

HIGH-LIGHT



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**Stretched
to the limit:
Pages 12&13**

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



Southern Area Event Success



New HRFCA Chief Executive



Stirling Military Show



Cooling off in Cyprus

New man at the helm

Editorial by Chief Executive, Brigadier Mark Dodson MBE

It gives me great pleasure to make my first contribution to *High-Light*, a journal which has clearly gone from strength to strength under the guidance of my predecessor.

Seasoned readers may notice a slight change in the balance between words and pictures and this may lead to a refresh in the style and format of the magazine in future editions. I take no credit for this myself – it is largely thanks to the very active participation of the RFCA engagement team led by Dai John, and the contribution of units themselves.

Having been in post now for almost exactly a month, I am entering the stage where the number of unknown unknowns is definitely reducing but the known unknowns are still rising!

But I am indebted to the many people from within and outwith the RFCA who have taken significant amounts of time to explain how everything works, our direction of travel and why we have chosen to take the routes we have.

Having started with my own team in Dundee and our outstations in Dumbarton, Aberdeen and Inverness, in the next few weeks I aim to get out and about as much as possible, getting to know our members and supporters and visiting Cadets on their summer camps.

My new car already has 3500 miles on the clock and fully expect it will be heading towards the 8000 mark by the time the next edition comes out.

What is evident from the many customers, external



Brigadier Dodson with Colonel Robbie Gibson, Chief Executive of Lowland RFCA, at Stirling Military Show.



Brigadier Mark Dodson getting to grips with PH2.

observers and employees I have talked to is that the Association is in very good shape, with robust plans for the future supported by ongoing work to improve the estate, facilities and training resources available to our Reservists, Cadets and adult volunteers.

I get the impression we seem to be very much more joined up in Scotland than elsewhere across the UK: by joined up I mean Tri-Service in approach, joined up between Highland and Lowland RFCAs, and with the chains of command. This is something I intend to reinforce in my time as Chief Executive.

On Cadet adult volunteers, we continue to highlight the crucial importance of their contribution: put bluntly, without them the Cadet organisations could not function. Our engagement efforts, including in a recent article in the *Scottish Times*, have sought to underline their value to the organisation and to society as well as to the Cadets themselves.

Also on engagement, we continue to push forward with developments to further enhance our shared situational awareness, again building on firm foundations; on page 15 you will see the latest on the engagement strategy we flagged up in the last edition, and on the back page we invite you to take part in an online social media survey which will assist in our deliberations in ensuring that all our communication channels are effective, relevant to our various audiences and, most of all, interesting.

Elsewhere in this edition you will find, amongst much else, reports on our Annual Association Meeting, Exercise Executive Stretch, the Stirling Military Show and, of course, the numerous endeavours and achievements of our Reserve units and Cadets.

I do hope you enjoy this *High-Light*, and please do give us feedback.

Ae Fond Miss . . . *Staff say goodbye to Colonel AK Miller*

Highland RFCA staff gathered at their Seathwood HQ in Dundee on 14 May to say goodbye to outgoing Chief Executive Colonel AK Miller.

AK addressed the staff and spoke of the challenges facing the organisation as well as highlighting its many successes during his eight-year tenure.

He said he won't miss the early flights to London, being squashed onto the Tube, seemingly-interminable meetings, sandwiches and driving 25-30,000 miles a year.

What he will miss however is being in the defence loop, visiting the "exotic parts of our patch" and working with the "fantastic" Cadets.

"The Cadet movement plays an important role in gearing young people up for their life ahead," he added.

Despite stepping away from his busy role as Chief Executive, AK will maintain his role with the Argyll and Sutherland Highlanders Cadets as Honorary Colonel.

He said he'll miss the "great team" at Seathwood and across the HRFCA area and told staff he appreciates their hard work, which he said is in turn greatly



Director of Engagement Dai John (left) paid tribute to AK for his huge contribution to Reserves and Cadets in the Highland area.

appreciated by the community they serve. AK also paid tribute to his replacement – Brigadier Mark Dodson – telling of his strong connections to Scotland and his great enthusiasm for the job.

AK received gifts and good wishes before manfully tackling a few more sandwiches from the buffet!

