



Van Arty Assoc and RUSI Van Members News Nov 18, 2014

Wednesday Lunches

The Mess is back to 'winter' dress so dress for Wednesday lunches is suit/blazer/sports jacket and tie. Dress for ladies is the equivalent. Guests are always welcome.

Christmas Lunch break

Last lunch of 2014 will be Dec 10th. Members are encouraged to bring Significant Others and guests. The first lunch of 2015 will be Jan 14th.

NOABC - Monthly Lunch Speakers

Wednesday, 26 November: The guest speaker for November will be **Captain John Swann, Master Mariner**, Who will give a talk on the maritime implications of LNG export. Capt Swann has some 55 years of experience in the marine industry providing a wide background as a professional seafarer and consultant in marine related matters. His seagoing career has provided extensive experience in small and large ship operations, up to and including the very largest oil tankers in the world. This includes berthing manoeuvres, ship handling, pilotage, and navigation. He also has extensive experience in tug and barge operations and oil transshipment systems including a number of years in the offshore oil industry. His long list of projects has included a 'Tanker Risk Study for Port of Vancouver'. This included navigational safety and procedures assessment, operational practices for loading, discharging, ballasting, de-ballasting, etc., design of oil terminals and associated moorings, terminal safety practices, and firefighting.

St Barbara's Day Special Guest Night – Dec 6, 2014

The invitations are in the mail. A copy is attached for those interested in attending and who are not on the mailing list or haven't received one.

From the Journal of Capt Fred G Coxen RFA - 1914

Nov 12th: We came through the most severe storm I have ever experienced. I was simply blinded by the fierce rain and wind, [and I] had no cap. We were simply like drowned rats, [and] we had an awful march in the pitch darkness. [In the] storm I could not open my eyes, [so] I simply held on the saddle and let my old charger follow the rest. We were too wet to sleep in mud and rain that night, and after a deal of skirmishing, George, Collins and I got into a deserted estaminet 15 and remained there till morning. It was a horrible night and the shelter we got was acceptable. It took me two days to get dry – I would have given a deal to had [sic] sit before a fire in dry clothes.

Nov. 13th: One section of the Bty [Battery] was in action near ZONNEBEKE16, I went with [the] other two Sections to a position by a small wood – about 3 or 4 miles NE of YPRES. We did a little firing, and towards evening I ran a line to K Battery RHA to get into communication with the trenches. It was very wet, and everywhere was bog and mud. I was beside a railway embankment [and] the CO K Battery and I had high words about the communication. He promised to get me 5 years or shot – I told him to get on with it, etc.; he treated me quite differently next morning. Another night in the rain, could not lie down, had a wet ‘standing up sleep’ by the embankment.

Nov. 14th: Went with left Section and positioned beside 51st Battery, [which was] on a ridge a thousand yards in rear of the trenches. We could see the German fire trench - and watch our own Lyddite 18 burst. [It was] a very near position and we had hardly began to fire when they had us spotted. That day the Prussian Guard made a big attack, [but] our guns with the 51st did great slaughter, and from the trenches, the ground was covered with dead Germans and many of our chaps. During the morning they peppered us, but we kept on replying, and the 51st with the quick-firing 18 pounder did grand work keeping up a wall of fire on the German foremost trench. Early in the afternoon we had to desert our guns, for it was suicide to stay. We took cover in some small trenches about 30 yards behind the guns. About every twenty minutes, [we] ran up to the guns, loosed off a couple of rounds gun fire, and back to cover. The 51st rushed up and let go six rounds gun fire in grand style and ran back to cover. I was with the 51st at this period, [and] we had been two days almost without a drink of any description and my thirst was troubling me more than the shell and bullets. When running from the guns, I came across the Officers’ cook in a dugout, about 50 yds in rear of the guns, and he gave me a mug of rather dirty water, but it tasted grand. I went back to the guns with the Sergt Major of the 51st, and a shell dropped within 10 yards of us. The concussion rather shook us, and we immediately fell down and dodged splinters. On getting up we were both surprised to find that the other was not hurt - the shell cut down a tree, which fell across my overcoat, which was lying close by. We kept up firing until dark.

