



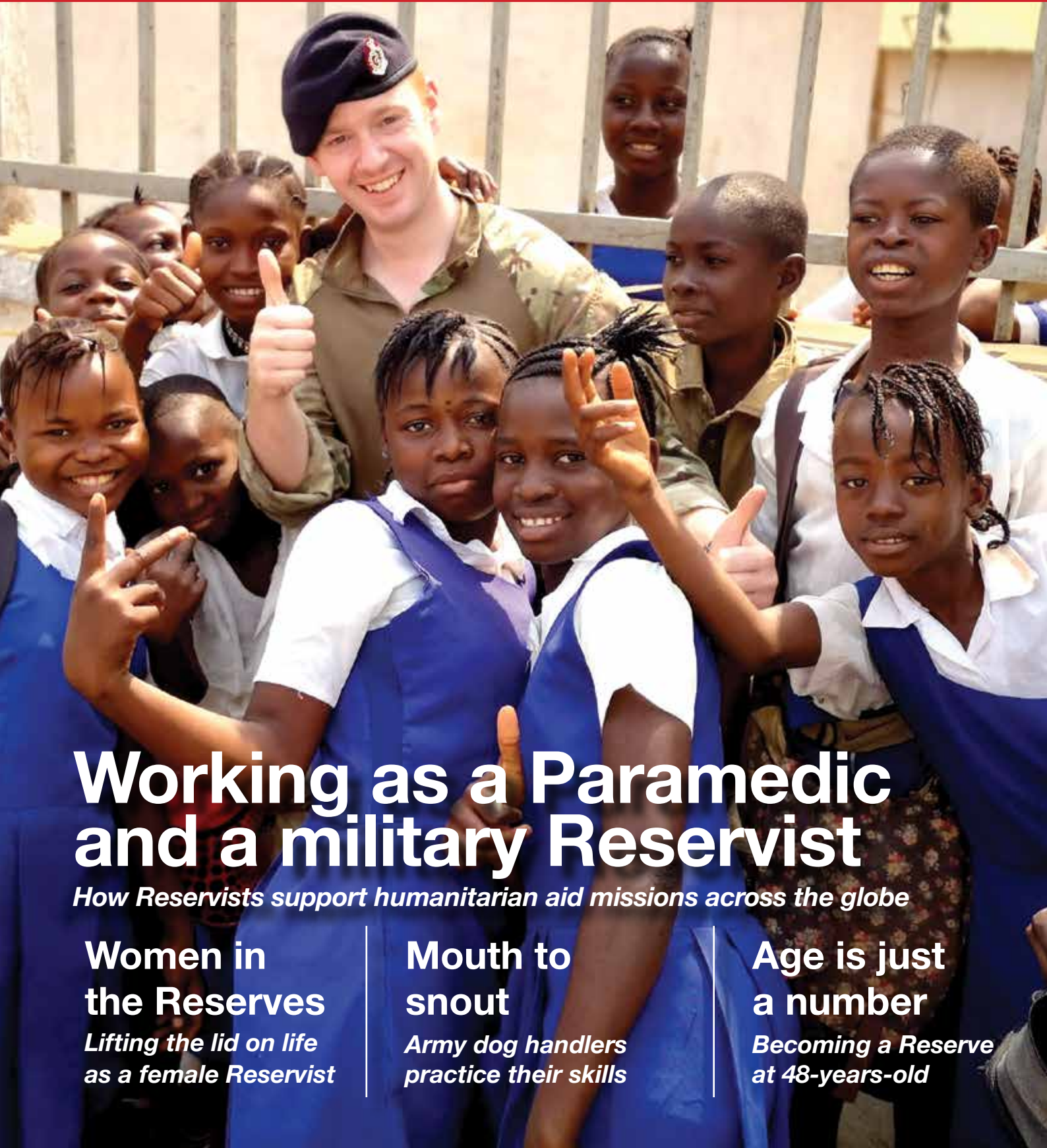
**EAST MIDLANDS  
RESERVE FORCES AND CADETS ASSOCIATION**

Spring 2019

# The Reservist



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## Working as a Paramedic and a military Reservist

*How Reservists support humanitarian aid missions across the globe*

**Women in  
the Reserves**

*Lifting the lid on life  
as a female Reservist*

**Mouth to  
snout**

*Army dog handlers  
practice their skills*

**Age is just  
a number**

*Becoming a Reserve  
at 48-years-old*



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# The Reservist Magazine



Murray Colville

## Hello

Welcome to the latest edition of The Reservist magazine, highlighting the advantages, and the challenges, of service as a Reserve in the Armed Forces.

A few weeks ago I was in conversation with a civilian employer who has Reserves in his workforce. He had no background in the military, but his Reserve employees went out of their way to introduce him to what they did and why they did it. Before he met them he thought of the military as something slightly intimidating and would never have thought of engaging with someone in military uniform. He has now become an ardent advocate for the Armed Forces and the benefits that military service brings to the country, to business and to the individual.

Many today would be surprised to hear of someone learning to parachute at 48, or deploying to Sierra Leone for six weeks and teaching first aid skills to that country's military, or spending six weeks in Nigeria, working with local people – all as a result of joining the Reserves.

We hear from Leading Hand Lorraine Richardson who looks back on an operational deployment to the Gulf, which included a transit through the Suez Canal, recalling it as a 'priceless memory'.