Scottish International Military Skills Competition *Cream of the crop heading for Barry Buddon*



The UKRFA's Scottish International Military skills Competition is now open for applications.

There are places for 32 x 4 person teams (can be Private to Major equivalents, but not soldiers under training). Teams from RNR, RMR, the Army Reserve, RAuxAF and NATO and Commonwealth countries are all entitled to enter.

This year the competition will take place at Barry Buddon, Scotland's premier training area and range complex, over the weekend 11-13 September. Overseas teams can book in early for familiarisation and weapon zeroing.

The competition will include SA80 and pistol shoots, assault course, mine/EOD awareness, recognition tests, Civil-Military Cooperation (CIMIC) planning exercise, vehicle recovery, casualty drills, search tasks, march and shoot, sports competition and Highland Games.

Entry fees are £160 per team. Entry forms and further details from UKRFA; Email; co-rfa@rfca.mod.uk

CGS takes centre stage

Annual Association Meeting, Queen's Barracks, Perth

Highland RFCA held its Annual Association Meeting on 28 March, 2015.

A record number of 111 members, their guests and staff attended Queen's Barracks, Perth, courtesy of the Commanding Officer of 7SCOTS, Lt Col Piers Strudwick.

The Chief of the General Staff, Lt Gen Sir Nick Carter, took to the stage at the start of the day and, whilst touching on his address to the Lord-Lieutenants the previous evening, widened his message.

This included a piece concerning the value he places on cadets and the contribution made by the Cadet Force Adult Volunteers.

Lt Gen Carter – the UK's most senior soldier – also talked about the current strategic context for Britain's defence.

Following the formal business meeting and the Chief Executive's Report – brimming with good news of HRFCA achievements this year – Mr Derek Penman, Her Majesty's Inspector of Constabulary for Scotland, took centre stage. In another guise he is Honorary Colonel of the Angus & Dundee Battalion ACF. He spoke with great conviction on 'Our Contribution to Making Scotland the Best Place to Grow Up' and set the scene for the day's theme of Youth Development and Future Leaders.

Other highlights of the day, the primary purpose of which was to ensure that the Association continues to operate within its formal Terms of Reference, included an outstanding Beating Retreat performed by the Pipes and Drums of the Argyll and Sutherland Highlanders Battalion



Lt Gen Sir Nick Carter addresses the audience.

of the Army Cadet Force, supported by Cadets from the Glasgow and Lanarkshire Battalion.

Young people also featured prominently elsewhere in proceedings by sharing with the audience their enthusiasm for their respective cadet organisations, and how they feel that they have gained from 'the Cadet Experience'.

The day was perfectly rounded off with an overview of the changes facing the Army in Scotland by Brigadier Paul Harkness.

A lively open forum followed, before the HRFCA president, Rear Admiral Mike Gregory, summed up the day and drew proceedings to a close.



Above and right: Beating Retreat.

Lord-Lieutenants dinner

Gathering at Murrayshall Hotel, Perth



On 27 March Highland RFCA hosted a dinner at the Murrayshall Hotel in Perth for Lord-Lieutenants from across its area.

A highlight of the evening was a talk delivered by the guest of honour, Lt Gen Sir Nick Carter, Chief of The General Staff.

Lt Gen Carter provided the Lord-Lieutenants and their partners with a unique insight into current defence issues and the opportunities and challenges relevant to Scotland and, in particular, its Reserve Forces.

The talk was followed by an enthusiastic question and answer session, after which guests enjoyed further discussions over dinner and coffee.

7 SCOTS on target in South Africa

Exercise Spring Bok

Earlier this year, the 51st Highland, 7 SCOTS Shooting Team returned from South Africa, where they competed in Exercise SPRING BOK, the South African National Defence Skill at Arms meeting.

The 7 SCOTS team placed seventh out of thirty-seven Reserve Unit teams, and an impressive 30th overall out of a field of ninety.

The team comprised eight shots, a manager and an armourer. Participation was made possible due

to significant support from UKRFA funding and contributions from 51st Infantry Brigade and HQ SCOTS.

Major Fiona Batty was on hand to welcome the successful team back at Queen's Barracks in Perth.

While in South Africa, members of the team also met up with the Transvaal Scottish and the South African Regiment, who were all keen to maintain and build on existing affiliations, and 7 SCOTS hope that further reciprocal shooting events will take place in the future.

