

THE BUGLE

ISSUE 291
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THIS ISSUE

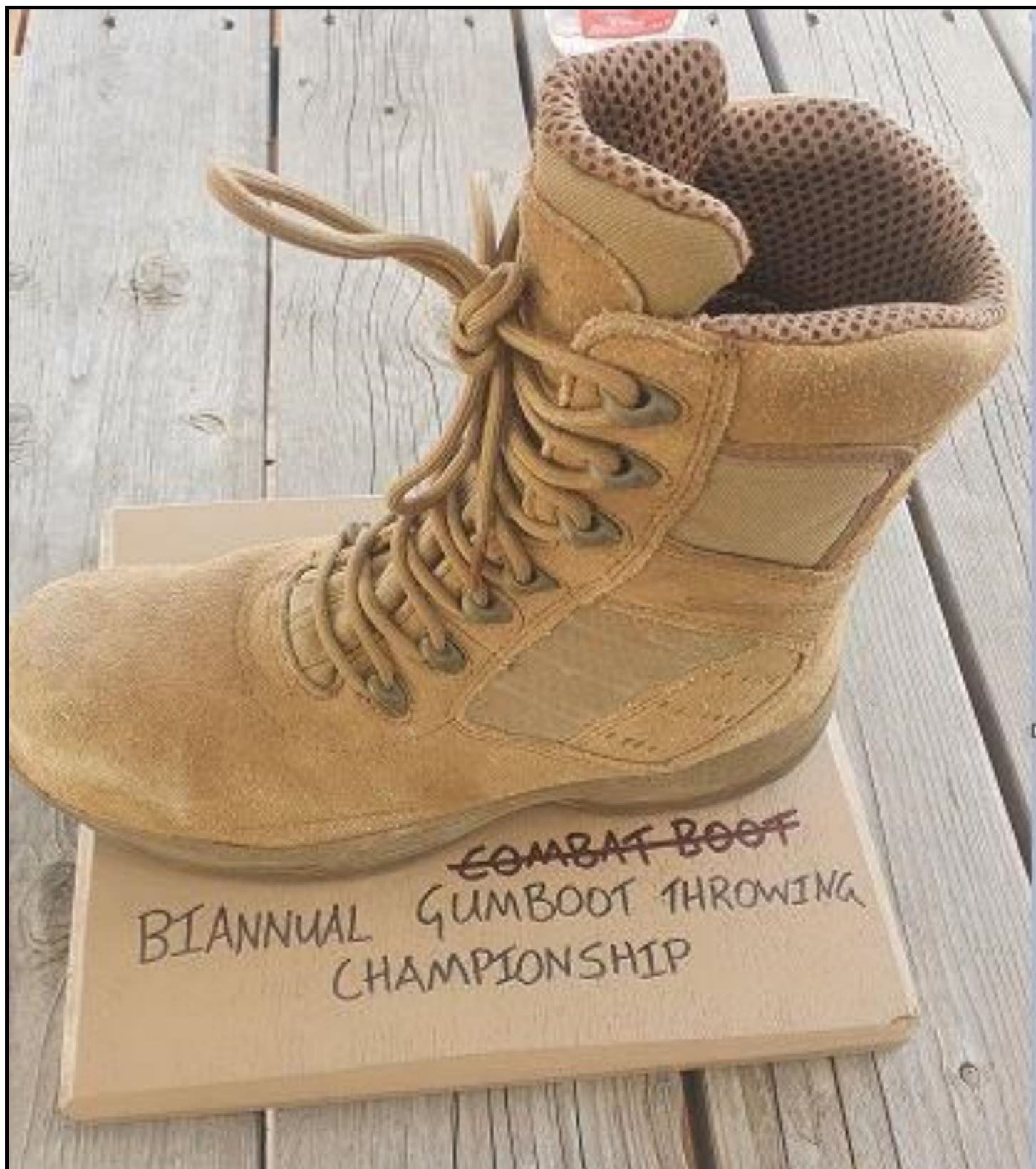
Ticking Off The Deployment Wish List

An International Mix

New Family Resources

Be Prepared for COVID-19

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



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Deadline

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Bugle contributions are welcome and should be sent to Janine Burton

Editor: Janine Burton
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DSSG REPRO Linton

Contributions co-ordinated by
Deployment Services Officers

Contact Information:

Janine Burton

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

Deployment Services Officer
Southern Regional Support Centre
Powles Road
Burnham Military Camp
Burnham 7600
Christchurch
Ph: 03 363 0421
Cell phone: 027 449 7565
Toll free line: 0800 DEPLOY or
0800 337 569
E-mail: dso.burnham@xtra.co.nz

Disclaimer

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Cover Photo:

Op TROY, Dubai
When the budget doesn't stretch to the purchase of a new trophy, a bit of Kiwi ingenuity is called for.

GUEST EDITORIAL

Commander Kasey Vissers Royal New Zealand Navy



Kia Orana, I have been provided an opportunity to put pen to paper for this month's edition.

My current role is the Chief Staff Officer Health Branch, HQJFNZ. My team and I plan and co-ordinate current and future, operational level health support to NZDF operations.

My roles have predominantly been in health, as I was a medic who obtained my nursing degree and commissioned into the Medical Services branch. On completion of Advance Staff College I was provided the opportunity to post to the J1 Health branch in 2021. As this was during the COVID-19 pandemic it has resulted in hitting the ground running. All deploying members have had engagements with a member from my team during their preparation to deploy, such as health administration and the country health brief. During the COVID-19 pandemic, engagements whilst deployed has increased as we navigate through the complexities of COVID.

My husband and I are both in the RNZN; we have been passing ships in the night as we have navigated through our own careers. When I reflect on the Bugle it takes me back to when my husband deployed to Afghanistan. The feeling of him being away felt different—we were a newly married couple with our fur baby Flynn and he was operating in an environment where the operational threat had significantly increased when compared to our other adventures.

I would look forward to the Bugle each month, flicking through reading the articles and checking to see if my husband had sent a message home and to check to see if my messages made it, which at times would be written by Flynn, who also featured as Santa in the virtual family Christmas message! I also reflected on how valuable the network for those at home is and the key support available from the Deployment Services Team.

2022 will continue to have complexities as we have to navigate through COVID, domestically and internationally, I will be doing so with my husband deployed for twelve months. Our family dynamics have changed as we have a ten year old son and our old boy Flynn in addition to our other dogs, cats, chickens, pigs, cows and sheep!

The Bugle is a fantastic mechanism to keep the deployed community connected to home and I appreciate the time that all members take in their contributions.

My team and I will continue to be here to support NZDF operations and look forward to supporting you during your deployment. Meitaki.



The McMurdo Marathon

30 January 2022

As if a marathon wasn't hard enough, try running one across the Ross Ice Shelf. Some of our personnel who are deployed to Scott Base, Antarctica recently competed in the McMurdo Marathon.

