trivial



NZCON (winners) vs AUSCON Cricket Match



Provost Marshal Birthday celebrations with FMPU CANCON, FIJCON, COLCON and NZCON PERS



NZCON beach BBQ



contingent Pizza Nights. Here there was excitement by the MFO as a whole as they waited for the much anticipated waiaata and haka.

Whether it was FMPU or NZCON related work, I made sure to find time to recharge. However, due to Covid 19, restrictions on movements were in place. As a result, I learnt to make the most of what was available with activities such as training at the gym, playing sports, completing outrageous physical challenges with friends and relaxing by surrounding myself with friends who made me laugh.

Overall the experiences endured over the months, the awesome memories made and the lifetime friendships formed are what made this deployment.

The New Zealand Transport Section

Kiwis may not be able to fly, but we can definitely truck anything, anywhere, anytime. This has been proven over the last 6 months with the driving team providing the MFO with the transport it needs to maintain its operational outputs.

Key responsibilities being resupply tasks of remote sites and trailer exchanges with Uruguayan drivers from north camp. Our trailer loads vary from frozen food, building materials, vehicles and heavy plant equipment.

Even amongst a pandemic the driving team has continued to conduct themselves in a professional manner. Taking on every task as it comes with a can do attitude.



Driver section complete on return to South Camp.



A load moving from South Camp to North Camp.



FOREIGN CORRESPONDENCE

*News from
Sinai*

*Articles and opinions from Foreign Correspondents are
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Team Anzac who competed in the Force skills competition.



Stopping for a road side picture with our Colombian escorts. We have worked closely with these soldiers the last six months.

Anzac Day in Sinai

On 25 April the NZ contingent took part in Anzac Day services with our Australian counterparts. Due to the requirement to social distance we could not celebrate as we normally do back home however we were able to get together with our Australian brothers and sisters, and recite prayers to commemorate the fallen.



Above:
SGT M Riddick, CPL C Ries-Rupapera
and SGT A Davis in South Camp, Sinai at
sunrise.



Right:
LAC H Williams, PO S Greer and
CAPT J Irwin in South Camp, Sinai



LAC Williams and PO Greer perform ceremonial duties as part of the Anzac Day parade.

FOREIGN CORRESPONDENCE

*News from
Iraq*

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

Union III Baghdad—Iraq

Major Grant McCarroll

Kia Ora and hello to my family and all the families of deployed personnel from Op MOHUA – Union III, Baghdad, Iraq.

As they say, time flies by when you are having fun or busy. It's hard to believe it's nearly four months ago we departed Aotearoa, the 'Land of the Long White Cloud'. On the 5th of Jan both myself and WO2 Lisa Harrison said our Goodbyes to our families and commenced the long journey to the Middle East.

The 14 days mandatory isolation in Al Minhad Airbase (AMAB) was a nice way to adjust to being away from home and have time to reflect on our Pre Deployment Training, read up on what we were going into and sort out any last minute equipment issues. Our time in AMAB was made all that more enjoyable by the wonderful people at OP TROY who looked after us. Lead by the SNO LTCOL Aimee Davis and her offside WO2 Tim Te Wake. The whole Kiwi AMAB crew made sure we were well looked after and well prepared for the next leg of our journey up to Baghdad, Iraq.

Union III is the name of the Camp/Base that we are posted to. It is based right in the heart of Baghdad and has around 1200 personnel in total made up of US and coalition force personnel. The coalition force is made up of personnel from 33 different nations. It certainly is an amazing opportunity to work with fellow Officers and soldiers from other nations with such varied backgrounds and experiences.

Life is busy in Union III, everyone works seven days per week with Sunday morning the only time you have off. We work, we do PT, we eat, we sleep and that is pretty much life in Union III. As we come to the end of April the temperatures are starting to soar with most days in the early 40's. I was speaking with one of the interpreters and made the comment "Man it is very hot and humid" the interpreter smiled and replied "Grant



MAJ Grant McCarroll delivers the NEW Zealand Anzac address at the Dawn Service in Union III, Baghdad, Iraq



WO2 Lisa Harrison raises the New Zealand flag as part of the Dawn Service at Union III, Baghdad, Iraq



WO2 Lisa Harrison salutes the New Zealand flag as part of the Dawn Service at Union III, Baghdad, Iraq



MAJ Grant McCarroll and COL Marcus Fogarty (Australian SNO) lay wreaths on behalf of their respective countries at the Australian Embassy



MAJ Grant McCarroll and WO2 Lisa Harrison with the Turkish Ambassador to Iraq, Mr Fatih Yildiz at the Australian Embassy

we are only in spring, in June, July and August it will be over 50 degrees Celsius everyday” Something to look forward to – Not!!

