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High-Light



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



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City puts on
great show
Pages 14&15

Getting to know the HRFCA 'patch'

Chief Executive's editorial

Welcome to the October edition of *High-Light*. For me the last four months has predominantly been about getting to know the HRFCA 'patch', visiting some of the estate we manage for the Reserves and Cadets, talking to key individuals within the Association and those we do regular business with outside.

My travels have taken me to all five Cadet battalion Summer Camps, to some of our more remote Reserve and Cadet outposts: Lerwick in Shetland, Kirkwall in Orkney and Islay in the Inner Hebrides to name but three.

I have also watched the very impressive Cadet Presentation Team present at Character Scotland, a major youth conference in Glasgow, and to a cross section of senior officials from the Scottish Government, Education Scotland and Youth Link at the City Chambers in Edinburgh before a Royal Edinburgh Military Tattoo performance. My congratulations to Richard Pattison and Sarah Rawlings for the many hours of coaching and mentoring that have gone in to preparing such an outstanding set of Cadet and adult instructor ambassadors for us.

I was also very privileged to be present at Edinburgh Castle to see Sergeant Jessica Bradley of the Shetland Independent Battery ACF receive the Order of St John Gold Life Saving Medal, the highest possible life saving bravery award, and the first to be awarded by St John Scotland in decades. More details about the award can be found on page 12. Jessica's modesty and bravery are an inspiration to us all.



Action from the Royal Edinburgh Military Tattoo.



Brigadier Mark Dodson MBE

The period has also seen the normal round of Summer events, including a wide range of Armed Forces Day parades across the region, Reserves Day and a number of reserve units have been participating in the Reserve Forces Association military skills competition, held this year at Barry Buddon. I am very grateful to Dai John and his team who have facilitated and covered many of these community and employer engagement activities and filled up our website and Facebook pages with constant news feed and pictures.

Looking ahead, the 100th Anniversary of the Battle of Loos stands out as a major event with the national commemoration taking place in Dundee and other parades around the Highlands. But there will be many other events to report in the next edition as well.

I hope you will all enjoy this *High-Light*. We've made a few changes to the design, layout and overall feel of the publication with the intention of making it more eye-catching and engaging. Hopefully we've achieved that aim. Your opinion matters to us so please let us know what you think, and keep your stories coming and we'll feature them here or on our website and Facebook pages. Remember, *High-Light* is YOUR newsletter, so please tell us what you would like to see in future editions.

Mark Dodson

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High-Light is designed and produced for you by Highland RFCA, Seathwood, 365 Perth Road, Dundee, DD2 1LX

hi-offcomms@rfca.mod.uk
tel: 01382 631027 twitter: @hrfca,
facebook: facebook.com/HRFCA

Armed Forces Day Inverness Highland Parade

Cadets from the 1st Battalion The Highlanders Army Cadet Force took part in the Inverness Armed Forces Day Parade.

The parade set off from Falcon Square on July 4th led by the Massed Pipes & Drums that also consisted of the Battalion's own band led by Cadet Drum Major Saul Bruce (17), Inverness Detachment, who was lead Drum Major.

Marching in the parade were members of the Royal British Legion Scotland Colour Party, The Royal Navy, The Black Watch 3rd Battalion The Royal Regiment of Scotland (3 SCOTS), C Company 51st Highland 7th Battalion The Royal Regiment of Scotland (7 SCOTS), Veteran Regimental Associations, Sea Cadet Corps, Air Training Corps and Cadets from 1st Battalion the Highlanders ACF's Inverness and Moray Companies led by Inverness Company Commander, Major Kevin Reid.

The parade marched through the city, over the River Ness and past Ness Walk where a salute was taken by the Lord-Lieutenant of Inverness, Donald Cameron, Provost Alex Graham and Lieutenant General Sir Alistair Irwin KCB CBE. Once the parade was halted at the Northern Meeting Park a short Drumhead Service was conducted by RBLS Padre Reverend Alistair Murray BD.

