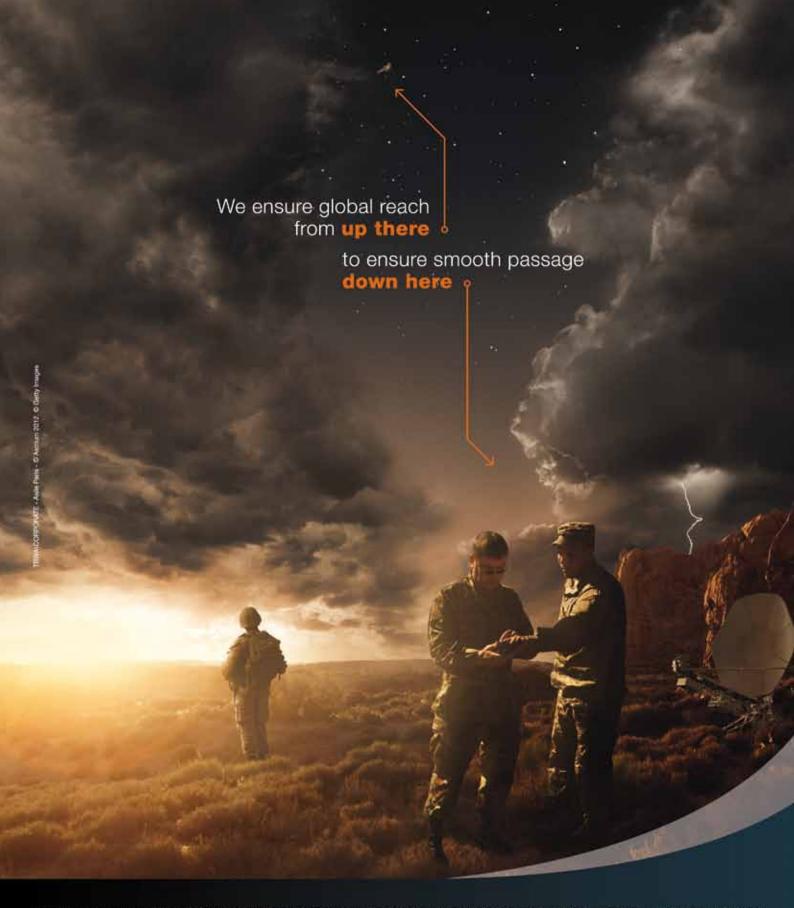
## DefenceFocus

Royal Navy | Army | Royal Air Force | Ministry of Defence | ISSUE #271 JUNE/13





By incorporating the strengths of Vizada into Astrium Services, we are the world's number one commercial MilSatCom service provider. Our powerful government satellite communication services that connect, inform and protect can now give you more. More solutions. More global reach. More reliability. More innovation. Now more than ever, you can count on us to support your critical missions. www.astriumservices.com





## **NAVIGATOR**



## Regulars

## **P5 IN MEMORIAM**

Tributes to the fallen

## **P8 VERBATIM**

Chief of the Air Staff Air Chief Marshal Sir Stephen Dalton looks back on his career

## **P26 MY MEDALS**

Master Aircrew Paul Holmes recalls the dramatic day he saved a colleague's life



## D20 LIEAL TH

If your guts are giving you gyp, you might just be suffering from indigestion

## **P30 PUZZLES**

Your monthly crossword conundrum, chess and Sudoku

## **P31 READERS OFFERS**

Win a break in Birmingham or a copy of the remastered film *The Great Escape* 

## **Features**

## **P6 BIG PICTURE**

HMS *Illustrious* sails down the Thames past famous London landmarks

## **P10 FACING THE FUTURE**

The help at hand for Service leavers in the next tranche of redundancies

## **P14 ACCESS ALL AREAS**

A MOD photographer's mission to photograph General Sir David Richards

## P18 STEP UP

The Army has launched a major TV campaign to sign up 10,000 soldiers

## **P20** APP APP HOORAY

A brand new app will help personnel working in Defence make big savings



## **EDITOR'SNOTE**

## **DefenceFocus**

For everyone in defence Published by the Ministry of Defence

Level 1 Zone C MOD. Main Building Whitehall London SW1A2HB General enquiries: 020 721 8 1320

EDITOR: Fiona Simpson Tel:02072183949 email:fiona.simpson102@mod.uk

ASSISTANT EDITOR: lan Carr email:ian\_carr@dmc.mod.uk

ASSISTANT EDITOR: Tristan Kelly Tel: 020 7218 4252 email: tristan.kelly569@mod.uk

ASSISTANT EDITOR: Leigh Hamilton Tel: 020 7218 5988 email: leigh.hamilton933@mod.uk

ASSISTANT EDITOR: Lorraine McBride Tel: 020 721 82341 email:lorraine mcbride@dmc.mod.uk

ART EDITOR: Mark Eagle Tel-02072183658 email:designer\_defencefocus@dmc.mod.uk

**DISTRIBUTION AND SUPPORT:** Shell Daruwala email:shell.daruwala932@mod.uk

 $\mathsf{MOD}\,\mathsf{does}\,\mathsf{not}\,\mathsf{endorse}\,\mathsf{any}\,\mathsf{product}\,\mathsf{or}\,\mathsf{service}\,\mathsf{advertised}$ in Defence Focus, nor does it verify any preferential treatment offered by any advertiser to MOD employees. Queries on advertisements should be addressed to our advertising agency.

Opinions expressed in Defence Focus do not necessarily represent those of the MOD. Articles on all aspects of MOD and Defence will be considered for publication but we reserve the right to edit contributions. MOD  ${\sf staff \, contributing \, to \, } \overline{{\it Defence \, Focus \, should \, ensure \, their}$ writing is suitable for open publication.

## Advertising

Advertising sales are handled by Richard Stillman at Ten Alps Media. Tel: 020 7657 1837 email: richard.stillman@tenalps.com

## Distribution

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





Produced by Williams Lea Ltd on 100% recycled paper MOD Helpline 01603 696329.

## FIONA SIMPSON



This month we are doing a bit of looking back as we mark the ends of some eras. But looking back doesn't always have to mean sadness or regret. Indeed, as Edith Piaf wisely sang in her raspy

tones, our outlook should be more "je ne regrette rien" in style.

Later this year Armed Forces chief General Sir David Richards will be leaving his post. We find out what Harland Quarrington, one of Defence's own photographers, saw through his lens when he shadowed CDS for his final year, getting unprecedented backstage access to the military's top man.

And you can read our final interview with Chief of the Air Staff Air Chief Marshal Sir Stephen Dalton. Taking off next month after a 40-year career

in the RAF, CAS says he will miss the camaraderie and "slightly warped sense of humour" of the forces.

This month also sees more farewells as the next tranche of the Armed Forces Redundancy Programme rolls out across the Army. This is a difficult time for all involved but something that can also signal new and exciting beginnings. Leigh Hamilton has spoken to three Service leavers who have already gone though it, and started down new and interesting career paths all with the help of the Career Transition Partnership.

But of course, there is cause for sadness and regret with the death of Drummer Lee Rigby in May. An event that was shocking for us here in Defence and across the whole country. I have been humbled by the reaction of his family and in particular their plea for people not to use what happened to Lee as an excuse to carry out attacks against others. Dignity and common sense even in the face of terrible adversity, now that really is an outlook we should all aspire to.

## Ministry of Defence online

www.gov.uk/mod

## The Defence News Blog

Get a daily update of all the major defence stories running in the media with the MOD's official position on the key issues, as well as a Defence Diary with upcoming events of interest. Visit www.blogs.mod.uk and subscribe to the daily alerts.

## Facebook/Twitter

Join over 200,000 followers at the HM Armed Forces Facebook page and receive Defence HQ tweets @DefenceHQ on Twitter.

## YouTube

At Defence Headquarters YouTube the latest videos from across Defence can be found, including clips of soldiers on patrol in Helmand and briefings from senior personnel.

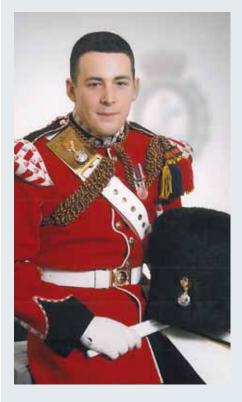
## **Afghanistan Blog**

Updated daily with official news on the UK mission in Afghanistan as well as with stories from across the media and personal blogs from Armed Forces personnel currently deployed.

www.ukforcesafghanistan.wordpress.com



## INTEMORIAM



## **Drummer Lee Rigby**

Drummer Lee Rigby of 2nd Battalion The Royal Regiment of Fusiliers (attached to the Regimental Recruiting Team in London) was killed in a suspected terrorist incident in Woolwich, South East London, on Wednesday 22 May 2013.

Drummer Rigby was born in July 1987 in Manchester. He joined the Army in 2006 and on successful completion of his infantry training course was selected to be a member of the Corps of Drums and posted to 2nd Battalion The Royal Regiment of Fusiliers (also known as the 'Second Fusiliers').

