

HIGH-LIGHT



THE TRI-SERVICE NEWSLETTER FROM THE HIGHLAND RESERVE FORCES' AND CADETS' ASSOCIATION

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Editorial:

Chairman's Introduction – Focus on the Annual Association Meeting



If Annual Association Meetings can ever be described in such terms, this year's edition was 'a stunner'. Generously and stylishly hosted by Air Commodore Gerry Mayhew, Air Officer Scotland, at RAF Leuchars, we enjoyed a series of presentations and debates which ranged through the challenges of delivering the new Reserve, through the future of Air Power, to a powerful reminder of why it is vital that we continue to support and encourage the development of our Cadet movements across the Highlands and Islands of Scotland.

Lt Gen Robin Brims, Brig Paul Harkness, Air Cdre Gerry Mayhew, Lt Gen Andrew Gregory, AVM Paul Luker and Col Angus Taverner at the Open Forum and the Chief Executive of Council, Air Vice Marshal Paul Luker, I am equally aware that they too took away some very important messages from you. These included: the extent of our unique reach into the Highlands' community, the manner in which we are finding practical, cost-effective solutions on the ground to some of the strategic challenges we are all facing, the crucial contribution made by our Cadet movements, and overall the real vitality of our Association.

However, despite my enthusiasm for what transpired in Leuchars at the end of March, I think it is worth dwelling on a couple of less comfortable issues we are continuing to face. The intention of more than doubling the size of the Reserves across all three Services and making them central to the delivery of the Defence and Security of the United Kingdom continues to be challenging for all of us.

Our management of the Volunteer Estate must also not be taken for granted. While it is one of the most tangible demonstrations of our support to the Reserve Forces and the Cadets, we have to continue delivering maximum efficiency and genuine value for money if, at some stage in the future, we are not to lose out to competition from the civilian sector. I believe that Highland RFCA can be extremely proud of its achievements this year and I would pay particular credit to Randall Christie and his team in the Estates Department for their continuing hard work in this area but there is also no room for complacency.

It is important that you should understand that we are making every effort to ensure that our Cadet communities are not disadvantaged by the major change programme for the Reserve on which we are now embarked. It is noteworthy that the MOD and the three Services seem finally to be acknowledging that much of the Defence presence across the Highlands, as across much of the rest of the United Kingdom, is manifested in our Cadet detachments. We must work hard to ensure that our Cadets continue not only thrive but are properly acknowledged for the important elements of wider Defence that they deliver.



ATC pipes and drums provide some fantastic entertainment during the morning break

I would like to place on record the gratitude of the whole membership of Highland RFCA for the way in which we were so warmly welcomed hosted by the Royal Air Force. We could not have been more carefully looked after. I was also delighted that so many of you our members, over 100, made the effort to join us for what proved to be a stimulating and mostly encouraging day. The fact that so many of you made the effort to travel to Fife was also not lost on our senior guests who had travelled up from the South. Your very presence provided ample testimony to the level of continuing support and commitment that you all make to the life of our Association.

While it was fascinating and important to hear the 'strategic picture' as set out by Chief of Defence Personnel, Lieutenant General Andrew Gregory; the Chairman of the Council of RFCAs, Lieutenant General Robin Brims;

Finally, I think it is vital for all of us to understand and acknowledge that we, the Reserve Forces and Cadets Associations, have no automatic right to exist. A swipe of a future Secretary of State's pen could dissolve us overnight! That said, I judge that Highland RFCA continues to deliver a remarkable level of service to all our customers. There can be no grounds for resting on our laurels and I see the months ahead providing fresh opportunities to continue demonstrating the value of our efficiency, our unique reach into our local communities, and our delivery of outstanding value for money.

I would like to close by reminding all of you that the Armed Forces Day national event is taking place this year in Stirling on Saturday, 28th June. This should be a fantastic day out for everyone: Royal Marines, Apache Helicopters, RAF Close-air support, military displays, a tri-service parade through the streets of the town, a Veterans village and a Drumhead service. We will be there. I hope that as many of you as possible will also come along to enjoy the day and show your support.

Inside HRFCA:

Rear Admiral Mike Gregory, on being President.

Rear Admiral Mike Gregory OBE was appointed President of HRFCA on 26th May 2012. The role is a unique and at a recent board meeting I took the opportunity to chat through his role and his view of the organisation. "My position is indeed a unique one, I see it as a figure head; partially hands off with the organisation, I am not involved with the day-to-day running but I bring a fresh pair of eyes to any major challenges and I am there to offer opinion, if some issue required a little more effort I would have no hesitation in becoming more involved!"

Admiral Gregory had a wide-ranging career in the Royal Navy spanning 36 years. After spending most of his early days working in the Submarine Service, he had an illustrious MOD career as Assistant Director Naval Staff Duties in MOD Whitehall and then followed a tour as Naval and Defence Attaché in the British Embassy, Washington DC. His posting was as Flag Officer Scotland, Northern England and Northern Ireland, between 1997-2000. On retirement from the Royal Navy he became Chief Executive of the Mechanical and Metal Trades Confederation and then Chief Executive of the Energy Industries Council.

