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HIGH-LIGHT



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



Armed Forces Day in Stirling



Employers visit exercise in Cyprus



Meeting the Earl and Countess



Reservist Exercise in Canary Islands

Editorial

Chief-Executive's Introduction – Focus on Armed Forces Day



Highland and Lowland RFCAs' joint marquee at Armed Forces Day, Stirling

Welcome to this edition of High-Light and the hive of activity surrounding activities that have taken place since the Cadet Piping and Drumming events heralded the start to a busy summer. National Armed Forces Day in Stirling on Saturday 28th June unsurprisingly is the focus for this issue and what a spectacular day it was. Substantial recognition should go to both Stirling City Council and the Provost, Councillor Mike Robbins for their remarkable efforts in hosting the events in what can only be described as the most spectacular of settings, with Stirling Castle rising up behind and the backdrop of the The Trossachs to the north. Highland and Lowland RFCAs teamed up and secured a magnificent pitch for their tent to welcome their guests. Cadet Contingents from The Argylls, the ATC and SCC paraded, followed by the Veterans of whom your Chief Executive was one. We enjoyed a visit by HRH The Princess Royal who spoke to a group of employers, and during the course of the day a number of other VIPs dropped in to mingle with our guests, providing a good opportunity for us to educate them on the work of the RFCAs in support of both Reserves and Cadets.

Much of the focus in recent months has been on developing our links with employers and we have had a number of very successful opportunities to do so. The Scottish Regional Employer Engagement Board's work to coordinate our engagement with employers is now beginning to develop very positively, with the emphasis being placed on well-targeted events. The increased involvement of all three Services working closely together with us is unquestionably providing dividends with greater understanding on the need to ensure carefully coordinated efforts. Our Regional

Employer Engagement Groups have also been engaged at a number of events and we had an excellent visit from Fleur Thomas, Director of the new Defence Relationship Management organisation, now taking shape at the Council of RFCAs with responsibility for national -level engagement with employers and employer organisations. On both 2nd and 14th June we have supported the Gun Salutes at Stirling Castle to which employers have been invited. The new location in the Queen Anne Gardens provides a magnificent backdrop and, together with making use of The Argyll's Museum for the reception, such events provide both an attractive opportunity for our guests and a chance to engage.

But there has been an equal focus on Cadets – on 10th June at Edinburgh Castle there was an opportunity to bring several leading lights in the worlds of Scottish education and youth together to engage with Cadets and the Tri-Service Cadet forum. In Dunblane Cathedral on 7th June the Argyll Cadets were well represented to celebrate the 70th Anniversary of D-Day and the Atlantic Wall at Sherrifmuir. The 8th July saw the relaunch of the Scottish Cadet badge at Edinburgh Castle by GOC UK Support Command, Maj Gen Rob Nitsch, with each one of our ACF Battalions and the Orkney Independent Battery represented. This badge has been reintroduced after many years and was enabled by the RFCAs.

We are now heavily into the ACF Camp season with both the CE and DCE visiting a number of the Battalions at Altcar, Otterburn, Ripon, Warcop and Barry Buddon. This is the high-point in the Cadet calendar and the next edition will no doubt feature some of their



HRH The Princess Royal meets Colin Vooght and Major Ron Macgregor, Regional SaBre Directors for Lowland East and Highland respectively.

exploits. August will see the Cadets Massed Pipes and Drums performing at Gordon Barracks, Aberdeen before a group of invited guests, and then before Her Majesty The Queen at the start of her summer holiday at Balmoral. Following this they will be participating in the Scottish Commemoration of the First World War at a Drumhead Service at Edinburgh Castle. Later on in the month the RFCAs will be hosting groups of employers and ‘stakeholders in youth’ at the Edinburgh Military Tattoo.

Turning to internal matters, we are working on the production of a new engagement strategy that will be presented to the Board on 21st August. We welcome Natasha Johnstone who has joined the Estates Team to support Brian McMillan in Dumbarton. She has extensive facilities management experience and will enable Brian to perform his Senior Estates role more effectively across the whole RFCA area.

Since the Annual Association Meeting, Colonel Sam

Rawlinson has decided to retire as Chairman of the Eastern Area. Sam has been in post since 2011 and has brought his wide-ranging experience to the Board and deserves our thanks for his contribution. Lieutenant Colonel Steve Bargeton, the Association’s Media Advisor and already a Board member, has agreed to assume this additional responsibility. For the Members, please note the dates of the Area Meetings in November – 18th in Dundee, 19th in Aberdeen (please note the change from the earlier published date of the 20th), 25th in Inverness, and 27th in Cumbernauld – we look forward to a good turn-out then.