In April 2009, Drummer Rigby deployed on operations for the first time to Helmand province, Afghanistan, where he served as a member of the Fire Support Group at Patrol Base Woqab. In 2011, Drummer Rigby took up a recruiting post in London where he also assisted with duties at the regimental headquarters in the Tower of London.

Described as a "real character" and "a dedicated and professional soldier" by his Commanding Officer, Lieutenant Colonel Jim Taylor, Drummer Rigby was extremely popular, well known, liked and respected across the Second Fusiliers. He was a passionate and lifelong Manchester United fan.

Drummer Rigby's family paid tribute saying: "All he wanted to do from when he was a little boy was be in the Army. He wanted to live life and enjoy himself. His family meant everything to him. He was a loving son, husband, father, brother and uncle, and a friend to many."

Warrant Officer Class 1 Ned Miller, Regimental Sergeant Major, Second Fusiliers, said: "Riggers is what every battalion needs. He was one of the battalion's great characters, always smiling and always ready to brighten the mood with his fellow Fusiliers. He was easily identified whilst on parade by the huge smile on his face and how proud he was to be a member of the Drums."



Picture: Sergeant Adrian Harlen





## A FINAL FAREWELL

## OUTGOING CHIEF OF THE AIR STAFF AIR CHIEF MARSHAL SIR STEPHEN DALTON SPEAKS TO LEIGH HAMILTON ABOUT HIS IMPRESSIVE 40-YEAR CAREER IN THE RAF

## DF: You joined the RAF 40 years ago – why did you sign up?

CAS: My father was in the Royal Air Force in the Second World War as a flight sergeant engineer on Halifax bombers. Even though he left the Service at the end of the war, his experience motivated me and, together with my love of flying, inspired me to want to be part of the Royal Air Force, and from a relatively early age I always wanted to be a Royal Air Force fast jet pilot.

## DF: What have been the highlights of your career?

**CAS:** There have been many extraordinary highlights but the last four years in particular, as Chief of the Air Staff, have been a huge privilege and, whilst very challenging at times, they have also been hugely enjoyable.

Undoubtedly, becoming combat ready on your first front line squadron, as a pilot, is a moment in one's career that you never forget. I think having the privilege of commanding a squadron will be another highlight and I was very fortunate to take the squadron on operations half-way around the world.

Another really motivating highlight has been the opportunity to take something from an initial idea right through to the delivery of capability. I've seen Typhoon come through all that in the last 10 years and to see it performing so outstandingly in Libya in 2011 was really rewarding.

## DF: And what about the flip side - any lowlights?

CAS: Inevitably, the really down moments are when people have given their lives. I've unfortunately witnessed a few in a variety of circumstances, who regrettably have not come back at the end of their flight or missions on the ground. I'm confident they've been trained to the best possible standards, but we are in a business where people have to put their lives on the line and sometimes, regrettably, some do not return. These are always terrible moments; for instance, when commanding a squadron, I had a crew who flew into the ground and to this day we still don't know the reason why. Thankfully, there are very few of these moments.

I also have great concern about the resilience of the Royal Air Force today. On the eve of the Gulf War in 1991, the RAF had 28 fast jet, front line squadrons. This time next year, we will be down to seven. Even though I know that squadrons nowadays are far more capable, the reduced numbers that the country can now afford and field does limit the operational effect that we can deliver.



DF: Is there one defining moment that will stay with you from your military career?

CAS: Yes – the way and the speed in which the Royal Air Force reacted in support of Operation Ellamy in Libya. When the Prime Minister made the decision, in literally hours we were airborne to the Mediterranean to provide the air support that was required. To me, that was real agility.

Equally, I shall remember the unveiling of the Bomber Command Memorial last year. Her Majesty and 14 members of the Royal Family were in attendance. It was a fantastic day. The veterans were in great form, their memories and minds as sharp as ever. It was a tremendous day and the iconic image of that memorial will live long in my memory.

## **DF:** What are the main priorities for the RAF and its personnel?

CAS: The Royal Air Force's main priority is to continue

air operations across Afghanistan. We need to ensure that we provide the air power that is needed within ISAF and the wider coalition, supporting the Afghan National Security Forces and ISAF operations on the ground, and ensuring that the Afghans have the ability to get themselves in good order ready for ISAF withdrawal at the end of 2014.

We have also recently supported the French lead in Mali. Our global mobility fleet has flown personnel and cargo from France and several West African countries, including three Commonwealth countries, Sierra Leone, Ghana and Nigeria, into Mali. We did it to prepare them to take over the responsibility for the stabilisation effort once the French forces reduce. Additionally, our ISTAR assets, specifically Sentinel, have also been involved in supporting the operation.

Alongside operations, there is of course a lot of activity going on at home to make sure that we are ready to face the uncertainties of the future global environment and successfully deliver the capability that we need under Future Force 2020.

## DF: How has the RAF been affected so far by Defence Transformation and what is yet to come?

CAS: The Royal Air Force, since it was formed 95 years ago, has been at the forefront of change. I believe this is one of the reasons that today's airmen and women are always striving to innovate and improve as we are very cognisant of how those technology changes have fashioned the Royal Air Force into what we know today. Transformation itself is not some great revolution; this is actually the next stage in the evolution of a force structure and a command and control system that will allow us to deliver Future Force 2020.

We have changed our operating model, we have changed our force structures, and we're in the process of taking on the financial and capability developments requirements now. I think that the Royal Air Force has worked hard to get ahead of the requirement and is in a good position to take on these new responsibilities.

## DF: We've had redundancies and will no doubt have more in the future. What advice can you give personnel who might find themselves in that position?

CAS: Regrettably, we are currently seeing the last of our second tranche of redundees leaving the service, but what is important is that the Royal Air Force is the right shape and size for the challenges that the nation will face and that the force structure is affordable and sustainable. I'm not anticipating any more redundancies, with one or two exceptions, because we now have the manning levels required to deliver the force structure and force capabilities that the government has set out.

We are also now seeing the consequence of at least some element of the economy bottoming out as we're finding a number of our technical tradesmen and women, those with extremely marketable skills – and of course being the Royal Air Force we do rely heavily on that workforce, are being attracted out of the Service by organisations which can offer a lot more money.

We have got to continue to motivate people to understand that being in the Royal Air Force is a very different occupation and profession. It is not a job, it's part of a lifestyle and I think it is important that we maintain our ethos and the ability to reward people appropriately for the extra commitment they give when they join the Royal Air Force. The New Employment Model, therefore, is going to be very important to the Services to address these types of challenges.

## DF: When you walk out on your last day, will you have any regrets?

**CAS:** Yes, very much so. I've been privileged to work with some outstanding people and I've spent a number of years watching the new generation develop in the Royal Air Force – there is an abundance of talent in our young men and women.

I will miss seeing them march off the parade square at Halton and reflecting on how much they have changed during the 10 weeks from when they joined. Equally, I will miss seeing the young officers graduate from Cranwell, desperate to get through training and reach the front line. This idea, that people who we had unfortunately made redundant last year would have happily stayed for a year or so unpaid, just so they can get into the Royal Air Force and get through to the front line, is amazing. These are people who inspire you just by their very character and their nature, so of course I shall miss that. What a heck of a team to have behind you.

I will especially miss the camaraderie and slightly warped sense of humour that we seem to have in the military. Even when the chips are down people always seem to find humour to keep the team going.

I've thoroughly enjoyed my 40 years of doing a whole variety of things and, yes there have been low points, but boy it's been good 97 per cent of the time.

## What a heck of a team to have behind you.

## DF: Do you have any advice for your successor Air Marshal Sir Andrew Pulford?

CAS: No, none at all, he doesn't need my advice. He's perfectly suited to the job, which is why he's been chosen to succeed me. Quite rightly, he'll do it in his own way and I am sure that he will lead the Royal Air Force with great alacrity, including, no doubt, through some challenging times.

## DF: And what does the future hold for you?

CAS: I have no idea to be quite honest. As we sit here today, there's still a lot to get through before I leave, so I haven't had much time to think about what will follow. I have no doubt that I have a long list of jobs to do around the house, so that will certainly keep me busy for a while!

## FACING THE FUTURE

AS THE THIRD TRANCHE OF THE ARMED FORCES REDUNDANCY PROGRAMME ROLLS OUT ACROSS THE ARMY, LEIGH HAMILTON INVESTIGATES LIFE AFTER THE SERVICES





n 18 June, Army personnel will discover whether they have been selected for redundancy. If the choice is theirs or not, the next steps for all those being made redundant are the same.

Once being notified each soldier will be assigned a resettlement advisor and will then be encouraged to contact the MOD Career Transition Partnership (CTP). The CTP is a partnership between careers experts Right Management and MOD and enables Service leavers to make informed and realistic decisions about their future after the military.

The CTP provides support in the form of CV and interview technique workshops (Career Transition Workshops – CTWs), one-on-one career advisors for each Service leaver, advice on how to look for jobs, contacts for companies who are looking to specifically recruit former military personnel and how to translate military experience into language understood on 'civvy street'.

