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High-Light



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



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In Cyprus with
225 Med Regt
Pages 10-12

Remarkable achievements

Welcome to Issue 12. As you read this, 2016 will be upon us and the Christmas and New Year break an unseasonably warm memory.

Looking back over the last few months it's remarkable how much our Reservists and Cadets have achieved, a flavour of which is contained in the following pages, and which gives us plenty of news to report online on our Website and Facebook page. Please do have a look at these from time to time – such is the scope and range of events and activities being posted up that no sooner has an article or news item appeared than it seems that it is superseded by another.

By way of contrast, *High-Light* aims to provide a more enduring record for the membership.

The items in this edition include a report on 225 Medical Regiment's Exercise Lion Star in Cyprus, the Employer Recognition Scheme Silver Awards dinner held in the Great Hall of Edinburgh Castle on 3 December, and the extraordinary impact made by members of the Cadet Presentation Team at a personnel and development conference in St Andrews back in November.

We are also very proud of the new Aviemore Joint Cadet Centre, completed last year and officially opened in October. The JCC represents the culmination of much hard work by a lot of people, of whom our ever-industrious Estates Officer Randall Christie merits special mention, and is acting as something of a beacon for young people locally.

And sparing no blushes, as you will read on Page 15 of this edition, CEO of the Black Watch ACF Battalion Major Andy Potter has also stepped into the limelight having earned the considerable honour of piping for Her Majesty The Queen at Balmoral.



The ERS Silver Awards presentation was held amid the grandeur of Edinburgh Castle's Great Hall.



Brigadier Mark Dodson MBE

Casting an eye over the year ahead we have much to look forward to.

One notable highlight is that 2016 marks the 75th Anniversary of the foundation of the Air Training Corps and there will be a range of events taking place across Scotland.

A briefing and reception will take place next month for Scottish MPs and Peers in the Palace of Westminster, organised by ourselves and our Lowland colleagues and hosted by a selection of Reservists and Cadets.

The HRFCA Annual Association Meeting is on Saturday 12 March in Queen's Barracks, Perth, and we expect to have a Defence minister to speak to us.

Looking further ahead, First World War commemorations, including the Battle of Jutland, will continue, as will the whole range of events and activities supported annually by the Association.

The New Year will no doubt also provide plenty of challenges, some of which – changes to the way that the RFCAs do their business for example – we can anticipate, and others which no doubt will arrive out of the blue and keep us on our toes.

I hope that you enjoy this edition of *High-Light*; as ever, your comments and suggestions are always welcome.

For now though, my team and I join in wishing you a very happy and peaceful New Year.

Mark Dodson

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Tat's the way to do it!

Highland RFCA was fortunate enough to host a group of employers at the amazing Highland Military Tattoo at Fort George.

The show, which ran from September 11-13, was a cracker and gave the Royal Military Tattoo in Edinburgh a serious run for its money. That's quite an achievement given that the Highland event is something of a youngster compared to its capital cousin.

This year's theme included vignettes to commemorate the 200th anniversary of the Battle of Waterloo and the 100th anniversary of the Battle of Loos.

Musical highlights included a fine performance from the Stadacona Band of the Royal Canadian Navy who are based in Halifax, Nova Scotia. The bands of The Royal Scots Dragoon Guards and The Highland Youth Pipe Band were both newcomers to the event. Both were excellent.

Also appearing was the Military Band



of the Royal Regiment of Artillery. The Regiment played a key role at Waterloo, which provided a great link to one of the show's themes.

Pipes and Drums came courtesy of The Royal Scots Dragoon Guards, The Black Watch 3rd Battalion of The Royal Regiment of Scotland, The Highlanders 4th Battalion RRS, 2622 (Highland) Squadron RAuxAF, RAF Lossiemouth,

Forres Pipe Band, Highlanders ACF, City of Inverness Youth Pipe Band, Gordounstoun School Pipe Band and 'snas.

A great night was had by all and it looks like the event – directed by Major General Seymour Monro and produced by Major Bruce Hitchings – will become a regular fixture at Fort George and, given the quality of this year's effort, it's surely one not to be missed in 2016.

The 'Reserve Experience'

A 'Reserve Experience' event in Glasgow on October 29 saw 170 people descend on the iconic Teacher Building to sample a taste of life in the Reserves.

Employers represented included the Department for Work and Pensions, HM Revenue and Customs, the Department for International Development and the NHS.

The event was intended to provide participants with 'a light-hearted taste of life in the Armed Forces Reserves' and a

sample of its personal development training in transferrable skills such as leadership and communications – all crammed into 90 minutes.

Teams tackled a range of challenges designed to highlight aspects of military training.