Congratulations to them all for completing the event and to Corporal Thomas Robinson who finished second in the full marathon category.

There was an option of a half, full, or ultra-marathon by foot, cross country ski, or fat-tire bike. The turn around point was at Phoenix Airfield – 10km there from the start line. All those from Scott Base who raced received medals which were handmade in the carpenter's workshop.

Source: Antarctica New Zealand



Top row: ACWS Briar Miller,
SGT Tim Clarke, CPL Thomas Robinson

Bottom row: CPL Daniel Pinkney,
BDR Harley Ward, FSGT Laura Brown

The first marathon held in Antarctica may have been near the American research base, McMurdo Station, in January 1995. The annual marathon is free and is open to employees and grantees of the United States Antarctic Program, United States Air Force personnel on duty at McMurdo Station, as well as Kiwis from New Zealand's nearby research station, Scott Base. Many participants run the full marathon. However, a half marathon option is available. Some participants elect to ski the course. In January 2015, McMurdo Station hosted possibly the first known Ultra Marathon over 48 km (30 mi) on the continent.



Successful Resupply Mission To Antarctica Proves Capability of NZ Navy Ship

16 February 2022

The capability of the Royal New Zealand Navy (RNZN) ship HMNZS Aotearoa has now been proven following the successful completion of its first resupply mission to Antarctica.

The \$500-million maritime sustainment vessel was designed for the types of operations it has recently conducted, including its mission to assist New Zealand's humanitarian assistance and disaster relief operations in Tonga.

Aotearoa has the ability to refuel ships at sea and has completed more than 25 refuellings with both RNZN ships and vessels of other navies. However, it is Aotearoa's water generation and cargo-carrying capacity that allows it to do so much more than its predecessor, HMNZS Endeavour.

Being Polar-rated also means Aotearoa can sail to Antarctica and berth at McMurdo Station – the first time in 50 years a RNZN ship has been able to do this.

Since the 1970s, the New Zealand Defence Force has flown personnel and supplies in support of Antarctica New Zealand programmes using RNZAF C-130 Hercules and Boeing 757s.

For Antarctica New Zealand, Aotearoa has significantly enhanced the support that can be provided to the continent.

"HMNZS Aotearoa is a fantastic addition to New Zealand's Antarctic capabilities," said Antarctica New Zealand Chief Executive Sarah Williamson.

"The timing couldn't be better, with our scientific research programme and Scott Base Redevelopment both requiring significant logistical support over the next several years.

"We congratulate the Navy on a successful maiden voyage – it's a complex, collaborative effort and it went smoothly. The team gets a ngā mihi nui from us, we really appreciate the mahi they've done."

For the Commanding Officer of HMNZS Aotearoa, Captain Simon Griffiths, the last month has been testing for ship and crew.

"Aotearoa is an amazing ship, but it's the people on board that make it work," he said.

"They have got us from the tropics, helping Tonga, to the freezing cold of Antarctica. It is a team effort and we are incredibly proud of what we do on the ship, and proud of what we do for our Navy. But most of all we are proud of what we do and what we represent for New Zealand."

The ship is now returning to New Zealand. On the way back the crew will be conducting a series of maritime safety trials and experiments for the Defence Technology Agency.

These will involve assisting the MetService with sea ice and wave forecasting in the Southern Ocean and Ross Sea by deploying 30 wave buoys. They will also be conducting work with Maritime New Zealand on the application of emergency beacons.

Source: NZDF



FOREIGN CORRESPONDENCE

*News from
Antarctica*

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not necessarily those of the NZDF

RNZAF Fire Personnel Deploy to Antarctica

SGT Gordon Munn
Senior Fire Fighter

On 05 Dec 21 a request from Senior National Officer Op ANTARCTICA for Aircraft Rescue Firefighters to support United States Antarctic Program was received by HQJFNZ.

The National Science Foundation (NSF) were experiencing a shortage of Aircraft Rescue Firefighters, resulting in limited support to Williams Airfield (ski aircraft only). This limited firefighting support was a significant operational issue for NSF as USAF could not approve a waiver for the LC-130 (Ski Herc) operations for tasks other than life-safety missions. Essentially this grounded the LC-130 fleet in CHCH until they could resolve the fire support issues.

On 06 Dec 21 the request was received by individual commands. SO Fire, BFMs and DBFMs conducted a meeting and reviewed suitable candidates. Taking into account experience, qualifications and deployability. Consultation between commands and approval to support from BCDRs and ACAF T&S was put forward to ACC. ACC approved the support whereby RNZAF Fire Fighters would supplement the Aviation Firefighting coverage to allow Williams Field to open, LC-130s to deploy to the ice, and the execution of key science support flights to South Pole and WAIS Divide sites. Within a few days the team entered isolation in CHCH for 14 days prior deploying to Antarctica.

The team deployed were, SGT Munn (WB), CPL Aitken (OH), CPL Campbell (AK), LAC Carey (WB), LAC Earl (OH) and LAC Harris (AK).

SGT Munn had this to say about their experience. "The team settled in and integrated well with their respective crews. We were split into two shifts working 24hrs on, 24hrs off. Each shift consisted of an Airfield Rescue and Firefighting (ARFF) crew of eight and a Domestic (town) crew of four, which the team were rotated through.

Working primarily at Williams Airfield we were covering the Air National



FOREIGN CORRESPONDENCE

News from Antarctica

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Guard's LC-130s, Twin Otter and Basler aircraft. We also stood up crews to provide cover at Phoenix Airfield for the RNZAF's C-130s. The trucks were staffed and prepositioned for every aircraft movement (take-off and landing). With just one local standby emergency for a minor issue with one of the LC-130s.

The airfield fire appliances include tracked Ford F-550's with dual firefighting agent systems, dual agent

sleds which are pulled by various vehicles and pivot steer Chieftain ARFF vehicles carrying 4500L of pre-mix foam.

The domestic town crews staff an ambulance and pump and are kept busy testing equipment and carrying out fire safety inspections along with responding to alarm activations, hazmat spills and medicals in McMurdo Township.

We've participated in combined emergency exercises with the Scott Base fire team and the McMurdo SAR team. One of which was for a simulated helicopter crash into Scott Base, another was a SAR training at Observation Hill where there was a simulated rescue from a steep embankment with the crew assisting with set up and abseiling to provide first aid and rescue of the patients.

Outside of work the team have got stuck in with all tasks around McMurdo, including helping to set up the Christmas party and participating in the annual trash collection. We've been lucky enough to get out on a few hikes and see the local wildlife, including minke whales, seals, skuas and penguins, along with some of the historical huts in the area.