The odds of finding work, if you go out and look for it, are pretty good. Figures from the CTP show that, over the last four years, on average 93 per cent of Service personnel have found employment within six months of leaving (based on a sample of eligible Service leavers who have used the MOD Career Transition Partnership). This excludes any individuals who were not actively seeking employment or who were uncontactable.

There are 10 regional resettlement centres (RRCs): eight in mainland UK, one in Northern Ireland and one in Germany. Manager of the CTP's RRC in Tidworth, Liz Norman, explains that it is up to each individual Service leaver to be the instigator of their future. She says: "They're in the driving seat. We offer a process that enables people to make realistic choices about their future, and for the majority of Service leavers that's actually employment. We give them the skills to not just get that first job, but the one after. We offer the job-hunting skills that they need to take themselves forward in the civilian job market."

Understanding how the civilian job market works is a learning curve in itself. The CTP provides Service leavers with detailed information to arm them for the upcoming thrust into life outside the military.

Liz says: "They look at transferable skills, they look at how the civilian job market works and they look at how their skills can fit into that market. This also enables them to broaden their ideas. They may have a very fixed idea about what they think they can do and the CTW can either confirm or often broaden out those ideas."

Once the relevant skills have been identified, Service leavers then get down to the nitty gritty of writing CVs with the help of CTP advisors. They are coached through the application process, researching jobs and writing covering letters. Then come interview techniques.

"This is about them as an individual," says Liz. "That's why they meet with an individual career consultant who is available for them from the point that they meet them up until their discharge date, and, should they need their help, up to two years beyond."

Service leavers are given access to 'MyPlan', which is a view of their resettlement online. 'MyPlan' provides the user with career assessment activities, a CV builder tool and access to the jobs database, which has jobs with employers who are consciously recruiting from the Service leaving community.

Although it may seem like a lot to get to grips with, former Army Major Jim Dewar says it's more manageable than it might first appear: "The huge benefit for me from CTP was firstly the people that I dealt with - the instructors and mentors - were very clear. They said 'you are a military guy, you've done various things in your career, these are things which translate into civilian life, these are things which people are looking for'."

After 25 years of doing engineering jobs within the Army, Jim applied for redundancy last year. Working closely with the CTP, in addition to doing his own research, provided Jim with a solid foundation on which to face the civilian world.

"The most useful thing that I learned through the CTP was interview techniques," Jim explains. "The interview is your chance to put your military experience into 'civilian speak'. You've got to understand how to analyse the job advert and be utterly ruthless and realistic.

"You need to look at it and say 'these are the skills they're looking for, I have got those skills, there are also skills that they're looking for that I don't have, but I believe I can gain those skills very quickly'. That sets you up for the interview.

"If you want to be successful and build a second career, you've got to be ruthlessly honest with yourself about what you're capable of doing, what your weaknesses are and what you can do about sorting those weaknesses out."

Shortly after he was informed of his redundancy, Jim was offered a job with Tube Lines which is the infrastructure company that runs the Jubilee, Northern and Piccadilly lines for London Underground. Jim heads up the operations room that runs and maintains those three lines.

## RESETTLEMENT

"While I was working with the CTP I got an e-mail from a recruitment agency that deals specifically with looking to get ex-military guys into civilian industry. They said 'this job's come up, what do you think?'

"It was a job working on the underground, and when I read the job spec my thought pattern went along the lines of 'this is an operations job, I'm operations, I've run operations rooms, I was chief of operations for a division in Iraq, I've done various things at battalion-level and brigade-level. It's the railway, how difficult can that be? Trains, tracks, stations can't be that difficult'. I've subsequently discovered that it's a lot more complicated than you'd first think!"

Experience in running a busy military operations room has proved to be extremely useful for Jim in his civilian job. He says: "In an operations room, when I was in Iraq, we had occasional problems and we might have the chief of staff come to see what was going on. He might go off on one and I then had to say 'colonel, sorry, but you're not helping me. Please get out of my ops room now'. That sort of characteristic has proved useful in my current job too.

"Now if I get a senior guy who is kind of losing the plot and is starting to insert a long screwdriver into things when he should be standing back and letting people get on with the job, I know how to deal with it.

"There have been a couple of times when I have had to say to guys 'go take a walk and have a cup of coffee. Leave people alone to get on with the job, they know what they're doing, they understand the importance, they are technically competent to fix the problem. What you need to do is back off and let them fix it'."

But, before you can showcase your transferable skills, you've got to get your CV and interview skills licked. Jim advises: "The most difficult thing is looking at your military skills and translating them into what civilians would understand as management skills in civilian life. You need to sit down with your CV and remove all the acronyms and the military bits and pieces.

"You don't talk about being a company commander, you don't talk about being a battalion commander. You've got to translate what that means in terms of management of people and management of process and being a project manager."

Former Petty Officer Sharon Clake also left the military last year after applying for redundancy. After nearly 23 years in the Royal Navy, she took the plunge and booked herself straight into a CTW to prepare her for life on the outside.

Sharon explains that having a dedicated CTP advisor was a massive help

to her: "I'd done some courses with the CTP which were really good, but having them always at the end of the phone was really helpful.

"If you had anything you wanted to talk about, you could bend their ear. If you wanted to chat face-to-face they'd make an appointment for you to come in and see them."

Sharon had teaching experience at HMS Raleigh and, when faced with broaching the civilian workplace, decided that she should keep on that track. Her CTP advisor suggested she volunteer within schools to give her a taste of an environment different to what she was used to. Through volunteering, Sharon heard of a job as a teaching assistant, applied, and was overjoyed when she was awarded the position.

Sharon says: "Just past Christmas last year, I started working in a local secondary school as a volunteer, and then my date came up to leave the Navy. I kept checking school websites and a few weeks later a job came up. I just got myself in there and luckily I got the job.

"If I hadn't been encouraged to volunteer I wouldn't have even thought

## REDUNDANCY FACTS

- This is the third tranche of redundancies in the Armed Forces Redundancy Programme (AFRP)
- ☐ The AFRP was announced in the Strategic Defence and Security Review
- Tranche three redundancies will only affect Army personnel
- The majority of those being made redundant have applied
- Those who have applied for redundancy will be given six months' notice
- Those who have not applied for redundancy will be given 12 months' notice
- Entitled Service leavers can access support two years either side of their discharge date
- Employment support is available to Service leavers for the remainder of their working lives from the Regular Forces Employment Association and the Officers Association

about it and I wouldn't have got the job I've now got."

Chris Harris is another success story. After 13-and-a-half years serving in the RAF, Chris was notified in 2012 that he was being made compulsorily redundant, which came as a bit of a shock.

"There was initial panic because I was thinking 'what am I going to do?'" he says. "They gave me a year to sort myself out, so it wasn't a case of 'you're going now, goodbye', I had a year.

"I was put in touch with the CTP and was told to go to a brief at my station which outlined the settlements that were available, what we were entitled to. From there I booked a place on an NVQ Assessor course."

After years as an airframe technician, which saw him working on C-130J Hercules aircraft, and with an existing teaching qualification under his belt, Chris saw his civilian path quite clearly. He says: "I wanted to stay in engineering, and the year before I completed a certificate in education which was very useful for finding employment. I wanted to enhance that with my NVQ Assessor qualification and get into education and developing learners."

Chris now works as a lecturer in engineering at Swindon College and believes that his military skills give him the edge over other candidates when it comes to getting civilian jobs: "I think I have something over other people because of my RAF experience. Also, I've got planning skills and discipline that have been embedded in me by the military.

"Two of the main skills I learned in the RAF are planning and assessing. When I started my job at Swindon College I was given three or four different courses and told 'there you go, there are your resources, go and plan your lessons, how you're going to teach them. Now go!" And he did

Determination mixed with ability and clarity seem to form the winning recipe for making the transition from the military into civilian life. Time is also a crucial factor. Liz Norman advises: "When people are made redundant they need to get on with their job search, they shouldn't think 'I'll go on holiday, you know, I'll take six months off', because they're actually then somebody unemployed looking for a job."

