

THE BUGLE

ISSUE 285
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THIS ISSUE

Life of an Aide to the Force Commander
The Seven Secrets of Sinai
A Community Second to None
The Lowest Plank

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



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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:

Op FARAD: The NZCON Tug of War team during the annual MFO Day against the Fijian Contingent, Sinai.

GUEST EDITORIAL

GPCAPT Andrew Scott, DSD
Base Commander
RNZAF Base Auckland



The Mission At Home

Kia Ora Team NZDF

In this edition of the Bugle I wanted to take the opportunity to pass on my thanks to all our deployed service personnel and their whanau for the sacrifice you have made in serving New Zealand domestically and overseas during these unparalleled times. The global environment has changed significantly over the last eighteen months and it would have been difficult to imagine the situation we work in today at the start of 2020.

Every operation we take part in carries risk and analysing and assessing this risk is central to what we do. The overlay of COVID across the world has added another layer of complexity to this, not only the risk to an individual's health, but to our ability to conduct the mission if personnel become ill, the impact the virus has on the people where we are stationed and, most importantly for our whanau at home, a longer lead time to get people back to New Zealand if needed.

COVID has changed our operating environment in countless ways and our deployed footprint is part of this. Although our presence in certain parts of the world has decreased, our number of deployed personnel has increased five-fold, with many now undertaking roles domestically that make New Zealand safe from one of the biggest threats we have faced as a nation. This is not without cost to our people, as we understand that it is not the enemy we envisaged, but make no mistake this threat is very real and this is our generation's battle.

Whether we are deployed overseas or deployed in New Zealand on Op PROTECT, our family and whanau who have the hardest role, keeping the real "mission at home" running are amazing. Your resilience over the last 18 months has been tested more than ever and I am so proud to be working in a Defence Force that consists of more than just our people in uniform and NZDF civilians, but of our wider family and whanau that support us to do the great things we can do. Thank you all for everything you do, because it is your sacrifice that makes New Zealand the safe place we live today.



New Zealand Army's Role in Evacuation Mission Involved 'Bravery on Both Sides'

31 August 2021

The safe passage of hundreds of evacuees from Afghanistan was made possible by an elite group of New Zealand soldiers who used code words and tactical landmarks to assist their efforts in an attempt to avoid chaotic and dangerous scenes.

Members of the New Zealand Army, deployed as part of the New Zealand Defence Force's Operation Kōkako, were on the ground at Hamid Karzai International Airport (HKIA) in Kabul to help evacuate New Zealand nationals, their families and visa holders earlier this month.

The turbulent and dangerous environment saw Special Forces troops, including a Female Engagement Team, move deep into the security area designated around HKIA, at times utilising a canal, to reach those they had been sent to help, guiding them through the crowds to points on the perimeter where they could be brought into the airport, secured, and safely evacuated.

A special forces commander on the ground said the evacuees would be given code words for them to show in order for them to be positively identified.

"Once identified we would begin the work of extracting them, often during a lull where it was tactically acceptable. We were very deliberate in this approach lest we started a riot or caused a breach."

The bank of the canal was controlled by coalition forces so the soldiers were able to use the banks as a tactical thoroughfare, often jumping into the water to aide evacuees.

In one rescue, a wheelchair-bound woman and her son were helped down the banks in order to reach safety.

"This specific rescue was just one of hundreds of acts we undertook to recover New Zealand nationals. All those involved in the operation take great pride in being able to be a part of the numerous acts that took place to get people out safely."

Senior National Officer for the operation, Group Captain Nick Olney, said the scenes were confronting for personnel to deal with.

"We were looking for needles in haystacks. And there were a lot of haystacks out there to start with and we had no idea what the





needle we were looking for looked like”.

He said coordinated efforts from the interagency response, that included officials from the Ministry of Foreign Affairs, meant they were able to locate the people they needed to help.

“We were assisting people through sewage ditches, over barbed wire fences, I can’t describe enough the bravery on both sides. With the evacuees, the desperation, they would do anything to get into the airport. And on our side, our team pushed themselves to every physical and psychological limit to get these people out and inside the wire and make them safe.”

Group Captain Olney said the New Zealand troops “put their lives on the line” by going into crowded areas knowing there were credible threats of attack that later came to tragic fruition for US forces.

“There was absolute bravery and desperation on both sides to make it work,” he said.

“We had some very highly trained, highly capable individuals on the ground who were able to do the best they could.”

Group Captain Olney said thanks to support from MFAT and MBIE, the NZDF personnel were able to “ensure we could get the right needles, out of the right haystacks and make it work”.

“This could not have been done without any one of those components working. It had to be a team effort.”

He said the team were tormented by reflecting on situations where they could physically reach out and touch people who they wanted to help, but they couldn’t get through.

“I can’t stress enough how difficult it was to bring those people through the wire.

“It was best endeavours to make miracles happen in the timeframe we had available.”

Once safely within HKIA, evacuees were “relieved, frightened, every human emotion you could possibly think of,” he said.

“For them, when they saw a Kiwi serviceperson, it was their first sign of hope.”

Around 80 NZDF personnel involved in the mission are due back in New Zealand in early September where they will complete the 14 day isolation period.



Source: NZDF

FOREIGN CORRESPONDENCE

*News from
South Korea*

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not necessarily those of the NZDF

Combined Command Post Training

Wing Commander Dion Peat, RNZAF
U35 FUOPS Division Chief
United Nations Command
Headquarters,
Camp Humphreys, South Korea

For three years there was only one, this past year there have been three, and in October there will be six! What am I referring to? The number of NZDF personnel posted to the United Nations Command Headquarters in South Korea as part of Operation Monitor. The NZDF has had personnel at the UNC Military Armistice Commission Secretariat (UNCMAC-S) for years but only more recently has New Zealand contributed to the UNC HQ – and it's expanding dramatically to answer a US call for assistance. The goal is to re-establish a 70 person multi-national HQ element as the US moves towards transitioning Operational Control (OPCON) of the Republic of Korea and United States (ROK/US) Combined Forces Command to ROK leadership. CFC is the "war-fighting" command that will defend the ROK when and if the need re-arises.

UNC however, has an entirely different focus and this is borne out during the twice annual Combined Command Post Training (CCPT) events that occur in March and August each year. The NZDF would call these exercises but the political sensitivities on the Korean Peninsula prevents doctrinal verbiage...and many other things we take for granted in New Zealand. For the latest CCPT I've had the privilege to be the lead planner and participate in the UNC specific portion of the event that sees the HQ triple in size to execute the ever evolving contingency plans that UNC develops and refines between training events.

This CCPT we welcomed five augmentation staff from New Zealand and four from UNCMAC-S along with 60+ from other UN Sending States. Between CCPTs the current UNC HQ staff are organized into two main



COL Jones and Deputy Head of Mission, Jeongmin Park, with NZ augmentees to CCPT (Combined Command Post Training) and members of Op MONITOR.

