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 **BOEING**

NAVIGATOR



Cover image taken
by Lance Corporal
Marcel Laponder

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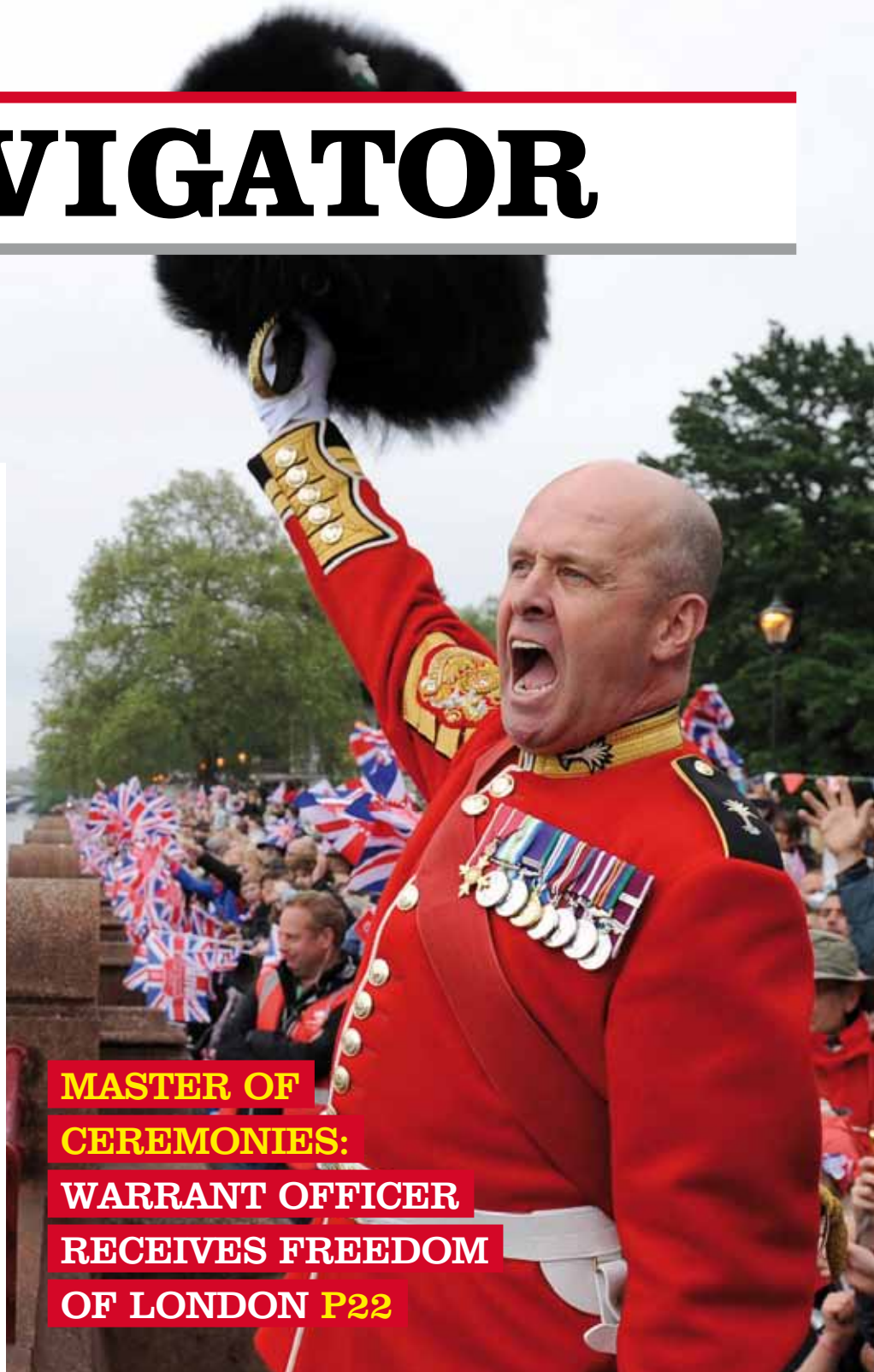
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**MASTER OF
CEREMONIES:
WARRANT OFFICER
RECEIVES FREEDOM
OF LONDON P22**



EDITOR'S NOTE

DefenceFocus

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FIONA SIMPSON



The first edition of 2014 is a bit of a milestone for me as it's a year since my first edition as editor. So you can look upon this *Defence Focus* as my job-anniversary present. Like when

people bring cakes into the office on their birthday.

And already 2014 is looking like it's got a lot to keep us busy. As always, reserves will be big on the defence agenda. To keep up with the latest developments, we've interviewed Major General Munro, the most senior reservist in the Army, about the challenges of growing the reserve forces and why he thinks we are about to turn the corner in reserves recruitment in 2014.

This year also sees the centenary of

the start of World War I. There will be events and anniversaries to remember the conflict over the years to come, starting this summer. On page 20 our new girl Emily Bird finds out how previously forgotten World War I and II heroes are at last being remembered.

I'm particularly excited about the Winter Olympics which begin on 7 February. The Armed Forces will be well-represented at this year's Games in Sochi and you can get Olympic fever by reading our guide to the Games on page 26.

And finally, a massive well done to the Row2Recovery team we featured in the December/January edition. The team of two amputee and two able-bodied soldiers were competing in the 'world's toughest rowing race' across the Atlantic. After an exhausting 48 days, nine hours and 13 minutes at sea the team finished the race in an amazing third place. And they'd grown some impressive beards too. See the big picture on page 6 for proof! **DF**

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IN MEMORIAM

DEATHS ON OPERATIONS – 15 NOVEMBER 2013 TO 29 JANUARY 2014



Captain Richard Holloway

Captain Holloway, aged 29, of the Royal Engineers, was killed in action on 23 December 2013.

He died after being engaged by enemy fire whilst on operations east of Kabul.

He leaves behind parents Jaquie and Neil, brother Luke and girlfriend Sandy. The family paid the following tribute: "Our son Richard was an exceptional young man, a perfectionist in everything he did and a loyal brother and friend, who embraced life to the full. The sense of adventure he experienced with the Royal Engineers was echoed in his love of travel to faraway places and physical activity including surfing, kayaking, canoeing, mountain-biking and climbing.

Wherever the action was, he wanted to be part of it – and that is where our beloved son, of whom we are so very proud, lost his life.

Captain Holloway's commanding officer described him as "one of the best" and a natural leader. "His tactical ability commanded wide respect; his judgement was unerring, his enthusiasm was infectious and his standards never dropped."

Colleague Captain Andy Brett, Royal Engineers, said: It was a privilege to know Rich. He set the highest standards and achieved professional excellence."

Captain Holloway is the 447th member of the British Armed Forces to have died while serving in Afghanistan since the start of operations in October 2001.

NEW ARMY RECRUITMENT CAMPAIGN BEGINS

A BRAND NEW ADVERTISING CAMPAIGN – 'MORE THAN MEETS THE EYE' – HAS BEEN LAUNCHED TO KICK-START ARMY RECRUITMENT IN 2014



The adverts feature real soldiers, reservists and officers from a range of army roles, including electricians, bricklayers and human resources specialists, showing that

there is more to the Army than just front line combat.

The new campaign is the first fully integrated, joint recruitment drive for

the Army and Army Reserve and seeks to capitalise on the New Year resolutions of those wanting to transform their lives with a more exciting and more rewarding career.

The Territorial Army has been rebranded as the 'Army Reserve' to help demonstrate its integration with its regular counterparts. And this joint campaign is just one of the ways the two are being brought together.

Recent research suggests that a lack of awareness about army life and the roles on offer could be stopping potential recruits from considering a career with the Army.

Only half know that a career in fitness, construction, HR or information technology could be pursued within the Army. While close to a third of people do not realise that part-time Army reserves are paid, and two-fifths do not realise that a commitment to the reserves is flexible.

Defence Secretary Philip Hammond said: "In 2014, the Army will continue to recruit new full-time soldiers and look to increase the trained strength of part-time soldiers. Army reserves will be critical to mounting military operations in the future and we intend to grow the number significantly by 2018."

January also saw the launch of a new simplified online application form, a more streamlined medical clearance process, and an army fitness app, making it easier for potential recruits to join.



