



**EAST MIDLANDS
RESERVE FORCES AND CADETS ASSOCIATION**

Autumn 2019

The Reservist

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Army dog handlers hone their skills

**Reservists win
Humanitarian Award**
*supporting aid and
relief missions across
the globe*

**Employers strike
Gold**
*5 East Midlands
businesses recognised*

**Armed Forces
Covenant**
*improving diversity
for employers*



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Wilson Browne Solicitors have recently been awarded Silver in the Ministry of Defence Employer Recognition Scheme; the ERS recognises commitment and support from UK employers for defence personnel, and recognises employers who support those who serve or have served in the Armed Forces, and their families.

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The Reservist Magazine



Colonel Nick Hile

Hello

Welcome to the autumn edition of The Reservist. As the incoming Chairman, this is the first occasion that I have written the foreword to this magazine.

I suppose it is only right that I should begin with a confession: I have never been a Reservist. However, during my 37 years as an officer in the Regular Army, I had the good fortune to serve alongside Reservists for much of my time. I was always taken aback by the volunteer spirit of commitment and enthusiasm, enjoyment and camaraderie that they invariably brought with them. Since retiring from the Regular Army and becoming involved with the work of the RFCA, I have observed that same volunteer spirit alive and well amongst those

who serve in the Reserve units of the East Midlands. The sheer range of activities and challenges that our Reservists undertake so readily is staggering. Moreover, many of the opportunities that they take up would simply not be available to them were they not members of the Reserve Forces.

In this issue you can read about Reservists from the East Midlands learning to scuba dive, participating in an international rowing competition and undertaking an expedition to the jungles of South America. Of course, participation in the Reserves is about much more than being involved in challenging activities and Tommy Whiting explains the positive effect that serving in the Royal Naval Reserve had for him as he undertook further education. Tommy mentions the transferrable skills that can be gained in Reserve service and these are increasingly being recognised by the civilian employers of Reserves. This is perhaps most ably demonstrated by the number of employers signing up for the Employer Recognition Scheme, with five employers from the East Midlands gaining the much sought after Gold accreditation this year. However, employers have also realised the value of military leadership training; you can read in this magazine how 40 junior managers from across the East Midlands gained experience of leadership training courtesy of 162 Regiment Royal Logistic Corps.

I hope you enjoy this magazine and, if the stories within inspire you, there are contact details within to allow you to take up the challenge.

A handwritten signature in black ink that reads "Nick Hile". The signature is fluid and cursive.

Chairman of East Midlands RFCA

Who we are

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

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

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Engineers take the plunge in Cyprus

Sgt Dove inside MS Zenobia

Reservists from 350 Field Squadron, 101 Engineer Regiment, travelled to Cyprus and learnt how to scuba dive, before exploring one of the world’s most renowned dive sites.

The two week trip saw the reservists focus on developing their diving skills in the first week, then taking on beginner level dives around the island, before concluding the experience with diving one of the top ten wrecks in the world, the sunken MS Zenobia.

Sapper Abbie Slavin aged 25 from Chesterfield, was one of the first time divers. Abbie explained: “You can see the Zenobia when you first enter the water and look down. To see the hazy outline of the huge wreck, was very exciting. We got to the ship on its starboard side. We looked through some of the portholes and then swam to the stern of the ship,



Zenobia safety stop

seeing lots of fish, lion fish and our first encounter with the larger grouper fish.”

During the first week of their trip, the Reserves explored several shore dive sites around Cyprus including the Chapel, Cyclops Cave, Sheep Dip and several other caves.

Sapper Fran Reed aged 20, also from Chesterfield, said: “These locations were ideal for our BASC Ocean Diver and Sports Diver courses as the depths ranged from three to twenty metres. Once everyone was qualified, a night dive was also undertaken so we could experience the marine life at night.”

In the second week the divers needed to learn how to dive from a boat rather than shore dives. Sapper Fran Reed added: “These dives open up the scope to get to sites that are not an option from the shore and a whole new world of fish and marine life.”

Sapper George Palourti aged 21, from Derby, said: “The Zenobia was one of the most enjoyable dives I have had, interacting with fish and exploring this



Capt Gascoyne giant stride high entry at the Sheep Dip

wreck with excellent instructors, it was a fantastic expedition.”

The MS Zenobia was a Swedish built Challenger class ferry that sunk off the coast of Cyprus on its maiden journey in 1980. It is now one of the top ten diving sites in the world.

For more information about joining 350 Field Squadron email Sergeant Major Wraith email: Garry.Wraith764@mod.gov.uk or call 0115 946 4909.

Rowing to victory for Women's Double World Champions



Lou Elkington rowing in The World Masters Regatta, Hungary

Senior Aircraftwoman Lou Elkington of RAF Waddington, Lincolnshire, swept to victory in The World Masters Rowing Regatta 2019 in Hungary, coming home with two Gold medals and three second placings. A member of The RAF Rowing Club, and Reservist for over seven years, Lou retained two of the titles she won in the same competition two years previously in Slovenia.