The team really enjoyed their time in Antarctica and conducted themselves in an extremely professional manner, representing the RNZAF and Fire Trade well with their best efforts being displayed".

Thanks to everyone back home who supported this deployment. This wouldn't have been possible without help from the hard working firefighters who covered the bases and airfields over the Christmas and New Year break. They too made sacrifices which allowed this deployment.

It wasn't all quiet over the Christmas period, where RNZAF Firefighters from Auckland RFS did a fantastic job whilst deployed to the Northland Fires for 10 days as part of an NZDF cohort in support of FENZ at this 2450Ha, 32km perimeter fire.



Ticking Off The Deployment Wish List

BDR Harley Ward

Communications Operator, Op ANT

In June 2021, I was mid-way through my fourth MIQF rotation in Hamilton, holding the line if you will. That is when I received the good news that in a month I would be deploying to Antarctica as part of Op ANT. Working in Antarctica has always been on my deployment list and I am fortunate and grateful to be here representing the NZDF and my unit.

I applied for one of four Communications Operator (Comms Op) roles for the summer season 21/22. The Comms Op role at Scott Base is a 24/7 job, although the night shifts are not really night shifts with the 24 hours of daylight. The on-call Comms Op is a tri-service role shared between four NZDF staff. We enable numerous forms of communication for scientists working out in the field (some at camps for upwards of two months), helo and fixed winged operations, as well as being aware of the staff working off base and performing safety check-ins. The Comms Op role allows for the opportunity to interact with a range of people working in the most remote areas of the world. Each science team will have a scheduled daily call and this is when important messages can be passed on along with weather updates, resupply orders, news updates, a joke or even a riddle for some entertainment.

Between the four Comms Ops this season, our roster has consisted of working six days on with two off. This



has given us ample time to get out and explore this amazing place. In the five months that I have been in Antarctica, I have done most of the Ross Island walking trails, abseiled down a 30m crevasse, competed in Tug of War with the Americans, man hauling race, and visited 100-year-old huts built by Captain Scott and Ernest Shackleton. However, the most memorable would have to be completing the Antarctica Marathon. That is something that I will never forget, what a special place to complete my first Marathon.

Christmas at Scott Base began in mid-December, with decorations going up and drawing of names from a hat to see who our secret Santa was going to be.

Gifts had to be home made from resources found in and around base. Nothing was off limits to what you could make, most gifts were wooden crafts such as chopping boards and even a full chess set was made.

The temperature during October was around -20 degrees and everything covered in snow. With the warming weather in December, the change in scenery is massive. The sea ice out the front of Scott Base is melting and slowly breaking away, and soon the resident seals will disappear. Before I depart back to New Zealand in mid-February, I hope to see whales and penguins swimming in the open sea close to Scott Base.



FOREIGN CORRESPONDENCE

News from Baghdad

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Waitangi Day, Baghdad

LTCOL Ash Walker
Logistics Planner

Op MOHUA 1/22 personnel, LTCOL Ash Walker, SQNLDR Conor Donoghue and WO2 Lloyd Caleb stand in front of the Swords of Qādisiyah, Baghdad on Waitangi Day, 6 Feb 2022.

Op MOHUA is the NZDF contribution to Combined Joint Task Force— Operation Inherent Resolve (CJTF-OIR), whose mission is to advise, assist and enable Iraq until they can independently defeat Daesh in order to set conditions for long-term security cooperation frameworks.

So, even in Baghdad, Waitangi Day 2022 was commemorated by Ash, Conor and Lloyd with a visit to the Victory Arch and a shared dinner in the US Dining Facility.



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

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

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

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

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



**A FORCE FOR
NEW ZEALAND**

News from South Korea

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



CP3 NZCON: NZCON at Checkpoint 3 overlooking North Korea during a Joint Security Area (JSA) Orientation.



NZACs Conference Row: NZCON and Australian Defence members at Conference Row JSA, the location for dialogue between the two Koreas.

FOREIGN CORRESPONDENCE

*News from
Dubai*

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

As Salaam Alekum From The Middle East

SGT Sharnie Harrison
SNCO Supply Technician, Op TROY

February has been a good month! We are officially halfway through our tour (some of us anyway). I am the Sup Tech posted to Op TROY and I arrived in theatre early November.

It is partially my responsibility to ensure our officers and soldiers deploy into any theatre with the correct kit; I then continue my own trade specialties to ensure compliance is met accordingly every month.

At times we can get very busy in TROY, not only depending on the incoming and outgoing traffic of deploying soldiers, but also the requirements given to us by higher command or challenges soldiers may face on their deployments.

I work alongside an Air Force Air Mover, CPL B, who touched down less than a month ago. Having the opportunity to work with Air Force gives me the chance to not only network with other coalition air movers, but also to learn and take part in all the activities that are required when we transport freight into other countries. This has been an eye opener for me as it is something I have never been exposed to before.

In the past couple of weeks we have managed to take part in a couple of coalition activities. The first was Australia Day. The food that was served at the mess was the choice of the Australians—fish and chips. This was followed by a sandal throwing competition, pie eating, raffles and cricket. These are times where all the coalition forces are able to come together and partake in a bit of social activity. Given our team is a big number of six, it's really good to gain some form



The SNO carving up the Brits at One Touch

of social interaction when we go to other events and mix 'n' mingle with the other nations.

And then with a bang, Kiwi Lines hosted Waitangi Day. This was such an eventful day to say the least! Historical stories of Aotearoa were shared, sports

were played (one touch—and yes, we did it barefoot on the famous grass pad at Kiwi Lines), gumboots were thrown, competitions were won and lastly kai was eaten! With only six Kiwi hosts we managed to have over 70 people come through our lines and engage in the activities we had for them. It was great



Food preparation with SGT B

News from Dubai

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A bit of Kiwi ingenuity—as the budget didn't allow the purchase of a new trophy!



Kiwi Lines host Waitangi Day

that we could welcome the NZ DA from Abu Dhabi and Lola (although I don't think Camel—resident cat—was impressed). Our OPSO SGT B who is the SME for our famous kai cooker, spoke about Manaakitanga and what it means to us to host our manuhiri. Volunteers from all nations engaged in

the preparation of the food and were eager to learn the hangi process. The Kiwis, as hosts, shared stories, pepeha and kōrero.

The recitation of Taumatawhakatangihangakoauauotamateaturipukakapikimaungahoronukupok

aiwhenuakitanata, was proudly won by a Dutch engineer!

The feedback, thanks and praise that has returned to us from this day has been beyond what we expected but I think, more importantly, we have really stamped what it means to be a Kiwi onto many other people.



Hakari at Kiwi Lines



The DAs kuri meet Lola

This deployment is an awesome opportunity and I hope to see more Sup Techs put their names forward to come on Op TROY. It gives you the opportunity of deploying but also indulging in some of the many beauties that are in this country.