Having been appointed HM Lord-Lieutenant of Dumbartonshire in 2008 Admiral Gregory already has a long established relationship with Reservists. "Lord-Lieutenants are expected to be involved with the Reserve Forces and as a retired naval officer I have an interest in the services and those who serve within them - so as a Lord-Lieutenant already involved it is a privilege to be President of such a worthwhile organisation." In this, an exciting time for the Reserve Forces, Admiral Gregory sees



Top: ATC Speakers Cdt Flt Sgt Christian Avis, PO Amy Henderson and Cdt WO James Parker
Bottom: Members enjoying Pipers playing at the conclusion of lunch

the effects of the FR20 review as wide reaching; "the result is that the RFCA's have a more and more important role in the support of, and the delivery of resources surrounding the Reserve Forces."

Partly within his role as the Lord-Lieutenant and partly through his own interests, Admiral Gregory has always enjoyed being involved with Youth Organisations. "I see this as an area I should be able to make a bit of a difference to some young people. By that I mean attending as many events as possible, like award ceremonies, inspecting parades and talking to as many young people as possible. I hope to follow up on as many of the valuable contacts with action wherever possible, wherever a useful role can be played on my part." The two current Lord-Lieutenant's Cadets accompany Admiral Gregory on royal visits, and other prestigious occasions such as Armed Forces day or Remembrance Sunday.

Admiral Gregory is an Officer in The Royal Company of Archers, The Queen's Body Guard for Scotland and is a Director of Mercy Corps. He is married to Jean and has four daughters, three of whom live abroad. He lives in Gartocharn.



Air Cadets Charitable Donations Hit £22,000!

Since 1998 cadets and staff from 161 (Ullapool) Detached Flight from Highland Wing have supported a charity called Cardiac Risk in the Young (CRY).

The detached flight take part in a sponsored 13 mile cross country walk every year in the Western Highlands of Scotland. Since 1998 they have raised a colossal total of £22,575 for the charity.

CRY was founded in 1995 to raise awareness of conditions that can lead to young sudden cardiac death and sudden death syndrome. Sudden death syndrome affects many families with young people in the prime of their lives.

CRY aims to reduce the frequency of these deaths by working with cardiologists and family doctors to establish good practice and appropriate screening facilities to promote and protect the cardiac health of our young. It is now widely accepted that screening saves lives. 80% of the young people who die from these tragedies have had no symptoms and it is only through screening that the condition can be identified.

Pilot Officer Rebecca Kirk RAFVR(T), Officer Commanding 161(Ullapool) DF handed over a cheque for £1600 to Mrs Alex Fotheringham local area representative for CRY, earlier in the year. Pilot Officer Kirk said 'It is fantastic that our detached flight has had such a long standing association with CRY and the support our cadets receive from the local community in the sponsorship they raise every year.'



Top: PO Rebecca Kirk presenting a cheque

Bottom: Cadets trekking across the Western Highlands

New Honorary Colonel for Angus and Dundee Battalion

Her Majesty's Inspector for Constabulary Derek Penman made his first visit to Angus and Dundee Battalion ACF on Saturday 22nd February in his new role as Honorary Colonel.

Colonel Penman has been in the Police since he left school. Prior to the position Colonel Penman was Chief Inspector for an area encompassing Tayside. "My day job has given me a real opportunity to be involved with the lives of young people and so I really value what the ACF brings into their lives."



Colonel Penman is very clear on how he sees his role developing, "I'm an ambassador for the ACF, promoting the organisation and its important work. I think that is the most important aspect of the role; ensuring that I speak to employers and businesses to raise awareness of the transferrable skills these young people have gained; so that their time in the ACF helps with their future employability, or future education."

Sea Cadets Gain Double Nomination: Youthlink 2014

On 13th March 2014 the Northern Area Sea Cadets found themselves in the fortunate position of having two nominations in Youthlink Scotland 2014.

In this year's final, and competing against each other, were Sub Lieutenant (SCC) John Bowman, Commanding Officer Peterhead Sea Cadets, and Commander (SCC) Hugh Barras, District Officer Clyde North. Although, neither took the overall prize the nomination is a great accolade



Hugh and John commented, 'We thoroughly enjoyed the occasion, it was a lot grander than we had expected. We also learned a lot from it, especially

how much other organisations embraced and celebrated the awards' ceremony. It's definitely worth taking part in, especially to network and share good practice with other charities, but it's not about winning, more about recognising the efforts of others. We were grateful and felt fortunate to be nominated, there are so many worthy Sea Cadet volunteers out there.'

Westhill (875) Sqn ATC triumph at Banner Competition!

On Saturday 15th March 2014 Cadet Warrant Officer Josh Greig and Sergeant Lewis Boyd of 875 (Westhill) squadron competed at The RAFA Banner Bearer Scotland and Northern Ireland annual Competition in Perth.

The Royal Air Forces Association (RAFA) Banner Bearer Competition is an opportunity for Cadets to show their impeccable standard of drill, uniform and how competent they are with the banner. A sequence is performed and each individual step marked! A lot of pressure for the young Cadets.

It was an incredibly close competition between Cadets from West Scotland Wing and those from the North East but Josh managed to win for the second year in a row, with Lewis in third place, a fantastic achievement for

both. The trophy was presented by Air Commodore Gerry Mayhew, Air Officer Scotland and Station Commander RAF Leuchars.



Air Cdre Gerry Mayhew with the winning Cadet, Cadet WO Josh Greig

Army Cadet Force is Flourishing on the Islands

March marked a particularly busy month with the opening of not one but two fantastic new facilities for Cadets on Mull and Harris.

The first opening of the fortnight was by The Lord-Lieutenant of Argyll and Bute, Mr Patrick Stewart MBE who presided over the official re-launch of Argyll and Sutherland Highlanders Battalion Mull Detachment at Tobermory on Tuesday 11th March 2014.

