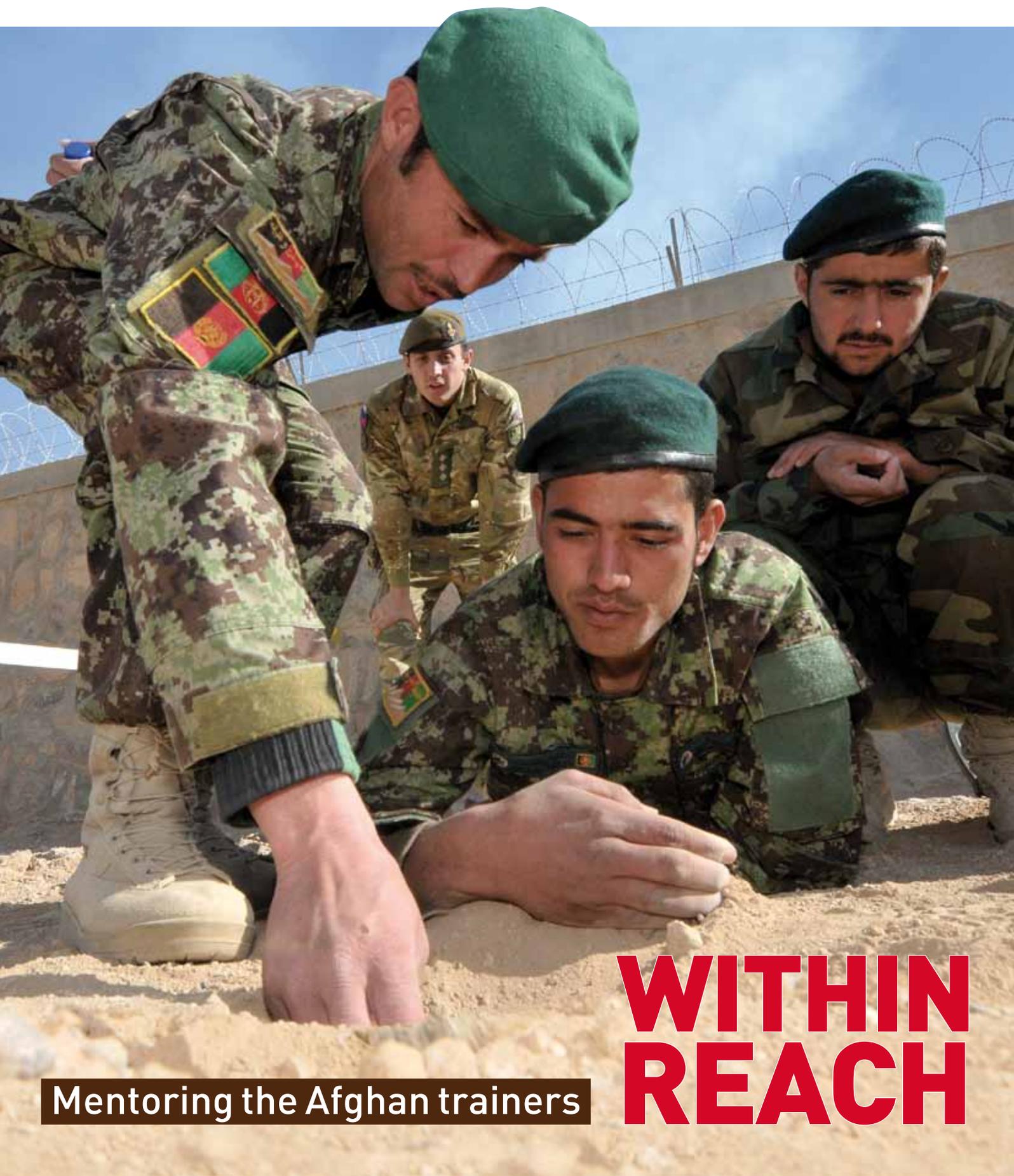


FUTURE TENSE? DR FOX ON RESHAPING THE DEPARTMENT

# Defence**Focus**

Royal Navy | Army | Royal Air Force | Ministry of Defence | ISSUE #249 MARCH/11



Mentoring the Afghan trainers

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REACH**



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# NAVIGATOR



**MEDICAL METHODS:  
HOW MILITARY SKILLS  
SAVE CIVILIAN LIVES P10**



## Regulars

### P5 IN MEMORIAM

Tributes to the fallen

### P18 PODIUM

Paul Moorcraft on Egypt's crisis

### P22 VERBATIM

Liam Fox on the challenges facing MOD

### P31 MY MEDALS

Bosnia, Afghanistan and marriage



**P12**

## Exclusives

### P8 A FAIR COP

MOD Police at work in Afghanistan

### P12 GETTING BANG FOR THEIR BUCK

Brit troops train the Afghan National Army

### P20 FUELLING THE FRONT LINE

Taking tankers of oil to the troops

## Lifestyle

### P28 HOMES FOR HEROES

Free tickets for troops for design show

### P36 SKATING AWAY

Johnson Beharry Dances on Ice

### P39 MILE HIGH CLUB

Win a skydiving experience - indoors!



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# EDITOR'S NOTE

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For everyone in defence  
Published by the Ministry of Defence

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**Advertising**  
Advertising sales are handled by  
Ten Alps Media. Tel: 020 7 657 1816  
www.tenalps.com

**Distribution**  
The magazine is distributed through major military bases, depots and MOD offices.

Printed by Corporate Document Services Ltd on 100 per cent recycled paper



## DANNY CHAPMAN

I'm writing this on the day of our print deadline and I am surrounded by chaos. While for the first time since the *Defence Focus* and Online News teams merged we seem to be on target for the magazine deadline (not too bad to have got there in just three issues I think), the world around us seems in overdrive.

In the last 24 hours there have sadly been three fatalities in Afghanistan, and the Defence Secretary has issued the Government's latest progress report on Afghanistan, while rightly becoming furious at redundancy notices sent to Army NCOs by email.

Meanwhile, further afield, the world watches to see the next act in the drama unfolding in Egypt. We have asked an expert, Paul Moorcraft, to analyse the situation for us in this issue. This month we

also hear more from Ian Carr's recent trip to Afghanistan, with the focus on training the Afghan security forces. Ian echoes the optimism in Dr Fox's progress report while also highlighting some of the challenges British personnel, military and civilian, are facing in that essential task. We also have a quick look at the Royal Navy ships coming home and those deploying around the world.

If all this activity is proving bad for your health, Lorraine McBride brings us a report from the new NHS and military trauma and microbiology research centre where military and civilian surgeons are sharing ideas on how to save lives, both on the battlefield and here at home. Looking ahead, Dr Fox spoke to Tristan Kelly about the future of Defence and how, though changed, Defence will remain a stimulating place to work. Stimulating or not, there is certainly enough going on!

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# IN MEMORIAM

DEATHS ON OPERATIONS – 18 JANUARY TO 12 FEBRUARY 2011



## Private Martin Bell

**Private Martin Simon George Bell, from 2nd Battalion The Parachute Regiment,** was killed in Afghanistan on Tuesday 25 January 2011 when his unit was preventing insurgent forces from attacking

the Afghan National Army and intimidating the local population. He was fatally wounded by an improvised explosive device as he moved to assist a comrade injured by a separate device. Aged 24, from Bradford, Pte Bell joined the Army in 2009. He 'shone'

in his unit and was utterly professional throughout his time in Afghanistan. He was immensely popular and respected by all ranks and identified as a rising star. He leaves behind his parents Simon and Elaine, and his brothers Oliver and Philip.



## Ranger David Dalzell

**Ranger David Dalzell, from 1st Battalion The Royal Irish Regiment,** was killed on Friday 4 February 2011 as a result of an operational accident while working at Checkpoint Ranger in Nad 'Ali. Ranger Dalzell

was 20-years-old and came from Bangor in County Down, Northern Ireland. He joined the battalion a week before they departed for Afghanistan and was quickly identified as a quality soldier, always the first to volunteer. He established himself as resilient and

trustworthy. Always ready with a smile, Rgr Dalzell was armed with a quick wit and had the ability to turn a rough day into a good story and lighten the mood. He leaves behind his parents Gordon and Susan, his three sisters and three brothers.



## Warrant Officer Class 2 Colin Beckett

**Warrant Officer Class 2 (Company Sergeant Major) Colin Beckett, from 3rd Battalion The Parachute Regiment,** was killed on Saturday 5 February 2011

when an IED detonated while he was moving to cover his fellow patrol members during an operation against insurgents near a village on the Nahr-e Bughra canal. Aged 36, from Peterborough, WO2 Beckett joined the Army in 1990. An inspirational and

iconic leader with a staggering amount of operational experience, he was known and respected across the Parachute Regiment. He leaves behind his parents Del and Kim, and his wife Rachel, who was expecting their first child mid-February 2011.



## Private Lewis Hendry

**Private Lewis Hendry, from 3rd Battalion The Parachute Regiment,** was killed alongside Private Conrad Lewis on Wednesday 9 February 2011. The soldiers were on an operation to reassure the local

population and provide security in the Nad 'Ali district when their patrol came under fire. During the ensuing fire fight, both Pte Hendry and Pte Lewis received fatal gunshot wounds. Aged 20 from Norwich, Pte Hendry demonstrated the same fearlessness in the face

of the enemy as he did when boxing in the battalion. He intended to make a career within the Regiment or the Special Forces, described as realistic aspirations given his dedication and natural talent. He leaves behind his parents and a brother and sister.



## Private Conrad Lewis

**Private Conrad Lewis, from 4th Battalion The Parachute Regiment,** was killed alongside Pte Hendry on Wednesday 9 February 2011. Aged 22, from Bournemouth, Pte Lewis originally served in 4 PARA, a

Territorial Army battalion, but was accepted for a full-time reserve service appointment in 3 PARA in July 2009. He proved an exceedingly competent soldier and was selected as lead scout for his section. His diligence and bravery were the first line of defence for

his fellow paratroopers. An intelligent individual, Pte Lewis knew the risks, but day-in-day-out he was still the man at the front of every patrol, coolly facing the threat and keeping his friends safe. He leaves behind his family and girlfriend Georgina.

**ROLL WITH IT**

**The Royal Navy Kayak Association on the River Dart.**

**Image by LA(Phot)**

**Stuart Hill**





# USING THE FORCE

## MOD POLICE PASS ON THEIR EXPERTISE TO THE AFGHAN NATIONAL POLICE AT LASHKAR GAH, REPORTS IAN CARR

Leaving Main Operating Base (MOB) Lashkar Gah a convoy of close protection land cruisers bullies its way down the long road that leads to Gereshk. Mopeds, jingly trucks, battered cars and motorised three-wheelers, sounding like swarms of angry wasps, hurtle in every direction.

In the third vehicle of the convoy sits Lieutenant Colonel Adam Griffiths, Commanding Officer of 5 SCOTS and Officer in Command of the Helmand Police Training Centre (HPTC), which is where he is heading now. He's in an upbeat mood. "I love all this," he says pointing to the torrent of life on either side, and often, in the middle of the road. "It's great to see all these shops open, and people out and about."

All along this arterial road armies of

builders are at work on what are clearly going to be very big buildings indeed. On the ridge are two impressive new private houses. The design of one is based on a sequence of pyramids. It wouldn't look out of place in Las Vegas. "Things have really changed round here. Even in the last six months a lot of new build has taken place. Some of these places are going for \$200,000; it's going to be a very sought after area," says the Colonel. This is no ISAF PRT project. This is all private money. Here, at least, society is moving on, and it needs its police force to keep pace.

As we swing into the HPTC car park, past the newly built, but not yet completed, police academy, which has cost the Dutch and UK \$6m, the Colonel gets serious. "We are reaching a critical decision point with

Afghan National Police (ANP) training. If we are going to make this work we need a lot more real police to come out here to help with the training."

While the Colonel has been in charge, the training centre has grown rapidly with more than 2,000 Afghan police patrolmen having graduated. He is now calling for more of what he calls "real police expertise" to cope with this ramping up in pace. "Let's be honest, the only experience 5 SCOTS have of policing is when we are bailing our guys out of the nick on a Saturday morning," he jokes.

"Currently 10 MOD police officers, all volunteers, are providing training," says one of them, Inspector Christine Edwards, HPTC's training manager, responsible for producing the school's syllabus and the

Pictures: Sqn Ldr Mark Tillyard



**Fair cop: a MOD policeman offers himself up as a troublemaker**

methods of training.

