



**Vancouver Artillery
Association News**



RUSI News
Vancouver

Van Arty Association and RUSI Van Members News Jan 26, 2016

Newsletter on line. This newsletter, and previous editions, are available on the Vancouver Artillery Association website at: www.vancouvergunners.ca and the RUSI Vancouver website at: <http://www.rusivancouver.ca/newsletter.html>

Wednesday Lunches The 15 Field Officers Mess serves a 5 course, 'homemade' meal for only \$15- you won't find a better meal - or a better deal, anywhere. If you are in the area on a Wednesday, drop in and join us for lunch. Jacket and tie required, equivalent for ladies. We are now pushing the 3rd Wed lunch each month as the Van Arty Association lunch and encouraging members to attend. Come meet some old friends and help with the Yearbook project.

NOABC Speaker – 27 Jan 2016

This month's topic is "Canadian Heroes in the Royal Navy" to be presented by Surgeon Commander John Blatherwick OC OBC CStJ CD RCN (ret'd). The presentation will start at 1300hrs.

RUSI Luncheon Speaker – Feb 10th - DART presentation

Lt Col Edward M. Izatt, Commander, Canadian Forces Disaster Assistance Response Team will give a presentation in the lecture room at the Armoury after lunch (1330hrs) on Wednesday, Feb 10th. He will speak to us on DART activity after the earthquake in Nepal last spring.

Whiskey Tasting - Friday – March 4th, 2015 1800 – 2300 hrs

The 15th Field Artillery Regiment RCA and the 78th Fraser's Highlanders welcome you to attend our annual Fund Raising and Whiskey Tasting event at the historic Bessborough Armoury. There will be food, draw prizes, and music.

Tickets are **\$55.00** per person for those sampling a selection of six excellent Whiskeys selected by the Officers of the Mess, or **\$25.00** if you are only having beer, wine, or soft drinks from our No-Host Bar. **See poster at the end of the newsletter.**

Valentines Dinner – Friday, Feb 12 - 1830 for 1900hrs

For details see poster at the end of the newsletter

World War 2 - 1940

John Thompson Strategic analyst quotes from his book "Spirit Over Steel"

Jan 29th: General Cunningham takes the 11th and 12th East African and the 1st South African Divisions into Italian Somaliland from Kenya. Metaxas, the Greek PM dies and is replaced by

Alexander Korizis. The Italians retreat westwards along the Coast Road from Derna. The second round of ABC Staff Talks commence in Washington.

Jan 30th: The Australians stroll into the recently vacated town of Derna in Libya.

Jan 31st: Thailand and France agree to Japanese mediation in their border war. The German High Command has finished its plans for the invasion of the USSR, but Hitler still wants to tinker with the arrangements.”

February 1941: Britain’s Two Easy Victories

General: There are only 22 U-Boats at sea this month, but they will sink 39 ships, “resulting in almost half of the total Allied tonnage loss of 403,000 tons, but the British tighten up on vulnerable independent ships this month bringing almost all vessels into the convoy system. The British will (inaccurately) dump 1,400 tons of bombs on Germany. German bombing is more effective, and kills some 800 British civilians in several raids.

Feb 1st: The US Navy reorganizes into the Atlantic, Pacific and Asiatic Fleets. The German heavy cruiser Admiral Hipper puts to sea from Brest on another commerce raid. Rice rationing is introduced in Japan. Agordat falls to the British as the Italian defenders of Eretria fall back on Keren. Speed in the pursuit is critical and 2Lt Premindra Singh Bhagat of the Bombay Sappers and Miners is mindful of this. Over the next 96 hours, his detachment of engineers leads the British pursuit, with this officer “personally detecting and clearing 15 different Italian minefields. Despite strain, fatigue and a punctured eardrum from the explosion of a mine, he refuses relief. For his devotion and skill, he is awarded the Victoria Cross.

Feb 2nd: 7th Armoured Division is sent to cut off retreating Italians in eastern Libya. HMS Formidable raids Mogadishu.