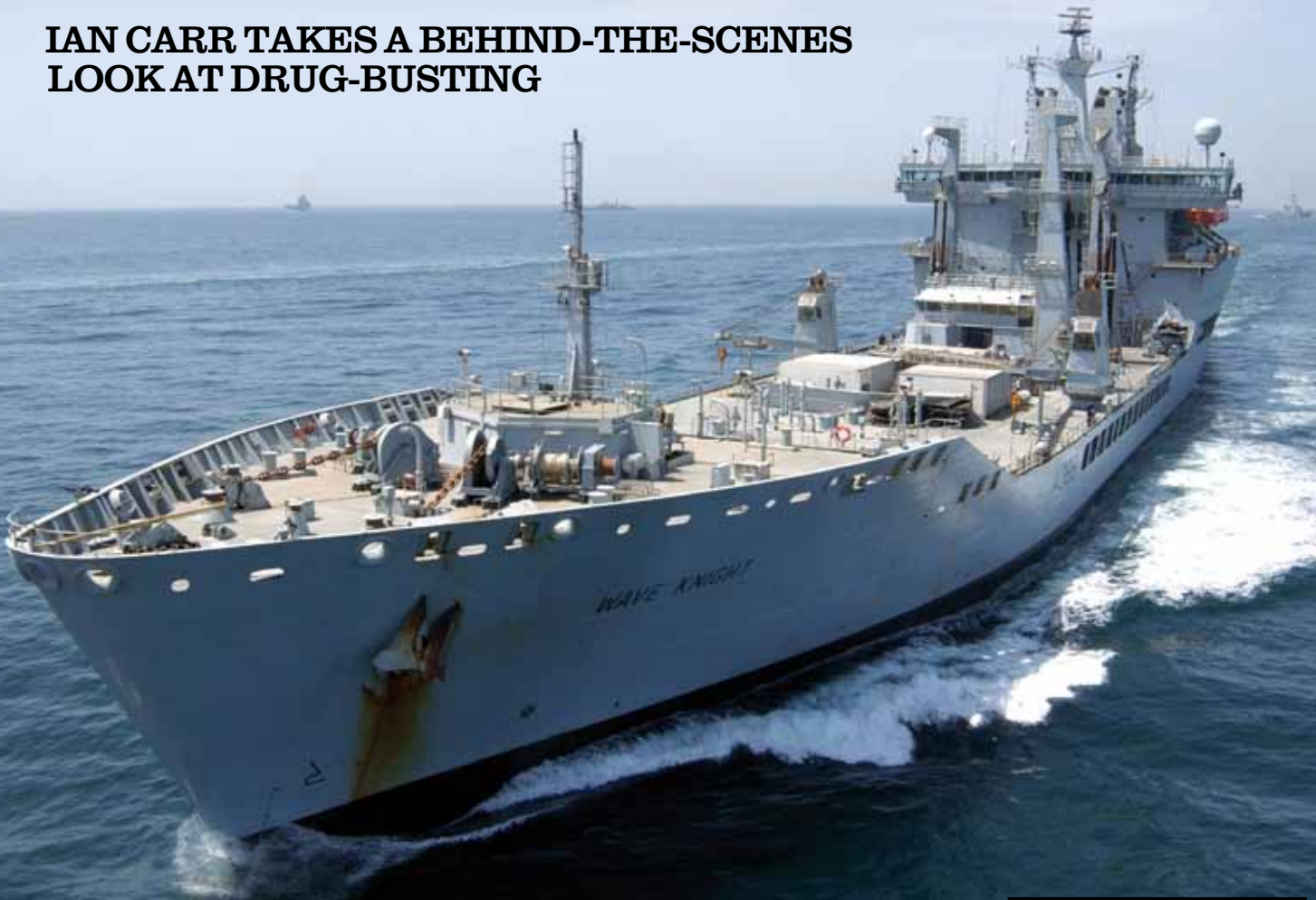
THE ROW2RECOVERY CREW OF TWO AMPUTEE AND TWO ABLE-BODIED SOLDIERS ROWED AN EPIC 3,000 MILES ACROSS THE ATLANTIC TO COMPLETE THE WORLD'S TOUGHEST ROWING RACE AND CLAIMED AN AMAZING THIRD PLACE

LEFT TO RIGHT: CORPORAL CAYLE ROYCE, CAPTAIN JAMES KAYLL, CORPORAL SCOTT BLANEY AND CAPTAIN MARK JENKINS



NO HIGHS AT SEA

IAN CARR TAKES A BEHIND-THE-SCENES
LOOK AT DRUG-BUSTING



Ruling the waves: RFA Wave Knight

Picture: FOI(Phot) Christine Wood

Last year, thanks to the Royal Navy (RN) and the Royal Fleet Auxiliary (RFA), some big bites were taken out of the international drugs barons' balance sheet.

In one interception in the Caribbean, RFA *Wave Knight* wiped a street value of £9 million off the criminal cartel's bottom line by seizing a staggering tonne-and-three-quarters of marijuana from *Miss Tiffany*, a vessel masquerading as a fishing boat.

Frigate HMS *Lancaster* has been no slouch either in preventing narcotics flooding into America, the UK and Europe from Peru, Colombia and Bolivia, the three main producing areas of cocaine. While these seizures may take place thousands of miles away on the other side of the Atlantic, there is no doubt that the ramifications have a global impact.

"It is important to understand that countering the flow of illicit narcotics is an international approach with governments and their agencies working in partnership.

It's not just about what the RN and the RFA are doing," said Commander Ian Lynn, who works in the Naval Staff in MOD Main Building, talking about Atlantic Patrol Task North (APT(N)). UK Defence conducts counter-narcotics operations in support of Her Majesty's Government objectives under the lead of the National Crime Agency.

The truth is that countering illicit narcotics is just one element of a much bigger battle. The dreadful effect of drugs on the streets of Manchester, Glasgow and London is just part of the problem as profits coming from the sale of drugs are known to fund other illicit activities and terrorism.

Targeting the problem at a distance is one component of a strategy for protecting the UK homeland. "We work on a layered defence. It might well start in a South American country, or off their shores or it may take place in international waters, or in countries on transitory routes," said Commander Lynn.

"Each stage is a layer of defence

culminating in our final shield which is our national border force. Conducting the operation is huge. But equally, what is at stake is huge as well.

"We are also looking for high-end smuggling, the movement of illegal immigrants – it is all about providing a deterrent to those wishing to use the high seas in an illicit manner. That's what maritime security is all about."

Looking at the Caribbean as an example, ships like *Wave Knight* and HMS *Lancaster* play an important part in thwarting the drugs lords thanks to their role supporting APT(N). The RN and RFA presence is part of the UK's year-round commitment to support our overseas territories there, reassuring citizens and providing humanitarian assistance and disaster relief.

Before a ship deploys, a programme of activity is written for it based on requests submitted from various interested parties. Naturally, there's no shortage of people

keen to get their hands on an asset like an RN or an RFA ship. Speaking to *Defence Focus* in the Maritime Operations Centre, a windowless bunker at Northwood, Fleet Operations Officer, Commander Colin Williams, explains. "We take bids from places like MOD's International Policy and Plans, the Foreign and Commonwealth Office, which is largely represented by the governors or defence attaches in the area of the visit, and the Home Office. We look at those in the context of our naval requirements."

There may be a need to have a UK presence at the Jamaican Independence Day and having a ship all shined up sitting alongside certainly adds to the diplomatic impact of the occasion.

As the ship's primary role is the reassurance of the overseas territories, extra activities are planned around visits to the islands and the patrols of their waters.

Which brings us to the bids that come in from the Joint Inter-agency Task Force South (JIATF-S). This American-based organisation, with its headquarters strategically placed at Key West in Florida, fuses together internationally-sourced intelligence so that it can position all the assets under its control to have as big an impact as possible on the drugs traffickers operating around the Caribbean and the Pacific. It's a big area to police, so they want to get their hands on as many ships and helicopters as they can. And the Royal Navy are keen to help.

Our man in JIATF-S is RN Commander Rob Harcourt. He is just over halfway through a three-year tour. At the time of talking to *Defence Focus*, on an exceptionally clear telephone line, the locals were reeling from an unseasonal polar vortex that had sent the mercury in their thermometers plummeting to the low 20s. "The locals are all walking around in hats and gloves," he observed, only slightly amused by the sight. And then it's down to business.

"My job here is to look at what JIATF South is doing. I look at the intel coming through, the laydown of their ships, and then try to represent the UK to make sure we are getting the maximum use out of our ships and helicopters and that they are being used properly when under JIATF control." To do this means he needs to be in regular contact with Commander Fleet Ops at Northwood.

"Once we have created our programme," said Commander Williams, "we free up as much time as we can to dedicate to counter-narcotics. Then, when the ship is in area, with the intel he's got, Rob (Commander Harcourt) will say to the ship's commanding officer 'we want you to go and work up the Windward Islands, a



Baling out: HMS Manchester on patrol in the central Caribbean intercepted a drug-running vessel, forcing the smugglers to jettison their illicit cargo of 100 per cent pure cocaine

Picture: LA(Phot) P Brookes

classic marijuana and cocaine route, or up towards Belize'. Or it could mean working further into the Atlantic to interrupt drugs heading for Europe via North Africa. There are many ways of skinning a cat."

Estimates indicate that as much as 80 per cent of the drugs flowing out of South America do so by sea. The area that JIATF-S has to keep an eye on is immense.

Defeating the drug trafficking organisations (DTOs) is a massive task, so, with only a handful of coast guard cutters at their disposal, you can see why JIATF-S is keen to accept the offer of an additional British or French ship to help with the battle. But even with these extra assets, the success of the operations depends on a forensic application of intelligence to make sure the ships are positioned in the best place possible to spot and if necessary intercept suspicious vessels.

"DTOs are prepared to put drugs on anything. But the classic is the go-fast," said

Commander Harcourt. "That's a speedboat with up to four engines on the back, capable of speeds of 50 knots. Even a warship will struggle to keep up with that, which is why having the use of a helicopter is such an enabler. It spreads your surveillance net and your effective reach."