On the Estates front, the new build Combined Cadet Centre (CCC) for the Black Watch Bn ACF and 1743 (Crieff) Sqn ATC in Crieff is now nearing completion and its formal opening will take place on 8th October. At long last the first sod was recently dug for new CCC in Aviemore after what seemed interminable planning issues and we now hope that this will progress rapidly. The decision on the ATC’s new centre at Gairloch is slowly progressing but has been subject to a land quality assessment – assuming this is satisfactory then we would hope that purchase of the site and the new build will go ahead. Some £854K of betterment works in Army Reserve Centres, provided in FY13/14, has now been completed with some excellent results of considerable benefit to Reservists and we eagerly await the provision of additional funding to progress further modernisations this year. Works are shortly due to begin at Gordon Barracks, Aberdeen with the aim of rationalising the layout of the barracks together with relocating Aberdeen University OTC from the Roy Strathdee Building. We are also hopeful that at new Army Reserve Centre will be constructed in Dunfermline.

So - all go at Highland RFCA and not much time to catch our breath! I hope that all our readers have time to enjoy this edition along with the unusually summery weather.



Employers attending the Royal Gun Salute at Stirling Castle on 14 June to celebrate HRH The Duke of Edinburgh’s 93rd Birthday, fired by 212 Highland Battery, 105 Regiment RA



51st Highland, 7th Battalion The Royal Regiment of Scotland on Ex IBERIAN STAR in Fuerteventura



7 SCOTS, B Company troops with the Spanish and UK flags



Second Lieutenant Matt Orr and his command team

If you found yourself at an Airport in Liverpool or Manchester, boarding Ryan Air or Easy Jet flights to the Canary Islands for a 2-week stay at the beginning of June, you might be fooled into thinking that you were embarking on a summer package holiday! Not so – well not in the case of 7 SCOTS in 2014! On this occasion the 127-strong cohort would spend most of the 16 days on the side of a volcano, in consistently high winds and temperatures, little moisture and barely a shrub to see; Fuerteventura is indeed a harsh environment but delivers the perfect opportunity to conduct arduous and austere Light Infantry training.

The deployed group consisted of predominantly 7 SCOTS personnel (91) but drew on elements of 6 SCOTS (4), the LONDONS (4), Linguists (2), US Exchange Officers



Soldiers patrol the rough terrain of Fuerteventura

(3) and 3 SCOTS (23); the Black Watch, 3rd Battalion The Royal Regiment of Scotland (3 SCOTS) is our 'paired' Regular Infantry Battalion and was deliberately included to continue to develop the close Integration of Regular and Reserve collective capability that will underpin the Army 2020 future concept of operations. The aim of the Exercise was to conduct collective training up to Company level and begin to operate within a Battalion context; in this case the Battalion context was provided by the Spanish Army which achieved the additional objective of understanding and sharing tactics with a prominent Coalition, NATO, UN and EU partner nation.

The Spanish Army Brigade in the Canary Islands, La Brigada de Infantería Ligera "Canarias" XVI, has 3 main Combat Infantry Units: the 9th Regiment (Fuerteventura), 49th Regiment (Tenerife) and 50th Regiment (Gran Canaria). The 9th Regiment in particular provided our Real Life Support from its base in Puerto del Rosario on the eastern (African) side of on Fuerteventura; it was formed in 1509 and is reputed to be the oldest Regiment in Europe. And the 50th Regiment was the Unit which we embedded into for field training in the second week.

The exercise was Light and Expeditionary from the outset but further driven by the requirement to deploy the bulk of the force on 4 separate civilian charter flights from 3 different airports (none of which were in Scotland) and with a personal baggage limitation of 35-40kg! That forced us to go even lighter but we benefitted from the greater assurance that civilian flights can offer, to ensure that Reservists can return to work on a timeline agreed with their employers; maintaining the integrity of our commitment to the Employers will be critical moving forward. An RAF C-130 Hercules was also on hand to move the ammunition and freight. The first 2 days were spent in Puerto del Rosario conducting Reception, Staging

and Onward Integration (RSOI). This delivered the initial fitness acclimatisation and some basic training on the local ranges to recalibrate weapons, become accustomed to the new groupings, and to learn some simple Spanish phrases!

Our main training consisted of 2 phases. Week 1 was focused on basic Section (8 men) and Platoon (28 men) level groupings, building up to the ability to operate within a Company context (96 men) by the end. It was also key to the integration of our attached Regular and Reserve groupings, including our 3 Exchange Officers from the USA; the latter quickly become ardent St Johnstone fans following the recent Cup success in Scotland. The hardest challenge was coming to grips with the severely harsh volcanic terrain and the hot, dry but windy conditions on the western (Atlantic) side of the island on the Pajera training area; just learning to live in that testing environment as Light Infantry forces was testing in itself.

