

## Van Arty Assoc and RUSI Van Members News April 15, 2014

### Wednesday Lunches

The Mess has downgraded the dress requirements for Wednesday lunches to Business Casual. Business casual can best be described as our 'summer dress'. Minimum requirement is an open neck button up shirt with dress pants or slacks (no blue jeans, pls). Of course we never discourage the wearing of jackets and ties.

### 39 Service Battalion Granted Freedom of City of Richmond



*39 Service Bn on parade in Richmond last Saturday, where they received the Freedom of the City.*

### More Canadian than British soldiers took own lives in 2013

*Some experts say the British military is providing better mental health services to its soldiers*

*By Caroline Brown, CBC News Posted: Apr 14, 2014* Suicide rates among Canadian soldiers are far higher than those in Britain, according to newly released statistics by the UK Ministry of Defence. In 2013, five suicides were reported in the British regular forces compared with 13 for their Canadian counterparts, in a force one third the size. There have also been five others in Canada so far this year. One possible explanation for the discrepancy is that "at this point in time, the Brits are providing better service" for their veterans, says Michael Blais, co-founder of Canadian Veterans Advocacy, a non-profit group focused on improving the lives of veterans. Another may be the way the two countries deployed their troops in Afghanistan. British troops

may be more resilient to the aftereffects of combat because they had shorter deployments than those in the Canadian regular forces, said Nicole Meszaros, a senior public affairs officer for the Canadian Forces.



*Warrant Officer Michael Robert McNeil's beret and medals are carried at his funeral at the Truro Armouries in Truro, N.S. on Thursday, Dec. 5, 2013. McNeil completed several tours of duty including Afghanistan, Bosnia and Croatia. McNeil took his own life in November at CFB Petawawa.*  
(Andrew Vaughn/The Canadian Press)

According to a study by King's Centre for Military Health Research at King's College, London, prolonged combat missions in Afghanistan are behind the most significant mental health burdens facing British soldiers, but these problems can vary in important ways. Neil Greenberg, an academic psychiatrist at King's College and the senior author on the study, said regular and elite forces suffer higher rates of alcohol and post-deployment aggression than they do post-traumatic stress disorder, which has a correlation to suicide. "We found high rates of PTSD and risk of suicide in those who are on deployments longer than six months. We also found reservist combat troops are also at higher risk," he said. Britain's defence ministry reports that military suicide rates have been declining since the 1990s, at least partly it seems because of government efforts. 'At this point in time, the Brits are providing better service.'-Michael Blais, Canadian Veterans Advocacy group co-founder.

In recent years, for example, the British military introduced the Enhanced Mental Health Assessment (EMHA) program to help ensure mental health issues are identified at an early stage in a soldier's career. "This program has helped ensure that primary care and mental health practitioners across the country are now able to facilitate early diagnosis of mental health issues and ensure all personnel at risk are provided with the most appropriate treatment," says Lizzy Jackson, a defence ministry spokesperson. "Canadians don't have a peer support program like EMHA, they have the Operational Stress Injury Social Support program, but that only helps to get troops back into their units as quickly as possible," said Greenberg, who has also looked at Canadian Forces data. In 2012, the Canadian government announced that it would increase funding for soldiers' mental health to \$50 million annually. Still, Blais says the government isn't doing enough. "The outreach in Canada is beginning, but we have men and women who can't get in to see a psychiatrist for five months. This could end in catastrophe if we don't provide the treatment in an expedient and effective manner," he says.

Part of the problem in Canada may be a kind of stigma that soldiers face. Canadian veteran Chris Dupee served in Afghanistan in 2008 and 2009 before joining the Joint Personnel Support Unit, the Canadian Forces' mental health unit. He said he saw a trend among his fellow soldiers who were afraid to come forward to the military with their mental health issues because of the

strong stigma attached to it. "I denied that I had PTSD. I didn't get help. The warrior culture in the military is you are supposed to be tough, to soldier on. "And it wasn't until about a year after deployment in Afghanistan that I put myself through the system to get help," he said. Dupee said Canada does have a lot of resources and programs for treatment, but most soldiers don't feel they can come forward or even realize they may have a problem. 'I denied that I had PTSD. I didn't get help. The warrior culture in the military is you are supposed to be tough, to soldier on.'- Chris Dupee, Canadian veteran. "Anytime a soldier commits suicide in Canada it always hits close to home, and I wanted to make an example of myself by breaking the silence. So I started Military Minds as a way to connect soldiers together and to the resources available to them," Dupee says. Military Minds was originally created to offer employment for soldiers who were ending their term of service, but is now one of the largest organizations in the world raising awareness of the stigma around PTSD. "I look at the British as more sophisticated in the way they handle mental health issues. In Canada there is no organization that wholeheartedly just wants to help the troops," Dupee says. "There's money and power and political manoeuvres; in the meantime they are forgetting about the soldiers. It's a miracle Military Minds is still standing."