When a suspicious vessel has been detected and tracked and it is time to move into what the authorities call the law enforcement phase, the command and control for whatever happens next switches to the US Coast Guard.

District 7, based in Miami, is the military and law enforcement authority for the Caribbean, while District 11 based in San Diego covers the Pacific. "As a naval officer I can't just go out on the sea and arrest someone. While we could for fishing protection around the UK under very specific cross-governmental authorised powers, out on the high seas we don't have the authority," said Commander Harcourt.

It might be a Royal Marine firing a bullet from a Royal Navy helicopter to take out the engines of a go-fast boat, but when that happens the Brits are acting as agents of the US Coast Guard. All boardings are carried out by Law Enforcement Detachments (LEDETs) of the US Coast Guard. LEDETs are eight-man teams specialising in boarding, arrest and evidentiary procedures.

"Which works well for us," said Commander Harcourt, "because the whole interdiction and arrest is done under American authority. The boarding, the arrest, the evidentiary chain and the prosecution is American. That means that our personnel are not required to attend in court for any consequent prosecutions."

The working relationships between the LEDETs and the RN crews are close. They have to be. When a British ship arrives in the Caribbean, the LEDET goes aboard and



Heavy lift: HMS Lancaster's Lynx helicopter transports drug bales to a US Coast Guard vessel

Picture: LA(Phot) Jay Allen

ROYAL NAVY COUNTER-NARCOTICS

spends a couple of days familiarising itself with the RN procedures and getting to know the crew. During that time they will practise getting kitted up, launching the ship's boats and going through command and control drills. This has developed to the point that some LEDET members went to Plymouth to be involved in HMS *Lancaster's* Flag Officer Sea Training, the gruelling preparatory exercises and assessments that ships must pass before deployment.

"It went well, and we are hoping to do the same for HMS *Argyll* later this year," said Commander Harcourt. Indeed the relationship has strengthened to the point that a US Coast Guard helicopter with a US marksman recently embarked aboard RFA *Wave Knight*.

It's the first time that a non-US ship has taken on board one of their helicopters for this purpose. Commander Harcourt is proud of the fact. "That's a real milestone and a great result for the RFA and the RN," he said.

But making it happen required more than a pilot with a steady hand landing the helicopter on the deck in a heaving sea. Before the two international assets could be combined to operate in this way, it was essential to first determine that it would not



Pictures: LA/Photo Jay Allen

conflict with any of the legal aspects.

"It meant adapting some existing memorandums of understanding. It is all covered by an intricate network of agreements set up over the years," said RN Command Legal Advisor Lieutenant Commander Alex Ward. "It's an incredibly successful example of a multinational operation on the high seas. You couldn't really replicate it anywhere else in the world at the moment."


The multinational nature of the operation is essential to the enterprise. Intercepting and boarding suspected DTOs depends on a clear understanding of a complex network of territorial waters and

international maritime law.

Knowing who to contact and how to get the necessary permissions before boarding another nation's ship is essential and the process can take time. International agreements set up in advance speed up the chance of an intervention.

Having the US in the lead means that the RN are not embroiled in any of this. They can play a major role in the battle against drugs without deflecting them away from the main UK purpose, reassurance of the overseas territories.

Indeed, Commander Harcourt argues that working with JIATF-S enhances the effectiveness of that role. "We could spend our time just patrolling the territorial waters of the British Virgin Islands. But I think we are contributing just as much to their stability and security by being in the middle of the Caribbean contributing to drugs interdiction.

"By doing that we are playing our part in weakening the whole criminal network that goes with it, which means they have less of a destabilising effect on our overseas territories. And that, I think, brings even more reassurance to our citizens, while keeping the damaging effect of drugs out of the UK." 

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ALL IN IT TOGETHER

DEPUTY CHIEF LAND FORCES (RESERVES) MAJOR GENERAL RANALD MUNRO TALKS TO IAN CARR ABOUT EXCITING TIMES

DF: Why did you want to be a reservist?

RM: I joined 10 Para in 1987 because I wanted the sort of physical and mental challenge it would offer and for the adventure. I knew it would develop my leadership skills. Once you join, what keeps you in is the camaraderie, the ideals and standards, and the ethos of the Army and because you relish the idea of doing something different.

DF: What was being a reservist like then?

RM: The opportunities were different. There was a strong unit ethos and roles for juniors and seniors. Officers always had something to command. But the opportunity to go on operations was limited as was the chance to train with the regulars. The TA, as it was then, and the army were like two parallel organisations that came together now and then.

DF: How has the reservist experience changed?

RM: When you join today you are not a second class citizen. You are selected and trained to the same standard as a regular. The training is now properly

programmed and planned. The army wants to make sure that we are every bit as capable as the regular soldiers. Reservists have also played an important part in Iraq and in Afghanistan, some have given their lives and some have won gallantry medals. So we have acquitted ourselves well.

DF: What changes are going to affect the regular and reservist soldiers in the near future?

RM: These are exciting times for all of us. The creation of an integrated army designed as a reaction force, an adaptable force and Force Troops Command means we will all have to do things differently. Reservists and regulars will work together routinely.

We are preparing for that by pairing units based on cap badges, so that reservists and regulars train together, use the same kit, socialise together and go on exercises and operations together. All that builds confidence and trust in each other. It's important to emphasise that we are talking about an integrated army. It needs to be a symbiotic relationship. This is not an assimilation by army regulars of the reserves.

DF: We need more reservists for Army 2020 to work, so how can we attract the numbers?

RM: Previous marketing campaigns didn't always maximise recruiting potential. With the recent campaigns I think we have solved that. I also believe we need to do more to shape the environment to help us recruit. We need to do more to explain to the public that we are doing defence differently, and explain what role reservists play in an integrated army.

DF: Are you saying that we need to do more to tell the public what the reservists do?

RM: We haven't marketed the reserves for a very long time. It surprises us when we discover that some people don't know that there are reservists in Afghanistan. There are people who don't even realise that reservists get paid, which is amazing to us. So we are almost starting from scratch telling people what the reserves are. We need to better explain our role, our terms and conditions of service. But the momentum is building.

DF: What else is being done to encourage recruitment?

RM: It has been well publicised that we have had problems with our recruiting IT system so we have had to put extra manpower into that. But the web access is simpler now and we've simplified the application and the medical application forms. We have shortened the time of flight through the recruiting process, and we are bringing people in to help guide potential recruits through the process. We are introducing regional clinics at Army Reserve centres where members of staff can open up a laptop and take potential recruits through the process.

DF: It must have been frustrating when the recruiting process wasn't going as well as you hoped?

RM: Of course it was, but we are where we are. And bear in mind we are talking about Army 2020, not 2014. We haven't long crossed the line of departure, so when people say 'it's not working', well, give us a chance.

We are doing everything we can to make sure that people don't drop out of the system, either through the application or the training process. We have recruitment, retention and mentoring teams in every unit and sub-unit. Their job is to hold the hands of those going through their training. In the reserves we can boast an 80 per cent retention rate post-phase-two training. So we are doing something right.

DF: Do you think that there are enough people out there who want to become reservists?

RM: I'm convinced that there are way more out there who would be interested than the targets we've set. But we have to press their buttons and tell them who we are.

When I joined, they were 78,000-strong and the proposition to the young soldier thinking of joining was not as sexy as it is now, working alongside the regulars and using the same kit. Do I think getting the numbers is achievable? Yes. Do I think an integrated army is achievable? Yes again. The Australians have been running with this model for two decades, the Americans for longer. We can do it, but it will take time.

DF: How is pairing regular and reserve units going?

RM: I think we overcomplicate this. It's pretty basic, but the army is very good at getting on with things. On paper we talk about 2015 but the integration process is happening right now at commanding officer (CO) level. I can tell you that COs get it. They recognise the value of having another pool of manpower, not just bodies, but skill sets, so pairing is happening right now.

It's really about training. You don't need a template for it. If you are going to cross a line of departure and go on operations together it's in both your interests to make sure you work together now, not five minutes before you leave.

DF: How does pairing work in practice?

RM: It's about both sides sharing their resources and their skill sets. For example, at the moment the reserves have more adventurous training instructors than the regulars and reserves are well-placed to help nurture community engagement.

It's going to help that a single one-star will command both the paired regular and reserve unit, not different chains of command. The simple test is, have you trained to the appropriate standard with the skill sets you need to deploy as a viable organisation?

DF: Are we doing enough to engage with employers?

RM: We have to recast the compact between defence, society and the state, and employers are a hugely important part of that. We have made a good start explaining to them what we will do for those who have reservists on their books, for example that mobilisations will be cost-neutral.

But we need to make sure we have a more open and transparent relationship between defence and the employer, not just through the soldier. We need to give them more notice of mobilisations and training commitments. And we are focusing on getting this right over the next few months.


DF: How do we calm employers' fears that their reservist staff will constantly be away from work?

RM: The reality is that we are asking for 40 training days a year, most of it at the weekend, but which also includes a two-week camp. That's about the average in the reserves right now.

There is a potential, and even some reserves don't get this, a *potential* one-year deployment in five (a six-month deployment including the predeployment training and post-operations leave). But in the future we may only require deployments of two or three months. It's a key point that the Army isn't going to deploy someone just because they are in year five and haven't done a tour. If we don't need to, we won't deploy you.