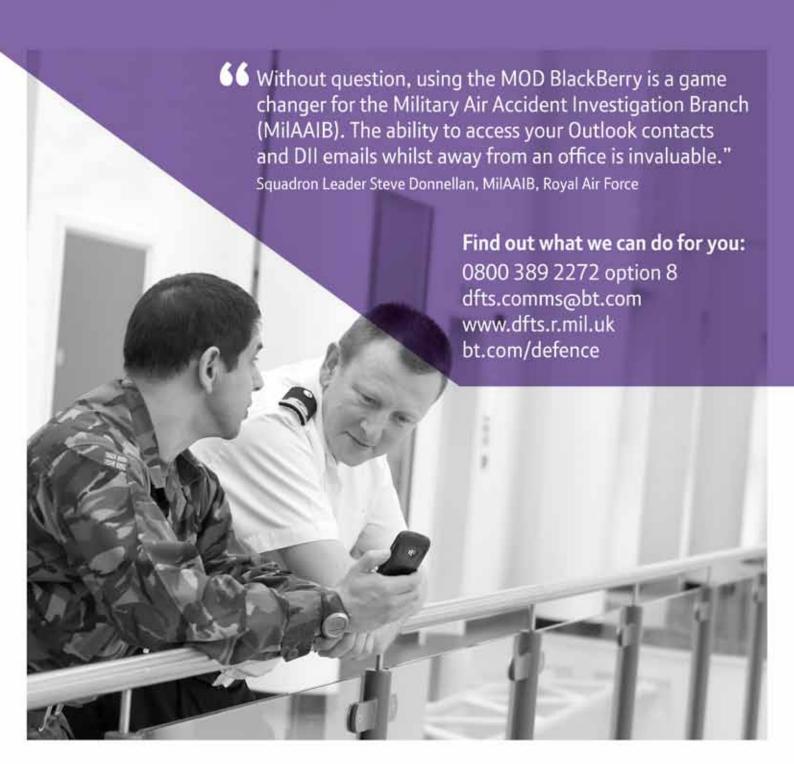
But, should you be one of those made redundant in tranche three, there is light at the end of the tunnel, as Chris Harris summarises: "Make the most of the resettlements and go to the job fairs. There is life after the Services, you just need to be proactive and make your own bed."

Visit www.ctp.org.uk for more information.

Secure communications you can depend on



# MOD BlackBerry® secure communications on the move



## PICTURE PERFECT

CHIEF PHOTOGRAPHER HARLAND QUARRINGTON HAS BEEN LOOKING AT THE SECRET LIFE OF THE CHIEF OF THE DEFENCE STAFF WRITES IAN CARR



here are some, who by the very nature of the job they perform, get access to places where the crowds are not allowed, and get glimpses of what goes on away from the public glare.

One of these fortunate few is Head Office chief photographer Harland Quarrington. Working for

Defence Media and Communications, with 19 years' experience under his belt, Harland's portfolio is bursting with images of senior figures from across the world of defence.

For the last few months Harland has been working on a special project compiling a portfolio of images of the Chief of the Defence Staff General Sir David Richards. "I wanted to capture some of the behind-the-scene moments of his working life and highlight the wide variety of what he does," said Harland. "Basically I asked if I could stalk him for a while, travelling in his car and even going back to his official home at Kensington Palace."

CDS's in-tray makes for very full and very long days. When you are the military's most senior officer the job eats up evenings and weekends too. And Harland was there to capture it all.

The success of the projects was helped by the fact that General Richards has a good understanding of what the man behind the camera needs to get the job done.

On one occasion, at a conference on Libya at Lancaster House, where organising the Chiefs of Staff from 23 different countries was proving to be a bit like herding cats, General Richards helped out. "I was just about to say something when CDS caught

my eye and said to them all 'right, what he wants is you there, you there...' which meant I only had to do a minimum of rearranging."

But even when everything's gone as well as it can and the magic moment hasn't been missed, Harland is hard to please. "In all the photos I've taken for MOD I've only ever really been happy with three or four of them. In this sequence of pictures of CDS I know that given the circumstances I couldn't have done any better."

There may be no such thing as the perfect picture. But then, as long as CDS is happy, you could argue, job done.

Here we see General Richards with the Brunei Chief of Defence (CHOD). "They are close friends and are always pleased to see each other and give each other a hug," said Harland. Not surprisingly close allies are regular visitors; nations who are more on the periphery might not visit again for years on end.

"Normally visitors arrive at the North Door of Main Building for a step-lining, or at Horse Guards for a guard of honour and a brief inspection of the troops," said Harland. After an official welcome CHODs then go round the country to places like Shrivenham for briefings on whatever they have asked for.

"Admiral Mike Mullen's visit (far right) was one of the larger, higher level ones because of the special relationship that we have with the US. And because he was the Chairman of the Joint Chiefs of Staff, not surprisingly on occasions like this the whole thing expands and there's more stress and strain with visits to the Prime Minister to include."

In the background General Richards is chatting with a member of the line-out. "Yes, that's what he's like," said Harland.









A Here Service Chiefs are preparing for the Indonesian state visit in Wellington's office overlooking Horse Guards Parade. Outside are the pavilions. As the event takes place before the Queen and the Prime Minister, everything has to be exactly right.

It's the aide-de-camps' job to make sure that the uniforms are correct. The Chiefs may only wear their full rigs once or twice a year, so each time they put it on means they have to get used to it and that everything is where it is supposed to be.





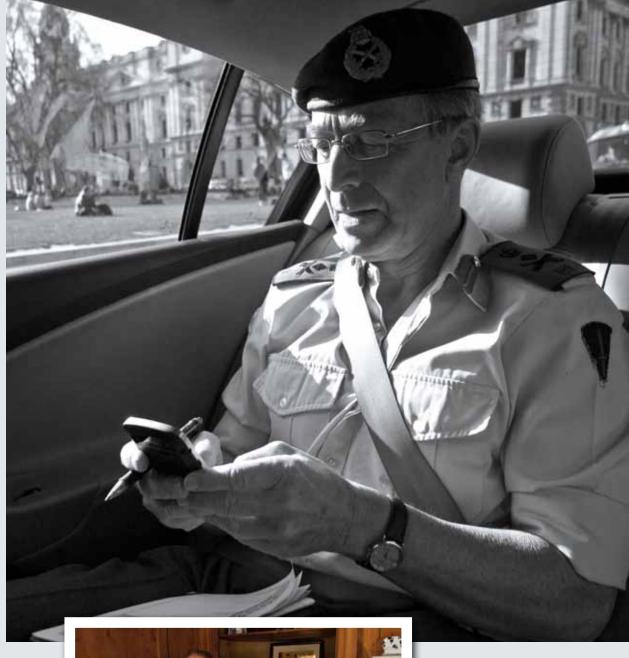












▲ This was a reception dinner for the Prime Minister held in CDS's rooms at Kensington Palace. It is a chance for the Service Chiefs to brief the PM.

"I was waiting at the head of the table for the Chiefs of Staff to come in. CDS was first and he just struck this pose. Coming through the door are the wives, then you can just see the PM's head, and the Chiefs are behind him."

At his official residence, a suite of rooms in Kensington Palace, CDS takes a few minutes to look through his notes for his meetings for the following week. "His guests are in an adjacent room, but he needs a few moments to go through a

couple of things, otherwise he wouldn't have had the chance until probably after midnight," said Harland. In the background are some personal bits and bobs and work-related pictures – some of which were taken by Harland.

A CDS normally travels in the front of the car so Harland had to ask him to sit in the back for once. Having left Main Building he is going to Kensington Palace to prepare for a regimental dinner.

On his knee are his diary notes for the week, and he is checking his Blackberry for urgent messages. "Logistically this was difficult to take as I was in the front seat and had to turn round to take the picture and wait until I had the right background and the light was OK," said Harland.



# YOUR COUNTRY NEEDS YOU!

THE ARMY'S BRAND NEW RECRUITMENT CAMPAIGN AIMS TO SIGN UP 10,000 NEW SOLDIERS AND OFFICERS

AST MONTH the Army unveiled its new Step Up recruitment campaign with a series of gritty adverts. Step Up is quirky and clever and follows the adventures of a teenager who swaps his trainers for a pair of army boots.

The Step Up campaign aims to knock the myth that the Army isn't taking people on, which will come as a surprise to many youngsters who have read media coverage of defence cuts and Army redundancies. Indeed, research showed that half of the people surveyed didn't realise that the Army is actively recruiting.

Brigadier Andrew Jackson, Director of Recruiting and Training for the Army, says that, regardless of size, there remains a requirement to recruit 10 per cent of the Army every year to have enough quality junior ranks and young officers to maintain operational capability, keeping the organisation ready for the challenges of the future.

"We're always looking for talented, young people to take up the challenge

## **ARMY FACTS**

- The British Army offers a huge variety of career options. You can aim to stay for a full career or serve for a minimum of five years
- The Army caters for every level of education. You're encouraged to achieve qualifications money and support are set aside to help you.
- In the Army, you're not only paid during basic training, but also to play sport and go on adventurous activities all over the world.
- The British Army offers 38 days' paid leave to all soldiers and officers.
- As a soldier, you have the opportunity on operations to make a difference to lives all over the world.

of a career in the Army," said Brigadier Jackson.

Uniquely, the adverts tell the story from the point of view of the Army's iconic black boots. It starts with the camera zooming in on a raw recruit flexing a stiff new leather boot. Then the fly-on-the-wall footage follows a rollercoaster journey that any soldier might take in an army career. Fast-paced scenarios range from drills, scrambling over a wall, relaxing off duty, passing out parades and coming under fire on operations. The thread throughout is that the black boots are the star of the campaign - every scuff tells a story. The symbolic army boots are a universal image, cutting across age, race, colour, sex and job.

"You don't ever see the characters in close-up as the focus is deliberately filmed from the angle of the boots," said Zoe Boustead, marketing director for the Army Recruiting Group.