After the blessing, the Lord-Lieutenant made four presentations, three of which were to members of 1 Highlanders ACF. One was made to former Honorary Colonel Roddy Wood who received a Veterans' pin for his years of service to the RBLS and other organisations including the ACF. A presentation was also made to Tain Detachment Commander



DM Saul Bruce leads the Massed Pipes & Drums.

and Battalion Adjutant Captain Bart Lucas who was presented with the 4th Clasp to his Cadet Force Medal for 40 years of service to the ACF. The final presentation was to Drum Major Bruce who received his certificate of appointment as the Lord-Lieutenant's Cadet of Inverness. As Lord-Lieutenant's Cadet of Inverness DM Bruce will be at events the Lord-Lieutenant attends in his capacity as the Queen's Representative of Inverness.

The service ended with a 'feu de joie' gun salute by members of 7 SCOTS and the British and US national anthems, as the parade coincided with US Independence Day. After the service the Cadets were able to look around the stalls at the Meeting Park and were treated to a Beat the Retreat courtesy of 1st Battalion.



Inverness and Moray companies cross the River Ness: Right: DM Saul Bruce receiving his Lord-Lieutenant's Cadet of Inverness certificate of appointment from Lord-Lieutenant of Inverness, Donald Cameron.

Meet Terry Cowan

HRFCA's man in Inverness

Terry Cowan is the HRFCA Assistant Chief Executive, based in Inverness. Get the lowdown on Terry's job, musical tastes and Lottery dreams below.

How did you come to be in your current job?

I'd just finished as the operations manager at Cawdor Castle and I saw the job advertised on the HRFCA website. Everything I'd done was in the job description, so I couldn't believe my luck.

What would you do if you weren't doing your current job?

I'd be doing a bit of project management and SVQ assessing. I'd also be doing a lot more running and cycling.

If you could learn something new what would it be?

I'd like to learn to speak Italian. It's an incredibly romantic language and sounds great. I'd also like to play an instrument, probably the drums.

What do you miss most about being a kid?

I miss the size of the sweets, they all used to be much bigger back then! Also, they are so much more expensive now.

If you could meet anyone, living or dead, who would it be?

I'd really like to meet Leonardo da Vinci to find out the truth behind the Mona Lisa and whether his helicopter design would fly. I'd also like to meet Sir Winston Churchill.

What secret skills/party tricks do you have?

Once I've had a few drinks I like to do a bit of singing. I've also been known to do a bit of dancing to my theme tune (see below).

Who would play you in a movie of your life?

It would have to be Harrison Ford.

What's your theme song?

Born Slippy by Underworld.

Dogs or cats?

Definitely dogs, we've got three.

EastEnders or Coronation Street?

EastEnders. That's only because I've lived in London.

Navy, Army or RAF?

RAF!



If you were stuck on a desert island, what three things would you bring?

I would bring a helicopter, a barbecue and a Swiss Army Knife.

What was the first music album you ever bought?

Welcome to the Pleasuredome by Frankie Goes to Hollywood.

Blue Peter or Magpie?

Blue Peter.

Clara Oswald, Amy Pond or Rose Tyler?

I think Clara Oswald is the best Doctor Who assistant. She's the brightest of them all.

If you won the Lottery, what would be the first thing you would buy?

First of all I'd clear my mortgage, then I'd book a holiday. I'd also give a big chunk to charity. Once I'd done all that I'd buy an Aston Martin.

Exercise Medical Stretch

Pushed to the limit



Team members from NHS Western Isles show their 'war faces'.



The NHS Western Isles team.



The NHS Grampian team were glad to see the back of the zip line.



Medics from across Scotland gathered in a city park to test their nerve during Exercise Medical Stretch.

The June 19 event, organised by 205 Field Hospital and supported by Highland and Lowland RFCAs, was aimed at convincing NHS employers of the value of having staff members in the Reserve Forces.

