

THE BUGLE

ISSUE 290
FEBRUARY 2022

THIS ISSUE

A Big Thumbs Up For A Season On The Ice!

Observer Group Lebanon

Accept The Past

Personal Messages

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 Janine Burton

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Disclaimer

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

Cover Photo:

Antarctica Happy Campers spending the evening on the sea ice.

L-R: Sarah Bouckoms,
Alana Mandalapa, Claire Dal Nogare,
Josh Frieders and ALSS Jana Ebbett

GUEST EDITORIAL

OPERATIONS SECURITY

Security Manager

Headquarters Joint Forces New Zealand

Reprinted from previous Bugles

As security manager for our operational headquarters it is my job to advise on and monitor all aspects of security within the headquarters. In Defence we always have an eye on security because it is an integral part of our business both at home and abroad but sometimes we forget that those people in our wider Defence community may not always understand why we need to apply security measures and this can pose a risk to deployed personnel and the Defence community at home.



The New Zealand Defence Force (NZDF) community includes all our people their families, friends and of course our retired Service personnel. Unfortunately the right messages about security do not always get out to all that need them. Also, in today's changing world out of date knowledge can be a dangerous thing and our extended community are always eager for information and updates on what is going on with our deployments. Sometimes this can lead to annoyance if information is not provided by Defence and people are asked not to talk about what they do know.

Operations Security, or OPSEC, is about keeping potential adversaries from discovering critical information about our military operations, related capabilities and intentions. OPSEC thereby helps to protect our operations; planned, in progress, and those completed. Military success depends on secrecy and surprise, so the military can accomplish the mission more effectively and with less risk. Our adversaries want our information, and they will get it wherever they can.

By being a member of the Defence community you may know some information that, when combined with other information, may give away detail that can be used against us or you. Some important points are as follows:

- do not discuss NZDF related information outside of your immediate family, especially not over the phone or via messages or email,
- do not disclose military or personal information on social media,
- keep your technology security software up to date,
- discussing sensitive NZDF related topics in public places can result in information being overheard and made public, and
- discussing possibilities or speculating can be misinterpreted as fact by those overhearing it if they know you are part of the Defence community.

All members of our extended military community contribute to our success, and we couldn't do our job without your support. You protect your family and friends by protecting what you know about the military's day to day operations. That's OPSEC.

If at any time you feel in any doubt about matters concerning security don't hesitate to contact Defence and for our family members the Deployment Services Officers are always able to assist you.



NZ Navy Leadership Ends Arabian Gulf Mission With \$15m Drug Bust

25 January 2022

For Royal New Zealand Navy's Captain Brendon Clark, the seizure of more than one tonne of drugs from a vessel in the Gulf of Oman was a fitting end to his time in Command of Combined Task Force 150 (CTF150).

CTF150 is part of a 34 nation coalition responsible for conducting maritime security operations outside the Arabian Gulf to ensure that legitimate shipping can occur freely. Its mission is to disrupt illicit activity such as the movement of people, weapons and narcotics.

"The interception and seizure last week by Royal Navy frigate HMS Montrose included 663kg of heroin, 87kg of methamphetamine and 291kg of hashish, with a regional wholesale value of \$US9.85 million (\$NZ14.7m). It was analysed and destroyed, denying funding for terrorist and criminal organisations" said Captain Clark, Commander of CTF150.

"Street value varies around the world; but from a New Zealand perspective, this shipment was worth \$NZ685.9m, showing the profit margins that can be made by those groups involved in supply."

"Disrupting this supply of narcotics is one of the key outcomes of the mission."

Over the six-month RNZN Command of CTF150, 14 suspect vessels were identified and intercepted with a total New Zealand street value of \$NZ3.05 billion of drugs seized and destroyed.

"In regional wholesale value dollar terms, this is the second most successful command in the 20-year history of the Combined Maritime Forces.

"The results are testament to the professionalism and hard work of the personnel, ships and aircraft operating under the command of the New Zealand led multi-national staff," Captain Clark said.

"I am extremely proud of the part we played and what we have achieved during our time in command."

New Zealand took over command of CTF 150 from the Royal Canadian Navy in July 2021 and has now handed over responsibility to the Pakistan Navy.

Source: NZDF



FOREIGN CORRESPONDENCE

News from Bahrain

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

Heading

LT Nikita Leeks

A big Kia Ora from our team to yours—not from the desert this time, but from the peace, tranquillity and slower pace of life that sees us nice and safe within MIQ isolation!

We did it! We have all made it safely back to New Zealand. After a solid flight, we are now working to entertain ourselves before eagerly awaiting the moment to be reunited with family and friends once again. What a time it has been as Op TIKI have said our goodbyes and offered our gratitude to a desert land which offered one grand adventure.

Our last few weeks in theatre allowed us the opportunity to round off the deployment with another two seizures which means we now walk away grateful to have been a part of a team that seized a very large quantity of narcotics which, when combined, have a NZ street value of over \$NZ3 billion. It is a very satisfying accomplishment to say the least and, as such, offers a clear representation of the efforts, both seen and unseen, that are used to fight the global network of the narcotic industry and subsequently its funding of terrorism.

Now that we are back in our homeland, it is great to consistently see the simplicities of life such as green grass and rain and to once again be surrounded by the classic Kiwi accent! A massive shout out to our Air Force brethren who cheerfully greeted us on our return with friendly chatter and some good, classic banter! Another big shout out to all the MIQ staff that are

taking excellent care of us, ensuring that our stay here is as comfortable as possible. As eager as we are to leave your acquaintance, we are so grateful for the work you are committed to in keeping us and all Kiwis safe amidst the uncertainty of this season. So thank you, thank you and thank you!