The five day Masters Regatta is the highlight of the season, attracting the best crews from around the world. This year's event was the second largest in the history of the Regatta, with 3526 athletes entered, and was held at the stunning Lake Velence, close to Budapest. Lou travelled ahead of schedule to allow for some extra training at the venue. "This is good practice, as it helps to familiarise oneself with the conditions and the surroundings, before the racing begins. It also means that the equipment can be checked and tested, and any alterations or repairs made in good time."

The first event was the Women's D2 Double Sculls, with rowing partner Dawn Zalas of Newark Rowing Club. "We were lined up against crews from Denmark, France, Germany, The Netherlands, Hungary and Norway. We had a good start and rowed well to take the Gold medal in a time of four minutes. It was great to win on the first day, but we didn't dwell on it too long as there were other races to consider."

Next up was the Women's D2, where the pair had placed second in Strathclyde, so had high hopes, and a strong strategy of leading from the front got them to their second victory. With no time to celebrate, the boat had to be re-rigged for the next race. Rowing with Flight Lieutenant Sally Tippet in a new partnership, Lou was delighted with second place. "It marked a real achievement given the short space of time we had training together before the event. We were absolutely delighted and I am exceptionally proud of that result."

"The Regatta was a wonderful event which ran very smoothly, and to come home with two Gold medals and three second placings was a fantastic achievement, of which I'm very proud. Having

won two Golds at Bled in Slovenia in 2017, it was a dream come true to go to Hungary and win the same events two years later!"

The Regatta season has finished but the training continues. "We just start from scratch with another training schedule, it never stops!" said Lou.

For more information on joining the Royal Air Force Reserve, call 0345 606 9069 or visit www.raf.mod.uk/recruitment



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Employer Recognition Scheme

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

Bronze Award

Bronze Award holders are self-nominated employers who pledge their intention to support and who have signed the Armed Forces Covenant. This is for employers who promote being Armed Forces friendly and are open to employing Reservists, Service Leavers, Cadet Force Adult Volunteers and military spouses or partners.

Silver Award

Silver Award holders demonstrate support for Defence personnel and employ at least one member of the Armed Forces community (Reservist, Service-leaver, military spouse or Cadet Force Adult Volunteer), actively communicating and upholding a positive stance to their employees via established HR policies and procedures.

Silver Award holders support Reservists by providing leave flexibility to allow them to fulfil their military training and mobilisation commitments.



Gold Award

Gold Award holders proactively advocate and support Defence personnel, communicating their commitment both internally to employees and externally to the wider community, through established policies and examples of support.

Gold Award holders demonstrate significant support for Reservists, enabling them to fulfil their military training and mobilisation commitments.

For further information about the Employer Recognition Scheme's full award criteria visit www.gov.uk and search for 'Employer Recognition Scheme'.

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

John Wilson OBE DL, Regional Employer Engagement Director on 0115 924 8627 or em-empsp@rfca.mod.uk

Why your business should back the Armed Forces Covenant

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

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

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

To find out more about how you can pledge your support, please contact:

John Wilson OBE DL, Regional Employer Engagement Director on 0115 924 8627 or em-empsp@rfca.mod.uk

For further information visit www.gov.uk and search for 'Armed Forces Covenant'.



Benefits of backing the Armed Forces Covenant:

- Attract highly skilled military personnel, ex-Regulars or Reservists - with core transferable skills such as IT, catering, first aid and business and technical qualifications
- Access to a recruitment platform targeted at Service Leavers with particular skill sets
- Positive impact to your organisations reputation and corporate social responsibility
- Acknowledgment of your support through the Defence Employer Recognition Scheme
- Access to free personal development training and leadership activities
- Discounted rates on versatile and affordable venues to hire across the UK



Employers strike gold

Five organisations in the East Midlands have achieved a Ministry of Defence Employer Recognition Scheme (ERS) Gold Award for actively demonstrating their support and advocacy for the Armed Forces community.

Charnwood Borough Council, Derbyshire Community Health Service NHS Foundation Trust, Inzpire Ltd, Leicestershire Partnership NHS Trust and Rushcliffe Borough Council are the organisations that have been recognised by the Ministry of Defence.

Geoff Parker, Chief Executive at Charnwood Borough Council, said: "Charnwood Borough Council is delighted to receive this Gold Defence Employer Recognition Award.

Charnwood's elected members and officers are committed to continue building on the great strides that we've made in providing positive support for our Armed Forces community."

The Council works very closely with other local authorities. Geoff said: "Our successful partnership with Rushcliffe and Melton Borough Councils in this area of work, to understand and recognise the personal sacrifice made by our service men and women, Reserve forces, families, veterans and adult cadet force leaders, is an achievement in which I and

many of my colleagues take great personal pride."

Under the Defence ERS, employers support defence personnel and encourage others to do the same. The Scheme has three levels, Bronze, Silver and Gold, for organisations that pledge, demonstrate or advocate support for defence and the Armed Forces community.

These organisations employ members of the Armed Forces community which includes service leavers, veterans, reserves, cadet force adult volunteers and family members of those who serve.