Shot at Larkhill, on Salisbury Plain and in Cyprus, the first TV advert hit our screens on 24 May. Aimed at young men and women

aged 16 to 24, the feet in the boots belong to real soldiers rather than actors.

"We have soldiers from 3rd Battalion The Parachute Regiment, great girls from the Royal Logistic Corps and a young officer, so we've got a real variety of people," said Zoe.

"The ad is fast-paced and you can see and hear them. There's no music. All you hear is the squelch of mud, the crunch of snow, the crack of a rifle and sound of sprinting through woods. It's highly atmospheric because we want the audience to have a visceral response."

Commissioned by the Army and Capita plc, the realistic ads made by JWT mark a departure from the Army's usual recruitment fodder. In recent years recruitment ads have appealed to an Xbox generation accustomed to exciting but clichéd images of squaddies dangling from helicopters to an MTV soundtrack, but feedback revealed that, for some, previous army recruitment campaigns were a bit too glossy.

The ads will be shown in 10, 40 and 60 second formats, while a 90-second advert will run in selected cinemas in Scotland.

Harnessing social media, the Army has produced a campaign website (search army jobs) featuring a landing page called The Locker where users can browse army career opportunities. The ads are primarily infantry-focused and are aimed at regular junior ranks, though there will be signposting for officers and for the TA. Potential recruits can also quiz current soldiers about their careers on Facebook and follow Army Jobs on Twitter.

The punchy ads aim to show youngsters what life is really like in the Army and army bosses hope that they will strike the right chord.

Brigadier Jackson said: "No matter what your skills or background, the Army has something to offer you and an army job provides opportunities to learn much more beyond military skills. It will develop you and show you strengths you didn't know you had."

The traditional army joining method is also changing. Army jobs will now be advertised in job centres and applicants can apply online from anywhere in the UK. In fact, the vast majority of the application process is now done online. All applications will be handled through the dedicated National Recruiting Centre in Upavon.

The Army will also retain a high street presence with army careers offices staffed by soldiers able to chat about life in the Army. From June, the Army will lay on recruitment surgeries across the UK and outreach teams will be on the streets armed with leaflets, call-cards and



T-shirts ready to find budding soldiers.

And if you haven't seen one of the adverts yourself don't worry, the target audience is youngsters aged 16 to 24, so it's unlikely you'd have seen one unless you are glued to the ads between MTV Rocks.

It's early days and army chiefs know

that it won't be easy persuading 10,000 recruits to sign on the dotted line for Queen and country. But in return, the Army can promise more than 200 exciting careers, each offering unrivalled opportunities for adventure, travel and self-development.

For more, search Army Jobs or call 0845 600 8080.

## MILITARY MONEY SAVERS

NEED CHEAP HOME OR KIT INSURANCE? WANT TO KNOW HOW TO SAVE ON THE WEEKLY SHOP OR THE BEST DEALS FOR MEALS OUT? A NEW APP AIMS TO HELP THE DEFENCE COMMUNITY SAVE CASH, REPORTS LORRAINE MCBRIDE



new app is the latest weapon in the armoury of the Defence Discount Service to help savvy Service personnel save cash. The app offers attractive discounts to members of the military community and civilians who work alongside them.

Whether it's cheap cinema trips, a bargain outfit or the latest deals for laptops or mobile phones, the Defence Discount Service mobile app allows users to get the most up to date savings.

The new app, launched on 29 May, is available for both iPhone and Android and reveals both where to save online and, using the inbuilt mapping tool, which firms are offering deals near you.

Features include an interactive version of the Defence Discount Directory, which has everything a bargain hunter could want, including Deal of the Week for those unmissable offers, plus the options to add your favourite company and offers to your menu and a virtual Defence Privilege Card.

There is plenty of information to help users browse through online and high street offers. These can be filtered by category, company name, your location and offer type, giving you the flexibility to scan the ever-increasing catalogue of discounts.

MOD launched the Defence Discount Service, as part of the Armed Forces Covenant, in recognition of military service. Since its launch in October 2012 it has signed up more than 78,000 members who have taken advantage of the service.

Chief of Defence Personnel, Lieutenant General Andrew Gregory, told *Defence Focus*: "The Defence Discount Service continues to go from strength to strength. The launch of the new app offers a further enhancement for those who wish to use their smartphone to gain access to discounts and offers on the high street. This builds on what we have already done with the introduction of the Defence Privilege Card, an element of the Armed Forces Covenant. I commend it to you."

The Defence Discount Service is the only official MOD discount service. It's open to serving and reserve Armed Forces personnel, Service widows, bereaved family members, spouses and partners of serving personnel, veterans, MOD civil servants, members of the cadet forces and NATO personnel serving in the UK. In fact, if you are reading this, it probably means you too!

The Defence Discount Service has a website at www.defencediscountservice. co.uk which houses hundreds of free online discounts. Members can sign up to the website for free and start taking advantage of the discounts available. Categories on the website break down into shopping, days

out, eating out, motoring, food and drink, holidays and travel etc. There will also be the opportunity to list ideas of where to take children on days out.

The service is adding new discounts nationally and locally and the website is updated daily with new offers. In addition, members can 'like' the Defence Discount Service on Facebook and follow it on Twitter to get updated with the latest news.

## **DEFENCE PRIVILEGE CARD**

In addition to the new app, there is the Defence Privilege Card which is available through the Defence Discount Service website and app, providing access to more than 50 high street discounts including KFC, Austin Reed, Iceland and Vue Cinemas.

Launched by the Prime Minister in December 2012, the Defence Privilege Card quickly became a key part of the Defence Discount Service offering exclusive discounts with high street companies and participating stores across the country. It provides money off items ranging from toys and clothes to mobile phones and groceries and the list is growing rapidly as more companies come forward to add their support to help make life a little easier for the defence community. The card is available to members for £4.99 and is valid for five years. People can register in two ways; either just for online discounts, or to order a physical Defence Privilege Card.

Visit Twitter - @discounts\_mod or facebook.com/defencediscountservice or search for Defence Discount Service in the App and Google Play stores.





## EGLIN MARVELS

A SMALL TEAM OF UK PERSONNEL AT EGLIN AIR FORCE BASE IN FLORIDA ARE LEARNING ALL ABOUT THE FIFTH GENERATION OF STEALTH AIRCRAFT. REPORT BY IAN CARR



ritain has so far taken delivery of two Lightning II multirole Joint Strike Fighter aircraft that, from 2018, will be landing on the deck of the new Queen Elizabeth Class carrier. The pair of STOVL (short take-off and vertical landing) variants of the F-35 fast jet are based at Eglin US Air Force Base in Florida. Two pilots, one Royal Navy, the other RAF, and 13 ground crew are working alongside US Marine Corps colleagues learning all they can about maintaining the aircraft and how to fly the platforms to get the best out of them.

Although the pilots, Lieutenant Commander Ian Tidball and Squadron Leader Frankie Buchler, have only been able to practise on the aircraft for a matter of weeks, they are already singing the platform's praises.

Selected because of his STOVL experience landing Sea Harriers on flight decks, Lieutenant Commander Tidball said: "The Lightning is a great aircraft to fly. It's extremely responsive with a lot of thrust. The fly-by-wire system makes it simple to fly which means the pilot is freed up to concentrate on the objectives

of the mission."

As an RAF pilot who has flown Jaguars and Typhoons, Squadron Leader Buchler's background brings experience of the UK's modern fast jets to the team. "I'm learning how to fly the aircraft so I can become a squadron instructor," he said. "Ultimately I'll be doing operational tests on the aircraft for the Royal Navy and the RAF. I'll be doing that for a number of years prior to it transitioning back to the UK when the first squadron of F-35Bs will stand up at RAF Marham."

Most of the pilots training at Eglin have around 50 to 60 hours on the aircraft. The most experienced has clocked up 150 hours. So far Squadron Leader Buchler has managed 20 hours, adding around 15-hours-a-month to his flying log. On top of that the pilots also train on simulators.

"The aeroplane almost flies itself," said Squadron Leader Buchler, "which means you have more time to work out what's going on in the battlespace and how you are going to fight the fight as effectively as you can."