The Reserves are far from being a male preserve and Lorraine is one of many women who have served their country in a variety of Reserve roles over many years. As Suzanne Dunks, a first time mother of an eight month old, serving with the RAF's No 504 Squadron put it: 'women are treated as equals and it is recognised that women can do the same job as men and that we can often bring different ideas to the table.'

As I write this introduction International Women's Day has just passed and it is good to see that those serving in the Armed Forces uphold the values celebrated by that event.

I hope that you enjoy the short vignettes of Reserve life contained within these pages – and I hope it makes you realise just what amazing people serve us all as members of the Reserves.



Chairman of East Midlands RFCA

## Who we are

The Reservist is a biannual magazine focused on news, events and updates from the military Reserve community in the East Midlands. Inside you'll find stories from the Royal Navy, Royal Marines, Army and Royal Air Force, each providing a behind the headlines look at life in the Armed Forces.

**Do you have a story you'd like to share?** To feature in the next edition of The Reservist get in touch with the East Midlands Reserve Forces and Cadets Association Communications Department on **0115 924 8628** or **em-comms@rfca.mod.uk**

### Join the conversation



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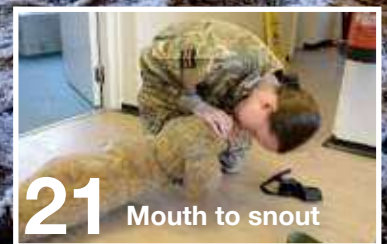
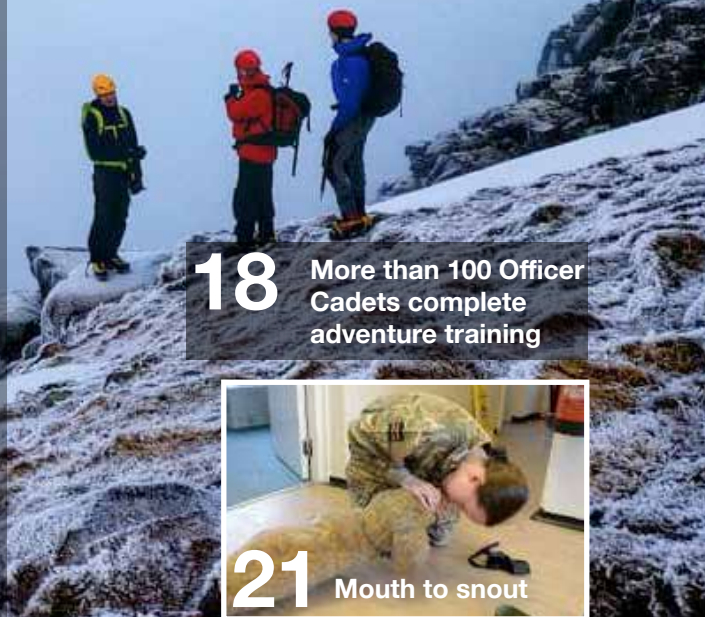
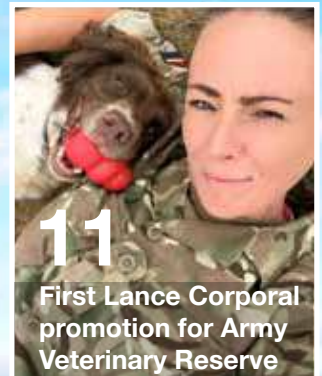


East Midlands Reserve Forces



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Sgt Perry Smith with colleagues from the Sierra Leone Armed Forces

# Paramedic provides international support in Sierra Leone

A paramedic from Leicester has spent six weeks in Sierra Leone where he provided medical support and training for the local military.

Sergeant Perry Smith, aged 31, was part of a Short Term Training Team that recently deployed to Freetown in Sierra Leone as part of an International Security and Advisory Team.



Perry teaching local Armed Forces first aid

While there he was responsible for making sure members of the team stayed fit and healthy, whilst also teaching basic First Aid skills to soldiers in the Republic of Sierra Leonen Armed Forces.

Perry said: "It has been a good experience to train people whose first language isn't English or may not have a high level of reading or writing in English. It has made me have to adapt my approach to ensure that they all understand what I am teaching."

Despite his military role being similar to his civilian career there are a few key differences that can help improve his clinical skills.

Perry explained: "As a paramedic I am used to having a lot of medical equipment or a fully kitted out ambulance to treat patients, as well as being able to call on extra help if I need it.

"In my role as an Army Paramedic I have to be able to work with a lot less equipment in remote and austere environments without the benefit of backup; in some of the areas we are working, the nearest hospital is four hours away. Those sort of timelines for treatment wouldn't happen in my civilian job."

**For more information about joining the Royal Yeomanry email [david.williams890@mod.gov.uk](mailto:david.williams890@mod.gov.uk)**



Members of the Sierra Leone Armed Forces practising their First Aid

## Derbyshire man proves age is just a number

A Derbyshire man has recently joined the Reserves and passed the physically demanding basic training at the age of 48.

Dr James Jack, who serves in 144 Parachute Medical Squadron, has completed his basic training in February after joining in pursuit of a new challenge.

He explained: "I don't feel old, age is just a number. I've always wanted to join the military and I am always seeking out the next challenge, it just felt like the right time to do this."

With basic training out of the way, James is now aiming to take part in the All Arms Commando Course and the Jumps Course to further advance his skillset.