Admiration for Military ethic and ethos

Hugh Griffiths, CEO of Inzpire Ltd, which is based in Lincoln, said: "We are overjoyed to be recognised as one of the Defence Employer Recognition Scheme Gold Award winners for 2019, this means the world to us since 80% of our employees are ex-military and we really admire the military work ethic and ethos. We feel that ex-military are sometimes disadvantaged, so we take great pride in supporting them and the wider Armed Forces community. We are extremely proud of being able to promote best practice for recruitment from the Armed

Forces community and support to our Reservist personnel through enhanced paid leave provision."

The Awards will be presented by a senior politician in a special ceremony in London later this year.

John Wilson, the Ministry of Defence's Regional Employer Engagement Director for the East Midlands, said: "I'm thrilled that we can announce a record number of Gold Award winners for the region. I know all of these organisations have worked hard to support defence objectives and they are all very worthy winners."

To find out more about the ERS and how your organisation could support defence personnel in the workplace through the Armed Forces Covenant email John Wilson at em-empsp@rfca.mod.uk or call 0115 924 8627.

"... We are extremely proud of being able to promote best practice for recruitment from the Armed Forces community and support to our Reservist personnel through enhanced paid leave provision ..."



Emma Butler of CEVA UK, Kathryn McAuley and John Wilson, East Midlands RFCA.
Front row: Major Ty-Lee Bearder, Army, and Nicola Hartley of CEVA UK.

CEVA sign the Armed Forces Covenant

CEVA Logistics UK, based in Ashby de la Zouch, one of the world's leading supply chain management companies, are the latest large East Midlands business to have signed the Armed Forces Covenant.

Commenting on the signing, Eddie Aston, CEVA's Managing Director UK, Ireland and Nordics, commented: "The Armed Forces can bring a wealth of relevant skills and experience to the logistics industry and this opens up a diverse talent pool for us to utilise. Signing the Covenant shows that not only is CEVA an Armed Forces friendly organisation, but that we have inclusive recruitment practices and we welcome applications to join our team from everyone."

John Wilson, Director of Employee Engagement at East Midlands Reserve Forces and Cadets Association, commented: "We are delighted to welcome CEVA Logistics to the growing community of businesses who have pledged their support, and we look forward to working with them in the future."

"This recognition of our military personnel is essential to ensure they receive fair treatment and recognition of the service they have provided to the country."

Major Ty-Lee Bearder, Chief of Staff, Mission Training and Mobilisation Centre, and CEVA UK Senior Vice President Human Resources, Nicola Hartley, attended a signing to mark the occasion at CEVA Logistics Head Quarters.

Speaking at the signing ceremony Major Ty-Lee Bearder, said: "Can I take a minute to say thank you so much for signing this Covenant. It allows the Military and CEVA to develop a strong mutually-beneficial relationship. For me this is personal, as

within the next few years or so, I will be one of the many ex-service personnel looking towards my next chapter and new career.

"To know that there are companies like CEVA Logistics who are located near my home town and ready to recruit ex-service men and women, will make the transition from the Army easier for me, my family and others, I am incredibly thankful," he added.

The Covenant is a pledge to treat those who serve or who have served, and their families, with fairness and respect. It encourages organisations to develop a mutually beneficial relationship with the Armed Forces community, and provides an opportunity to recognise publicly the value that serving personnel, Regulars and Reserves, veterans and military families contribute to the country.

To find out more about how you can pledge your support, please contact:

John Wilson OBE DL, Regional Employer Engagement Director, East Midlands RFCA, Army Reserve Centre, Triumph Road, Nottingham NG7 2GG, 0115 924 8627, Em-empsp@rfca.mod.uk

Loughborough student proud of his part time naval career

An A-Level student from Loughborough is encouraging other young people to join the Royal Naval Reserve and balance a life in the military with their studies.

Able Rate Tommy Whiting, aged 18, joined the Seamanship branch at HMS Sherwood in Nottingham when he was 16 years old. Over the past two years his highlights have included; marching in the parade when HMS Sherwood were honoured with the Freedom of the City and being part of the Guard during a parade for the Flag Officer Reserves at HMS Victory.

Tommy explained: "I was incredibly proud to take part in these events and they are highlights of my naval career so far. My dad and grandfather both served in the Royal Navy and this has inspired my chosen career path, you could say it is in my blood."

Tommy joined the Reserves as a way of combining his passion for the Royal Navy with furthering his education. He said: "The plan was to join the Regulars after

my GCSE's, but I got better grades than expected, so I joined the reserves whilst I studied. Having a part-time job with decent pay has really come in handy whilst I've been a student, it's a definite bonus. Balancing student life and the military can sometimes be tough but it is manageable. You have to be prepared to apply yourself to your studies, you can't be afraid of a bit of hard work."

Transferable skills

Tommy knows that his role as a Naval Reserve has given him transferable skills. "Training in the Reserves is sometimes tough and it can be a bit of a shock to the system at first, you're suddenly on your feet all day when you're used to not



Tommy Whiting, centre, with fellow Reservist

doing much at all. You gain confidence and learn how to function effectively in stressful situations," he said.