In my role at the Military Advisor Group, there is lots of interaction with the Iraqi forces as we are the interface between the coalition force and the Iraqis. This provides a unique opportunity to work with the Iraq forces, understand what they are doing, what they need to be better and then do your best to help them and in my job win resources for them.

Celebrating Anzac Day and representing New Zealand on operations for Anzac Day in a country like Iraq has certainly been a highlight. My-self and Lisa gathered with our fellow Anzacs from Australia for a Dawn service that was attended by the senior leadership of the Combined Joint Task Force. Delivering the Anzac address on behalf of New Zealand to many coalition force personnel, including six Generals from different

countries is certainly an experience I will cherish for many years to come.

Anzac Day also presented an opportunity for myself and Lisa for the first time of our tour to spend some-time outside of the confines of Union III. We were invited to the Australian Embassy for a mid-morning service and BBQ lunch. The opportunity to meet and speak with the Australian and Turkish Ambassadors was a valuable experience, listening to the challenges of their respective roles as both countries have a very diverse mandate to follow here in Iraq. Spending time and mixing with the Australian contingent away from the hustle and bustle of Union III was just what the Doctor ordered as we near the mid-point of our tour. The BBQ lunch and hospitality afforded to us by the embassy staff and Australian contingent was very much appreciated.

In closing being part of a large coalition force and representing New Zealand in the Middle East is an experience I will never forget. Iraq is a complex and complicated country with many challenges, but a country from what I can see that has many good people who are working hard to improve the situation and make things better for

their people. I have found my work to date very fulfilling and satisfying as winning equipment and resources for the Iraq Security Forces is certainly something that is very important to them and assists greatly in them being able to achieve their mission and campaign objectives.

A big hi to my wife Dawn and two boys Josh and George who are doing the hard yards at home while I am away and not to forget our little dog Ash. Our little girl who keeps everyone on their toes and keeps us all sane. Technology is a wonderful thing and although there is the odd frustration with wifi, being able to face-time home and talk with the family on a regular basis has been a godsend.

In closing, a big thank you to the wonderful Deployment Services Officers for what you do and the team who put the Bugle together, so our families and friends gain a better insight to the jobs we are doing and difference we are making.

A big shout out also to all the service men and women back in NZ doing the hard yards working in the MIQFs and at the borders as part of Op PROTECT.

Kia Kaha NZDF. Stay strong.

DSO'S CORNER



Carol Voyce

Deployment Services Officer
Editor "The Bugle"

There are a number of deployments where personnel are currently rotating in and out of their locations. For some, this means the joys of homecoming and for others the beginning of the deployment journey. Both of these happenings are accompanied by much emotion as adjustments are made to the absence of loved ones or the reintegration of others back into family and community life. Both situations can present challenges for all and we understand the efforts needed to keep routines and to cope with the differences these situations suddenly bring.

Let's look at reunions first – Reunions can bring feelings of excitement, anticipation and anxiety. Things have changed – those at home have become more independent, developed new friendships and skills, new routines, financial freedom and sole charge of the TV remote. Those deployed have changed too. They have experienced life in a new land, with new people and like you have experienced times of loneliness, frustrations and joy. They have worked and lived in a COVID environment, often presenting many challenges. Whichever side of the fence you have been on during this deployment, the experience will have

made you "richer" for it.

The key to successful reunions is communication. Many of you will have made plans for holidays, family times and the celebration of special occasions. Those returning may need gentle guidance in a household where routines have changed, children have grown and everything seems somewhat different. Avoid getting into the "who had it worse" debate. The truth of the matter is that the separation has been difficult for you all.

Have realistic expectations. Readjusting to home and work life is a process not an event. How long this process takes differs for everyone. If things done go quite to plan, discuss them. Ignoring them won't solve the problem and can lead to resentment and argument. Our experience shows that deployments can actually enrich relationships. Give praise where it is due. Talk about any differences you may be experiencing and seek help and guidance from us if you need to. We are still here for you all.

Some recent research shows that you have huge advantages over your civilian counterparts. Your experiences and that of your children make for greater resilience, confidence and independence. In times of loneliness

and "testing" children, this may be hard to believe, but the rewards will become evident in the future.

Understanding the emotions surrounding deployments and realising these emotions are perfectly normal, can make things a lot easier on everyone. For those who have just waved loved ones off, be sure to find the booklet we gave out at the predeployment briefings – "Preparing for Deployments". You will find in there a wealth of information about what we call "The Emotional Cycle of Deployment". A somewhat daunting title but truly of great value. No matter how prepared you may think you are, there is a change in lifestyle that the deployment brings. There is some sound advice on these pages, some handy hints and the reassurance that what you feel is absolutely normal. (If you can't find your booklet, we are happy to send another so please ask.)