They certainly enjoyed the experience, with humour playing a large part in getting the message across.

The event was the second held in Scotland, with the first in Edinburgh earlier that week.



Learning the value of teamwork.



Music was provided by 7 SCOTS' Pipes and Drums and an ensemble from the Highland Band of The Royal Regiment of Scotland.

The Second Battle of El Alamein – which took place in Egypt in 1942 and marked a major turning point in the Western Desert campaign – was commemorated with a reception at Queen's Barracks in Perth, the HQ of 7 SCOTS.

The event – held on 24 October – paid tribute to the 51st Highland Division, one of the key formations to play a part in the battle. The 51st was made up of regiments from Highland Scotland; The Black Watch, The Queen's Own Cameron Highlanders, The Gordon

Highlanders and The Argyll and Sutherland Highlanders. 51st Highland, 7th Battalion The Royal Regiment of Scotland has proud lineage to all of those regiments.

During the First Battle of El Alamein in July 1942, General Auckinleck had stopped Field Marshal Rommel's German-Italian Panzerarmee in its tracks. After a series of smaller battles General Montgomery's reinvigorated 8th Army delivered a decisive blow against the Panzerarmee, turning the tide of the war in North Africa and hastened the defeat of German forces in that theatre.



Glitz and glamour at ERS Awards – See page 8

HIAL flying high after Covenant signing



Main image: HRFCA's Dai John (left) and HIAL Chair Grenville Johnstone hold the Covenant with (from left) Mark Stuart, Terry Cowan and Ron Macgregor. Above left: Mr Johnstone signs the document.

Highlands and Islands Airports Ltd (HIAL) has demonstrated its support for Britain's Armed Forces community by signing the Armed Forces Corporate Covenant.

The December 17 signing – organised by HRFCA – took place at Inverness Airport, with HIAL's Chair Grenville Johnstone having the honour of putting pen to paper on the voluntary pledge.

Also present was HIAL's Director of Operations Mark Stuart, HRFCA Director Engagement Dai John, HRFCA Assistant Chief Executive Terry Cowan and HRFCA Regional Employer Engagement Director Ron Macgregor.

Mr Johnstone said: "We are proud to become the first airport operator in Scotland to sign the Armed

Forces Covenant. A number of employees at HIAL are Reservists in the Armed Forces. We know the pressure this places on them and their families and by signing the Covenant, we make a pledge to them, and to the others in our Armed Forces, to honour their service and to treat them with respect."

He added: "I'll be interested to know about the things HIAL and HRFCA can do together in the future. Many thanks to HRFCA for presenting us with the Armed Forces Covenant."

HRFCA's Dai John said: "HIAL is the twentieth organisation in the HRFCA area of responsibility to have signed the Covenant, with more anticipated to follow suit."

"We are delighted to be working with such a forward-leaning champion of the Armed Forces community and look forward to continuing our ever-closer relationship."

AFEP course gives job seekers life skills

Barry Buddon training area was the venue for the Armed Forces Employability Pathway (AFEP) course held from 12-16 October.

The course saw 17 young job seekers with an interest in the Armed Forces taking part in a variety of tasks designed to offer them life skills. These included team building, problem solving, communications and personal resilience training.

Day one included tackling an obstacle course, day two was a chance to meet Reservist units including 7SCOTS and the Scottish and North Irish Yeomanry, on day three they learned fieldcraft with a night recce and recognition tasks. Day four included tackling the obstacle course, recovering a casualty, paintball and a command task. On day five certificates were presented to the nine who showed the character required to complete the course.

Many of those taking part are planning to pursue careers in the Regular and Reserve forces.

Those included Michael Clark, from Dundee, who was referred to the course from his local Job Centre.

He said: "I am interested in the Army, so when the opportunity to come on the AFEP course came up I knew that I definitely wanted to do it. It's been fantastic and I'm now thinking about joining the Royal Logistic Corps or the engineers."

Ian Sullivan, from Kinross, said: "I loved every minute of it. I now plan to join the Regulars and do my part."

Following the military element, the course moves on to become business-led and includes a work placement, a guaranteed interview and provides assistance with creating a CV.



Some of the course participants.



Left: Certificates were presented to course participants, including Gary Wilson, by Major Susan Duthie, of 51 Infantry Brigade. Right: The participants being debriefed.

Spotlight on HRFCA's Southern Area

By Colin Redstone, Committee Vice Chair

HRFCA's Southern Area Committee covers Argyll, Dunbartonshire and parts of North Lanark, Stirling, Falkirk and Clackmannanshire.