Brigadier led staff efforts; the U5 or Policy and Strategy directorate; and the U3 or Operations directorate. The U3 is split into Current Operations Division (U33 - CUOPS) of 2–3 personnel between training events but swells to 40 some for CCPT; and Future Operations Division (U35 - FUOPS) with three branches to plan the CCPT and then effectively transfer to U33 to participate in the CCPT. The three branches are FUOPS Plans, Training & Liaison (each led by an LTCOL[E]) and each play a critical part prior to, during and after each CCPT. The Plans Branch updates and socializes the contingency plans for NEO and FORCE FLOW; The Training Branch prepares the UNC Story Line, negotiates INJECTS at the Initial, Mid, & Final planning conferences, and helps staff the Exercise Control (EXCON) cell in Seoul; and The Liaison Branch ensures that the 16 Sending State member nation Embassy Staff are well informed leading up to the event and twice daily working groups throughout the CCPT. This Embassy integration is critical – especially at the

start. In the early part of all CCPTs – which is an entirely defensive training activity – UNC is focused on de-escalating the evolving crisis and the U5 team are busy executing communications and public affairs strategies designed to avoid conflict escalation. Meanwhile U3 are posturing and preparing for executing our Non-combatant Evacuation Operations (NEO) plans in conjunction with our US Forces Korea adjacent command. The training event eventually reaches a point where diplomacy has failed, our NEO plan is implemented and UNC implements its processes to re-introduce willing coalition forces back into the Korean Theatre of Operations at the request of CFC.

The rest they say: 'is history'. If at all possible; the aim is NOT to repeat it, but our job is to be ready if called upon to do so. After 12 loooong (sic) COVID affected months the current team's job is done and the six who follow us will now do their 'peace'.

FOREIGN CORRESPONDENCE

*News from
Sinai*

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Life of an ADC

LT Stephanie Fegan
Aide De Camp, NZCON

Kia Ora from South Sinai!

Lots of people ask me what is like being an Aide to the Force Commander (ADC) of the Multinational Force and Observers.

Let me summarise in a few words; meetings, planning, co-ordinating.

Working for a Two Star General is an honour, but it sure does keep me busy! My responsibilities include planning the General's working week; including meetings, events, travel and administration. I am often referred to as the gate keeper because if you want to talk to the Force Commander you have to get through me first.

In the four months that I have been here, I have been privileged to experience things that I never would have had the opportunity to do back home in NZ. Back in NZ I am a Navy Learning and Development Officer, thus being deployed on a land mission is something I will never forget.

Within the first month of being in Sinai the Force Commander (FC) and his team travelled up to North Camp, where we met with the Contingent Commanders and travelled via UH60 to the remote sites (small bases in Sinai where MFO people are stationed). It was a big eye opener to see the desert from the air and the conditions that our people are operating in.

It is so dry, barren, and sandy everywhere. I remember thinking, "how do people live out here?" After having a tour and a debrief with the command teams the FC thanked the soldiers who work there, mostly Colombian, and enjoyed lunch with them.

Part of my job is to plan and organise



formal dinners that are hosted by the FC. This involves organising catering and inviting guests and planning dinners start to finish. On average we have two of these dinners a week and they are often to farewell key staff members or to host VIPs visiting from

other countries. Luckily I am a people person because a huge success factor for this job is the ability to build networks and relationships with people from all areas of the MFO, whether it be the hospitality staff, or the higher ranking officers that are part of the FC's

leadership team. Anything the FC needs, the Aide has to get it done so it pays to know who is who, across all functional areas.

Last month the Force Commander was invited on board the Coastal Patrol Unit (CPU) Ships to observe manoeuvres. CPU are an Italian fleet and each ship has 14 crew on board. I naturally was quite excited about this as I am in the Navy. It was a great day out on the water on the Strait of Tiran and the food prepared by the chefs was outstanding.

When I am not planning events, doing admin and carrying the boss's bags you can find me at the gym or enjoying some of the MFO's many social activities. It has been a real highlight being able to meet and make friends with soldiers, sailors and airmen from all over the world. At times it is difficult to understand what each other are talking about but hand gestures and socialising over a beer are a universal language that we all seem to understand.

We have had many sports events, that both bring us all together and spark friendly competition. New Zealand Contingent have been very successful in the sports department, and it is well known that our Senior National Officer does not like to lose.

As we roll into the second half of the tour, I am determined to achieve personal goals that I set for myself and am looking forward to heading home and seeing friends and family. The South Sinai is a special place and I will never forget my time here. I hope the second half of the tour is full of more of these memorable moments and quality laughs.



The Seven Secrets of Sinai

LCPL Mahdi Te Heu Heu
Electrician, NZCON

A lifehack is any trick, shortcut, skill, or novelty method that increases productivity and efficiency, in all walks of life, including Deployment. During my time in Sinai, I have developed a series of lifehacks to get me through and I'm going to exclusively share with you my top seven secrets that I have previously kept secret until now.

1. Laundry Efficiency

With four washing machines shared among 30 personnel and restricted washing hours, timing plays a key role in getting your clothing washed dried and ready for the new week ahead. My research shows that the most efficient time to place your laundry in is on the Friday morning (our day off) at 0800. Not only does this guarantee that the washing machines will be empty, but there is also a 94% chance that your laundry will be hung out to dry for you as the hoards rush in late to try to secure a machine. Meanwhile you get to spend your Saturday morning at the beach sipping on a cold fizzy drink.



2. Iced Coffee Recipe

With temperatures soaring well over 40 degrees and no shade to be found, there's no better way to cool yourself down than with a thirst-quenching iced coffee. While most people spend their hard-earned cash at the Red Sea Oasis, I've developed a secret recipe that can be made free of charge at the Main Dining Facility. Not only will it save you \$5.50 but it also tastes twice as good.

Ingredients:

2 Scoops Ben & Jerrys Coffee flavored ice cream
300ml Black Coffee
50ml Milk

Method:

Place ice cream and coffee into large cup and mix until all ice cream has melted into a thick liquid. Add milk and stir in.

Enjoy while everyone watches with food envy.

3. Easy Contingent Morale

Maintaining the contingent morale is vital while deployed on an overseas mission to ensure success. Although the ANZAC spirit is alive and our bonds are strong, there is no better way to improve morale than to flog our Australian counterparts in a sporting event. The strategy here is a very simple one, let them challenge us to a sport of their choice, give them a glimmer of hope by allowing them to win the first match, and then unleash an all-out assault until the final whistle blows.

4. Op Tourist

The MFO provides tours that allow you to explore parts of Egypt like a tourist, it gives you a break away from the

stresses of your job giving you a chance to recharge your batteries. For \$15 or less you can enjoy activities such as Snorkeling trips in the Red Sea, ATV riding around the Sinai Desert's landscapes in Wady El Khorom, guided tours in the new Sharm El Sheikh Museum, and bike riding to see the sites of Old Sharm and Naama Bay.



NZCON trip to the Pyramids of Giza

5. Hidden Gem

The MFO Library has to be one of the most underutilized buildings in South Camp. This building is almost near empty every time I arrive, but is such a great place to go and spend the day relaxing. Starting off it has the best air conditioning in all of camp and by far the most comfortable seats and couches. You can come here and sit down to watch a movie of your choice, play PlayStation games in one of the private rooms, complete puzzles and play board games with mates, or of course you could read a book.