The occasion marked the successful reestablishment of the detachment following its revival last year. Cadet Lance Corporal Alex Kievers spoke enthusiastically about his experiences in the cadet force and the opportunities it had afforded him. The evening was a great success with representatives from the local police and school present amongst others.

Just over a week later on the evening of Monday 17th March 2014 The Lord-Lieutenant of The Western Isles, Mr Sandy Matheson OBE, presided over the official opening of the new home of the Isle of the 1st Battalion The Highlanders Army Cadet Force Harris Detachment

This fantastic new space is adjacent to the Tarbert



Community Hall which HRFCA has provided in close association with the Harris Mutual Improvement Association Committee. Colonel Angus Taverner, Chairman of Highland RFCA spoke of the contributions the Army Cadet Force makes, especially in such remote communities.

Major Norman MacLeod conveyed his pride in the detachment and particularly in the Detachment Commander Lieutenant Tim Martin, a very popular face on the island, who was responsible for starting the detachment seven years ago.

After a presentation of a cheque for a phenomenal £2,983 was made by Cadet Lance Corporal Joe MacLeod to the Lord-Lieutenant on behalf of Poppy Scotland. The Cadets then manned stalls demonstrating just a little of what they are about. As in Mull, the Cadets talked effortlessly to numerous invited guests about fieldcraft, weapons, first aid, camps and kit bags!

Above, Clockwise: Lord-Lieutenant meets the team; Poppy funds are presented; Lord-lieutenant chats to cadets; Explaining weapons. Left, Clockwise: Colonel Rob Jeffries, Deputy Commander 51 (Scottish) Brigade talking to Cadets about first aid; Demonstrating weapon handling; the new Mull Det; Lord-Lieutenant, Mr Sandy Matheson talking to Cadets



Moments of Reflection 100 Years on: A and Sh Bn Cadets Visit WW1 Battlefields

On 7 April 2014, from detachments across the Argyll and Sutherland Highlanders Battalion ACF area, 36 cadets and 8 adults gathered to cross the Channel for an incredibly moving and memorable experience visiting the World War 1 battlefields of northern France.

The trip began with a long coach and ferry journey across the Channel, then a few introductory visits – Duds Corner Cemetery, Notre Dame de Lorette French cemetery and Vimy Ridge. A day was then spent in the Ypres salient, culminating with the unforgettable experience of parading at the Menin Gate. One more full day was spent in and around the Somme, before the long journey home.

By the end of the trip, no-one was unmoved at the realisation of the horrors of the war and by the sea



of headstones marking those laid to rest in the war cemeteries, particularly the number bearing only the words 'Soldier of the Great War - Known unto God'. Cadet Lance Corporal Aidan Halstvedt, 15, of Denny said "The thing that's struck me the most is realising that there's a body under each gravestone." and Cadet Lance Corporal John Anderson of Vale of Leven said " My memory of the battlefield tour was not what I saw but what I could feel."

The group found the museum visits fascinating, particularly learning about life in the trenches at Vimy Ridge, Yorkshire Trench, Paschendaele and Ulster Tower.

Long Service Award to A and D Bn Instructor

I joined the ACF in 1995 as a Cadet at 13 years old. At 18, knew I wanted to give back the same lifeskills I had been given by the ACF and in 2009 I attended Westbury where I completed my Cadet Force Commissioning Board and was promoted to the rank of Second Lieutenant.

The process of being an adult in the ACF is a continuous learning path. My recent appointment to Company 2IC will continue to challenge me in many ways; these challenges and learning paths along with the feeling when you see the young cadets grow and develop

Cameron Addison, 17, of Alva said "I've enjoyed walking through the trenches and realising how close the two Armies were to each other."

“

The tour has been really good. It was really emotional knowing that all the troops died for us and I'm grateful that I got to lay a wreath at the Thiepval memorial. It was one of the best things that I will ever do in my life and I'm really grateful that I got picked to go

”

Lucy Hawkes, 14, youngest cadet on the tour

Cadet Corporal Cathryn Spencer, 17, of Alloa, played the pipes at the Menin Gate Last Post ceremony, the memorial to the 51st Highland Division and at the Thiepval Memorial and said "I felt the battle field tour was amazing. It was very emotional. When I played my pipes at the Menin Gate I was incredibly nervous but whilst playing and after it I felt a little pride in myself for getting through it. The most emotional part was when I was piping at Theipval as it is the memorial for the lost soldiers and as I was playing I was looking at the names and thinking about how many of them there are and thinking about all their friends and families."

Commandant, Colonel Brian Hume said "Nothing can replace actually walking the ground to begin to understand the horrors of what really happened and in having the chance to do this, the cadets have gained a better understanding and truer picture of the First World War. The experience will remain with them for a long time to come. We would all like to give a huge thanks to those who helped with the fundraising effort that made this highly moving and memorable trip possible."



is what has kept me in the organisation for this length of time. I feel proud to say I am a member of the ACF and was honoured to receive my long service medal for service as an adult instructor (on my 32nd birthday!) Long may it continue!

Lt Dawn Edwards receiving her medal

Air Cadets take on Exercise Alpine Adventure!



Fourteen Air Cadets and four members of staff from North East Scotland Wing have recently returned from Exercise Alpine Adventure in Bavaria.