British veterans Cpl David Soppitt and Sgt Mark James Turnbull both served in Afghanistan. Both were medically discharged, and both are suffering from extreme PTSD resulting from combat in Afghanistan. "It's like being in a black room with a demon that you are fighting constantly, but since I began seeing my psychologist a few months ago I feel like I will be able to live a normal life," Cpl Soppitt said. Sgt Turnbull has attempted suicide several times, and now takes a cocktail of anti-psychotic medication. It helps him get through the day and raise his five-year-old daughter. He is an extreme case and has to fight every day to want to live. Although the system in the UK is well funded, it's only when you are out of the military that you get access to an abundance of resources, says Soppitt. Dupee, from Military Minds, is also on medication and said that in Canada this is often the first line of treatment. Jennifer Wild, a clinical psychologist at Oxford University, treats British soldiers who are suffering from PTSD says that is the wrong approach. "Medication is not recommended — there is no good medication for PTSD. A pill does nothing for their PTSD symptoms [so] there are few instances where I would go to medication first." In her practice Wild uses cognitive behavioural therapy, which is proven to work on PTSD. Most of the treatment happens outside of the office, where she is able to find reminders and triggers for patients in order to help them work through the traumatic memory itself. 'Soldiers may feel ashamed or excessively guilty about an action they took or didn't take and may be judging themselves on superhuman standards.'- Jennifer Wild, clinical psychologist "Soldiers may feel ashamed or excessively guilty about an action they took or didn't take, and may be judging themselves on superhuman standards," Wild said. The soldiers she has treated have certainly felt stigmatized by the military, she says. But treatment has helped them become better equipped to deal with their mental health issues. "As a veteran you have all the help you could ever need, but while you are in the military you're meant to be tough and to soldier on," Soppitt said. When you come out and say you have mental health issues, you know your military days are over, both he and Dupee say.

Dupee said when a soldier is medically discharged in Canada they are given a lump sum payment, a payment that's woefully inadequate. He said, often it's \$100 000 for these young guys who are mentally unstable. "That's going up their nose, down their throat, into a vehicle, that money's gone in a year. Now he's screwed, he's not capable of work because his mental health won't allow it. "If someone were to trip and fall in Wal-Mart, they'd get paid a hell of a lot more than a soldier who's given his mental health or a limb for his country. It's messed up," Dupee said. Dupee and his colleagues have identified three major problems in the Canadian system: employment services for soldiers just coming out of the army; the division between the government and charitable organizations in regards to power and money, and the lump sum payment. Both Canadian and British soldiers returning from Afghanistan go through a mandatory decompression stage in Cyprus. Here they talk about mental health issues before returning home. Both Dupee and Soppitt, while from different countries and different missions, said that in their experience this decompression does nothing. "You just want to get home, nobody cares to listen to what they have to say, it's just about getting through the checklist of items to make sure they have done their due diligence," Dupee said.

Peer-to-peer support is the key to solving these problems in Canada, he suggests. It's not about the message, it's about who the message is coming from. "There is something to be said about a friend who has been through the same experiences as you, bouncing your thoughts and emotions off that person rather than a psychiatrist," Dupee says. Even though the Canadian mission in Afghanistan has ended, the war on mental health continues for thousands of soldiers. The British forces' mission in Afghanistan is expected to end in December. "It remains to be seen what the longer-term psychological impact of serving in Afghanistan will be, and what social and health-care services might be required for this small, but important group of veterans who are at the highest risk of mental health problems," Greenberg said. Statistics Canada is scheduled to release the most comprehensive study on mental health ever conducted on the Canadian Forces in November.