Big thanks to our families and friends back home for all the solid mahi that gets done in order for us to deploy; thank you for your ongoing support. Without you we would not get to have these experiences. And lastly a shout out to the Mighty Taniwha Company IYKYK—I will see you all in due course.

FOREIGN CORRESPONDENCE

*News from
Sinai*

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

Update From The Sinai

CAPT Rewi Hudson
Adjutant New Zealand Contingent

We have done it! Op FARAD 21/02 has officially reached the half-way mark in our tour. This milestone will be marked on many calendars and its significance will start to bear the reality of finally being reunited with our loved ones and stepping on NZ soil (even if we are returning to winter). COVID has been our greatest foe, consuming a good portion of the contingent within the first three months, thankfully our deployment whanau look after one another when someone went down. Only a few remain unaffected; however anything can happen in the next three months.

Here is what has been happening in the Sinai this month:

Waitangi Day

Within the MFO, each nation is given one national holiday to celebrate. For those who are deployed on Op FARAD 21/02, it was a day to share with our deployed whanau and an opportunity to

share our culture with the world!

For most contingent members Waitangi Day was observed as a low activity day. However instead of being able to relax by the beach, enjoy PT at a more reasonable time (rather than zero dark hundred) or just chill out and watch a movie, we were busy preparing for an evening dinner to showcase the New Zealand culture to the MFO.

In previous years it has been a private occasion; this year we threw open the doors and made it a night for all the MFO to enjoy. We prepared a hangi consisting of beef, pork, chicken and stuffing, fresh fry bread, a homemade seafood chowder, a selection of salads and of course pavlova for dessert. The night began with

waiata followed by presentations and quizzes to engage with the audience, followed by a kai and more waiata to keep the guests entertained while enjoying their meals. The night concluded with the NZDF haka performed by all available contingent

members (thanks COVID).

The night was well received by all who attended, but none more than the guys and girls of Op FARAD 21/02.

Nau Mai Haere Mai ki Sinai

With the handing over of command, the NZ contingent welcomed LTCOL Kevin Williams to the MFO with a mihi whakataua at the NZ Patio (The Woolshed). This is not his first Op FARAD rodeo, LTCOL Williams was deployed to North Camp almost 20 years ago; even though the environment may have changed since then, the mission has not. He will see out the next nine months (if not more) as NZ SNO and CJ5.



Later in the month, we also welcomed five new faces to our deployment whanau from 2nd Engineer Regiment. This surge of plant operators will assist to construct or renovate prioritised projects over the next six months in support of the enduring MFO mission.

The Changing of Command

In traditional military fashion, a Commanders Handover Parade was conducted. The Commanders korowai and patu (gifted by previous contingent commanders) were handed over by MAJGEN E Williams, MFO Force Commander to the incoming SNO LTCOL Williams (no relation to the MFO Force Commander). LTCOL Morris had completed his nine-month tour as SNO Op FARAD, spanning over one and a half Op FARAD rotations and was presented with a Force Commander's Commendation for his success in Future Force Planning. As a departing gift, the contingent removed headress and begin to approach the outgoing SNO, the NZDF haka erupted and LTCOL Morris replied, a fitting finale to end a tour.

Force Skills Competition

The MFO Force Skills Competition is an event that involves all nations of the MFO. It is made up of nine stands that require both physical and mental abilities based over two days.

Due to duty, COVID and injuries, the team changed on a daily basis right until the day of competition. The final team composition was ADJT, PPO, Ops Instructor, FPA and four drivers with the SNO and another driver as reserves.

The team woke early on the morning of the competition to prep for the first stand, being an 11km forced march with a minimum weight of 16.5kg to be carried by each member. It was a rolling start with a one minute gap between teams. We were fifth in the order of march and overtook teams from Australia and Uruguay on the first lap, we pushed hard to maintain pace for the final two laps taking fourth place by the end.

Each team between stands had to carry

all equipment and no mechanical aids were to be used.

The remainder of the stands on day one included medical, Counter Improvised Explosive Device (IED), MFO theory, MFO recognition and MFO driver stand (theory and practical). Thankfully, all the additional training had paid off.

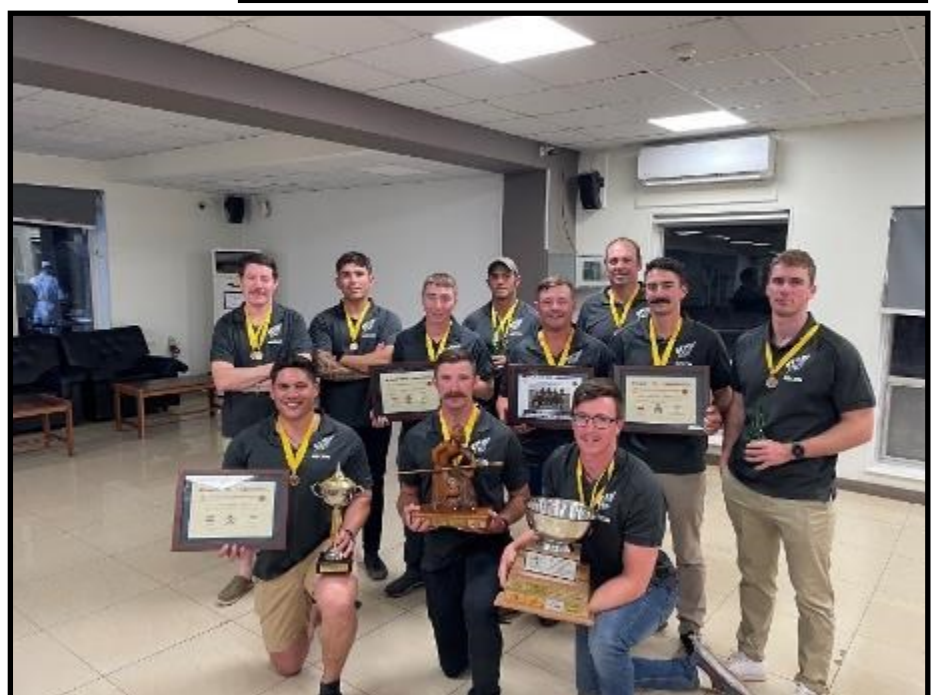
The start of day two was a 4km run then straight into the MFO confidence course. The run was to be in full kit with a minimum weight of 16.5kg. Once the run was complete the team continued to the obstacle course, negotiating obstacles with teamwork, speed and aggression but overall safety was the key to not incur penalties.

Once the course was completed the team had to move to the range where the final part of the force skills challenge would be held. This tested the members ability to count how many

rounds they shot at each target within a small time frame at different distances.

The team finished with good morale at the end of day two, where we broke away to clean weapons and kit before the night's prize giving.

