

HMNZS NGAPONA ASSOCIATION INC

LONGCAST

25 April 20 – ANZAC Day

27 April 20 – ANZAC Day observed

8 May 20 – Navy Club Lunch – Remuera Club (tbc)

15 May 20 – Ngapona Assn Lunch at Pt Chevalier RSA (tbc)

1 June 20 – Queen’s Birthday

12 June 20 – Navy Club Lunch – Remuera Club

19 June 20 - Ngapona Assn Lunch at Howick RSA

10 July 20 – Navy Club Lunch – Remuera Club

17 July 20 - Ngapona Assn Lunch at New Lynn RSA

25 July 20 - Ngapona Assn Formal Dinner at Pt Chevalier RSA

Hi Folks

I hope you are coping with the lockdown.

Have you checked your smoke alarms now that daylight saving has finished?

COVID-19

Stuck at home? You should be, it saves lives. But we will be in for a long road ahead. So how does one best maintain their sanity when staring down the barrel of 30+ days at home?

Those who lead well through a crisis tend not to be particularly talented; but instead are disciplined. How? With structure. The first day or two of isolation may well be novel: Netflix, chocolate cake baking, online drinks, and obstacle courses for the kids. But the novelty will change. You need to think about day 21 and potentially day 51, and the way to do this is by separating the noise of the crisis from the system you have at home. The most important thing you can do (in these first few days especially, for it will be much harder to do on day 10), is set up a structured daily routine. structure is your friend and saviour. In these first few days take time to:

- Predict, plan and jot down or post-it all the tasks, activities and priorities you will have over the coming week (include household chores, work activities, childcare and teaching, community involvement, R&R, exercise, screen-time, and friends’ catch-ups, etc.)
- Plan each day (perhaps the night before) with yourself, family, flatmates or work team by writing up that day on a poster, whiteboard or fridge magnet. Get your nerd on: A gold standard “plan” should break down each day into 60 minute chunks, ideally putting the chores and ‘work/school’ stuff earlier in the day; and the rewards, treats and relaxing toward the afternoon or end of the day.
- As each task is completed, tick the item off your checklist (celebrate a little and enjoy a reward).

- If you learned something useful about improving your isolation system, or something needs to shift or change for tomorrow, adjust the next day's check-list.

We may all have to weather the storm at some point. But stoic beyond reproach isn't called for. Kiwis can overdo the pride at times, and pride may cometh before the fall (read: hospital and pressure on staff who don't need it). Act intelligently, not stoically, please. If you're struggling, in any way, and in need of medical, physical, mental or emotional support: Ask for help!

Reply to this email. I am not a health professional, but I may know of someone who can assist. Ed

FACE MASKS

I avoid advertising in the weekly email but these are unusual times. Face masks may soon be in very short supply and this supplier has a shipment arriving.

If you are in need of PPE a wholesale supplier Sportclub Co Ltd has shipments of masks arriving in the next 7 days and are now taking orders. There are two type of masks available:

KN95 Masks:

These KN95 masks are the most effective mask you can get to protect yourself in the current climate. These are the masks used in hospitals to stop the spread of Covid-19. They are FDA approved and also MOH approved (Certificates of Compliance available). They're available in two box sizes:

\$215.00 for a box of 50 masks (including GST and shipping), or

\$1,975.00 for a box of 500 masks (including GST and shipping)

Surgical Masks:

These are 5 layer surgical masks and available in two box sizes:

\$90.00 for a box of 50 masks (including GST and shipping), or

\$875.00 for a box of 500 masks (including GST and shipping)

If you are interested in purchasing masks please email Luana Misa at: luana@sportclub.co.nz



KN95 mask

WHAT ARE YOU DOING DURING LOCKDOWN?

We are looking for some cool lockdown stories. What have you been up to (apart from working)?

- Have you started a project or completing one you started a while ago?
- Are you building something with the kids?
- Have you set daily challenges for fun?

Let us know what fun or interesting things you've been up to during lockdown. Include a pic or two (if you can).

SHIP OF THE WEEK – HMNZS LACHLAN

HMNZS *Lachlan* was a former River-class frigate HMAS *Lachlan* (F364), transferred to the RNZN for survey duties, 1 June 1949 to 13 December 1974. The name comes from the River Lachlan, an intermittent river that is part of the Murray-Darling catchment. Lachlan comes from the given name of Major General Lachlan Macquarie, the fifth Governor of New South Wales from 1810 to 1821.

In 1948 the New Zealand Government sought a survey ship on loan while a new survey vessel was to be built in Britain. *Lachlan* was offered after negotiations on the term of the loan which initially was to be three years. Therefore on 31 May 1945 HMAS *Lachlan* was paid off from service with the RAN and taken over the next day by the RNZN. A crew of RNZN personnel brought the ship out of reserve and prepared for passage to Auckland. After trials in September 1949 HMNZS *Lachlan* was formally commissioned into RNZN service on 5 October 1949. At the dockyard at HMNZS *Philomel*, the ship was fully disarmed and the chartroom enlarged for surveying. Such was the rush to get *Lachlan* into service as a survey vessel that new chartroom fittings were made at sea. part of the ship's company included Hydrographic experts from the RAN and RN on loan to help establish the Hydrographic service. The first survey undertaken began on 18 November 1949 which consisted of surveying the Wellington Harbour entrance to Cook Strait. Work was done in three weeks with the assistance of the survey motor boat brought from Australia. In January 1950 *Lachlan* undertook a survey of Foveaux Strait and the harbour of Bluff. Both locations were a high priority for the new RNZN Hydrographic service. For the next twenty-four years over fifty percent of New Zealand's coastline was surveyed by this vessel. There were also surveys carried in the Pacific and in Australia. She also assisted in clearing mines from the Second World War that were laid around the Gilbert & Ellice Islands.

Her final survey session overseas occurred in July 1973. Her final New Zealand survey was completed in the northern waters. She arrived in Devonport on 28 May 1974. In September 1974 she deployed army personnel on exercises at Great Barrier Island. In November 1974 she departed on a farewell tour of New Zealand that was cut short after damaged sustained at sea between Gisborne and Napier. She returned to Auckland by the end of November and was paid off on 13 December 1974. In her service with the RNZN *Lachlan* covered over 804,000 kilometres at an average of 32,000 kms per year. Her service to New Zealand marine cartography cannot be underestimated.

In 1975, she was painted all grey and berthed at HMNZS *Philomel* as accommodation for ship's companies whose frigates were undergoing refit. The engines were removed in September 1975 and sold. In 1993, the hulk of HMNZS *Lachlan* was sold to a Philippines company. In September she towed along with the decommissioned patrol craft *Pukaki* and *Rotoiti* by the Northland tug *Herekino*.



DID YOU KNOW?

On 8th April 1998, the Chief of Naval Staff, Rear Admiral Fred Wilson, announced the introduction of a Certificate of Service awarded to qualifying personnel on their retirement from the RNZN. The parchment was signed by the CNS for those completing over seven years' service, and by the Governor-General for those completing fifteen years or more.

(What about the RNZNVR? – Ed)

PS

If you really want to upset the family, try shaving off a beard you have worn for fifty years. My request to grow was approved immediately!