Members include Lord-Lieutenants, Regular and Reserve officers, Cadet Adult Volunteers, councillors, politicians and retired servicemen and women. We meet formally once a year in October, but also get together at Highland RFCA's Annual Association meeting. Last year in May we also held an open night (covered in the spring 2015 edition of *High-Light*) hosted by 7SCOTS at Stirling to showcase both the Reserves and Cadets. We support

other events too, in particular the Stirling Military Show each year.

Our main aim is to support and promote the Reserves and Cadets within our communities to keep their profile in the public eye and encourage positive interest and support. We support and work closely with Highland RFCA and also we are a conduit to them for Reserve and Cadet issues that cannot be resolved locally. We also promote broader issues related to defence whenever we can.

The Reserve units in Southern Area are mainly Army – elements of 7SCOTS, 71 Engineer Regiment and 102 Battalion REME, and Tayforth University Officer Training Corps is also within our "patch". Of course we have Cadets of all colours – Sea Cadets, Royal Marine Cadets,

Army Cadets, Air Training Corps and two Combined Cadet Force units. Our most remote Cadets are at Campbeltown.

We are always on the lookout for new Committee members particularly from Reserve Officers and NCOs and Cadet Adult Volunteers. Becoming a member is easy for them because they already do all of the things we mentioned in our aims above – so there is no extra work. By joining the Southern Area Committee as a member there is the great opportunity to network extensively and have a good curry at the same time! Our Committee is led by three members – a Chair, Vice Chair and a Representative Member. We meet informally every three months or so, most recently in a pub in Partick. If anyone wants to join us . . .

Gilly Moncur is the Chair of the Southern Area Committee. She is a retired regular Army Officer and serving ACF Officer.



How did you become a member of HRFCA?

Sort of by accident – I stood in for my Cadet Commandant one time and the next thing I was a member! But I've always found it a really useful way of keeping up with what's going on. I've seen how much HRFCA does to support our Cadets, so when I was asked to chair the Southern Area Committee, I was pleased to give something back.

What's your connection with the Services?

My Dad was in the Air Force – but he's just about forgiven me for joining the Army, which I did in 1981. I signed up for three years – and stayed for 27, serving with the Royal Army Educational Corps, which became the Educational and Training Services branch of the Adjutant General's Corps in 1991. Since I left in 2008, I've been Deputy Commandant of the Argyll and Sutherland Highlanders Battalion of the ACF.

What do you like about being in the Cadets?

I find the young people inspirational and the commitment of the adult volunteers humbling. It's such a privilege to be able to work with and support them.

What else inspires you?

Lots of things! Being at the top of a mountain is one of them. I love the Scottish mountains, but the highlight was definitely climbing Mount Kilimanjaro. It was an amazing experience.

What is your 'day job'?

I work for the Army's Cadet Training Development Team (TDT) designing and developing training courses, predominantly for Cadet Force Adult Volunteers. I've been involved in producing the new ACF Induction Package, the Adult Leadership and Management (ALM) course, the new Navigation package and safeguarding training. I'm currently involved with the development of the new Initial Officer Training course.

What else do you do in your spare time?

I love being outdoors, so walking, sailing, mountain biking and skiing are all on the agenda and I like to catch up with my family, who live in Hampshire. I also enjoy doing a bit of curling.

What did you receive your MBE for?

It's not very exciting, but I was doing a very busy staff job with the MoD and was also involved in helping with the introduction of a new computer system. When the person leading on the computer system left early, I took on his job too. It was a very busy time!

Colin Redstone is the Vice Chair of the Southern Area Committee. He is a retired Naval Officer and a Sea Cadet Adult Volunteer.



What brought you into the RFCA?

In my last job in the RN I was often invited to the Annual Association Meeting and it was this that persuaded me to join. I like the AAM as there are always excellent speakers (last year CGS) and I thought coming along once

a year would keep me in touch with defence matters. That was the plan. Two years later I find myself as the Vice Chair of Southern Area. That was not the plan!

What makes you suitable to be a committee member?

I served in the Royal Navy for 37 years and retired as a Commander. I am an adult volunteer with Helensburgh Sea Cadets where my main task is running the DofE Award Scheme.

Do you see yourself doing this for a long time yet?

I'm not sure. I have an incurable condition of the inner ear and am going deaf so I take each year as it comes.

What is the best thing you did this year?

I spent a month touring in Australia and then went to Jakarta to visit the grave of my Great Uncle who died as a Prisoner-Of-War and is buried there in the Commonwealth War Grave. From a Cadet perspective my main effort has been staging practice and assessed Silver DofE expeditions.

What about next year?

I have practice and then assessed Gold expeditions to plan, organise and run. Never mind the practical issues, the paperwork involved with DofE expeditions would bring tears to the eyes of even the most hardened bureaucrat – it's a huge task. But it's worth it.