Alpine Adventure is a week-long course which takes place at various resorts around Bavaria in Southern Germany. It is designed to cater for skiers of various skill levels from those who have never picked up a ski. In total, 34 adults accompanied 88 Cadets on Alpine Adventure 2014. The North East Scotland Wing contingent flew from Aberdeen to Stuttgart (via Amsterdam) on Saturday 15th where they continued their journey to the accommodation at Vorderburg. Unsettled weather made for some bumpy flights but they arrived on schedule.

The week saw the group travel to Ifen on Wednesday, Balderschwang on Thursday and end the week at the resort of Steibrsi. Alpine Adventure is not all about skiing though. The camp has built up close links with a local shooting lodge and the Cadets are honoured guests

there one evening; taking part in an air rifle competition and Bavarian leg-wrestling. They also run quizzes and a games night in the lodge, take an evening swimming at the pool and flume complex in Sondhofen. The trip ended spectacularly with a Gala Night on Thursday before bags were packed for early flights home on the Friday morning.



Banner Ceremony for Shetland Cadets



On Tuesday 11th February 2014 a service of dedication was held to bless Shetland Independent Cadet Battery's new Banner. Last Remembrance Day the Lerwick Branch of the Royal British Legion kindly donated £500 to the Army Cadet Force Battery which contributed immensely in this project coming to fruition.

The dedication was performed by the Battery's Padre, Capt Keith Blackwood. The newly appointed Commandant of the Battery Colonel Mark Boden was in attendance

After the Service of Dedication, the Cadets demonstrated their fantastic drill skills for the assembled audience before promotions and Annual Awards were handed out. The evening was attended by Colonel John Taylor the Honorary Colonel of Shetland Cadets; Lord-Lieutenant of Shetland Bobby Hunter; Former Commandant of Shetland Cadets Jim Nicholson; Dave Chapman Assistant Chief Executive Highland RFCA and Sarah Rawlings, Deputy Chief Executive Highland RFCA who said " it was a fantastic to see the Cadets showing such pride on this occasion."



Top: Following the Presentation of Awards
Bottom: Colonel Mark Boden with Shetland Independant Cadet Battery

Cadets Show Off Their Musical Talents in Dingwall, Inverness



Onlookers in Dingwall and Inverness had a spectacular treat as they witnessed the Massed Pipes and Drums of the Cadet Forces Parade through the streets, attracting large crowds in both places.

The band played in Dingwall High Street on Friday 11th April 2014 at the invitation of The Highland Council, and the following evening in Falcon Square in Inverness at the invitation of The Provost of Inverness.

In Dingwall Mrs Janet Bowen the Lord-Lieutenant of Ross and Cromarty took the salute; afterwards she spent time chatting with many of the Cadets during a reception at the Royal British Legion

During very mixed weather in Inverness the Cadets

played outstandingly, despite being rather cold and a little damp! The Deputy Provost, Cllr Jean Slater took the salute, accompanied by Colonel John Kelly, the Army Cadet Force's national Representative Commandant. All enjoyed the reception put on by The City of Inverness Area Committee and it allowed the Cadets to warm up!

Cadets were brought together from across the United Kingdom for an intensive week of piping and drumming at Cameron Barracks in Inverness. The Beating Retreats were the culmination of lots of practice and dedication for the Cadets and the Instructors. The band is made up of the most skilled pipers and drummers from both the Army Cadet Force and the Air Training Corps from all over Scotland, Northern Ireland and England; coming from as far afield as Shetland and Romney Marsh, Kent.



Lord-Lieutenant Mrs Janet Bowen with Colonel Rob Jeffries, Dep Cmd 51 (Scottish) Bde and Colonel Malcolm MacBean Colonel ACF Pipes and Drums



... and Edinburgh



Saturday 26th April 2014 saw the Esplanade at Edinburgh Castle come alive with music from The Massed Military Bands and the Massed Pipes and Drums in glorious evening sun. A very large crowd made up of dignitaries, including a number of Lord-Lieutenants and MSPs; Military personnel; parents and tourists gather to watch the fantastic performances.

Around 80 young people from all over the UK travelled to Edinburgh to be part of the fantastic evening. Skill and enthusiasm was evident in every one of the participants as they entertained the crowd.



Senion Drum Major Mathew Moore of Lothian and Borders ACF



The salute was taken by The Rt Hon Tricia Marwick MSP, Presiding Officer of The Scottish Parliament who, afterwards, spoke of how impressed she was at the dedication of the Cadets to perform to such a high standard, the obvious commitment it must take from both the Cadets to put in the hours of practice and of the Adult Instructors who work with them.

It was evident that not only were the large crowd entertained by both of the bands but that they were thoroughly impressed; lots of passer-bys stopped to take photos! Under the direction of Major Jim Stout and SMI Robert Cowan the programme was very varied even including a piece from James Bond! Both bands had attend a residential piping and drumming course for one week as well as recieving local weekend tuition. The scope and quality of music instruction is but one example of what The Cadet Organisations offer young people.



The Rt Hon Tricia Marwick taking the salute



Combating the Psychological Impact of Warfare



This year, British Armed Forces will be leaving Afghanistan. However, the legacy for a small but perhaps significant minority who have served will be the psychological impact of warfare.

The sad truth is that the numbers presenting with mental health problems as a direct result of a military service career are on the increase. Combat Stress, the Veterans Mental Health Charity, has seen a 10% year on year increase in the numbers of Veterans and Reservists coming to them for help over the last few years and envisage this trend to continue for many years post Afghanistan.