NZ hands over CTF 150 to Pakistan. Portions of both teams during handover



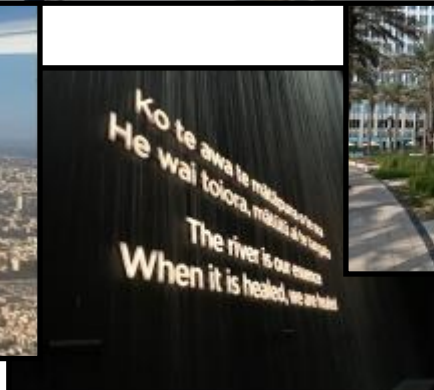
Above: Cake for changover



Left: FLTLT Nina White and LTCDR Melvyn Loh preparing to depart Bahrain



View of Dubai from the sky



World Expo 2020 held in Dubai Nov 20—Apr 21

A Big Thumbs Up For A Season on the Ice!

Able Rating (ALSS) Jana Ebbett
Logistics Operator

Isolation, a delay, a C-17 and a bunch of fabulous humans. We made it to Antarctica. After numerous conversations with very little said about that first moment on the ice, that first step off the C-17 on the 26th October 2021 at roughly 1800hrs was when I got to experience it all myself. Stepping off the plane at Phoenix Airfield blinded by the glare off the snow and that first hit of cold icy air on my face, I finally understood why so little was said before I arrived. It was a truly breathtaking experience and one which words would not do justice to.

I have been lucky enough to spend my season off the Hut Point Peninsula of Ross Island at one of the largest stations on the continent, McMurdo Station. 77 degrees 51 minutes S, 166 degrees 40 minutes E, roughly 3,864 km south of Christchurch and three miles from Scott Base sits the base for the United States Antarctic Program (USAP). Apart from the fact that there is no change in the time difference to New Zealand, everything is as you would expect an American station to be. Massive vehicles, sugary food, energetic humans and a whole lot of fun!

Mac Town is the core logistical center for USAP. There are three NZDF Kiwis; CPL David Maslin, LCPL William Beamer and I, who work alongside the individuals within the USAP to manage and maintain material inventory required for both day to day operation and various science projects being carried out down here on the ice. We are currently leading up to vessel operations which is said to be the busiest time of the season for the supply team. Each year, roughly around late January/early February, two resupply vessels visit Mac Town; a fuel tanker and a cargo ship which provide the town with materials, food and fuel to get them through another summer and winter season. For approximately 10 days on 12hr shifts, the supply teams will work around the



*Taken on Remembrance Day 2021, the three Kiwi Navy pers in Antarctica this season.
L-R: ACWS Briar Miller, LMED Max Neustroski, and ALSS Jana Ebbett.*

clock to get the vessels unloaded. Sounds fun right? ... Well I'll soon see!

Antarctica is a place not many get to explore and although work takes up the majority of my time, I haven't missed the opportunity to do just that during my time off. I took my favorite outdoor activity to the ice and went camping, I've walked through pressure ridges which look like waves of ice and

hung out with Weddell seals, I've hiked every hike I could and I got to ride a snowmobile to Erebus Glacier Tongue. Social events have been equally as fun. We wasted the Kiwi's at the tug of war, I danced in a crowd of people at ice stock, and I let them experience the best coffee in New Zealand, as Raglan Roast was an integral part of each morning.



FOREIGN CORRESPONDENCE

News from Antarctica

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room and hearing shrieks of laughter and being in an environment where everyone makes fun out of what's around them. Nothing unimportant matters here, you get to just be.

So after arriving disoriented, with very little knowledge at all of what was to come, I prepare to wind down and look at packing my bags again. It's time to say goodbye to a season of constant daylight, many frozen shipping containers I never want to see again, so many laughs and a bunch of new friends. It's been five months and being the homebody I am, I can't wait to squeeze my whanau and friends again. My summer season at Mac Town has been many things but this experience, these are the surreal adventures I live for.

What a privilege it is to have this Antarctica experience. I have learnt new skills in logistics, to appreciate and care for the environment, to make the

most of my surroundings and the people I'm with, and the best bit ... my phone was left at home! There is something uplifting about walking into a

A Deployment Full of Opportunities

CPL Thomas Robinson
Chef—Scott Base

Antarctica for me, has been an interesting experience, from camping next to a crashed plane to experiencing the freedom of a skidoo ride on the ice shelf, or taking a fat bike out to Phoenix Airfield. The opportunities here are phenomenal. As well as working in the kitchen and feeding the whole base it is definitely a work-life balance that is worth every moment.

There is plenty of opportunity here but during my time one that has stood out for me is the community we have become a part of. As a soldier, it is interesting to see other people's backgrounds and what drives them to come here. In the Army we are lucky enough to get posted here to support Scott Base



News from Antarctica

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operations during the summer, to feeling part of that is the most rewarding opportunity.

There are many things that we support as part of the Scott Base Support Team, from scientists conducting research such as measuring the thickness of the sea ice using a special device hanging from a helicopter called the EM Bird, to drilling sea ice cores and studying them back in New Zealand. They explained to us why this is important for climate change analysis and the data they gather down here is shared throughout the worldwide scientific community. To be part of supporting this research happening is very important to me. I think that climate change is a massive problem and anything we can do to help understand what is happening in the world is invaluable.

We also have been supporting the Antarctic Heritage Trust (AHT), who are down here to continue on-going work on the historic huts. They help maintain and look after the history of the early days of settlement in Antarctica. There are five historic huts on Ross Island which are over 100 years old. They were not designed to last this long but thanks to the work the AHT does, they are still standing and can be visited throughout the summer seasons each year. This work allows us insight into how the explorers who made that journey back at the start of the last century like Shackleton, Scott and Sir Ed Hilary, survived. We literally stand on the shoulders of legends. That is why it's such a privilege to help support that work.

Recently we helped with some maintenance of a local hut—Discovery Hut. This involved the moving of seal blubber inside the hut—we had to put a drip tray underneath it to prevent it from further damaging the hut. I was involved with helping put it back into



place with the professional members of the AHT team.

The reality of working at Scott Base is hard to fathom but it has many similarities to military life, such as sharing rooms and hanging out with the same people for months on end. We definitely know how to work through the problems and make it work for everyone; if you ever come here you may just make some of the best friends of your life.