Week 2 saw our allegiance turn to the 50th Regiment from Gran Canaria to conduct training at Company level (96 men) within the context of a Spanish Battlegroup (600+ men). The troops arrived to see the Union Flag flying alongside the Spanish Flag at the centre of the concentration area which set a fantastic tone. Soldiers at every level were able to share tactics and stories with their coalition counterparts and it also included the chance to fire each other's weapons. Of interest, the Spanish have women in the Infantry, who were all extremely capable, and it allowed the SCOTS lads to get an insight into what life might be like if UK regulations change as a result of the current British Army review of Women in Combat Roles. 7 SCOTS is focused heavily on honing the basic Light Infantry skills; fitness, shooting, map reading and communication are the key components on which we develop individual skills, to ensure that we can deliver a capable, credible and effective level of Integration with 3 SCOTS. This phase proved even more challenging than the previous week with conventional attacks and patrol skills over altitude changes of up to 750 feet at a time.

In between these 2 weeks of military training we snatched



Private McDonald bearing the fruits of his catch!

a weekend of Rest and Recuperation and Adventurous Training. First we linked back up with the 9th Regiment in Puerto del Rosario where Friday evening was spent competing with our Spanish hosts at Football, Basketball and Tug 'o' War. The Football was a close run thing with the Spanish squeezing a 2-1 victory in the dying stages, but the Basketball saw an emphatic win for the hosts; thankfully, pride was restored for the Scots with a whitewash in the Tug 'o' War and we demonstrated our appreciation for the 9th Regiment by providing a BBQ and refreshments for the Spanish soldiers and their families. The Saturday then saw the soldiers spend 24 hours conducting adventurous activities and relaxing from Correlejo, a tourist town on the northernmost tip of Fuerteventura. A total of 115 soldiers conducted activities including Catamaran and Yacht Sailing, Deep Sea Fishing and a novel Submarine excursion at a depth of 30m. Sadly the possibility of Kite Surfing did not pass the scrutiny of the Commanding Officers' risk assessment; Fuerteventura (meaning 'Strong Wind') is renowned across the world for the sport but it would certainly not suit novices! Thank you to HRFCA for the kind financial support to our activities weekend which meant that the personal contribution from the soldiers was minimal.

Exercise IBERIAN STAR was an outstanding success, not just from a SCOTS perspective but also from that of our hosts. Both the 9th and the 50th Regiments, with who we trained most during the 2 weeks, expressed their wish to develop the relationship in future years. Fuerteventura challenges every aspect of a Light Infantry force to deploy in an expeditionary fashion and return to a reliance on the basics, amidst a tough climatic and terrain environment. This training and the wider experience opportunities add an immense amount to the Reservist 'offer'. In the last 18 months, 7 SCOTS has offered 332 Reservists the opportunities to serve overseas on Operational, Training and Ceremonial activity in no less than 9 different countries; the next 12 months already sees us planning to deploy soldiers to Mainland Europe, Canada, Cyprus, South Africa and the USA. That will contribute strongly to recruiting and retention, and our return to full manning in 2018.



St Johnstone's new American fans

Employers Visit Reservists on Exercise in Cyprus

225 (Scottish) Medical Regiment



Reservists from 225 Medical Regiment practising medical treatment during a training exercise in Cyprus



Employers with their Reservists behind them in the sun in Cyprus

A Dundee-based employer had the opportunity to visit Reservists training in Cyprus, as part of an employer engagement event.

Pam Napier, Senior Charge Nurse in the Acute Medical Unit at Ninewells Hospital, NHS Tayside, was one of six employers who travelled to Cyprus to visit 225 Medical Regiment as they took part in a 15-day training exercise in May.

The employers taking part in the event spent two full days on the ground with soldiers learning about their military roles, the training they complete and what their latest exercise in Cyprus involved. Each employer had at least one Reservist participating in the exercise.

Pam was invited on the visit to learn more about one of her employee's roles as a Reservist. Major Ian Donald from 153 Medical Squadron, 225 (Scottish) Medical Regiment and is head of the Regimental Clinical Facility there.

Reflecting on her time in Cyprus Pam said, "Ian is one of my Charge Nurses and he is very good at his job. Being able to actually watch him taking control of a complex casualty situation, involving command, control and difficult decision making, makes me realise that I can use him in a more strategic capacity within my unit"

Major Ron Macgregor, Highland RFCA's Regional SaBRE Campaign Director, said, "the visit was considered by all participants to have been very successful. I have received excellent feedback about the visit with many commenting that it was a great opportunity to see the

standard of training undertaken by their Reservists when they are away from the workplace.

Being there, watching the training adds an extra dimension to the level of understanding and appreciation by employers of the substantial level of transferable skills available to the employer at no cost to them.

Reservists are dedicated and hardworking individuals who give up their spare time to help serve their country. Additionally to some specific hard skills, the soft skills and attributes they develop through their military career, such as leadership, self-confidence and the ability to perform well under pressure, can be hugely beneficial to employers."



Pam Napier, Senior Charge Nurse at Ninewells Hospital with her employee, Reservist Major Ian Donald

Employer Recognition Scheme is Launched: Gold Awards at 10 Downing Street

On the 17th July during a reception hosted by the Prime Minister in No 10 Downing Street, the new Employer Recognition Scheme was launched and a number of organisations were acknowledged for the outstanding support they have provided across a range of Defence personnel matters, particularly to Reservists.