The King's Centre for Military Research highlights that members of UK Reserve Forces are more likely to experience post traumatic stress disorder (PTSD) than their regular counterparts, and with 9% of British military personnel serving in Afghanistan coming from the Reserve Forces it is vital that those who develop mental health problems know where to seek help.

Combat Stress understands the unique problems that some Reservists can face

We know that, just like full-time "regular" colleagues, Reservists can also suffer from PTSD and other mental health problems.

At Combat Stress we recognise that many Reservists face a very different situation from that of Regulars



THE VETERANS'
MENTAL HEALTH
CHARITY

We understand...

...that it can be difficult to leave a "tight knit" Regular Unit, when you often won't see these comrades ever again ...

...separation from the military community can lead to feelings of loneliness and isolation ...

...back in your civilian job, you may have found that colleagues and managers don't understand what you have been through, and that some colleagues who may have shouldered extra work while you were mobilised, may even resent your absence ...

...switching between these two ways of life can leave you feeling isolated and it can be difficult to cope – particularly if you are also struggling to come to terms with traumatic experiences you may have witnessed or been directly involved in whilst mobilised.

Combat Stress is dedicated to raising awareness of the fact that members of UK Reserve Forces are more likely to require mental health support, and to ensuring they know that Combat Stress is here to provide it for them free of charge. The Charity has a small Reserve Forces Liaison team funded by The Westminster Foundation, and Lt Cdr Glen MacDonald RN (Retd) is their Liaison Officer in Scotland. He is always keen to visit Reserve Units to liaise with Permanent Staff and speak to groups of Reservists. He may be contacted on 07833 941951 or by e mail to: glen.macdonald@combatstress.org.uk

Reservists are often more hesitant to seek help than their Regular counterparts. Glen MacDonald explains "It's important that Combat Stress reaches out to those Reservists who may be suffering and provides them with help – otherwise we fear they will suffer in silence for many years to come. Early intervention is the key."

For more information on the services of Combat Stress can offer, visit www.combatstress.org.uk

Wing Commander Cowan assumes Command at 612 (County of Aberdeen) Sqn

Wing Commander Alan Cowan (right) has assumed command of 612 (County of Aberdeen) Squadron at RAF Leuchars, having taken over from Wg Cdr Phil Goodall.

Wing Commander Cowan arrives having completed 35 years in the RAF, serving appointments in Germany, Falklands Islands, Netherlands, Qatar and The United States of America.

He retired in 2014 from his final appointment as the Deputy Head of Strategy for the Defence Medical Services. He said,

"I am looking forward to my command again. Having served in the RAF, the RAF Reserves are a completely new challenge. I look forward to meeting the incredible individuals who not only have a full time job and family life to deal with but also give up their spare time to serve their country."



SaBRE Sponsors CIPD Awards Dinner



Brigadier Paul Harkness, Commander of 51 (Scottish) Brigade spoke at the Forth Valley Chamber of Commerce inaugural business awards which were sponsored by the MOD and SaBRE.

Brigadier Harkness spoke about the benefits of employing reservists, stressing the transferable skills and leadership qualities which reservists can bring to local businesses.

Chief Executive of Forth Valley Chamber of Commerce, Laurence Barrett said, " We have established a very

positive relationship with SaBRE and are delighted to be promoting the employment of reservists to our members.

The ViNE programme, has been developed exclusively by Forth Valley Chamber to encourage ex-service personnel and reservists into self-employment, provides one to one support in creating a business plan and acquiring the skills necessary for setting up in business. Part-funded by the Community Covenant Grant Scheme, the programme will be piloted across the Forth Valley in 2014.

Left: Brigadier Paul Harkness; Cmd 51 (Scottish Brogade. Right: Shaun Micallef-Green, Assistant Director of SaBRE

Employers Experience Winter Warfare with Royal Marine Reserves



EXERCISE HAIRSPRING is the name given to the annual winter warfare training exercise that takes place some two hundred and fifty kilometers North of the Arctic Circle at ATC, Evenes, Norway.

Royal Marines spend up to three months in this very environmentally challenging environment. Members of the Royal Marine Reserve, spend at least two weeks and sometimes longer in Norway training alongside their regular counterparts. Headquarters Royal Marines Scotland hosted a SaBRE sponsored visit for nine employers in March 2014; the administration was undertaken by Highland RFCA.

On arrival at Camp, a hot meal

awaited cooked by service chefs. An instant first class demonstration of transferable skills! The employers stayed within the training camp which, although basic accommodation provided perfect access for the employers to the training sites.

The employers were treated to a series of events throughout their two days; they visited Reservists undertraining who were being taught snow hole construction. The had a demonstration of casualty evacuation, using skis and a purpose designed kit with a competition between teams of employers to construct and then race the finished stretcher afterwards.

The following day saw the group capture the magnificent views across

the valleys with the RM reservists carrying out training well below in the valley. With Barbequed reindeer cooked by a Royal Marine chef on offer one evening the guests were well fed! In civilian life the chef is a metropolitan policeman. With one of our guests an Assistant Chief Constable this proved a fantastic talking point over dinner.

The impact of the trip upon the employers was clear, "Ex HAIRSPRING showed me how the skills [the Reservists] learn and attitude they demonstrate in their Military Service can be brought back directly into our workplace for the benefit of not only the Police Service but also the public"

- Assistant Chief Constable Gareth Cann

On Top of the World.....Nearly

Corporal Lisa Page, a Biomedical Scientist is now an Officer Cadet, having passed the Officer and Aircrew Selection Course in Jan 14.