## **New Technology Brings New Capabilities to the Marine Corps**

4/5/2014 By David Smalley, Office of Naval Research

*Robocopter to be used for front line supply.*

ARLINGTON, Va. (NNS) -- Autonomy options for the Marines have taken a major step forward, as officials at the Office of Naval Research (ONR) announced today two successful helicopter flight demonstrations with unmanned flight capability at Marine Corps Base Quantico, Va., part of the Autonomous Aerial Cargo/Utility System (AACUS) program. AACUS will enable the Marine Corps to rapidly resupply forces on the front lines using cutting-edge technology sponsored by ONR. The system consists of a sensor and software package that will be integrated into rotary wing aircraft to detect and avoid obstacles in unfavorable weather conditions, or to enable autonomous, unmanned flight. The capability will be a welcome alternative to dangerous convoys, manned aircraft or air drops in all weather conditions.

"This is a giant leap in autonomous capabilities for our Marines," said Chief of Naval Research Rear Adm Matthew Klunder. "Imagine a Marine unit needing more ammunition and water where a helicopter crew would be in peril trying to fly in, either from weather or enemy fire. "With AACUS, an unmanned helicopter takes the supplies from the base, picks out the optimal route and best landing site closest to the warfighters, lands, and returns to base once the resupply is complete-all with the single touch of a handheld tablet."

The need for this capability surfaced during Marine Corps operations in Afghanistan and Iraq, experts say. Cargo helicopters and resupply convoys of trucks bringing fuel, food, water, ammunition and medical supplies to the front lines frequently found themselves under fire from adversaries, or the target of roadside bombs and other improvised explosive devices. The AACUS technology is designed to be simple to use; an operator with minimal training can call up the supplies needed and order the flights using only a handheld tablet. In the demonstration tests at Quantico, a Marine with no prior experience with the technology was given a handheld device and 15 minutes of training. The Marine was able to quickly and easily program in the supplies needed and the destination, and the helicopters arrived quickly-even autonomously selecting an alternative landing site based on last-second no-fly-zone information added in from the Marine. "This technology truly opens up new unmanned operations capabilities," said Max Snell, the AACUS program manager. "In the most immediate sense, AACUS will enable safer resupply for the warfighter and save pilots' lives. Down the road, as the technology develops, it could be used for casualty evacuation, bringing supplies to first responders in disaster areas, and more."

The technology enables the manned or unmanned rotary wing aircraft to detect and avoid obstacles like telephone wires, large objects on the ground and even a vehicle or other object that has appeared since the initial landing site was chosen by AACUS. Officials say the five-year effort represents a leap-ahead technology for the Marine Corps and Navy, moving autonomous flights far beyond the current standard which requires a specialized operator to select a landing site and manually control an unmanned aircraft via remote. "Amazon CEO Jeff Bezos has discussed using drones to deliver a customer's book order in 30 minutes," said Klunder. "We're talking the same concept here-the difference is, we're bringing our customer, the Marine, 5,000 pounds of ammo and water instead."

## **The USS Zumwalt is described as a 'modern marvel'**

*ANTONIA MOLLOY SUNDAY 13 APRIL 2014*

The US Navy on Saturday christened the first of its newest class of destroyers – the more than \$3 billion 610-foot (186-metre)-long USS Zumwalt. Named after the late Admiral Elmo “Bud” Zumwalt, the warship sports advanced technology and a stealthy shape designed to minimise its visibility on enemy radar and reduce the size of its crew. Among the 15,000-tonne destroyer's cutting-edge features are a composite deckhouse with hidden radar and sensors and an angular shape that officials say will allow it to be confused for a small fishing boat on radars. It also has a wave-piercing hull designed to reduce the ship's wake.



It's the first US ship to use electric propulsion and produces enough power to one day support the futuristic electromagnetic rail gun, which will be tested at sea in 2016. Rail guns fire a projectile at six or seven times the speed of sound – enough velocity to cause severe damage.



The Navy sees them as replacing or supplementing old-school guns. In the future, it could also be fitted with even more advanced weaponry. This summer, the US Navy plans to test the viability of a laser weapon device in the Persian Gulf. It will be used to shoot down aerial drones at ultra-low

cost – it is thought one shot of laser will cost about \$1. It is also hoped the Zumwalt will, like its reformer namesake who spearheaded changes that helped shape the Navy by offering new opportunities to women and minorities, shepherd the fleet into a new era, officials said. “This ship is a modern marvel, and it's going to take smart and creative and hardworking sailors like Bud Zumwalt to operate it,” Secretary of the Navy Ray Mabus told the crowd of thousands at Bath Iron Works, where the ship has been under construction since 2009.