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6. Bike Repairs

Each Kiwi in the Sinai is issued their own personal push bike to navigate the camp. Not only does the harsh climate take a toll of the serviceability of these bikes but following the MFO road rules and stopping at every stop sign causes a lot of wear and tear on the bike. Instead of running the risk of having your bike in the repair shop for days, borrow someone else's.

7. Dress code

Ensure you follow the appropriate and strict MFO dress code at all times. See photo below for example.



LCPL Te Heu Heu at the MFO Library



LCPL Te Heu Heu (NZ Army Electrician) consistently out in the hot Sinai sun getting the power back up.

FOREIGN CORRESPONDENCE

*News from
Sinai*

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*Top: The New Zealand Contingent
Middle Left: RNZALR leading the way
Middle Right: NZCON conducts PT at 0430 every day
Bottom Left: Operators
Bottom Right: The face of determination*

News from Sinai

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Top: CAPT Manuolevao launching ahead to secure his position at Herbs Beach

Top Right: *Trigger warning to all CSM's*

Middle: The NZCON Tug of War team during the annual MFO Day. The day is to celebrate the history of the MFO and consisted of a number of sporting events and challenges which NZCON dominated in. Every nationality within the MFO put forward a team to compete in Tug of War, an athletics relay and Speed Ball.

Bottom: Doing our MFO Best!

FOREIGN CORRESPONDENCE

*News from
Bahrain*

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

A Community Second to None

LT Nikita Leeks
Op TIKI, Bahrain

Just under two months down and we are all amazed at how fast time continues to fly by over here in the desert. Our international partners from the US, Australia and Singapore have easily blended into our Op TIKI whanau as we embark on this adventure together. Our community of people here is second to none and we are definitely earning our reputation as 'The Kiwis'. We are involved in a wide range of activities and have also had the opportunity to visit and to host some of the ships that we will be working with over the next couple of months. Each crew has welcomed us to the area and are excited to join with us in an effort to make a significant difference in the large area of operations that we are responsible for. As the weather starts to ease and maritime traffic increases we are all eager to deter and detect illicit cargo in the area.

Along with the work that we have set out here to achieve, we are all getting used to the heat over here. We are finding moments to enjoy the pool and the other amenities that we have stumbled across along the way. As soon as we arrived, Naval Support Activity (NSA) Bahrain, the location in which we are based, started a 'Beat the Heat' swim challenge, whereby participants were dared to swim 50,000m within a two-month period. A group of us signed up and it has been quite the effort to complete the challenge, often having to schedule in a couple of swims a day to attempt to make the grade and achieve the challenge before the end of August. A few of us managed to beat the heat and we now have a lovely bright yellow t-shirt to mark our momentous accomplishment. There are a few more of these opportunities on the horizon and we are looking forward to adding to our t-shirt collection over the coming months!

We have also had the opportunity to collect and distribute clothes, toys and



LT Nikita Leeks helps drop off donations to Al Sanabel orphanage, Bahrain, Aug 21

toiletries in support of the Al Sanabel Orphanage. In conjunction with NAVCENT and CTF 151, our contingent built up an array of items for the kids to enjoy. The generosity has been contagious and we are now involved with other charity drives led by other units across the base. I have

found that need is so great wherever we find ourselves, that it can often feel very overwhelming. However, I am continually reminded that we have ongoing opportunities to give back to our community in Bahrain. It is a great step in the continuation of the "pay it forward" effect, with my blessings



CDR James Barnes and LT Nikita Leeks from Combined Task Force 150 with Brazilian Staff from Combined Task Force 151 display donations from both Task Forces bound for Al Sanabel Orphanage, Bahrain, Aug 21.

allowing me to bless someone else. They in turn are enabled to pay it forward to reach someone in need who is not within my sphere of influence. I think it is really important to acknowledge the huge value in reaching the need before, us even if it may not appear to be the greatest and most urgent need of the present day. This has definitely been a large highlight for me personally and I look forward to the other opportunities there will be to get involved throughout the remainder of our stay.

Thank you once again to our friends and whanau holding down the fort at home. We love you and appreciate you and if you need/want anything off Amazon, we've got you covered!



WO Karen Foster is congratulated by CDR Barnes on being the first Kiwi and member of CTF 150 to complete the 50km swim challenge. Fleet Pool, NSA, Bahrain, Aug 21.

OUR VALUES

Courage | Tū Kaha - Taking action despite your fears

Courage is having the moral and physical strength to do what is right, even in the face of adversity. It is stepping up when things get hard. It is speaking up when you see things are wrong. Courage is enforcing our standards and discipline. It is not giving in to peer pressure

Commitment | Tū Tika - Giving your best

Commitment is doing your best. It is always looking for ways to achieve the task, and persevering even when the going gets tough. Commitment is accepting and living our values and standards. It is serving New Zealand.

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

Comradeship is respecting the differences of the people around you and treating others as you would like to be treated. It is working together as a team, being inclusive, recognising we are stronger together. Comradeship is never an excuse for covering up other people's wrong doing.

Integrity | Tū Maia - Doing the right thing – always

Integrity is conducting yourself honestly, ethically and to the highest professional standards—even when no one is watching. It is doing the things that you say you are going to do. Integrity is accepting responsibility for your decisions and actions.



A FORCE FOR
NEW ZEALAND

DSO'S CORNER



Carol Voyce

Deployment Services Officer
Editor "The Bugle"

As I write my contribution to The Bugle we are in Alert Level 4. This is certainly a challenging time for everyone. Many of us have had to quickly adapt to the "new new", after enjoying many months of a near normal life at home, work and in the community. I was hosting a dinner for our Deployment families when the news came through and several hours later as I drove home, I couldn't believe the amount of traffic out and about. Our little village had become a mini city. I could see queues at the supermarket and petrol station and people running in and out of the local dairy. But I wasn't going to stop! That night and over the last 10 days, we have come to better understand the reasons for the current Alert Level and a timely reminder that we must keep ourselves and others safe. While the pantry in my house may not be stocked to the max, (with a distinct lack of treats) I can manage. Sometimes it's a strange combination served on the dinner plate but never the less it's edible and nutritious. For those parenting alone, it's not just about looking after one's self – there are others to consider and a different set of demands to meet. Assisting with schooling, keeping children occupied and out of mischief is another challenge to add into the current mix. Maintaining your "Bubble", is essential but with the advantage of modern technology we can maintain a degree

of sanity by talking with others. Yesterday I rang a friend I hadn't managed to catch up with in ages and last night we celebrated my godson's birthday by all zooming in (from all parts of the world) at a prearranged time. While it wasn't the same, it was still fun and one long remembered for sure. He was in Sydney, safely too in lockdown.

Understanding and coping with technology can sometimes be a challenge for me! I like to think that I have some other skills to compensate but understand the difference it can



make to our lives in so many ways.

One could make a list of the inventions seen in a lifetime and how the impossible has been achieved and influenced our everyday lives. Maybe debatable if for the better and for some, possibly an obsession. While we can all sing the praises of the television, microwave, washing machine, dishwasher and other like labour saving devices, to me it is the communication tools that have truly changed our lives and never more so, than for those associated with worldwide deployments and now too, in this troubled COVID world. When I first came to work here some 19 years ago, those on deployment were still restricted to the weekly 6 minute call home. So much has changed in a relatively short time.