It has been a privilege to share my

thoughts from my time here. It has been hard work feeding the base here but we have definitely played hard as well. My time here is coming to an end and it will be good to get back to NZ and get back on the motorbike and share some time with friends and family.

Big shout out to all the soldiers at 3CSC, maintain the rage.

FOREIGN CORRESPONDENCE

*News from
Sinai*

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

Signing Off

LTCOL Brett Morris
Senior National Officer

When I arrived in the Sinai in May 2021, I wrote a letter to the Bugle thanking families for their support. Back then I reckoned that we (the service people) couldn't do it without you. Nine months later, I would like to double down on that affirmation. I'll even go one step further and extend it to the Deployment Services Officers, Returned and Services Association volunteers, and the wider NZ public. Even the NZ media is deserved of a thank you for showing an interest and running a piece on us that aired online and with TVOne News.

Christmas in the Sinai ended up being awesome, we cooked traditional NZ kai (thanks NZ embassy), opened RSA parcels (thanks RSA), watched a great video from loved ones (thanks DSO's), and generally had a merry old time

chatting to family (thanks whanau and internet speed). If no one cared about us, we wouldn't have had anything to enjoy. Even the children from around NZ got onboard the waka. The handmade cards and handwritten letters were a real treat.

Serving in the NZDF is a bit of a team effort. Deploying and then thriving during the deployment takes commitment, comradeship, communication and discipline. We (the service members) know all about words such as those, we have them engrained into our psyches during the first few weeks of military service, usually by some gruff but well-meaning non-commissioned officer. But it's not until a deployment where we begin to understand that it's not just us that have to show that these words have meaning. Our families practice commitment, to us and with the extra work that is required to keep the home

fires burning. Our whanau demonstrate comradeship, to us and to others that they wouldn't usually lean on or be leaned on by. Our friends and loved ones show good communication, to us and each other while we are away. The ones we care for show discipline, to us and those around them, while remembering that each day is one day closer to our Return to New Zealand (RTNZ).

I've got less than 30 days to go. COVID-19 scuppered any chance of leave. When I finally get home and out of isolation, I will have been away from home just shy of 11 months without a break. She will be embarrassed, but I'd like to thank my wife, Anna. I couldn't have done it without her support. Luckily, she's probably too busy with the boys to read the Bugle, so I'll likely get away with it.

Later Egypt, see you soon NZ.



The many Christmas cards from kids in NZ adorning Lt Col Morris' desk

Life In North Camp

Men of the North

The first week upon arriving in Sinai, Egypt, we spent in South Camp where we gained a basic insight into the people we would be working with. However, the Men of the North departed for North Camp early Sunday morning (28th Nov). After a short drive to the Sharm El Sheik airfield and a slight wait for the bus to take us to the CASA, we were ready to go. The easiest way to explain the CASA is a mini-C-130.

Upon arriving in North Camp, we were greeted by our Aussie counterparts who took us to 'The Billabong' (or 'Bong' for short), our residence for the remainder of our time in North Camp. Living with our ANZAC brothers came with a mix of trans-Tasman rivalry and banter, but also the ability to join forces and introduce the Americans to cricket and soon, pineapple lumps. Currently there have been no major sporting activities between our two countries to test the strength of the relationship, especially after watching the unrelenting banter towards the UK guys regarding the Ashes.

When told life in the north was a little cooler, we were not expecting it to refer to the temperature, being a desert as such. Currently it is winter, and prior to leaving New Zealand we were expecting the weather to be more like a mild winter. This was not the case; the weather up here is more like a typical winter back home just add the dust to the wind. This sand that is blown around causes several issues inside and outside the camp, most notably on the roads. There have been several occasions where patrols have reported roads being completely covered with sand which required clearing. Not all is bad as this provides a good opportunity to see life outside the walls surrounding the camp.

Apart from being away from most of the Kiwis, the biggest challenge is the language barrier—good thing for Google translate. This also provides a great opportunity to learn and teach a new language not only to the MFO



Spectators learning new tricks for North Camp Football Competition

people we work closely with, but also the local Egyptian workers. By having a wide variety of different nationalities working alongside and around us has also provided perspective on their cultures.

Although North Camp is literally in the middle of nowhere, there is still a vast range of activities for us to fill in time or socialize with members from other contingents, such as playing sports in the well looked after gymnasium (looked after by NZCON PTI and 7 COLCON Staff members) or its additional facilities like the football field, courts, lawn bowls and many more. Other less physical activities include visiting other contingents 'hang

out' areas, or the camp cinema to try and watch the latest movies (or old ones).



North Camp pool

FOREIGN CORRESPONDENCE

*News from
Dubai*

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News From the Middle East Region (MER)—Op TROY

SGT Mikey Bennett
Operations Officer, Op TROY

It has been busy for Op TROY team over the January period with the Op MOHUA and Op TROY hand over/ takeover being carried out concurrently. Thanks goes to the outgoing Warrant Officer, Information Systems Operator and Air Mover for their hard work over the last seven months, especially with their efforts during Op KOKAKO. Also congratulations to CPL S for your promotion on posting.

Adverse weather conditions added to the mix with torrential rain testing the integrity of the Kiwi Lines infrastructure, making up for two years of no rain. Suffice to say water proofing operations

are still ongoing, however it was a refreshing change in the weather and good for the grass.

The main effort for Op TROY has been accommodating transiting troops, ensuring they are supplied with the necessities for their mission, fed, equipped, acclimated and rested before moving forward or rearward from or to their various missions. Pushing freight in and out of the MER to these missions has kept the SupTech and Air Mover busy coordinating with our coalition partners to get the freight and personnel moving to where it /they need to go.

Maintenance around Kiwi Lines has been ongoing which was much needed

in some areas. Ensuring we keep Kiwi Lines at a good standard to provide respite for transiting troops and little pieces of NZ as a reminder of home is important.