What do people find annoying about you?

I can never arrive anywhere other than five minutes early. No shower may last longer than two minutes. There must be a plan. I can (and do!) fall asleep within seconds anywhere, at any time and in any position if the opportunity presents itself.



The Band of the Royal Regiment of Scotland.

Loos commemorations centre on Dundee

Dundee was the focus of commemorations to mark the 100th anniversary of the Battle of Loos.

First Minister Nicola Sturgeon and the Duke and Duchess of Rothesay joined 1,000 people in Dundee on 26 September to mark the 100th anniversary of the battle.

An estimated 30,000 Scots fought at Loos in France, with 7,000 killed.

City Square was transformed into a “cathedral” for the event, with ministers representing the Scottish Episcopal, Roman Catholic, Church of Scotland and Armed Forces all taking part in the ceremony.

Around 250 serving troops and 300 veterans paraded through the city centre into the square.

Ms Sturgeon, the Duke of Rothesay and Lord Provost Bob Duncan laid wreaths.

Other events included the lighting of a beacon at the war memorial on Dundee Law and a Remembering Loos event featuring the RSNO and TV presenter Lorraine Kelly at the city’s Caird Hall.



The service was held at an ‘outdoor cathedral’ in City Square.





Organisations strike silver in Great Hall

Highland and Lowland RFCAs were at Edinburgh Castle's Great Hall on 3 December for the Defence Employer Recognition Scheme (ERS) Silver Awards dinner.

The prestigious event recognised the commitment of employers who have demonstrated or advocated support to Defence and the Armed Forces community.

The awards were announced by the Chief Executive of Highland RFCA, Brigadier Mark Dodson, and presented by Major General John Crackett, the Assistant Chief of Defence Staff (Reserves and Cadets).

Following the awards, General Crackett spoke to the audience on behalf of The Secretary of State for Defence.

As part of the evening two Reservists also delivered speeches explaining how Reserve service had benefitted them. In addition, the audience heard from employer Hewlett Packard. The company has a unique relationship with 32 Signal Regiment, as both organisations have identified common ground in the personnel they are keen to attract and are now working to help each other.

Thanks from both Highland and Lowland RFCAs go to Major General Mike



Highland Council (left) and Fife Council (right) received silver awards.



Other recipients included West Dunbartonshire Council (left) and (right) Global Highland.



Riddle-Webster, the Governor of Edinburgh Castle, for allowing the awards to be held in the fine surroundings of the Great Hall.

Recipients of the award were: Dawnfresh Seafoods; Digby Landscaping & Maintenance; The Weir Group; Doosan Babcock; Department for International Development; Skillforce Scotland; Turner

Facilities Management; Future Sales Factory; Glasgow Taxis; McTaggart Scott; DOGFI.SH Mobile; Suntino Renewable Energy; Global Highland; Highland Council; West Dunbartonshire Council; University of Dundee; Bond Offshore Helicopters; Stagecoach; Falkirk Council; Fife Council; NHS Lanarkshire; Golden Jubilee Hospital; NHS Forth Valley.

HMS Diamond shines in Aberdeen

HRFCA were lucky enough to be invited aboard HMS Diamond when she visited her twin city of Aberdeen.

The impressive Type 45 Destroyer – one of the Royal Navy’s newest ships – hosted 200 dignitaries on Friday 6 November and was then opened to the public on Saturday, before carrying out Remembrance Sunday duties during the four-day visit.

The Clyde-built warship returned to its affiliated port after an absence of nearly four years – to engage with the community and mark Remembrance Sunday.

The Portsmouth-based vessel, which has undergone extensive maintenance and improvements since it returned from operations last July, was launched in 2007.

Visitors were taken in groups to tour one of the most advanced warships in the world, with HMS Diamond’s crew members on hand to discuss the ship’s role at the heart of the Royal Navy, as well as their own experiences in the

Senior Service protecting our nation’s interests – at home and further afield.

HRFCA hosted employers from north-east businesses, including senior managers from the Wood and Score Groups.