During prize giving the team found out that they took first place in the minor contingent (less than 100 personnel) and overall, in the Force Skills Competition, the NZ team scored the highest accumulated points to be crowned 2022 MFO Force Skill Champions.



FOREIGN CORRESPONDENCE

*News from
Middle East*

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not necessarily those of the NZDF

An International Mix

MAJ Ed Robinson
UN Observer

February 2022 –

Hello from Camp Faouar, Syria. I am a UN Observer (UNMO) with the Observer Group Golan—Damascus, based out of Camp Faouar, approximately 50km south west of Damascus. Camp Faouar is a melting pot of UN military and civilian personnel from across the globe. It is shared between two UN missions (ours, UNTSO (military Observers) and UNDOF (main troop contributors—armed and provide force protection). Rather than get into the boring details of mission structures and tasks I thought I would describe our daily life and routines.

The Observers are all Officers ranging in rank from Captain to Lieutenant Colonel and are a very international mix, although Scandinavian countries seem to be heavily represented here. English is the primary language that is used, although there are few native English speakers amongst the Observers and staff (us three Kiwis and the Canadian). This often makes simple communication challenging and time consuming. We live communally in what are known as “prefabs”. They are a portable, temporary accommodation block ubiquitous to UN missions; thankfully these ones are relatively new. The accommodation consists of four separate bedrooms (two either side) with a shared bathroom and shower, and a large communal kitchen and lounge. They are spacious and provide more than adequate living space for us.

We do our own cooking and often cook for our room-mates, especially if they have been working late. We can also dine in the three UNDOF messes if you book ahead. The UN pays us a subsistence allowance to purchase food and to pay for our accommodation (including power, water and wifi).

We typically conduct two types of tasks, either executing the vehicle patrol plan or undertaking Observation Post (OP)

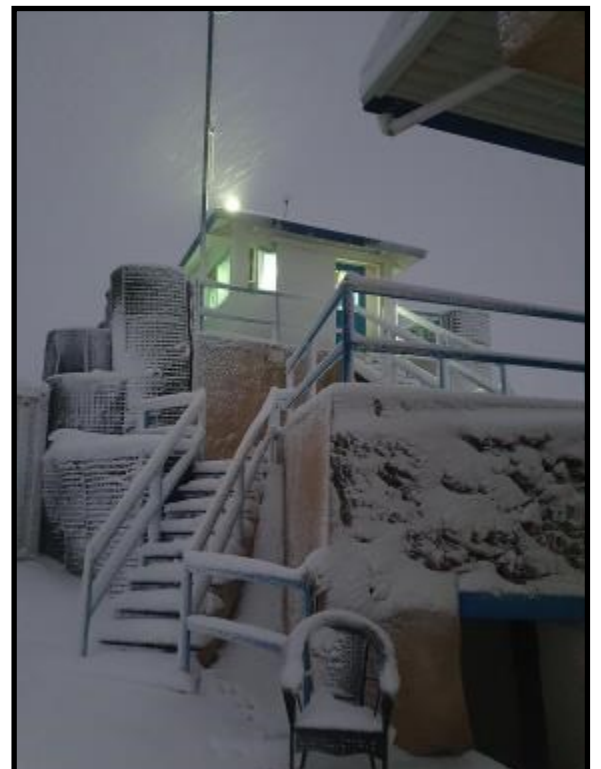


duties. OP duties are generally seven days in duration and the Ops are typically staffed with two UNMOs for the entire seven day period. The UNMOs work, eat and sleep within the confines of the OP with rotations usually occurring on a Monday. Good interpersonal skills are a must and being a good cook also helps during a stay in an OP. Team members will usually do two OP weeks in a month. The other weeks are spent doing vehicle patrols within our Area of Operations (AO).

My day usually starts around 0700 with a quick ‘wake-up’ coffee and a review of any messages or reports from the previous evening. The vehicles being used for that day’s patrols are checked for road worthiness, properly equipped, radio checks and refuelled if needed. A quick breakfast (usually rolled oats) and another coffee before the morning brief at 0815. This is then followed by a patrol brief from the designated patrol leader (shared amongst everyone on a rotational basis) and departure on the patrol. The

patrols are pre-planned along specific routes within the AO. They will typically last between 3-7 hrs, depending on the distance and specific tasks.

On our return from a patrol, the patrol leader is responsible for the various patrol reporting documentation and the rest of the patrol members conduct post



News from Middle East

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not necessarily those of the NZDF*

patrol administration, vehicle cleaning and checks and reset their equipment for the next day's patrols. We then usually have the evenings to socialise and do our own administration or just relax.

All in all it is pretty good life, filled with routine. The months have flown by and, whilst I have made some great mates and enjoy the work, I also desperately miss home and my children and am definitely looking forward to getting home at the end of the deployment.



DSO'S CORNER



Janine Burton

Deployment Services Officer

temperatures have still been hot and rain has been scarce, it has been getting darker in the mornings. Unfortunately this means that our summer is coming to an end and as we are now into March, shortly we will be noticeably into autumn and looking for long sleeves as the weather becomes chillier. This also means that daylight savings is also coming to an end.

Clocks turn back on Sunday 3 April

So make the most of the extra hour of sunshine we are currently enjoying at the end of each day.

As with most Bugles, this edition will be the final one for some and a first for others as the deployment cycle continues. So farewell to those who have journeyed with us over the past six, nine or twelve months and we will see you again if/when your loved one deploys again. In their place we welcome aboard a new group of readers and hope you will enjoy your Bugle each month. It is amazing how quickly they will arrive in your letterbox or in-box, as each issue marks another month closer to loved ones returning. The role of the DSO is specifically focussed on our deployment families and I would like to encourage you to get in touch if you are looking for support, guidance or advice as we move forward. And talking about moving forward, just think that we are now two months down for 2022 and Christmas is coming!

And on that cheery note, this column comes to an end as all good things do.

Take care of yourself and those closest to you and keep well.

What a difference a month makes! When I was writing my column for the February Bugle, who would have thought that when I sat down to compose this one, that it would be about Omicron.

A couple of weeks ago I was talking with the first group of personnel for 2022 who are preparing for their deployment and one of the things I spoke to them about was ensuring that they and their families have a plan and are prepared if Covid-19 comes visiting. It is important that both the deploying, already deployed personnel and families all have insight into the plan so that if families are required to isolate that you know what you are going to do, who your support people are, how things are going to work for jobs and schools, having sufficient resources at home, how to resupply these and/or groceries, etc. The list goes on and will be modified to meet each individual household needs. The deployed person will also be able to

have a sense of peace of mind as they know that there is a plan for their families to follow if someone in the household tests positive for the virus. Of course, the isolation requirements are in a state of continual review at the moment so things are changing all the time.