A big part of my job is working with our contracted partners Inchcape Shipping Services (ISS) to coordinate repair, maintenance and cleaning of Kiwi Lines. ISS aids us in the vision we have for Kiwi Lines and are a great bunch of people, easy to work with and go out of their way to assist wherever they can and keeping themselves contactable 24/7. Thanks team.

When we have down time we try to participate in the other coalition activities, recently attending the



The Op TROY team

News from Dubai

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



SNO and WO during handover



Dutch WO



CPL S promoted by the SNO

Command Handover Parade for the Netherlands. We also get out when we can, which has proved difficult with the whole world dealing with the various variants of Covid-19. However myself and the Systems Operator were lucky enough to be able to take part in the Dubai Fitness Challenge, a 10km run through the heart of Dubai City, along with 1,650,000 others that participated,

the largest to date and pretty cool to be a part of.

Last but not least, thank you to our families back home for holding the fort and supporting us from afar, We miss you all. Kia Kaha.



Dubai Fitness challenge



The Incape team

FOREIGN CORRESPONDENCE

*News from
South Korea*

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not necessarily those of the NZDF

Reflection As We Pass the Halfway Mark—Op MONITOR

WO Chris McKeich
Future Ops Warrant Officer

As the midway point has now come and gone and we move into 2022, I thought it a prudent time to reflect on my tour thus far with United Nations Command (UNC) in the Republic of Korea. As a Navy Warrant Officer, I have been privileged to have conducted a couple of land deployments in my career so adding one with the UNC is another fantastic opportunity and learning experience for me.

With my role being one of the new positions in the UNC HQ I have taken every opportunity to add value and identify areas where we can support the UNC mission from a SNCO perspective. I also want to ensure that my replacement and future SNCO's have an established position and work streams to walk into for their deployments.

My position reports directly to a US Army COL and is based in the Future Operations section of the UNC HQ. We have a fantastic working relationship and I take every opportunity to pass on as many Kiwi colloquialisms as I can to him.

Being the Senior Enlisted in the Command has meant representing the UNC at a number of multinational meetings and events. One of my fondest memories to date was being asked to join ten US E9's at a Keystone learning event at the Korean Combat Training Centre (KCTC). We formed a panel that was attended by a few hundred JNCO's and was live-streamed across several South Korean military bases. What struck me the most was as we got off the bus I was literally mobbed as it would appear it was the first time they had seen, let alone interacted with, a New Zealand SNCO.

That event was followed up a month later as we hosted a follow up session on Camp Humphreys for E9's from the US, Republic of Korea and now a NZ



COL Hightower (boss) and WO McKeich at the Trafalgar mess dinner



WO McKeich at the KCTC

News from South Korea

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



WO McKeich at the KCTC



member. The event was opened by General LaCamera, Commander for forces on the peninsula and had me delivering a presentation on the UNC's past, where we are today and our priorities for 2022. The KCTC events

will continue and look to be a bi-monthly occurrence which can only further develop and cement key working relationships at this level. These activities help educate the various forces and sending states on

what the UNC contributes to the overall mission here in Korea.

Other areas of work have included getting involved with developing a mentorship programme, being a panel member on quarterly awards, organizing ceremonial events, and commencing work on a few policy initiatives that the UNC are looking to develop.

Naturally it hasn't been all work, and when the opportunity has arisen I've managed to get out and enjoy some downtime. Before the weather got to

the point where it is at now (-12 this morning) I got up to Camp BONIFAS and managed to get a few golf shots away on the world's most dangerous golf hole. Yes, a bit of a gimmick, however an opportunity I couldn't pass up for a photo opportunity.

To say the first four months have flown by would be an understatement. Even though due to Covid we haven't been able to see as much of South Korea as we would have liked, the work has been fantastic and extremely rewarding. The Kiwi contingent are a great bunch and are representing and flying the NZ flag in our various positions across the organization with pride and professionalism.

That's it from me, but it would be remiss of me if I didn't give my wife Kimberley a shout out, especially missing our ten year wedding anniversary and all. "You are doing a fantastic job on the home front – See you soon 😊".

Te Taua Moana o Aotearoa

I am a sailor of the Royal New Zealand Navy



FOREIGN CORRESPONDENCE

News from Middle East

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Observer Group Lebanon

CAPT Delia Stammers

There are four Kiwis in Lebanon at the moment, working for Observer Group Lebanon (OGL) as part of the United Nations Truce Supervision Organisation (UNTSO). Before we got to PDT, none of us knew each other, but there is something about living this closely with others that really brings you together. I have been here since October 2021, and in that time I have had many more experiences than I ever thought possible.



From arriving at the end of summer feeling like I was on Mars, to freezing in the snow in the South East of Lebanon, the weather is like nothing I have experienced—both hotter and, at times, colder than Waiouru at its best and worst! Recently the scenery has reminded me of Tekapo on a nice winter's day.

One of the strangest things to get used to has been the idea of having a land border with another country, and seeing firsthand the tensions and hostility that exists between Israel and Lebanon. Coming from NZ where all our neighbours are friendly, and we have the ocean around us to protect us from encroachment, it is fair to say that this aspect has been an interesting experience.

We had the opportunity to visit some interesting sites, including the Chateau Beaufort, a 12th Century Crusader castle situated on a cliff overlooking the Litani River, which has been held in recent years by the Palestinian Liberation Organisation, the Israeli Defence Force, the Lebanese Armed Forces and Hezbollah. The castle used to be one of the OGL observation platforms but is now outside of our Area of Operations.

I think that so far, the highs have been all the learning—culture, language, food, and geography – as well as the people—the team members, the Language Assistants and the local civilians. The lows, and there haven't been many, are seeing the dire situation the locals live in and the lack of ability to do anything meaningful to help them out of it.