James added: "I'm very young at heart and that has made it really easy for me to fit in and feel like I am part of the great team at 144, I also think my age has given me a bit of a different perspective which helps me when approaching physically arduous challenges."

In his civilian career James works in Software Development. He said: "Part of my motivation for joining was to become more robust and maintain the high levels of fitness I have.

"You are never too old to take on a new challenge and improve yourself, I would recommend the Reserves to anyone with a similar mind-set."

James's next big challenge is the 150 km North Tyne Trail Ultra Marathon which he is running with fellow Reservist Captain Uzo Ehiogu of 202 Field Hospital. They plan to be at the final rendezvous point in under 24 hours.



Pte James Jack (right) during a recent endurance race



# Askari Storm truck driver

Meet the truck driver travelling the world as an Army Reserve.

A lorry driver from Wellingborough has spent six weeks supporting a major British military exercise in Kenya.

Sergeant Nathan Hopper, aged 47, has been supporting Exercise Askari Storm, where he has been helping create life-like conditions to improve other soldiers' training.

He explained: "The Army employ local civilians to act as villagers on the training area. It's my job to ensure that village life happens as normal and that everyone there is actively engaging with the exercising troops at the right time and in the right way. I'm also there to look after the civilian's welfare by making sure they are cared for and that they have food and water."

Nathan has previously been on tours to Australia, Cyprus, Denmark, Malaysia, Kenya, Iraq,

Afghanistan and the United States but this tour has been particularly challenging.

He explained: "I'm quite used to being away from home but this is the longest I've been away since having my daughter Harriet, who's now three, so it's really hard not being with her and a big ask on my partner to have to look after her alone whilst I'm away."

As well as using his time in the Reserves to travel the globe, Nathan has also found the skills he has developed have been beneficial to his career.

He concluded: "I have done all of my driving licences with the Army, from category B to C+E. I also completed a driving instructor's course which allowed me to have a five year career as an HGV instructor."

Sergeant Nathan Hopper



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# Employer Recognition Scheme

The Defence Employer Recognition Scheme (ERS) encourages employers to support Defence and inspire others to do the same. The scheme includes Bronze, Silver and Gold awards for employer organisations that pledge, demonstrate or advocate support to Defence and the Armed Forces community, and align their support with the Armed Forces Covenant.

## Bronze Award

The Bronze ERS award is presented to employers who pledge their intention to support the Armed Forces, who sign the Armed Forces Covenant and are keen to employ members of the Armed Forces Community (Reservists, Service Leavers, Cadet Force Adult Volunteers and military spouses or partners). Employers can nominate themselves for this award at the Employer Recognition Scheme web site (see below).

## Silver Award

Employers who have actively demonstrated support for Defence personnel and employ at least one member of the Armed Forces Community can be nominated for a Silver ERS Award. Support for Defence personnel can be demonstrated through a number of means, including; establishing and communicating HR policies and procedures that encourage Reserve and Cadet Force Adult Volunteer service, providing flexible leave policies that enable Reservists to fulfil their military training and mobilisation commitments, and providing additional paid or unpaid leave to allow Reservists to undertake training commitments.



## Gold Award

Employers who have achieved the ultimate ERS accolade of a Gold award will have built upon their Silver commitment and will proactively advocate and support Reserve and Cadet service, and the wider Armed Forces Community. They will communicate that support both internally to their people and externally to the wider community. Gold Awards are decided nationally and are only awarded to those companies that have given the highest level of support to the Armed Forces.

For further information about the Employer Recognition Scheme's full award criteria visit [www.gov.uk](http://www.gov.uk) and search for 'Employer Recognition Scheme'

To find out how you can apply for the Employer Recognition Scheme, please contact:

John Wilson OBE DL, Regional Employer Engagement Director on 0115 924 8627 or [em-empsp@rfca.mod.uk](mailto:em-empsp@rfca.mod.uk)

## Support pledge from Derbyshire's leaders for Armed Forces community

Council leaders across Derbyshire have joined together to pledge their on-going support for the country's Armed Forces community.

Derbyshire County Council hosted a signing event on Thursday 7th March at their County Hall headquarters in Matlock to sign a new covenant.

Chairman of the council Councillor George Wharmby was joined by Her Majesty's Lord-Lieutenant of Derbyshire, as well as leaders and representatives from Derbyshire's borough, district and city councils, local Mayors, charities and other dignitaries.

The military's regular and reserve services were also represented,

headed by Commander Glynn Johns RN, Chief of Staff, Naval Regional Command, Eastern England

Councillor Wharmby said: "We owe those who protect our nation a great debt of gratitude and must ensure that they have the right support networks available to them when needed.

"Only by working together can we provide unified support for serving and former Armed Forces members and their families who live and work in Derbyshire.

"Re-signing the covenant is our way of showing our unwavering commitment to those who make sacrifices for our wellbeing."

The new covenant seeks to strengthen the previous agreement – encouraging local organisations to help re-integrate ex-servicemen and women into civilian life, support military families with day-to-day life, as well as inspiring members of the Armed Forces to help support their local communities.







Pte Rosie James, Associate Director, M-EC Acoustic Air and Reservist and Eddie Mewies, Managing Director, M-EC

# Gold award winners M-EC Consulting Development Engineers urge others to support Armed Forces

M-EC Consulting Development Engineers, became the first recipient of the Employer Recognition Scheme Gold Award in the East Midlands and the first small business in the UK to achieve the award in 2016.