We hope that our simple in-house publication, The Bugle, reminds you that we are here for you all. It is our main way of communicating with you and has lots of interesting articles and hot tips. While we beg many of our deployed personnel to contribute, on occasions you may find that articles from where your loved ones are – just don't appear. We can but try, to make them into budding journalists! Try to split the deployment time into manageable chunks and milestones and be sure to reward yourself and your family, when you meet them. Realistically there will be the odd challenge or stumbling block along the way – for everyone, but we are here if you want to just chat.

We look forward to keeping in touch in the months ahead – both for those anticipating the joys of homecomings and for those readjusting to life with that missing loved one at the table.

Kind regards.



Janine Burton

Deployment Services Officer

month has passed. I'm sure that you will also have other activities that will mark the passing of time too, so a good tip would be to focus on these events rather than marking off days on a calendar. And definitely DON'T look too far into the future and be thinking x, y or z months still to go. Small chunks of time work best and anticipation of special treats you might have planned. If you don't have something special in your very near future—plan some! It could just be a night out with a friend; meeting up for a coffee—make it something that isn't part of your normal routine so it does feel special. If you don't have someone to coffee with—give me a call.

At the other end, anticipation of homecoming can be really exciting but for some we know it can be quite an anxious time as well, as reconnection and reintegration looms. In the past, spouses and partners, and sometimes the kids as well, have travelled to an overseas location to meet up and commence the reconnection somewhere neutral. In these days of COVID it can still happen, but will have to wait until the period of isolation has been completed. Sort of dampens the anticipation when a plane journey signifies a holiday, but remember that there are lots of wonderful spots around our own NZ paradise that can still work its magic.

Wishing you well, wherever you are at in your deployment journey and remember that Carol and I are just a phone call away.

When it comes to writing this column each month, sometimes inspiration comes the instant I start writing—sometimes it takes a while to manifest itself! Then I get distracted and find myself working on another part of the publication until the spark of an idea appears!

On Sunday we had another really successful gathering for Manawatu-based families who joined me for good food and good conversation in Linton. This is a great opportunity for families to join me and others of our support team, and meet other families who are on a similar journey due to deployment. One family have accepted the invitation and have attended similar occasions at every opportunity over the past six months. Sadly for me, while this was the last opportunity for them to join me, it does mean that their journey is

nearing its conclusion. Thank you Joy for my new plant. I am looking forward to it flourishing and flowering in due course. We had a number of family members with us who are in the same place and eagerly awaiting the return of their deployment person. Happy reunions are in their future.

At the end of the deployment continuum it can seem that the deployment actually went quite quickly but we know that when you have just seen your loved one depart for anywhere between 6 to 12 months, that the return can seem an eternity away. If this is you, then there will be small milestones in your life that will see the passing of time. I mean, Fridays (and Mondays—big groan) come around very quickly as do regular activities like rubbish days, kids activities/clubs, etc. Another Bugle will arrive in your letter—or email in-box which marks another

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**

MUMISMS

Mumism:

Common sentences and quotations used by mothers worldwide. Mumisms are genetically built into all mothers and are passed down from generation to generation. They are sometimes found in other peoples' speech and repeated use of clichés make ones voice sound exactly like their mothers.

See if you recognize any of these ...

- ◆ You don't have to like it ... you just have to eat it.
- ◆ Ask your father (closely followed by "Ask your mother").
- ◆ Who'll end up walking, bathing and feeding it ...?
- ◆ And THAT'S FINAL!
- ◆ I'm going to give you until I count to three ...
- ◆ Just eat it, or you'll go without.
- ◆ Get that thing out of your mouth! (or nose).
- ◆ If you have to ask the answer is NO.
- ◆ Were you born in a tent ...?
- ◆ If you cut your legs off in that lawnmower, don't come running to me!
- ◆ I love you ... (lots).
- ◆ Don't drink out of the milk bottle!
- ◆ Is having a good time all you think about?
- ◆ No, you did not wash your hands. Never mind how I know — just do it again and use soap this time.
- ◆ You can look but DON'T TOUCH!
- ◆ Let me kiss it and make it better ...
- ◆ I slave for hours over a hot stove and this is the thanks I get!?!
- ◆ Just you wait until you have kids of your own — then you'll understand.
- ◆ I'll treat you like an adult when you start acting like one!
- ◆ The wind will change one day and your face will stay like that!
- ◆ How many times do I have to tell you, don't throw things in the house!
- ◆ Don't EVER let me catch you doing that again!