Tommy aims to join the Regular Navy as part of the Submarine branch, but still thinks other students should opt for a part time job in the Navy. He concluded: "Being a Royal Naval Reserve is one of the coolest part time jobs you can ever get and it opens you up to so many opportunities. As long as you keep on top of your studies, you can have fun at college and in the Navy."

For further information about joining the Royal Naval Reserve in Nottingham call 0115 929 6373 or email navymr-sherwoodmailbox@mod.gov.uk



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'If you cut me open, it says Navy through the middle.'

A father from Nottingham has explained how his passion for the Royal Naval Reserve (RNR) has helped him succeed in his career.

Petty Officer Andrew Maltby, aged 50, works for Nottingham City Transport and serves in HMS Sherwood. He joined the Naval Reserve at the age of 16, with plans of going into a career in the Royal Navy full time, but due to other demands on his time never quite made it.



Instead he has spent 34 years in the Reserves.

Andrew explained: "The adventure and the different way of life has really kept me interested. I've spent lots of my time away at sea. I love the Communications Branch and I've just stuck with it throughout my time and I think if you cut me in half it would say Navy through the middle. I have spent time away on a Full Time Reserve Service contract which I loved. I was on board HMS Liverpool and HMS Broadsword and various other small ships and establishments."

As well as having taken on incredible opportunities in the Navy where he has had a number of unique experiences, Andrew has also found that his naval experience has supported his career.



He explained: "A lot of the leadership and managerial skills that I've developed with the Navy over the years have helped me immensely in my job. Sometimes my job can be high pressured, and things need to be done in quick succession to maintain the level of service that we have on the road, and my naval experiences help me cope with that."

HMS Sherwood is the East Midlands' only RNR unit and is based in Nottingham, for more information about joining the unit call 0115 929 6373 or email navymr-sherwoodmailbox@mod.gov.uk



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Commander's Canine Challenge

Military Working Dogs and their handlers have demonstrated their unique bond during the Commander's Canine Challenge.

The 1st Military Working Dog Regiment (Royal Army Veterinary Corps) (1 MWD Regt) Commander's Canine Challenge is an arduous 12km cross-country course. It includes eight military stands that test the fitness, training, skills and endurance of both the dog handlers and the military working dogs whilst also being a great sporting event.

Overall victory went to Team 105A from 105 Military Working Dog Squadron (MWD Sqn). Prizes for the best individual performances were awarded to Corporal Hewitt from 105 MWD Sqn for Best Team Commander, Private Emma Gooden and Military Working Dog, Tess, from 102 MWD Sqn for Best Protection Team, and Private Bobbi Norman and Military Working Dog, Bod, from 104 MWD Sqn for Best Search Team.

Private Bobbi Norman said: "It didn't feel like work; it's been a really good day. We've had to take plenty of water breaks for both ourselves and our dogs because of the heat, but it's great to be outside spending all day with our dogs."

The stands included an obstacle course which saw the dogs and their handlers crawling under netting, negotiating tunnels and climbing low walls. Strength

was tested when the soldiers had to carry their dog 100 metres between obstacles.

The Agility Stand saw the dogs and their handlers tackle a variety of obstacles, both natural and man-made. Pushing the dogs in a wheel barrow was one of the more unusual obstacles and really challenged the teams, testing the handler's originality of thought as much as the dog's obedience.



MWD getting treatment at Emergency Care stand

Bowls of sausages prove distracting

MWD Skills were really put to the test during the Obedience Stand, which featured tennis balls on poles and bowls of sausages laid out to act as distractors. The demanding scenarios created for the Search and Protection stands allowed the MWD teams to demonstrate their

prowess within their specific areas.

Contact drills were tested on the Battlecraft Syllabus Stand and the soldiers' marksmanship was evaluated in the Dismounted Close Combat Trainer.

The teams also found themselves giving emergency first aid and evacuating one of the dogs at the Pre-Veterinary Emergency Care stand. The dogs receiving the treatment were life-sized, life-like manikins which provide realistic training for veterinary techniques that may be needed in the field.

Private Ben Last who competed with MWD Charlie said: "It's been good to get competitive. We all wanted to do well, and Charlie has been great. He's a little cheeky at times but great at his job."

Event Organiser Major Jo Gillies from 1 MWD Regt said: "The competition has brought the Regiment together whilst testing important military skills. The climbing, lifting, jumping, shooting and the endurance that have all been tested in this competition, are essential skills that the military working dog handlers and their working dogs have to have for their jobs. This is simply testing those skills in a fun environment."



Nottingham unit receives humanitarian award

Lt Col Gareth Walker with the Firmin Sword of Peace

A three month long Caribbean mission by 66 Works Group has earned them the military's highest humanitarian award, the Firmin Sword of Peace.

The soldiers and officers of Nottingham based 66 Works Group received the Firmin Sword of Peace in recognition of the assistance given to communities across the Caribbean when a succession of ferocious storms battered the region in August 2017.