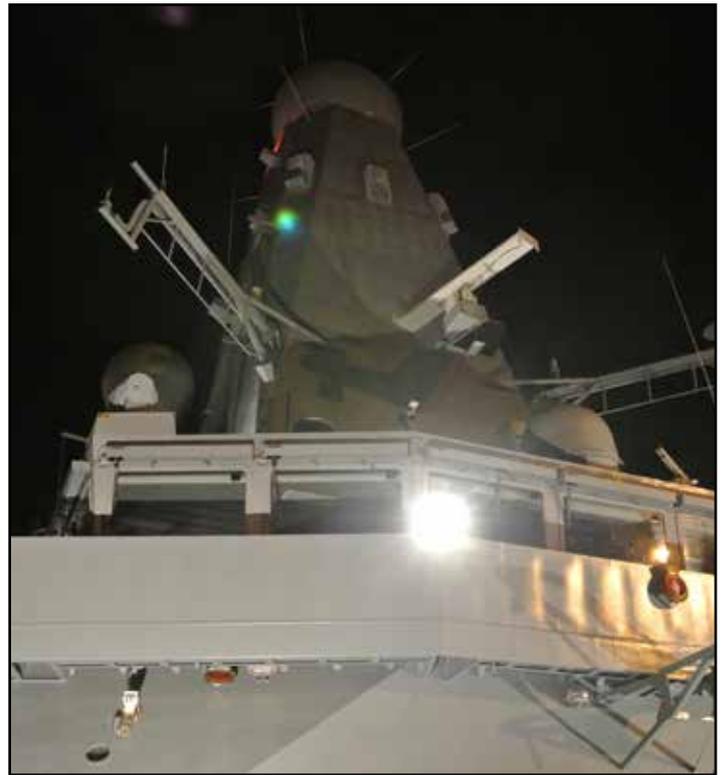
The tour included a reception in the helicopter hangar, a visit to the operations room and a close look at the ship’s offensive and defensive weaponry.

The evening was rounded off with a sunset ceremony featuring the impressive and beat-perfect drumming of the Band of Her Majesty’s Royal Marines Scotland

On Remembrance Sunday members of the Ship’s Company, together with the band of the Royal Marines, led Aberdeen’s parade through the streets of the Granite City.

The parade started at Marischal College, marching from Broad Street to the Schoolhill war memorial for a service of Remembrance.

Diamond’s captain, Commander Marcus Hember said: “I was delighted to bring HMS Diamond back to



The bridge of HMS Diamond.

Aberdeen for her first port visit since her major capability upgrade.

“Our visit not only reaffirmed our special relationship with

the city, but was especially important during this month of remembrance for those who have defended the freedom of Britain and the Commonwealth.”



Employers deploy to Cyprus with 225



Employers (from left) Barry McDougall (ISS), Chris Good (Skanska), Kenny Duff (Tesco), Israil Bryan (Skanska), Sophie Oates (Nuffield Health), Adam Wood (NHS Borders), Liz McLeod (Nuffield Health) and Tom McConnachie (University of Dundee) with Brigadier David Eastman and Lt Col Helen Smyth.

HRFCA took a group of employers to Cyprus on a memorable trip to meet up with the Reservists of 225 (Scottish Medical Regiment during Exercise Lion Star.

The four-day visit was an excellent opportunity to show the diverse group of employers from organisations including Tesco, ISS, Nuffield Health, Skanska, Dundee University and NHS Borders the value of employing Reservists.

While there they watched Dundee-based 225 taking part in an exercise at Akrotiri simulating an outbreak of haemorrhagic fever similar to the ebola virus which hit parts of West Africa.

Employers saw how the Regiment

would provide treatment and support on the ground in an affected country.

Other highlights included a visit to the DCCT (Dismounted Close Combat Trainer) facility at Episkopi and a cultural visit to the ancient city of Kourion.

Each employer came away impressed by the high-level of professionalism shown by the Reservists and the contribution they make to keeping Britain safe at home and overseas.

225 Regt is commanded by Lt Col Helen Smyth and has detachments in the city as well as Stirling and Glenrothes.

On the value of engaging with employers, she said: "Letting employers know what Reservists can do and what an asset they are is key."

Brigadier David Eastman, the

Commander of 102 Logistic Brigade, attended the exercise to see 225 (one of his 15 regiments) in action.

He said: "This has been a brilliant exercise and I've been massively impressed with the professionalism of 225 throughout. I would also like to thank the employers for coming out to Cyprus and hopefully they will have seen that these Reservists truly are 'twice the citizen'."

The Brigadier also presented two Volunteer Reserve Service Medals to the regiment and carried out one promotion.

The four-day trip from 13-16 November gave employers a fantastic glimpse of the qualities and skills Reservists could bring to their businesses and was given a big thumbs-up by all who took part.



Left: Israil Bryan of Skanska receives weapon handling training as does (right) Adam Wood (NHS Borders). Centre: Sophie Oates and Liz McLeod of Nuffield Health try something a little more powerful.



Brigadier David Eastman addresses the Reservists of 225 (Scottish) Medical Regiment.



Lt Col Cath Livingstone with an exercise 'casualty'.