George, Collins and I were beside a wagon getting something to eat, when the enemy’s infantry attacked, and the bullets rained over. We ran to the guns for shelter of the shield when Collins pushed me a little aside, a few seconds later [he] got a bullet in the foot – the thick boot, luckily diverting its course. Had he not pushed me, I should have caught it, and with perhaps not such lucky result. After a while George and I managed to get into a small trench, he had dug during the day. The attack dropped off, but they shelled us throughout the night. We had a good sleep [even though] it was cold and wet, but we were strictly exhausted and slept. In the morning the ground all around was peppered with shell-holes and we were indeed fortunate that one did not drop in our little trench, for quite a few were very near.

World War 2 - November 1939

John Thompson Strategic analyst quotes from his book “Spirit Over Steel”

Nov 12th: -- Altruism is not common in China, but Mao Zedong’s troops appreciate the support they get from the Canadian Communist doctor, Norman Bethune. He selflessly gives unflinching medical attention to them, but overwork weakens him and leaves him exposed to septicemia after

nicking himself with a scalpel in an operation. He dies this day, but still remains honoured in China.

Nov 16th: The German response to unrest and protests in Prague is heavy handed – with many imprisonments and summary executions to teach the Czechs about their proper place in the Nazi order.

Nov 17th: A Czech National Committee is formed in Paris and soon will be recognized as a government in exile. The Supreme Allied War Committee meets in Paris and approves a plan to concentrate mobile forces in Belgium in the event of a German invasion.

Dad's Army: MoD to call up the over-50s

The maximum age for some part-time soldiers to join the reserves has been raised to over 50

By Ben Farmer and Keith Perry 13 Nov 2014

Over fifties will now be able to sign up as part-time soldiers after the Government raised the maximum allowable age to join, it was disclosed. The move comes as Army reservist recruitment figures were attacked as “shocking” and “embarrassing” after the ranks of part-time soldiers grew by just 20 in the past year, despite a Government drive to sign up thousands.

Julian Brazier, Minister for Reserves rejected claims that lifting the upper age limit from 43 to 52 for former regular soldiers wanting to join the reserves was a sign of desperation to meet recruitment targets. The army has also raised from 45 to 50 the age limit for civilians with specialist skills, such as a language or a medical background, who want to become an officer in the reserves. “It is one more example of intelligent modification of the process,” Mr Brazier said. “Before, somebody would automatically get excluded if they were over age. Now we want to see what they are applying for.”

But Commanders were accused of “Dad’s Army” desperation, with one former officer telling The Times: “They will take anyone with a pulse.” The latest Ministry of Defence manning figures show the number of Army reservists rose from 19,290 to just 19,310 despite a multi-million pound recruitment campaign. The MoD insists it is still on track to grow the Army’s reserve forces from 19,000 to 30,000 by 2019, as the number of regular troops is cut by 20,000. Growing, re-equipping and retraining the Army’s reserve forces is a cornerstone of the Coalition’s cost-cutting defence reforms. But Labour labelled the figures as “woefully low”.

Vernon Coaker MP, shadow Defence Secretary, said: “The Government should be worried and embarrassed by these shocking figures which show an increase of just 20 in the number of trained Army Reserves in the last year. "It's clear that these plans are failing and there is a real concern that Britain's Armed Forces could be left with a dangerous capability gap as a result."

In the past six months the Army signed up 2,130 reservists, but with many also leaving, the overall size of the force barely changed.

The National Audit Office, Parliament’s spending watchdog, earlier this year said the MoD may not hit its target until 2025, six years behind schedule. Senior military officers admit the recruiting campaign got off to a “very bad” start last year, but insist they are still on track to hit their targets. Mr Brazier said reservists were making a “tremendous and growing contribution” in Afghanistan, in the fight against Ebola and in civil crises like this year’s flooding. He said:

“We have always recognised that reinvigorating our Reserve Forces would not be achieved overnight. However, one year into our five year plan we are making steady progress and seeing increased numbers joining the reserves.” Under the MoD’s own targets, the reserve should grow to 19,900 by April next year after that the targets grow rapidly. One Whitehall source said: “No one is panicking yet. Let’s see what it looks like in the Spring.” An MOD spokesman said: “We make no apology for revising the age requirements for ex-regular soldiers to join the Reserves and share their wealth of knowledge and expertise. All recruits have to meet strict fitness requirements, or could face discharge.”