The Prime Minister recognised a total of 10 organisations from the private sector with Gold Awards. These organisations all employ Reservists, have made specific pledges through the Corporate Covenant to support Defence and were selected from nominations received. Nominations were sought from a wide range of Defence stakeholders and a formal selection board was held to select the 2014 Gold level awards. The senior representatives from these organisations recognised were all accompanied at the

launch event by one of their Reservist employees.

From Scotland, NHS Scotland was recognised this reflects the importance to Defence of health professionals throughout the UK.

During her visit to Scotland for Armed Forces Day, Fleur Thomas, Director Engagement Defence Relationship Management presented the Corporate Covenant to Forth Valley Chamber of Commerce The Corporate Covenant is designed to allow businesses and charitable organisations to express their support, and commit to ways in which they can provide that support. Businesses and Charities of any size, from any industry can adopt the Corporate Covenant whether an Employer or member of the Armed Forces community, or simply wish to acknowledge publicly support for the Armed Forces.



Fleur Thomas, Director of Engagement, Defence Relationship Management presenting members from Forth Valley Chamber of Commerce with their Corporate Covenant.



Prime Minister David Cameron with Michael Kellet, wNHS Scotland Quality Unit Policy Director and two Reservists at No 10 Downing Street

Medical Squadron Takes Part in NHS Scotland Conference

A specialist medical squadron based at RAF Leuchars, 612 (County of Aberdeen) Sqn RAuxAF, conducted an employer engagement activity at the recent NHS Scotland Annual Conference in Glasgow on 3/4th June.

Paul Gray, Chief Executive of NHS Scotland and Director General of Healthcare in the Scottish Government spoke with Reservists from the Squadron, underscoring the commitment and support that NHS Scotland provides to their employees who serve in the Reserves.

Robert Calderwood, Chief Executive of NHS Greater Glasgow and Clyde, took the opportunity to thank his employees, Corporal Collette Morton, a nurse in the RAH in Paisley.



Corporal Collette Morton, Paul Gray Chief Executive NHS Scotland and Flight Sergeant Neal White

National Armed Forces Day:

Saturday 28 June saw Stirling play host to National Armed Forces Day. Against the magnificent backdrop of the Castle, Highland and Lowland RFCAs were privileged to welcome many guests who, undeterred by the traffic or weather, turned out so enthusiastically to support the event.

Highland RFCA Chief Executive, Colonel AK Miller was not the only familiar face in the impressive parade of Serving Personnel, Veterans, and Reservists: more than 170 Cadets and Adult Volunteers from the Argyll and Sutherland Highlanders Battalion proudly took their place on the march from Stirling Castle to the showground, and continued to inspire all who paid them a visit during the day. They were a credit to the Army Cadet Force at this National event.

A highlight of the day was undoubtedly a visit by HRH The Princess Royal and Vice Admiral Sir Timothy Laurence who spent time with many of our employers and Reservists, and who took a very obvious and keen interest in the challenges and initiatives affecting Reservists and their employers.

We were also delighted to be joined in our tent by Fleur Thomas, Director Relationship Management, who travelled from London to spend time getting to know many of the Highland and Lowland employers and reservists. During the day, Fleur was able to meet representatives of Forth Valley Chamber of Commerce who were present at the event. This new and innovative Chamber of Commerce was the first in Scotland to sign the Armed Forces Corporate Covenant, actively agreeing to support the employment of Reservists.



Wing Commander David Caddick, Phil Cox, Chief Executive Scottish Veterans Residences, and Councillor Carolyn Caddick, Highland Council's Armed Forces Champion



HRH The Princess Royal meets Able Seaman Allan Nolton



Dr Peter Murdoch NHS Forth Valley, Professor Ewan McDonald Glasgow University Medical Director and Chief Executive Highland RFCAs, Colonel AK Miller



A phenomenal display by the RAF aerobatic team, the Red Arrows at Armed Forces Day 2014

: Stirling 2014



Some of the Sea Cadet Corps at Armed Forces Day



Some of Argyll and Sutherland Highlanders Battalion Army Cadets and Adult Volunteers making their way into the the Armed Forces Day showground



The Prime Minister engages with Colonel Angus Taverner, Chairman and Colonel AK Miller, Chief Executive HRFCA



HRH The Princess Royal meets Dr Peter Murdoch NHS Forth Valley Medical Director



Councillor Mike Robbins Provost of The City of Stirling



Fleur Thomas Director of Engagement, Defence Relationship Management, Colonel AK Miller Chief Executive Highland RFCA, Ruth Davidson MSP and Colonel Angus Taverner Chairman Highland RFCA

Students Follow in the Footsteps of Telemark Saboteurs: Ex. Telemark Eagle



Officer Cadets Alex Pasley and Lauren Crawford in the frozen conditions in Norway

Two students from the East of Scotland University Air Squadron (ESUAS) were lucky enough to accompany Cambridge University Air Squadron on their latest expedition. Officer Cadets Alex Pasley and Lauren Crawford, both studying at the University of Edinburgh, accompanied students from Cambridge, Oxford and East Midlands University Air Squadrons on 'Ex. Telemark Eagle', a Nordic skiing expedition recreating World War II allied sabotage operations against the German atomic research programme.