DF: What benefit is there for an employer in having reservists on their staff?

RM: We might have to get more sophisticated in finding out what sort of experience and training employers would find valuable.

But whatever industry you are in, qualities like leadership, having a can-do attitude, communications skills and a willingness to take on responsibility and accountability, all things that being in the reserves develops, must be attractive to an employer. 



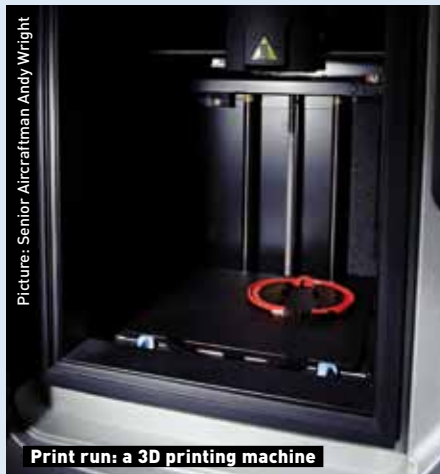
PRINTING THE FUTURE

3D PRINTING IS NOW BEING USED TO MANUFACTURE AIRCRAFT PARTS, SAVING TIME AND MONEY

What do you do when you need a certain part to make your aircraft perform better? Do you wait for a supplier to get you the part, or do you use a 3D printer to print it for you in a day?

This might sound futuristic, but it is exactly what BAE Systems is doing right now.

3D printing is the process of making a three-dimensional solid object of virtually any shape from a digital model. Solid items are generated at the touch of a computer button, transforming the image on the screen into an actual chunk of material that you can touch.



Picture: Senior Aircraftman Andy Wright

Print run: a 3D printing machine

The printers can produce almost anything and industry is quickly catching on to this new technology, using it to create parts for turbines and even shoes. Nike demonstrated the versatility of 3D printing when it used the method to prototype and manufacture the 2012 Vapor Laser Talon football shoe for American football players.

In early January 2014, BAE Systems announced that their engineers had created and flown a 3D-printed metal part for the first time bedded into a BAE Systems' Tornado fighter jet. The metal camera bracket that was produced by a 3D printer was successfully flown from BAE Systems' airfield at Warton in Lancashire.

Elsewhere, BAE Systems has engineers designing and producing 3D-printed plastic functional components at RAF Marham - home to three of the RAF's front line Tornado squadrons - to support the aircraft when it is being maintained on the ground.

These parts are made from a plastic material and include protective covers for Tornado cockpit radios, support struts on the air-intake door and protective guards for power take-off shafts.

The obvious advantages of using this technique are savings of both time and money. The protective covers, for example, are made in a day for less than £100 a throw, meaning savings to date of £300,000, with a projected four-year



reduction in manufacturing costs of £1.2 million.

BAE Systems claim that the technology is already being used to speed up and cut costs of aircraft repairs, maintenance and service in the RAF. And that capacity can only grow as the engineering techniques and spread of materials become more advanced.

Given that a replica repair plate, guaranteed in its accuracy, can be turned round in a day, the benefits of the technology are self-evident.

Last September, US space agency NASA announced that it is planning to launch a 3D printer into space in 2014 for the first time to help astronauts manufacture spare parts and tools in zero gravity.

The fact that the printers are relatively portable means that they could be used anywhere from an RAF base to the front line, producing desperately needed parts, something which could become a life-saver when on operations.

Mike Murray, Head of Airframe Integration at Warton, says: "You suddenly have a capability that gives you portable manufacture. What this means is you can put it wherever you like, whether it's near the front line, or whether it's on a base.

"You are suddenly not fixed in terms of where you have to manufacture things. You can manufacture the products at whatever base you want, providing you can get a machine there, which means you can also start to support other platforms, such as ships and aircraft carriers.

"And if it's feasible to get machines out on the front line, it also gives improved capability where we wouldn't traditionally have any manufacturing support."

RAF personnel based at Marham have seen first-hand what can be done and are happy to be working in tandem with BAE Systems. Squadron Leader Michelle Casey is a structures specialist for Tornado's engineering authority. She says: "It's very much appreciated. We have evidence that the concept will work straight away, rather than trial and error



Moving parts: 3D printing could change the way the military sources parts

Picture: Senior Aircraftman Andy Wright

going forward.

"If we come up with the right product first time, every time, which is what we are aiming to do, it means everybody is getting everything quicker, mitigating a lot of the risk we have previously encountered.

"There is the old adage that a picture paints 1,000 words. This is even better.

"There is vast capability on site to support CMU (Combined Maintenance and Upgrade) and make sure that Tornado

will be fully capable as it goes towards its out-of-service date and to maintain that capability because we are able to look after it on site."

With the frontiers of 3D printing being constantly pushed back, the future of manufacturing for the Armed Forces could be very different to the present day. As Malcolm Ranson, BAE Systems' UK on-base support engineering manager for Combat Air, succinctly surmises: "The only limit is the designer's imagination." **DF**



Ring of confidence: 3D-printed Tornado part produced by BAE Systems

Picture: Senior Aircraftman Andy Wright

SMOOTH OPERATORS

COMMANDER, JOINT FORCES COMMAND TALKS TO IAN CARR ABOUT THE BENEFITS OF GIVING JOINT CAPABILITIES A HOME

It's been nearly a year since Joint Forces Command (JFC) came into full operating capability. When Lord Levene wrote his report on the effectiveness of defence, one of the

things that concerned him was that many of those joint capabilities common across defence were not being adequately looked after. Who, he queried, was the champion for the enablers that everyone

in defence depended on? Things like intelligence, joint logistics, non-service-specific training and medical provision. These things were in need of a home. And so JFC was formed. It was an idea that many felt was long overdue.

Lord Levene has since been back to take another look at what progress has been made. And he likes what he sees. In his second annual report he writes of JFC: "It is a lean and agile organisation which is already taking a clear lead on key technological enablers. But it faces significant challenges as it takes on Defence Information Systems."

Speaking to *Defence Focus*, Commander JFC, General Sir Richard Barrons, said: "You are right to highlight that we are in our first year of existence. We are still growing and maturing, but we do know what our constituent parts



On to the next job: joint logistics are an essential capability

should be, how they work and fit together. We are entering that phase which will see us being successful, transformative and, taken together, be an organisation that is greater than the sum of its parts.”

General Barrons talks a lot about the need for JFC to be transformative. Its role is not, he says, about bringing together any bits of defence simply because they have the word ‘joint’ in their title.

“It’s really unhelpful if any debate starts with a squabble over ownership. The issue is about what the organisation is doing, not who owns what. I’m more comfortable with an outcome where the single services and other parts of defence operate full command over their areas but are responsive to a joint proposition. We don’t want to acquire the trappings of an organisation where we start to do things that would be done better by a full command. That makes no sense.”

Instead it is about creating an organisation that supports the single services by delivering essential capabilities that sit outside their remit. But it is also about being an ideas engine that challenges people’s views. “Our ideas and demands will I think test people’s default settings. JFC will win its case and gain support by producing strong ideas which make sense to people.

“We don’t have, nor do we aspire to have, the authority to assert that people will do what we say because we think it is right. With the talent and power of expertise that we have at the highest level, including the defence academy, defence concepts and doctrine centre, joint operations, logistics and a very strong civil service cohort, I can’t imagine that there are many strategic defence problems that we can’t have a set of good ideas about.

“That’s why I think JFC will be an increasingly competitive and forward-leaning organisation that people will want to be a part of.”

Developing the way that the services get the joint support they need has meant a change of mindset, tailoring products to suit the needs of the user. Delivering joint intelligence differently is just one of the General’s pet prides. “It is an example of how we are producing a new perspective on defence. It used to be that we had strong intelligence pillars in each of the services and a defence intelligence service that was very focused on London. There were distinct stovepipes where analysts were separated from collectors, people dealing with imagery didn’t necessarily sit alongside those who



Picture: Harland Quarrington

Challenging times: General Sir Richard Barrons

dealt with signals intelligence or human intelligence.

“We are completely changing that.” The intelligence hub situated at RAF Wyton melds together its functions in a way that means its customers get much more focused products with exactly the level of granularity and presented in a format that best suits their needs.

“Ministers and senior military officers need to be told the essence of a problem, clearly and briefly expressed, not be faced with pages of detail. What a tactical commander needs in the field is clearly different too, so we are tailoring



Picture: Harland Quarrington

New slate: the ways we communicate are changing

compelling and digestible products for each need.”

Pulling together those things that are common to all services is already making sense. Developments in the Defence Medical Services are an example of work under way.

“Within the course of the year we have established defence primary healthcare provision and developed the new Defence National Rehabilitation Centre (the new Headley Court) which is something the NHS doesn’t provide. The plans for the way that we contract for secondary healthcare with the NHS are coming along well. Now, all of that is better done by a single organisation,” said the General.

One of JFC’s big ticket items for 2014 is the one which Lord Levene referred to in his last annual report, the transition of Defence Information Systems.