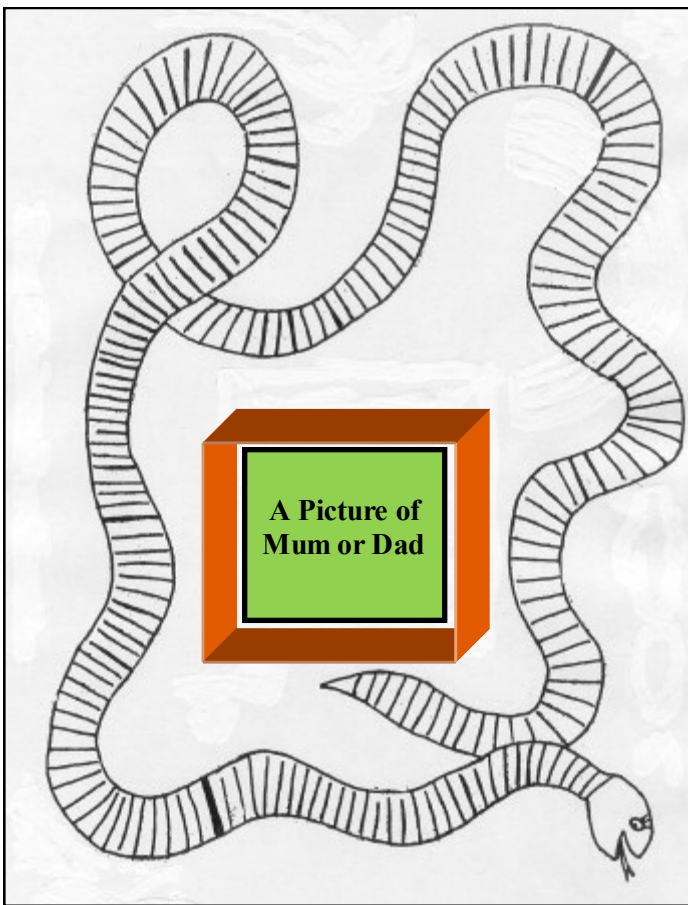










Mother's Day Quote:

"A mother is the truest friend we have, when trials, heavy and sudden, fall upon us, when adversity takes the place of prosperity; when friends who rejoice with us in our sunshine desert us, when troubles thicken around us, still will she cling to us, and endeavour by her kind precepts and counsels to dissipate the clouds of darkness, and cause peace to return to our hearts."

- Washington Irving (1783-1859).






CALENDAR SNAKE



-  Enlarge the snake up to A3 size if desired.
-  Get the children to draw some pictures of their own around the snake.
-  Fill in the number of 'sleeps' to go, '1' being the day before Dad or Mum, Brother or Sister gets home.
-  Write in the months around the 'snake' and every so often write in the date in case you lose your place!
-  This 'snake' is designed for a seven-month deployment. For shorter deployments colour in the area you don't require at the start. Remember to leave a few extra segments as return to New Zealand dates can change.
-  Laminate the sheet so it will last the distance.
-  Hang on the wall in the busiest room in the house.
-  Colour off the days with a whiteboard marker.



Here's some extra ideas..

-  Place the 'snake' in the centre of a large noticeboard (the Warehouse has them).
-  Place a map of the deployment location below it.
-  Have an area for letters, postcards and photos from Dad or Mum.
-  On the one side have a large envelope to hold letters, pictures, etc, to send with your next letter or parcel.
-  Don't forget to put a photo of Dad or Mum in the centre before you laminate it.

COUNSELLORS AND PHYSIOS—GOD’S CREATURES



What rings true?

A Chaplain’s brief contemplations on relationships.

Counsellors and Physiotherapists are God’s creatures too—even if they do cause pain!

Be kind to Counsellors and Physiotherapists because they are God’s creatures too. Their desire is to get us back on the straight and narrow, an even keel, to help us have a good life. It is common practice for couples or families to see a trained counsellor for relationship advice and therapy. It is as equally common to meet folk in this situation who have little understanding of who counsellors are and what they actually do.

I would like to paint a picture—the parable of the physiotherapist. I do have “fond” memories of lying face down on a physio bench with the physiotherapist massaging my pulled calf. While we engage in small talk the physio is working their fingers into my calf exploring the muscle and making a mental note of the tight spots. They then press on into the muscle even harder releasing a tight spot in a spasm of pain. I may leave physiotherapy in more pain than I arrived but the healing time will be much faster. Always before I leave physiotherapy, they will guide me through some exercises and stretches to promote the healing. It’s a waste of time going to physio if I don’t do my part by committing to the exercises and stretches at home.

Counsellors are the physiotherapists for the emotions. Counselling can be like emotional surgery but without the anaesthetic. Counselling can often hurt. Counsellors will encourage us to bring to speech those things that are too painful to speak about. A counsellor will challenge the value I place on some attitude or habit that I may have had since childhood, a habit or attitude that I really value, but in real terms, a habit or attitude that is only doing me or my relationships harm.