The Officer Cadets were promised that the expedition would be an arduous test of both mental and physical discipline, a promise that the expedition most certainly delivered. The group first of all endured an exhausting two-day journey from Cambridge to Evjemoen in Norway, including two trips by ferry and a day-long drive across the length of Denmark. Upon arrival, they were treated to six hours sleep, before being kitted out with all the necessary equipment, before commencing a five-day crash course in Nordic skiing. This proved to be a challenge to even the most experienced skiers in the group, never mind Officer Cadet Crawford, whom before the expedition had never worn a pair of skis! Nevertheless, the group progressed exceptionally quickly, becoming more competent and confident on their skis, and fast establishing a good team dynamic that was to see them through to the end of the expedition.

When not training on the slopes, the group received presentations on Nordic skiing and survival, as well as the history of the sabotage operations. These presentations were of particular interest to OC Pasley, a history student whose dissertation is to be based upon the importance of allied commando raids. 'It has

been a great privilege to follow in the footsteps of the Telemark saboteurs. This expedition provided a unique opportunity to experience first-hand the difficulties and dangers encountered by the "Heroes of Telemark" in what was arguably the most extraordinary allied operation during World War II.'

After five days of training, after which the group had become extremely proficient on their skis, the expedition truly began. The Hardanger Vidda is a Nordic wilderness, a frozen plateau many miles away from the nearest help. The group was collected by ski-doo and transported to a hut on the edge of a frozen reservoir. The next day, strapped in to their skis and pulling sleds laden with vital supplies, the group commenced a five-day journey to the end of the Vidda, a journey of over 30 kilometres. In spite of the physically gruelling nature of the journey, the group rose to the challenge, enjoying fine weather throughout the expedition. After a run-in with a dogsledding team and one very cold night spent sleeping in snow-holes, the group successfully completed the 'Grouse' section of the expedition.

One final day recreating the 'Gunnerside' mission followed, an assault on the hydro-electric plant in Rjukan. This was technically the most difficult part of the expedition, marking the only point at which the group were forced to unfasten their skis and continue on foot. Nevertheless, all made it to the valley floor in one piece. A regrettable farewell was bid to Norway and the tiring journey home commenced. The expedition had been a challenge for students from all participating Squadrons, but they were also rewarded with the knowledge that they were amongst only a select few that had completed the expedition since its inception in 2003.

Royal Gun Salutes At Stirling Castle

On 2nd June 2014 the 61st anniversary of Her Majesty The Queen’s coronation was celebrated. The event saw eight students from Aberdeen Universities’ Officer Training Corps complement the contingent from 212 Highland Battery RA. The 21 Gun Salute took place in the Queen Anne Garden, in Stirling Castle. The Salute was taken by Major General Shaun Burley, Military Secretary, and was attended by a number of dignitaries, as well as the hosts, Commanding Officer 105 Regiment Royal Artillery, Lieutenant Colonel James Cook and Aberdeen UOTC Commanding Officer Lieutenant Colonel Paul Binnie.

Highland RFCA has been involved in a number of Royal Gun Salutes this year, for The Birthday and Official Birthday of Her Majesty The Queen. The first took place on 21st April at Stirling Castle. The salute was taken by Major General Ewan Carmichael, Director General of Army Medical Services. 225 (Scottish) Medical Regiment was given the honour of hosting the Salute at Stirling Castle for the first time. A presentation was made to the principal civilian guest on the day, Mr Gordon Grant, a Director at INEOS for his on-going support of the Reserve Forces. Seven other employers and their guests were invited to the salute followed by a reception the Argyll and

Sutherland Highlanders Museum afterwards.

The 14th June saw nine employers invited to watch the Gunners of 105 Regiment Royal Artillery host a salute to mark Her Majesty The Queen’s Official Birthday at Stirling Castle. The Salute was taken by GOC Scotland, Major General Nick Eeles. The nine civilian employers along with their guests watched the 21- Gun Royal Salute from the gardens of the Castle.



21 Gun Salute on 14th June 2014 marking The Duke of Edinburgh’s Birthday



Gun Salute on 21st April 2014 marking the HM The Queen’s Birthday, hosted by 225 (Scottish) Medical Regiment

Army Cadets at Sea: On Board TS ROYALIST

Five Army Cadet Force Cadets had the opportunity to spend a week on board TS ROYALIST sailing from Newcastle to Inverness, as part of a Youth United voyage.

This is the final season TS ROYALIST will be used to teach Cadets; she is being retired from the Sea Cadet fleet after 40 years with 30,000 Cadets having been taken to sea. A contract has been awarded and a replacement vessel will be commissioned later this year.