Technology has bought us the internet – Skype, emails, Messenger, Facebook and various phone apps like Instagram, Viber and Snapchat. It has changed the way we communicate and keep in touch. It frustrates us when it doesn't work or if we have to wait for a response. It can provide an intrusion into our lives at times and even risk our safety and security if we are not careful.

The key to success during a deployment is communication and that's where technology has a huge impact and clearly makes a world of difference. You can discuss the here and now and your plans and thoughts for the future, see a familiar face and lessen the separation despite the miles. It makes it easier to work harder at keeping in touch and bridging that gap because it is so simple. Working on communication can enrich relationships. And never has it been easier or more important than on deployment.

With advances in technology, we also need to think about our wellbeing and that of those we love. We need to be sensible and alert at times and not compromise a given situation. Often we talk about security settings on our devices, avoiding being "hacked" or encouraging unwanted intrusion or simply "advertising by posts", that you are home alone. We are not smart enough to prevent others finding a way

to see our profiles or posts, but we can at least make it more difficult.

You may recall us talking to you in the past about Operations Security (OPSEC). OPSEC protects our operations, those planned, those in progress and those completed. Our adversaries want our information and sadly at times, they don't just concentrate on our military people to get it from – those determined can look for other communication to families and friends. Little bits of information may seem insignificant but should remind us to always be alert and to be careful. It could just be part of a puzzle someone is looking for. Watch your internet activity, learn to talk in riddles when it comes to dates, and remember that phone and Skype conversations can be monitored by those who have a will and a way. Be careful with photos too and what you post.

All our articles and photos sent for publication in The Bugle have to go through a process of security checks before they can be printed. I recall several years ago getting a fun photo which made me laugh out loud and which I knew would be enjoyed by our readers, only to find that it had to be deleted because there was something in the background that did not pass that check. My eyes (and brain) are not trained to know or detect these things and yours just maybe similar.

Today is an opportunity to remind you that we all have a role in ensuring that success in our efforts abroad are maintained and those here and there, are all safe by the simple common sense actions we take. If you need further information be sure to ask. We have many "experts" in the communication field here who would only be too happy to offer some guidance or support if you need it.

During Alert Level 4, Canterbury has experienced some warm sunny days, although this is expected to change in coming days. Spring has come early. My first venture into planting bulbs has been promising. I've loved the daffodils that have sprung up in my garden and pots. They also remind me of "Daffodil Day" and now sadly the news that this has had to be cancelled. There are however ways we can still make a donation.

Over the past week, Janine and I have attempted to phone many of you just to check in. If we missed you or had to leave a message, remember that we are always here for you all and encourage you to keep in touch.

Until next time – try to have a great month, Be kind - and happy reunions to those anticipating homecomings.

A Personal Thought

Today I feel extreme sadness as we hear of the events that have unfolded in Kabul, Afghanistan. Very early this morning we were able to make contact with the families of those deployed on Op KOKAKO to reassure them that all Kiwis were safe and well. We did this firstly by text and followed that message up with an email. (You might recall this process explained on the Family Welfare Days.) We could not help feel for everyone else – those killed, those injured and those whose hopes and dreams were shattered.

I recall fondly the contributions our service people made to the lives of the people in the Bamiyan Province in years gone by. From where I sat, I saw images and heard of the differences we made. We saw simple things like children having a ball to play with, girls learning to knit and crochet, schools opening and our people helping teach English. We raised money through our "tuck shop" funds and financed equipment for Hospitals and the Ante Natal clinic. We established scholarships at the Bamiyan University. There was fresh water to drink. The list is endless. But most of all we bought smiles to many faces. We saw a positive future unfolding. These gorgeous people have lost so much now and we feel helpless.

To our service personnel who made the journey to help, we all say thank you and to your families who supported you on this mission we acknowledge their sacrifices too.

Carol (DSO Burnham)



DSO'S CORNER



Janine Burton

Deployment Services Officer

certainly evolved markedly since I started in this role back in 2006, when the good old pen to paper was the main communication tool—after phone calls of course. Skype was a new-ish invention around that time, but even that has been superseded by Messenger chats, What's App and a whole host of others. It certainly makes the world a smaller place.

Around now is generally my favourite time of the year. The days are starting to get noticeably longer, lighter in the mornings and not dark quite so early in the evening. For those of you who may know Palmerston North, there are patches of daffodil bulbs planted along some of our roadways which are starting to bloom. Underneath the overpass bridge just before Massey University, the daffodils have been flowering for some weeks—I even saw someone sitting amongst them a couple of weeks ago, having her photo taken. Along Pioneer Highway there are also clumps of daffodils about to flower. Every day I am out walking there are more and more blossoms starting to appear and I am inspecting my flowering cherry tree daily, just waiting for that first blossom. There are lots of buds so they are imminent! Also love seeing the baby lambs which are starting to appear and tuis in the kowhai trees. Love it!

Plus Daylight Savings is just a few weeks away!

Keep safe everyone. Look around for the things in your life that make you smile.

Like, the other day I saw a mother duck swimming in one of our local streams and behind her were her babies trying to keep up with her. Definitely worth a smile and an appreciation of our beautiful country!

Again we have been plunged into a nationwide lockdown in an effort to contain the Covid-19 community outbreak but most importantly to keep ourselves, our families and our own communities safe and free from the virus. We know that this time will have been easier for some than for others with each of us having our own sets of challenges. We know that some of our family members are on their own, some have children to try to occupy (and possibly oversee some education as well) and some will have a number of other challenges to add to the mix. Some of us continue to work—just the office looks a little bit different! For others it can be an opportunity to step back, chill out and enjoy the downtime. Where do you all fit?

Having a loved one on deployment is just another factor to take into consideration and I trust that you are holding up well. After being so well protected from the virus by the Government's border controls, it is a

little ironic that now we are locked down here in NZ while our deployed personnel have more freedom in countries where the virus is not quite so well contained.

Christmas lights! During the last lockdown it was teddy bears in the windows; I saw the other night on the telly that putting up Christmas lights to bring some joy to your neighbourhood, or just to make you smile, might be something that could work for you. Let's face it, with the speed with which the year is going, Christmas will be here before we know it so if the lights go up now, you could just be getting a head start on the silly season!

The various pieces of technology which is available, and which I'm sure many of you have been using for some time to keep connected to your deployed person, is also a great tool for keeping connected to your wider family members. Our young grandchildren like to video call us, just to pull silly faces—its all about seeing themselves on the screens I'm sure. Technology has

We are here for you!