Like the physio focusing on the tight spots in my calf, a counsellor will focus on the tight spots in my emotions and attitudes. They will find my emotional and attitudinal buttons to push. I must resist the temptation to run away—to avoid the pain. A rough day emotionally with the counsellor is a good day—they have pressed the right buttons. I need to teach myself to face the painful topic, to do away with the destructive habit or attitude, in order to be the sort of person I want to be. Only then will I be giving my relationships a great deal. But like physiotherapy, it’s a waste of time going to counselling if I don’t do my part by committing to the emotional and attitudinal exercises and stretches at home.

We all know if we have tweaked a calf and are walking with a limp. We also know if we are limping along in our relationships at work or with our partner or children. If so, we need to do something about it. We all deserve better than merely limping along.

A good way to get a head start in relationship counselling is to undertake the *Prepare and Enrich* relationship assessment tool offered by NZDF Chaplaincy. The counsellor and the couple both have the assessment’s learnings before the first counsellor visit which gives everyone a great head start in identifying the deeper issues. It really does save a lot of time and money.

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

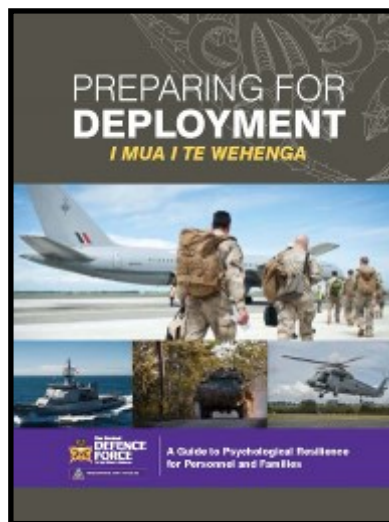
RESOURCES

We have two resource books which provide a lot of information to support families with deployments.

The first one “Preparing for Deployment” is given out to service personnel during the pre-deployment training (PDT) and at the Family Welfare Day—usually the first weekend of the PDT period. This resource is split into three key sections for easy reference so you know where you can get support, useful information about preparing for deployment, as well as some things you can put in place.

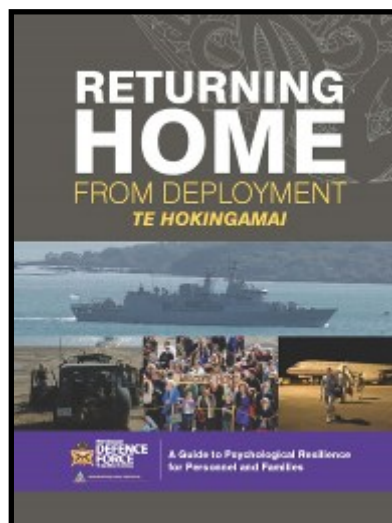
Even though deployments can be of varying lengths and in different environments, it is common to experience a similar set of reactions, regardless of the differences. Therefore, this resource book is for all NZDF personnel and their families, regardless of deployment, mission area or length. It is acknowledged that whilst deployments can be positive and rewarding experiences for both those that head away and those that stay at home, there are also often a number of challenges.

This resource book highlights what we know about the pre-deployment period and the deployment itself for both NZDF personnel and loved ones.



The second book is “Returning Home” is at the other end of the deployment journey and is sent to spouses and partners approximately six weeks prior to personnel completing their deployment. Other family members can also request a copy from the DSOs. This resource is also split into three key sections covering NZDF support providers, useful information about returning home after deployment, and some tools to assist with reintegration.

This resource book highlights what we know about returning from deployment for both NZDF personnel and their families and loved ones. Whilst its exciting to be heading home, or having your loved one come back home, it can also be a time of mixed emotions, turbulence and adjustment. You will find throughout the book, advice, tips and experiences that other NZDF personnel and their families have gone through following deployment, as well as information that may help you and your family through reintegration, should you experience any hiccups.



Your DSOs have supplies of both these resources and can provide them on request.