She said "The RAF Reserves has given me the opportunity to do things I would never have had the chance to do before. I wanted to push myself and gaining a commission is a great way to take on more responsibility and contribute to the Sqn. I am really enjoying the challenges of ROIT and I'm looking forward to putting my leadership skills to good use." Corporal Page truly has challenged herself in her time in the Reserves having trekked to Everest base camp with Corporal Andrea Peart, a Nurse also from 612 (County of Aberdeen) Sqn. Corporal Page recently wrote about the trip:

After two nights acclimatisation we awoke to blue skies, and our first view of Everest. We trekked towards Khumyung and Kunde where we were able to visit the very basic but crucial Hospital, run by a doctor, a nurse and a lab tech and where horses are extremely expensive ambulances. The next couple of days saw problems with the effects of the high altitude and our biggest challenge yet climbing to the Nangkartshang peak at 5100 metres..

The next stage was a long trek to Loboche via Khumbu Glacier at 4930 metres and then on to Gorak Shep at 5180 metres, our last and highest sleep before base camp. The spectacular views of Everest were breath taking and those coupled with the tremendous sense of team spirit and achievement made it a great lifetime moment. We set out with head torches but the view of the glorious sunrise over Everest was a wonderful highlight. The longest day trekking took us to Chola Tso Lake, followed by a day to cross over the Cho La Pass at 5420 metres to Tangnak, where crossing the deep snow on the glacier took mental will power to keep the legs moving.

The snow started to fall as we trekked to Gokyo Lake at 4750 metres. The confidence in the Sherpa's and guide encouraged us to pull together as a team and move as quickly as possible. We reviewed emergency avalanche drills to keep as close to the rock face as possible and curl up in a ball in the event of an avalanche, knowing exactly who was in front and behind at all times. The rumble of the rapid river created difficulty in distinguishing the sound from the rumble of an avalanche Sadly an avalanche took one of our yaks out and hurt the Yak Leader; he was unscathed but his yak died. We spent a very reflective night at Namgyal lodge before a rapid decent back to Namche Bazaar.

It was an unforgettable, once in a lifetime trip which I feel privileged to have been part of. Certainly not for the faint hearted but, as part of adventure training within the Royal Air Force, it cannot be beaten.



Cpl List Page and her team scaling Mount Everest

Deputy Chief Executive Appointed Trustee of Ulysses Trust

Sarah Rawlings, DCE at Highland RFCA has been appointed a Trustee of The Ulysses Trust. The Trust, founded in 1992, provides funding assistance to challenging expeditions and adventurous activities involving members of the Volunteer Reserve Forces and Cadet Forces.

Sarah said, "It is an honour and a privilege to become a Trustee of The Ulysses Trust. I am quite delighted to have been given this opportunity.

I wholeheartedly believe in the benefits to young people and adults of participating in expeditions; believing that the experiences encountered and the skills gained enhance personal development for life. Expeditions come many in many different guises, all enable an individual to learn more about themselves, their capabilities, to realise that there is more within them than they knew and to understand the true value of being part of a team. I

really hope to be able to contribute in some small way to enabling many more individuals to achieve these valuable insights".

For information please visit: www.ulysses-trust.co.uk or contact Sarah Rawlings: 07711 842320



Defence and Security in the UK: MP's Discussion with Army Reservists and Veterans



7SCOTS was privileged to host a visit by Dr Andrew Murrison MP, Defence Minister for International Security Strategy, in the Army Reserve Centre, Gordonville Road, Inverness, on 2nd April 2014.

Dr Murrison is the Defence Minister responsible for the Department's Scottish affairs and contribution to UK Government policy and activities in respect of Devolution and the Scottish Independence referendum. As part of his wider portfolio of roles he is also the Prime Minister's special representative for the Centenary Commemoration of the First World War. Dr Murrison served for 18 years as a Medical Officer in the Royal Navy, retiring from Regular Service in 2000 as a Surgeon Commander. However, he has remained in the Service as a Naval Reserve Officer and completed an operational tour in Iraq in 2003.

Dr Murrison listened to the views of Reservists and Permanent Staff from C Company 7 SCOTS before meeting members of the local Veterans Community including Major General the Hon Seymour Munro, formerly of the Queen's Own Highlanders, and Councillor Carolyn Caddick, the Armed

Forces and Veterans Champion for Highland Council. The evening concluded with a curry supper where the Reservists and Veterans were able to speak with Dr Murrison on a one-to-one basis.

Lt Col Pete Little, Commanding Officer of 7 SCOTS remarked: "The Minister was extremely engaging on a whole number of issues facing Reservists and Veterans. He was keen to discuss the Future Reserve proposition and the challenges of recruiting the Army Reserve to full strength in the next 5 years, and to see where Soldiers felt there could still be improvements in the Terms and Conditions of Service. With the Veterans, he was very open in discussing the balance of views pertaining to the future of Scotland and the provision of Defence capability depending on the outcome of the Independence referendum, and the uncertainty that some Veterans felt over the security of pensions if the national relationship were to change in the future. It was an extremely useful visit from an Armed Forces Community perspective and it gave a rare opportunity for individuals to discuss issues one on one with the Minister, and for him to inform Veterans and Reservists first hand of the current debates at the heart of the Nation and Defence."