In the immediate aftermath of Hurricanes Irma and Maria, 66 Works Group deployed a small group of specialist engineers as part of a major effort by all three of Britain's Armed Forces in response to the natural disaster, codenamed Operation Ruman. Their objective was simple - to save lives and bring relief to the people whose livelihood and communities were devastated.



66 Works Group on parade

Restoring power and water to Islands

The team's first task was to open the British Virgin Islands' airfield to allow humanitarian and military aid flights to commence. 66 Works Group then focussed their specialist skills on high level, technical infrastructure repairs that would directly benefit the thousands of inhabitants of the British Virgin Islands.

This included successfully restarting the only power station on the Islands and bringing water treatment plants back online, allowing production of potable water.

The Sword was presented to the Commanding Officer of 66 Works Group, Lieutenant Colonel Gareth Walker, at a special ceremony held at Chetwynd Barracks, Chilwell.

He said: "I feel tremendously proud of the achievements of 66 Works Group, their efforts on Op Ruman had genuine strategic effect and were truly inspiring. They restored power to the British Virgin Islands within four days and water within six. These successes were followed by dozens of less dramatic, but equally vital acts that helped the islands recover from this tragic event."

The British Virgin Islands, Turks, Caicos and Anguilla bore the brunt of the damage from Hurricane Irma, with buildings destroyed and a state of emergency declared. The storm was then followed by Hurricane Maria which decimated the islands of Dominica and Puerto Rico.

66 Works Group Royal Engineers comprises 150 full-time civil, electrical and mechanical engineers, as well as 50 Reservists. It is one of five Works Groups that together form 170 (Infrastructure Support) Engineer Group.

Loughborough Reserves learn new skills on Brigade exercise

A 102 Logistic Brigade exercise has given Reserve soldiers from Loughborough an experience of integrating with regulars and working together to complete war fighting objectives.

Reservists from 203 (Loughborough) Transport Squadron joined with more than 300 personnel from 158 Regiment Royal Logistics Corps and other regiments from the Brigade to take part in the two week long Exercise Halberd Dawn.

Private Joel Barnett aged 25, took part in the exercise, he explained: "I enjoyed working with a mix of Regulars and Reserves, you didn't really know who was who, you just worked with those in your troop. We worked on our driver skills, soldiering skills and I think I personally improved my organisation skills too. We also had to learn how to deal with lots of people in a close environment, which is not something I had done before. I really enjoyed using my skills as a driver on an exercise in the field."

The exercise involved creating a planning cycle for the entire Brigade to work across as well as creating a supply loop and a forward supply area. This gave the participants experience of working as a brigade to support war fighting capability.

This is the first time these units have worked together in large scale for a number of years, but it is hoped that they will continue with exercises like this every other year.

Many of the Reservists involved work in logistics in their day job as well. Joel said: "I am an LGV class 2 driver in my day job, it involves doing multi drop offs throughout the region of the East Midlands and sometimes further."

As well as getting skills such as LGV and HGV driving licences, members of the Reserves can also gain a lot of soft skills.

Joel concluded: "I think the Reserves can help massively to give you confidence and help you when decisions have to be made. They are helping me try to learn about leadership and management as I am interested in becoming an officer."

Nurse retires from Parachute Squadron after 25 years

Intensive Care Nurse from Nottingham talks about life as an Army Reserve as he retires after almost 29 years

Major Mike Orpen, aged 60, joined the Reserves in 1991 and has had a distinguished career in 144 Parachute Medical Squadron, where he has been on several international deployments. He has commanded the Squadron to many other notable achievements.

Mike said: "I'd do it all again, I'd literally do it all again. If I didn't enjoy it, I wouldn't have stayed in for so long, this I think goes back to the experiences, the camaraderie and the education within the Reserve Forces. I think it's given me confidence. It's developed me not only with regards to using my skills from the

NHS but they've been transferable to the military to the greater benefit of service personnel. The skills I've developed in the military also support my NHS role and I think the last 29 years would have been very different for me without my military experiences."

During his time in the Reserves, Mike has taken part in exercises in the USA, deployed to Iraq and Afghanistan, and has taken advantage of unique adventure training opportunities but sees learning to parachute as his best experience.

He explained: "My greatest achievement was completing Pegasus Company which enabled me to go on and do my basic parachute course, which then opened up opportunities for me to go on airborne exercises and deployments."

As well taking part in multiple parachute jumps in the UK, Mike has also earned his American and German Wings by taking part in parachute jumps in both countries.

Mike feels that the friendships he has made in the Reserves are very important, he said: "There are people that I keep in contact with that have moved on from the unit, and I think that the people you meet on deployments, you always have a connection with. I couldn't see many civilian careers leading to sitting in a field with someone you barely know in the pouring rain and cold, yet the conversation you're having is a good one, because from working and living together, you build up a strong bond and friendship."

As he reflects on his career in the Reserves, Mike also highlights the importance of future recruits and has some words of encouragement for them. He said: "I can't think of any negatives from Reserve service, it's just a win, win, win the whole time. I'd thoroughly recommend it to anyone looking to do something in their spare time that feels both rewarding and meaningful."