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

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

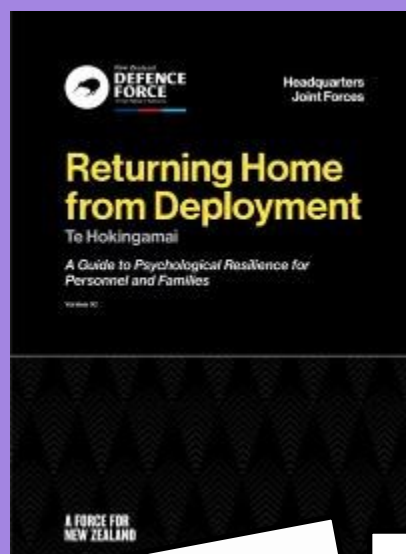
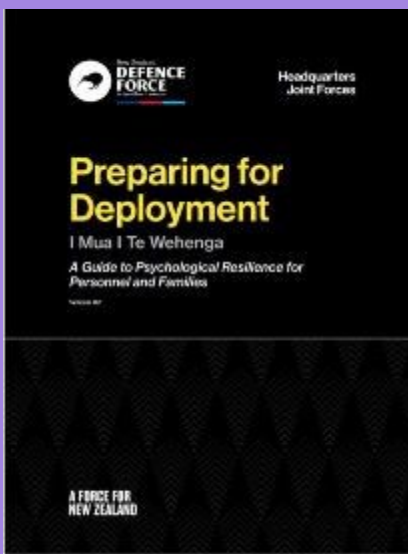
or Janine Burton, DSO Linton **0800 683 77 327**

RESOURCES ON LINE

Our resources are now back online:

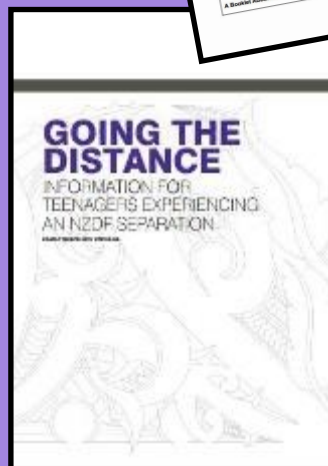
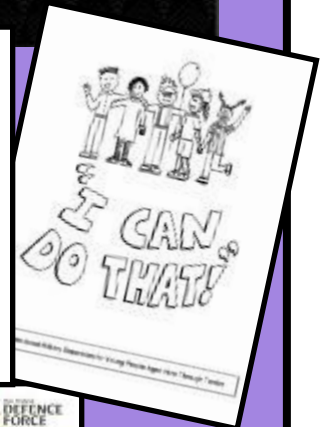
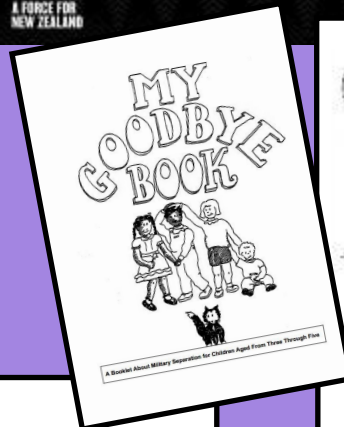
www.force4families.mil.nz/homebase

Under the Homebase tab on the Force 4 Families website you can access the following publications electronically. If you would like hard copies sent out to you, please contact one of your DSOs.



Children resources:

- My Goodbye Book—ages 3-5 yrs
- Goodbyes Are Hard—ages 6-8yrs
- I can Do That—ages 9-12 yrs
- Going the Distance—teenagers
- Kid Gloves



THE SIGNIFICANCE OF THE LOWEST PLANK



What rings true?

A Chaplain's brief contemplations on relationships.

The significance of the lowest plank—one key towards a resilient relationship.

Human beings only ever get good at what they practice. How do we go about practicing the life skills that will enable the love that we have for the special person in our life thrive?



The simple answer is to concentrate on the lowest plank! Picture this. Our relationship with our beloved is like a wooden wine barrel with no top on it and the planks have broken off at various heights. The level of water in the barrel represents the quality of our relationship. Obviously the water level in our barrel can only rise to the height of the lowest plank. The planks are named representing various areas of our relationship such as parenting, family, finance, communication etc.

It is a sad fact of life that horrible things happen to good people. Life can be tough. And the truth be told—we often add unnecessary grief into our relationships by our poor choices. When the pressure comes on our relationships, the area of life we are most likely to feel the heat first, and it does the most damage, is around our lowest planks.

The idea is that the shorter the distance between the highest and lowest plank in our love barrel, the better is both the quality and resilience of our relationships. There is a temptation to focus on our highest plank because it is a strength. We feel like we are making progress because it feels familiar and comfortable. Sometimes our feelings lie. The reality is if we grow our high plank by 2-3 centimetres, we have gained nothing. The water still only comes up to the height of the lowest plank. Grow the lowest plank 2-3 centimetres then the depth of the water increases across the whole barrel. Here we get the most gain for the least effort.

We often try to avoid talking about the low plank. Low plank talk is uncomfortable, unfamiliar, and often painful. It is the neglected plank. It is likely to be the place and topic where we really don't want to go. This is one way to identify the lowest plank—when talking with the love of our life, it is the area of life we dread the most talking about.

We do have available to us a better way to name and identify the various heights of the planks in our love barrel. NZDF Chaplains use a relationship assessment tool called, *Prepare and Enrich*. This assessment tool is not a pass/fail thing but a name for the relative barrel plank thing. It helps us identify the lowest couple of planks in our relationship. Remember the seven P's. Proper Prior Planning Prevents Piss Poor Performance—before life gets tough, decide to practice building the lowest plank.

Take 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

DOG TAGS

Dog Tags are available for families of tri-service personnel deployed abroad with the New Zealand Defence Force. We have recently expanded our project to not only offer them to children of Mums and Dads deployed but also to other immediate family members – like Mums, Dads, Brothers and Sisters, Grandparents! Sorry, not for pets though!

Wear your dog tags with pride or simply tuck them away for a future keepsake. All we ask is that you DO NOT identify the location of your loved ones deployment but rather, if asked, simply say overseas!

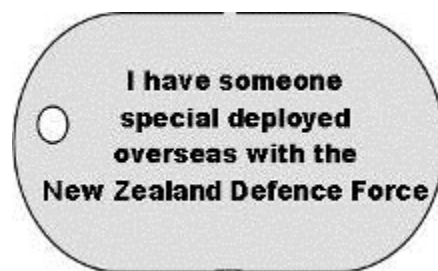
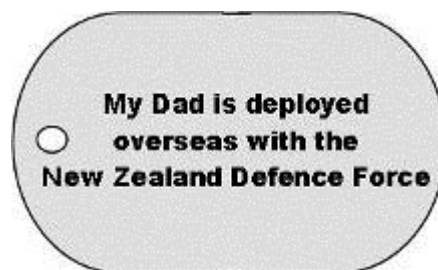
The Dog Tag Project is a huge success and a real favourite campaign for many. Children love wearing the dog tags. For schools, teachers are reminded that a child has someone special absent from their home and sometimes need a little extra attention and understanding. Dog Tags are a great talking point when families are out and about and give others the opportunity to acknowledge the sacrifices families make and the chance to acknowledge the commitment that our service personnel make abroad. Now with the added – “I have someone special deployed” we can all share in the pride, commitment and sacrifice.

Dog Tags are available from the Deployment Services Officers. We are happy to post as required.