Roy Taylor, TS Royalist's Sailing Master and Relief Commanding Officer said, "Sailing is only part of it because our emphasis is also on team work, communication, navigation and fun. When [Cadets] join us on TS Royalist, they do so on a level playing field and have the same opportunity to make the most of the adventure but after a week, they leave us having experienced ownership, a sense of duty and loyalty. Some cadets also secure valuable qualifications on board which give them a head start in life – we see this as a sound investment in the citizens of tomorrow."

Cadet Corporal Sandy Tannahill of The Black Watch Battalion Army Cadet Force joined youngsters from

the Sea Cadets, Air Training Corps and other youth organisations to make up the 24 Cadets and 9 adults on board. Reflecting on his experience Sandy said, "At [ACF] Cadets I teach a lot of the time, so this was a completely different experience which I will tell the whole detachment to go for! Cadets gives me confidence; from the opportunities, the courses, teaching...everything really!"

Cadet Sargent Darren Valentine (Lord-Lieutenant's Cadet for Dundee) spoke of the very few home comforts on board. "When I first saw the sleeping arrangements I thought, 'oh no! This will be the worst!' But actually it was the best nights sleep I've ever had and the food has been great! Mixed Cadet opportunities like Youth United are fantastic, I really hope to do more of that."

Sarah Rawlings, Deputy Chief Executive of Highland Reserve Forces' and Cadets' Association, who visited the 96ft brig in port in Inverness said "to sail on board such a fabulous vessel is the opportunity of a life time, builds confidence and enables individuals to see that they can have a go at something they might have thought was beyond their reach".



Doing all the last minute jobs on board TS Royalist before heading home



Cadet Corporal Sandy Tannahill, Cadet Sergeant Darren Valentine, Cadet Barry Robbins, Cadet Kevin Denton, Cadet Lance Corporal Craig Douglas

Introducing: Private Claire Ellis, 205 (Scottish) Field Hospital

Claire Ellis is a private with 205 (Scottish) Field Hospital and is in her final year of a nursing degree, at Robert Gordon University and lives in Aberdeen. Having only joined the Reserves in June 2013 Claire has accomplished a lot “I only finished my Bravo training in January this year but in the short time that I have been associated with my unit I have been afforded some phenomenal opportunities and made lifelong friends.

Just two weeks after passing out Claire went on to compete in the Army Medical Services Ski Championships in Serre Chevalier, in the French Alps; two weeks of alpine and nordic skiing. Claire said, “skiing is my favourite hobby so I was exceptionally lucky. Apart from the obvious physical benefits of such training, it provided a wonderful opportunity to bond with others in my unit. During the course of this trip I was selected to attend an alpine ski development camp

this summer with other Reserve and Regular personnel.”

Claire is currently on placement on the beautiful, if remote, island of Orkney. Having been selected for further ski development Claire has had to make a change to her training regime, focussing less on long or ‘ultra’ distance fell running and more on strength and conditioning and speed work.

With no Medical Regiment for a very long distance, Claire has had to adapt and fit in with 10 (Orkney) Troop, 71 Engineer Regiment. “Up North, I have been made to feel very welcome with the Reservist Engineer unit. I have also found the professional and personal support of those in my unit invaluable whilst in the throes of job applications and interviews. Whilst applying for jobs I have had mock interviews with individuals in my unit which has proved very beneficial, ” Claire said.

When it came to joining the Reserves Claire was particularly clear, “for anyone thinking of joining the Reserves whilst in full time education: it can be done! It requires strong support from your educational establishment and a realisation that whilst undertaking recruit training, your weekends are not your own. But the huge social aspect to the training and massive the benefits of being a Reservist are definitely worth it.”



Private Claire Ellis of 205 (Scottish) Field Hospital

RAF Reservists Set Off For Mongolian Adventure: 2622 (Highland) Squadron Royal Auxiliary Airforce

Sergeant Mike Muir and Corporal Colin ‘Minty’ Murray who are both members of 2622 (Highland) Squadron will take part in the Mongol Rally, a car rally starting in London on the 20th July and ending in Ulaanbaatar, Mongolia some 30 days and 10,000 miles later. This life changing adventure will take the pair through 13 countries, over mountains, deserts and some of the most remote and challenging terrain on the planet. but the chosen mode of transport is a 1.2 litre Daewoo Kalos that has quite frankly seen better days.

The official charity of the event is ‘Cool Earth’. They work alongside indigenous villages to halt rainforest destruction. The pair’s main effort however, will be to support ‘Spinal Injuries Scotland’, a national voluntary organisation

This is particularly close to Mike and

Colin’s heart as the wife of one of their Reservist colleagues was involved in a very serious accident last year and is currently being treated for spinal injuries. Nikki Thornley from Ellon in Aberdeenshire, was involved in a road traffic collision on her motorcycle The mother-of-two young children was taken to the spinal injuries unit of Glasgow’s Southern General Hospital where it was diagnosed that she had broken her T4-T5 vertebrae; this means that she will be paralyzed from the chest down for the rest of her life.