Major Mike Orpen preparing to jump

"The skills I've developed in the military also support my NHS role and I think the last 29 years would have been very different for me without my military experiences."



Photo credits Alligin Photography

Inter Services Championship Rugby, RAF v Navy

Loughborough student becomes RAF rugby star

A PhD student from Loughborough recently represented the Royal Air Force in its first ever Inter Services Championship rugby win.

Leading Aircraftwoman Amber Guest aged 25, currently studies for a PhD in Lifestyle and Health, but in her spare time she serves as an RAF Reservist. She had the opportunity to represent the service against the Army, where they won 23-14, to claim their first ever Championship win.

Amber explained: "I've played rugby since I was a child for countless teams,

but I have never been in an environment where the team are so tight knit. These two inter-service matches are what everyone has been working for all year, you could tell how much it meant to everyone on the final whistle. We're finished for the season now but I'll be back to the gym to start getting ready for next season!"

Whilst playing rugby is really important to



Amber collecting her first cap before the Navy game

Amber, it is not the only reason she pursued a career in the Reserves. "I wanted excitement and I wanted opportunity. I wanted to develop myself as a person and really force myself out of my comfort zone. There is no better way to do this than joining the military and the Reserves gives you the best of both



Amber playing against the Army

worlds. You can enjoy the freedom of civilian life and on weekends you can drive to your base to learn skills you never thought were possible. Of course there is commitment involved but when you enjoy it, it's more of an enjoyable hobby than a commitment," said Amber.

As well as having a lot of unique opportunities, Amber has also found that the RAF has helped improve skills that are important to her role as a PhD student. She concluded: "I'm currently in Phase Two training and one of the core skills I am currently being taught by experts is how to present to large audiences. This skill is fundamental and invaluable to any career."

The RAF Intelligence Reserves are currently recruiting. To find out more about joining, call 0345 606 9069 or visiting www.raf.mod.uk/recruitment

"I wanted to develop myself as a person and really force myself out of my comfort zone. There is no better way to do this than joining the military and the Reserves gives you the best of both worlds."



Royal award for student-led jungle adventure

East Midlands Universities Air Squadron (EMUAS) has been presented with a prestigious award for an expedition which saw them travel to the South American Guyanese jungle.

The Prince of Wales's Expeditionary Awards highlight the very best in expedition leadership, challenge, courage, and planning. It was presented by HM Lord-Lieutenant of Northamptonshire, Mr David Laing on behalf of The Ulysses Trust who supported the expedition.

During the exercise, nine students constructed a camp designed by the local people to support the tourist trade and benefit the local population. Afterwards, they undertook nine days of jungle survival training, which included fire lighting, navigation, and hunting.

Officer Cadet Jinni Sur, said: "For me the expedition had a bit of everything. I overcame mental and physical challenges as well as learning about

some of my strengths. Not only this, but I got to do it all in an environment I never thought I'd get to experience, the jungle!"

Leaving a positive legacy

Expedition leader at EMUAS, Alex Wain said: "I had the unique privilege of being a part of the planning for this expedition and I cannot stress enough how fantastic The Ulysses Trust is. The financial support they provided was instrumental in making the expedition a possibility. Taking nine students from East Midlands Universities Air Squadron to the Guyanese jungle. The focus of our expedition was to expose the students to the jungle environment, testing their personal organisation and physical fortitude. Correspondingly, we wanted the expedition to leave a positive legacy and worked tirelessly with the local indigenous Amerindian population to facilitate this. The work that the Ulysses Trust does helps foster these once in a lifetime opportunities; helping ordinary students achieve extraordinary things."

The Ulysses Trust was represented at the event by its regional representative for the East Midlands, Colonel Chris Young. Colonel Young read the citation prior to the presentation and afterwards he commented: "The Lord-Lieutenant was



Students from EMUAS during Exercise Guyan EMU

inspiring in his support for the Trust and the recipients of The Prince of Wales's Award for best Expedition 2018. I was so impressed by the members of the team."

The annual awards are selected from over 100 Cadet and Reservist expeditions supported by The Ulysses Trust, whose patron is His Royal Highness The Prince of Wales. Each recipient receives a certificate which is signed by HRH The Prince of Wales.

"... I overcame mental and physical challenges as well as learning about some of my strengths ..."



HM Lord-Lieutenant of Northamptonshire presents the Award



Celebrating success at the Female Festival of Sport

Female Festival of Sport

Women Reservists from 4 Company, the 3rd Battalion The Royal Anglian Regiment, recently joined with members of a Royal Military Police unit to take part in a Female Festival of Sport. Hosted by 7th Regiment Royal Logistics Corp, the event included sports such as five a side football, volleyball, netball and tug of war.

The recent opening of the infantry to women as a career path means that numbers of women in this division are growing, and in future there will be even more opportunities to provide a bigger team and create more of a presence in the Festival of Sport. Events such as this are a great opportunity to highlight women in the Reserves and support recruitment activities. The Festival was open to all abilities, from novice to professional, so allowed everyone the opportunity to take part.