Please contact either:

Carol—DSO Burnham
0800 337 569 or dso.burnham@xtra.co.nz

Janine—DSO Linton
0800 683 77 327 or dso.linton@xtra.co.nz



Deployment Support Services

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

Deployment Support Services are here for you

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

Deployment Services Officers:

Linton—Janine Burton

Ph: 0800 683 77 327

Burnham—Carol Voyce

Ph: 0800 337 569

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

For additional support and services:

Army:

Defence Community Facilitators:

Waiouru:

Rebecca Smith—Ph: 06 387 5531

Papakura:

JJ—Ph: 09 296 5744

Burnham:

Kathryn Hodgkinson

Ph: 03 363 0322

Linton:

Lesley Clutterbuck—Ph: 06 351 9970

Trentham :

Dee O'Connor—Ph: 04 527 5029

Air Force:

Defence Community Facilitators:

Air Staff Wellington:

Linley Williams—Ph: 04 496 0555

Base Auckland:

Kylie Smedley

Ph: 09 417 7000, xtn 7035

Base Woodbourne:

Claudia Ayling—Ph: 03 577 1177

Base Ohakea:

Bridget Williams—Ph: 06 351 5640

Navy Community

Organisation:

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

Local Chaplaincy Services

Unit Point of Contact

SAVE MONEY ON TOILET PAPER

Six tips and tricks to save on the panic-buyers favourite item

Another lockdown and another supermarket rush—we've all been here before! This time around, here are some tips to arm yourself when you're shopping for the panic buyers' favourite item: toilet paper.

Background

Every personal or family budget distinguishes essential expenses from discretionary expenses. Toilet paper, a basic household product most of us use every day, falls into the first category.

Unlike other paper products, such as paper towels (for which washable cloth napkins serve as reliable, eco-friendly stand-ins), toilet paper doesn't have a convenient reusable replacement.

Yet it's still possible to save money on toilet paper with or without taking the—for many Kiwis—unfamiliar leap into bidet toilet attachments or even on a squatting toilet, common in much of Asia and the Middle East.

Here's the top six ways to save on toilet paper.

1. Make every sheet count

How much toilet paper do you really need to use each time you go? Less than you've been using, probably.

The trick is finding the optimal balance of surface area (the more, the better) and wipe integrity (essentially, a stronger wipe).

According to a physicist hired to settle the question once and for all, the ideal toilet paper configuration is a hybrid "folded wad" that's stronger than your standard neat fold but has more surface area than a messy wad.

It's the most efficient option on a wipe effectiveness basis—that is, if you're trying to minimise your toilet paper

usage while achieving an acceptable threshold of cleanliness.

2. Keep an eye out for great deals

Using coupons and shopping on speciality bargain websites and stores can save a lot if you're buying toilet paper all the time.

3. Subscribe to a toilet paper provider

Most of us are accustomed to subscribing for services such as Netflix, but believe it or not, you can also subscribe to have regular toilet paper deliveries.

4. Avoid buying it at the supermarket

Whatever type of toilet paper you prefer, if you're buying at the supermarket you will probably pay more per roll and you will run out





Then you will know the best measure of how much toilet paper you are really getting and what you are paying for it in per-sheet terms.

The bottom line—avoid the panic buyers

Enact a few of the tips above to help you avoid going head-to-head with panic buyers the next time you venture out. Happy toilet-paper shopping.

sooner because you will likely have to buy in smaller quantities.

Instead, it is much better to purchase a generic bulk pack from a large store. You can buy in higher quantities and likely at a lower cost per roll or sheet.

5. Keep it simple

Premium toilet paper can be three-ply, coloured, scented, and come with imprints on the toilet tissue itself. For this sort of luxury, you'll pay a premium price.

But, whatever you do, don't give in to the temptation to get the one-ply stuff, store-brand or otherwise. It doesn't go as far, is less absorbent, and is way more irritating over time, especially with frequent use.

Instead, keep it simple with a firm but

unfancy two or three-ply unscented variety. This will hopefully be best for the environment too – there's less or no colours and perfumes which can be bad for the environment.

Pro toilet-paper tip: also avoid flushable wipes. They're expensive and aren't always flushable at all. Especially in older homes, drainage systems might not be able to deal with them, leading to expensive and mucky blockages.

6. Pay attention to sheet count

Every pack of toilet paper should include this information somewhere on the outer wrapping. You might have to do some basic calculations to figure out how much paper you're getting for your buck. (Multiply the number of rolls by the sheets per roll.)

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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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.

MENTAL HEALTH AWARENESS

It is Mental Health Awareness Week, 27 September to 3 October 2021.

An opportunity to explore the experiences, actions, relationships and surroundings that make you feel good and uplift your wellbeing.

What is good mental health? What does it look like?

Being healthy also means having good emotional health. When you are mentally healthy you are able to handle life's challenges, stay resilient to life's setbacks, and build strong relationships with others. Improving emotional health is as fulfilling as building good physical health and can benefit all aspects of your life. Boost your well-being and stay mentally healthy by following these top tips.

Sarah Paper, LP, PsyD

Source: <https://www.allinahealth.org/healthyssetgo/thrive/five-tips-for-good-mental-health>

Take care of your body



Your body is meant to be moved and nourished with healthy food. Exercise is one of the most effective treatments for depression and anxiety. Moreover, the side effects are desirable. Treating your body with appropriate nutrients and being active will reduce stress hormones, increase monoamines to improve your mood, and provide you with energy to face life's challenges and manage everyday stress.

Feed your soul



Engaging in activities that you are good at and enjoy will boost your confidence and provide you with a sense of purpose and accomplishment. Additionally, taking that time to do what

you love reinforces the message for yourself and others that you are of value and deserving of time and care. Most importantly, laugh every day! Laughter decreases stress hormone and increases endorphins.

Foster good friendships



Whether you're a social butterfly or a wallflower, be mindful of your relationships. Develop a supportive social network and surround yourself with positive people who enjoy and appreciate you. Healthy relationships are essential for emotional health, particularly during times of misfortune and distress. Remember that different friends play different roles in your life and fulfill different needs, so don't rely on one person to be your "everything."

Embrace your emotions

There are no negative or positive emotions, but rather varying degrees of comfort or discomfort. Emotions are our best informants and motivators, letting us know what is and is not healthy in our lives and prompting change.



Keeping feelings trapped inside, hidden, disguised, or denied generates internal tension and confusion. In addition to relief and catharsis, expressing emotions communicates our wants and needs.

The Platinum rule



You are with yourself all day every day, so be good to yourself! Do unto yourself as you would do unto others. When someone is hurting, frustrated, anxious, or down, we tend to be skilled at providing comfort, giving advice, or offering relief. Remember to treat yourself with the same compassion, thoughtfulness and forgiveness.

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 MONITOR mission to South Korea.



OPERATION CHRISTMAS CARD



This is one of my favourite projects – spreading some Christmas Cheer across the miles!