Teams, including workers from NHS Grampian and NHS Western Isles, tackled a variety of stands at Queen's Park in Glasgow. These included an impressive and intimidating zip line, paintball, stretcher run, climbing wall, fieldcraft and casualty treatment tents.

205 Commanding Officer Colonel Helen Singh said: "The concept of this event is sharing best practice between NHS Scotland and the Army Reserve Medical units.

"It is also to show the NHS managers what we can offer in terms of leadership, teamwork training and to show them what we put back into the NHS in terms of medical operational experience."

Karen Wares, NHS Grampian Nurse Consultant for Infection Control, said: "The event was both great for teambuilding and great for networking. We had a great day out.

"We enjoyed it so much that we've invited the Reserves along to NHS Grampian's Champion's Challenge event and given them a free stand where they will be able to meet around 300 delegates."

Erica Duffy, from the Western Isles, said: "The event's great for team building and useful for being able to listen to detailed instruction. It was great fun and we particularly enjoyed the paintballing."

The event was won by the Scottish Ambulance Service team.

Tayforth UOTC Cadets commissioned

Six of the best!



The Cadets after the commissioning parade, from left, 2Lt Laura Pugh, 2Lt Eliot Honeyman, 2Lt Alice Sparks, 2Lt Lucy Upton, 2Lt Rory Hand and 2Lt James Wilson.

Six Tayforth UOTC Officer Cadets have been commissioned into the Army Reserve.

The Cadets – who study at universities in Dundee, Stirling and St Andrews – attended the Army Reserve Commissioning Course at the Royal Military Academy Sandhurst.

The success represents a huge achievement for Tayforth as there were only 85 personnel on the course from the whole of the UK.

One of the Cadets was 21-year-old 2nd Lt Lucy Upton from Kirriemuir. Lucy, who recently started the fourth-year of her law degree at the University of Abertay Dundee, had previously spent four years with The Black Watch detachment of Angus and Dundee Battalion ACF before joining the OTC at university in 2012.

Lucy said she had really enjoyed her time with The Black Watch and got a lot out of it.

She added: “It certainly brought me out of myself, giving me self-confidence. When I joined I was a bit shy and timid but you meet so many new people and do new things that it’s great for your confidence.”

Talking of the course at Sandhurst, she explained that she was able to join halfway through, spending four weeks at the military academy.

She added: “It was a good challenge, but really tiring! Coming in halfway through was tough. I learned a lot and met lots of great people. Sandhurst is a world-renowned military academy so going there was a little

intimidating, but it was a nice place in a beautiful setting and once I got into the swing of things I really enjoyed it.”

Lucy is planning to be in the Army Reserve involved in transport or logistics for her final year at university and possibly for one year after that. Following that she will be looking for a regular commission, working in either intelligence or signals.

She added: “The Reserves are changing so much and – with their role expanding – I think it makes it more appealing. After my regular commission I am planning on returning to the Reserves.”



Summer fun
at Cadet camps
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Armed Forces Day Dundee

The event in pictures . . .

Dundee's Armed Forces Day celebrations on Saturday 27 June were a huge hit with the thousands of visitors who thronged the city centre. Highland RFCA's stand was just one of many attractions. All services and Cadet organisations were well represented with local interest in the shape of The Black Watch 3rd Battalion The Royal Regiment of Scotland, 32 Signal Regiment, 225 (Scottish) Medical Regiment, and Angus and Dundee ACF.



ACF Cadets parade down Reform Street.



HRFCA's stand (above and above right) and (right) flags flying outside Dundee City Chambers.



Left: A young visitor enjoys a seat on the Sea Cadets' RIB and (right) ATC Cadets watching the action in City Square.



The Royal Regiment of Scotland Band marches towards City Square.



Cadets from Angus and Dundee ACF manned the climbing wall.



Left: Reservists from 225 (Scottish) Medical Regiment demonstrated their military skills.