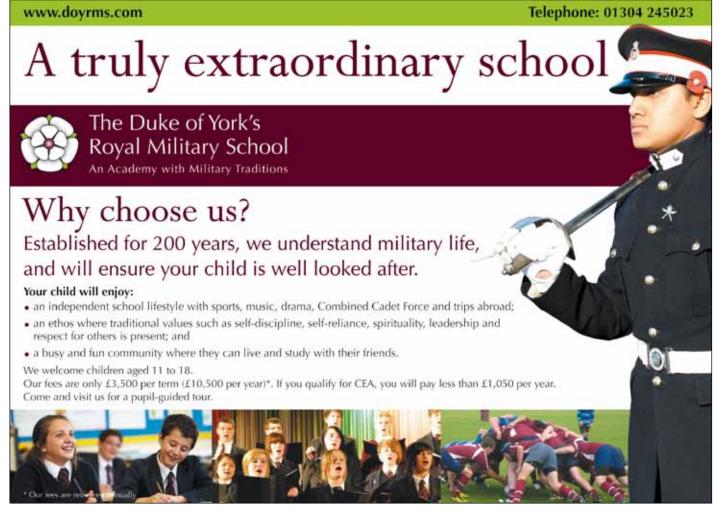
So intelligent is the Lightning that if a novice pilot asks it to do something that

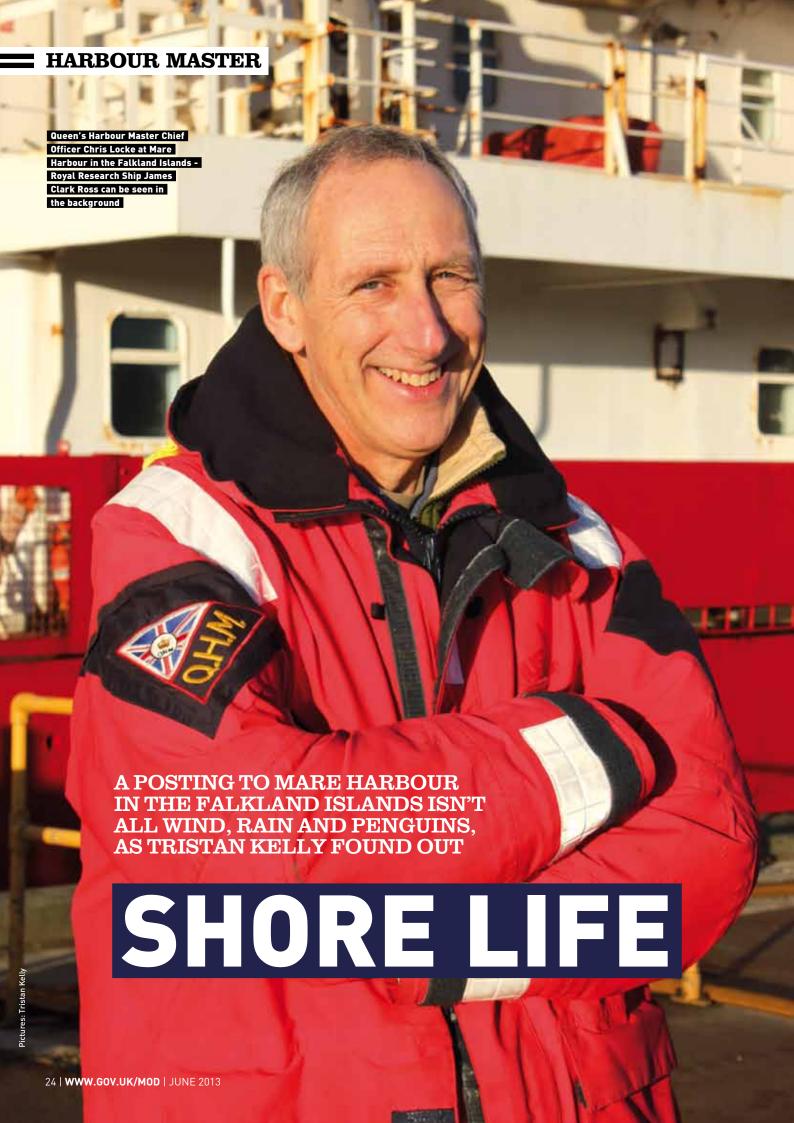
it considers unsafe, it will refuse: "Some pilots will find it strange that the aircraft says 'you know that's silly, sorry I'm not going to do that'," said Squadron Leader Buchler. "But it means that it's looking out for you, so there's less opportunity to make mistakes." Which doesn't mean that the technology has the final say. "You can always override it – but you'd be a fool to do so."

There is also a team of UK personnel at Patuxent River Naval Air Station in Maryland who are working on the technical development of the aircraft. Recently Defence Secretary Philip Hammond visited the air station to meet the team and watched as a Lightning II performed a vertical landing.

Next year the team at Eglin will move to Edwards Air Force Base in California to conduct flying operations. "At the moment our maintenance personnel, seven Navy and six RAF, are gaining experience on how to look after the aircraft so that when we go to Edwards, we will be able to stand up and operate as an autonomous unit," said Lieutenant Commander Tidball.







t may not be as famous as Portsmouth or Devonport but the small Falkland Islands port of Mare Harbour shares many of the attributes of its larger cousins over 8,000 miles away.

Part of the Mount Pleasant Complex (MPC), which includes Mount Pleasant Airfield and the Joint Operating Base, Mare Harbour is situated in the sheltered cove of Choiseul Sound, five miles down a gravel road from the main cluster of buildings that form the MPC.

As the sun shines down on an unusually still day, Queen's Harbour Master Royal Fleet Auxiliary (RFA) Chief Officer Chris Locke explains that for him it is the ideal place to work.

"Thirty-six years with the RFA and this is the best job yet," he said.

Chief Officer Locke, who joined the RFA in 1977, is no stranger to the Falklands after sailing to the islands in his first year of service on RFA Olwen and then again with the Task Force in 1982 on the tanker RFA Plumleaf. In the years that followed, his postings took him on several subsequent voyages to the South Atlantic and so when the position of Queen's Harbour Master at the MPC became available he seemed like the ideal candidate.

"I have spent a lot of time here in the Falklands, not through choice but by coincidence really; it was just how life panned out for me," he said. "I have been to virtually all the natural harbours in the Falklands both as a navigator and chief officer so I know the coastline and settlement anchorages very well."

Chief Officer Locke works alongside a small team in the harbour which includes the 13 Royal Navy engineers of Naval Engineering Falkland Islands (NEFI), 460 Port Troop Royal Logistic Corps and two Dutch-crewed tugs contracted by MOD.

## HANDS ON

Together their main responsibilities include maintaining and servicing the River Class patrol ship HMS Clyde, supporting visiting vessels such as Type 45 destroyers and research ships, and guarding against any possible maritime pollution incidents. And, of course, to support the monthly docking, unloading and fuelling of the vital Falkland Islands resupply ship.

"During the austral summer it is comparatively busy," Chief Officer Locke explained.

"It is not as busy as Portsmouth obviously, but there are fewer of us so we are just as busy in our jobs."

For many at the NEFI unit it is the small and busy nature of the team that is part of the attraction of a tour down here.

Warrant Officer Class 1 Angus



Dunsmore, Officer Commanding NEFI, explained: "Quite a lot of the guys like coming here because it is a small team and we can focus quite a lot on one-on-one training. There is a bit of a perception by some of the young lads that on a large ship they can be used for scrubbing out and just follow the chief around with a tool box, whereas down here we have got a little bit more time and they enjoy the fact they get a bit more hands on."

The work can also be quite varied as the unit has built up a reputation for its innovation and willingness to help.

In addition to projects such as servicing the engines of around-the-world yachts and fixing islanders' tractors, all of which go towards the training and skill sets of the young engineers, there have been a few leftfield requests.

"One of the strangest requests we have had recently is for a turtle slide," Warrant Officer Class 1 Dunsmore said.

"The theatre environmental protection officer had been up in Ascension and realised that in order to put the turtles back into the sea people were picking them up. So he came down here with the idea for a slide with the stereotypical picture on the back of a fag packet.



"The result was a couple of turtle slides that will go up to Ascension that they will use for putting the turtles back in. Work from ships is our stock-in-trade but we do get many strange requests like that."

But the unit is not used to second best and Engineering Technician Mark Richardson, who was asked to make the slides, explained that the first effort just wasn't up to his own high standards.

"It needs more bends," he said. "At the moment it could get stuck on the sand and stones as they drag it down the beach."

## **SAFE MOORINGS**

Environmental concerns feature heavily in the minds of everyone in the harbour but is something which has recently taken on stronger leadership with the appointment of a Queen's Harbour Master (QHM).

Chief Officer Locke has studied marine pollution response techniques in Aberdeen. He explained: "That is something that didn't exist until this post was formed as the harbour didn't have a dedicated marine oil spill expert and is part of the reason why the role of QHM in the Falklands was created."

There was an incident a few years ago when a ship broke away from its moorings in high winds. It subsequently struck another ship on the jetty and shows how accidents can happen, but Chief Officer Locke feels that plans for an upgrade to the jetty to allow for the safe mooring of everlarger ships should make operations safer. It is something Chief Officer Locke is very enthusiastic to be involved in.

"These are exciting times as I'm leading the implementation of the new Port Safety Management System which will make harbour operations safer," he said.

Indeed with so much going on it is a posting, for those in any Service, he implores more to consider.

"This is a fantastic place to live, the scenery, wildlife and environment – if you embrace it."

"I'm really very lucky being here with my wife, Nancy, embracing my new shore life yet still able to get out and about on ships and remain involved in the maritime world. It's not everybody's cup of tea, but I am blessed, I really am."

## **AIR FORCE MEDAL**

My Air Force Medal was awarded just six weeks after finishing training.

I joined the squadron as a junior crewman on exercise in the Scottish islands. I had no experience and did what I was told so it proved a defining moment for me when I saved somebody's life.