Operation Christmas Card began some 19 years ago and has a proud history of sending a little of our kiwi festive spirit abroad. Last year we had a huge response to this project, receiving heaps of cards, letters, drawings, posters and handmade decorations. It was with pure joy that I got to enjoy the efforts of so many, big and small, who wanted to remember our New Zealand Defence Force personnel on Operations abroad. Sorting the contributions brought many a smile, many a laugh and even a little sadness. Some children designed cards, copious amounts of glue, cotton wool and felt pen, adorned many a gorgeous creation and many a letter acknowledged the sacrifices of those separated from those they love, over the festive time. Some children wrote from the heart, shared a little about themselves, their holidays, their families and their pets and often included their own wise words of wisdom and a question or two! Some highly amusing and sure to bring a smile! In the past, we have had some outstanding cards from schools and pre-schools closely associated with our military camps, i.e. Burnham and Linton, and also from schools with no military connection at all, individuals, groups and clubs.

So, how can you help make **Operation Christmas Card** a continued success? Make a card, buy a card, or take the concept and guidelines to your preschool, school, community group, your work place, church group, senior citizens club or beyond. Everyone can make a difference! Get everyone on-board! Contributions must be received no later than **16 October** – postal details below. Once we receive the contributions, these are checked, packaged and mailed to all deployed service personnel on all missions abroad. Last year many of those who contributed, and included their contact details, were sent letters, photos and sometimes even a small gift from grateful service personnel, acknowledging the difference their festive greetings had made to their morale. Be sure to write your name and address on the back of your card.

Your support is appreciated more than you can ever imagine. Carol.











Post Christmas Card contributions to:

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





HOT TIPS FOR THOSE LEFT AT HOME

-  **Have a positive attitude.** It will help you, your kids, and everyone who is fortunate enough to be around you!
-  **Talk to your kids about their Daddy or Mummy being away.** Preschoolers have short memories, so it is important to talk to them about their absent parent and look at pictures often to make their transition back home easier and avoid "stranger anxiety."
-  **Take care of you.** Take a bubble bath, rent a movie, visit a friend. Find time to relax a little.
-  **Start a project.** Make a video diary and/or a scrapbook, or start a home improvement project to surprise your returning partner.
-  **Extend your family.** Get involved in your community, even if you haven't lived there very long. By reaching out to others in need, you can keep your own situation in perspective.
-  **Take the initiative.** Your non-military friends may not know how to help or what to say. Take the first step to reach out and let them know how to help, whether it's asking for help around the house or a night out.
-  **Leave your spouse's "stuff" alone** - even if it hasn't been used in years, they may not appreciate it being cleaned up in their absence!
-  **Accept help!** Let people take you out to lunch, come over and bring dinner, or baby-sit your kids.
-  **Limit news shows,** especially if your spouse is involved in a conflict or if your child is in the room.
-  **Get out of the house** - especially if you have little ones. Join a group in your area!

WHAT'S ON IN BURNHAM?

Mark these dates on your Calendar – all dependent on current Alert Levels

Mental Health Week 21 – 27 September: Many family activities.

Check in on the Burnham Community Facebook page for an update of where to be and when!

Halloween – Thursday 28 October: 4:30pm – 7pm. Lots of “spooky” fun. Burnham Community Centre

Twilight Christmas Gala – Thursday 25 November: 4:30 – 7pm. A Festive Extravaganza

For further information contact :

Kathryn Hodgkinson, Defence Community Facilitator
Phone 021 245 5099

THE PEACE ROSE

The Peace rose, formally Rosa 'Madame A. Meilland', is a well-known and successful garden rose. By 1992, over one hundred million plants of this hybrid tea had been sold. The cultivar has large flowers of a light yellow to cream color, slightly flushed at the petal edges with crimson-pink. It is hardy and vigorous and relatively resistant to disease, making it popular in gardens as well as in the floral trade.



It was developed by French horticulturist Francis Meilland, in the years 1935 to 1939.

When Meilland foresaw the German invasion of France, he sent cuttings to friends in Italy, Turkey, Germany, and the United States to protect the new rose. It is said that it was sent to the US on the last plane available before the German invasion, where it was safely propagated by the Conard Pyle Co. during the war.

The cultivar was hybridized in 1935, receiving the number 3-35-40 (the third hybridization in 1935, and the 40th cultivar selected for test proliferation). As those first tests produced beautiful flowers in autumn of 1936, the first no. 3-35-40 were grown in Meilland's rose fields in June 1939. That summer, cuttings were sent to partners in other countries. According to Meilland's records, 'Madame A. Meilland' was hybridized from the hybrid tea 'Margaret McGredy' and an unnamed seedling.

Because Meilland had sent out his cuttings just before the war, communication between the cultivators was not possible, which is why the rose received different names. In France, Francis and Alain Meilland decided to call the cultivar 'Madame A. Meilland', in honor of Francis' deceased mother, Alain Meilland's wife Claudia. This is the formal cultivar name. Other names are considered by the International Code of Nomenclature for Cultivated Plants as trade or selling names. In Italy it was called Gioia (Italian for "joy"), in Germany Gloria Dei (Latin for "glory of God") and in the US, Sweden, and Norway Peace.

The rose eventually became known as Peace. In early 1945 rose grower Meilland wrote to Field Marshal Alan Brooke (later Viscount Alanbrooke) to thank him for his key part in the liberation of France and to ask if Brooke would give his name to the rose. Brooke declined saying that, though he was honored to be asked, his name would soon be forgotten and a much better and more enduring name would be "Peace".

The adoption of the trade name "Peace" was publicly announced in the United States on 29 April 1945 by the introducers, Conard Pyle Co. This was the very day that Berlin fell, a day considered a turning point in the Second World War in Europe. Later that year Peace roses were given to each of the delegations at the inaugural meeting of the United Nations in San Francisco, each with a note that read: *"We hope the 'Peace' rose will influence men's thoughts for everlasting world peace"*.

Peter Beales, English rose grower and expert, said in his book *Roses*: *"'Peace', without doubt, is the finest Hybrid Tea ever raised and it will remain a standard variety forever"*.

Source: en.wikipedia.org/wiki/Rosa_Peace

INTERNATIONAL DAY OF PEACE— 21 SEPTEMBER

The International Day of Peace was established in 1981 by the United Nations General Assembly. Two decades later, in 2001, the General Assembly unanimously voted to designate the Day as a period of non-violence and cease-fire.

2021 Theme: Recovering better for an equitable and sustainable world

Each year the International Day of Peace is observed around the world on 21 September. The UN General Assembly has declared this as a day devoted to strengthening the ideals of peace, through observing 24 hours of non-violence and cease-fire.

In 2021, as we heal from the COVID-19 pandemic, we are inspired to think creatively and collectively about how to help everyone recover better, how to build resilience, and how to transform our world into one that is more equal, more just, equitable, inclusive, sustainable, and healthier.

The pandemic is known for hitting the underprivileged and marginalized groups the hardest. By April 2021, over 687 million COVID-19 vaccine doses have been administered globally, but over 100 countries have not received a single dose. People caught in conflict are especially vulnerable in terms of lack of access to healthcare.

In line with the Secretary-General's appeal for a global ceasefire last March, in February 2021 the Security Council unanimously passed a resolution calling for Member States to support a "sustained humanitarian pause" to local conflicts. The global ceasefire must continue to be honoured, to ensure people caught in conflict have access to lifesaving vaccinations and treatments.