Introducing: Craig Ansell, Highland RFCA's New Head of Finance

The finance department has recently welcomed a new Head of Finance, Craig Ansell.

Craig, who grew up in Staffordshire, joined the Army at 16 into the Royal Engineers. An injury resulted in Craig moving to a desk-based role with SPS and realised he enjoyed having an admin and HR based role! After reaching the rank of Staff Sergeant, Craig left the Army in 2012 after 24 years. The opportunity of admin-officer came up within a school and allowed Craig not only to develop the financial skills he gained in the Army

but to spend time with his children.

"I do miss that military environment but I wanted stability for my children and also wanted a step up, a challenge; that is why, although we promised them no more moves when I saw this job I wanted to go for it; it allows us everything we wanted." Now that the family are settled in Carnoustie, they can spend much more time outdoors, on the beach, learning to snowboard and mountain biking. Craig is married and has three children 12, 9 and 18 months.



The finance department with new Head of Finance Craig Ansell

Scottish Transport Regiment Triumph in The Alps



The Scottish Transport Regiment Ski Team have recently returned to Scotland from their most successful season to date, they were supported by a grant from Highland RFCA. The Alpine team lead by Captain Tim Squire and the Nordic team lead by Warrant Officer Sandy Adamson produced some incredible results from their time in the French and German Alps.

The season started in Serre Chevalier, France for Ex Spartan Hike. After a weeks training on snow the competition started and the team were given their first indication as to how well their preparation and conditioning had served them. It was a promising start, with the Nordic Team securing 5th place overall and finishing as the top Reserve team. The Combined Nordic and Alpine Team finished as Reserve UK Champions and both teams qualified for the Army Championships.

Musician from Hamilton hits the right note with Reserve Football Team

Musician Stuart Pollock from Hamilton is proving to be a man of many talents for the Royal Regiment of Scotland with his footballing skills now earning him recognition with the Army Reserve.

Stuart, 30, joined in May 2005 to fulfil his desire for travel and adventure. He serves as a Musician with the Highland Band an integral part of the 51st Highland, 7th Battalion, The Royal Regiment of Scotland (7 SCOTS). A promising young footballer who played for Hibernian at Under 16 level, Stuart has represented a number of amateur sides including Symington Amateur FC, with whom he won the South of Scotland Amateur Cup, Hamilton FP, and now Chalmers Church in the Strathclyde Evangelical League.

Most recently he won the man of the match award as the Army Reserve Select defeated a team from the Royal Military Academy Sandhurst, where all officers in the British Army are trained to take on the responsibilities of leading the soldiers under their command.

Stuart, who in civilian life is an Instrumental Music Instructor for South Lanarkshire Council, said: "I've been

After a few days of focussed training, the Army Championships kicked off in Ruhpolding and Serre Chevalier. This was a fantastic competition seeing some incredible results from both teams. The most memorable race was the 4 x 5 KM relay at the Army Nordic Championships with Corporal Scott Cassidy going first leg and handing over in first place ahead of all 31 Teams. This took the wind out of the Regular Teams more than a little. The team performed superbly, finishing as the 4th best combined team in the Army. A fantastic achievement for all concerned.

The final event of the season was Ex Ski RLC in Ruhpolding. The team arrived in fine form and despite the disappointing conditions that greeted them, they set out to continue in the same vein they had started the season. By the end of the competition the team's achievement was barely comprehensible.

Each of the Novice Skiers at under 20 years of age performed magnificently. Craftsman Millar in the Alpine, and both Privates O'Donnell and Ronald in the Nordic. They applied themselves to the task at hand and refused to be overshadowed by their more experienced teammates. The 2014 Ski season was a fully demanding period for the members of The Scottish Transport Regiment Ski Team. Their performances have highlighted the calibre of individuals across not only the Scottish Transport Regiment, but also the Reserve setting a fine example for junior soldiers to follow.

playing for the 7 SCOTS team for two years, and attended trials for the Army Reserve Select team at Aldershot in August 2013. I got selected and play as a holding midfielder-in front of the defence.

"The match against the Sandhurst Officers was good; it's the first time I've been there. We won 4-1 and I was awarded 'Man of the Match'. They were quite a young side, but didn't really challenge us too much. Maybe we got our tactics right!"



Picture 1: Stuart Pollock (left) receives his 'Man of the Match' award from Major Steve Cotter, Team Manager of the Army Reserve Select football team.

Introducing: Lance Corporal Deanna Green

At 19 years old, Lance Corporal Deanna Green is the youngest Reservist in her Unit, 243 Provost Company 4th Regiment Military Police, which she transferred to eight months ago. Deanna started her Military career with Tayforth UOTC when she began her degree in Policing and Security at Abertay University. She is currently in her second year.

“Basically, the easiest way to explain it is by trying to compare it to the normal police, however our jurisdiction covers those subject to service law, but we still detect and investigate crimes which break both military and civilian law. If we are working alongside civilian police, they take priority but we are their support - especially when dealing with members of the Armed Forces.”

With real time police duties, patrols and event policing at events like the Army vs Navy Rugby ‘Turf War’ at Twickenham at the end of April and the Royal Military Edinburgh Tattoo the Military Police is all go for Deanna. Later in the year she is also going on a battlefield tour to learn about the history of military policing. Whilst she is firmly focusing on studying for the moment, Deanna has hopes of completing at least one tour of duty when her degree is finished.