The Gold Award is the Ministry of Defence's prestigious badge of honour for organisations who have demonstrated outstanding support for the Armed Forces community.

Edward Mewies, Managing Director for M-EC Consulting Development Engineers, said: "I have a very strong sense of duty to recognise and support those that make or have made such significant commitments to serve their country. Through my Advocacy work I hope to encourage not only my colleagues at work but also the wider community to do the same.

"Reservists bring skills and experience to our workplace that we can all learn from. They are relentless in their drive to

succeed and keep pushing on through challenges to achieve their goals. They display commitment, leadership and organisational skills and it's a fantastic honour to employ those who serve to protect us.

M-EC Consulting Development Engineers have a host of company initiatives and policies in place to encourage and support Service personnel in its workforce, including an additional two weeks leave a year for Reservist training, supporting staff in the Cadets and providing discounts to the Armed Forces.

Rosie James, aged 39, has worked for M-EC Consulting Development Engineers for 6 years as Associate Director for M-EC Acoustic Air. She has also been an Army Reservist for 4 years, serving as a Driver in 203 Transport Squadron, 158 Regiment, Royal Logistic Corps in Loughborough.

Rosie said: "My civilian and Reserve

roles are very different in terms of the actual job and level of responsibility, however they both require confidence, leadership and people skills. As a Reserve I am provided with leadership training which benefits both roles.

"I'm really lucky that M-EC are very supportive of my Reservist commitments and provide me with an additional two weeks paid leave for training for courses that cannot be done outside of my normal working hours.

"Being a Reserve is incredibly rewarding and in a lot of ways it is completely different to my day job, in a sense I am simultaneously building two different careers. It can feel like a lot of hard work but I never regret it and I've made a lot of lifelong friends."

**Find out more about the Employer Recognition Scheme at [www.gov.uk](http://www.gov.uk) and search for 'Employer Recognition Scheme'**



# Why your business should back the Armed Forces Covenant

The Covenant is a pledge to treat those who serve or who have served, and their families, with fairness and respect.

The Covenant encourages organisations to develop a mutually beneficial relationship with the Armed Forces community. This can include those who work for the organisation or access its products and services.

The Covenant also provides an opportunity to recognise publicly the value that serving personnel, Regulars and Reserves, Veterans and military families contribute to our country.

Benefits of backing the Armed Forces Covenant:

- Attract highly skilled military personnel, ex-Regulars or Reservists - with core transferable skills such as IT, catering, first aid and business and technical qualifications
- Access to a recruitment platform targeted at Service Leavers with particular skill sets

- Positive impact to your organisations reputation and corporate social responsibility
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**To find out more about how you can pledge your support, please contact John Wilson OBE DL, Regional Employer Engagement Director on 0115 924 8627 or [em-empsp@rfca.mod.uk](mailto:em-empsp@rfca.mod.uk)**

**For further information visit [www.gov.uk](http://www.gov.uk) and search for 'Armed Forces Covenant'**



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Spaces are limited. Please confirm your attendance before Friday 13th June.  
**RSVP to Dan Woodcock on 0115 924 8622 or [em-reed1@rfca.mod.uk](mailto:em-reed1@rfca.mod.uk)**





# First Lance Corporal promotion for Army Veterinary Reserve

**A hairdresser has become the first Reservist to earn promotion to Lance Corporal in the Royal Army Veterinary Corps.**

Lance Corporal Linsey Furness, who serves in 1 Military Working Dog Regiment, took part in the Potential Non-Commissioned Officer course in January and earned herself a strong pass after completing the course whilst battling against extreme temperatures.

Linsey said: "All my hard work paid dividends and it has made it even more satisfying knowing that I'm the first ever Private to be promoted in the Reserve Squadron."

In order to complete the 12-day course Linsey needed to do 19 theory lessons covering orders, battle drills, tactical aide memoirs and mentoring. The course then culminated in a four day field exercise in minus five degrees on Catterick Training Area.

Linsey explained: "Several students found this mentally and physically challenging and it fell to me to keep morale up especially during the section attacks and the fire and manoeuvre drills. In the basic close skills combat phase, I led my section in setting up a hasty ambush on an enemy patrol.

"During the final attack we encountered a simulated casualty we had to extract. This was challenging but at the end it was exhilarating and I was proud of myself for completing it and not giving up."

**For more information about joining the 1 Military Working Dog Regiment please call 01780 727 877.**



Lance Corporal Linsey Furness & Queeny

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Image caption: Ever wondered what it takes to become a Royal Air Force Police Dog Handler? Source: RAF. Contains public sector information licensed under the Open Government Licence v3.0.

 **ROYAL AIR FORCE Families Federation**

# Adventure, friends and the extraordinary

**A Leicestershire woman has revealed what life is like as a female Reservist as she celebrates her 18th year in the RAF Reserve and encourages other women to follow in her footsteps.**

Senior Aircraftman Dawn Lucas-Lickess, aged 59, from Market Harborough in Leicestershire, serves as a motor transport driver in the RAF as part of No.504 (County of Nottingham) Squadron.

Dawn joined the Reserves at 39-years-old when her children were grown up and she wanted to do something different from the everyday. Dawn said:

“I work as a production operative for a pharmaceutical company and train with the Reserves at the weekend. It is an easy balance for me as being a Reservist is something I love to do.