Alec Duncan (left) and pal Marcus Vanderesch visited the HRFA display and picked up some lanyards.

All change for Scottish and North Irish Yeomanry

Presentation of new grey berets



It was a case of out with the old and in with the new as The Scottish and North Irish Yeomanry (SNIY) adopted new grey berets at ceremonies in Cupar, Edinburgh, Ayr and Belfast.

The SNIY has Reserve units covering Scotland's central belt and across the Irish Sea collectively forming Scotland's 51st Infantry Brigade Light Cavalry capability with troops using R-WMIK (Land Rovers) and JACKAL fighting vehicles.

During parades on August 26 to mark this historic occasion, SNIY soldiers and officers were proudly presented with their grey berets by their paired Regular regiment, The Royal Scots Dragoon Guards (SCOTS DG).

Changing from their blue headdress to the grey means SNIY personnel are now indistinguishable from their paired Regular colleagues, with the exception of the striking wolf capbadges; enabling a deeper and more seamless integration of soldiers during training, ceremonial events and operations.

Lieutenant Colonel James Campbell-Barnard, the Commanding Officer of the SNIY, said: "The opportunity to adopt the grey beret is highly significant at the start of our new history and is a distinctive privilege bestowed on us and our affiliated Cadet detachments by our paired Regular regiment and one we do not take lightly.

"It demonstrates that, alongside the SCOTS DG, we collectively provide a robust Light Cavalry capability within the Army, which we will continue to develop as we evolve into a fully manned regiment over the coming years."

HRFCA attended the Cupar changeover to capture the

action. The event began with a formal beret handover to Major Blair Smart, Officer Commanding C (Fife & Forfar Yeomanry/Scottish Horse) Squadron, in the combined mess followed by speeches and Major Nick Moffat (Officer Commanding C Squadron SCOTS DG, based in Leuchars) handing over berets to members of the SNIY squadron.

Major Smart said: "I have been in command of the Squadron with the SNIY since its inception a year ago and this change is in fact a resurrection of the grey beret for SNIY through a forebear regiment 'The Scottish Yeomanry' of which I was a member. I look forward to helping take this historic link forward once again."



From left: Major Nick Moffat (Officer Commanding C Squadron SCOTS DG), Major Blair Smart (Officer Commanding C Squadron SNIY), WO2 Overton (Squadron Liaison Officer C Squadron SNIY) and WO2 (SSM) Chart (Squadron Sergeant Major C Squadron SCOTS DG).



Major Moffat presents the new berets to C Squadron.

The life of a Cadet Adult Volunteer

2nd Lieutenant Sharon Swash

We caught up with 2nd Lt Sharon Swash (53) – Commander of The Black Watch ACF detachment at Perth Viewlands. She has also been part of the Cadet Presentation Team (CPT) and we asked her about life as a Cadet Adult Volunteer.

When did you join the ACF?

"In March 2012 when I did my familiarisation (FAMAS) weekend."

Why did you join?

"I had just moved to Perth from County Durham and was struggling to find a job and someone suggested doing voluntary work. I trawled the internet and up came Army Cadet Force and with my previous experience in the Reserves I thought 'why not give it a go?', I could give something back and it would be something I'd enjoy."

Did your experience in the Reserves help?

"I was in the Reserves for four years so it was helpful that I already knew the military structure, values and standards but I'd had nothing to do with Cadets before so that was something completely new."

What do you get from being a Cadet Adult Volunteer?

"It has given me a lot of confidence and new skills."

What's the favourite part of your role with the ACF?

"I enjoy being a detachment commander and the responsibilities that brings. It's very busy, we have an awful lot of planning and preparation to do. You have to think of exciting, innovative ways of making training interesting because you've got to keep the interest of the Cadets or you'll lose them."

What's your least favourite part?

"Finding time to fit all of the administration in around my daily working and private life, but somehow we manage to do it!"

What's the best place you've visited?