Deployment Support Services

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

Deployment Support Services are here for you

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

Deployment Services Officers:

Linton—Janine Burton

Ph: 0800 683 77 327

Burnham—Carol Voyce

Ph: 0800 337 569

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

For additional support and services:

Army:

Defence Community Facilitators:

Waiouru:

Ph 06 387 5531

Papakura:

JJ—Ph: 09 296 5744

Burnham:

Kathryn Hodgkinson

Ph: 03 363 0322

Linton:

Lesley Clutterbuck—Ph: 06 351 9970

Trentham :

Dee O'Connor—Ph: 04 527 5029

Air Force:

Defence Community Facilitators:

Air Staff Wellington:

Linley Williams—Ph: 04 496 0555

Base Auckland:

Kylie Smedley

Ph: 09 417 7000, xtn 7035

Base Woodbourne:

Claudia Ayling—Ph: 03 577 1177

Base Ohakea:

Bridget Williams—Ph: 06 351 5640

Navy Community

Organisation:

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

Local Chaplaincy Services

Unit Point of Contact

TINDER AND OTHER DATING APPS USED TO SCAM YOUNG NEW ZEALANDERS

In an interesting move, New Zealand's financial markets regulator has just released a warning about catfishing on dating application ("app") Tinder, reporting that at least one young Kiwi professional has been scammed out of more than \$100,000. This was no rookie scam, the cat-fishers went to significant effort over a five-month period.

What is catfishing?

Catfishing is a common name for such online deception, which usually involves:

- The creation of a fake online persona on a dating or social media website,
- This persona is used for deception of some kind,
- A specific person or a demographic (group of people perhaps with common ages) may be targeted, and
- While catfishing is usually used for financial gain, the purpose could instead be to intentionally upset someone or compromise the victim in some way.

Catfishing relates to a concept called the online disinhibition effect, which refers to the lack of restraint a person might feel when communicating online in comparison to communicating in-person. Studies have shown that people feel safer saying things online which they might not say in real life because they have the ability to remain completely anonymous and invisible behind the computer screen.

What happened?

Over a five-month period, "Tom" was reportedly groomed by a woman he first met on Tinder. The young woman said she travelled a lot between Hong Kong, Singapore, and China. The deception included her sending Tom videos showing displays of her own wealth, such as buying clothes and a café she said she owned.

Tom, a young professional, even had video calls with the woman where he could clearly see her face. Their discussions turned to investing, as Tom is a keen amateur investor himself. The woman set up Tom with a demo foreign exchange (forex) trading

account and built up his confidence with it.

Tom was soon referred to a second woman who was reportedly a VIP adviser, and offered access to a legitimate overseas trading platform, where he was listed on it alongside legitimate traders. This included leveraged trading, that is, high-risk trading or investing using borrowed funds. Reportedly: *"You could see your account, so when I did trade that showed up," he says. "All of it matched other brokers, there was no time delay, the tickers matched, and the data used was accurate."* He soon saw his initial deposit grow, and trading *"The trade information ... was very good.... She*

said she was not really allowed to share her VIP analyst data with me but did it anyway."

Things changed for Tom, though, when he supposedly suffered a significant loss due to forex volatility. Tom was pressured to send more money to recover the losses and reach VIP status by having over US\$60,000 invested by a certain deadline. Tom says while he eventually met that condition, he'd decided he wanted out, and asked to withdraw his gains.

That's when both women stopped all contact, ignoring messages and blocking his phone. By then, Tom had sent them around NZ\$130,000.

That was “All the money I’d got through twelve years working,” he says. “All my savings and even credit card debt too. An attempt to create an alternative income has instead left me with a huge debt, and in a much worse place than before. I feel terrible for having fallen for what looks to me now like an obvious scam I realise that it is also my fault for not researching nearly enough before engaging with the scammers.”

But he adds, “I’m sure I’m not the only victim they’ve scammed,” based on similar stories online.

Others being scammed too

Data from the New Zealand regulator shows Tom is not the only one. A review of complaints received shows dating apps increasingly being used in investment scams. Tinder was the app of choice in two thirds of reported complaints, and it is reasonable to assume that there has been more catfishing activity than has been

officially reported.

It’s a trend that shows dating apps are the latest tool in the investment scammer’s bag of tricks. Romance scams have been around for a while, but it’s rare for them to be tied to financial investments. Now, with apps like Tinder linking singles around the globe, the scammers’ next victims might be just a swipe away.

Keep safe out there

Whether you’re on dating apps or not, bear in mind:

- Carefully read the NZ regulator’s guidance and resources on protecting yourself from investment scams and how to spot one, and what to do about it.
- Check the official list of NZ warnings and alerts.
- Learn more about: Financial traps and scams to avoid or How to avoid an investment scam
- Before making any choices, seek professional financial advice by reaching out to info@milestonedirect.co.nz
- The risks of online foreign exchange (forex) trading are very high.
- It’s even higher risk if you trade or invest with borrowed money, as this increases any gains or losses you make.

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.



EVERYONE SERVES



YOUR WELLBEING

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

Wellbeing is a complex combination of a person's physical, mental, emotional and social health factors. Your wellbeing is about how you feel about yourself and your life: it's about the whole person.