“The best thing about being in the Reserves is the friends I’ve made, the

banter we share and the social events we attend. It’s like being part of one big family and it has opened up a different way of life for me. Without hesitation, I would recommend joining the Reserves, particularly if you are looking for adventure and the chance to do something different. It will be especially appealing to those who enjoy fitness and physical training.”

Encouraging other women to follow in her footsteps, Dawn explains what life is like for a female Reservist.

She said: “I didn’t find it daunting joining a male dominated environment, in fact I relished the chance to take on new

opportunities and make my mark. In my experience, female Reservists are treated equally to their male counterparts, and this is becoming more commonplace as times continue to move on.”

She concludes: “I won’t lie and say that it has always been easy as a Reserve but I can say it has always been worth it.”

**For further information about joining the Royal Air Force Reserve, call 0345 606 9069 or visit [www.raf.mod.uk/recruitment](http://www.raf.mod.uk/recruitment)**



SAC Dawn Lucas-Lickess serves as a Reserve motor transport driver in the RAF as part of No.504 (County of Nottingham) Squadron



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# ‘Why becoming a parent never kept me from pursuing my dreams’

**A mother-of-two from Derbyshire is encouraging other mums not to give up on their dreams after she followed her own to join the Royal Naval Reserve**

Able Rate Michelle Rowlands, aged 37, joined HMS Sherwood in Nottingham two years ago where she successfully completed her training and has now become the Recruitment Officer for the East Midlands.

Michelle said: “I wanted to be challenged and be pushed out of my comfort zone and to do things I would never get the opportunity to do in my civilian life.

“I was surprised to find out how being a Reservist could fit around my family life and I can still be at home when I need to be. I’m lucky to have a supportive network at home and a boss who is understanding about family commitments.”

Michelle said her role as Recruitment Officer has boosted her confidence.

“It’s the first time I’ve been put in a leadership role and it’s taught me how to

work well with people and my confidence has continued to soar,” she said.

“You might think that you can’t join because you’re a mother but I am proof becoming a parent doesn’t have to stop you from achieving your dreams. When I go away my children are really encouraging and can’t wait to hear all about what I have been up to.

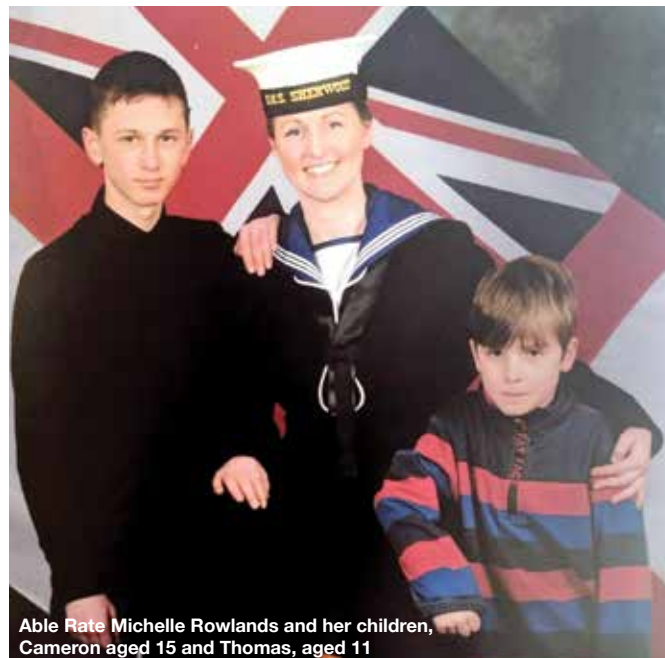
“They are really proud of what I am achieving and they are in awe of the stuff I am doing.”

Michelle concludes: “I would recommend anyone who wants a new challenge to join the Royal Naval Reserve. Just because you’re a

mum doesn’t mean you can’t offer something valuable to the Armed Forces.

“It’s good for a child to see their mum achieving great things and pushing themselves to achieve more.”

**For further information about joining the Royal Naval Reserve in Nottingham call 0115 929 6373 or email [navymr-sherwoodmailbox@mod.gov.uk](mailto:navymr-sherwoodmailbox@mod.gov.uk)**



Able Rate Michelle Rowlands and her children, Cameron aged 15 and Thomas, aged 11

***“I was surprised to find out how being a Reservist could fit around my family life and I can still be at home when I need to be.”***



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# First-time mum lifts the lid on life in the Reserve Forces

A new mother is encouraging other women to join the Royal Air Force Reserves as a way of developing new skills and improving their confidence.

Senior Aircraftman Suzanne Dunks, aged 29, is a first-time mum to eight-month-old Cameron and currently serves as a Chef as part of No.504 (County of Nottingham) Squadron.

Suzanne joined the Reserves in 2005 and has a passion for learning which has seen her progress her military career.

Suzanne said: "I have had the opportunity to learn new skills and to do so with like-minded people. Everyone in the Reserves is there because they want to be, this means you are always surrounded by an enthusiastic group of people."

Describing the support she has received from her Squadron since the birth of her baby, Suzanne explained: "Having Cameron has changed my priorities but the Squadron are happy to work around this and they support you in any way they can."

"I hope my child will see what I am achieving as a Reservist and that he will learn how important it is to never give up on something that you really want. That you can push yourself to achieve more than you ever dreamt possible."