Although rewarding, training the Afghans can also be a frustrating job. For many of the students, this is their first taste of a classroom environment so concentration levels can wobble. Sometimes one-to-one squabbles can flare up into group fights. But at times like these Inspector Edwards' team know how to calm things down and get things back on track.

Channelling that energy into the lessons is a challenge for the MOD police instructors and it means having to design new approaches to learning. Officer in Charge of Training, Major Jake McKay puts it into perspective. "We always have to keep in mind the students' capacity to learn. Ninety-five per cent of the intake is illiterate so most of the training is practical and includes games to keep them stimulated and build team spirit. We reinforce things through repetition."

Although often poorly educated, it would be a serious mistake to underestimate the students' intelligence and powers of observation. They can be only too willing to use those skills to capitalise on any British reluctance to offend cultural sensitivities if they feel it will gain them advantage over their teacher when they are not in the mood for lessons. "If one of my guys swears it can backfire and disrupt a lesson for 20 minutes while things calm down and apologies are made and accepted," says Major McKay.

Cultural sensitivities have an impact on the practical training too as police recruits have rarely travelled beyond their home village and find it difficult to stop strangers and question them.

"They are only used to talking to friends and family from their own village. So we teach them policing skills, how to control a situation and that when they question people that they mustn't immediately treat them as suspects," said Inspector Edwards.

As well as being taught police-skills, each recruit receives 64 hours of literacy training. "If a young man who can't read has responsibility for weapons, how can he account for them and make sure they aren't missing if he can't check a log? He must be able to take notes to gather evidence and be able to brief others," said Major McKay.

MOD policemen PC Kyle Greenfield and PC Rob Bendy have recently joined the training team and believe the quality of policing is improving.

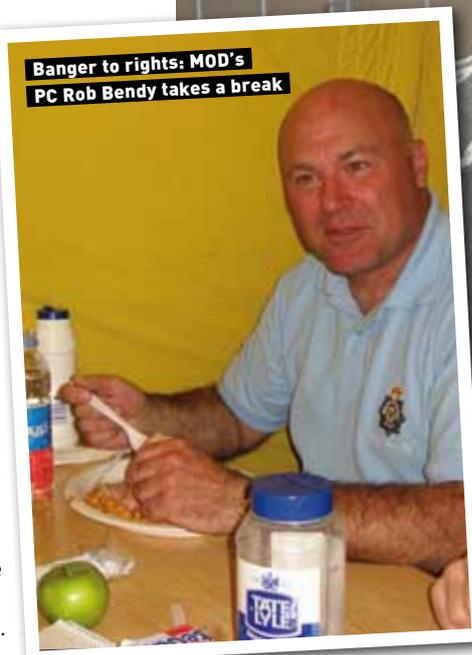
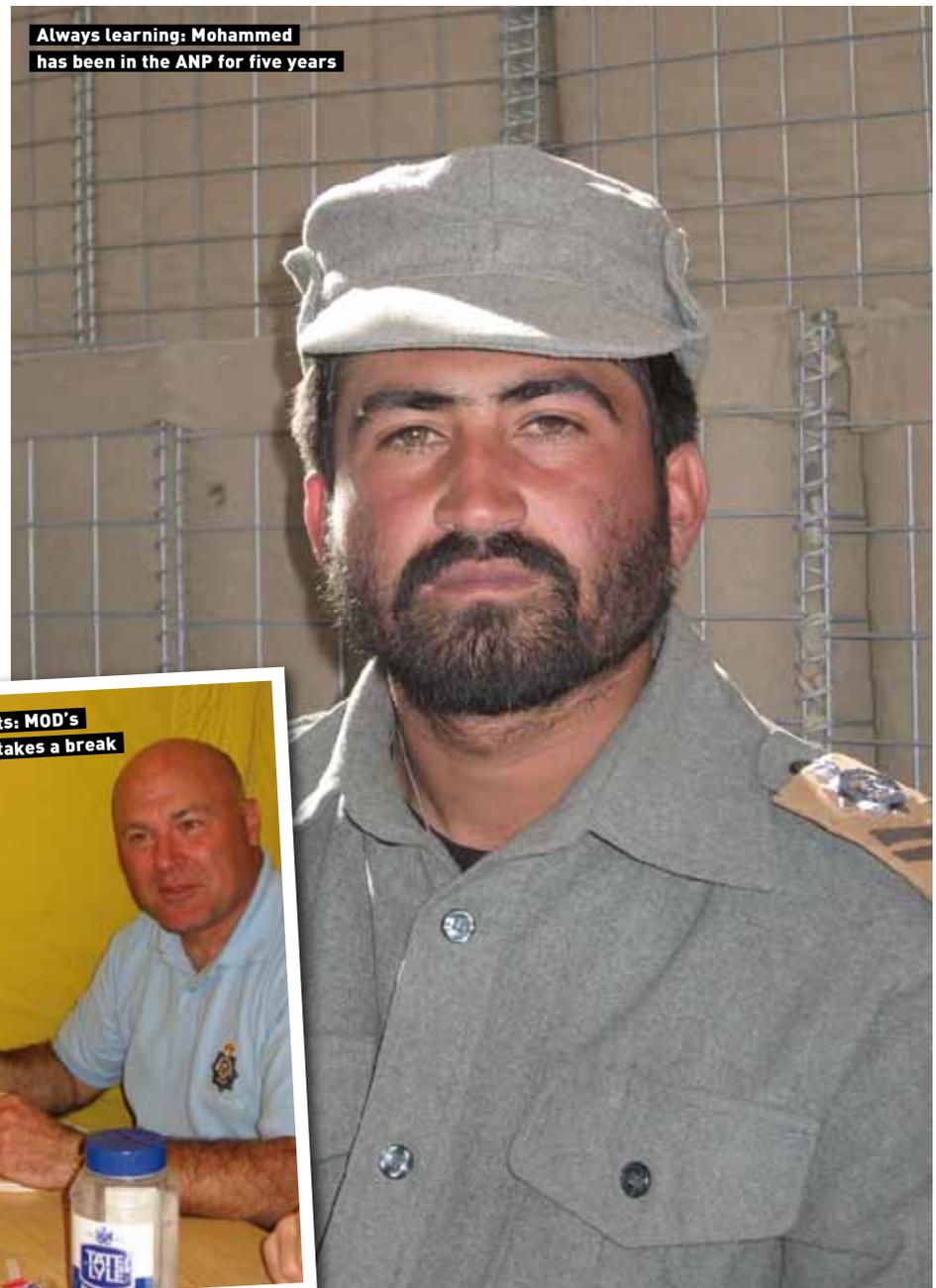
They have learned to use the Afghan's competitive nature to aid learning. "If a group doesn't find something that we've hidden in a car that they are searching, and the next group do, they really kick themselves. But sometimes, especially with the team building exercises, you have to remind them that it is just for fun."

There are signs that thanks to the work of the HPTC, the ANP's professional image is improving. Akramud is a recent recruit and says that his family are proud that he has joined the ANP.

Mohammed, who has completed seven of the eight-week training programme, was nominated as head of his platoon because of his qualities. He has been in the ANP for five years. "The training here is good, we learn to be professional," he says. "Before

at checkpoints we had to wear civilian clothing, all we had were AK47s. Now we have uniforms, everything we need. The people trust us now, this you can feel, they help us and tell us when they know things about the Taliban. This means we can protect them and control the area. Before they didn't respect us. Some police would demand money and the people would think we were all the same."

As Brigadier James Chiswell, Commander of Task Force Helmand, said recently, "Developing the police is hugely important as the social fabric that the police provide is essential to the functioning of any state." Mohammed puts it more plainly: "Our country has been at war for 30 years. I want the Afghan Army and Police to make a good future for our people." **DP**



# MILITARY MEDICAL METHODS HELP NHS SAVE LIVES

**A NEW RESEARCH CENTRE WILL SAVE CIVILIAN LIVES USING MILITARY MEDICAL TECHNIQUES SAYS LORRAINE MCBRIDE**

**T**hree quarters of a million Britons suffer from trauma injuries every year. Now, the new joint military and NHS National Institute of Health Research (NIHR) Centre for Surgical Reconstruction and Microbiology, which opened in January, should improve treatment for thousands.

The centre is located at the Queen Elizabeth Hospital in Birmingham, where all injured troops are treated after leaving Afghanistan.

Professor Dame Sally

Davies, NHS interim Chief Medical Officer, explained that integrating experiences from current conflicts can be patchy across the military and NHS but the new centre brings together military and civilian trauma surgeons to share innovation in medical research and advanced clinical practice.

For every trauma fatality in England, there are two people left with severe, often permanent injuries. The landmark NIHR Centre will enable medical techniques deployed on the battlefield to be used on NHS patients.

Complex trauma injuries including stemming blood loss, resuscitation, surgical care and fighting wound infection will be researched at the centre.



**Helping hand:  
soldiers practise  
medical emergency  
drills at Camp Bastion**

Picture: Steve Bain

The Department of Health, MOD, University Hospitals Birmingham and the University of Birmingham are investing £20m in the initiative.

The Surgeon General, Surgeon Vice Admiral Philip Raffaelli described the NIHR Centre as "hugely important. It will play a key role in building scientific evidence from injuries sustained in both military and civilian environments. All our patients will benefit as new treatments are developed and shared."

In recent years, survival rates of trauma patients have improved radically. Battlefield treatment has evolved from a 'scoop and run' approach to a 'treat and take' approach.

However, 50 per cent of battlefield deaths still stem from blood loss and medical professionals talk of a "platinum 10 minutes" which can mean the difference between life and death.

British military life-saving treatment starts from the minute a casualty is picked up so medics can begin damage control resuscitation. The treatment of a wounded soldier at Camp Bastion and then evacuation back to the Queen Elizabeth Hospital in Birmingham is also fast. It is not uncommon for a soldier to be flown back from Kandahar to the UK in less than 24 hours.

Professor Dame Sally Davies is keen that the NHS can learn from the military for the benefit of all patients. "If you put everyone together in one unit," she said, "they are much more likely to share ideas, spark off each other and move things forward."

The new centre will bring together researchers, surgeon-scientists, academics and medical students and hopes to boost surgical and microbiological research to stop bugs entering the body.

Professor Sir Keith Porter is the UK's only professor of clinical traumatology and has been developing world-class treatment for injured troops. He explained how troops caught in explosions are vulnerable to contamination. "Often, they are dragged out of ditches, then surgeons are presented with the challenges of wound healing, hopefully without infection."

Sir Keith aims to see a leap in developing lab research with evaluation of the new approaches as they become available. Although reluctant to estimate how many lives will be saved, he told *Defence Focus*: "There is no doubt that some surgical strategies happening in Camp Bastion do save lives. But it's very important not to just judge it by mortality but by mobility. And if your function is to achieve better use of your arm, then that's a major triumph for a person."

The Surgeon General agreed that civilian patients who have suffered major trauma now have a better chance of survival, thanks to advances made by military medics over recent years.

"I think there is good evidence that is the case," he said, citing the NHS move to ape the military revival of tourniquets in ambulances to prevent blood loss.



**Bloody useful: a first aid exercise at HMS Raleigh is designed to help test first aiders to the limit**

Picture: Ray Jones



**Combat casualty: military medical techniques will help to save lives of civilians**

Picture: Neil Chapman

The military has remarkably achieved "unexpected survival" rates of 26 per cent compared with six per cent for civilians, grading injury on a sliding scale of severity.

"The NHS rates are somewhat lower so, if nothing else, we could get them up to the same level, it would save lives," said Surgeon Vice Admiral Raffaelli.

"This is an opportunity for the UK to deliver proper end-to-end medical care in a much more joined up way and to deliver a trauma service in the civilian and military environment."

The Surgeon General said that the benefits are far from one-way to MOD, citing the NHS's huge size, research base and teamwork between Regulars and Reserves in NHS hospitals. "It is truly collaborative."

Dame Sally Davies told *Defence Focus*: "Every new unit is exciting but this one is unique worldwide. We're putting together military expertise with NHS expertise backed up by a first-class university through research to make a difference to patients, making them better, learning lessons and sharing them."

"My vision is that we will have more people whole, walking around with fewer lives lost and those that are saved, better off and more able to live a normal life." 