“For me, the most important thing that we are focusing on right now is that we have had the new three-star Chief Information Officer, Yvonne Ferguson, join us. She is new to defence, but as an industry leading light she knows stuff that we really need to benefit from,” said General Barrons.

In April, Information Systems and Services (ISS), the organisation that defends MOD’s networks, will become part of JFC. When it moves across it will discharge some 40 per cent of JFC’s acquisition responsibilities. The aim is to transform the way it does business, and to develop a method of buying information systems in a way that suits the nature of this capability and which gives greater value for money.

“It’s a fantastic opportunity to break out of that sense of malaise that we have all suffered in the information space. I hope that the people that now work in ISS are really enthused about this opportunity and the sense that they feel we can help them to turn a page in a way that many have always really wanted to,” said General Barrons.

A lot has happened in JFC in the last year, a lot more is yet to happen. So what would the General hope that Lord Levene will say when he returns for his next annual review?

“That he agrees that we have become greater than the sum of our parts, and that we had found new synergies between the component parts of JFC which were really powerful.

“I’d really like him to say that as a result we had come up with some really transformative ideas and propositions for changing the way UK defence operates to fit the world as it is actually turning out.”



Sights set: Lance Corporal Herblin Biscette wears one of the new head-mounted night-vision systems

GREEN LIGHT FOR NEW KIT

THE ARMY HAS INVESTED MORE THAN £50 MILLION IN NEW EQUIPMENT TO HELP SOLDIERS SEE MORE CLEARLY

British troops will soon benefit from £53 million of new kit, which was on show recently at the Infantry Trials Development Unit in Warminster, Wiltshire.

New night-vision and laser equipment will enable soldiers to spot potential threats earlier and so better protect themselves against the enemy during day or night operations.

All infantry soldiers will be getting state of the art laser lights that can illuminate targets from up to 800 metres away. The lights, weighing just 244 grams, fit onto SA80 rifles to enable more accurate firing in low-light conditions.

In addition, more than 15,000 new lightweight binoculars have been ordered to be used with the upgraded laser lights. Designed to be easier to hold, the new model is 50 per cent lighter than the previous model, but still provides excellent magnification.

Keeping down weight, while ensuring maximum safety, is one of the key considerations when sourcing new kit for personnel.

The Army Reserve are also in line for new kit, with more than 4,000 additional head-mounted night-vision systems specifically for them. They allow soldiers to operate in poor light or in dark tunnels and buildings and better identify potential threats and other personnel.

This, alongside improvements in equipment and training, is part of a £1.2 billion investment in the Army Reserve.

Minister for Defence Equipment, Support and Technology, Philip Dunne, visited Wiltshire to see the new kit being put through its paces. He said: "This multi-million-pound investment makes clear the MOD's commitment to equipping our Armed Forces, including reservists, with world-class, battle-winning technology."

Lance Corporal Herblin Biscette, of 2nd Battalion The Royal Regiment



Double vision: the brand new binoculars (left - alongside the previous model) weigh half as much to help lighten the load



Night light: the latest head-mounted night-vision optical equipment



Major Nick French demonstrates the upgraded Laser Light Module Mk3

of Scotland, tested the equipment while working for the Infantry Trials Development Unit. He said: "This new kit will help us to stay accurate and heighten awareness in difficult, low-light conditions. Being able to mark our targets from so far away means that we can prepare for the situations ahead and

do the job with confidence.

"This kit also gets tested virtually to destruction; it gets dropped from height, submerged in water and mud, blasted with sand, left out in minus 20 degrees – all conditions that we might have to face when using it, so we know that it won't let us down." **DF**

Pictures : Andrew Linnett

HONOURING OUR HEROES

EMILY BIRD LOOKS AT HOW THE NATIONAL ARMY MUSEUM IS COMMEMORATING UNRECOGNISED HEROES OF THE TWO WORLD WARS

The tens of millions of Service personnel who died during the years of fighting in the First and Second World Wars left deep scars in generations around the world. No previous war had seen mass casualties on such a global scale.

For the families of those who died during these appalling conflicts, seeing their loved one's name on a memorial, and knowing they have been recognised for their sacrifice to their country, can help them to know their death hasn't been in vain.

Sadly, in some circumstances, soldiers' records are incomplete or have been destroyed, which may mean they weren't



Dr Alastair Massie

commemorated. It's the responsibility of the Ministry of Defence to make sure that UK personnel who died in service in the two world wars are commemorated appropriately by the Commonwealth War Graves Commission (CWGC).

In 2014 Dr Alastair Massie (pictured left), Head of Academic Access, and his team of researchers at the National

Army Museum will be helping to carry out this project on behalf of MOD, as they take on the cases that are passed on by the CWGC and investigate the cause of death for these soldiers.

And their new task has come at a time of great focus on the centenary of the start of the First World War.

"The CWGC receive about 300 cases

a year, with most of them being passed on to us for further investigation," says Dr Massie. "And as this year marks the First World War centenary, this is expected to increase. I imagine there will be greater interest, especially with such great facilities for people to start researching available. That is why doing this piece of work will be important, not only for us; but also for those getting to the bottom of what really happened."

CASE BY CASE

Dr Massie and his team of two highly qualified adjudicators launched the project at the beginning of the year and, with over 300 cases in their in-tray already, the year ahead looks a busy one. But luckily technology is on hand to help him and his team out.

"Nowadays, there's a revolutionary ability to readily check service records," says Dr Massie. "The First World War service records were passed by the MOD to the National Archives during the late 90s and these were then digitised on Ancestry.co.uk. Just as the public can now check records we can double-check them too."

Dr Massie explains that the CWGC is the first point of contact for a claim and it's they who deal with the public directly.

"Once they receive a claim, they will first need to establish whether it's valid by checking whether it's mistaken identity, an incorrect name spelling, or whether the person has already been commemorated, but not under that name. If there is an error or omission of information by the Armed



Horse power: 1st Reserve Regiment of Cavalry in training at Aldershot, 1914

Forces, the case will be forwarded to us for further investigation.”

The researchers at the museum will be looking at claims relating to deaths that took place in service or that happened as a result of injuries away from the battlefield. So soldiers who were in India and dying of cholera in post-war service, for example, can be included and commemorated.

The deaths would need to have occurred between closely defined dates. For the First World War, the dates are 4 August 1914 to 31 August 1921 – when parliament passed the Termination of War Act – and the Second World War dates span from 2 September 1939 to 31 December 1947.

Most of the claims that are sent in, from descendants, researchers and writers, are about commemorating unrecognised soldiers who died in the First World War. These were stored in the Guards Chapel at Wellington Barracks and after being attacked by enemy bombs in 1940 only 40 per cent of records survived.

The Second World War records are more complete. The exception is records for those who died around the time of the Singapore Fall in 1942, as the researchers find it difficult to establish what happened to those in Japanese captivity, particularly if they weren't in the British Army but were in auxiliary forces.

DIGITAL ERA

Modern tools are on hand to make some of this research easier. The UK's largest family history website, Ancestry.co.uk, not only contains birth, marriage and death records, but also extensive military records. Dr Massie says that as well as being able to access a wealth of information from Ancestry, there are many other sources they explore to ensure they get a full understanding of a case. This includes the Army Personnel Centre in Glasgow.

Military service records, which date from 1921 onwards, are held with MOD in Glasgow and the only way to access them is by application. These records are closed to the general public for 75 years after the date of discharge, so getting access to this information isn't simple.

The National Army Museum also has its own collection of records to search through.

“A very useful source is the Soldier Effects Records, which date from 1901 to 1960,” says Dr Massie. “It's not the personal belongings found in someone's kit bag when they died, as some people imagine, but actually what monies were owing to their next of kin, be it back pay or gratuities. This is evidence that someone really did die as the War Office wouldn't have paid out



Walking wounded: Soldiers of the Welsh Guards in a reserve trench at Guillemont, Western Front

Pictures: National Army Museum

money unless it was certain that they had died.”

The National Army Museum acquired these records in 1990, simply because they were considered surplus to requirements, and they are huge. Each one is about a foot-long and collectively they weigh about 16 metric tonnes. There are plans to digitise this collection this year, although they have already been made available to members of the public.

The museum also finds information for claims through the General Records Office, the Service Personnel and Veterans Agency, regimental enlistment and discharge books, and sometimes with the help of a MOD medical adviser.

“We need to do the job thoroughly,” Dr Massie enthuses. “We might have been provided with printouts of service records but we'll need to double-check these to make sure they are what they seem.”

“For instance, there may be a case where we are given a record where somebody is discharged because of TB (tuberculosis). Then we look at the service records and we discover that he rejoined the Army and when he was discharged the second time there is no mention of TB.”

In cases where the person has died in service, it's pretty simple to come to a conclusion compared to those that are medically discharged and die subsequently



Sombre duty: a member of the Women's Army Auxiliary Corps tending to graves, 1917

before the qualifying period elapses.

“We accept all cases where the death is attributable to ordinary military service, active service, or where the person has a latent condition that has been aggravated by service.”

Dr Massie says that, in a very small handful of cases, sometimes medical boards are contradictory.

“When we are faced with contradictions like these we have to look at the balance of probability,” he explains. “In these circumstances we are allowed to seek medical advice, especially if the cause of discharge could be related to the cause of death, but it isn't obvious to a layman.”