She continues: "Being in the Reserves can sometimes be tough but it is always rewarding. When I was pregnant with



SAC Suzanne Dunks, her fiancé Rob and their son Cameron

Cameron I completed an advanced skills course which was good fun but certainly a challenge. It was hard at times to keep up with everyone but I pushed myself harder than ever."

Encouraging others to follow in her footsteps, Suzanne explains why it is important that women are represented in the military.

She said: "Working in a male dominated environment isn't as daunting as it may sound, in fact it is the last thing you think about as you are welcomed in by the Squadron. Women are treated as equals and it is recognised that women can do

the same job as men and that we can often bring different ideas to the table."

Reflecting on her return to the Reserves following the birth of Cameron, Suzanne said: "I have had one weekend away so far and it was nice to be back doing something I loved. I was sad to be away from Cameron, and it was tough at first, but once I was back with my friends and colleagues it felt like I had never been away."

**For further information about joining the Royal Air Force Reserve, call 0345 606 9069 or visit [www.raf.mod.uk/recruitment](http://www.raf.mod.uk/recruitment)**



Suzanne (front row, second from right) at her Reservist graduation

*"I hope my child will see what I am achieving as a Reservist and that he will learn how important it is to never give up on something that you really want."*





LCpl Christina Roberts during a medical training exercise

# Student Nurse explains how the Army Reserve has boosted her career

A Student Nurse based in Loughborough has explained how joining the Army Reserve has improved her career prospects.

Lance Corporal Christina Roberts serves in 222 Medical Squadron and has found her experience with the Reserves has improved her clinical skills in the workplace.

Christina explained: "A lot of the skills I've learnt in the Reserves are transferable to my civilian job. When I started my nursing training I was ahead of the rest of my class because

I knew how to take blood pressures and blood samples, dress wounds, give injections and comfort patients. It's also improved my leadership abilities which will help with my future aspirations to become a Nurse Practitioner."

As well as developing her skillset Christina has also had some incredible experiences in the Army Reserve.

Christina said: "I've taken part in the Nijmegen four-day marches twice, in 2015 I provided medical cover for the participants and in 2017 I took part in the walk, I'm hoping to go and do that again this year. I also went on a training camp in Croatia where we did a four day field exercise, then a four day clinical skills package before spending three days doing some adventure training."



LCpl Christina Roberts



Christina taking part in the Nijmegen Marches

In the summer, Christina will be going on an International Reserve Exchange trip to the US, where she will work with medical staff in the Air National Guard.

**To discover more about joining 222 Medical Squadron call 0116 275 9680 or email Brenna.partridge270@mod.gov.uk**

*"A lot of the skills I've learnt in the Reserves are transferable to my civilian job. When I started my nursing training I was ahead of the rest of my class because I knew how to take blood pressures and blood samples, dress wounds, give injections and comfort patients."*



# Retiring after more than two decades in the Reserve's



Leading Hand Lorraine Richardson

## A Royal Naval Reservist from Lincolnshire has reflected on her illustrious career as she prepares to retire after more than two decades in the service.

Leading Hand Lorraine Richardson has balanced her role in HMS Sherwood with her career as an Avionics Technician for the last 22 years. She initially joined in 1997 and since then has been on international deployments, spent months at sea and has taken part in high profile ceremonial duties.



Lorraine onboard a Type 42

Lorraine explained: "I have had so many great experiences that an article is not enough to give more than just a flavour of the fantastic and diverse opportunities I have had with the Royal Naval Reserve (RNR). I only wish I'd known about it when I was younger."

During her time in the Reserves Lorraine has taken part in several overseas deployments including Operation Telic (Iraq War), has sailed on many ships including HMS Illustrious, has had encounters with Royalty, taken part in around the world races and was deployed for the Olympics in 2012.

When asked what her most memorable experience was, she said: "It has to be live firing a minigun at a 'Killer Tomato' target in the middle of the ocean and getting a 'well done' from the bridge for my complete annihilation of the target."

However this is not the only memorable experience for Lorraine. She added: "Deploying to the Gulf during Op Telic was very exciting. When we returned to the UK we travelled up the Suez Canal and during that stretch of the trip I was manning a minigun on the Bridge Wing. Then in order to transport some vehicles, we stopped in Barcelona for Christmas and Gibraltar for New Year. The whole ten month deployment was an incredible adventure that is now a priceless memory for me."

She has also been involved in several international competitions and challenges, including being the only Sailor to be part of the RAF team in the Nijmegen four day marches, an endurance challenge that takes place in the Netherlands every year.

As well as taking part in operations and

competitions Lorraine has also done more than her fair share of ceremonial duties.

She explained: "Being deployed for the Olympics was brilliant, we went to the Tower of London in our uniforms and the Beefeaters wanted their photos taken with us."

"I have had the honour of being involved in the Diamond Jubilee celebrations at Windsor Castle, the Queen's River Pageant and I've been on parade at the Menin Gate twice, including during the centenary year of the First World War armistice."

When asked whether she would recommend Reserve service to others, Lorraine concluded: "Do it now. You will do things and go places that you could not pay money for. The sooner you do it the more opportunities you will have to make incredible memories like me."