# ROUND ONE

**Fired up: British troops give Afghan soldiers their first lesson in mortar firing at FOB Shawqat**

Pictures: Sgt Martin Downs



**Brush with danger: Sergeant David Thomson teaching C-IED techniques**



**Sand check: instructor Abdul Basir explains with bottle caps how to clear a route of IEDs**

## THE UK'S BATTLE ADVISORY GROUP IS TEACHING THE AFGHAN NATIONAL ARMY NEW SKILLS AND DRILLS, REPORTS IAN CARR

**T**wo soldiers are chatting in the long queue snaking out of Camp Bastion's passenger handling shed while they wait to check-in for a flight. "Those ANA (Afghan National Army) blokes over there are mine," one of them says proudly to his mate. "I'm mentoring them. They're great fighters, but you do need to make sure you're standing butt side of them when they charge into battle."

His mate nods knowingly. British troops all over Helmand know about the ANA's reputation as determined and undoubtedly brave soldiers – but ones who sometimes need their enthusiasm curbing.

Helping to channel this warrior spirit into a professional fighting force is the UK's Brigade Advisory Group (BAG). There are 250 military personnel in the BAG who partner and support the ANA in training and developing their troops.

BAG's HQ is at Camp Tombstone (part of Camp Bastion's ever burgeoning complex) and while much of the basic skills training takes place at neighbouring Camp Shorabak, teams of between 15-20 embed with the ANA in forward operating bases acting as a link between the British battle groups and their ANA partners. "Our role? It's sort of a mix of grease and glue," said Captain Tom Russell. "We support the ANA and advise them, developing their capability without imposing upon them our ways of doing things."

Having completed their eight weeks' basic training in Kabul, up to 1,400 ANA recruits' next stop is Camp Shorabak, where they learn the techniques, tactics and practices employed specifically in Helmand. Here they become familiar with NATO weapons, how to use a radio, basic medical skills and the fundamentals of counter IED techniques. A recent addition to the programme is a driving course where 28 lucky young Afghans get to hurtle around in Humvees. "For some reason they really like to practise their reverse

parking most," said Captain Russell.

All the training is Afghan-led with BAG mentors giving advice on course tempo, content and training methods. "There is a tendency for some instructors to rely too much on chalk and talk, so we show them how to keep the students engaged," said Lance Corporal Sean O'Brian. But the Brits keep a low profile in the classroom and there is little need for them to step in. "The Sergeant Major gets them into lines in the morning. If we are delayed, by the time we get here they are in the classrooms and the instructors are getting on with it. So happy days," said Captain Russell. "I have seen a couple of tribal faction issues in the classroom. It's usually sorted out by the instructor. We haven't ever had to step in, and we wouldn't want to. Afghans respect subject knowledge, so they are keen to listen and learn." And so they seem to be. In the signals classroom 18 recruits sit on benches comprised of wooden beams on top of old ammunition boxes while they are shown how to put a radio set together.

Lance Corporal Neal Jones, a mentor from the Royal Army Medical Corps, has also been impressed by the ANA. During a partnered operation north of Gereshk, ANA troops, unbidden, raced to the aid of ISAF troops who had taken casualties. "Out of a patrol of 12, eight ISAF troops were injured. To get them out the ANA had to cross 300 metres of open ground under heavy fire. I can tell you getting one person out is bad enough. If I'd been one of the four unhurt, I'd have been glad to see those guys coming to help," said Lance Corporal Jones.

There is progress but there are also frustrations too when students are recalled by their commanding officers before completing the training or when recruits with particular aptitudes return to

**Bullet points: An Afghan instructor shows how it's done**



their kandaks (an ANA brigade) to roles where they cannot apply their skills. But this is not just an Afghan issue. It is a problem that any commander faces when he has objectives to achieve with not as many boots on the ground as he needs. How do you factor in a training margin when your manning levels are under strength?

Outside the classrooms is Sergeant David Thomson's pride and joy. It's an Op Barma route – 300 metres of carefully constructed training area seeded with dummy IEDs, booby traps and hazards. To add a bit of pep to watch where you step, Sergeant Thomson links some of the "IEDs" to pressure pads wired up to buzzers. "Some of the recruits are brilliant at reading the ground sign (spotting when the earth has been disturbed)," he says. "Last week one young lad spotted five out of the six I'd laid just by walking along pointing them out one after another saying 'IED, IED, IED'. He was pretty cocky until I called him back to point out one even he'd missed."

Coping with the students' short attention spans is a problem for Sergeant Thomson, but one he relishes. "I love doing this. I am trying hard to lift the standards of training by building different models, constantly laying different scenarios." The route he has built, to start with using only his bare hands and a shovel, "Look," he says holding up calloused hands for inspection, "these blisters are my stigmata," has won him plaudits from the experts. "I've had the Engineers in here doing their refresher training and they told me my range is better than the one they use in Bastion."

Developing the route is also a team building exercise. At the end of every intake, Sergeant Thomson gets the recruits to extend it for those in the next batch, and they are happy to do it. "Our learning is getting

better and better. We learn how to use the Valon metal detector, it makes finding IEDs easy for us," says Afghan instructor Abdul Basir. The students chorus their agreement. "We join the army to do good for our country, and our country needs your army to help us. For that we say thank you."

At FOB Shawqat in Nad 'Ali, Sergeant Nick Hall is training more experienced ANA troops some of the more challenging aspects of C-IED. They are making progress, and beginning to prove themselves on operations. It would be nice to do more, but he faces a familiar problem. "Some of them are very keen to progress. But the Kandak CO wants to keep his team together, so putting on a specialist course probably isn't feasible as it would take too long and he probably couldn't free them up for long enough." Issues like this fuel the debate about whether training should be pushed out to the front line where kandak commanders can pick out personnel only days into their training or if it should be concentrated at Bastion where recruits stand a better chance of completing the courses.

But here, as at Camp Shorabak, the ANA are clear about why they are fighting and neatly turn the tables when asked why they are here. "The question is same for you, why are you here? It's to protect your family and your country, and that is why we are here too."

Captain Pearse Lally (1st Battalion Irish Guards) heads Shawqat's BAG, and keeps the training programme running for the 80 or so ANA soldiers straining at the leash. So their next challenge is getting to grips with mortars. "It is very much a first and it will be an added capability for them. I've had guys who haven't even seen a mortar before, and some who have only fired ones left by the Russians using Russian timing tables."

Developing the ANA's capability is crucial for the country's future and Captain Lally feels that overall, as far as the BAG training is concerned, "we have just got it all very right." DF



**No hard feelings: an Afghan soldier learns how to uncover an IED**

**Inset: a range of explosive devices**

# THAT LIVES MAY BE SAVED



## IN 2011 THE RAF SEARCH AND RESCUE FORCE CELEBRATES 70 YEARS OF SAVING LIVES

February 2011 marks the 70th anniversary of the RAF Search and Rescue Force (SARF). Born out of the Battle of Britain, its predecessor, the Directorate of Air Sea Rescue (ASR) was formed at the HQ of RAF Coastal Command in 1941, with a mandate to form a combined and effective rescue service for downed

Allied aircrew that were being lost at an alarming rate in the seas around Britain. Since 1941, tens of thousands of lives, both military and civilian, have been saved by the men and women of ASR and SARF, operating in marine craft, fixed wing aircraft and helicopters, right up to the present day.



**International rescue: A RAF Sycamore HR14 of 284 Squadron conducts a rescue on the Famagusta coast, Cyprus, 1956**

## THE WIDERVERVIEW

What's the best way to get an RAF Chinook to Afghanistan? Not under its own steam, that's for sure. Flying one of the 185mph transport helicopters would take days, and several refuelling stops. Instead, each £22m aircraft is broken down and loaded into the vast belly of a C-17 transporter – and it's a snug fit. What you see here is a Chinook being disassembled by 18/27 Engineering Squadron, based at RAF Odiham in Hampshire, before it heads out for action. It will come back in about four months for a clean-down. Under Afghan wear and tear, a Chinook will accumulate 850lb of sand on a tour of duty.

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**PHOTOGRAPH BY  
TOBY SMITH**

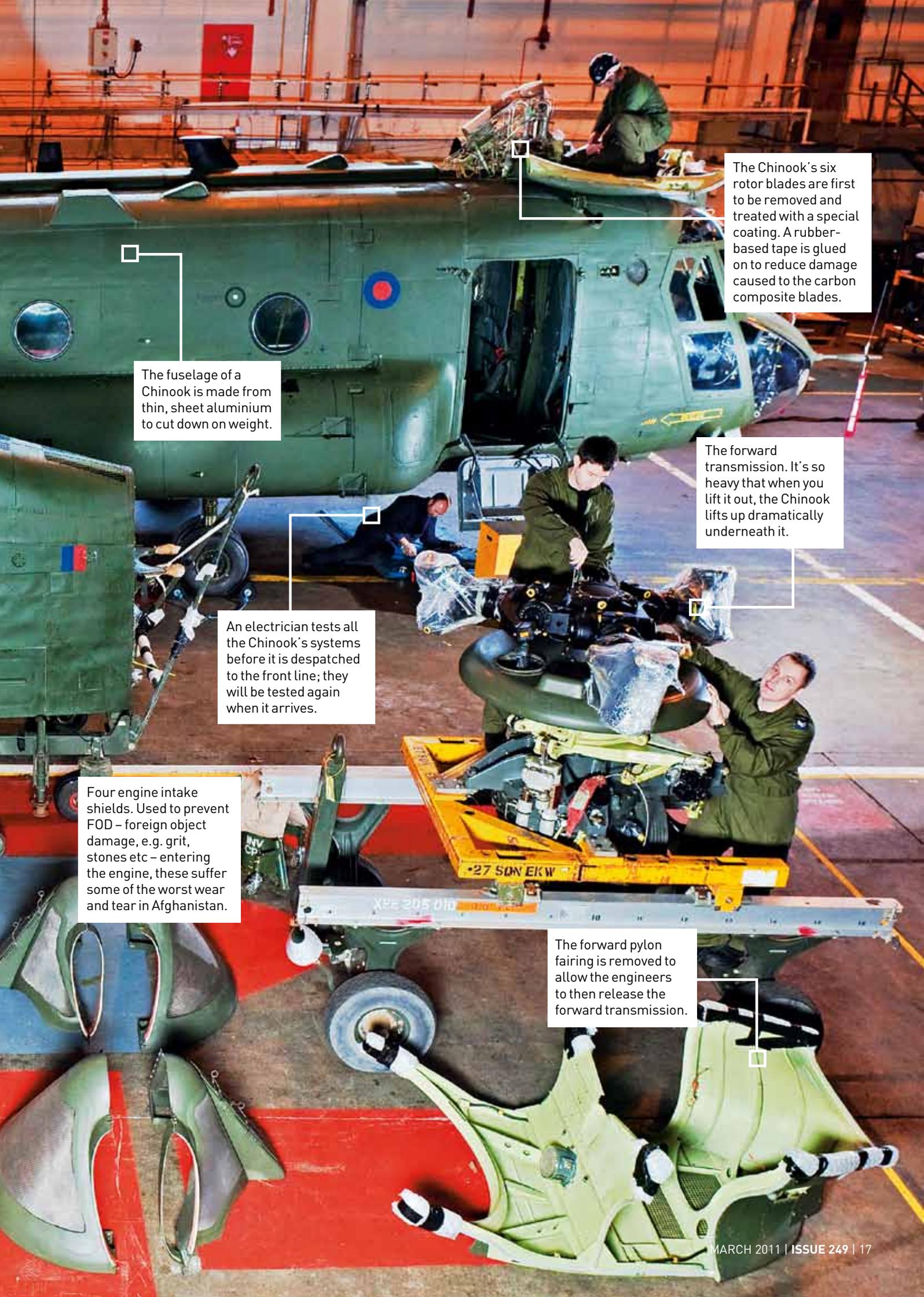
Desert sand collects mainly around the back of the aircraft, where a hydraulic ramp allows heavy equipment and troops to be offloaded.

The whole rear pylon – the section that houses the rear rotor mechanism – is removed in order to fit inside the C-17.

A hydraulic rig unit is used to test the helicopter's hydraulics – controlling vital systems such as the undercarriage and the rear access ramp.

Heavy lifting equipment is used to remove the gearbox from the rear pylon, before the rear transmission is lowered onto another trolley and inched out of the back of the aircraft by seven mechanics.

These yellow pads aren't part of the chopper, but they're absolutely crucial. Known as blade slings, they hold the rotor blades safely in place while they're transported.



The Chinook's six rotor blades are first to be removed and treated with a special coating. A rubber-based tape is glued on to reduce damage caused to the carbon composite blades.