Cadets gather in Fife

Training enters Phase 2

Cadets from across Scotland gathered in Glenrothes in June 2015 for phase two of Highland and Lowland RFCA's Cadet Presentation Team training.

The training was led by team leader Richard Pattison. Highland RFCA Chief Executive Mark Dodson and Deputy Chief Executive Sarah Rawlings were also on hand to meet and encourage the Cadets.

The Cadets got a huge amount from the event which is aimed at helping them develop as young people from their teenage years through to adulthood. Further presentations are on the way in the autumn. Check the HRFC website for dates and details. Meantime, visit the gallery section of the website (www.hrfa.co.uk) for more images from the Fife event.



Southern Area event success: Miles of smiles as employers show their support



Cadets of the Argyll and Sutherland Highlanders ACF (Clackmannanshire Company) having fun with field dressings.

Visitors to Stirling's Army Reserve Centre were treated to a feast for the eyes and ears at Highland RFCA's Southern Area Committee Event.

Reservists and Cadets turned out in force, actively demonstrating to members and their guests the positive benefits of being part of forward-looking organisations.

The April 30 event, organised by Committee Chair Lieutenant Colonel Gilly Moncur, put Reservists and Cadets centre stage, allowing them to share their experiences.

A huge effort was made by all involved to make the evening a success. 7 SCOTS, assisted by members of 3 SCOTS, manned stands demonstrating weapon systems and kit. The Army Cadets demonstrated their fieldcraft equipment, DofE and sports achievements, and casualty simulation techniques used in first aid training. They were also practising drill for the Armed Forces' Day parade as part of a typical detachment night. The Air Cadets also offered a visit to their detachment.

Following introductions, the audience heard from Lieutenant Andy Nicol of 7th Battalion, The Royal Regiment of Scotland (7 SCOTS), who spoke passionately about his role in the Army Reserve and took them on a journey from being a civilian to becoming Platoon Commander in the Stirling Platoon, all in the space of just three years.

A teacher by day, the geography graduate told how he joined without any Cadet experience or family ties to the Armed Forces and was "not the ordinary recruit". Andy combined his sense of duty with his professional background and gained the perfect fit.

Andy knew he wanted to be an officer, but felt he had to

become a soldier first and revelled in training and the hands-on experience. He said his decision provoked mixed reactions from some of the other soldiers!

Andy described the opportunities with 7 SCOTS as "endless", already bringing travel to places such as South Africa and Cyprus. Next on Andy's agenda is 10 weeks on the demanding Regular Platoon Commanders' Battle Course. As we went to press Andy has little over two weeks of the course left, and when we caught up with him at the 20 June Stirling Military Show he described the course as extremely challenging but a fabulous experience.

He says his employer has been "fantastic" when it comes to time off and spoke of the positive benefits his Army Reserve career has brought to the classroom. Andy reckons attitudes have changed with employers now realising having a member of staff in the Reserves brings a huge number of transferable skills to the workplace. "It's a two-way street," he said.

Andy was also keen to point out that being unemployed



A visitor gets to grips with the Next-generation Light Anti-tank Weapon (NLAW).



ATC Flight Sergeants Ryan Jennison (18) 1019 (Stirling) Squadron and Taighlor Cook (19) 2284 (Dunblane) Squadron.

should be no barrier to becoming a Reserve and how recruits can be put on courses, trained and developed to make them more employable.

Next up was the Highland RFCA Cadet Presentation Team, led by Richard Pattison. Richard explained his role in engaging with a range of audiences to actively demonstrate the benefits of becoming a cadet. Having mentored 60 cadets and adult volunteers over four months, Richard told how his team had found their voices to share their stories and how he wanted them to celebrate their successes.

Cadets and adult volunteers then shared their stories with the audience. Among those was ATC Flight Sergeant Taighlor Cook (19) of 2284 (Dunblane) Squadron. She told how the 'Cadet Experience' had given her confidence and a lot of life skills to take forward into the workplace.

ACF Cadet Sergeant Steven Gray (16) said joining the Cadets was "the best decision I ever made" giving him confidence at high school along with self-discipline, turning in his own words a "lazy and disorganised" teen into someone with "an edge" to take into an Army career.