FOCUS ON CHANGE

(Author Julia Esprey-Barton)

Source: *Defence Family Matters*, May 2014

Some say that a **CHANGE IS AS GOOD AS A HOLIDAY**, while others prefer life to remain consistent. Some people relish the **PROSPECT OF ADVENTURE AND NEW EXPERIENCES**, while others have a natural preference for **PREDICTABILITY, CLARITY AND FAMILIARITY**.

The reality is that most people find change challenging on some level, and we all manage it differently.

During times of change, it is important to remember that it's not change we tend to resist, but rather transition.

Change is generally tangible and observable. It's moving house, acquiring a new boss, landing a promotion, losing a job, having a baby, facing a deployment.

On the other hand, transition is the process of letting go of the way things were and taking hold of the way they will become.

For some, transition can be a time of confusion and stress. However, remember that transition is a natural process of disorientation leading toward clarity and familiarity.

Feeling confused and stressed during transition is a natural phase toward accepting the change. For some, it is not the change itself that is difficult, it's the process of embracing the 'new normal' that is upsetting.

The paradox is that the very things we wish we could keep the same were originally produced by change, change that may once have seemed daunting and impossible.

We are generally more resilient and capable than we think.

When managing change, it is invaluable to have a positive and flexible approach to new possibilities. Equally important is recognising that transition can be difficult — allow yourself time to adjust and seek support.

As a military family you will become familiar with navigating the highs and lows of new situations. Remaining motivated, focused, and developing a shared sense of purpose as a family will help you embark on each new adventure with confidence and enthusiasm.

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 over coming issues.

These images are from the Task Group CRIB mission to Afghanistan, 2003-2013.



**FAMILY
DEPLOYMENT
DINNER**

**Partner Away?
on Course
on Deployment
or Op PROTECT**

Our next Deployment Dinner will be held on
Thursday 20 May

If your partner is away **on course, on deployment or Op PROTECT**
on **Thursday 20 August** we would like to invite you and your family over
for dinner.

Join us at the Vince McGlone Galley HMNZS Philomel,
on **Thursday 20 August from 5.15pm onwards.**
Dinner is served from 5:30pm and we will finish up around 6:45pm.

It'll be great to catch up.
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 17 May on **0800 NAVY HELP** or nco@nzdf.mil.nz so we can save
you/your family a spot. Please let us know if you will need a highchair 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.



Claudia Ayling

Defence Community Facilitator
 RNZAF Base Woodbourne

- Instrumental support, which refers to physical support, such as arranging a hand with housekeeping, or financial assistance

DCFs are always available one-on-one to facilitate any of these types of support, but they also often facilitate groups, such as Playgroups, coffee groups, group outings or community activities, with the intent to bring people together and broaden their network. We do this, because research has shown, that social support, whether it is through valued individuals or trusted groups, can reduce psychological and physical signs of stress, will increase your resilience, and can even enhance immune function. Why, because having supportive people around you provides a sense of belonging, security and community, and with this in our life, people generally feel better, and are able to cope better with various stresses life throws at us.

As a wise Māori proverb teaches us:

“Ēhara tāku toa i te toa takitahi, engari, he toa takitini.”

“Our strength is not made from us alone, but made from many”

– or, in other words, together we are stronger!

If you feel you lack a supportive social network, if you are feeling alone or lonely facing the deployment, or feel you are not coping very well with the things military life – or life in general – throws at you, can I encourage you to start talking to someone, someone who you feel you can trust, who makes you feel accepted, at peace and energized – a DCF could be a start. You will find contact details of all DCFs and other support personnel, in this Bugle, as well as on the Force4Families website. Go on, lets do this together.

Ngā manaakitanga,

The Importance of Social Support

As I am writing this article, I am celebrating my 12th anniversary in the role of Defence Community Facilitator, or in short “DCF” (formerly also titled Welfare Facilitator and Community Coordinator). Knowing what this role is all about, I can see high value in what I do, and am to this day passionate about providing support to “our people”, especially as I never had the privilege of a DCF on a Base or Camp, either in the UK or here in Aotearoa, when I was a “dependent” for 20 years myself. I think I can speak for all of the DCFs on all Airforce Bases and Army Camps, as well as equivalent roles in the Navy, when I say we love seeing personnel and their families thrive, because they get a sense of belonging and feeling supported, not only, but especially when a need arises. This could be when taken out of a familiar community due to postings, or times of separation when family members are away on deployments or exercises, or simply, when military lives gets a little

overwhelming.

Now, social support should not just depend on, but can certainly start with getting to know the DCF wherever you are living. We not only provide a listening ear, but can direct you to places, or connect you with people that can fill gaps or help in times of need. Social support, through family, friends, or the right professionals, is so important, as it is a source in times of need or crisis to give you a broader understanding of your situation, which consequently can enhance quality of life, and provides a buffer against adverse life events.