The fuselage of a Chinook is made from thin, sheet aluminium to cut down on weight.

The forward transmission. It's so heavy that when you lift it out, the Chinook lifts up dramatically underneath it.

An electrician tests all the Chinook's systems before it is despatched to the front line; they will be tested again when it arrives.

Four engine intake shields. Used to prevent FOD – foreign object damage, e.g. grit, stones etc – entering the engine, these suffer some of the worst wear and tear in Afghanistan.

The forward pylon fairing is removed to allow the engineers to then release the forward transmission.

# EGYPT AFTER MUBARAK

## PAUL MOORCRAFT LOOKS AT THE DRAMA IN THE ARAB WORLD AND ASKS HOW WILL IT AFFECT THE WEST?

ONLY a fool would pretend that he or she could accurately predict the likely outcome of the drama sweeping Egypt and the rest of the Middle East. A parallel to President Hosni Mubarak's decision to step down as Egypt's President after 18 days of mass rallies is the fall of the Berlin Wall, but the result is likely to be even messier.

After Tunisia, then Egypt, Yemen and Jordan, it looked as though all the more-or-less repressive Arab autocracies were about to tumble. The old state apparatus initially fought back in Egypt where counter-revolution balanced revolution until Mubarak stood down. Elsewhere, either model could be replicated.

Some Egyptians will blame the West, especially the US, for propping up the dictatorships, especially in Cairo and Riyadh. But the anger in Egypt – which includes people of all classes, religions and politics, but especially the young – is aimed more at the internal regime. The Facebook generation wants more freedom.

Will that freedom lead to a western-style democracy – Turkey is the favoured example – or a replay of Iran, where Islamists took over? Arab pro-Western governments have always used the threat of Islamic extremists as a prime excuse to explain to the West why they had to suppress their own people.

Free elections in Gaza led to a Hamas victory. Hamas won, not because of its theology, but because it was far less corrupt than its rival and had worked hard to provide welfare services, schools and clinics. The same could be said of the highly organised and long-banned Muslim Brotherhood movement in Egypt.

### UNLOCKING FREEDOM

President George W Bush believed that the invasion – or liberation – of Iraq would provide the key to unlock freedom in the Middle East. Instead, it produced wholly unintended consequences, including boosting Iranian-style Islamism and Al-Qaeda.

This time the revolutions in the Middle East are fired by genuine internal revolt. The outcome is likely to be far less anti-Western than when there has been external intervention. NATO can do little but keep out and offer helpful behind-the-scenes advice. Even the US, which has massively supplied the Egyptian Armed Forces, has little influence now in Egypt.

Domestic revolution could perhaps, with a lot of luck, produce a secular democracy in Egypt, though the Lebanese parallel is not a happy one. Jordan and the Gulf states might move towards moderate democracies. Revolutions in Saudi Arabia and Yemen, however, will more likely boost radical Islam.

In the end, it is up to the Egyptians or Jordanians to decide their own fate. Sure, oil prices could shoot up if the turmoil spreads. But the internal dynamic is

necessary to change moribund systems.

The rise of Al-Qaeda and the extensive support it inspires among young people throughout the Islamic world – who may agree with its aims without endorsing its methods – is about modernisation as much as faith.

Israel is the state most vulnerable to a new Egyptian regime which could rip up the 1979 peace agreement. If Jordan and Egypt fall to Islamists, the Jewish state would once again be encircled by enemies.

### PEACEFUL REFORM

On the other hand, peaceful reform in the Arab world could steal the thunder of the numerous franchises inspired by bin Laden. If the Egyptian revolution succeeds in establishing a secular democracy – and it is a big if – much of the rest of the Arab world will follow. That will benefit both Egyptians and the West, and curtail the long war against Islamist terror.

*Professor Paul Moorcraft is director of the Centre for Foreign Policy Analysis.* 



**Power to the people: a man in an Egyptian army uniform is carried by demonstrators in Liberation Square, Cairo**

Picture: PA

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# LEAD-FREE LOAD

DODGING BULLETS DELIVERING FUEL. REPORT IAN CARR

Sitting contentedly in the war room (what the Royal Irish Regiment call their central distribution point ops-come-welfare room) at FOB Shawqat in Nad 'Ali, Corporal David Bradshaw, one of the support tanker drivers, looks like a man at peace with the world. Which is perhaps odd for someone in the middle of a war zone.

He is toasting himself by the wood-burning stove that the armourer knocked up for his boss, Sergeant Major Mason. It's not exactly chestnuts roasting on an open fire, but burning a pallet or two can lend a much needed touch of home comfort when the Afghan winter begins to bite.

The only problem is finding enough wood to keep it going. "The locals were a step ahead of us planning for the winter," says Sergeant Major Mason. "Whenever we chucked out any broken pallets, they'd mysteriously disappear. I know why now, they've been saving them up for the winter."

Happily though, when it comes to planning the distribution of military provisions around the operational area Sergeant Major Mason and his team are second-to-none.



**Fuelled up: Corporal Bradshaw checks the levels before making a delivery**

Pictures: Sgt Martin Downs (RAF)

"We deliver everything, from pairs of ballistic underpants to Javelin missiles," says commanding officer, Major Eamonn Coogan.

As the distribution hub for the operational area, FOB Shawqat keeps its stores ticking over with regular provisions received from Camp Bastion. In addition, deliveries come in twice a month by 'Jinglies', the local Afghan trucks that are colourfully decorated and often festooned with chains, icons and bells – hence their nickname. Occasionally, when there is a demand for something critical, one of the Royal Irish drivers will make the 10km trip to Bastion in one of Shawqat's four EPLS (Enhanced Pallet Load System) vehicles to pick it up.

From this constantly replenished stockpile, patrol bases and other FOBs in the operating area are kept supplied.

Not surprisingly, fuel is something no-one wants to run out of, especially when the operational tempo is high. Making sure that this never happens is Corporal Bradshaw, whose job is getting fuel through to the front line.

He will be making another trip in the morning. When he rolls out of the gates in his 7,000-litre tanker, he knows that it will have been topped up to the brim from the base's 90,000-litre reservoir by Lance Corporal Jamie Shepherd, who will also have made sure that the vehicle's own fuel tank is full.

At each delivery point they dip the tanks to double check that the fuel gauge levels are correct and that they have delivered the right amount. They also do it for a more immediate safeguard. "If the levels are lower than we expect, it could mean that we have been hit and sprung a leak, we need to be sure," says Corporal Bradshaw.

Ranger Scotty Hayden rides in the cab providing top cover. They always carry ration packs and sleeping bags in case they have to spend a night in the cab.

"We'll join in with the EPLS convoy near the back going out with the Irish Guards loggies. The Royal Tank Regiment (The Tankies) will be providing escort protection, and we take a wrecker with us just in case we need hauling out of trouble," says Corporal Bradshaw.

It will be a long day. "We will probably be out for 11 or 12 hours, but in distance we will only cover about 20 km. That's because we have to travel so slowly clearing the route and you have to add in the time it takes to offload."

Manoeuvring the huge vehicles along roads designed for donkeys and carts calls for skilful driving and complete concentration. Many of the patrol bases are tightly packed and getting the vehicles

into position calls for precision. "One of the bases takes us 30 minutes to reverse into, it's such a small location," says Corporal Bradshaw. "Some we can't get into at all so we have to fill up their jerry cans outside. It can be hairy. Last time we did get shot at, it was a quick shoot and scoot, but when you are sitting next to 7,000 litres of diesel it can make you think. But with all the guys protecting us, and good cover from the sangars, we can look after ourselves."

The Tankies go ahead checking for threats from IEDs, but one of the insurgents' tactics is to watch the convoy go by then reseed the road with IEDs to catch vehicles on the homebound trip.

Now into the second half of his deployment, Corporal Bradshaw knows

us yet." Once, he relates, on the way back from Kalang the convoy had stopped while a route was checked for IEDs. "While we were waiting, three young girls were sitting on a wall, watching their camel wander right through the area being checked. They waved at us and we waved back. Just then their father came out and gave them each a big slap for showing friendliness towards us. It's often like that before we gain the locals' trust. It's not that he was punishing them for being friendly, it was probably more that he was frightened of the Taliban's reaction."

Inquisitive kids present the drivers with another test of nerve. Because the vehicles have to drive at such a slow pace, children often run alongside banging on the



**Oiled up and ready to go: Corporal Bradshaw in front of his tanker**

the roads well. The first three months were busy. Not only was the tempo high, as the Royal Irish blasted their way through the Taliban they needed regular resupplies, but it also meant getting to know the routes.

"They're not the best roads in the world, and at first you're not sure if the bridges are going to take your weight or if the sides of the road are going to collapse.

"The locals weren't sure of us at first and the kids would throw stones as you drove by." But a bit of stone throwing isn't going to faze a veteran with eight tours of Northern Ireland under his belt. "Round here the kids are all keen for you to hand out sweets, but further south they just want to brick you. We've just moved into Kalang so they haven't had a chance to get used to

doors and windows asking for sweets. "If we don't give them any they often scramble up onto the vehicle looking for anything they can take, it doesn't matter what, even bottles of water. They don't seem to have any concern for their own safety."

There are sweets however for the guys at the patrol bases who have given Cpl Bradshaw a shopping list for things from the EFI (Expeditionary Force Institute) at Shawqat. Sometimes he carries a different kind of cargo to refresh the parts that Mars bars and cokes can't reach. "Now and then I take the padre along. The guys are glad to see him, it gives them someone to chat to and share their troubles with. It reminds them that they haven't been forgotten about and they are still part of the team." 

# CHANGE IS AN OPPORTUNITY

## AFTER HIS LATEST VISIT TO AFGHANISTAN, DEFENCE SECRETARY DR LIAM FOX SPOKE TO TRISTAN KELLY ABOUT OP HERRICK'S GAINS AND THE FUTURE OF MOD

**DF: Can you give us your reflections on your recent visit to Afghanistan?**

**LF:** I visited the troops and the Provincial Reconstruction Team, and I met the President and other ministers. I also met the ISAF commanders of Regional Command (South West) and Regional Command (North), so I got a good feel for the whole of the country. Clearly security on the ground has improved dramatically. The American surge has meant that we have a far better footprint than we had before. We have better manning and equipment now, which have made a major contribution to us making significant gains at a tactical level. At the strategic level we have been concentrating on governance issues and the development of the Afghan National Security Forces so when we eventually leave Afghanistan we will leave behind a state that is both politically and socially stable, and able to maintain its own security.

**DF: What has changed since your last visit?**

**LF:** Compared to even a few months ago travelling around Lashkar Gah feels like a different experience. People are moving around much more freely, there is much more economic activity, and people are beginning to throw their loyalty behind the Afghan Government. The transition process is moving ahead. President Karzai is increasingly confident about international support and is now focussing on 2014 rather than 2011. While I think that we still have problems on the Afghan-Pakistan border, all-in-all I would have said it was certainly the most optimistic I have ever been at the end of a visit.

**DF: Will we be seeing any draw down in troop numbers soon or just a change in their role?**

**LF:** That will depend on the conditions on the ground. Clearly over time the troops' role will evolve more into delivering training and away from a combat role. The changes I expect to see in 2011 are the increased numbers and capability of the Afghan National Army and the Afghan National Police and the establishment of the Afghan Local Police. I also expect to see a major psychological reverse for the Taliban when it becomes very obvious in the second half of 2011 that the international coalition is not leaving.

**DF: We have a new PUS, new CDS, and new Second PUS. How has that affected the running of the Department?**

**LF:** I wanted to create a team that regards change as an opportunity not a threat. The new team is an increasingly coherent entity and as we work through 2011 our priorities are going to be the planning round,



Picture: Sergeant Corrine Buxton RAF

the Defence Reform Unit process which includes such issues as procurement reform and senior rank review, the reserve forces review and the basing review. Also, much of the implementation of the SDSR still needs to be done and we have to get an emphasis on Defence exports.

**DF: Do you see the MOD continuing to be a stimulating place to work?**

**LF:** Yes. I want to reshape this Department so that it is agile and responsive, where we will promote good people because of their merits. I want to see us reward innovation and effort. Those who show that they have got the skills to take us forward: the enterprise, vision, creativity, and innovation – they are the staff that we want to have here. If we give people more responsibility counter-balanced by more accountability, we'll get more out of people. I think there has been a culture here where being risk averse has been the safe way to operate. I don't think that is a good environment. The Ministers should be setting policy and it is up to the professionals inside

the Department to deliver it in ways that they think provide us with best outcomes and best value for money for the taxpayer.