We stood on the deck of HMS Ark Royal while a line of deck hands loaded the back of a Chinook. I was walking up the ramp when suddenly the pilot became airborne prematurely and the helicopter climbed to 250 feet.

I scrambled into the aircraft just in time, only to see the ramp slowly sinking with this poor deckhand about to roll off. In that split-second, I reached him as he hung off the helicopter, locked my arms around his shoulders, and grabbed his clothing.

He looked back over his shoulder at me in panic. I couldn't move but fortunately someone spotted us, managed to raise the ramp, and we scrambled inside.

He was massively shocked, speechless and very shaken but extremely grateful.

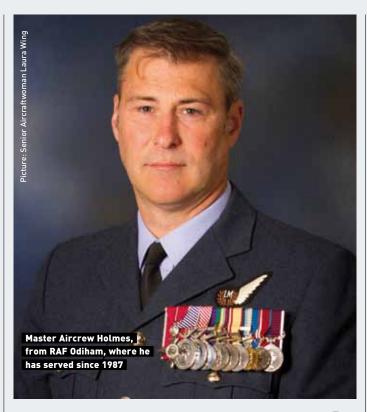
Afterwards, I thought 'if this is what life on a Chinook is like, then it looks dangerous!' Funnily enough, 10 years later, I was back on *Ark Royal* and he found me. It was great to see him again over a beer.



## **MBE**

My MBE is probably my most treasured medal. I joined the Chinook Wing in 1987 and, apart from a break to train as a crewman instructor, I served for 22 years. When I left the squadron as the crewman leader in 2009, I received the MBE for long service.

I was given my medal by the Princess Royal. I thought that with 100 recipients, I'd get



## **MY MEDALS**

Master Aircrew Paul Holmes has devoted his entire 27-year RAF career to serving on Chinooks and has been awarded 10 medals.

my two minutes, but if you're military she takes her time. The first thing she said was: "You've been to the Palace quite a few times, haven't you?" It was an absolute joy.

Life on a Chinook squadron is led at a fast, furious pace so 20-plus years takes its toll on you and your family. After the ceremony, I told my wife that my life had been fairly selfish because, while I'd enjoyed military life, she'd stayed at home raising our sons. I said: "This is for the effort that everyone's put in."



## **AFGHANISTAN**

My Afghan medal means more than my other operational medals because I fell in love with the country. It's absolutely stunning and so diverse. In the Hindu Kush you can fly above beautiful mountains; in the south, you can fly in desert landscape. It's all there in one country.

My outstanding memory is flying from Bagram up the Bamiyan Valley, where two giant Buddhas were carved into the rock – archaeological relics that the Taliban destroyed. It was a crying shame.

In one month, we were limited to 100 flying hours and I easily topped it and had to be restrained. If you fly night and day, the impact and lack of sleep definitely catches up.

Coming home from operations is odd. I went from flying at night doing something right on the edge to, less than 48 hours later, relaxing at home with my wife and kids. My kids make it easy because their world doesn't see what I do. When I walk in the door and my five-year-old thrusts his toy car in my hand and orders "wheel

fixed!" it brings me straight back down to earth.





## **IRAQ**

In 2003, I flew out to Iraq in the first push. We had a two-week period in the middle of nowhere waiting for our next move. I remember thinking that if we stood on top of the aircraft and turned 360 degrees, we'd see nothing but flat desert.

In early 2003, with the spate of kidnappings yet to develop, we never felt it was too dangerous. I knew we'd done the training, and had the equipment and ability to do what we needed. I felt from an aircrew perspective that the enemy weren't always the main threat because if you fly in the desert and at night it's inherently dangerous.

We slept on the aircraft, which I loved – we nicknamed it the Boeing Hilton. Sleeping under the stars with a small team is brilliant. The camaraderie is amazing. Like any relationship you have to compromise but you end up best mates and I still keep in contact with the guys who have left the Service.

## **NORTHERN IRELAND**

I did a lot of six-week detachments from 1988 to the early 90s. I really enjoyed them and flew regularly in an area so tiny I almost knew it field by field.

We deployed following the Ballygawley bus bombing that killed eight soldiers in County Tyrone. At that point, Chiefs decided that it was no longer safe to transport troops by bus because of the threat from roadside bombs so we flew them in Chinooks.

We were based in Aldergrove air base where all the RAF assets were stored but, being fliers, we were lucky because we got to see the whole province.



MSc Full-time and part-time study in Defence Acquisition Management

If you are involved in any aspect of defence acquisition then this CIPS, CILT and CMI accredited course is relevant to you. Whether you are involved in establishing or managing capability requirements; engaged in procurement, commercial or contracting activities; or developing and implementing sustainable support solutions, this course will provide the underpinning tools and resources to develop the critical analytical and thinking skills required for the effective management of defence acquisition.



Tuition fees: £15,950
For further details, please contact
Dr Julieanna Powell-Turner
Course Director
T +44 (0) 1793 785755
E: j.powell-turner@cranfield.ac.uk
www.defenceacquisition.co.uk

Covin Copyright Integral Forti www.ideforcechiligra.covil
 Comferfi (Invento 1780/021)



- · Au-Pairs
- Summer Au-Pairs
- Mothers helps
- · Babysitters
- · Short & long term placements
- All applicants vetted & references checked
- Full aftercare service for au-pairs & families
- Whole UK coverage
- Girls Available immediately from All EU COUNTRIES

All au-pairs vetted and references checked.
Register now online or call
Open 24 hours 7 days a week
020 8245 4789

## SUNFLOWER AU-PAIR AGENCY

www.sunfloweragency.co.uk



# GUTREACTION

INDIGESTION IS VERY COMMON BUT WHAT CAUSES IT AND WHAT CAN YOU DO?





By Surgeon Commander Nick Imm, a GP at Navy Command HQ, HMS Excellent.

Hello from Whale Island in Portsmouth. This month I am taking a look at indigestion. Indigestion, or dyspepsia, is very common and most of us will complain of it from time to time.

For the majority of us it's simply an uncomfortable feeling at the top of our abdomen or behind our breastbone – a bout of discomfort after a heavy meal or big night out that goes away on its own. People complain variously of a burning sensation, bloating and nausea. For others though, it can be very frequent and painful and they may need to see a doctor for regular, powerful medicines.

So, what causes the symptoms? There are several issues here. Some people suffer with mild symptoms for no apparent reason. If a camera is passed into the gut, everything looks normal. This is the most common situation and is known as functional dyspepsia.

At the other extreme are duodenal or stomach ulcers – this is when a small crater-like hole develops in the lining of the qut.

Can it be serious? Yes, ulcers can sometimes bleed and stomach cancer can also present with some of these symptoms. Sometimes a tendency to have oesophagus and stomach cancers can run in families.

There are several things that can make dyspepsia worse. These include anti-inflammatory tablets such as ibuprofen or diclofenac. People are more likely to suffer if they have a hiatus hernia (when part of the stomach squeezes into the chest), and lifestyle is important too; you are more likely to complain of these problems if you are overweight, smoke or drink alcohol to excess.

If you see your medic or GP you can expect your symptoms to be discussed and to be examined to check exactly where your symptoms are. You may be asked to give a blood or stool sample to check for the presence of a bacterium called H pylori. This bug has been found to be present in a large percentage of patients with dyspepsia problems and can be swiftly eliminated with a course of antibiotics.

Fortunately, simple medicines can help with these symptoms – antacids neutralise stomach acid and can be very useful. Your doctor may suggest you take a proton pump inhibitor (such as omeprazole) which works by stopping the stomach from producing acid. If there is doubt about the diagnosis, or if your doctor is concerned, you will be referred for an endoscopy. The lining of the gut can be examined and a small biopsy taken if required.

So, to avoid these problems, keep to a healthy weight, don't smoke and limit your alcohol consumption.

Stay healthy and I'll see you next month. 👓

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



## Thought university wasn't for you? Think again.

Our Access Module Certificates are an ideal starting point if you need to develop your study skills and build your confidence.

## What's involved?

The Access to Success Route has two steps:

## Step 1- An introductory OU Access Module Certificate:

- Choose from three OU Access modules: Arts and Languages, People, Work and Society and Science, Technology and Maths.
- Pay just £25 instead of the normal fee of £625
- Choose when to start, either October or February.

## Step 2 - A more in-depth module

On completion of the Access to Success Route, you'll be well prepared to continue your studies with us and you'll already be a quarter of the way towards gaining a foundation degree.

To qualify, you must live in England, your household income must be under £25,000 and you will have little or no previous experience of university-level study.

## Why choose The Open University?

- You're never on your own your tutor will offer one-to-one support and you'll be part of our vibrant and supportive online community
- You don't need any formal qualifications your desire to learn is more important than your previous qualifications
- Flexible study you study at home, fitting it around your family, friends and work.

Modules give you skills you can apply straight away, so the sooner you start, the sooner you can improve your prospects.

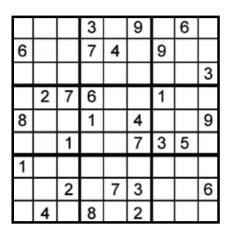
The course opened doors for me that I never thought possible as I gained confidence, it led to employment with better pay.