GONE, NOT FORGOTTEN

Once Dr Massie and his team have thoroughly gone through each available record, they give their recommendations to the CWGC who will then see what action needs to be taken. They then decide whether someone's name should be added to a memorial or to the CWGC website, or whether an existing headstone should be adapted, and of course the person who submits the case is informed of the museum's decision.

The museum, a non-departmental public body sponsored by MOD, has been working very closely with the department on this project. Last year, when MOD looked at the most cost effective and expeditious way of dealing with these cases, they felt the National Army Museum, with its expertise and knowledge of the British Army and its access to sources, was the best place to do this.

Dr Massie and his team are keen to take on the challenge as they understand the great importance for both families and the wider public in finding out what really went on for those servicemen and women during those dark days of the last century.

“The interest and stories that will come out of this research will be really inspiring,” he adds. “It will be great to tell the story, put the pieces of our history together and honour those that deserve it.” **DF**



Standing on ceremony: Warrant Officer Class 1 Bill Mott

CAPITAL JOB!

THE BRITISH ARMY'S SENIOR WARRANT OFFICER HAS BEEN GRANTED THE FREEDOM OF THE CITY OF LONDON

The soldier responsible for the smooth running of every military and government ceremonial event in the capital since 2002 has been granted the Freedom of the City of London.

Almost any event you can think of that has happened in the capital in the past 12 years, from royal weddings and jubilees to the funeral of Baroness Thatcher in 2013, Garrison Sergeant Major (GSM) London District, Warrant Officer Class 1 (WO1) Bill Mott, has had a hand in it.

And it's this vital role in some of the city's most important moments that has led to GSM Mott being granted the Freedom of the City, an honour normally granted only to members of livery companies and to military units, not to individual soldiers.

In honour of the Welsh Guardsman's considerable contribution, the Remembrancer of the City of London, Paul Double, insisted he personally led

GSM Mott's Freedom Parade, held on 14 November 2013. He said: "Bill Mott has contributed so much to the city's part of state visits. Without Bill's expertise, we simply couldn't run what we do."

A historic ceremony dating back to the 13th century, today most of the practical reasons for obtaining the Freedom of the City of London have disappeared, but one of the ancient rights bestowed on Mr Mott did appeal to the Welshman: "I can take sheep or geese across London Bridge," he beams. "And I would love to do it, even if it messed up the traffic."

GSM Mott joined the Army in 1979 and served in the Welsh Guards with his two brothers, deploying with one of them to the Falkland Islands, where they survived the bombing of HMS Galahad. He later saw operational tours in Northern Ireland and three periods as an instructor at the Royal Military Academy Sandhurst before taking

up his current role.

The post of Garrison Sergeant Major London District was created in 1952 following the death of King George VI, and is regarded as one of the top four appointments for a senior non-commissioned officer in the British Army.

The holder is responsible for the organisation of state ceremonial events at all levels; from providing guards of honour and street-lining parties to the precise orchestration of multiple military elements for occasions such as the State Opening of Parliament. Unlike other postings at the same level, which usually last two or three years, the unique nature of the London job requires the holder to decline commission to the officer ranks and remain in post for continuity.

"The original concept of implementing [the post] was to make sure that the ceremonial occasions were done properly,"

explains GSM Mott. "So if you had someone coming in every two or three years there would be chinks in the armour, and there'd be occasions where things wouldn't be as tidy as they would if it was with somebody who has been there for a length of time."

He spends much of his time ensuring that each person involved in a ceremonial event clearly understands their individual role and what is expected of them. It's his job to ensure that there is a shared understanding of the event and everyone is in the right place at the right time.

"It's all right looking at a programmed list of events and tasks, but some people can misconstrue it, they might have a different view of what the written word says," GSM Mott says.

With a new rotation of troops to bring up to speed every year, it is a neverending role: "If there are annually new people, they won't necessarily understand it," he says. "They may well have done it before, but they might have done it in a different rank, or a different phase, or a different part of the parade. So this new phase might be a little bit too much for them, so you've just got to expand and go over it."

Like most senior managers, GSM Mott depends on a network of "key personnel" to reach every last man and woman involved in any given event. For him, effective communication from the top down is vital to getting the best from his troops: "The end result is that they want to do something that they're going to be proud of, be proud to be part of, and so you get the best results."

As well as getting the communication right, multitasking and leading from the front are also essential competences for a prospective GSM. In addition to orchestrating Baroness Thatcher's funeral, as a Falklands veteran and the only warrant officer of that age still serving, protocol required GSM Mott to be the warrant officer of the bearer party. He carried out the role whilst simultaneously coordinating the rest of the troops involved.

Over the course of his 12 years in post, GSM Mott has amassed a wealth of experiences, both happy and sad. Orchestrating the ceremonial repatriations at RAF Brize Norton and RAF Lyneham for fallen servicemen and women killed on operations in Iraq and Afghanistan, even for a hardened sergeant major of GSM Mott's experience, he found "heartbreaking".

But there have also been much happier times in his varied role. "I can't really say, hand on heart, there's one particular event that I've done in the 12 years that would make me feel prouder than any of the others," he says. "But I'd say the Queen's Birthday Parade."



Wedding planner: Mr Mott looking at plans for the Royal Wedding

Picture: Harland Quarrington



Mott amused: being granted the Freedom of the City

Picture: POI(Phot) Derek Wade

What made it so special for him? "Because I think the sovereign is wonderful, and for me to be stood there in the background knowing that I have linked all these different areas to make sure they're there at the right time."

"You've got all of the nation represented there," he added. "You've got such a vast array of people that are there for that special day and it is such a wonderful buzz."

Looking forward, the reductions across the Armed Forces are already posing new challenges for a man who takes great pride in putting on the best military ceremonies in the world.

"As we condense we have to conform to various restraints, and it becomes more difficult to still produce the same spectacle," he says. "But the wonderful thing about the Armed Forces is they grit their teeth and they get on with it, and they comply and just adhere. They just make it work."


GSM Mott is already preparing his troops for the first annual event of the

ceremonial calendar, the state visit, which takes place in March.

"There's a lot of pomp and ceremony to the state visit, and I think the heads of state, when they come in and see it, they won't get it anywhere else," he says. "Nowhere in the world would there be anything of the same ilk."

In his time he has witnessed ceremonial events the world over, but without an exacting Garrison Sergeant Major getting down in the weeds and overseeing every detail, in his eyes they will always fall short.

After 12 years in post, with all the pressures and responsibilities that come with the job, you might think that GSM Mott would be getting ready to hang up his pace stick. But you'd be wrong.

"I love it," he says. "It's the people and the output that keep me going. I get up in the morning still feeling like a spring chicken. There are days, like everyone, there are peaks and troughs, but nine times out of 10 it's wonderful to come into work." 



Good order: the Queen's Birthday Parade, also known as Trooping the Colour, on Horse Guards Parade

Picture: Corporal Paul Shaw



Anchor faced: Andy next to a Pacific 24 RHIB at Gibraltar Squadron, March 2013

MY MEDALS

Royal Navy reservist Leading Hand Andy Westlake, from HMS Flying Fox, shares his tales of the sea and the medals he's received, with Emily Bird



IRAQ MEDAL

I always wanted to serve my country so I was delighted when I was called up to serve on Operation Telic in Iraq for six months.

In 2009, I was posted to Royal Fleet Auxiliary vessel Cardigan Bay as a member of the ship's protection team. The ship was there to support the coalition warships that were protecting Iraq's oil terminals about 30km off the coast. A very large percentage of Iraq's income flows through these terminals, which are a vital part of the country's ability

to stand on its own two feet. The ship was also used as a training platform for Iraqi marines and navy personnel.

My team (made up entirely of reservists) was responsible for the security of Cardigan Bay. In simple terms our role was to provide a visible, armed deterrent against any threats to the ship.

We also provided security when the ship's boat had to deploy, transferring personnel to the oil terminals or other ships. There were a few incidents that happened which we had to react very quickly to and man the ship's close range weapons, but thankfully we didn't have to fire in anger.



On watch: in the Gulf near the Strait of Hormuz in 2009

I'm aware that others did a lot more than I did in Iraq, some without receiving a medal, but I'm proud that when I was called, I stood up and I did the job I had trained to do.



DIAMOND JUBILEE MEDAL

Being a patriot, I was delighted to receive the Diamond Jubilee medal while I was serving in Gibraltar. The medal celebrates the Queen's 60 years on the throne and was awarded to those who had served for more than five years in the Armed Forces by February 2012. It was great to get recognition for this while in a country that shares my affection for the monarchy.

In 2012, I volunteered to go to Gibraltar to work on a RHIB (rigid-hulled inflatable boat) as a coxswain (the person in charge of steering the boat) with the Royal Navy Gibraltar Squadron (RNGS). This involved patrolling the politically sensitive British Gibraltar territorial waters in a 7.5-metre RHIB.

I was there for just under a year during an extremely demanding time for the squadron. We had to react day and night, to incursions by foreign state vessels. During this time RNGS was also providing security for friendly navy and Royal Navy units arriving in and sailing from Gibraltar.