Reservist Jack is store's secret weapon

During the visit to Cyprus to see 225 one of the employers had the opportunity to see his Reservist at work.

Private Jack Smart is training to be a Combat Medic with the Regiment.

Jack's civilian boss Kenny Duff (store manager at Tesco Express in Great Junction Street, Edinburgh) also happened to be in Cyprus and the two were reunited on the training area.

Jack (25) lives in Edinburgh but is attached to the Regiment's 152 Medical Squadron in Glenrothes.

He joined on 1 June last year

and is on course to pass out of basic training.

We asked Jack about life as a Reservist.

He said: "I joined up because I wanted to experience something completely new. To some it might seem a little random but I have a friend in the Reserves and after speaking to him decided to take the plunge.

"I hadn't originally planned to be a medic, but I'm happy I made that decision and it's an interest that has developed."

Of working for Tesco, he said: "Mainly I work Monday to Friday and get to choose which weekends I work. I can get training night off,

so it all fits in rather well. As an employer Tesco is really supportive and very accommodating."

Kenny (47) fully supports Jack in his Reservist career and thinks Tesco will reap the rewards of all the training Jack has already received and

will receive in the future. He added: "If any of my other staff were interested in joining the Reserves I would encourage them. I think it's fantastic.

"If anyone said they wanted to join I would say 'Yes, not a problem!'"



Kenny Duff (left) with his Reservist Jack Smart.

Lecturer impressed by work of medics

Dundee University Lecturer in Nursing Tom McConnachie was one of the employers invited to Cyprus by HRFCA. We caught up with him at the end of the trip to get his impressions of the experience and to find out if his time in Cyprus had changed his perception of Reservists.

Did you enjoy the trip, and what were the highlights?

"I enjoyed the trip immensely. Observing the Reservists simulate for potential real life events was a very powerful experience."

Has this trip changed your perception of what Reservists and Reserve medics do?

"Yes, one hundred percent. Previously, I had limited knowledge of what a Reservist did on an exercise. This experience has helped me better understand what happens – it has helped me gain insights into some of the skills being practised."

How might the soft skills you saw on show during the exercise at Akrotiri such as leadership, determination, focus and discipline benefit your students?

"I would like the students to participate in a joint exercise. This would help them practise some of the soft skills you describe."

What impressed you most when you watched the Reserve medics in action?

"Their professionalism and commitment, allied to their ability to accept constructive criticism and act upon it, was impressive."

What do you think a trained Reservist could bring to the classroom that a civilian can't?

"A better set of situational awareness and decision-making skills which have been honed during a pressured situation. The level of self-discipline and professionalism would also be key factors."

Would you recommend the Reserves to your students as a way to increase their knowledge and skills?

"Absolutely. I intend to become the contact for recruitment within my School. I will use my position as cohort lead to promote the Reservists as a means of gaining expertise and highlight the numerous opportunities available to those who decide to join."



Tom McConnachie

What lessons will you take away from your time in Cyprus that you could perhaps apply to your work?

"I have teaching expertise that I could share with the Reservists. I now need to explore opportunities for doing this. I am considering joining as a direct result of my experience. I need to explore opportunities for students to practise some of the skills I have witnessed as part of their undergraduate curriculum."



Cadets help transform Nimrod Gardens
– See page 15



British Empire Medal honour for Jonathan
– See page 16



HRFCA Chairman Colonel Angus Taverner (left) with the Lord-Lieutenant of Inverness, Donald Cameron of Lochiel, and (in kilt) Lord-Lieutenant's Cadet Drum Major Saul Bruce.

Aviemore Joint Cadet Centre opened

Aviemore's new Joint Cadet Centre was opened by the Lord-Lieutenant of Inverness, Donald Cameron of Lochiel.

The £600,000 facility – jointly funded by HRFCA, the Army and RAF, and built by local contractor 7even Construction – will be used by the Aviemore Detachment of 1st Battalion the Highlanders ACF and 52 (Aviemore) Squadron of the ATC.

The 8 October opening, which was organised by HRFCA, was attended by Cadets, Cadet Force Adult Volunteers, local councillors, members of the community and dignitaries.

Opening the centre, the Lord-Lieutenant said: "I'm sure you'll agree it's an impressive building and an ideal facility for the Army Cadet and Air Cadet detachments and brings a very

welcome boost to this rural community. I'm constantly struck by the value of the Cadet organisations and the benefits that flow from these types of youth programmes. To the individual it provides structured and progressive training and develops self-confidence, self-discipline and respect for others. To society it offers a thoroughly positive pursuit providing an alternative to boredom or anti-social behaviour and broadens the horizons of over 10,000 of our youths in Scotland."