When not at University, Deanna currently works at the Murrayshall Country House Hotel. “Spending so much time outside, I thought I would try something completely different for work so I applied online for my job and was given a ‘working interview’ where I must have impressed them because I was offered the job! Deanna was very upfront with her need for time off and it has worked in her favour; she gives notice of training time, events and



weekends away and this is factored into the busy hotel rotas. Mr Reid the Hotel’s Operations Manager says that communication is key to the arrangement working so well. That and Deanna’s great attitude!

“The training I have had on the Police Course I have taken into work, especially communication and interpersonal skills. Being able to approach a guest with confidence, no matter what the issue is. Also being part of a close nit team is something I have found very much in the Army but it is very important to still have a bond in work.” The Military Police focused on Conflict Resolution as a key part of the role, this transfers over into Deanna’s job within the hotel industry, where customer relations can sometimes become strained. “I feel capable to handle and turn around situations, often soldiers can become irate; no one likes the Police whether it is the Military or Civil-street so our job is to manage that.”

When asked what she would say to others thinking about the Reserves Deanna simply said, “I would encourage anyone who loves the outdoors or who just wants a bit of a challenge to join the Reserves. Just give it a go!”

Tayforth UOTC win Northern Lights 2014 by SUO Harriet Cowderoy

Northern Lights 2014 was organised by Aberdeen UOTC, the reigning champions and took place at Barry Buddon.

The competition started bright and early with a tug-of-war competition. Despite being the only team without matching strips Tayforth performed fantastically, being defeated only by the war-faced beasts from Glasgow and Strathclyde.

Hockey, football and rugby followed without great success, meanwhile the dancing team spent the day practicing on camp before their time

to shine came mid-afternoon. The other teams performed well, but Tayforth had huge smiles on their faces and perfected a few details that the team hoped might give them an edge. The military skills competition involved drill, a march and shoot, and various military stands. The team proved to be solid all-rounders and the only major threat to their scores was a false left-turn at the end of the drill competition.

The competitors gathered at the end of the day for Beating the Retreat by the Pipers and Drummers of all



Scottish UOTCs combined. Tayforth took away the overall Pipe Band award! Our brilliant dancing team won first prize. Final results were read out in reverse order, and utter shock could be seen when finally, “second place: Glasgow” was called and we erupted in utter disbelief and joy.

Safety Matters!

WORKPLACE MAJOR INJURIES HIT AN ALL TIME LOW

Good news as Britain has shown a drop of 11% in the reporting of major injuries such as fractures, burns and amputations compared to the figures for the years 2012-13. This points towards a culture is moving more to accept Health & Safety as something that is put in place to protect us all, rather than an obstacle.

MYTH!

To clear up a question I have come across throughout our estate with reference to Elastoplasts within first aid boxes. There is definitely NO legislation from HSE that bans the use of 'plasters' from a workplace first aid box. If there are any concerns regarding an individual being allergic to the adhesive this could be easily remedied by asking the individual if this is the case. If there are still concerns then there are hypoallergenic plasters on the market that can be used.

HEALTH AND SAFETY LAW POSTER

HSE has made changes to their H&S Law poster; 1999 version will come to an end on April the 5th 2014. The new version must be displayed within the main working buildings e.g. HQs or weekend Training Centres. There is a pocket card or leaflet which can be downloaded and

printed off free if any member of your staff require a copy for reference.

LATEST CHANGES FROM HSE

There have been a few changes to ACOPs (Approved Codes Of Practice) which have been simplified or revised recently from the HSE:

- Gas Safety (L56) Gives practical advice on the gas safety and instillation and use regulations
- Workplace health, safety and welfare (L24) has been revised from the 1992 published edition
- Legionnaires Disease (L8): This is aimed at duty holders, employers and those in control of premises to help them comply with their legal duties in relation to Legionella
- Control of Substances Hazardous to Health (L5) this is the sixth edition of the ACOP which provides guidance and practical advice to help comply with the requirements of the regulations
- Most importantly ALL CADET INCIDENTS / ACCIDENTS MUST BE REPORTED TO AINC regardless of severity, there is no threshold, also any accidents involving the HRFCAs estate infrastructure should be reported to HRFCAs H&SO as soon as possible

Forthcoming Events

Sat 17 May	Royal Gun Salute, Stirling (Cadets – Joint Highland & Lowland RFCAs)
Tue 10 June	Royal Gun Salute, Edinburgh (UOTC- Joint Highland & Lowland RFCAs)
Sat 14 Jun	Royal Gun Salute, Stirling (Employers - HRFCAs lead)
Sat 28 Jun	UK National Armed Forces Day, Stirling
Mon 4 Aug	Scottish WW1 Commemoration, Glasgow Cathedral
Sun 10 Aug	Scottish Tri-Service WW1 Drumhead Service, Edinburgh Castle
Thurs 21 Aug	HRFCAs Executive Board Meeting
Thurs 6 Nov	HRFCAs Council Meeting, Seathwood
Sun 9 Nov	Remembrance Sunday
Tues 18 Nov	HRFCAs Eastern Area Meeting, Dundee
Wed 19 Nov	HRFCAs North-Eastern Area Meeting, Aberdeen
Tues 25 Nov	HRFCAs Northern Area Meeting, Inverness
Thurs 27 Nov	HRFCAs Southern Area Meeting, Dumbarton tbc
Wed 10 Dec	CRFCAs Annual Briefing, London

What do YOU want to see in your High-Light?

Contributions are always welcome from anyone.

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