**HMS Sherwood is the East Midlands' only RNR unit, to find out more about joining email [Navymr-sherwooduwo@mod.gov.uk](mailto:Navymr-sherwooduwo@mod.gov.uk) or call 0115 929 6373.**

***"Being deployed for the Olympics was brilliant, we went to the Tower of London in our uniforms and the Beefeaters wanted their photos taken with us."***





167 Regiment Ladies Ski Team

## Reserve Team Champions in Skiing for Fifth Year

**A team made up of a Teaching Assistant, a Head Chef, a Head of HR and a Nutritionist have come first in the Royal Logistic Corps Ladies Nordic Reserve Team Championships 2019 after competing in Germany.**

The team, comprised of Reservists from 167 Catering Support Regiment, needed to complete a 10km and 15km cross country race as well as a relay and patrol race, then they were awarded points from each element to find an overall winner.

Private Pamela Mooney who was part of the team explained: "This is my third year representing the Regiment and I am improving each year opting to focus on skating technique this year in



two of the main races. It's hard work, however it was very rewarding to be part of the winning team again and I look forward to hopefully being selected in 2020 once more."

This is the fifth successive year that the Regiment has been named RLC Ladies Nordic Reserve Team Champions.

Captain Doug Thomson, who organised the trip, said: "Skiing and racing are recognised as building morale among the troops. Nordic skiing aims to challenge people in an unfamiliar environment under competitive pressure to demonstrate endurance, fitness, resilience and leadership.

These are all skills that greatly benefit a career in the Army Reserve."

**For more information about joining 167 Catering Support Regiment email 167rlc-rhq-rsuso@mod.gov.uk**



Lance Corporal Jennifer Spencer

## Making the most of Army Sport

**A Reservist from Nottingham has taken the Gold Medal at the Inter Service's Squash Tournament.**

Lance Corporal Jennifer Spencer, aged 30, serves as a Reserve in 53 Military Intelligence Company but in her spare time she represents the Army in squash.

In the last year she has played at the Inter-Corps Championships, the Army Individual Squash Championships, where she came second out of more than 100 competitors and the Inter Services Squash Championships where she was part of the winning Army ladies team.

When asked why she was so keen to pursue her passion for sport in the Army, Jennifer explained: "I believe sport is a vital aspect of Army life. It provides exercise to maintain physical fitness, encourages team ethos and competitive spirit. It provides a means of meeting and interacting with a diverse group of people from all cap badges and all ranks. It is also a great way to de-stress and have some fun!"

Jennifer said: "Being in the Reserves provides opportunities to achieve so much and try new experiences which just aren't available outside the military. There is such a variety of job roles, I'm sure everyone could find an aspect they are interested in."

**To join 53 Military Intelligence email Robert.Steer280@mod.gov.uk**

A photograph of three hikers standing on a rocky, snow-covered mountain ridge. The hikers are wearing colorful outdoor gear: one in a yellow jacket and helmet, one in a red jacket and helmet, and one in a blue jacket and red helmet. They are looking out over a vast, misty valley. The sky is a mix of blue, white, and orange, suggesting a sunrise or sunset. The overall scene is dramatic and adventurous.

# More than 100 Officer Cadets complete adventure training

Hillwalking in the mountains

## **In the last year more than 100 Officer Cadets from East Midlands Universities' Officer Training Corps have taken part in adventurous training.**

Through a jam packed year the Officer Cadets had the chance to take part in hiking, kayaking, skiing and mountaineering in Scotland, Italy, Wales, France and Switzerland.

On Exercise Dragon Triangulation saw the Officer Cadets spend 11 days hiking the 170km Tour Du Mont Blanc which passes through France, Italy and Switzerland.

Officer Cadet Eggleton who studies at University of Nottingham, explained: "The team bonded together really well to ensure that everyone made it through the tough conditions and completed the route as planned. The amazing views and contrast between valleys made the expedition truly challenging but also incredibly memorable."

Expeditions also took place on rivers with Officer Cadets kayaking great distances, these took place in both France and Scotland on fast flowing rivers, which the Cadets had not experienced before.

Officer Cadet Fuller who studies at Loughborough University, said: "The fast paced learning environment really pushed us out of our comfort zone and allowed us to quickly develop lots of new skills. We also had to help each other to succeed and that gave me really good experience of leading a team through uncertain situations."

Not only can Officer Cadets have incredible experiences they can also earn qualifications that will allow them to lead adventure training activities in the future.





Stopping to admire the view on the Tour Du Mont Blanc



Taking a break from paddling in Scotland



Officer Cadets on Mountain Leader course in Scotland



The Alps were a backdrop for the Adventure Training



Cadets resting on the water in France

Officer Cadets also travelled up to Scotland where they completed their Winter Mountain Foundation Course. They practiced skills like ice axe and crampon technique, digging snow holes, winter navigation and some basic cold weather survival skills. In the next year the Officer Cadets will continue their ambitious adventurous training regime with trips to Corsica, the Pyrenees and Norway already planned.

***“The conditions were really tough but were essential for developing the skills we did. Navigating a blizzard in the dark is something I never thought I would do but I now know how to survive as a team.”***  
***Officer Cadet Kirk, student at Leicester University***



# Students get a taste of life in the military

A group of students from Lincoln and Newark Colleges have been given a taste of what life is like in the Army Reserve.



The students and Reservists in front of Army HGVs

The students who are studying Public Services visited 160 (Lincoln) Transport Squadron, 158 Regiment, Royal Logistic Corps which are based at Sobraon Barracks in Lincoln.