"Definitely Belgium where we went on battlefield tours with the Cadets. Being there makes you realise the sacrifices made. Going to Edinburgh Castle with the CPT was also very enjoyable."

Where would you like to go with the ACF?

"I'd like to take the Cadets to France on a WWII battlefield tour, perhaps going to Normandy to see where the D-Day landings took place."



What is your proudest moment?

"Being promoted to 2nd Lieutenant. I think as an officer you are more accountable and have more responsibility. You also have a larger input on decision making for the benefit of the Cadets."

What is your funniest moment?

"Watching the Cadets doing command tasks. It tests their analytical skills. They can get puzzled, frustrated and excited all at the same time. It's good fun."

What is the most satisfying part of your role with the ACF?

"Seeing the Cadets develop into well-rounded young people."

Finally, what would you say to someone thinking of becoming a Cadet Adult Volunteer?

"Go into it with an open mind. You've got to have a sense of humour, a lot of patience and understanding. You also have to enjoy the company of young people and be up for a challenge. With all of those combined you should enjoy yourself."



Sharon speaking at a Cadet Presentation Team event in Stirling.

Bravery award for Jessica

Risked life to help injured man

An ACF sergeant instructor has been presented with a bravery award.

St John Scotland bestowed the honour on Jessica Bradley after she risked her own safety to help a man in danger of bleeding to death from a self-inflicted knife wound to the neck.

Jessica, from Upper Sound in Lerwick, received the Order of St John Gold Life-Saving Medal at a ceremony in Edinburgh Castle on August 13.

It was presented by the charity's Prior, Major General Mark J. Strudwick, the former General Officer Commanding the Army in Scotland.

It was just over two years ago that Jessica, then only 20, faced drug and alcohol-fuelled violence as she and a friend, Claire Hendry, were leaving a house in Grodians, Lerwick, and heard glass smashing and someone screaming for an ambulance.

As they ran across the street towards the noise a young man emerged repeatedly shouting: "He's cut himself."

Trained first-aider Jessica grabbed a first aid kit from her car and told Claire to telephone for help. Inside the house Jessica found two men struggling. One was the resident, who was apparently trying to eject the other, although he was clearly injured.

"I had to fight off the unhurt one, but managed to get a look at the other. He had a really serious throat wound and was bleeding badly," said Jessica.

For the next 10 minutes, until the emergency services arrived, Jessica had to keep the householder at bay, while attempting to keep the casualty calm.

Jessica was nominated for the St John Scotland award



Jessica received her award from Mark J. Strudwick. Right: With her parents Wynne and Derrick.



by her Cadet Force Battery Commander, Kevin Bryant, who said: "Jessica acted in an exceptionally brave and professional manner with no thought for her own safety in what was a dangerous situation."

Jessica, who works in the oil and gas industry, added: "I'm totally overwhelmed by this award. At the time I didn't think about being in any danger. I just did what I was trained to do and I'm proud of that. I've always wanted to be able to help people."

Jessica joined the Shetland Independent Cadet Battery when she was just 12 because she was 'very interested in the Army'. It was there she got her initial training in first aid, adding to her knowledge and skills later by volunteering to become a First Responder with the Scottish Ambulance Service.

Her proud mother and father, Wynne and Derrick Bradley joined Jessica at the ceremony.





Life and death in the skies of southern England

75th anniversary of Battle of Britain commemorated

The summer of 1940 will forever be remembered for the life and death battles played out in the skies above south-east England.

From the 10th of July to the 31st of October Hitler's Luftwaffe went toe-to-toe with the RAF in a bid to achieve air superiority over Britain's Fighter Command in order to pave the way for a seaborne invasion (Operation Sealion).

At first the Germans only targeted military and industrial targets, but as the battle wore on they targeted the civilian population in an effort to spread terror. They thought a sustained attack would achieve the decisive victory needed to allow the invasion to happen. However, the RAF had other ideas.