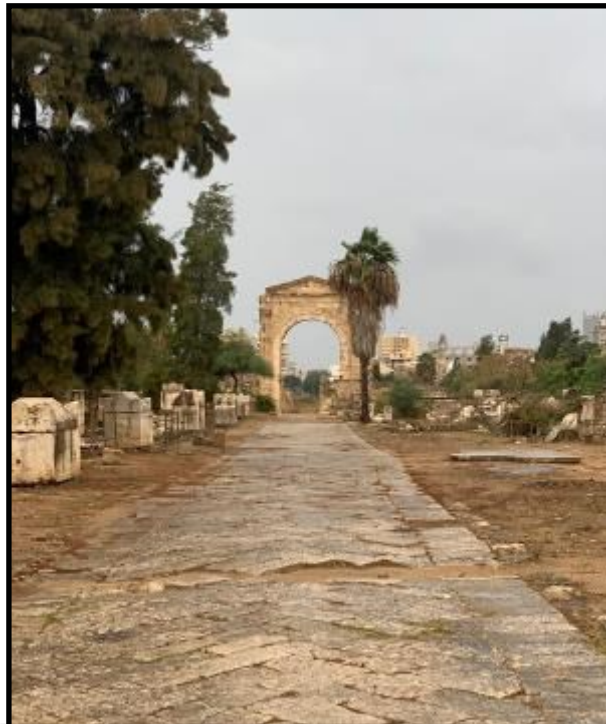
There are a number of cultural differences to experience here too, such as the Lebanese language, the food, the driving (which is absolutely mind boggling) and the attention we get

related to being a foreigner. However, it isn't just Lebanese culture that we learn about here. Working with multiple nations closely day-to-day gives you an appreciation for the other UN cultures, and a greater love for our own. It makes spending time back in Tyre with other Kiwis much more special. Often we find that we are not easy to



News from Middle East

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understand because we talk so fast and use a bit of jargon. We have to readjust after each small leave block!

Living in Tyre is unique to the OGL experience with each nation generally having their own accommodation which is checked for safety and security by the OGL Security Officer. The Kiwi House is a fantastic place to live, despite often not having electricity and having minimal ability to heat or cool it depending on the season. It is a beautiful city but has recently been afflicted, like the rest of the country, by the severe economic downturn and

the lack of access to vital resources. The Souk, which is at our doorstep, is a fascinating place to walk during time off, seeing and smelling the shops which range from selling gold, spices, and trinkets, to knock-off clothing and freshly butchered meat of all kinds.

Of all the things that I have experienced so far, I think I am most looking forward to, but also slightly dreading, is the appearance of summer with its 40+ degree days for weeks on end.

I am truly grateful for the experiences I have had in Lebanon so far, it has honestly taught me so much about myself, how to work with and understand other cultures, as well as about the UN system, and I can't wait to see what the next eight months brings.



DSO'S CORNER



Janine Burton

Deployment Services Officer

many of our family members that what technology provides is priceless in this regard. When I first started as DSO that technology was just coming into its own—emails were becoming a common way to keeping connected, then came SKYPE. Now there is all manner of technology that is in use and that families just have to choose which particular mode works best for them.

One wee project technology worked well for was set up by CAPT Rewi Hudson, currently in Sinai. He set up a Dropbox file and asked that I contact all our families to request that they record a short message for their loved one who would be spending Christmas over there—without the contingent members knowing. I love this sort of stuff and more than happy to oblige, I emailed the families and the response was tremendous. Over 65 media files were received; approximately 16mins of footage. It was cut down for the night, however each message was sent to its intended recipient. Lots of laughs and a few tears, but overall complete shock and surprise. Mission Success! Outstanding effort Rewi and I'm sure that all contingent members appreciated your forethought on their behalf.

Scarily though, we all rely on technology these days and all is well while the technology functions, but when it doesn't then everything comes to a standstill—like computers, our cellphones, even our vehicles these days have so many computer components to operate. In general though, technology is the way of the world and 99% of the time is reliable.

Happy Valentines everyone.

February already! 2021 seemed to pass in a blur and I don't hold out much hope for 2022 slowing down either at this rate, as we publish our second Bugle for the year.

This year we have already seen personnel depart for their deployments and others have returned; still in isolation but at least back on home soil. By publication date of this issue, you may already be reunited with your family, friends and colleagues, and be enjoying the comforts of home.

In reaching the DSO's Corner you will already have seen the Bugle contributions from a number of missions; some are regular contributors and some are occasional. In various locations around the world our people are making valuable contributions to their particular missions in many different roles. I hope that you have enjoyed the snapshot they have provided of their particular mission location. They say that a picture paints

a thousand words; the photos that have come through are so valuable and indeed tell a story all of their own. Perhaps you were able to recognise a face or two?!

I want to sincerely thank all our missions for sharing their stories from locations which many of us are very unlikely to ever visit. Your input to the Bugle is truly valuable and gratefully received.

Likewise, on the Personal Message page you will see many messages from our deployed to their loved ones at home. A huge number of messages from overseas, and for those on the receiving end, I'm sure that this is something special for you to treasure in the years ahead. You may even look back in years to come, and maybe on those significant anniversary dates, to maybe re-read and remember this period in your lives.

Communication plays a major part in surviving the deployment journey and I know from feedback and in talking to

We are here for you!

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

Contact Janine Burton, DSO Linton 0800 683 77 327 or 021 649 903

Email: janine.burton@nzdf.mil.nz

Stay Smart Online: Use Social Media With Care



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

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

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

Some things to remember when online:

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

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

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

ACCEPT THE PAST



What rings true?
A Chaplain's brief contemplations on relationships.

Drop the Bag!

We deserve a good life. I meet folk who know this fact as an idea in their head but it has not sunken down into their heart, their innermost being. We often struggle to accept the past and sadly, the past can indeed corrupt the present. Drop the bag! Easier said than done I hear you say—and fair enough too. It can be hard. But if we are content to live amongst our baggage we, by default, keep that baggage alive and affecting us in the present.

When our baggage is caused by serious mental and/or emotional trauma, then almost always, we will need some professional clinical help. If that is you—then pick up the phone and ring the number below and start your journey towards dropping the bag and moving on. Alongside professional help, what are some of the things we can do when we have unwelcome emotional echoes, thoughts, default moods and feelings from the past crashing into our present, shaping our today and tomorrow and wrecking our relationships? We are not as powerless as we feel!