Canadian Military History Podcast

Mike Lacroix is the host and producer of the *Canadian Military History Podcast*. He is a full-time police officer with York Regional Police and is currently appointed as the Brigade Sergeant-Major of 32 Canadian Brigade Group in Toronto. Mr Lacroix would like to interview military personnel from across Canada, and he seeks support for this initiative. To date he has interviewed 36 members from across the country.

View his interviews at: www.canadianmilitaryhistorypodcast.ca

He can be contacted through the website or at mikelacroixcmhp@gmail.com

Legion Lions Lair at Enactus BCIT

Enactus BCIT has a great program that helps Veterans further their education. Any member, former or current, of the military can apply. The program, which is free, is like a dragons den where aspiring military entrepreneurs have the opportunity to win \$10,000.00 towards their business venture. Even if they don't win the money they have gained the opportunity to attend free workshops to develop their business idea with the help of our student consultants to help them get started. They have spaces for about 10 applicants right now. Application deadline is Dec 1st. See attached poster.

Mefloquine: The US Military's Suicide Pill

Posted: 09/25/2013

In late July, 2013, the FDA issued a powerful "black box" safety warning for a drug which has been taken by hundreds of thousands of troops to prevent malaria. The drug is called mefloquine, and it was previously sold in the US by F. Hoffman-La Roche under the trade name Lariam. Since being developed by the US military over four decades ago, mefloquine has been widely used by troops on deployments in Africa, Iraq and Afghanistan. We now recognize, decades too late, that mefloquine is neurotoxic and can cause lasting injury to the brainstem and emotional centers in the limbic system. As a result of its toxic effects, the drug is quickly becoming the "Agent Orange" of this generation, linked to a growing list of lasting neurological and psychiatric problems including suicide.

The public had its first glimpse of the mefloquine suicide problem over a decade ago in 2002, when a cluster of murder-suicides occurred among Ft Bragg soldiers returning home from deployment. All three soldiers had been taking mefloquine, yet an official Army investigation later concluded mefloquine was "unlikely to be the cause of this clustering." The Army Surgeon

General even testified to Congress there was "absolutely no statistical correlation between Lariam use and those murder suicides." The next year, in 2003, a spike in suicides in the early months of the Iraq war was linked in media reports to widespread use of mefloquine; in response, the US Army promised a study "to dispel Lariam suicide myths." Yet when mefloquine use was halted in Iraq in 2004, the active duty Army suicide rate fell precipitously. Earlier this year, I analyzed data from an investigation of suicides in the Irish military conducted by the Irish network RTÉ. In my analysis, troops prescribed mefloquine had a 3 to 5 fold increase in their risk of suicide in the years following deployment, as compared to similar troops deployed but not prescribed mefloquine. The conclusions from this analysis seemed clear: mefloquine was a strong risk factor for suicide.

Drug regulators seemed to agree: soon after broadcast, Roche updated the Irish Lariam product information, warning the drug could cause suicide, suicidal thoughts and self-endangering behavior. Most importantly, Roche eliminated previous language that claimed that "no relationship to drug administration has been confirmed." Yet these observations only confirm what should have been apparent all along. Mental illness, including depression, anxiety, and psychosis, are known to be strong risk factors for suicide. And since 1989, when mefloquine was first marketed in the US, the product label has clearly warned that the drug could cause symptoms of mental illness, including anxiety and depression, and hallucinations and other psychotic manifestations. Since mefloquine increases the risk of mental illness, and mental illness increases the risk of suicide, it follows logically that mefloquine increases the risk of suicide.