Roz Lambert, OU Graduate

## Want to find out more?

www.openuniversity.co.uk/success

## SUDOKU



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

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

Solution to the May 2013 puzzle

## **CHESS**



Compiled by:

I recently gave a talk about chess at a primary school in Oxfordshire. I asked the children to put their hands up if they had a chess set and to my surprise over

half of the group did. I asked who gave it to them and two-thirds said it was from their grandparents. Chess seemed to have skipped a generation for many. Furthermore, the sets were given as presents at Christmas or on birthdays.

Even though the common perception is that kids are always playing on computers, when it came to chess they preferred to play with real pieces on an actual (not virtual) board.

This was very heartening indeed and I do know that chess is making a comeback in schools around Britain thanks to the hard work of many volunteers, including teachers, who give of their valuable time to support the chess cause.

Even in top tournaments now commentators are reluctant to 'use the machine' to evaluate positions preferring instead to use the human mind. I think that we are on the crux of a change here when people are saying 'OK I know



computers are stronger, but let's get back to enjoying chess for the game's sake'.

I occasionally receive correspondence from people who tell me the positions I give are too difficult. To rectify this, please study the position I devised myself. White is about to get checkmated on g2 or c1 but it is his move so he goes on to win. How? It is easy but pretty and you should then be able to enter the competition to win a chess book.

Send your answers to me at carl. portman@hotmail.co.uk please. The answer to May's problem was 1.Qf3+ Bb3 2. Qc3!! bc 3.Bd6 mate. Winner to be announced.

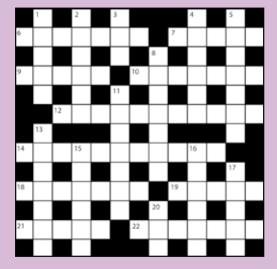
## TOPICAL CROSSWORD

## **ACROSS**

- **6.** US singer who is married to the rapper Jay-Z (7)
- 7. See 18 Across
- **9.** Hamilton, the F1 star who is driving for Mercedes this season (5)
- **10.** People who attack and rob ships at sea (7)
- **12.** Footballer who fell out of favour with Sir Alex Ferguson in 2013 (5,6)
- **14.** Actor who replaced Pierce Brosnan in the role of James Bond (6,5)
- **18.** And 7 Across. This character has been portrayed on film by Harrison Ford and River Phoenix (7.5)
- 19. One of the former Prime Minsters who attended Margaret Thatcher's funeral (5)
- 21. Sacred song or hymn (5)
- **22.** Film franchise starring Robert Downey Jr and Gwyneth Paltrow (4,3)

## **DOWN**

**1.** Ricky Gervais comedy set in an old people's home (5)



- **2.** Courteney Cox's character in the hit series *Friends* (6)
- 3. Top playing-card (3)
- **4.** This famine had a devastating effect on Ireland in the nineteenth century (6)
- **5.** At the 2012 Olympics, Andy Murray beat him in the final to win Olympic gold (7)
- **8.** Building in which people are able to borrow books (7)
- **11.** 'That there's some corner of a foreign field / That is forever \_\_\_\_\_\_' (Rupert

## SOLUTION (NO PEEKING)

Down 1. Derek 2. Monica 3. Ace 4. Potato 5. Federer 8. Library 11. England 13. Madness 15. Icicle 16. Island 17. Sitar 20. Fry

6. Beyonce 7. Jones 9. Lewis 10. Pirates 12. Wayne Rooney 14. Daniel Craig 18. Indiana 19. Blair 21. Psalm 22. Iron Man

**Across** 

Brookel (7)

- **13.** Group whose hits include *It Must Be Love* and *Wings of a Dove* (7)
- **15.** Hanging, tapering piece of ice (6)
- **16.** Small \_\_\_\_\_\_, a BBC drama featuring the characters Hortense Roberts and Queenie Bligh (6)
- **17.** Large, long-necked Indian musical instrument (5)
- **20.** He was the presenter of Channel 4's *Gadget Man* (3)



## LOADS OF FUN IN BRUM!

With theme parks, shopping and a chocolate factory on offer, Birmingham makes for a packed family weekend away

WIN a two-night stay at the new Holiday Inn Express Birmingham - Snow Hill. Opening on 17 June in the city centre, the hotel boasts 224 contemporary, airconditioned bedrooms, each with free Wi-Fi. Amid the stylish decor you can enjoy a complimentary hot and cold breakfast or relax with a bar drink in the evening.

The prize also includes complimentary dinner at the Marco Pierre White Steakhouse Bar & Grill at Hotel Indigo Birmingham (www. hotelindigobirmingham. co.uk) with panoramic views, a kid's activity pack and tickets to Cadbury World, where you can learn how your favourite chocolate confectionery is made.

## **TO WIN**

Email your name, address and phone number to dmcnewsdesk@mod.uk by 17 July. Don't forget to enter Holiday Inn in the title bar.

- OFFER: from £39 B&B per room/per night. First 50 rooms booked get free bottle of wine.
- Valid until 30 December 2013. Quote *Defence Focus*.
- Hotel: 0121 647 3999/info@ hiebirmingham.com
- (www.cadburyworld.co.uk)

## Terms & Conditions:

Prize is for two adults and two children under 15 sharing a family room and three-course set menu only. Offer bookable via hotel only. Prize and offer valid until 30 December 2013, subject to availability.

## THE GREAT ESCAPE

Action-packed POW adventure breaks out on Blu-ray for the first time



FIVE readers of *Defence* Focus will win a Blu-ray to mark the 50th anniversary release of the iconic 1963

film The Great Escape.

Based on a true story, The Great Escape entertains, captivates, thrills and stirs. In 1943, the Germans opened a maximum security POW camp designed to hold the craftiest of escape artists. By doing so, they unwittingly assembled the finest escape team in military history –

brilliantly portrayed by Steve McQueen, James Garner, Charles Bronson, Richard Attenborough and James Coburn – who worked on what became the largest prison breakout ever attempted.

The American film classic regularly tops fans' 'Best Ever Film' polls thanks to its brilliant casting, superb acting, evocative catchy soundtrack and a certain Triumph TR6 Trophy motorbike.

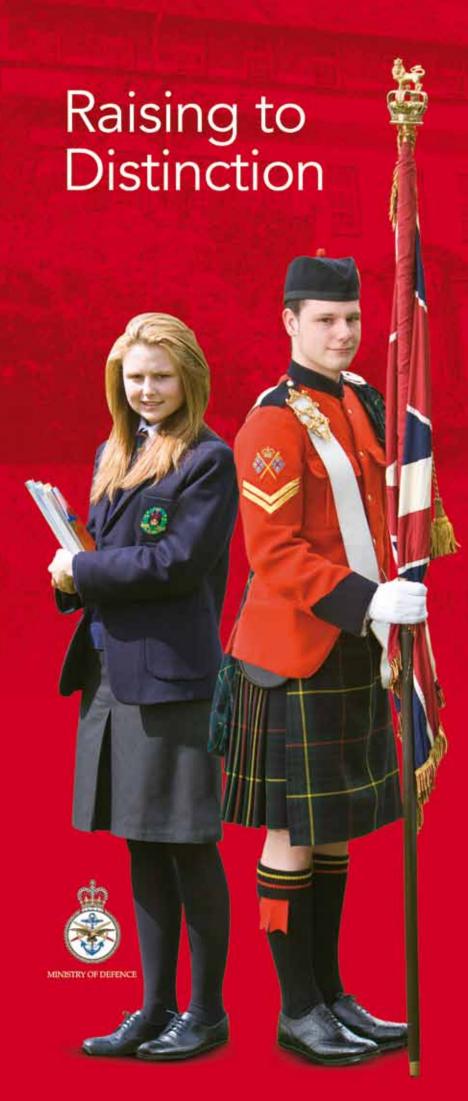
The Blu-ray comes fully loaded with special features including a commentary by director John Sturges, cast

and crew, multiple 'making of' featurettes, the original theatrical trailer and more. The Great Escape 50th Anniversary Blu-ray – MGM & Twentieth Century Fox Home Entertainment.

## **TO WIN**

Email your name, address and phone number to dmcnewsdesk@mod.uk by 17 July. Include 'The Great Escape' in the subject line. Good luck!







## Queen Victoria School

Open Morning Sat 21 Sept 2013

Admissions Deadline Wed 15 Jan 2014

Queen Victoria School in Dunblane is a co-educational boarding school for children of Armed Forces personnel who are Scottish, have served in Scotland or are part of a Scottish regiment.

The QVS experience encourages and develops well-rounded, confident individuals in an environment of stability and continuity.

The main entry point is into Primary 7 and all places are fully funded for tuition and boarding by the Ministry of Defence.

Families are welcome to find out more by contacting Admissions on +44 (0) 131 310 2927 to arrange a visit.

Queen Victoria School Dunblane Perthshire FK15 0JY

www.qvs.org.uk