

## CDF MESSAGE 6: Covid-19

### Looking after ourselves so we are ready to help others

As we settle into week six of the National State of Emergency it is probably a good time to reflect on how all our lives have changed and had been impacted by Covid-19. The changes to our routines, or 'battle rhythm', have been significant. The need to practice social distancing and the restrictions on movement have all changed how we live day to day. For some it has been easier than others, but it has impacted us all regardless.

Now, even though the Controller has looked to begin easing some of the restrictions, we can't afford to relax. The need for all of us to remain vigilant when it comes to our health, and the health of those around us, continues. Contact tracing, social distancing, and the need to continue good hygiene practices must continue to remain part of our daily lives.

Also, as we have moved through the period of restricted movement and the impact this has had on local businesses, I know there are families within the PNGDF that have been financially impacted as a result of businesses closing, or reduced opportunities for employment. This can be a difficult time for many. It is sadly a fact of the world we now find ourselves in, and it's nothing to be ashamed of. Can I ask those who may be finding it a bit tough right now to reach out to command, community, padres and other wellbeing support organisations if you need help; *we are a family and family looks after each other*.


I also think this is the right time to acknowledge and thank the ADF, through the Defence Cooperation Programme staff, for their support to us over the last six weeks. They have been generous in their help and have assisted with the provision of additional logistic support including the transportation of personnel and essential stores, they have funded the establishment of a new Joint Operations Centre, provided assistance with planning and operations delivery and done so whilst separated from families who have had to return to Australia – partnership, mateship, at its very best.

Finally, and I want to acknowledge last weekend's Anzac Day commemorations. This was very different to how we normally do this significant day of remembrance. I was privileged to be invited to attend a small service at Bomana, along with the Prime Minister to remember those who fought, both Australian and Papuan, and especially those who gave up their lives to give us our freedom. Again, a reminder of the strong bond we have with our 'digger' mates.

As always, I will end with reminding you how immensely proud I am of the way the PNGDF has responded to this emergency. I thank you all for your efforts and ask you to continue to deliver, as we continue to contribute to the Government's and Papua New Guinea's efforts to eliminate COVID-19.

Commanders - please promulgate this message through your teams.

God Bless

  
**Gilbert TOROPO, DMS, CBE**  
Major General  
Chief of Defence Force



30 April 2020

*'Make sure you remain aware of the updates to the State of Emergency that are regularly being issued by the Controller'*