We now recognize that mefloquine can even occasionally cause a true dissociative psychosis. In a grip of such a terrifying psychosis, victims have jumped from buildings, or shot or stabbed themselves in grisly ways reminiscent of scenes from M. Night Shyamalan's film *The Happening*. Those who have survived mefloquine's psychotic effects describe experiencing morbid fascination with death, eerie dreamlike out-of-body states, and often uncontrollable compulsions and impulsivity towards acts of violence and self-harm. As frightening as its intoxicating effects can be, mefloquine's dangers may not go away even when the drug is discontinued. Today's mefloquine product information warns of "serious, long-lasting mental illness" and psychiatric symptoms that can "continue for months or years after mefloquine has been stopped." Unfortunately, until recently, prominent authorities denied this was even possible. Clear the drug from your system, they insisted, and behavior would return to normal.

As a result, troops home from a mefloquine deployment, suffering from persistent dizziness or memory problems, insomnia, vivid nightmares, irritability and other changes in mood and personality caused by the drug have struggled to make sense of their lasting symptoms. Some of these veterans have even been diagnosed with PTSD or TBI. But some veterans, including those without traumatic exposures or who had never suffered a concussion, in whom these lasting symptoms couldn't be easily explained, were accused of malingering or of having a "personality disorder". In some cases, these troops were discharged without medical benefits and left to fend for themselves. It should not be surprising to learn that some of these mefloquine veterans, mentally injured, confused, and cast out by the military that unwittingly poisoned them, would later take their own lives in desperation.

In 2004, the military was strongly encouraged to conduct careful studies to evaluate the role of mefloquine in suicide, but these studies were never done. In light of the FDA's black box warning, fulfilling this long overdue recommendation should now be a priority. Yet conducting such studies shouldn't be necessary for today's military leadership to acknowledge what follows logically from today's science: Mefloquine, a neurotoxic drug that can cause permanent brain injury, is contributing to our unprecedented epidemic of mental illness and suicide. We must do more to reach out to veterans suffering in silence from the drug's toxic effects, and ensure that those at risk of suicide understand how the drug has affected their mental health. As importantly, mefloquine veterans need to have affirmed by the military what they have suspected all along: that they are not crazy, and that it really is the drug that is the cause of their symptoms. We owe it this generation of veterans to recognize the neurological and psychiatric effects of mefloquine neurotoxicity alongside PTSD and TBI for what they are: the third signature injury of modern war.

70th Annual BC Army Gala

Formerly known as the BC Military Ball

**The next annual BC Army Gala will take place
on Saturday, March 28th, 2015
at the Vancouver Hyatt Regency,
655 Burrard Street, in Vancouver.
Reception at 6pm. Dinner at 7pm.
Dress: Mess Kit/Formal**

Come and enjoy a distinctive evening of fun, friendship and tradition!

The BC Army Gala is the 70th annual celebration of Vancouver's military community. It 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. It is an evening to celebrate the men and women who serve in Canada's Armed Forces. During the dinner, entertainment will be provided by the Band of the 15th Field Artillery Regiment, and the Pipes and Drums of The Seaforth Highlanders of Canada. Guests will enjoy a multi-course feast of the finest food prepared by the chefs of the Hyatt Regency. Dinner entertainment culminates with a musical extravaganza featuring more than 75 musicians, singers and dancers.

Early Bird tickets are now available for \$110 until December 31st, 2014 **or when the first 100 tickets are sold! The regular price of **\$140** will apply afterwards. Tickets can be purchased at: <http://bcarmygala.ca/buy-tickets/>**

For more information, go to the Gala website at: <http://bcarmygala.ca/>

Documentary on Operation Husky

Max Fraser, is an independent filmmaker and the son of a WW2 veteran. His Dad, Jim Fraser, landed in Sicily on July 10, 1943 along with 25,000 other Canadian soldiers in Operation Husky. Seventy years later, he documented 'Operation Husky 2013', an epic journey of remembrance that walked the same path as the 1st Canadian Division. His new film, 'Bond of Strangers - Going the Distance for Remembrance' will portray the challenging and emotional pilgrimage experienced by the amazing characters of OpHusky2013, and tell the story of sacrifice and victory of Canadian soldiers in 1943. He has received or can access 80% of the financing needed to finish the film. His mission is to finish the film and share it with audiences who care, and, perhaps more importantly, with those who have yet to learn about this important and lesser-known chapter in Canadian history. For more information check out his website at: <https://www.indiegogo.com/projects/operationhuskythemovie>