Adult Volunteer Sharon Swash (52) – Detachment Commander at Perth Viewlands – spoke of the rewards of building children up into "well-rounded" individuals, adding: "You have to be 100% committed to bring the best out of the children. As an adult volunteer that's what I aspire to do."

Richard Pattison concluded by explaining how the work of his team would see them rolling out presentations to a broader audience.

Guests enjoyed music from members of the Argyll and



Helensburgh Sea Cadets Ellie Ross (12); Megan Foster (17); Georgia Sterry (17); Hannah Milne (14); Zak Cochrane (14); Connor McKenzie (12); Alasdair McKay (12) and Connor Ross (12).

Sutherland Highlanders ACF Pipes and Drums (Grant and Lloyd Deans, Courtney Tuff and Alex Paterson) before grabbing a bite to eat from a tasty buffet provided by 7 SCOTS Reservist chefs and visiting the stands.

Among those manning the stands were an enthusiastic bunch of Sea Cadets from Helensburgh who told how being in the Cadets had led to them meeting new friends in an environment with friendly staff where they could enjoy activities such as sailing, rowing, archery, parades, drill and shooting.

At the end of the evening there was a proud moment as the Lord Lieutenant of Stirling and Falkirk, Marjory McLaughlin, presented rugby colours to Cadet SSgt Logan Clark, and Honorary Colonel of the Argyll Cadets, Colonel AK Miller, awarded Cdt Sgt Stuart Millar, of Bannockburn, his promotion to Cadet SSgt.

The event was a great success evidenced by the many smiles and applause which rang through the venue following a closing display from the Pipes and Drums.



Lieutenant Andy Nicol tells the audience about life in the Reserves.

Stirling Military Show and Armed Forces Day

The event in pictures . . .

Thousands of visitors enjoyed a great day out at Stirling Military Show.

The June 20 event, held at King's Park, featured music, entertainment, a colourful parade, drill, vintage vehicles and more.

Highland RFCA was there with its hospitality tent and HRFCFA Marketing and Comms Officer Ally Duncan was on hand with his camera to capture all the action.



The band of the Royal Regiment of Scotland performed an atmospheric Beating the Retreat.



A young visitor gets to grips with a machine gun.



Service with a smile at the HRFCFA hospitality tent courtesy of Helene Roebuck, Mobile Catering Supervisor – FM Services.





Royal Marines take part in a demonstration of skills.



Deputy Lord-Lieutenant of Stirling and Falkirk Alan Simpson chats to a veteran.



There were vintage vehicles on display.



Stirling Provost Mike Robbins opened the show while Clackmannanshire Provost Tina Murphy was a VIP guest.



ATC Cadets during the parade from Stirling city centre to King's Park. Right: Army Cadets during the drill competition.

Hard work and tough challenges in Cyprus

By Sapper Rebecca Paterson

Exercise Lion Star is an annual regimental two-week camp to Cyprus.

This year the springtime exercise was led by 124 Fd Sp Sqn, of 71 Engineer Regiment, and was based at Episkopi Station in the Western Sovereign Base Area.

Our aim was to develop all our individual trade and leadership skills through construction tasks at three locations.

At Akrotiri our task was to complete the work that had been started on a range hut. This made use of the Regiment's skilled tradesman to fit windows, plasterboard the ceiling and build French drains.

The plant task for this exercise was located near Radio Sonde and included the redevelopment of local trackways to enable easier access for large vehicles. Due to the location of the site, local environmental officers were on hand to ensure the sustainability of the local eco-system was maintained throughout the works.

Nearby, the remainder of the combat engineers worked on improving facilities at FOB Spartan.

They did this by constructing three sunshades and fitting handrails to elevated working areas to improve safety.

Each of these locations was connected through secure Bowman communications using FFR Land Rovers and improvised antenna. This allowed not only a realistic representation of battlefield communication for the section commanders but also the development of the C3S sections faultfinding and voice procedure. The task sites



Spr Paterson dressing Cpl Donald.

were also supported by a logistic specialist team supplying raw materials and SQMS department providing tools and rations to keep the exercise progressing.