**DF: What message would you like to send to staff regarding staff reductions?**

**LF:** There will be changes but for a purpose. When confronted with budgetary restraint there is an instinct in any big organisation to try to centralise things. What I want is diametrically opposed to that. I want far greater devolution in authority matched by genuine accountability. For example, when we want an item procured we should set out clearly what capability we want and then let the professionals deliver that for us, not constantly re-interfere and re-specify during that procurement. The professionals that we have should be allowed to do the job that they are trained for.

**DF: Should we be confident about the future?**

**LF:** Yes. We have had to make some painful breaks with the past and axe some programmes. Taking these decisions has been genuinely difficult but we need to divest ourselves of some of our legacy programmes to allow us to invest in new ones – not least in cyber capability which is the war of the invisible enemy, so we will have to change our mindset. We will need to convince the public that we are disinvesting in things that they have always been able to take for granted in order to invest in things that they might not be able to ever visualise. That is quite a test for the politicians, and will be a test for the whole Department and the military.

**DF: What has been achieved so far regarding the commitment to rebuilding the Military Covenant?**

**LF:** We will be issuing an annual report on the Military Covenant and how it has been implemented and how we will continue. Now that is quite a bold thing to do because if we don't deliver it becomes a rod for our own back – but that gives impetus to the process. We will particularly focus on healthcare, education and housing, but we may go a lot wider than that. We'll not be able to change everything overnight in a very financially constrained environment but we will be able to set out what the problems are so that people know we have identified what needs to be done. Transparency is very important. We also need to bring together the best of the voluntary and the private sectors where so much good work is already being done. The Government should try and augment that, not supplant it.

**DF: Are there any other messages you would like to send to staff and Service Personnel?**

**LF:** I'm extremely grateful to all our staff, both civilian and military, for their patience in what has been a very destabilising period. Their understanding and patience in all of that has been hugely appreciated by me and all the senior staff in MOD. We hope that the work that we have been doing will ultimately deliver not just for the Department but for the United Kingdom a better Defence network and one that we can all, inside this building and in other parts of the organisation, be truly proud of. 

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**Royal Marines Benevolent Fund:** Relieves hardship among serving and former Marines and dependents. [www.royalmarines.charities@charity.vfree.com](http://www.royalmarines.charities@charity.vfree.com) or call 02392 547201.

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**Civil Service Benevolent Fund:** Helps anyone who has worked for the Civil Service and their dependents. Advice about support and financial help. [www.csbf.org.uk](http://www.csbf.org.uk) or call 0800 056 2424.

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**HMS IRON DUKE PATROLS THE GULF**

*Iron Duke* has recently left for a six-month deployment to the Gulf. It is the first time the Type 23 frigate has been deployed to the region, where she is patrolling busy shipping lanes and providing security alongside other coalition navies. Her work includes counter-terrorism and anti-piracy operations in the Gulf of Aden and the protection of Iraq's oil platforms.



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Type 23 frigate HMS *Richmond* is now on a seven-month maritime security and counter-piracy mission around the Horn of Africa and the Far East. She is part of the Royal Navy's contribution to international efforts to deter pirates around the shipping lanes of the Horn of Africa as well as helping to secure the delivery of aid to Somalia under the World Food Programme.

# COMING AND



**RFA CARDIGAN BAY RETURNS HOME**

Royal Fleet Auxiliary vessel *Cardigan Bay* has returned from a three-year deployment to the Gulf in support of coalition operations and the Iraqi Navy. Highlights of the deployment have included Iraqi Marines and naval personnel learning about sea survival in the ship's internal flooded dock, US patrol boat teams being stationed onboard, and regular VIP visits.



**RFA FORT GEORGE RETIRES FROM SERVICE**

RFA *Fort George*, a support ship to the Royal Navy, has entered Plymouth for the final time before retiring from service after a distinguished worldwide career. She was involved in the handover of Hong Kong, the flood relief effort in Mozambique in 2000 for which the crew were awarded the Wilkinson Sword of Peace, and the Sierra Leone campaign.



### HMS BROCKLESBY HEADS FOR THE MED

Minehunter HMS *Brocklesby* has set sail for a six-month NATO mission in the Mediterranean. She will work alongside mine countermeasures vessels from Poland, Belgium, Germany, the Netherlands, Canada and Italy throughout western Europe and North Africa. The ships are part of a permanent standby reaction force in the area and will also carry out live mine disposal operations.



### HMS ECHO ON TWO-YEAR DEPLOYMENT

HMS *Echo* has begun a two-year deployment to conduct operations in the Red Sea, Gulf, Indian Ocean, Middle East and Far East. The survey ship is designed, operated, maintained and manned to be away from home waters and UK support for periods of up to four years. The ship is able to collect an array of military hydrographic and oceanographic data.

# GOING

WHILE SOME ROYAL NAVY SHIPS ARE COMING HOME FOR THE LAST TIME, FOR OTHERS IT'S BUSINESS AS USUAL



### HMS CHATHAM BOWS OUT

Tears were shed at the final homecoming of the Royal Naval warship HMS *Chatham* as she entered HM Naval Base Devonport, Plymouth, for the last time after 20 years of service. Well-wishers waved the Type 22 frigate home as she sailed across Plymouth Sound and fired her ceremonial guns. HMS *Chatham* is one of four Type 22 frigates which are being decommissioned under the SDSR.



### HMS MANCHESTER'S LAST VISIT TO MERSEYSIDE

HMS *Manchester* has made a final visit to Liverpool, from where her crew travelled to Manchester to exercise their freedom of the affiliated city. The ship has returned from a counter-narcotics deployment in the Caribbean where she supported British Overseas Territories. The ship's 30-year service came to a scheduled end in February. She is not decommissioning as part of the SDSR.

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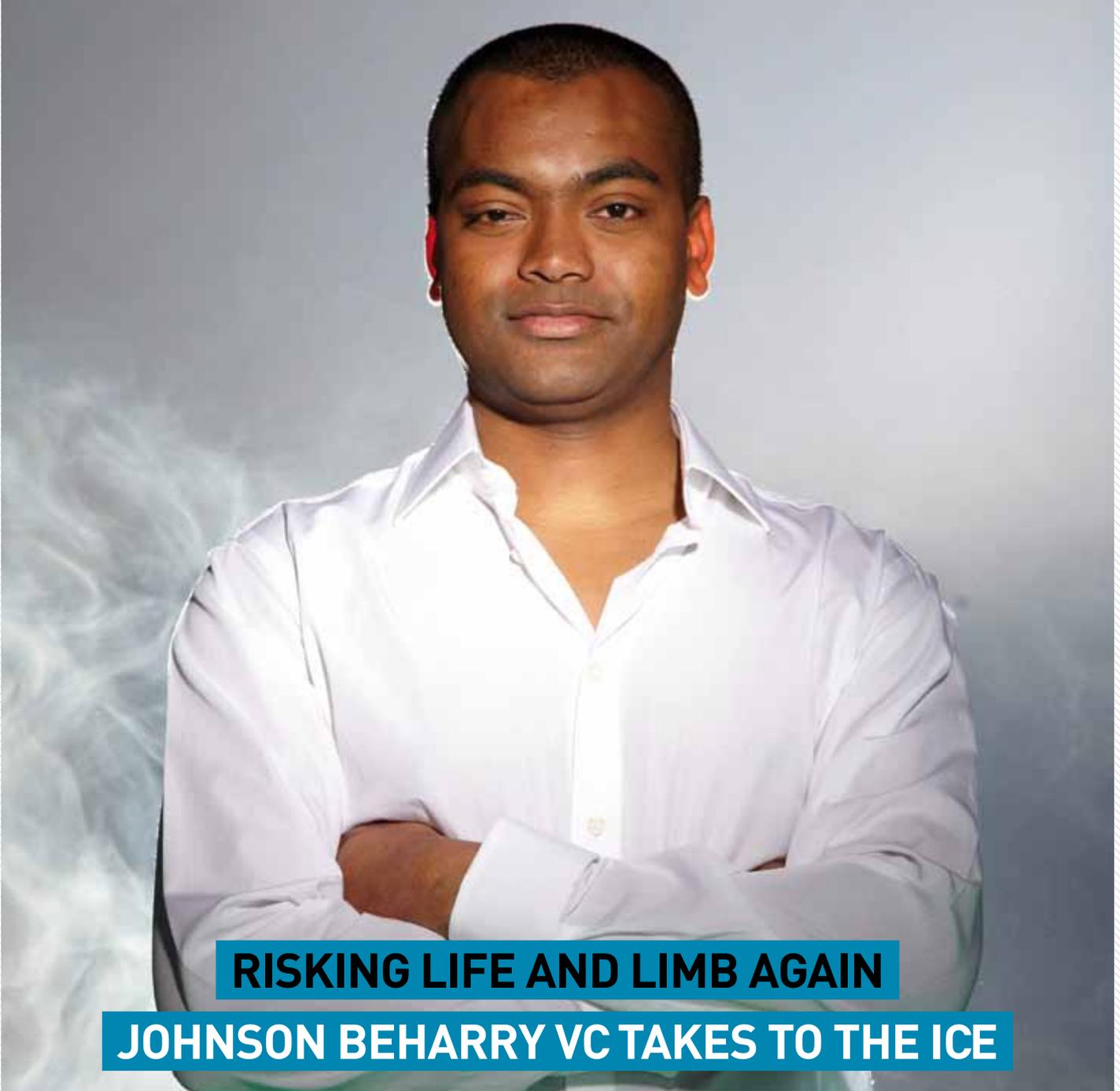
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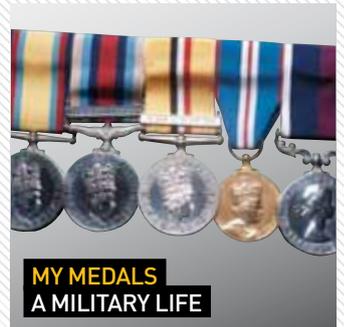
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## NEW FAB HOLIDAY WEBSITE FOR BEREAVED MILITARY FAMILIES

A new website has been launched which details activity breaks that offer bereaved military families the chance to go on holiday with others who have suffered similar losses.

The new Families' Activity Breaks (FAB) website urges families to get involved in this year's holidays and features easy-to-complete applications for the trips. FAB is a non-public-funded, tri-Service charitable initiative, which works in partnership with the Youth Hostel Association to provide bereaved military families with activity-based holidays.

The aim of FAB is to provide bereaved military families with an adventurous yet safe environment in order to encourage self-confidence, resilience and peer support whilst having fun. Staffed by volunteers from all three Services and civil servants from the Ministry of Defence, 2011 is the third year FAB will be providing holidays for families who have suffered the loss of a loved one.

This year's holidays will take place in Cornwall and North Yorkshire during July and August. To date, FAB has helped around 80 bereaved military families by providing them with fun-packed and adventurous breaks. Visit [www.fabcamps.org.uk](http://www.fabcamps.org.uk) for more information.



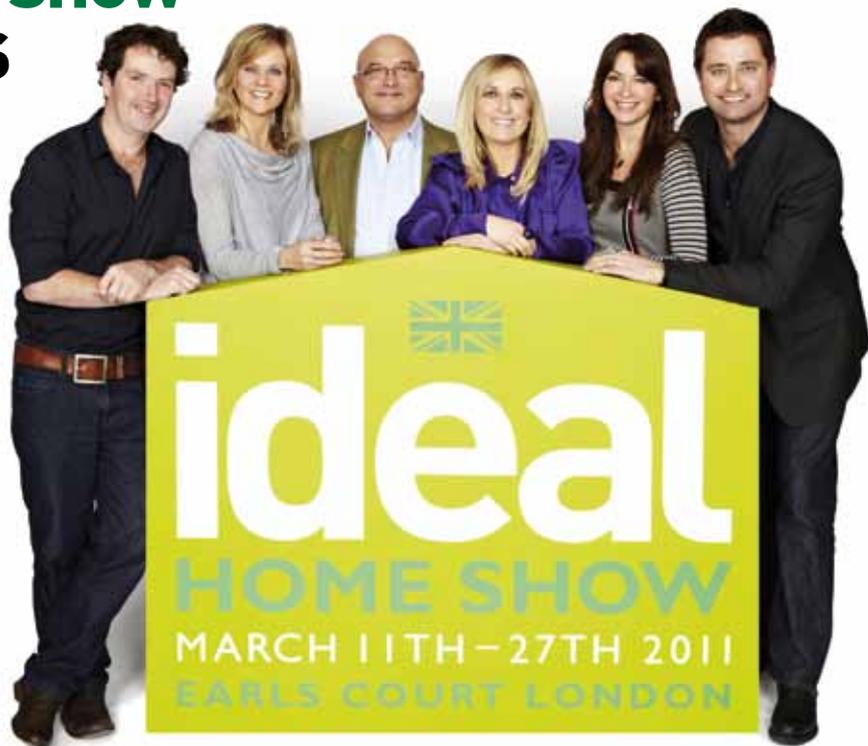
## FREE IDEAL HOME SHOW TICKETS FOR TROOPS

For the second year running, the Ideal Home Show is showing its support for the UK's Armed Forces by giving free entry to the event to all Service personnel.