I put together a handout for the pre-deployment training (PDT) group and their families, and thought that it would also be worthwhile to share with you as well in case you haven't yet come up with a plan for your household. This information is off the Covid-19 website so you might have already seen it:

www.covid19.govt.nz/prepare-and-stay-safe/be-prepared-for-covid-19

However, I thought that the families of our currently deployed personnel would benefit from it as well, so have included it from pgs 18-21. This and other information has already been collated and emailed out as well.

I trust that you are all well.

Over the past few weeks, while the

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

NEW FAMILY RESOURCES

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

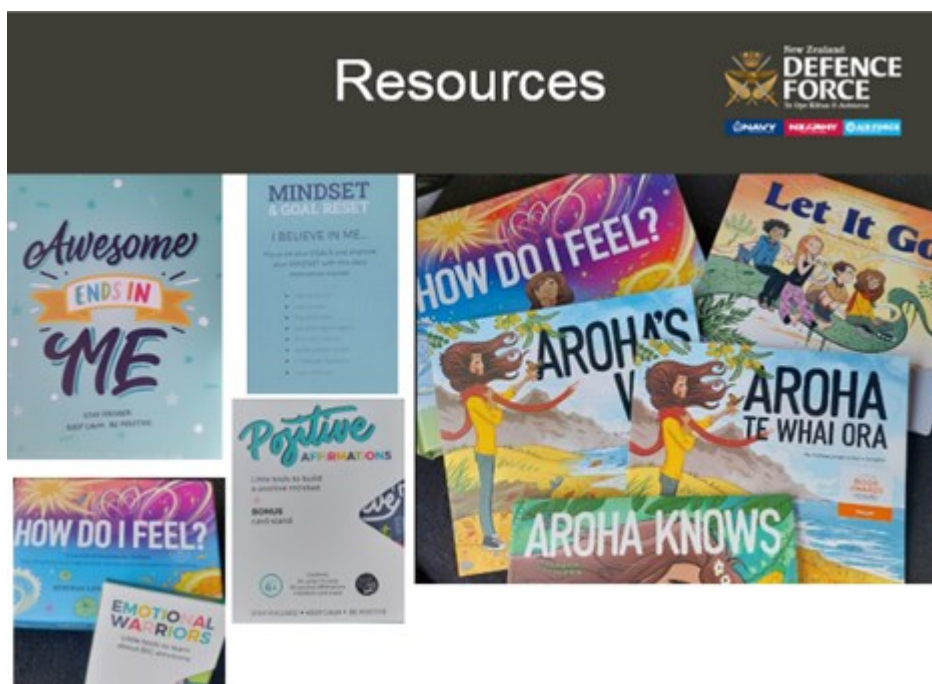
Navy Community Organisation:

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

Local Chaplaincy Services

Unit Point of Contact

Joint Forces New Zealand Psychology are now offering a new set of family resources.



These resources can be checked out on the following websites:

- Awesome Ends in Me: www.theawesomeinc.co.nz
- Wilding Books (Aroha's Way / How Do I Feel?): www.wildingbooks.com

You will notice that there are some resources in both Te Reo and English – both options are available to families.

How to Access These Resources:

You can either email your order and delivery address to HQJFNZ.J1.Psych@nzdf.mil.nz or through your DSO (contact details on inside front cover and on pg 16).

The order will be placed on your behalf and paid for, and have it sent to you.

Be prepared for COVID-19

Everyone, whether you are vaccinated or unvaccinated, should prepare for what you need to do if you get COVID-19. This checklist can help you make a plan.

1. Make a plan

You need to work out what you will do if someone in your household tests positive for COVID-19 — the entire household will need to stay home.

Who can help you

Identify people outside of your home who could help if your household is isolating, for example by dropping off food or supplies. Services like The Student Volunteer Army might be able to help with drop offs and Work and Income may be able to help with costs.

Will you need extra support

Are there people in your household who might need extra care or support? Talk to any in-home carers you have and agree in advance about what will happen if you need to isolate. Make plans if you have shared custody of a child or dependant.

What are your work and school plans

Talk to your employer, your child's school, and community groups to find out what their plans are. Do they need anything from you? Will they be able to support you? Will you and your children be able to work or learn from home?

Let people know you are isolating

Work out how to let people know your household is isolating — this could be a sign for your front door or fence and having a QR code poster so people can keep track of where they have been. If people are helping with contactless drop offs, do you want them to text or message before they arrive? Beep the car horn from the gate? Use an agreed entrance?

Write down instructions

Write down any household instructions someone else could easily follow if you get sick and have to go into managed isolation or hospital. Cover things like feeding pets, paying bills and watering plants.

How will you minimise the spread

Think about how you could set up your home to minimise COVID-19 spreading. Draw a map of your home and mark out your zones, for example shared areas, isolation areas, and a sanitising station.

2. Have what you need

Work out what you will need to help yourself and those around you.

- Make a list of whānau information—include everyone's names, ages, NHI numbers, any medical conditions and medication they normally take or medical supplies each person will need. Include emergency contact information like your doctor, afterhours, and any support agencies.
- Gather things you enjoy. What might help stop boredom if you are isolating at home?
- Put together a wellness kit — face masks, hand sanitiser, gloves, tissues, rubbish bags, cleaning products.

Make sure you have things to help you with COVID-19 symptoms — like pain relief such as ibuprofen, nasal spray, throat lozenges, cough medicine, ice blocks, vapour rubs.

3. Know and share your plan

Make sure the people who matter know what they will need to do.

- Have a house meeting so everyone (including younger ones) knows what to do, how to support each other and who to contact if someone gets sick or has to go to hospital.

Share your plan with wider whānau, neighbours and regular manuhiri/visitors and talk to them about what you will need them to do and how you can help each other.

4. Reach out to friends and whānau

We are all in this together and we will get through together.

- Stay connected — arrange regular catch-ups with your whānau, friends and community. If you are isolating, make sure these are online or by phone.
- Support your friends, whānau and workmates to make their own plans to get ready.

Find out what your community is doing — is there a group making meals to freeze, sharing planning tips or just staying in the know?

www.covid19.govt.nz/prepare-and-stay-safe/be-prepared-for-covid-19

**Unite
against
COVID-19**

Looking after your mental wellbeing

Everyone's emotional and mental wellbeing is important. It is normal to feel anxious or stressed in times of difficulty. However, there are lots of things you can do to feel better.

The Mental Health Foundation has information about how to get through COVID-19. It includes wellbeing tips, helpful resources, and self-help tools and apps.

You can also find a list of tools and information on the Ministry of Health website.

www.mentalhealth.org.nz/getting-through-together

Te Whare Tapa Whā

Developed by Dr Mason Durie, Te Whare Tapa Whā speaks to the 4 cornerstones of Māori health and wellbeing. When there is an imbalance or 1 of the cornerstones is missing, we may feel unwell or out of sorts. We can use this model to help look after ourselves and those in our whānau.