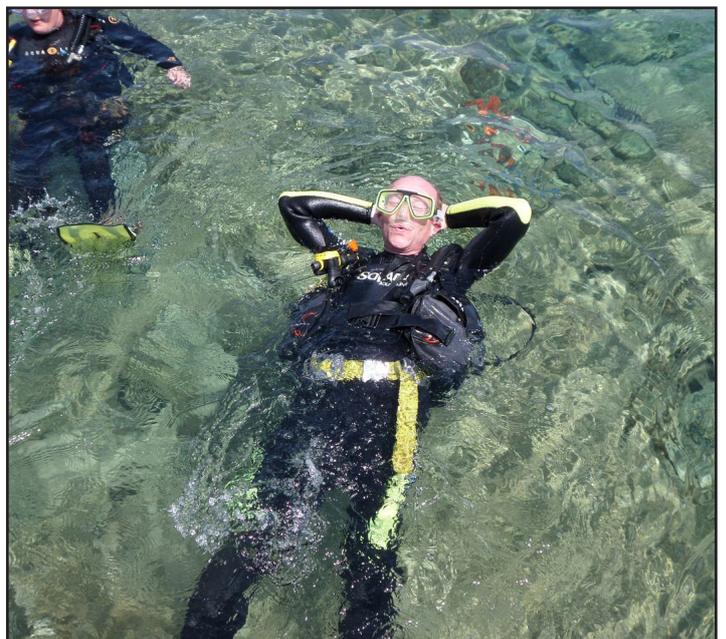
To make use of the favourable weather conditions an Adventure Training package was provided to run alongside the construction tasks.

This package included a challenging mix of mountain biking in the Troados Mountains, hillwalking through the Baths of Aphrodite and diving off the coast of RAF Akrotiri.

Overall a good exercise was had by all with a variety of skills developed and useful construction tasks completed.



Digging for victory!



Spr Holdstock enjoying the clear waters of the Mediterranean.

Cadets on the medal trail

Success at Grangemouth



The Cadets from 1st Battalion The Highlanders with their medals.

Twenty-two cadets from 1st Battalion The Highlanders competed at the Scottish ACFA Athletic Championships in Grangemouth on 9 May.

The day went well – despite the classic Scottish weather mix of sun, rain and hail – with all the Cadets shrugging off the changeable May conditions.

The Battalion did very well with the Junior Boys team coming 3rd overall and the Intermediate Boys Team coming 2nd, with over half of the cadets receiving medals (15 in total).

LCpl Megan Jack (18), from Fortrose Detachment, came 1st in the Senior Girls Javelin meaning that she will be going on to represent Scotland at the Nationals in Grantham.



The magnificent seven!

Cadets welcomed

On 14 May seven probationers were welcomed into the Air Training Corps at 379 (County of Ross) Squadron based in Alness.

The Squadron Padre, the Reverend Rob Jones, carried out the enrolment ceremony and welcomed the new Cadets into the RAF Cadet family.

The formalities were overseen by Pilot Officer David Anderson and Squadron Leader Liz McLachlan.

Pilot Officer Anderson RAFVR(T), said: “We often try to publicise what the Royal Air Force Air Cadet organisation can offer through talks to schools or displays at public events, but often potential Cadets don’t realise the diverse range of activities open to members. A question often asked of these young people and something that appears on Air Cadet publicity material is: ‘What did YOU do last weekend?’ The answer to that may surprise many people.”



Back, left to right – Cdt M Williams, Cdt J Williams, Cdt Squire, Cdt Scott, Cdt Crosbie, Cdt Bell and Cdt Coetzee. Front, from left – Pilot Officer David Anderson RAFVR(T), Reverend Rob Jones and Squadron Leader Liz McLachlan RAFVR(T).

Exercise Executive Stretch

Taste of Reservist life for volunteers



The class of 2015 with their chaperones and Brigadier Paul Harkness (centre).

Torrential rain and gale force winds couldn't dampen the spirits of participants in Exercise Executive Stretch 2015, which took place on 5-7 June.

The exciting three-day event – organised on behalf of Highland and Lowland RFCAs by the Scottish and North Irish Yeomanry – saw six teams tackle demanding physical and mental challenges at Redford and Dreghorn Barracks in Edinburgh, and on the nearby ranges.

Executive Stretch is designed to enable employers and their staff to experience various aspects of Reservist training. The event called on the expertise of 11 Reserve units whose contributions were coordinated by the SNIY.