Having arrived at today does not mean we have to turn aside to the baggage-claim area and pick up yesterday's bag. There is a certain amount of healing in saying to ourselves that we simply don't want to pick up our bag. It can stay in the past. It is no longer ours. Whatever we give our attention to eventually gets us. We can choose to turn our attention to other things, positive things to do with today. You will always travel in the direction of your dominant thought.

Other times we find ourselves reacting to a particular event in a way that seems over the top, and out of perspective. In this case, the reality of what is before our eyes has not shaped our feelings and thoughts. Something extra has been added—unwelcome baggage. Sometimes saying to ourselves, "that was then, but this is now", we can tell our unwelcome thoughts and feelings that they are indeed absolutely not welcome. Repeatedly saying, "that was then, but this is now", directed at unwelcome baggage does over time shape our reactions to reflect the reality of what actually happened today.

As we journey through life, before we get anything else—we must get organised. Clear the desk, get rid of the clutter, organise the calendar and the contact list. Clutter and baggage drain us of energy—they burn daylight, waste life. How we feel depends on two things, what we think about and how we think about it and only we can change these. I need to organise my baggage in such a way that I only pick up the bags of blessing, good things from yesterday and let them speak into today.

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

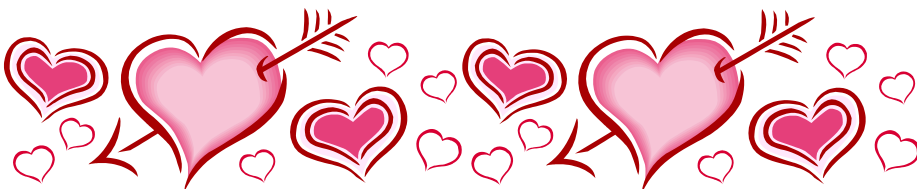
Regular and Reserve Force, Veterans, Civilians and their families can access Wellbeing and Counselling support on 0800 NZDF4U (0800 693 348).

CHAP3 Hamish Kirk
Linton Military Camp

VALENTINE'S DAY— Fact or Fiction?



- * Legend has it that Valentine was a priest who served during third century Rome. There was an Emperor at that time by the name of Claudius II. Emperor Claudius II decided that single men made better soldiers than those who were married. With this thought in mind he outlawed marriage for young men in the hope of building a stronger military base.
Supposedly, Valentine decided this decree just wasn't fair and chose to marry young couples secretly. When Emperor Claudius II found out about Valentine's actions he had him put to death.
- * Another legend has it that Valentine was an imprisoned man who fell in love with his jailor's daughter. Before he was put to death he sent the first 'valentine' himself when he wrote her a letter and signed it 'Your Valentine', words still used on cards today.
- * Perhaps we will never know the true identity and story behind the man named St Valentine, but this much is for sure ... February has been the month to celebrate love for a long time, dating back to the Middle Ages. In fact, Valentine's Day ranks second only to Christmas in the number of greeting cards sent.
- * Another Valentine gentleman you may be wondering about is Cupid (Latin cupido, "desire"). In Roman mythology Cupid is the son of Venus, goddess of love. His counterpart in Greek mythology is Eros, God of Love. Cupid is often said to be a mischievous boy who goes about shooting people with his bow and arrows.
- * A young girl was supposed to marry, eventually, the first eligible male she met on this day. If a girl was curious and brave enough she could conjure up the appearance of her future spouse by going to the graveyard on St Valentine's Eve at midnight. She would then sing a prescribed chant and run around the church twelve times.
- * In England little children went about singing of St Valentine and collecting small gifts. It was also customary to place valentines on their friends' doorsteps.
- * It was thought that birds chose their mate for the year on February 14. Doves and pigeons mate for life and therefore were used as a symbol of 'fidelity'.



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 or 021 649 903

Burnham—
Ph: 0800 337 569 or 027 449 7565

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

For additional support and services:

Army:

Defence Community Facilitators:

Linton:
Lesley Clutterbuck—Ph: 06 351 9970

Trentham :

Dee O'Connor—Ph: 04 527 5029

Burnham:

Kathryn Hodgkinson—Ph: 03 363 0322

Waiouru:

Rebecca Smith—Ph: 06 387 5531

Papakura:

JJ—Ph: 09 296 5744

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:

Emma Murtagh—Ph: 03 577 1177

Base Ohakea:

Bridget Williams—Ph: 06 351 5640

Navy Community Organisation:

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

Local Chaplaincy Services

Unit Point of Contact

HOW TO SET LIFE GOALS

Make a great start with these 11 examples of awesome life goals

Sometimes it can seem that society is all about achieving and succeeding (or at least being perceived that way, sometimes just on social media!). As a result, some of us might feel pressure to accomplish life goals, big and small, in everything from finances to personal growth.

Amid all this, it's essential to take time and try to figure out what you want. Your life goals should reflect who you want to be and how you want to live your life, which is **not** necessarily how society wants you to live or what your friends or family may want!

The information below should help you clarify those life goals a little and give you some ideas for personal goals that you may or may not want to incorporate into your own life.

What are life goals?

Before getting into some specific goals, it's essential to understand what life goals are and how to set good ones.

A life goal is a long-term goal that you hope to achieve in your lifetime. Because these goals are so big, you must have strong motivation and desire behind them; otherwise, they will be tough to achieve.

When it comes to creating and setting goals for yourself, consider following these tips:

- Identify all the different categories you want to be setting goals for in your life. These could include career, business, health, financial, and educational.
- Visualize what you want your life to look like and use that to motivate your goals. Once you have a clear vision, write down as many goals and objectives as possible.
- Utilise SMART goals. A SMART goal is Specific, Measurable, Achievable, Realistic, and Time-bound.
- After your first draft, review your goals after a week or so. After some time has passed, sit back down and review your goals. It's likely that not every purpose will seem so appealing to you. The ones that stick out are the ones that you should keep.
- Build a plan for how you'll accomplish these goals. To reach your goals, you'll need to build a detailed plan that considers life can sometimes get messy. Commit to this plan for the long-term and you'll find that achieving goals is that much easier.
- Now that you have a good idea of planning and goalsetting, let's look at eleven goals to achieve that might inform some of your own.