Lance Corporal Adele Gamblin, a member of the Royal Army Medical Corps attached to 4 Company, commented: "It was great for us to be invited to the Female Festival of Sport, as with being Reserves and attached to the infantry, we don't get many chances like this. It was a great day for us ladies to bond and socialise with our fellow female soldiers. It was good to get active, as some of us hadn't played since school, if at all!"

"We also had a team that had not played together, nor had done any pre-training for this, so we were buzzing and overwhelmed when we came away with



4 Company Reservists show off their medals

second place in the football. We did have a couple of ladies that play regularly, so it was an inspiration to see them perform and also gave us the motivation to want to do it more ourselves in the future. There were only four of us – L Cpl Tracey Edgar, Pte Rachael Jones and Pte Chloe-Mai Wilkinson - so we teamed up with a group of ladies from the Royal Military Police, who were lovely to work with. The event was well organised and run well throughout the day. Even though it could be frantic doing all the different sports, it was great to participate in each of them. We would definitely do it again, although with more of our ladies on board and with some good pre-training. A fabulous day was had by all!"



HRH The Duke of Gloucester

Royal visit for Reserves

His Royal Highness The Duke of Gloucester visited soldiers from 203 (Loughborough) Transport Squadron, 158 Regiment The Royal Logistic Corps (RLC), as part of a wider visit to Leicestershire.

The Duke, who is the Deputy Colonel-in-Chief of the Royal Logistics Corps, met with soldiers and received briefs on the work and role of the Regiment. He was also introduced to veterans from the East Midlands Royal Army Medical Corps Association.

In recent times the Regiment has been involved in a wide number of deployments including Defence Engagement in Ethiopia, Exercise Trident Juncture in Norway and also exercises in Cyprus and Denmark.

The Commanding Officer, Lieutenant Colonel Andrew Gifford, said: "Today was a very special occasion for the Squadron. It was an opportunity to discuss our contribution to the wider Army and to brief His Royal Highness on the busy months ahead, including our annual training exercise which will ensure the continued development of our transport capability."

The event was also attended by Mr Tim Hercok, the High Sheriff of Leicester, and the Lord-Lieutenant of Leicestershire, Mr Michael Kapur.

158 Regiment RLC is an Army Reserve Transport Regiment based across the whole of the East of England. Its role is to provide general transport support to its paired regular army regiment, 7 Regiment The Royal Logistic Corps.

Lincolnshire Reserve encourages others to join

An Army Reservist from Newtoft, near Market Rasen in Lincoln, is encouraging local people to learn more about becoming a Reservist, and has spoken out about the skills, confidence and friends he has gained.

Private Andy Markham Jenkins aged 38, who works as an Explosives Production Operative for the quarry industry, joined the Army Reserve in 2011 and now serves as a Storeman Reserve with 4 Company, 3rd Battalion, Royal Anglian Regiment.

Andy said: "From a young age, I wanted to join the Army, but life has a way of getting in the way of your dreams. I reached an age where I felt like I had to fulfil my dreams before it was too late and so I decided to become a Reservist. I have a young family, so being a Reserve has allowed me to have the best of both worlds. I have been able to follow my dreams and play an active role in my children's lives."

During his time as a Reservist, Andy has gained many life skills, including first aid training, which he recently put into practice. He explained: "The skills you are equipped with as a Reservist means

that you are ready to assist anyone at any time. I recently came across a man who had fallen in a wooded area and I was able to calmly assist the family in relaying the information to the emergency operator and eventually performing CPR. After the event, the one thing that stood out for me was how I didn't have to stop and think about what to do next, as it all came naturally. I can only put that down to the training and confidence I have gained during my time in the Reserves."

Andy is also pleased with how his civilian employer has supported him to do both roles. He said: "I find it easy to combine my civilian employment with life as an Army Reserve because the skills and training I have received as a Reserve are easily transferable to my civilian role."

Encouraging others to join the Army Reserve, Andy explains what he enjoys the most about being a Reservist. He said: "My fondest moment has to be the



Private Andy Markham

first time my wife and children came to a Remembrance parade in Grimsby and the looks on their faces when they saw me marching past, I felt incredibly proud to be serving as a member of the British Army. The best thing about being a Reserve is the friendships you make, it feels like a second family and the camaraderie between everyone is unparalleled to anything I've experienced in the civilian world. I would absolutely recommend becoming a reserve to anyone as it has helped to build my confidence, equipped me with important life skills and introduced me to some of my best friends."

For further information about joining 4 Company, 3rd Battalion, Royal Anglian Regiment as a reserve call 01472 877 581, text 07970 333 932 or email 3ang-4coy-rsuso@mod.gov.uk

VIPs visit Reservists in training

4 (Lincolnshire) Company, 3 Royal Anglian, Lincolnshire's only Reserve Infantry unit, recently took part in Exercise Sobraon Compass at Catterick, and were honoured with a visit from VIP visitors.