He also thanked HRFCA for the "energy and vision it provided to bring the project into being" and the Cadet Force Adult Volunteers, saying: "I thank you for your commitment to our youngsters, for providing them with a safe but stimulating experience, because without your dedication none of this would be possible."

The Cadet Presentation Team then took the floor with Stephanie MacLeod (18), a Cadet Sergeant with 52 Squadron ATC in Aviemore, and Clark Lowe (15), a corporal with the Inverness Detachment of 1st Battalion the Highlanders ACF, speaking of their positive experiences in the youth organisations.

Colonel Iain Cassidy, commandant of 1st Battalion the Highlanders ACF, said: "This is a fantastic facility which will encourage youngsters to join the Cadet organisations, and it's been wonderful seeing the local community coming along to support the opening."

Group Captain Jim Leggat, Regional Commandant for the Air Training Corps in Scotland and Northern Ireland, said: "It's a tremendous facility that is already paying dividends with new Cadets and the community."



Remembering fallen Polish personnel

Members of the Cadet organisations took part in a memorial service to honour fallen Polish service personnel on 15 November.

The Cadets from 1st Battalion The Highlanders ACF Ross Company and 379 (County of Ross) Squadron ATC took part in the annual service at Invergordon, which provided a home for Polish airmen and soldiers during the Second World War.

Alness had an RAF base and Evanton and Fearn also had airfields where the airmen were based. The Army also trained in the local area, as well as being involved in building Inchindown which

was used as an oil storage facility.

The parade marched to the memorial under the command of 1 Highlanders ACF's Adjutant Captain Bart Lucas, for the third year in a row. At the memorial a short service was conducted followed by wreaths being laid by the Army Cadet Force, Air Training Corps, Royal British Legion, Police and local dignitaries.

After the war many of the service personnel were unable



to return home and many of them stayed in Scotland and formed the basis of today's vibrant Polish community. The memorial, situated at Castle Close, commemorates the

Polish 25th Battalion, which was stationed at Invergordon in 1945, and is based just behind the camp where the Polish service personnel were once housed.

The Argyll and Sutherland Highlanders Battalion ACF Pipes and Drums played at Stirling Castle for the Argyll and Sutherland Highlanders Association Balaklava Day commemorations on Saturday, 24 October.

They played three sets in front of the gathered Association members and the public and were pleased to be joined by former Cadet Piper Grant Deans.



Sgt Forbes (left).

Huge honour for Robert

Cadet Sergeant Robert Morrison is the new Station Commander's Cadet at RAF Lossiemouth.

Robert (18) was selected from around 240 Air Cadets of the Highland Wing of the Air Training Corps, with his positive attitude and stand-out personal qualities winning him the prestigious appointment.

A member of 1731 (Isle of Lewis) Squadron ATC, Robert was welcomed onto the Station by Group Captain Mark Chappell on 7 October and spent the morning accompanying him on his duties. In the afternoon, Robert enjoyed a visit to 6 Squadron where he was shown around the Squadron's Typhoon



Robert with Group Captain Mark Chappell.

combat aircraft and met the personnel who fly and maintain them.

The position of Station Commander's Cadet provides the person selected with a unique opportunity to experience aspects of the Royal Air Force that few

other Cadets encounter. During his year-long appointment, Robert will gain insights into life at RAF Lossiemouth as one of the RAF's main operating bases, and will accompany the Station Commander on various official engagements.

A pair of 1st Battalion the Highlanders ACF Cadets successfully completed the prestigious Master Cadet Course.

Cadet Sergeant Major Grigor Forbes (17), from Nairn Detachment, and Cadet Colour Sergeant Jade Walton (17), from Elgin Detachment, achieved the honour at the Cadet Training Centre in Frimley Park, Surrey, in late October.

CSgt Walton said: "It was the most beneficial course I've completed in my Cadet career. It improved my leadership skills and I'm glad I attended."

Established in 1989, the aim of the Master Cadet Course is to broaden and develop further the leadership, instructional and administrative responsibilities of four-star Cadets, with the intention of making better use of their abilities.



CSgt Walton (third right).

By Royal Appointment



Major Andy Potter, Cadet Executive Officer of The Black Watch Battalion ACF based at Queen's Barracks, Perth, had the honour of being invited to play for Her Majesty The Queen at the second Ghillies Ball of 2015 at Balmoral.

The invitation came courtesy of the current Sovereign's Piper, Pipe Major (WO1) David Rodgers, Irish Guards.

Pipers play for The Queen prior to the Ghillies Ball during an intimate private dinner for the Royal Family. Thereafter, they play as The Queen enters the Great Hall for the Ball.