Members of the Armed Forces are able to take their families to the event at Earls Court in London, from 11 to 27 March 2011, thanks to the show's support of the Tickets for Troops charity.

Troops can attend the event on any day, as well as supporting the official dedicated Troops Day on Saturday 12 March 2011, when the Ideal Home Show will present a schedule of activity throughout the day as a tribute to troops. The Ideal Home Show is also supporting The Soldiers' Charity for the second year running with an 'Ideal Homes for Heroes' appeal. Last year this appeal raised £102,000 for the charity to fund home adaptations for injured troops.

These adaptations helped serving personnel and veterans to remain in their own homes and included a newly-refurbished bathroom for a 92-year-old veteran which provided him with a walk-in shower to help maintain his independence. To get free tickets for the Ideal Home show visit [www.ticketsfortroops.org.uk](http://www.ticketsfortroops.org.uk)





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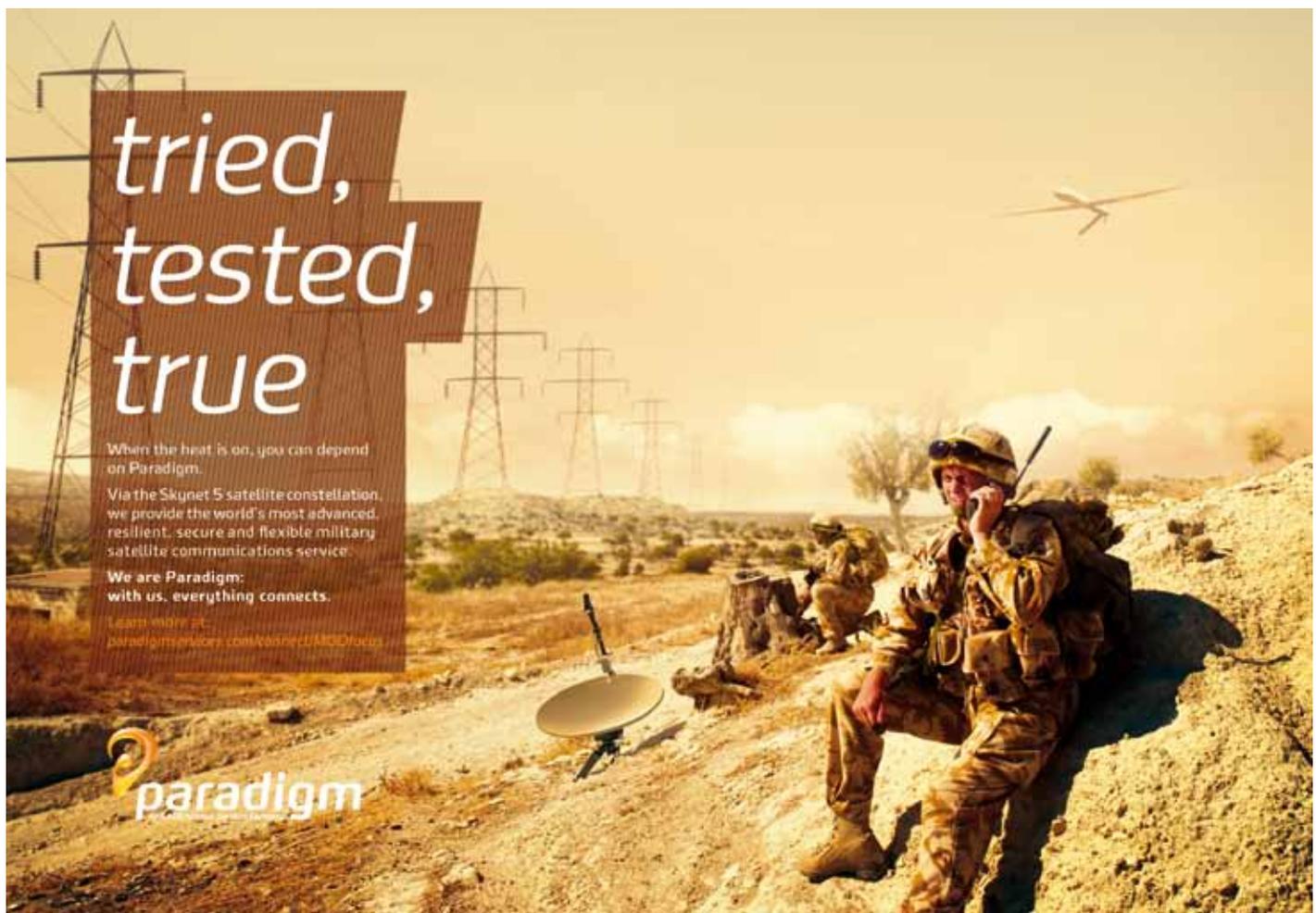
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## LADY UNDER FIRE ON THE WESTERN FRONT

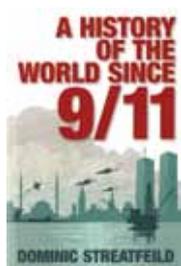
By Lady Dorothie Feilding  
Pen & Sword, £19.99

WHEN Britain went to war in 1914, Lady Dorothie Feilding, the daughter of the Earl of Denbigh, volunteered for the Munro Motor Ambulance Corps and spent four years driving ambulances in Belgium.

Now, hundreds of her wartime letters have been discovered.

Initially, the proliferation of sibling nicknames can confuse. But her quaint letters belie a rich, random lucky dip of humanity and jolly hockey sticks humour (where good days are "ripping") as well as a fascinating insight into the travails of a Lady in wartime.

She tails off one letter with an airy "Goodbye dears. War is an utterly incomprehensible horror and how we should want to bring it on ourselves I can't conceive. But it's worse far from a distance than near it". Reflecting on front line life, Dorothie dodges shells and sexist officers, heals the sick and comforts the dying, all the while batting off fleas and unwelcome marriage proposals. What a gal! This is crying out for the big silver screen treatment starring Keira Knightley. **DF**



## A HISTORY OF THE WORLD SINCE 9/11

By Dominic Stratfield  
Atlantic books, £12.99

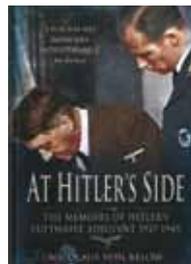
USING personal stories author Dominic Stratfield relates some of the chain of global events that occurred following the 9/11 attack on the USA.

His work is presented in a compelling, easy-to-read style, but the stories do make for depressing, though not unexpected, reading.

The investigative journalism he employs to source and verify the experiences related in this book harks back to a more responsible era of journalism often lacking in the popular

press these days. You are left wondering, however, why the events he writes about weren't proclaimed more loudly as they occurred, then certain events, like the invasion of Iraq, may have been prevented from happening. He says, "with the country at war it now became impossible to question government policy without being labelled unpatriotic."

He doesn't conclude that we were lied to but "the truth became inconveniently complex, tangled up with other issues." **DF**



## AT HITLER'S SIDE

By Nicolaus Von Below  
Frontline books, £12.99

THIS is an intriguing memoir from the last of Hitler's military entourage to escape from the Berlin bunker in April 1945.

Having destroyed his diaries and all pertinent papers, the book is based on notes made during his incarceration from January 1946 to May 1948.

Relating events from 1939 to 1945 in chronological order, Von Below has a clear, concise style of writing but his narrative raises many questions and can seem implausible. For example, his reminiscence of

The Final Solution claims that he and his family knew nothing about the genocide of the Jews and yet he is positive that their extermination resulted from Hitler's express order. "Few of the generals who came into contact with Hitler knew him sufficiently well. They behaved correctly, and were inhibited about informing Hitler of problems or difficulties."

Von Below's recollections will hold a morbid fascination for anyone with even a casual interest in the Second World War. An enthralling read. **DF**

DEFENCE FOCUS TALKS TO MEN AND WOMEN ABOUT THEIR MEDALS AND THE MEMORIES THEY EVOKE



Window on the world: Corporal Gary Kendall driving in Bosnia



**BOSNIA**

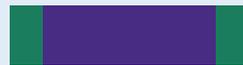
When I heard about my first posting to Bosnia in 1995, I was looking forward to going but was also a bit daunted as I didn't know what to expect. However Bosnia paved the way for the rest of my tours because I've loved them all. I've done four Bosnian tours and most of all I remember a beautiful country with wonderful lakes and picturesque mountains. In '98, I was awarded a Queen's Commendation for Bravery for my involvement in an incident there. We had driven a long, winding route to Banja Luka with a sheer mountain drop on one side. We'd just edged a corner when a jeep barged one of our vehicles off the road, which rolled down the embankment and fell into a river. I raced down, swam out and dragged out a sergeant inside. It was just instinct and I got on with it.



**IRAQ**

Iraq was full-on and completely different after Bosnia and Kosovo. I arrived in Shaibah in 2005 after all the fighting and Saddam's capture but there was still a lot going on. In Iraq, I never knew whether there was an IED lurking at the side of the road. The threat was always there and even hidden in dead camels. I was out every day leading a convoy of 30 to 40 vehicles to the borders of Kuwait to drop off water and rations. At the time, there were several high-profile kidnappings. For the first couple of weeks, I often wondered what I would do in that situation but you quickly learn to adapt to the threat. After several weeks, you don't think about it, but when you come home, it's hard to switch off. Iraq was my first tour that I worked seven-days-a-week for six months. I was so focused that I didn't

have time to stop and think. When I came home, I treated myself to a new Vauxhall Astra car and it was nice to spend a big segment of my wages on that.



**NORTHERN IRELAND**

If I'm being totally honest, Northern Ireland in 2000 was probably my worst tour. I drove around in civvies but I just didn't find it very rewarding. On other tours, I've worked with troops in other countries, in other languages, whereas Northern Ireland just seemed rainy and grey. I could be a bit naïve and say nothing was happening but it clearly was, just all behind the scenes, and before I knew it, I was back in England.



**AFGHANISTAN**

2010 was a whirlwind for my whole career,

job and way of life. I went out last April just six months after qualifying as a photographer. I had struggled for three years to get into the photography trade with various interviews and selection tests.

When I told my then-girlfriend, Bene, I was going to Afghanistan, she was a bit worried, as she wasn't used to me going away. Just before I left, Bene proposed, and when I came back midway in August on R&R, we got married. A fortnight later, Bene emailed me urging: "Ring me, it's quite important!" and when I did, she told me she was pregnant. Last year was so special, I got the job I wanted, married the woman I wanted, and now we're getting the baby that I always wanted.

**LONG SERVICE**

This one is for being a good boy. I joined thinking that I'd make it to Lance Corporal but, after three years, I wanted to get out. A few incentives kept me in a bit longer and I seem to have drifted on. It's funny to think that 15 years have flown by. When I wear my medals some people look twice and say: "Wow!" To me, they reflect my career and important changes in countries that I've worked in. I wear them at ceremonies but I don't realise how many I've got until I look around and spot other people who haven't got quite so many. In years to come, when my child asks me what I did in the Army, my medals will help jog my memories.