Points were awarded over the weekend to the teams who worked most effectively together during challenges including live firing of SA80s, abseiling, minefield vehicle extraction and message decryption.

A particular highlight was the opportunity for participants to spend a night under the stars with only a sleeping bag and poncho for cover. Less welcome were night-time rece

patrols, ration packs and a 5am Reveille the following morning courtesy of a piper from 32 Signal Regiment!



A final event gave teams the chance to boost their points by spotting everyday items strategically placed in a field.

Prize-giving took place in the Officers' Mess at Redford and was followed by a hard-earned curry lunch.

Brigadier Paul Harkness, the Commander of 51 Infantry Brigade, presented first prizes of tickets to the Royal Military Tattoo and second prizes of engraved glass trophies.

The event was a huge success and could not have taken place without the professionalism of all the units and the determination and enthusiasm of participants.

To see more images and video from the weekend, log on to www.hrfca.co.uk and visit our galleries.



Participants (above, and right) learn how to set up ponchos.



It's hard work putting on survival equipment.



Soldiers from 6 SCOTS blend into the hillside.



Celebrating after completing the minefield vehicle extraction task.



Participants (back) with members of 32 Signal Regiment at the communications tent. Right: On target with help from SNIY.



Left: Checking rations and (above) moving bergens to the camp.



The gun run with 105 Regiment Royal Artillery.

Historic first for University of Dundee Corporate Covenant signing

The University of Dundee has become the first Institute of Higher Education in Scotland to sign the Armed Forces Corporate Covenant.

The signing on 28 April was the culmination of close cooperation between Highland RFCA and the Dean of the Graduate School of Natural Resources, Law, Policy and Management, Professor Ian Ball.

The Covenant is a voluntary pledge by organisations of all types and sizes who wish to demonstrate their support for the Armed Forces community.

As well as setting out commitments by the signatory, it states the two fundamental principles: that no member of the Armed Forces community should face disadvantage in the provision of public and commercial services compared to any other citizen; and that in some circumstances special treatment may be appropriate, especially for the injured or bereaved.

The event took place as the backdrop to a public lecture by Lord Charles Guthrie, former Chief of the Defence Staff

and one of Britain's most experienced soldiers, on 'The Just War: The Morality and Ethics of Going to War'. The talk was well-received by a large audience and was followed by a lively question and answer session.



Professor Sir Pete Downes, Principal of the University of Dundee, signs the Armed Forces Corporate Covenant watched by Lord Guthrie.

Wheely good effort from Black Watch Cadets Rain fails to dampen spirits at Etape Caledonia

Cadets from The Black Watch braved heavy rain and a 4am start to ensure the smooth running of Pitlochry's Etape Caledonia cycle sportive on 11 May.

The Cadets helped out with parking, manned feed stations on the 81-mile course and were also at the finish to hand out medals, water and good wishes to the bedraggled finishers.



Some of The Black Watch Cadets who handed out thousands of medals to Etape Caledonia finishers.

The annual event attracts 5,000 cyclists to Highland Perthshire and has been running since 2007.

The contribution of Cadets and Adult Volunteers is essential to ensure the massive and complex event goes off without a hitch.



Above: Cadets helped with the parking and kept smiling despite a 4am start. Below: Cadets at the Schiehallion feedstation.



Adapting to a changing world

HRFCA Engagement Strategy

Highland RFCA has been working towards maximising its ability to engage with its target audience

We appreciate the need to keep Cadets and their parents, Reservists, adult volunteers and members up to date with what's going on at HRFCA.

We also have to keep our eye on the ball and provide information that's of use to potential Cadets, Reservists, adult volunteers and parents.

That's why we've been developing an Engagement Strategy designed to increase our reach and, at the same time, taking the opportunity to tell our audience what we do and why we do it.

We don't only want to inform though, we also want to celebrate your successes and share them with a wider audience.

We're just setting out on that journey and aim to use our website along with platforms such as Facebook and Twitter to keep you up to date. We'd love it if you joined us on our trip!

(Another) new arrival at Seathwood

Introducing Alasdair Duncan

If there was a revolving door at Seathwood it would be falling off its hinges after all the comings and goings of the last few months!