Mouzetta Zumwalt-Weathers and Ann Zumwalt, the former admiral's daughters, each christened the ship by smashing a bottle of champagne near its bow, followed by cheers and bursts of red, white and blue streamers. They were joined at the ceremony by Zumwalt's son,

retired Marine Lt Col Jim Zumwalt, who recalled 55 years ago, as a young boy, attending the christening of the USS Dewey, which his father commanded.



*The Zumwalt-class guided-missile destroyer DDG 1000 is floated out of dry dock at the General Dynamics Bath Iron Works shipyard*

Bud Zumwalt, who became the youngest chief of naval operations in 1970, promoted

the first female and African-American officers to admirals and opened the door for women to become naval aviators and serve on warships. “He strove for a Navy that was supportive,

encouraging and compassionate toward all sailors, especially minorities and women,” his daughter Ann said.

“A Navy that not only fought wars but also fought discrimination in its ranks. He dreamt of a Navy that allowed its sailors a better quality of life.” Inside, sailors will have more space to work and live because the Zumwalt will only require about half the crew of the current generation of destroyers. Meanwhile, fewer sailors will need to stand watch because of cameras and video monitors that show what's going on outside. That will allow the Navy to “carry out its crucial mission at a time of budget constraints,” said US Senator Susan Collins of Maine. The Zumwalt was originally supposed to be christened in October, but the ceremony was rescheduled because of the federal government shutdown. The ship is expected to be delivered to the Navy late this year and to enter service in 2016. It will be joined by two other destroyers in its class, which are also being built in Bath.

## **Who is it?**

### **Last Edition.**

Here is the same scene as in last week's photo from a different angle. The reviewing Officer is Brig Danby, who was the Area Commander in the early 60's. To his right is Lt Col Blyth, a former CO of 43MAA. At the right of the platform is Maj 'Buck' Buchanan and to the rear a Maj from the Royal Canadian Dragoons. All three were working as Staff officers at HQ.



Another picture shows the march past being led by Lt Col Elsdon, who commanded from 1962-65, and we believe this is probably one of the Regiments 'Annual Inspections' during that period.

In those days, McGavin's Bakery stood at the south west corner of Broadway and Arbutus and had a huge hand holding a big loaf of bread on the roof. In last week's picture, you can clearly see the hand and loaf reflected in the store windows.

Note that the guns are the original M1A1 model (today they would be called C1s).

**This Week's picture** In these days of gender equality, little thought is given to male and female roles within the armed forces of Canada, a fact sadly proven by the death of Capt. Nichola Goddard in Afghanistan. Women, however, have served in our forces since the Boer

War (and before, but in disguise). Nor were they exempt from paying the ultimate price, with nursing sisters in the Great War being the first to do so.

Happily, this photo of women soldiers of the Canadian Women's Army Corps (CWAC) comes from a time of relative peace. The date is 1950, or thereabouts, and the location is Jericho. The other photos in the series show them working radar devices, so they must have formed part of the 43<sup>rd</sup> HAA Regt. They are pictured around a male sergeant, possibly their instructor (*looks pretty pleased with himself, eh*), and the woman in the back right has WWII ribbons.



Our question is simple: who are they? Do you recognize any of these women warriors? Is one of them your mum, or your Aunt Dot, or Cousin Gertrude?

Let us know by sending your answers either to the editor, or to John Redmond ([johnd\\_redmond@telus.net](mailto:johnd_redmond@telus.net)). Thanks for your help.

### **From the 'Punitary'**

I bet the butcher the other day that he couldn't reach the meat that was on the top shelf but he refused to take the bet. He said that the steaks were too high.

### **Murphy's other Laws**

If everything seems to be coming your way, you're probably in the wrong lane.

### **Quotable Quotes**

When you sit with a nice girl for two hours, you think it was only a minute. But when you sit on a hot stove for a minute, you think it was two hours. That's relativity - *Albert Einstein*



# BC ARMY GALA



*The*  
*British Columbia*  
*Army Gala*  
2014

*Celebrating*  
**A LEGACY OF SERVICE**  
*Dinner and Dance*

Come and enjoy a distinctive evening of fun, friendship and tradition. The BC Army Gala is open to anyone who has served, is a friend of the military or who wants to have an enjoyable evening with a unique group of people!