**MY MEDALS**

Corporal Gary Kendall joined the Royal Logistic Corps as a driver in 1995, before becoming a photographer in 2010. Interview: Lorraine McBride

# GOT THE HOTS

## 1 BCB THERMAL £5.99

This stainless steel flask will keep your coffee hot for six hours or your squash cold for 10. It has a pressure relief valve, so no more steamed fingers when you unscrew the top. Easy to carry, even in a small pocket. We've got one to give away. [www.bcb.co.uk](http://www.bcb.co.uk)

## 2 STANLEY CLASSIC £24.99

This is a flask suitable for cavemen and women. They say it's unbreakable, and it comes with an easy pour spout for those who want a coffee, but aren't prepared to take their gloves off to get one. We've got a one-litre flask worth £24.99 and four half-litre ones worth £19.99 to give away. [www.stanley-pmi.com](http://www.stanley-pmi.com)

## 3 BCB VACUUM £9.99

A double-walled stainless steel flask with a one-litre capacity. Impact resistant, so more suited to the casually clumsy rather than the outright hamfisted. We have one to give away. Good size to fit into a pack. [www.bcb.co.uk](http://www.bcb.co.uk)

**WIN**

There's nothing more dispiriting than snuggling down out of the cold to treat yourself to a cheering cup of hot coffee only to find the liquid in your cup is colder than penguin pee. So to win one of the flasks we have to give away, simply email your name, full address, and phone number to [dmc-newsdesk@mod.uk](mailto:dmc-newsdesk@mod.uk), putting 'flasks' in the subject line by 28 March 2011.





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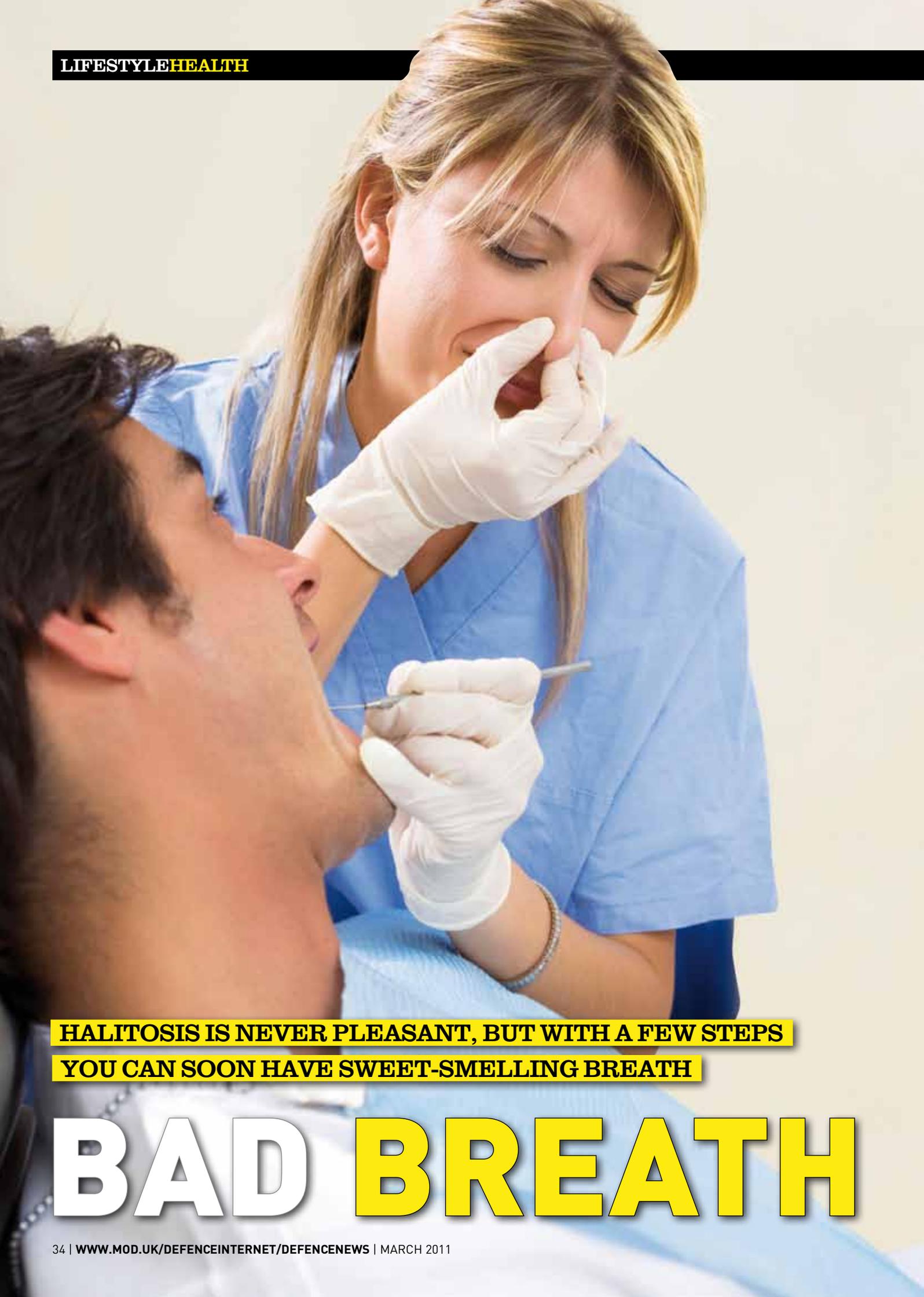
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**HALITOSIS IS NEVER PLEASANT, BUT WITH A FEW STEPS  
YOU CAN SOON HAVE SWEET-SMELLING BREATH**

# **BAD BREATH**



By Surgeon Commander  
Nick Imm in Portsmouth

Hello from Portsmouth. This month I thought we'd talk about the awkward problem of halitosis, more commonly referred to as bad breath. Halitosis is common - it can cause anxiety and has even been responsible for breakdowns in relationships. But what causes it and what can you do about it?

Bad breath usually comes from bacteria that live in the mouth. These break down food particles, releasing sulphur-containing chemicals that have an unpleasant smell. To a certain extent it's normal in healthy people, especially after sleeping. When you're asleep, the amount of saliva your mouth produces is reduced which allows the number of bacteria to grow. If you tend to breathe through your mouth when you sleep the problem can be worse. Once you've got up, had breakfast and brushed your teeth, your breath should be nice and fresh.

#### POOR HYGIENE

The number one cause of bad breath is poor mouth hygiene. The best way to reduce the risk of bad breath is to lower the number of bacteria in your mouth by regular brushing and using dental floss. Do you do this? Using a mouthwash has also been proven to lower numbers of bacteria.

Anyone who doesn't clean their mouth properly soon develops halitosis but inflammatory and infective conditions of the mouth can also produce unpleasant-smelling breath.

Bacteria live and multiply in little cracks between the teeth and the gums so people with dental decay are more likely to suffer. What starts off as a small amount of rotting food in a crevice in a tooth can develop into a nasty mouth abscess. If you wear dentures or a retainer you need to keep these clean too. Make sure you're in date for a dental check-up.

Bacteria also live on the tongue, so brushing your tongue or using a tongue-scraper can help.

We all know of particular foods which give us bad breath; garlic, onions and curries, for example. Very spicy foods can be detected on a person's breath for up to 72 hours after digestion. Smoking and alcohol are also common culprits which give your breath an unpleasant smell.

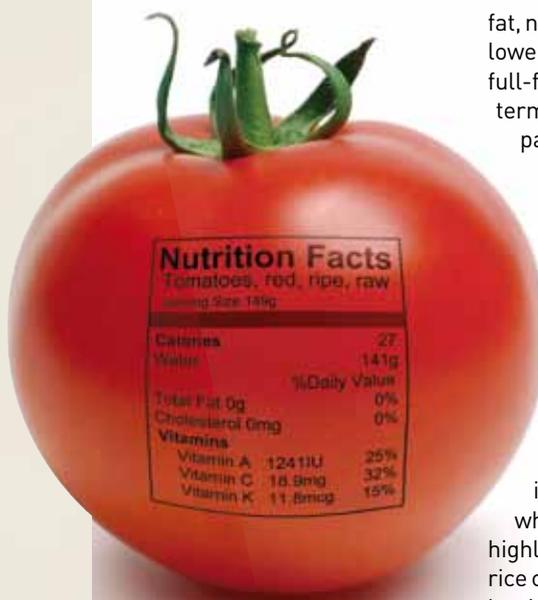
Occasionally, halitosis can result from chronic infections in the airways. Sinus infections or post-nasal drip at the back of the throat are good examples and can be treated by your medic or GP.

Rarely, medical conditions such as diabetes and severe kidney or liver disease can result in particular smells on the breath, which can be helpful in making a diagnosis. Very occasionally, halitosis can be in the mind, as a symptom of psychiatric illness or a type of epilepsy.

■ This is general information only. If you have any medical concerns please see your medic or GP.

## UNDERSTANDING FOOD LABELS

Understanding food labels can play an important part in maintaining a healthy diet, although they can be confusing



Many snack foods are advertised or packaged as healthy options because they are reduced fat or low fat but they don't mention the actual fat or calorie content, so it is important to check and read the food labels. Manufacturers are now required by law to give nutritional information on the food label if they make a

**“ Reduced fat products aren't automatically low in fat ”**

nutritional claim, such as low fat or high fibre.

Legally, any food that claims to be "fat free" should have less than 0.15g fat per 100g, whereas foods that claim to be "low fat" should contain less than 3g fat per 100g. Generally, more than 20g fat per 100g is too much. Reduced fat products aren't automatically low in

fat, nor are they necessarily lower in calories than their full-fat alternatives. Using the term "reduced fat" on food packaging simply means the food must contain 25 per cent less fat than its equivalent product. Similarly, beware of products labelled "light" or "lite". There is no legal definition for these terms, so manufacturers often use them as they wish.

When choosing snacks it's important to consider whether products have been highly processed. For example, rice cakes are marketed as both low in fat and sugar. But, they are also highly processed, so when they are digested quickly they create a rise in blood sugar levels, causing you to feel hungry sooner.

Natural foods such as fruit, vegetables and wholemeal products (complex carbohydrates) will release sugar into the bloodstream more slowly, providing sustained energy, making you feel more satisfied. A good way of checking a favourite food is to use the Glycaemic Index, which rates all foods from 0 to 100, and sets sugar (glucose) at the top rate of 100 (as used by diabetics). For more information, visit [www.glycaemicindex.com](http://www.glycaemicindex.com) or the Food Standards Agency website: [www.food.gov.uk](http://www.food.gov.uk)



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# ICE COOL HERO

## CORPORAL JOHNSON BEHARRY VC IS WINNING MILLIONS OF FANS ON DANCING ON ICE. HE TALKS TO LORRAINE MCBRIDE

**C**orporal Johnson Beharry is the war hero who demonstrated ice-cool courage when he saved the lives of several members of his unit during ambushes in Iraq in 2004. His actions made him the first living recipient of the Victoria Cross in 40 years. Since then, he has fought back from the serious head injuries he sustained in Iraq and is currently oozing never-say-die spirit on ITV's blockbuster, *Dancing on Ice*.

Beharry admits that when he got the phone call from his agent offering him a place in the show, he replied with an emphatic 'yes'. But that's not to say that he took the challenge lightly.

"I mean, I'd never been in an ice rink before," says Beharry in wonderment. "I had seen ice rinks on television but I had never laced up ice skates or even been on roller skates."

Ask if skating is easier or harder than he thought, he says: "I found it difficult at the beginning because

I had to start from basics including how to walk on skates. I take every day as it comes but I love challenges and learning new things every day." Was he worried about his head injury, if he took a tumble? "No, I know people say, 'Why put yourself in a position where it might happen again?'," says Beharry in his soft Caribbean lilt. "But I can't run away from what might happen."

It's not been easy. Beharry hurt his finger badly when a skating boot fell on it, requiring a high speed dash to hospital for six hours of treatment, which included the removal of a fingernail. Since then, Torvill and Dean, the show's choreographers, have adapted his routines and Beharry must now avoid lifting his partner Jodeyne Higgins, which is hampering progress.

"It is holding me back," he nods at his injured digit. "It is really painful so unfortunately I have to live with it now but I am coping. I am doing more skating than lifting, so hopefully the judges will see that as much as the others are doing things above, I am doing the same amount below – and even more tricky."

Tricky or not, almost seven years after his near fatal injury, he is a gliding-graceful-skating inspiration for millions. A bonus is that training has not only made him super-fit, but boosted his mobility.

"Skating is healing me physically and mentally," says Beharry. "Processing information pretty quickly is helping, though I am finding [routines] difficult because it is all so quick. But it's working a lot of muscles that I never knew I had."

### NO FEAR

When he spins Jodeyne before 10 million viewers, what goes through his mind? "I have no fear," he says, which could sound a tad ingenuous coming from most TV show contestants, though it is merely typical of his tell-it-like-it-is frankness.

"I have no doubt that everything will be fine," he adds. "My most exciting, relaxed day is Sunday, just before a performance." While other celebrities run around exuding nervous energy, Beharry remains cucumber-cool.