The pandemic has been accompanied by a surge in stigma, discrimination, and hatred, which only cost more lives instead of saving them: the virus attacks all without caring about where we are from or what we believe in. Confronting this common enemy of humankind, we must be reminded that we are not each other's enemy. To be able to recover from the devastation of the pandemic, we must make peace with one another.

And we must make peace with nature. Despite the travel restrictions and economic shutdowns, climate change is not on pause. What we need is a green and sustainable global economy that produces jobs, reduces emissions, and builds resilience to climate impacts.

The 2021 theme for the International Day of Peace is "Recovering better for an equitable and sustainable world". We invite you to join the efforts of the United Nations family as we focus on recovering better for a more equitable and peaceful world. Celebrate peace by standing up against acts of hate online and offline, and by spreading compassion, kindness, and hope in the face of the pandemic, and as we recover.

The Peace Bell was donated by the United Nations Association of Japan in 1954. It has become tradition to ring the bell twice a year: on the first day of spring, at the Vernal Equinox, and on 21 September to celebrate the International Day for Peace.

Photo: UN Photo/Manuel Elias



Source: www.un.org

EVERYONE SERVES

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

■ Time with friends

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

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

■ Keep busy

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

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

■ Laugh every day

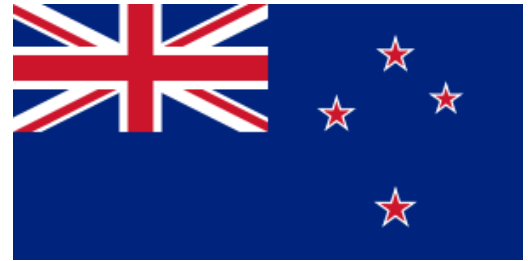
“The Human race has one really effective weapon, and that is laughter.” (Mark Twain).

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

■ Responsibilities

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

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



■ Ask for help

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

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

■ Memory box

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

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

■ Getting information

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

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

■ Breakfast for Dinner

“Food is the most primitive form of comfort.”

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



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

PERSONAL MESSAGES

The deadline for contributions and personal messages for The Bugle is the first Monday of each month (**the next edition deadline is 30 September 2021 at 4.00pm**). Please note: All Bugle messages are to be sent to Carol Voyce, DSO Burnham (email: dso.burnham@xtra.co.nz)



From In-Theatre

Dear Marcus and Jacob

I miss you boys very much.
I hope you are staying warm, it is very hot here and always warm, even in the middle of the night.
How are the drums lessons going Jacob? I look forward to a video or your efforts.
Thanks for the Fortnite updates Marcus. I look forward to having a game with you when I return.
Take care, I love you both very much.
Love Dada.

Dear P Squared

I know you have been busy and I hope things have settled down for you regarding your work and visitors.
I miss you a lot and love our yarns when we talk on the phone. I am proud of you busting out those runs early on a winters morning, it must be freezing. I haven't been cold here once yet.
Your smile is contagious and is the highlight of my day my sweet pea.
Take care, love P2.

To baby girl

By the time you read this we should be over half way through.
Its all down hill from here. The first half has gone quickly, lets hope the second half goes as quick.
You are doing such a good job with boys, if only they would let you sleep in lol.
Love and miss you so very much
Your army man
XOXOXOXOXOXOXOX

To Troy

I see all the things you are doing at school on Facebook. It looks so cool.
Mummy says your football is going very well also.
Missing you very much and looking forward to playing football with you.
I Love your new hunting gear.
So very proud of you, love and miss you.
Daddy
XOXOXOXOXO

To Ethan and Leon

I miss you both very much, and its great when we get to speak on the phone.
I love seeing the pictures and videos that mummy sends.
Leon—Happy first birthday. Sorry I cannot be there, your climbing is going so well. Hopefully you will start walking soon—think you are nearly there.
Love to both of you
Daddy
XOXOXOXOXO

To Bronda, Lulu, Pinkles, Geo, Julz, Emmz, Cotty, Sisco (my man) and Alaska,

I hope you are all staying safe in the lock down. I'd write more, but I'm too busy shopping on Amazon. Yassss Queen.

Dear Harry

I am happy to hear that you're reading so much during lockdown. Keep it up you bookworm!

Dear Lolo

Have you finished your puzzle yet?
1000 pieces is a lot!

Dear Max

Have you made the honeycomb brittle with Mum yet?

Dear Reety

I hope the cat came home. Did she get stuck in a tree?

Dear Mrs M

I hope you managed to get all the cookie out of the car seat button! Bet that was a 'fun' job?

Hi Wifey and Lexi

Hope you girls are doing fine during lockdown. I love you girls lots and lots.

Happy 28th Birthday my love

Sorry I wasn't there to spoil you.
Happy fathers day for September.
The kids are so lucky to have you.
"To the world you are one man, to us you are our World."
Lots of love xx

From Home

To Daddy Doug

We miss your cuddles and dance moves. We love you and look forward to seeing you in Summertime!
Love from Mila, Mummy and Frey

Daddy

I hope you have everything you need, and you are happy and your room is nice, from Troy. Kiss, kiss, love.

Daddy

Kiss and cuddle you and love hearts, from Ethan

Army man

We're past the halfway mark (in theory!), fingers crossed that doesn't change. We're all missing you loads, cannot wait to be a together again, love you loads and miss you xoxoxo Babygirl

Hi daddy / hubby

Happy Father's Day. Even with you so far away, Lexi's love for you has not changed one bit. She is constantly telling people about daddy being in "E-jip" and we are both so proud of you.
We're sad that we can't spoil you in person this Father's Day but don't worry—you will get LOTS of daddy/daughter time when you see back home 😊

We're looking forward to you coming home safe to us.
We love you always and forever.
Love Lexi & wifey

Happy Father's Day

Have a great day Dad. We will all be thinking of you. Looking forward to seeing you soon. Love from us all.
George, Leah and Max xx

FOR YOUR INFO—MAIL

Happy Father's Day
to Dads abroad,
Dads at home,
and Dads whose
memory lives on in
our hearts.

Under the current Alert Level 4, mail to deployment locations is suspended. Once these levels change and DPSC are able to safely process mail it will be forwarded by Courier to the designated locations.

We thank you for your understanding under these difficult circumstances and apologize for the delay.



Join Us for Dinner in Trentham or Linton

No cooking or dishes—just great food and great conversation.

Bring your Family

TRENTHAM:

TIME:

VENUE:

RSVPs:

Sunday 29 August 2021

5.15pm TO 7.00pm

Main Mess, Trentham

To Dee O'Connor

toodee.oconnor2@nzdf.mil.nz

LINTON:

TIME:

VENUE:

RSVPs:

Sunday

5.15pm

Linton Camp

Members attending **PLUS** vehicle registration number

0800 683 77 327 or 021 649 903

Email: janine.burton@nzdf.mil.nz

We are looking forward to your company in our respective locations to provide any further details so you will also be able to RSVP by return email.

NOTE: All adults will require photo ID for access to Military Camps

Our hostesses are looking forward to your company.

A NEW DATE WILL BE IDENTIFIED AND ADVISED SOON

**New Zealand Daylight
Saving Time Begins**

**Sunday
26 Sept 2021**



**So remember to move your
clocks forward one hour to
enjoy that extra hour of
early evening light**