When asked if they had any nerves Mike said; “10,000 miles with no set route, questionable maps and no support whilst crossing rivers, deserts and mountain ranges. Add to this coping with mechanical breakdowns, detours and getting lost in an unreliable, underpowered, Daewoo. Should be interesting”

Colin continued; “Getting lost is just another way of saying ‘gone exploring!’”

All donations would be gratefully received and can be made at <https://mydonate.bt.com/fundraisers/mikeandminty>.



Sergeant Mike Muir and Corporal Colin ‘Minty’ Murray about to set off

Stornoway Army and Air Cadets Meet Earl and Countess of Wessex

The Earl and Countess of Wessex visited the outer Hebrides on Tuesday 20th May 2014. Prince Edward was visiting in his capacity as Lord High Commissioner, the Queen's representative to the General Assembly of the Church of Scotland.

During the visit to Stornoway, the royals officially open The Shed, a newly completed youth and family community centre. They also visited the Town Hall where they met participants and volunteers of The Duke of Edinburgh's Award, as well as visiting the Harris Tweed Authority

and meeting representatives of the Stornoway Historical Society.

Cadets from the Stornoway ACF and 1731 (Isle of Lewis) Squadron of the Air Training Corps formed a guard of honour to welcome the Royal couple to their last engagement in Stornoway at the Army Reserve Centre where they met representatives of the Western Isles Guiding and Brownies, the Scouts, Beavers and Cubs, the Royal National Lifeboat Institution, Royal National Mission for Deep Sea Fishermen and the Stornoway Branch of the British Legion.



(L) Earl of Wessex meets Adults Volunteers from the Army Cadet Force.

(R) Countess of Wessex engages with Cadets from the Air Training Corps

Lord Lieutenants Present Awards Across The Highlands

On Wednesday 28th May Her Majesty's Lord-Lieutenant for Angus, Mrs Georgiana Osborne presented prestigious Lord-Lieutenant's Awards to eight recipients from across Angus at the Arbroath Army Reserve Centre.

Six of the awards were for Meritorious Service. Eligibility is open to all ranks of the Reserve Forces and the Officers and Adult Volunteers of the Cadets Forces. Those awarded have given exceptional and outstanding service beyond the normal expectations of duty. Afterwards, the Lord-Lieutenant appointed two Lord-Lieutenant's Cadets. These young achievers are regarded as being the very best of their peer group

Mr Ewen Brodie of Lethen, Her Majesty's Lord Lieutenant for Nairnshire, honoured 1068 (Nairn) Squadron, Royal Air Force Air Cadets, with a visit on their parade evening on the 3rd June 2014. After inspecting

what he described as a most well turned out squadron he presented the squadron's senior NCO, Cadet Flight Sergeant Murray, with her certificate of appointment as a Lord Lieutenant's Cadet. Flight Sergeant Murray joined 1068 Squadron in June 2010 and has since worked hard through the Corp's aviation training syllabus to achieve Master Air Cadet classification and to be awarded

BTEC Level 2 Intermediate Certificate in Aviation Studies.

Her Majesty's Lord-Lieutenant for Fife Mrs Margaret Dean presented Cadet Staff Sergeant Jack his certificate of appointment as Lord-Lieutenant's Cadet. Cadet Staff Sergeant Jack Sweeney of the Glenrothes Detachment, Blackwatch Battalion ACF.



Leading Hand Kimberly MacDonald, HMS SCOTIA, Sergeant Ewan Nicol, 212 (Highland) Battery, 105 Regt Royal Artillery, Staff Sergeant Julie Christie, 212 (Highland) Battery, 105 Regt Royal Artillery Sergeant Michael Magee, 71 Engineer Regt, Mrs Georgiana Osborne, Lord-Lieutenant of Angus, Captain Colin Ruddy, Dundee Detachment, 205 (Scottish) Field Hospital, Captain Margaret Brown, Angus and Dundee Battalion, Army Cadet Force, Cadet Colour Sergeant Catlin Whatley, Angus and Dundee Battalion, Army Cadet Force, Cadet Flight Sergeant John Tasker, 2422 (Arbroath) Squadron, Air Training Corps

Sea Cadets Go That Extra 200 Miles: Raising Money for St Andrew's Cathedral

The Northern Area Sea Cadets from Lochaber, Moray, Inverness, Oban and Aberdeen all supported and encouraged their Sea Cadets Padre, The Very Rev'd Dr Emsley Nimmo, as he recently walked and sailed two hundred miles across Scotland retracing the journey of St Moluag of Lismore, sparring partner of St Columba of Iona. Dr Nimmo is also the Dean of Aberdeen and Orkney and he walked to raise awareness of, and donations towards, the restoration of St Andrew's Cathedral Aberdeen. To date he has raised in excess of £10,000.