11 awesome life goals to set and get to work on

1. Buy your first home, or dream home

Real estate is one of the most potent ways to build wealth. Not only do you get to take advantage of appreciation, but you also get to use leverage

(borrowing) to boost your returns. The best part: owning a first home or dream home can also be part of your life goals!

Owning the perfect property for yourself and your family is one of the

best goals in life because it means you'll have your very own place to call home where you can feel relaxed and comfortable. Of course, it takes time to





save up the required money to purchase or build your dream home, but the resulting ownership is worth it.

2. Become a Mentor

“When you teach, you learn.” This applies to the academic world, but it’s also true of real-world skills. So, if you have something that you’re good at, consider making it a life goal for yourself to mentor someone else in the subject.

Whether it’s fixing real estate investment properties, weaving, public speaking, music or designing beautiful house plans, find something you’re skilled at, find someone willing to learn and share your knowledge with the world. Not only will you feel better, but you’ll also impact many people’s lives.

3. Learn another language

Have you always wanted to travel the world and visit different countries? Are you also interested in all the different cultures around the globe? If so, learning a new language might be a big goal you can set for yourself.

Mastering another language will not only provide you with a valuable new skill, but it will also help you get more opportunities (and maybe even help you achieve other goals).

4. Run a Marathon (or Half Marathon)

Running a marathon is not some short-term goal that you can achieve without a “take action” mindset. It’s hard to follow through with, you’ll need to improve your physique, and you’ll have to stay focused for a long time to succeed.

However, it’s for these very same reasons that running a marathon is so worth it. By achieving this life goal

through hard work, you’ll build willpower, self-confidence and feel happier than you ever have. Of course, it takes real dedication, but the reward is well worth the commitment.

5. Travel

Traveling the world is often at the top of most people’s lists and resolutions. It’s essential, however, not to be vague. If you want to travel the world, make sure to list exactly how many countries you want to visit (and even better, write down exactly which countries those are).

By setting this as one of your life goals and committing to achieving it, you’re essentially forcing yourself out of procrastination and giving your life a sense of urgency. After all, you only have so much time at your disposal to travel the world with.

Don’t want to explore overseas due to Covid? Fortunately we live in one of the most amazing travel destinations, so maybe it’s time to consider what this website suggested are NZ’s top 24 travel destinations.

6. Build a big investment fund,



or repay all debt

Getting your finances straight is one of the best long-term moves you can make. This sort of goal could take a few different forms, maybe including:

- **Repaying debt.** Debt is one of the biggest things holding many people’s finances back. Not only will this motivate you to work hard and progress in your career, but it will also teach you saving and budgeting skills that will benefit you for life.



- **Invest for the future.** This could vary depending on your age and stage of life. Some might have an investment goal related to early retirement or (especially for younger readers) could be focused on saving a home deposit. Some may want to build passive income while others might want to invest enough to pay for their children’s education, or to buy a Bach.

7. Start a business

Sick of working 9-5? Want to challenge yourself or add a bit more value to the world? Have you always wanted to be your own boss and work flexible hours on your terms? If so, a life goal that might appeal to you is starting a business.

It’s true, starting a business is time-consuming, and you’ll need to overcome many obstacles, but the good news is that it’s easier today than ever before. In addition, being a small business owner, you can control the income and keep more money in your pocket.

There are more opportunities online today for businesses and money-making than there ever has been in the past.

8. Drive of Buy your dream car

For most people, their car is one of their most beloved possessions. So why not make it a goal in life to buy your dream car? Just like many of the things on this list, you'll need to save up money and stay accountable along the way, but the result is that you'll have a beautiful vehicle to discover new places and ride down the open roads.

If you're a car junkie or even just a lover of luxury items, consider making 'driving or buying' your dream car one of your life goals!



9. A relationship goal

Maybe you could better develop a friendship, family, or relationship?

Some examples of goals with a partner might be:

- Put each other first
- Set regular date nights

- Set aside deliberate alone time, without distractions or devices
- Do something new together
- Make regular time to talk about the relationship
- Plan a trip away

While family goals might be:

- Have meals together
- Do a community or charitable project together
- Take a family portrait
- Plan a holiday
- Work on home projects
- Declutter your home
- Plan family fun days
- Build family financial literacy

You could also set similar goals regarding colleagues, friends or family.

10. Become a millionaire

Why not make a goal to make a million dollars?

Achieving this goal will require accountability, personal development, and lots of problem-solving skills. Though it might be hard, it's undoubtedly attainable in your lifetime.

11. Get in shape

Some goals are more personal than others.

For example, if you're not happy with how you look right now,

you might make it a life goal to lose weight and keep the weight off.

Ask yourself what it will take to achieve this goal and whether you're willing to put in the work and sacrifice necessary. And, it doesn't necessarily mean you have to start working out. Instead, you can usually quickly lose weight simply by eating healthier.



The bottom line: set awesome goals for yourself

Depending on your starting point, some of the goals above might take years of focused effort to achieve, while others can happen quickly. Whatever the case, the first step to achieving anything is always setting your mind to it. After that, create a personal target for yourself and make a plan (with deadlines) to achieve your desired end goal.