This model reminds us to take care of all aspects of our lives to support our wellbeing.

The 4 cornerstones are:

- taha tinana | physical wellbeing
- taha hinengaro | mental wellbeing
- taha wairua | spiritual wellbeing
- taha whānau | family wellbeing

www.mentalhealth.org.nz/te-whare-tapa-wha

Where to find help

Do not be afraid to seek support. There are helpline services available right now that offer support, information and help for you, your family, whānau and friends.

For support with anxiety, distress or mental wellbeing, you can call or text [1737](tel:1737) to talk with a trained counsellor for free, 24 hours a day, 7 days a week.

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against
COVID-19

The Mental Health Foundation has a full list of services available.

www.mentalhealth.org.nz/helplines

Top ways to look after your mental wellbeing

There are a number of things we can all do to boost our mental wellbeing and that of our loved ones.

Stay connected

This is important for our wellbeing and helps to make us feel safer, less stressed and less anxious. We can support each other through the recovery, by keeping the connections and close ties to others that we forged during the COVID-19 pandemic.

Acknowledge your feelings

It is completely normal to feel overwhelmed, stressed, anxious, worried or scared. Allow yourself time to notice and express what you are feeling. This could be by writing thoughts and feelings down in a journal, talking to others, doing something creative or practising meditation. Talk with people you trust about your concerns and how you are feeling. Reach out to others.

Stick to routines where possible

Try to go to sleep and wake up at the same time, eat at regular times, shower, change your clothes, see others regularly, either virtually or in person, and do your chores. Meditating and exercising can help you to relax and have a positive impact on your thoughts. Try not to increase unhealthy habits like comfort eating, drinking, smoking or vaping.

Check in on other people who might need help

Reaching out to those who may be feeling stressed or concerned can benefit both you and the person receiving support.

Limit your time online

You may find it useful to limit your time online. Check media and social media at specific times once or twice a day.

www.covid19.govt.nz/prepare-and-stay-safe/be-prepared-for-covid-19

ite
against
COVID-19

PROTECT YOURSELF AGAINST RISING INFLATION

“When I was your age, a loaf of bread was 30 cents!”

Has someone near you ever said a similar thing to you? Or better yet, maybe even you have started saying things like that? You might remember when a movie ticket was \$5, milk was a dollar or two, or when young couples could easily afford houses.

Inflation is the culprit for these changes, and it's going to occur whether you like it or not. But, there are things you can do to protect yourself from it. Let's take a closer look at some techniques you can use to help make sure you're not losing money to inflation.

What is inflation?

Strictly speaking, inflation is when the government expands the country's money supply through the Reserve Bank of NZ (RBNZ) — especially when the money supply grows faster than the economy (as measured by GDP).

In days gone by, this was accomplished by printing dollar banknotes and injecting them into the economy, but nowadays the same result is accomplished by adjusting bank balance sheets with just a few keystrokes.

Of course, most people don't track the national money supply. Instead, when they think of inflation, they think of the symptoms rather than the cause. These symptoms include:

- Rising CPI (Consumer Price Index, how the government officially measures inflation based on the prices of consumer goods such as groceries)
- High housing prices
- Rising wages

Inflation impacts consumers' everyday lives — the costs of normal everyday transactions, like petrol and food. But it also impacts the value of savings and investments in significant ways.

*Not all inflation is bad. The RBNZ's monetary policy aims for two percent annual inflation, which should result in a stable upward climb in CPI. However, right now NZ's rate of inflation is **six percent**, and remember this measure doesn't even include the increased cost of housing! (Which means the real rate is surely higher). It's not just NZ feeling the effects of inflation either, take a look at some other countries:*

- USA, 7.5%
- UK, 5.5%
- Canada, 5.1%
- Brazil, 10.4%
- Holland, 6.4%
- South Africa, 5.7%
- The EuroZone, 5.1%

How does inflation impact savings?

Inflation is sometimes called a “hidden tax,” because it degrades away consumers' purchasing power without actually taking dollars out of their pocket. When inflation is high, dollars become worthless over time, and as investors can buy less and less with



the same dollar — they have to pay increasing sums for the same thing.

In addition to impacting consumers' day-to-day expenses, inflation wreaks havoc with people's savings. Any money that consumers hold in bank cheque or savings accounts, or term deposits, yields virtually no interest. Money held in savings can't keep pace with even a modest amount of inflation.

But, this is a double-edged sword. When consumers owe money to a bank or other lender, and inflation picks up, the value of the money they owe declines in real terms over the life of their loan. So, if you have a good ability to borrow, you can obtain lending (or, even more lending if you already have some) then pay back your loan over time with dollars that are worth less than when you borrowed them.

How does inflation impact investments?

While inflation hurts savings, it can help the value of investments — especially a certain class of investments, like real estate, which should serve as a hedge against inflation.

Granted, there are other investments that tend to perform poorly in times of inflation. Financial companies like banks might be one example — these are companies that lend money to businesses and consumers, and dollars that they're paid back are worth less than the ones they lent.

Plus, quite often, when inflation starts in earnest, the RBNZ ends up raising interest rates to combat inflation. This slows down the housing market, car sales, etc., and businesses that rely on those sales might not do so well.

But, overall, when inflation picks up, being invested is better than not. When inflation is high, it is often said that cash is trash.

Eight tips to protect against high inflation

So, if you weren't already, you should understand inflation is here. But what should you do about it?

1. Cash is trash

Unless there's a very good reason, investors should avoid holding much cash (including savings accounts and term deposits), because during periods of inflation, it declines in value every single day. You're almost always better off holding investments in times of inflation, no matter what you invest in.

2. Buy real estate (property)

Real estate is probably one of the best assets to own in times of inflation — not only because values tend to increase, but also because it's easy to



finance purchases with money that will decline in value as you pay it back. Whether you're buying a residence, rental property, etc., it's better to buy before inflation kicks in and the RBNZ hikes up interest rates (assuming you can make the repayments on any debt you take out).

3. Buy shares

While prices can fluctuate during times of high inflation, shares are another great investment during such times. This is because shares are just tiny slices of companies, and most companies have the ability to simply put up their prices to keep pace with inflation.

You might hold shares directly, or through managed investments such as managed funds or a KiwiSaver Scheme.

4. Are metals golden?

Precious metals, as traditional stores of value, tend to do well when inflation is rampant. Over recent years they've been less effective at this versus 40 years ago, though there are still more than a few "gold bugs" (people who fanatically invest in gold and precious metals) who will vocally suggest that you invest everything you've got into gold, silver, and other metals! If you're really worried about inflation, a small allocation to these assets could still be a great way to diversify part of your portfolio.