2015 Liberation of the Netherlands Canadian Battlefield Tour

The Netherlands - 12 Days April 28 to May 9, 2015 -70th Anniversary of VE Day in Holland -
featuring the Seaforth Highlanders of Canada Regimental Association

The Netherlands was liberated largely by the Canadian Army, the 'Cinderella Army' which fought some of the bloodiest battles of WWII as it marched up the European coast from Normandy to the German frontier. The thousands of young men buried in Dutch soil serve as an eternal testament to the sacrifice made by Canada to restore freedom and liberty to the people of this beautiful country. This spring marks the 70th Anniversary of that liberation. This tour will take you to the places where that freedom was won, including:

- The Scheldt Estuary
- Kapelsche Veer
- Arnhem
- Groningen & Delfzijl
- Otterlo and Barneveld
- Amsterdam ... and much more

To see the full tour and itinerary, go to:

<http://www.liberationtours.ca/docs/Liberation%20Tours%20-%202015%20Holland%20Liberation%20Battlefield%20Tour.pdf>

As the Dutch of that generation often say, 'Thank God they came.' Out of this has arisen a special bond between our two nations which endures these 70 years. The Dutch people have not forgotten the sacrifices made and you will discover there is no better place to be a proud Canadian than Holland in the spring. It will be a magical time in the Netherlands.

Booking deadline is December 15, 2014.

Who is it?

Last Week: This is a picture of the ‘Dance’ section of the Band, which was led by Gerry Adamus for many years. He is not in the picture (probably behind the camera) but would have been behind the drum set. We had replies from several Band members identifying many of those in the picture. Email me at bob.mugford@gmail.com if you would like the list. No one could definitely fix the date or location. Best guess is one of the Military Balls held at the Bayshore in the mid-90’s.



This Week: Your humble author actually knows the answer to this one, which comes from an album on loan to him for scanning. The owner is a World War II veteran who took his camera with him everywhere, a slight no-no, I believe, but a transgression that has paid off in terms of preserving history. If you know anyone else with a similar wartime album, let me know, and I can advise on what to do with it in terms of preservation.



So, something’s odd about this shot of a shoot. Can you, eagle-eyed and astute readers, spot what’s non-standard? Is it the fact that some members are wearing briefs under their uniforms rather than the authorized jockey shots? No? Well, let the erudite editor or the author (John Redmond: [johnd. redmond@telus.net](mailto:johnd.redmond@telus.net)) know your educated guesses.

PS. Thanks to all those who told me on Remembrance Day that they actually read this section.

From the ‘Punitentary’

Bear fights can often turn grizzly.

Murphy’s other Laws

All kookies are not in a jar.

Quotable Quotes

Any intelligent fool can make things bigger, more complex, and more violent. It takes a touch of genius -- and a lot of courage -- to move in the opposite direction. - *Albert Einstein*

15 Fd Officers Mess – St Barbara’s Special Guest Night 2014



*The Commanding Officer
and the Officers of*

*15th Field Artillery Regiment
The Royal Regiment of Canadian Artillery*

*request the pleasure of your company
at their annual*

**ST BARBARA'S DAY
SPECIAL GUEST NIGHT**

*to be held at the
BESSBOROUGH ARMOURY
2025 West 11th Avenue, Vancouver*

*on
Saturday, the Sixth of December, 2014*

*at
six o'clock for seven o'clock in the evening*

*RSVP by 25 November 2014 with payment:
OCdt. R. T. Jones
Richard.Jones6@forces.gc.ca
Tariff: \$ 80.00 CAD or USD*

*Payable to "Officers' Mess 15th Fd Regt"
2025 West 11th Avenue
Vancouver, BC V6J 2C7*

*Dress: Mess Kit or Black Tie, with
decorations*

BCR Annual Christmas Fundraiser



THE BRITISH COLUMBIA REGIMENT (DCO) ASSOCIATION

You are invited to the
2014 Annual Christmas Fundraiser

When:	Thursday, December 04, 2014
Time:	11:30 AM – Doors Open
Lunch:	Served from 12:15 to 12:30 PM followed by Silent Auction and Raffle
Where:	The Drill Hall Home of The British Columbia Regiment (DCO) 620 Beatty Street, Vancouver, BC
Tickets:	\$35.00 if confirmed by November 28, 2014 \$40.00 if confirmed November 29 to December 04, 2014 Please note, cancellations after December 3rd will be invoiced
Menu:	Turkey - With all the trimmings!