The other piper (right) is Andy's brother, Pipe Major (WO1 Retd) Derek Potter RVM, who was the 13th Sovereign's Piper from 2008-2013.



The Cadet Presentation Team continues to go from strength to strength with some truly engaging and inspiring stories being delivered by Cadets at venues all over the HRFCA area.

One group in particular made a huge impact at the Society of Personnel and Development Scotland Conference at the Old Course Hotel in St Andrews in November.

The Cadets and an Adult Volunteer spoke powerfully about their experiences in the ACF and sent a positive message to the audience about the value of

the Cadet movement. Pictured (above, from left) are Declan Gillies (A&SH); Rochelle McPhee (A&SH); Katie Conway (Angus and Dundee); Eilidh Urquhart (A&SH); and adult volunteer Marci Alzamora.

Cadets also had a positive impact at the opening of the Aviemore Joint Cadet Centre with Stephanie MacLeod (18), a Cadet Sergeant with 52 Squadron ATC in Aviemore, and Clark Lowe (15), a corporal with the Inverness Detachment of 1st Battalion the Highlanders ACF, speaking in glowing terms about their experiences in the youth organisations.



Stephanie MacLeod and Clark Lowe.



Cadets help transform Nimrod Gardens

Cadets from Forres Detachment, 1st Battalion the Highlanders, took part in a conservation project at the Moray town's Nimrod Memorial Gardens.

The gardens were created as a memorial to the seven RAF Kinloss servicemen who died when their Nimrod MR2 crashed at the Toronto Air Show in Canada in 1995.

The gardens were originally created by pupils at Applegrove Primary School. After years of neglect the Forres in Bloom community group decided to take over the maintenance and approached the Detachment in June to see if they were willing to assist.

Six Cadets, along with

members of the local Scout troop and two members from Forres Tesco, worked alongside Forres in Bloom to remove long grass, weeds and other plants from the Nimrod bed, replacing it with coloured gravel.

The end result represented the red, white and blue design of the RAF's Roundel. The group also cleaned moss from the paths and walls and cut plants back.

Sandra MacLennan, from Forres in Bloom, was delighted with the efforts of the Cadets.

She said: "I am really pleased to see so many young people wanting to help. I am also happy that the Cadets kept asking to help rather than being told. They even used their initiative to complete tasks without prompting."



Top: The transformed centrepiece of the gardens. Above, left: How the gardens had looked and (right) some of the team of young gardeners.

British Empire Medal honour for ACF adult volunteer

A dedicated 1st Battalion The Highlanders Army Cadet Force Adult Volunteer has received the British Empire Medal.

Sergeant Major Instructor Jonathan McDonald (48), from Nairn Detachment, was named in The Queen's Birthday Honours list in June to recognise his voluntary service to the Army Cadet Force.

Jonathan was one of only three members of the ACF to be included in this year's Honours. The medal was presented by the Lord-Lieutenant of Nairnshire, Ewan Brodie.

He joined the ACF at Nairn Detachment in the early 80s as a Cadet and, after taking some time out, re-joined as an Adult Instructor for Nairn in 1988, where he has been ever since. SMI McDonald was appointed Detachment Commander in 2000.

Former Nairn Detachment Cadet Callum Lockyear was pleased to see Jonathan's commitment recognised.

He said: "SMI McDonald played a huge part in my childhood. His self-sacrifice and commitment to the ACF is beyond admirable. I don't know anybody more deserving of this recognition."

Jonathan's dedication to the ACF doesn't stop at the end of a detachment evening or company weekend.

He is always willing to go the extra mile, whether that's driving a minibus to an event, supervising a DofE expedition or helping at events last minute, he always puts the ACF first.

The presentation at the detachment hall on John Street was attended by several senior staff from the battalion and some of Jonathan's former Cadets, including Moray Company's Training Officer Captain Carrie Higgins.



Forthcoming Events

25, 26 January	CRFCA Executive Board Meeting (London)
4 February	HRFCA Executive Board Meeting (Dunblane Hydro)
16 February	CRFCA Council/Board Meeting (London)
23 February	Parliamentary Reception (London)
12 March	HRFCA AAM (Queen's Barracks, Perth)
26, 27 April	CRFCA Executive Board Meeting (London)
17 May	CRFCA Board and Chairmen's Dinner (London)
18 May	CRFCA Council Meeting (London)
31 May	Jutland Commemoration (Scapa Flow, Orkney)
2 June	Gun Salute (Edinburgh)
11 June	Gun Salute (Stirling)
11 June	Cadets Celebrate Queen's 90th Birthday in Angus
18 June	Stirling Military Show



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

Contributions are always welcome from anyone

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