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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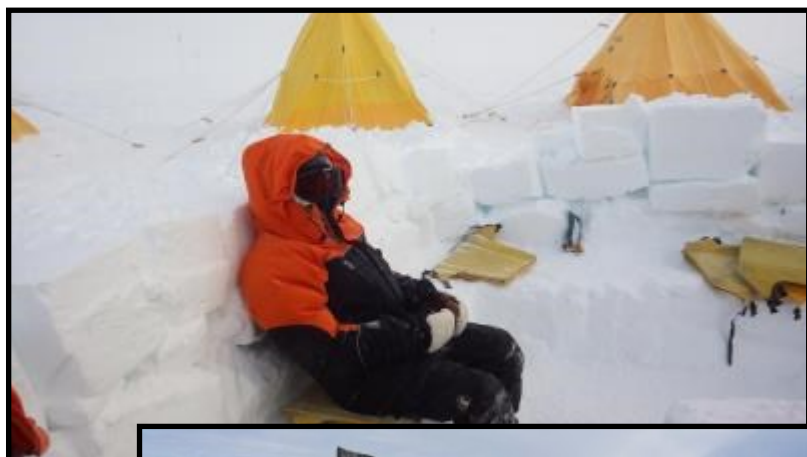
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Please get in contact with us with any questions about your financial needs. Feel free to call us on **0508 Milestone (645 378)** or email info@milestonedirect.co.nz. There are no costs involved until an adviser has established your specific needs.

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 Antarctica.



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 last Friday of each month (**the next edition deadline is 25 February 2022 at 4.00pm**). Please note: All Bugle messages are to be sent to Janine Burton, DSO Linton (email: janine.burton@nzdf.mil.nz).

From In-Theatre

To Zac and Josh

Sending you all my love and missing you every day. This month we're halfway through my time away and I'm so proud of how well you're both doing. Love you both to the moon and back. Daddy

To my darling Jellyfish

Happy Valentine's Day princess, I'll be thinking of you despite the distance between us. With all my love, forever and always.
Walrus
xoxox

Dear HAME

I will see you soon boys! Thanks for being so kind to Mum, I can't wait to give you all a great big hug.
Love Dad

Dear Mrs M

Happy wedding anniversary for the 22nd. 9 years! I'll see you soon, not long to go now. We made it!

Happy Valentines Day Baby

I miss you both heaps & can't wait to come home.
Forever & Always
Love Sharnie

Hey Possum

Missing my lil shining legend. I'd send you gerberahs for Valentines, but would rather give them in person—I'll be looking for the girl with the gold number! Excited for hill runs, beach walks, and picnics, and making dinners for you in OUR house.
Live ya xx

Emma

Close together or far apart, you're forever in my heart.
Happy Valentine's Day.
Love Tom X

To Pammie Puma

You'll always be my kiwi chick.
From your Pommy Valentine

Happy Valentine's Day baby!

I've skipped Valentine's Day again and am on a roll. Can't wait to see you xx

Happy Valentine's Day Buggy

I hope my card gets to you in time.
Miss you so much and love you to the moon and back!

Hey boys

I hope you have reunited well and are back to being the best of friends. Don't jump on your brothers back too much Beary. Can't wait to see you guys!

Hi my Luvy Duvy, Darling Dearest

You're my forever love and I'm so grateful. You give my heart peace over and over again. You are my Valentine every day, in every way. We're growing old together with a love that's forever young. We've loved each other through good times, and rough spots and life's joys and sorrows. I'm so thankful for that. I love you so much!!!
I wish I could be there in person to celebrate this very special day, but it's not too long before we will back in each other arms again.
Wishing you the sweetest, happiest day to my forever Valentine.
Lots of Love, Hugs and Kisses!!!
Your Maui xxx

Happy wedding anniversary!!!

Thank you for everything you do for the boys and I. We are so lucky to have you. Remember "you're still the one I love" xoxo

JJ and BJ

I hope you are enjoying your new school and making lots of new friends. I love you and miss you lots xoxox

To Emily

Happy Valentine's Day.
Hope Dizzy spoils you. I Love you to the moon and back.

Happy Valentines my love

I miss you so much you beautiful woman.
Best wife
Best mother
Love of my life
4221



To my darling wife Belinda

Happy Valentine's Day beautiful. I am very fortunate to have you in my life and would not be at this point in my career without your love and support. You are an outstanding wife and mother who has sacrificed so much. Looking forward to coming home and giving you a well-deserved break!
From your loving hubby, Heath xxx

To the Southcombe Whanau

Well, over two months down and the time is going by quickly (here anyway). Great catching up with you all on line and seeing what you're up to over these holidays.

To my darling daughter Miriama

Good luck at your new school, keep up the biking, and look after Mummy for me please.

To my awesome daughter Kataraina

I hope you enjoy your new school and have fun. Please get some sleep so Mummy can rest!!!

To Ariana, Liam, my favourite mokopuna Maihi, Samara and Tai

All the best for the new year and thank you for supporting BB when needed—very much appreciated.

To Izhian and Kimmy

All the best for the new year and look forward to catching up again.

And to my outstanding beautiful wife

School is almost starting—you might be able to rest!!!!
Love you all whanau, take care of each other.
Hubby, Dad, Koro

From Home

Baby cake

Happy Valentine's Day. Yet another one you managed to dodge! Lucky you have a cute bum.
Bear and Bugs miss you heaps and are already over my lame attempts at being a "fun Dad" stand in.
Almost half way, and then the countdown starts.
You're on our mind everyday. We love you forever and always
Your family staying strong at home xx

Dear Dad

I love you so much and I hope you are having a wonderful time in Egypt.
I miss you and can't wait to see you when you come back home
Love Cohin

Schnookhims

I miss you so much my handsome, can not wait to snuggle into the nook!! You are the most amazing man my honey, so in love with you.
Peow peow

Happy Valentine's Day my love!

Only a few days to go until we can celebrate together—having you home is the only gift I could ever need or want, and I'm so excited to be reunited! I am so proud of you and the resilience you have shown throughout this time, you are truly a real life hero and I love you with all of my heart. We were brave and we made it, now there's only a flight between you and biggest hug in the world my love.
Safe travels and I'll see you very soon!
I love you xoxo, B.



*Wishing you all a
Happy Valentines Day!*

Three Good Things

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

What is the "Three Good Things" or "What Went Well" exercise?

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

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

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

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

There are just three conditions for this exercise:

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

See how you go.



NZDF RESPONDS AFTER ERUPTION