Whilst at the barracks, the students were shown the equipment used by the military including the vehicles and weapons; taught how to communicate on radios and given an introduction to Army catering by Reservist chefs.

Warrant Officer Class One Nigel O'Leary who helped organise the day, explained: "These teenagers are all interested in Public Service careers and giving back to their local community, we hope we've given them an insight into what life is like in the Armed Forces."

"We've had students from this course visit us before and it has inspired some of them to join either the Regular or Reserve Forces and if today has helped someone make their mind up and decide upon a career path then it has been incredibly successful."

Stephanie Evans, a lecturer at Newark College, said: "I would like to thank WO1 Nigel O'Leary for having us there for the day, it was a well prepared day that all the students really enjoyed. Letting the students experience what the Army has to offer, gave great insight into their future career options."

They enjoyed the hands on experience allowing them to really get a feel for what Army life could be like."

Members of 160 (Lincoln) Transport Squadron were on hand to answer any questions the students had and shared their first-hand experiences of serving in the military.

Will White a student from Newark College explained: "It has given us an insight into what the Army does to help our country and all the different roles people play whilst being in the Army. I enjoyed each station and really enjoyed taking part in the different activities. I wanted to join the Army anyway but it made me want to join even more now."

**Find out more about joining 160 (Lincoln) Transport Squadron by calling WO1 Nigel O'Leary on 01522 529 082**

## ARMED FORCES DAY

29 - 30 June 2019

Join us at this celebratory event to recognise the service and work of our Armed Forces.

With fun activities and entertainment for the whole family, it's a weekend not to be missed.



# Mouth to snout

**A receptionist, a mother and a lorry driver found themselves giving first aid to three dogs and evacuating a further two to safety.**

The trio, all reservists with 101 Military Working Dog Squadron, were taking part in a weekend training exercise at their base in St George's Barracks, North Luffenham.

The dogs receiving first aid were life-like manikins that provided realistic training to learn first aid techniques whilst practicing them safely. The full-size manikin dogs feature working lungs, an artificial pulse and features to enable splinting and bandaging.

The vets who delivered the training could also release simulated blood and change pulse rates, all of which added to the realism of the training.

Exercises and lectures completed by the dog handlers included emergency CPR, assessment and First Aid and checking a dog for pain.

Lieutenant Tessa Muir, who in civilian life is a vet working as the Anti-Doping Manager for the British Horse Racing Authority, delivered a lesson on pain relief.

She said: "Whilst we don't expect military dog handlers to diagnose the cause of the pain, it's about being astute and identifying sometimes really subtle signs or maybe something that may not be normal for that dog and therefore knowing when to ask for further assistance."

Lieutenant Muir spoke to the soldiers about the types of pain relief available for the dogs when the handlers are in the kennels or out on a training area and also talked about physiotherapy and hydrotherapy.

Captain James Wright, the Second-in-Command of the Squadron works as a critical care vet in a veterinary hospital. He said: "We wanted to give our dog handlers a deeper insight into treating their dogs.



Learning how to bandage a dog's wounds

If they deploy and something happens to their dog, they will know what to do without a second thought. Just training the basics means, should they need to, they can think back, know they can do it and just do it. It also keeps the training varied and gives them key skills."

**For more information about joining 101 Military Working Dog Squadron please call 01780 727 877**



Learning mouth to snout technique



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# Cadets learn what it takes to be a Gunner

A group of Army Cadets recently got the opportunity to learn more about what it means to be a Gunner in the Royal Artillery.



Cadet being instructed on how to sight a gun

The Cadets visited C Troop, 210 Battery in Nottingham where they were given a demonstration of a Fire Mission before they were given the opportunity to have a go themselves.

Warrant Officer Class 2 Jason King, organised the visit, he explained: "We showed the Cadets how a Fire Mission is planned and undertaken, initiated from the Observation Post through to the Command Post and then on to the firing units. The Cadets then conducted a work round of each of the stages of the process, so that they could understand the process and procedures carried out in order to engage a target successfully. This activity provides the cadets with a more in-depth insight into how the Royal Artillery works with the Light Gun.

"It gives the Cadets an awareness into how we work, whilst allowing us to practice our skills and reinforce them by teaching it to the Cadets. In the future we'd like to take the Cadets to a live firing exercise so they can really see the Light Gun in action."

Planning a fire mission shows the Cadets what equipment is needed, how to correctly plot targets on a map and also highlights the technical abilities of the Reserves.

**To learn more about joining C Troop in Nottingham call 01902 731 841 or email 103ra-recruiting@mod.gov.uk**



Cadets learn about plotting fire missions



## NEED SOME ADVICE? POP IN FOR A CHAT

If you're currently serving or have ever served in the Armed Forces, The Royal British Legion can offer you and your family advice and support.

Visit [rbl.org.uk](http://rbl.org.uk), call 0808 802 8080 or visit your local Pop In Centre

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.....

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**LEVEL 2**  
(SCQF LEVEL 5)

The CVQO Young Leaders course is delivered over two consecutive days and is aimed at 14 to 15½-year-old cadets. It's designed to challenge participants to unlock their leadership potential, while learning how to motivate and inspire those around them, having lots of fun along the way. The qualification is delivered by a team of CVQO instructors and includes a combination of practical leadership activities and classroom-based theory lessons. Email [ilm@cvqo.org](mailto:ilm@cvqo.org) for further information.





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