HM Lord-Lieutenant of Lincolnshire, Mr Toby Dennis, was accompanied by the High Sheriff of Lincolnshire, Mr William Day, and the Sheriff of Lincoln, Ms Jo Rimmer. The visitors were welcomed to Wathgill Camp, where they received a briefing from the Battalion's Commanding Officer, Lt Col Adam Wolfe MBE, 4 Company's Officer Commanding, Maj Mitch Pegg and the RSM, WO1 Stew Hume. They then visited the ranges,

where they spoke to exercising troops and viewed the day's training. The Sheriff of Lincoln said afterwards, "It was a truly enjoyable day." and that it was an honour to meet some of the Reservists.

Over the weekend, troops from 4 Company, and Leicester's 2 Company, completed the Annual Combat Marksmanship Test. The test over, troops then practiced firing from different



Chatting with soliders on Exercise Sobraon Compass

positions using various cover on the Infantry Battle Shooting Range.

At the same time, the recruit mentoring team were busy putting Soldiers Under Training through their paces including map-reading lessons, cooking in the field, a navigation exercise, fieldcraft and showed them trained troops under instruction to give them an insight into their future with 3 Royal Anglian.

Derbyshire Reservist completes ultra-marathon

A man from Derbyshire, who also serves as a Reservist medic, has completed a gruelling 93 mile long ultra-marathon in Northumbria.

Dr James Jack aged 48, who serves in 144 Parachute Medical Squadron, completed the challenging North Tyne Trail along with his friend and fellow Reservist, Captain Uzo Ehiogu.

James explained: "It got really tough towards the finish in a section where we were following various urban cycle trails through the back streets of Newcastle and Wallsend. It just seemed to go on and on, and our progress seemed so slow. My feet and ankles were really hurting by this point and I know Uzo was in some discomfort too, but we just kept going."

Thoughts of home helped keep James going, he said: "I'd like to say I was imagining I was delivering some lifesaving ammunition or supplies, but I seemed to dwell on my pet Bengal cat called Dexter who was very poorly and

doing so seemed to make the pain in my feet recede a little."

James added: "We pushed one another on. Neither of us wanted to let the other down and failure was simply not an option. Finishing was pretty emotional for me, knowing that quite a few seasoned ultra-runners had withdrawn. I almost cried and that's the truth, but I maintained my composure."

James and Uzo managed to complete the tough trail in 32 hours with only a ten minute break every 25km where they could refresh, change socks and eat.

However the hardest part for James was seeing other competitors finish, he explained: "There are actually two races in one, a 75km and 150km, so seeing happy people arriving at the 75km finish line and knowing we were only half way, was really tough."



Captain Uzo Ehiogu and Dr James Jack

James is no stranger to a challenge, having only recently joined the Reserves. He said: "This one was Uzo's suggestion, but I'm always looking for the next challenge. We are already looking at the Original Mountain Marathon challenge and will be doing the Summer Fan Dance, which uses the same route the SAS use during their selection process."

Interested in joining the Parachute Medical Squadron? Call WO2 Mick Seely on 01206 816612 or email Michael.Seely129@mod.gov.uk for more information.

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

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Participants being briefed at Exercise Future Leader

Junior managers learn Army leadership

The next generation of managers were given the opportunity to take part in a special course that aimed to teach them about Army leadership and how it can be applied to any workplace.

Exercise Future Leader had 40 junior managers from organisations across the East Midlands take part in leadership theory training before trying to apply what they had learnt in a series of unique challenges.

Leadership theory lessons were based around the Army's Leadership Code and delivered by Officers from 162 Regiment, Royal Logistic Corps at Chetwynd Barracks. The participants then took part in command tasks where they were set a team based challenge that they needed to work together in order to complete.



Learning the benefits of teamwork

Jenna Townend, a graduate trainee at Loughborough University who took part in the event, said: "It was a valuable experience to come along. I think one of the real strengths was being able to learn from people whose expertise is in leadership but also being able to bounce ideas off people from a really wide range of other organisations as well. The most valuable lesson for me was being willing to change decisions and change the plan as you're working through a problem."

The participants came from wide range of backgrounds and organisations but all were selected by their organisation as someone who they expect to take on senior management roles in the future.

Major Mark Orr, Executive Officer at 162 Regiment, RLC who organised the event, explained: "We try to provide a clear overview of Army leadership by giving each of the participants a greater understanding of leadership theory and the best way they can apply this in the civilian workplace. We can also



Broad range of organisations took part

showcase the skills that all members of the Army will develop whether Regular or Reserve and how these can be of great use in the civilian workplace."

John Wilson, the Ministry of Defence's Regional Employer Engagement Director, said: "I think that this event was a valuable exercise for all of the participants. Not only does it aim to help them when back in the office, I also hope they have seen how skills developed through military service can bring real benefits to businesses."

The Army Leadership Code aims to translate the values and standards of the Army into desired leadership behaviours, it was introduced in 2015 and is the basis of leadership training for all Army officers.

Participants were invited to attend because their organisation has signed the Armed Forces Covenant and earned an Employer Recognition Scheme Award.

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