- Silent Auction!
- The usual valuable lucky prize draws!
- If you can't attend, a donation is welcomed.*
- Funds raised help us to fund Bursaries, Cadet Development Programs, Commemorative events and numerous other projects of The BC Regiment (DCO) Association Charitable Trust.
- Enjoy great company, good food & have fun while helping a worthy cause.

RSVP by Thursday, November 27, 2014 to:

Gayle Hawthorne 604-421-1521 or e-mail to: ghawthorne@shaw.ca

*Please send any cheques to: The BC Regiment (DCO) Association Charitable Trust,
c/o #208, 1899 Willingdon Avenue, Burnaby, BC V5C 5T1



Hearth & Fire Concert



HEARTH & FIRE

British Columbia Girls Choir
and
**Band of the 15th Field Regiment,
Royal Canadian Artillery**

IN CONCERT

Saturday, December 13, 2014
7:30pm

Michael J. Fox Theatre
7373 MacPherson Avenue, Burnaby

Adults \$23; Seniors/Students \$18; Children under 12 \$13

Tickets **604-542-1698**
or email manager@bcgirlschoir.org

Legion Lions Lair at Enactus BCIT

LEGION LIONS' LAIR

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FOR MORE INFORMATION VISIT WWW.ENACTUSBCIT.COM/LEGION.HTML
OR EMAIL: JENNIFER.SCOTTJR@GMAIL.COM

WHAT:

- 5 business skill workshops followed by a business pitch competition
- Personal student advisors
- Industry professional presentations
- Opportunity to win \$10,000 in seed capital and network with other local small business owners

WHEN:

Every Thursday from
Jan. 15th to Feb. 26th 2015
6pm-9pm

WHERE:

BCIT Burnaby Campus
3700 Willingdon Ave
Burnaby, BC

*Workshops can be attended online via Skype for those outside of the Greater Vancouver Area

REQUIRED:

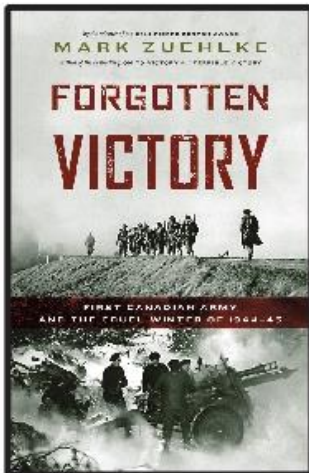
- Small business or business idea
- Completed application by Dec. 1st, 2014



Forgotten Victory: 1st Cdn Army and the Cruel Winter of 44-45

WINNING THE WAR

FIRST CANADIAN ARMY'S RHINELAND CAMPAIGN
OF FEBRUARY-MARCH 1945



A presentation by
MARK ZUEHLKE

—
winner of the
**2014 PIERRE
BERTON AWARD**

▶ **TUESDAY, DECEMBER 16, AT 7PM**
Alice MacKay Room, Lower Level
Central Library, 350 West Georgia Street

Free!

Seating is limited.

Drawing from his newly-released **FORGOTTEN VICTORY: FIRST CANADIAN ARMY AND THE CRUEL WINTER OF 1944-45**, Mark Zuehlke—author of the critically acclaimed Canadian Battle Series—offers an insightful, informative journey back to February and March, 1945 when our nation's soldiers launched one of World War II's most important offensives. Today little remembered, this thrust into Germany's vital Rhineland made possible the ultimate Allied victory that followed less than two months later.

For more information, email marketing@douglas-mcintyre.com or call the library at 604-331-3603.

A partnership event:



Douglas & McIntyre



Vancouver Public Library

WWW.DOUGLAS-MCINTYRE.COM