**DO NOT DELAY. LIMITED SEATING AVAILABLE!**

Venue: Hyatt Regency Vancouver  
Date: Saturday 10 May, 2014  
Time: 7 p.m. \*till late  
Dress: Mess Kit, Black Tie or equivalent



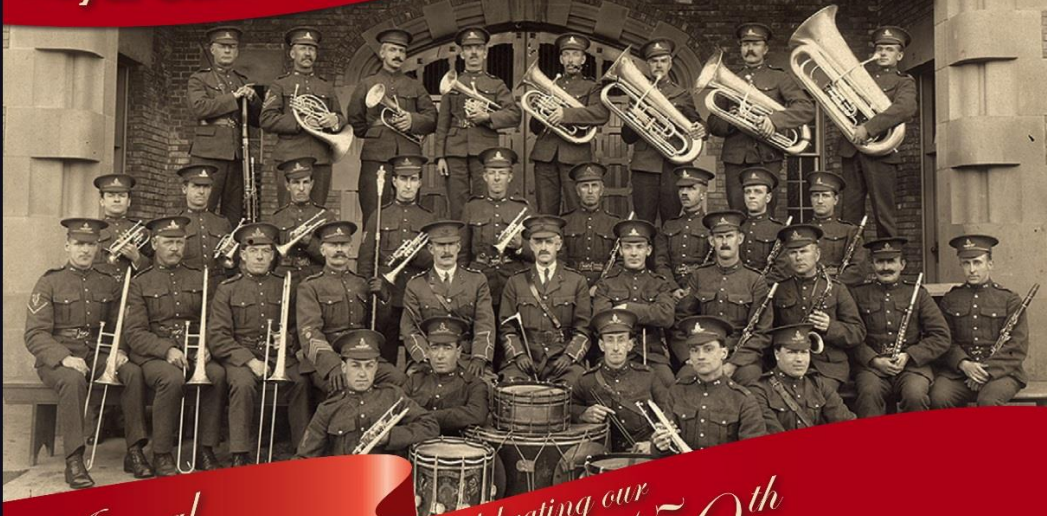
For all ticket information, including Early Bird Specials, please visit the BC Army Gala web site or phone (604) 225-2520 ext 2496.

[www.bcarmygala.ca](http://www.bcarmygala.ca)



Fifth (BC) Artillery Regiment (RCA) Foundation  
Presents the

5<sup>TH</sup> (BC) Field Regiment  
Royal Canadian Artillery Band



Annual  
Spring  
Concert

Celebrating our  
150<sup>th</sup>  
Anniversary

Conductor  
CWO Frank Eigler



Alix Golden Performance Hall,  
Victoria Conservatory of Music  
900 Johnson Street • General admission by cash donation

Sunday April 13, 2014  
2:30pm

Donated proceeds will go to the Fifth (BC) Artillery Regiment (RCA) Foundation







VANCOUVER WELSH  
MEN'S CHOIR

*Songs from  
Stage and Screen*

Friday, May 23rd, 7:30pm at  
**WEST VANCOUVER UNITED CHURCH**  
2062 Esquimalt Avenue, West Vancouver



**\$25** **\$22** **\$10**  
ADULT SENIOR STUDENT

**Where to Buy Tickets:**

By Phone 604-878-1190 or  
Buy Online (no fees)  
at [vwmc.ca](http://vwmc.ca) with credit card

Buy from any Welsh Men's  
Choir member

Free Tickets for Children  
under 12 with adult

# Memorial Cross Curry Lunch



**Hosted by:**  
*The British Columbia  
Regiment  
Officers' Mess*

**Coordinated by:**  
*The BC Regiment  
(DCO) Association*



- Date:** Thursday, April 24, 2014
- Time:** 11:45 am - 1:30 pm  
(bar opens at 11:45am)  
(lunch starts at 12:25pm)
- Location:** Officers' Mess - The BC Regiment  
620 Beatty Street, Vancouver, BC
- Dress:** Business Attire (jacket & tie, ladies similar)
- Price:** \$30/person (\$5 discount for those that confirm attendance by April 18, 2014)
- RSVP:** For more information or to register, please contact Bill Diamond at [Bill@DukeaBear.com](mailto:Bill@DukeaBear.com) or 604.618.3607 (Please advise of any dietary needs with your RSVP)

Payment by cheque or cash will be accepted at the door  
Cheques are payable to: The BC Regiment (DCO) Association  
No cancellations after April 18, 2014

**NEXT PLANNED LUNCH:** Thursday, May 29, 2014