Social support comes in different forms:

- Emotional (sometimes called non-tangible) support, which are the actions people take to make someone feel cared for
- Informational support, which means providing information to help someone, and

PERSONAL MESSAGES

The deadline for contributions and personal messages for The Bugle is the first Monday of each month (**the next edition deadline is 28 May 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

Happy Mother's Day

Dear Mum, I hope you have a lovely day. Thanks for all you do for all of us. We appreciate it and love you. Look forward to homecomings soon and catching up. Thinking of you. Donny xxx

Happy 5th Birthday Paul

How exciting. Going to school! I am sure you will have fun and work hard. Daddy is sad that he can't see you in your uniform. I hope you have a great party. Missing you. Lots of love, Daddy xxoo

JJ

Happy Mother's Day. I hope that it's your kind of day and everyone spoils you. Miss you heaps, Mickey

From Home

Hi Dad

I hope you are good because you are good at lights.
I love you and miss you. Milan

To my Favourite person ... Dad

DINOSAUR!
I love you. From Max

Dear Daddy

I can't wait to ride on the lawnmower with you! From Everett

Hi Dad

I miss you. How are you going in Egypt? I hope you are doing ok. It has been boring without you playing cricket with me. Love Harry

Hi Dad

Love you so much. From Arlo

Hello Skip!

You're missed more than you'll ever know!
I love you and come home soon!

Ashley



Hi Skip

Can't wait to meet you! Ashley is counting down the days until she sees you. Keep healthy and safe.
Hayley

Hi Skip 😊

How are you? Ashley is doing ok.
I like your accent.
Have a fantastic day.
From Leena

BOUQUETS:

LTCOL Aaron Wright, LT Jasmine Irwin and all contingent personnel Op FARAD 2/20

How do we begin to thank you for the absolutely amazing support you have given to us throughout your deployment. You have all excelled. We have appreciated your commitment to keeping families informed both by your frequent messages and valued contributions to The Bugle. The messages have given your families much peace of mind in these difficult COVID times and provided reassurance that you are supporting each other to cope with whatever comes your way. The families appreciated your frequent up to date messaging, Aaron, more than you can imagine. It was a privilege to facilitate that communication to them from here and to see their feedback. You surpassed all expectations for your Bugle contribution. It was exciting to see the recruitment of many "budding journalists" to share the load and each month to have the best in articles and photos to publish and share. There was often excitement from families when they saw their loved one contributing or a glimpse in a photo. (And then ask for extra copies!) It was a huge job Jasmine to co-ordinate and send the articles and your efforts were much appreciated. Thanks too, to those involved in assisting with welfare issues as they occurred. Your input and understanding made a difference.

We hope that you have been able to share many wise words of wisdom with the incoming contingent so that they too, may be able to exceed our expectations. Safe travels in the weeks ahead and happy reunions. We hope our paths may cross again in the future.

LTCOL Brendon Jull, Op MONITOR

Sincere thanks Brendon for your regular contributions to The Bugle. We all gained a greater appreciation of your commitment to the Mission and the difference you and the contingent have made. We too, have a greater understanding of the roles and responsibilities of those deployed to South Korea, your day to day lives away from us all and the extra challenges COVID brought to your environment. Safe travels home and happy reunions. We look forward to keeping in touch.

Regards, Carol and Janine



HAPPY MOTHER'S DAY

To Mums at home and Mums abroad, and to Mums whose memory lives on in our hearts.



Deployment Dinner @ Main Mess – Trentham Camp

Sunday 16th May 2021 – 5.00pm – 7pm

Dinner @ 5.30pm

No dishes, great food & great company.....

This will be the last dinner for some and the first for others, so come along and share your experiences.

**SUNDAY
ROAST**

Register with Dee O'Connor – DCF

davida.o'connor2@nzdf.mil.nz

Cell: 021905157

Conversation is a competitive exercise in which the first person to draw breath is declared the listener.

Every day may not be good, but there is something good in every day.

The person who says it cannot be done should not interrupt the person who is doing it.

The strength of a family, like the strength of an army, is in its loyalty to each other.

International Day of UN Peacekeepers



29 MAY



“For millions in conflict-affected situations around the world, peacekeeping is a necessity and a hope. Let us work together to make peacekeeping more effective in protecting people and advancing peace.”

UN Secretary-General Antonio Guterres



The International Day of United Nations Peacekeepers offers a chance to pay tribute to the uniformed and civilians personnel’s invaluable contribution to the work of the organisation and to honour more than 3,800 peacekeepers who have lost their lives serving under the UN flag since 1948.

Source: www.un.org