5. Fill up your tank

If inflation picks up any further, oil is going to get even more expensive, which we all pay for at the pump. We're



not suggesting you buy oil drums and bury them in your backyard. But if you think inflation is going to pick up, don't wait on expenses like fuel. If you can afford it, maybe it's time to go splash out on an electric car?

6. Make purchases sooner rather than later

While we're talking cars, if you are a car-owner and go online to search for the same model you might notice something more than a little unusual – the same model of car may now be worth more than you paid for it.

Trademe's sales director even recently reported "...many Kiwis [are] actually making money on their used cars." Why? Inflation, of course!

If things are only getting more expensive, it might make sense to make any major purchases sooner rather than later, including vehicles or any other big purchase.

Keeping in mind that cash is trash, the wealthiest among us are already out buying investment-grade art, or basically anything to spend the cash they have. The logic is that the investment-grade art will go up in price, or at least hold its value in real terms, unlike dollars in the bank.

7. Cryptocurrency

Nobody knows how cryptocurrencies might go during times of high inflation. They simply haven't existed long enough for sound data.



But, cryptocurrencies do have a few advantages over government-backed fiat currencies (currencies that are not backed by gold or other real commodities). First, governments looking to manage their debt by printing more money can't manipulate cryptocurrencies.

The problem with cryptocurrencies is that their underlying value isn't clear. There is surely some inherent value in an anonymous currency not controlled by any government, it's just no one knows precisely what that is.

8. Refinance

If you already own a home or investment property, you may want to refinance while interest rates are still reasonable. You'll repay your loan with



dollars that are worth less than those you borrow now, and you'll lock in a low interest rate before the RBNZ raising rates to fight inflation. (Note: there's no guarantee this'll happen, it's just a best guess based on what many commentators are saying).

The bottom line: protecting yourself from high inflation

Inflation is when the purchasing power of the dollar declines because of new money being created and entering the economy. This can destroy the value of consumer savings, but also have a positive impact on investments — especially the values of certain assets that serve as hedges against inflation.

So, if you want to protect yourself against inflation, this is the time to avoid holding savings in cash. Instead, you should consider investing in shares, buying a house, or refinancing before inflation gets even worse. It would be our pleasure to point you in the right direction with any of these areas, just email info@milestonedirect.co.nz and we'll respond within a workday.

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How to get hold of us

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

LOOKING BACK

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

These images are from the United Nations Mission in South Sudan (UNMISS).



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 March 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

Happy 7th Birthday Bradley

I hope you have a wonderful day. I love you and can't wait to see you soon.
Love Mum xoxoxo



Happy birthday Mum

I hope you have something nice planned to celebrate your milestone birthday—I wish I could be there with you but we can plan a pamper day for just you and me when I get home.
Love to you, dad, all the family and the fur babies.
Kelly

From Home

Happy anniversary, sweetheart!

Thank you for five wonderful years of married life (and more together). I look forward to celebrating it with you somewhere exotic, or even at home in our slice of paradise.
Please take care.
I love you with all my heart. xxx

DUSTY

Half waaaaay! YEY
I miss you and can't wait for you to make it home to me.
Love you ya ol dog – woof woof woof
BABA x

Hi Sparkle Face Muffin Fart

Happy Birthday to the best Dad. I will make you pancakes when you get home. Miss you.
Lots of love from Fart Face Twinkle Toes.

Dear Matt

Happy Birthday. Wish you were here with us. Have a great day. Love you heaps.
Mum, Dad and Nik

Dear Dad

My new school has been awesome. I don't get to ride my bike much but when you get home, we can go together. Mum said I need a new bike because I am too big for my one, can I get a motorbike?
I love you and miss you heaps, I wish I could come see you.
Your most BEST favourite daughter,
Miriama XOXOXOXOXO

Hi Dad

I am keeping your side of the bed warm, I have a new bed—you and mum can fight over it when you come home.
Love from Naina xxx

Happy birthday for the 17th my darling!

Can't wait for you to get back, the house is a mess ... you didn't marry me for my housekeeping skills lol! We are over halfway, the countdown is on.
Love you babe xxx Wifey

Walrus

Yay, its over half way now, we're on the downward slope.
We are so very proud of you and everything you are doing.
We miss you so very much and hope you enjoy a little break soon.
All our love
L, Z and J

To my Cupcake

Even though this isn't our first deployment, it doesn't seem to get any easier. I miss you more and more each day and am already counting down to when you will finally get home.
I love you so much xxx
Sprinkles

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

Marge Kennedy

Heroes come in all sizes because being left behind takes bravery too.



ALL THE DIFFERENCE IN THE WORLD

Every Sunday morning I take a light jog around a park near my home. There's a lake located in one corner of the park. Each time I jog by this lake, I see the same elderly woman sitting at the water's edge with a small metal cage sitting beside her.

This past Sunday my curiosity got the best of me, so I stopped jogging and walked over to her. As I got closer, I realized that the metal cage was in fact a small trap. There were three turtles, unharmed, slowly walking around the base of the trap. She had a fourth turtle in her lap that she was carefully scrubbing with a spongy brush.

"Hello," I said. "I see you here every Sunday morning. If you don't mind my nosiness, I'd love to know what you're doing with these turtles."



She smiled. "I'm cleaning off their shells," she replied. "Anything on a turtle's shell, like algae or scum, reduces the turtle's ability to absorb heat and impedes its ability to swim. It can also corrode and weaken the shell over time."

"Wow! That's really nice of you!" I exclaimed.

She went on: "I spend a couple of hours each Sunday morning, relaxing by this lake and helping these little guys out. It's my own strange way of making a difference."

"But don't most freshwater turtles live their whole lives with algae and scum hanging from their shells?" I asked.

"Yep, sadly, they do," she replied.

I scratched my head. "Well then, don't you think your time could be better spent? I mean, I think your efforts are kind and all, but there are fresh water turtles living in lakes all around the world. And 99% of these turtles don't have kind people like you to help them clean off their shells. So, no offense... but how exactly are your localized efforts here truly making a difference?"

The woman giggled aloud. She then looked down at the turtle in her lap, scrubbed off the last piece of algae from its shell, and said, "Sweetie, if this little guy could talk, he'd tell you I just made all the difference in the world."

The moral: You can change the world – maybe not all at once, but one person, one animal, and one good deed at a time. Wake up every morning and pretend like what you do makes a difference. It does.

Source: www.marcandangel.com



We can't help everyone, but everyone can help someone.

Ronald Reagan

Spilling coffee is the adult equivalent to losing a balloon.



Anonymous



When life throws you a rainy day, play in the puddles.

Pooh Bear

**New Zealand Daylight
Saving Time Ends at
2.00am on ...**

**Sunday
3 April 2022**



**So at 3.00am remember to
move your clocks back one
hour to enjoy that extra
hour of light in the morning**