It's a busy unit, but there were some quiet moments. One of my best experiences was out on patrol as the sun was rising. As I watched the glassy sea, while dolphins played around the boat, I found it hard to believe that I was paid to be there. On the other hand, being sent out on a rough night to investigate a contact was an exhilarating but demanding task. I'm very fortunate in my role as a reservist – I get to do and see things that many people don't.



VOLUNTEER RESERVE SERVICE MEDAL

I joined the Royal Navy reserves just over 10 years ago when I got to 35 and realised time was running out for me to serve in the military. I chose the Naval Service because my grandfather was in the navy in WWII and he kept a diary of his life during the war. This in part inspired me to sign up.

My time in the reserves, either on land or at sea, has always been busy. Reservists have to do a minimum of 24 days a year, which is made up of two weeks on exercise or on a course, training weekends and weekly, evening drill nights. Outside of the reserves, I've a full-time career as a quantity surveyor, so balancing all this can be quite a challenge. I have a very supportive wife who backs me 100 per cent. I couldn't do it without her, and with five children I sometimes think she should get the medals!

It's great to be recognised for these past 10 years, for the time I've given up and for all the stuff I've done – but the years ahead bring more challenges.

Although I'm not due to be posted on any operations any time soon, there's still work to be done. One of my roles within the branch is as a small arms instructor so I'll be busy making sure that everyone at my unit is up to speed with their weapon-handling skills.

I'm also up for promotion this year as I've got my senior rates leadership course in March and, once passed, I'll be picking up my new rate of petty officer in July.

HMS Flying Fox in Bristol is actively recruiting navy reserves. If you're interested in joining, visit the RN website, www.royalnavy.mod.uk/navyreserves, or call 0845 600 3222. You can also find out more about the reserves on GOV.UK (www.gov.uk/government/organisations/ministry-of-defence/about/recruitment#join-the-reserves)

Safe and sound and home again: Andy at HMS Flying Fox, Christmas 2013



“ I’m very fortunate in my role as a reservist – I get to do and see things that many people don’t ”

GUIDE TO THE WINTER OLYMPICS

ONES TO WATCH FROM THE ARMED FORCES AT THE GAMES IN SOCHI



BOBSLEIGH

Olympic Bobsleigh sees a fibreglass sled hurtling down a man-made ice track. After the initial sprint to get the sled going, a lot of the hard work is down to the pilot who has to make split-second decisions at speeds of up to 120 kilometres per hour.

The four-man GB team will be going all out to win its first bobsleigh medal since 1988. For the women there's a chance of a medal in the two-woman event. And the Armed Forces have a remarkable three medal chances in the sport. Royal Marine John Jackson is leading Britain's quest for gold as the pilot of the GB1 four-man team.

The physical training instructor, who competed in the 2010 Winter Games,

said: "To represent Team GB for a second time is a great honour. I'm looking forward to performing on the greatest stage, the highest level of competition, with my teammates."

One of those teammates is Sergeant Lamin Deen from the Grenadier Guards. He is the pilot for both the two-man and the four-man GB2 team. Like a lot of bobsleighters he started off in sprinting and is a member of the Army's athletics team. He has been competing in the sport since 2006 but Sochi will be his Olympic debut. Lamin said: "Competing at an Olympics was a dream and it still feels like a dream. I don't think it will feel real until I am on the start line in Sochi competing alongside my teammates in our Olympic kit!"



BIATHLON

The Biathlon consists of cross-country skiing combined with rifle shooting. The sport evolved from a 19th century Norwegian military training regime. Seeing its military beginnings, it's apt that the British team contains two of our very own – Lance Bombardier Lee Jackson of 16 Regiment Royal Artillery and Corporal Amanda Lightfoot from the Adjutant General's Corps.

Lee Jackson is an old hand, with fifteen years of competition behind him. He first competed at the Vancouver Games in 2010. Lee said "Being a part of that Team GB was unbelievable, and remembering the disciplined four-year commitment full of hard work and sacrifice helps me to focus on the task at hand."

For rookie Amanda Lightfoot, Sochi will be her first Olympic Games and she is only the second British woman ever to qualify for the biathlon. Amanda said: "When it was announced that I had been selected I was overwhelmed, tears and laughter combined. It has been a worthwhile journey to get to this point in my sporting career and I will enjoy every minute."

In the Paralympics, Alpine skier Mick Brennan will be lining up in Sochi. Mick, who was injured in Iraq in 2004, made his international debut for Team GB in 2010. At the time of going to press the full list of GB Paralympic athletes had not been announced. DF



BOBSLEIGH
John Jackson



BOBSLEIGH
Paula Walker



BOBSLEIGH
Lamin Deen



BIATHLON
Lee Jackson



BIATHLON

Amanda Lightfoot

Amanda will be competing in her first Olympics in Sochi

BIG THREE



DOWNHILL

The downhill event is the most exciting of all the Alpine skiing events as it's the longest course and sees athletes reaching the fastest speeds, which also makes it the most dangerous. In the men's downhill skiers can achieve speeds of more than 80 miles per hour. This is one of the most hotly contested events at the Winter Olympics and possible winners of this year's men's event include the big Norwegian Aksel Lund Svindal and Canada's Erik Guay.



ICE HOCKEY

The big team game in the Winter Olympics. First included back in 1920, the sport is fast, aggressive and involves a lot of padding. On home turf the Russians will be desperate to win gold for the first time since 1988. They are currently joint favourites with Canada – who took gold in 2010 and 2002.



SKI JUMPING

Ski jumping is one of those iconic images of the Winter Olympics. A lone figure tiny at the top of an enormous steep ramp hurtling down at speeds of up to 95mph and leaping up to 80 metres into the air. Success is all about timing, technique, distance and landing. And this year sees women competing in the sport for the first time on the 'normal' hill, which is anything but normal at 90 metres high.

MOST EXCITING TO WATCH

Ski cross. Part of the freestyle skiing discipline, ski cross debuted at the last Winter Olympics in Vancouver in 2010. The competition sees four skiers per round taking part in a mad dash over jumps and round tight corners to see who is the first past the post. The fast action, hair-raising speeds and spectacular wipe-outs make it thrilling viewing. And if you like this you should also check out the snowboard cross; same course, same number of competitors per round but with a snowboard instead of skis!

HOW TO TAKE CARE OF YOUR KIDNEYS

YOUR KIDNEYS WORK HARD FOR YOU SO HELPING TO KEEP THEM HEALTHY IS THE LEAST YOU CAN DO FOR THEM!

Considering the main responsibilities of the kidney (filtering approximately 200 litres of blood daily and generating the hormones which are vital to red blood cell production and calcium absorption), it is easy to understand why these small organs are vital to your overall health and well-being.

Organ function naturally starts to decrease as we age, although, as usual, lifestyle choices and genetic factors play a role in their deterioration. Unfortunately, partly owing to cultural phenomena such as the rise of obesity and binge drinking in the UK, research suggests that up to 7 per cent of British adults are at risk of developing some form of kidney problem. So, it is essential to take the steps below to reduce the chances of developing kidney-related illnesses.

Know your risk

Certain hereditary factors indicate a propensity for kidney problems, with South-Asian and African-Caribbean ethnicities being at most risk, together with persons whose family histories involve kidney problems. Diabetes and cardiovascular disease are strongly linked to kidney disorders so sufferers of these conditions must take extra care when observing their general health.

Kidney disease symptoms include dark, smelly, frothy or blood-spotted urine, swollen ankles and unexplained weight loss. Early detection is extremely advantageous in treating kidney difficulties so contact your doctor if you exhibit one or more of these symptoms.

Eat cleanly

Opting for organic and unprocessed food is the best way to keep your organs healthy. Nourish your body with a minimum of five portions of fruit and vegetables per day

and energise yourself with wholegrain carbohydrates. Follow a low-sodium diet and lower your cholesterol by favouring mono- and polyunsaturated fats over saturated and trans fats.

Drink sensibly

Proper hydration is essential; experts recommend that you drink 1.2 litres of water a day. Milk, leaf teas and moderate amounts of fruit juice are acceptable but keep sugary drinks to a minimum. If you drink alcohol, spread your units across the week and do not exceed the maximum consumption guidelines.

Stop smoking

Smoking compromises your overall health and thus impairs kidney performance. Cigarette chemicals alter the composition of your blood and impede its filtration through the kidneys. The risk of smoke-related kidney cancer remains high for up to 10 years after giving up the habit so quit smoking today.

Get moving

Exercise is imperative for good health. Aim to undertake 20 minutes of aerobic activity (which is any exercise which increases your heart rate) per day and strength training several times a week to condition the kidneys through enhanced blood flow.

Watch your weight

Being overweight places additional strain on your organs. For optimal kidney functioning, make sure you keep within the healthy Body Mass Index range.

Monitor your blood pressure

Poor kidney functioning is associated with high blood pressure. Your doctor may recommend medicine to alleviate this

problem but making the aforementioned lifestyle changes will play a significant part in your recovery. Stress can also affect blood pressure levels, so look at ways to reduce tension with things such as relaxation or meditation.