Dr Nimmo commented: 'I cannot thank the cadets enough. I was so grateful for their support and their enthusiasm. My own Aberdeen Sea Cadets ferried me up the River Dee from Aberdeen Harbour. The Moray Sea Cadets then ferried me across a rather choppy Moray Firth on Saturday 10th of May, and the Inverness Sea Cadets helped me on the journey down Loch Ness. The following week the Lochaber Sea Cadets escorted me down Loch Lochy and on into the Caledonian Canal.' The Northern Area Officer, Captain Peter Adams joked,

'I hope that the cadets are all recording this wonderful journey as part of their boating hours'.

Any donations can be placed online at www.justgiving.com/deanswalk



Moray Sea Cadets on shore at Lossiemouth

The Service Cadet Band Plays Four Shows in a Week

The 56 young musicians, aged between 12 and 17 drawn from six Sea Cadet Units, two ACF Battalions and three ATC Wings who make up the Service Cadet Band had an exceptionally busy start to July, playing at four events in one week.

The first event was a Beating Retreat for the guests of HMS Montrose. The ship was moored at Montrose and the full Band played on the quayside whilst the guests and Ship's company watched from the ship itself, the evening ending with the Sunset Ceremony.

The Concert Band (that is, all but the Corps of Drums) travelled to Edinburgh on 3rd July to provide the music for the Gold Duke of Edinburgh Presentations Ceremony in the gardens of Holyrood Palace. On the following day, the entirety of the Band was on parade to provide music for those VIP guests attending the naming ceremony of HMS Queen Elizabeth in Rosyth on 4th July.

The final engagement was in Dundee, to coincide with the city's Armed Forces Day on 5th July. The full Band played as part of the parade before giving a performance in the City Square for guests and members of the public.

The Tri-Service Military Band will be assembling again next month to play in Edinburgh as part of the WW1 anniversary ceremonies.

Colonel Passmore, Secretary of ACFA Scotland passed on his sincere gratitude to the adult volunteers, "the Adult Volunteers give their time to support and help with the Band most especially the Bandmaster, Warrant Officer Robert Cowan who not only arranges all of the music for the Band, but continues to be a source of inspiration to all of the participants."



The Concert Band providing the music for the Duke of Edinburgh's Award presentations at Holyrood Palace

The Earl and Countess of Strathearn Visit Crieff

The Earl and Countess of Strathearn began their day of visits at Strathearn Community Campus in Crieff on 29th May. In attendance were Cadets and Adults from Black Watch Battalion Army Cadet Force, 1743 (Crieff) Squadron Air Training Corps and Glenalmond Combined Cadet Corps.

The Earl and Countess of Strathearn spoke to each cadet individually, before presenting Cadet Sergeant David Donaldson with his powered flying solo wings. Cadet Sergeant Major Logan Clarke, The Lord-Lieutenant's Cadet for Perth and Kinross, escorted His Royal Highness around the stands illustrating the skills the Army Cadet Force teaches.



HRH The Duke of Cambridge engaging with Blackwatch Battalion ACF Cadets

Crieff Combined Cadet Centre Almost Complete

With the previous building demolished Crieff detachment of the Black Watch Battalion the Army Cadet Force have used the facilities at Morrison's Academy.

A new Combined Cadet Centre is currently under construction to house them and 1743 (Crieff) Squadron ATC. At last update, the insides were being completed with partition walls and the paintwork will be carried out in the next few weeks inside.

The approximate date for completion is late-August 2014 with the formal opening on 8th October 2014 by the Lord-Lieutenant for Perth and Kinross, Brigadier Mel Jameson.



At work inside the Crieff Combine Cadet Centre

Forthcoming Events

Thurs 7 Aug	Scottish Tri-Service Beating Retreat, Gordon Barracks, Aberdeen
Sun 10 Aug	Scottish Tri-Service WW1 Drumhead Service, Edinburgh Castle
Thurs 21 Aug	HRFCA Executive Board Meeting
Fri 5 - Sun 7 Sep	Highland Military Tattoo, Fort George, Inverness-shire
Sat 20 Sep	Argyll and Bute WW1 Commemoration
Wed 8 Oct	Opening of Crieff Combined Cadet Centre
Thurs 6 Nov	HRFCA Council Meeting, Seathwood
Sun 9 Nov	Remembrance Sunday
Tues 18 Nov	HRFCA Eastern Area Meeting, Dundee
Wed 19 Nov	HRFCA North-Eastern Area Meeting, Aberdeen
Tues 25 Nov	HRFCA Northern Area Meeting, Inverness
Thurs 27 Nov	HRFCA Southern Area Meeting, Cumbernauld
Wed 10 Dec	CRFCA Annual Briefing, London

What do YOU want to see in High-Light?

Contributions are welcome from anyone

Please submit stories in word with high-resolution photos preferably in .jpg to:

hi-admin@rfca.org.uk by 10/9/14 for Autumn or 14/11/14 for Winter.

Contact Carolyn McKay on 01382 631027 to discuss article content.