I'm one of the latest arrivals and have been steadily adjusting to life with the team of full-time staff at Highland RFCA HQ here in sunny Dundee.

I'll spare you my life story and give you edited highlights. Edited is an appropriate word as I have spent the last 20+ years working on the Dundee Evening Telegraph newspaper. I've sub-edited my way through tens of thousands of stories over the years and have been witness to many changes in the newspaper industry.

With online content seemingly squeezing the life out of print media, now seemed a good time to swap tabloid journalism for a new challenge at HRFCA.

Now, journalism has a shorthand all of its own, but that's nothing compared to the acronym-laden world of the Armed Forces. The learning curve has — and will — continue to be a steep one, but I've been assured that I'll pick the jargon up — as time goes on!

I'm married to Jane who is handily also in the communications business — the chat in my house must be fascinating I hear you say. However, luckily we have two



Please start by heading over to Facebook, search for HRFCA and have a look at our page.

Please 'Like' us and that way you can keep up to date, comment and share the latest news about Cadets, Reserves and defence.

What you think matters to us, and we'd love to get contributions and feedback.

If there's anything you think we can do better or you have anything you would like to promote on our page please email: hi-offcomms@rfca.mod.uk

Thank you!

boys aged eight and 11 to keep us distracted and, deciding that wasn't enough to keep us busy, we recently acquired two rescue greyhounds.

One of the pair is a proper ex-racer with 13 wins from 68 races under his belt, if dogs wear such things... His success seems to have come from his grandfather — a winner of the Melbourne Cup who apparently was — at one time — the fastest greyhound in the world!

I've already met some great people since joining HRFCA and long may that continue.



One of my two rescue greyhounds on the beach at Broughty Ferry and (inset) yours truly.



YOUR OPINION REALLY MATTERS TO US!

Please take part in our online social media survey...

Your opinion matters to Highland RFCA!

We are asking you to take part in our online survey which aims to understand the 'how, why and when' and even the 'if' of your social media usage.

This information will allow the organisation to more fully understand how we can best use social media as mentioned in the article on our Engagement Strategy (see page 15 of *High-Light*) to keep you up to date with what's happening in our area.

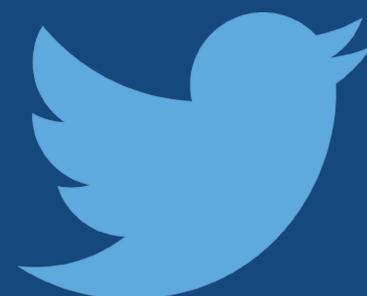
We already have an active website and a developing presence on Facebook and Twitter. We are also

exploring the relevance to you of platforms such as Instagram.

We understand that you are all busy people, so we've kept the survey short and would really appreciate it if you could take a few minutes out of your day to join in.

If you haven't checked out our Facebook and Twitter pages please have a look, like us, share us and retweet our content to family and friends. After all, we all want more people to get involved with Cadets and the Reserves.

So, what are you waiting for, log on to <https://www.surveymonkey.com/s/BCLQXQ8> and tell us what you think!



Forthcoming Events

1 Jul 15	Royal Garden Party (Holyrood)
4 Jul 15	Armed Forces Day (Inverness)
4-10 Jul 15	Black Watch Summer Camp, Strensall
4-18 Jul 15	A&SH Summer Camp, Altcar
11-24 Jul 15	1 Highlanders Summer Camp, Barry Buddon
17 Jul 15	1 Highlanders Dinner Night, Barry Buddon
18-19 Jul 15	Inverness Gala and Highland Games
18-31 Jul 15	2 Highlanders Summer Camp, Otterburn
19-31 Jul 15	Angus and Dundee Summer Camp, Altcar
20 Aug 15	HRFCA Executive Board and Council Meeting
11-13 Sep 15	Highland Military Tattoo, Fort George
5 Nov 15	HRFCA Executive Board and Council Meeting
17 Nov 15	Eastern Area Meeting (Seathwood)
19 Nov 15	North-East Area Meeting (Aberdeen)
24 Nov 15	Northern Area Meeting (Inverness)
26 Nov 15	Southern Area Meeting (Stirling)

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

Contributions are always welcome from anyone.

Contact: hi-offcomms@rfca.mod.uk
or 01382 631027