Germany had the most formidable air force in the world, but the RAF met this challenge with some of the finest aircraft ever designed. Hawker Hurricanes and Supermarine Spitfires were instrumental in repelling the Luftwaffe's attacks. Some of these were flown by members of 602 (City of Glasgow) and 603 (City of Edinburgh) Squadrons.

While the Spitfire is the iconic image of the battle, more enemy aircraft were actually downed by Hurricanes. This was because Spitfires were often used to engage fighter escorts while Hurricanes went after the bombers.

Britain had also developed an air defence network that would give a crucial advantage. The Dowding System – named after Fighter Command's Commander-in-Chief Sir Hugh Dowding – brought together technology, ground defences and fighter aircraft into a unified defence system.

All this, combined with poor intelligence which miscalculated British aircraft production, the German high command underestimating British resolve, and the disastrous leadership of the Luftwaffe under Hermann Goering, led Hitler to abandon plans for the invasion. For Britain, the battle was defensive and, in avoiding defeat, it made a long-term victory over Germany a possibility. Four years later the Allies launched their invasion of Nazi-occupied Europe – with Operation Overlord establishing the conditions for bringing the war against Germany to an end.

"Hitler knows that he will have to break us in this island or lose the war. If we can stand up to him, all Europe may be free."
– Winston Churchill

The battle was commemorated this summer with various events, including a flypast over Buckingham Palace on July 10th by the Battle of Britain Memorial Flight. Spitfires and Hurricanes also took to the skies on August 18th to mark the 'Hardest Day' of the battle – the day when both sides recorded their greatest losses and again on September 15 to mark the day in 1940 when the Luftwaffe launched its largest, most concentrated attack on London. Scottish commemorations included a church service held at St Giles' Cathedral in Edinburgh on September 24th.



Summer Camps

A&SH @ Altcar & 2 Highlanders @ Otterburn

Cadets from all over Scotland enjoyed their annual camps at venues including Altcar, Otterburn and Barry Buddon. On this page we feature the Argyll and Sutherland Highlanders who visited Altcar and on page 15 we feature action from 2nd Battalion the Highlanders camp at Otterburn.







Ross (fifth from right) with the other UK Cadets.

Ross enjoys adventure of a lifetime during Canada trip

Summer 2015 was unforgettable for Cadet Corporal Ross Clarke who enjoyed the adventure of a lifetime in Canada.

Ross, of 1st Battalion The Highlanders, was taking part in the Canadian Cadet Exchange, training alongside his counterparts from the Royal Canadian Army Cadets for six weeks at the Whitehorse Cadet Training Centre in the Yukon.

The 15-year-old, of Elgin Detachment, shared his experiences with HRFCA.

He said: "During my six weeks in the Yukon, not only did I have the experience of a lifetime, but I also came back with lots of leadership skills, fitter and a more rounded person. The Alaska trip and the 18-day canoe expedition were huge highlights.

"I had the best six weeks of my life. I made lots of

new friends, Canadian and British, and hope to stay in contact with as many as possible. The last day of the exchange ended with the prize giving which saw me selected as the Top UK Exchange Cadet which I am extremely honoured to have received and I was even asked to go back next year.

"This is just another reason to join the Army Cadet Force as it offers so many great opportunities."



Ross receives the Top UK Exchange Cadet award from Major Kazmarski.

Forthcoming Events

8 Oct 15	Official opening of Aviemore JCC
5 Nov 15	HRFCA Exec Board and Council Meeting (Seathwood)
8 Nov 15	Remembrance Sunday
11 Nov 15	Joint CRFCA Board/CE Workshop and Dinner (London)
12 Nov 15	CRFCA Council/Board meeting (London)
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)
3 Dec 15	Employer Recognition Scheme Dinner (Edinburgh)
8 Dec 15	CRFCA Regulatory Board (London)
9 Dec 15	CRFCA Annual Briefing (London)
25,26 Jan 16	CRFCA Executive Board Meeting (London)



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