"Everyone thinks I am crazy because I am running around happy and can't wait to go on and perform," he grins.

Unsurprisingly, Johnson Beharry VC is a magnet to TV producers who itched to sign him up to all the usual TV suspects; *Strictly*, *Big Brother* and *I'm a Celebrity...* all rejected with Beharry's customary single-mindedness.

"*Dancing on Ice* was a completely different challenge," he says. "This one was dancing and skating at the same time unlike *Strictly* when you just dance." Surely though, his army training would have made him



**Ice and easy: Johnson Beharry finds his feet helped by Olympic legend Christopher Dean**

a shoo-in for *Jungle King* on *I'm a Celebrity...?*

"Yeah, well for me, being in the jungle is everyday life what with being in the Army and growing up in the Caribbean," he explains.

His greatest supporters are his huge family back in Grenada who tune in every Sunday night via the internet.

"They are glued to the show and really proud of me," says Beharry. "My brother has been to the show and they all want to come."

Soldiering and skating may be polar opposites, but Beharry reckons that his army ethic means that he can seamlessly slip into a starry cast with ease.

It is all a huge contrast to his now day job giving out careers advice to prospective soldiers who visit the army careers office in central London. It is easy to imagine that youngsters must do a double take when a famous soldier, who holds the highest honour for bravery in the land, greets them. But what about the reaction of strangers when they spot a living legend?

"It's the same story," he says modestly. "They say 'hello'. Everyone is really happy with what I'm doing for troops, injured soldiers and in recognising what we do."

#### SECRECY

Asked if he swore his army mates to secrecy prior to ITV's press launch he says: "A few of them knew and they were excited. I've had good support, some have even been along to the show and it is really good knowing that." He means it. Days later, a visibly moved Beharry revealed on the show that a friend was in the audience who he hadn't seen in five years since they convalesced together in hospital.

He brushes off suggestions that his mates tease him about swapping khaki combats for pastel, sequinned shirts? "It is different," he agrees. "But I just treat it as a discipline because I'm doing a job and this is my uniform for it."

Most reality show contestants blather endlessly about their 'journey' and, in Beharry's case, it led to a spat live on air between head coach Karen Barber and judge Jason Gardiner who said that Beharry had made only a "slight journey". But the media have pounced on the story of a war hero risking his life on ice, with one tabloid tipping him as favourite, after leaks that he topped the phone-in votes.

"It is good," chuckles Beharry. "But it is early days. I take every day as it comes. I go on the show every Sunday and enjoy the moment."

There is little doubt that Beharry has led a remarkable life. But he insists that winning is not the aim. Instead he wants to show that no matter what life throws at you, with the right mindset anything is possible.

So will the ice-cool soldier keep skating after the series ends and the crowds go home? "I definitely will," he says. But he takes nothing for granted and even when you tell him that everyone is rooting for him, he replies with a fervent, "I hope so!"

*Dancing on Ice* is on ITV every Sunday. 

**The future's orange: Johnson Beharry and his professional partner, Jodeyne Higgins**



# SUDOKU

		7						8
9	6	5		2				7
		2	3					6
				8	9			
3	7						8	1
			1	3				
	4				6	7		
1				5		8	2	4
7						5		

Fill in the grid so that every row, every column and every 3x3 box contains the numbers 1 to 9

4	3	8	1	7	9	2	8	5
5	8	7	2	3	4	1	6	9
9	1	2	5	8	6	3	4	7
8	4	9	7	5	2	6	3	1
6	2	3	9	1	8	7	5	4
7	5	1	4	6	3	9	2	8
3	6	5	8	9	7	4	1	2
1	9	4	3	2	5	8	7	6
2	7	8	6	4	1	5	9	3

Solution to the February 2011 puzzle



Send in your Sudoku solution and you could win a Maglite torch. Our address is on page 4. For more info, visit [www.maglite.com](http://www.maglite.com) and for nearest stockist details, call Burton McCall on 0116 234 4644.

# CHESS



Compiled by: Carl Portman

Why isn't chess cool? This question sprang to mind when I heard an erudite young man talking on the radio, proudly announcing that he was a member of the school chess club. It seems that it's not cool to be in the chess club these days. Youngsters certainly don't want to play chess as a computer game - this became evident when looking in a well known electrical store. There was a rack full of PC games all priced at £5.99 except for the chess game which was just £3.99. I called the assistant over to ask why the noble game of chess was being treated this way. 'Dunno' came the reply. I harrumphed my way out of the store.

What about chess on TV? Boring you say? Well snooker is hardly a thrill a minute is it? At least with chess we can have quickplay tournaments which do pull in the crowds. Then there are the magazines. Go to the stores and you'll find everything from 'Tractor Monthly' to 'Caring for your Canary' but no chess. Oh no, that would be far too much to ask and, if they did have them, you can be certain



they would be a top shelf item along with all the other dubious offerings. I am seriously displeased.

Here is a position given by Emmanuel Lasker who was World Champion for 27 years. It's white to move and mate in three.

Send your answers to me at [carl.portman282@mod.uk](mailto:carl.portman282@mod.uk) The first correct answer out of the hat wins a chess book.

The answer to the Jan/Feb problem was 1...Ne5! fxe5 (1...dxe5 2.Qxf6+ and quickly mates) 2.Qf6+ Ke8 3.Qxh8+ Ke7 4.Qf8 mate. Winner to be announced. November's winner was Kelvin Marsh from CTLB-Fin and December's winner was Andy Harrison from DFM-FMI.

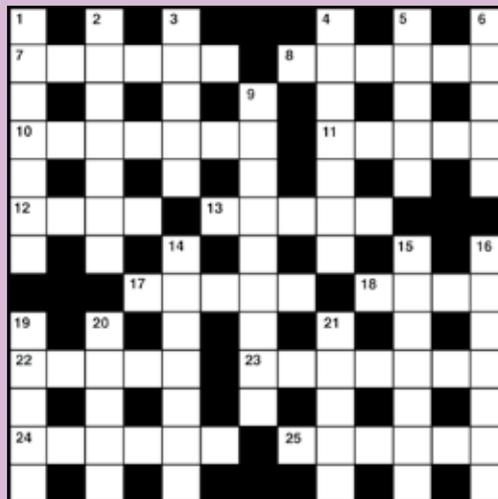
# TOPICAL CROSSWORD

## ACROSS

- 7. And 5 Down. He will become Kate Middleton's brother-in-law on April 29th (6,5)
- 8. Meat on skewers (6)
- 10. Big cat which is the fastest animal on land (7)
- 11. Shane, the Australian cricketing legend (5)
- 12. Solemn pledge (4)
- 13. Former emperors of Russia (5)
- 17. Star of the latest movie version of 'Gulliver's Travels' (5)
- 18. Opera song (4)
- 22. Large African mammal which lives mainly in and near water (5)
- 23. Founder of WikiLeaks, which released hundreds of United States diplomatic cables (7)
- 24. Australia was hit by devastating \_\_\_\_\_ in January 2011 (6)
- 25. Coarse, brightly printed cloth (6)

## DOWN

- 1. Jockey who was voted the 2010 BBC



- Sports Personality of the Year (2,5)
- 2. In the United States Declaration of Independence, the people's rights include 'Life, \_\_\_\_\_ and the pursuit of Happiness' (7)
- 3. Jason Donovan's character in 'Neighbours' (5)
- 4. See 9 Down
- 5. See 7 Across
- 6. England's cricketers won this winter series in Australia (5)
- 9. And 4 Down. Critically-acclaimed movie

- about the founding of Facebook (3,6,7)
- 14. Nuts used in cooking (7)
- 15. Maude, Minister for the Cabinet Office in the current government (7)
- 16. Politician who was one of the figureheads of England's failed bid for the 2018 World Cup (7)
- 19. Long, narrow stem of a spear (5)
- 20. Winder around which thread can be wound (5)
- 21. In the Bible, the son of Abraham who was offered as a sacrifice to God (5)

## SOLUTION (NO PEEKING)

- 1. AP McCoy 2. Liberty
- 3. Scott 4. Network 5. Harry
- 6. Ashes 9. The Social
- 14. Almonds 15. Francis
- 16. Cameron 19. Shaft
- 20. Spool 21. Isaac
- 7. Prince 8. Kebabs
- 10. Cheetah 11. Warne
- 12. Oath 13. Tsars 17. Black
- 18. Aria 22. Hippo 23. Assange
- 24. Floods 25. Calico

# WIN A STAY FOR TWO AT THE TELFORD HOTEL & GOLF RESORT

Set in 170 acres in the UNESCO World Heritage Site of the Ironbridge Gorge, the Telford Hotel & Golf Resort is one of Shropshire's hidden gems. With its 18-hole championship golf course, spa featuring an indoor pool, gym, sauna and treatment rooms, as well as new bistro restaurant 'The Gorge' and the 1779 Restaurant and bar, it is ideal for a relaxing getaway.

Defence Focus has teamed up with this stylish 114-bedroom hotel to offer one reader the chance to win an overnight stay for two. During your stay you can explore the onsite leisure and spa facilities, golf course, landscaped

gardens and the gorge and town of Ironbridge. Enjoy a three-course meal that evening and a full English breakfast the following morning. You can also enjoy either a complimentary round on the golf course or two 30-minute spa treatments.

To win this prize, email the answer to the following question with your name, full address and phone number to [dmc-newsdesk@mod.uk](mailto:dmc-newsdesk@mod.uk), placing 'spa offer' in the subject line, by 28 March 2011. Q: On what UNESCO World Heritage Site is the Telford Hotel & Golf Resort situated?

If you are not lucky enough to win this time, the hotel has a special offer

of a spa break including dinner, bed and breakfast, lunch, two 30-minute spa treatments and use of the facilities from only £99 per person. Call 0845 0345 777 and quote SPA10 for this £99 offer. Visit [www.qhotels.co.uk](http://www.qhotels.co.uk) for more info.

**Terms and conditions:** The prize is an overnight stay for two people at the Telford Hotel & Golf Resort to include breakfast, dinner, complimentary use of the leisure facilities and either a round of golf or two x 30-minute spa treatments. Prize must be taken by 30 September 2011. No cash alternative. Non-transferable. Offer subject to availability.



## WIN A FAMILY INDOOR SKYDIVING EXPERIENCE

If you like adventure then try freefalling at one of Europe's most exhilarating experiences.

Just like jumping out of an aircraft, the Airkix experience produces an adrenaline high. You'll fly in a wind tunnel up to 14ft wide, with wind speeds of up to 130mph. Anyone can try Airkix, and no previous experience is necessary as an instructor will be on hand every step of the way.

Two family tickets for up to five people are being offered at either Airkix Indoor Skydiving by Chill Factor in Manchester or at Xscape in Milton Keynes.

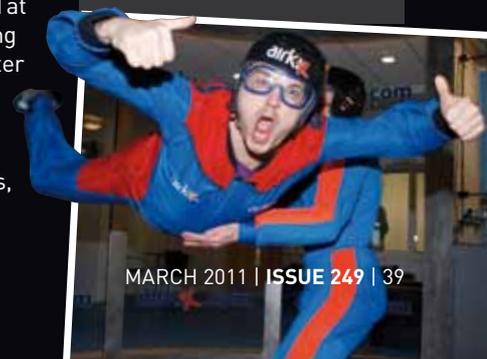
Airkix is used by skydiving professionals and beginners,

and works with Battle Back, the UK military initiative supported by Help for Heroes that helps wounded Service personnel through adaptive adventure training and sports rehabilitation.

**Terms and conditions:** Family flight for up to five people (must be a family) will be valid for nine months from magazine print date. Voucher valid in off-peak slots only. See website for off-peak restrictions. Airkix standard terms and conditions apply – see website for more details. For further information on Airkix: T: 0845 331 6549 W: [www.airkix.com](http://www.airkix.com)

**TO WIN,**  
just email your name, full address and telephone number to [dmc-newsdesk@mod.uk](mailto:dmc-newsdesk@mod.uk) by 28 March 2011. Include the phrase 'indoor skydiving' in the subject line.

## FLYING HIGH ON ADRENALINE





## HERE'S JUST ONE OF THE THINGS WE DO...

**SSAFA FACT #01** Last year alone we provided practical help and support to 47,745 veterans and their families.

## ...AND HERE'S WHY WE DO IT

At SSAFA Forces Help we believe that your bravery, dedication and loyalty deserve a lifetime of support.

[www.ssafa.org.uk](http://www.ssafa.org.uk)