While it is impossible to predict your future health, by following the guidance outlined here you will be taking substantial action to promote kidney health. Just as looking after your heart can help in looking after your kidneys, by adopting a more kidney-friendly lifestyle you will see significant benefits to your entire biological system and psychological health too. **DF**



This article comes to you from CS Healthcare, the specialist provider of health insurance for civil servants. Telephone 0800 917 4325. www.cshealthcare.co.uk

This article is general advice only. If you or a family member have any medical concerns contact your GP or medic.



VITAL NUMBERS

THERE ARE PEOPLE OUT THERE READY TO HELP YOU

RN Benevolent Trust: Grants, advice and income supplements for veterans. Call 0239 2690112 or email rnbt@rnbt.org.uk.

RN Association: Comradeship for all serving and ex-Service members of the RN, RM, QARNNS, WRNS, Reserves, RFA and RNXS. royal-naval-association.co.uk

Royal Marines Benevolent Fund: Relieves hardship among serving and former Marines and dependents. royalmarines.charities@charity.vfree.com or call 02392 547201.

ABF The Soldiers Charity: Support to soldiers and veterans. www.soldierscharity.org or call 0845 241 4820.

RAF Benevolent Fund: Help for RAF personnel past and present. rafbf.org or call 0800 1692942.

The Charity for Civil Servants: Helps anyone who has worked for the Civil Service and their dependents. Advice about support and financial help. csbf.org.uk or call 0800 056 2424.

Army Welfare Service: HQ AWS has relocated to Upavon. Confidential support for soldiers and families. army.mod.uk/welfare-support/family/default.aspx or call (UK) 01980 615975.

RAF Association (RAFA): Comradeship and care for current and former RAF members. rafa.org.uk/welfare.asp.

HIVE: Tri-Service information covering issues like education and health. 167 offices. hive.mod.uk.

Royal British Legion: Charity providing financial, social and emotional support to vets and serving, and dependents. www.britishlegion.org.uk or call 08457 725 725.

RFA Association (RAFAA): Comradeship and care for current and former RFA personnel. www.rfa-association.org.uk or contact 01772 685427.

SSAFA Forces Help: Supports serving personnel, veterans and the families of both. Practical and financial assistance

and emotional support. ssafa.org.uk or call 0845 1300 975.

Harassment, bullying or discrimination:

JSP 763, The MOD Harassment Complaints Procedures, is a guide for Services and civilians. Contact the Defence Business Services on 0800 345 7772 (+441225 829572 from overseas) or em: PeopleServices@pppa.mod.uk.

Matters of conscience

and whistleblowing under the Public Interest Disclosure Act. Call 0800 3457772. Select option four.

Service Personnel and Veterans Agency:

Pay, pensions and personnel support for the Services and veterans, including the JPA system, and Joint Casualty and Compassionate Centre: 0800 0853600: 0800 1692277 or veterans-uk.info

MOD Occupational Welfare Service:

Confidential advice on work and personal issues. Call 0800 345 7047

Service Complaints Commissioner: To make a complaint or seek advice, email: contact@oscc.gsi.gov.uk

Naval Personal & Family Service and Royal Marines Welfare:

NPFS & RMW have three main offices in the UK, where the serving person's next of kin resides determines which office to contact.

■ Eastern area office - HMS Nelson - Tel: 023 92 722 712 - after hours 023 92 726 159.

■ Western area office - HMS Drake - Tel: 01752 555 041 - after hours 01752 555 220.

■ Northern area office - Helensburgh - Tel: 01436 672 798 - after hours 01436 674 321 (Ext 4005)

RM Welfare - 01752 836 395 (via duty officer, guardroom RM Stonehouse).

The Defence Medical Welfare Service (DMWS):

Charity providing welfare support from frontline to recovery for wounded, sick and injured serving personnel and their families when they are in hospital, rehabilitation or recovery centres. www.dmws.org.uk or call 01264 774000

SUDOKU

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

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

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

Solution to the December 2013/January 2014 puzzle

CHESS



Compiled by: Carl Portman

A reader recently asked if I could give a few chess tips in my column and I am very happy to do that. This time around it is something that beginners should bear in mind. Apart from the king, the queen is the most valuable piece on the board in terms of points. She is worth the equivalent of nine pawns, whereas a rook is worth five and the knights and bishops worth roughly three each.

However, this is merely a numerical analysis and, as I say to the kids that I coach in schools, don't worry too much about the numbers, consider their position on the board. Youngsters in particular are known to be very materialistic at the start of their chess journey, carefully nurturing the pieces that they have taken from their opponent at the side of the chessboard.

Some seem to pay more attention to what is off the board than on it. Indeed recently I asked one of my pupils if she would prefer to win her opponent's queen on the next move or deliver checkmate – you guessed it, she preferred the materiel. This is all part of the learning process and



I am trying to be patient in this respect.

For my position this month it is black to play (from the game Guido-Lacour, Rhone 2003) and win. Considering all I have said above what would you play and how would the game finish? The first correct answer drawn will win a copy of the book 'How to think in chess' kindly donated by Chess & Bridge Ltd of London.

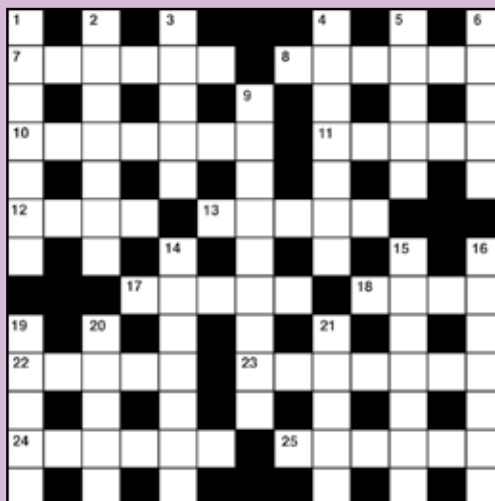
Send your answers to me at carl.portman@hotmail.co.uk please.

The answer to the Dec/Jan problem is 1.Qg8+! Kxg8 2.Ne7 double check Kf8 3.N(7)-g6+ (the other knight could go here also) hxg 4.Nxg6 checkmate. Winner to be announced.

TOPICAL CROSSWORD

ACROSS

- 7. *Aida, Rigoletto* and *The Magic Flute* (6)
- 8. This region of France has borders with Germany and Switzerland (6)
- 10. Place on the coast where ships find shelter (7)
- 11. And 20 Down. Mel B, Mel C, Emma, Geri and Victoria (5,5)
- 12. And 2 Down. Actor who stars in *Anchorman 2: The Legend Continues* (4,7)
- 13. See 14 Down
- 17. Helicopter blade (5)
- 18. See 9 Down
- 22. Science-fiction movie in which a creature bursts from John Hurt's chest (5)
- 23. Premier League football team from Norfolk (7)
- 24. Mandela, the great statesman who died in December 2013 (6)
- 25. Rich cake with layers of cream or fruit (6)



DOWN

- 1. Short-winged hawk resembling a large sparrowhawk (7)
- 2. See 12 Across
- 3. See 5 Down
- 4. See 21 Down
- 5. And 3 Down. Actor who had a Boxing Day 2013 ratings hit with *Still Open All Hours* (5,5)
- 6. Value of the black ball in snooker (5)
- 9. And 18 Across. Brendan O'Carroll's hit sitcom (3,6,4)

- 14. And 13 Across. Hugh Bonneville plays Robert, the Earl of Grantham, in this television drama (7,5)
- 15. Evergreen, cone-bearing tree (7)
- 16. Narrow strip of land with sea on either side, forming a link between two larger areas of land (7)
- 19. Minor chess pieces (5)
- 20. See 11 Across
- 21. And 4 Down. Loud-voiced actor who plays Prince Vultan in the movie *Flash Gordon* (5,7)

SOLUTION (NO PEEKING)

- Down**
- 1. Goshawk 2. Ferrell 3. Jason
 - 4. Blessed 5. David 6. Seven
 - 9. Mrs Brown's 14. Downton
 - 15. Conifer 16. Isthmus
 - 19. Pawns 20. Girls 21. Brian
- Across**
- 7. Operas 8. Alsace
 - 10. Harbour 11. Spice 12. Will
 - 13. Abbey 17. Rotor 18. Boys
 - 22. Alien 23. Norwich
 - 24. Nelson 25. Gateau

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All *Defence Focus* readers can enjoy great savings on UK family holidays! See the grid opposite for your special discounts. To book or find out more: visit www.park-resorts.com/mod and quote 'MOD' or call us on 0843 308 8823. Calls cost 5p per minute plus network extras. *Full terms and conditions apply, call or go online for details.

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At Chiquito they're passionate about food, with dishes made from the tastiest of ingredients, packed full of flavour! Whether your flavour is Tex or Mex there is something for everyone - sizzling specials, hot fajitas or Mexican favourites for the more adventurous.

They have recently launched a new menu, so why not start with their deep-filled potato skins or classic nachos with a twist. Follow this with the Texan smoke stack burger piled high and topped with onion rings, melted cheese, bacon and barbecue sauce, or the 'street style' burrito; an oven-baked tortilla packed with Texan cheese sauce, Mexican beans, Mexican spiced rice and a choice of one of five different fillings!

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lively atmosphere.

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