Medal Petition

Recent high profile sales, auctions, and thefts of Canadian War Medals show that their financial value is starting to eclipse the true nature of their intention: to highlight the contributions that members of Canadian Forces have made through their service to Canada.

Ross Keller, our resident Yorke Island expert and hon BC of 85 Bty, has started an online petition to prevent sale of military medals and encourage donation of them to Museums. The goal is to reach 100,000 signatures. You can read more and sign the petition here:

[Sign medal petition](#)

Military Ombudsman Sounds Alarm over Injured Soldiers

Chris Cobb, Ottawa Citizen January 24, 2016

Canada’s growing numbers of ill and injured soldiers are being failed by an understaffed, overburdened system in desperate need of an immediate and radical overhaul, says military Ombudsman Gary Walbourne. In an exclusive interview with the Citizen, Walbourne praised a

new, rapidly prepared and “brutally honest” report into the Joint Personnel Support Unit (JPSU) ordered by Chief of Defence Staff Jonathan Vance, but says its conclusions are merely an acknowledgment of what critics of the unit have been saying for at least three years. “These are not show stoppers,” said Walbourne of the report’s recommendations. “(But) I tip my hat to the CDS. He came in, saw this as a priority, and tackled it head on.” The JPSU report, finished in September last year, notes that ‘we can and must do better.’ It addresses issues that Walbourne and his predecessor Pierre Daigle have been warning DND about for several years and is the first time that senior military have fully acknowledged that the complaints about JPSU are justified. DND gave a redacted copy of the report to the Citizen shortly before the interview with Walbourne. It had previously refused to release it.

The ombudsman said he worries that as a swell of injured Afghanistan war veterans begins to enter the system, the report will either gather dust or that existing bureaucratic obstacles will block meaningful improvement. He said is also concerned that JPSU has yet to make it onto the agenda of the Armed Forces Council, the military’s senior body. “I’m not going to sit here with my head in the sand,” he said. “Everyone is busy. I get it. However, we can’t continue to talk about these things. We’ve got to get this thing fixed. “This is the biggest unit inside the Canadian Armed Forces,” he added. “Is it that difficult to have another meeting with this as the sole subject?” JPSU is an umbrella unit for 24 Integrated Personnel Support Centres (IPSCs) across Canada and was created to offer programs to support and enable mentally and physically injured troops to resume their military careers or, more commonly, to make a gradual transition into the civilian world with sellable skills. Critics praise the concept, but there has been overwhelming evidence that the units are understaffed, often with ill-trained personnel, and the ill and injured clients left for long periods to their own devices. According to the latest figures, 1,386 regular troops and 41 reservists are posted into the unit and staff is “tracking” 5,690 cases outside of the unit. There are 59 staffing vacancies.

While the welfare of injured serving soldiers is getting much-needed political and bureaucratic attention, strategies to quickly and effectively fix JPSU are lacking, said Walbourne. “It’s good to see it’s getting attention, but what’s the overarching strategy and who’s got the lead on this?” he said. “Who is co-ordinating the pieces? We continue to do the same thing and expect different results.” Walbourne was particularly scathing about Department of National Defence and Veterans Affairs bureaucratic “silos” that require ill and injured troops to repeat the same bureaucratic processes two and sometimes three times before they enter the JPSU system. “It’s time for some radical change and for one decision maker to make the decision and then allow the other supports to come in to help the soldiers transition,” he said. “It would change the dynamic on the ground completely.”

The ill and injured, unsure about their futures, are often pigeonholed and not consulted about further education opportunities and career options or fully informed about compensation. “If you’re a soldier being transitioned out and you have a family and you don’t know what your income is going to be nine months down the road, it’s a real stressor,” he said. JPSU staffing and staff burnout remain major problems, he said. “We were talking about staffing levels in

2013,” he said. “It’s now 2016 and we’re still talking about staffing levels.” Walbourne’s investigators found a caseload of 113 to one case manager at one IPSC. “A lot of the front line case managers say they have no time. And if one gets sick, the workload of another doubles. They aren’t getting the training they need because there isn’t time “I’m not so confident that if we use standardized staffing models we are going to get there fast enough,” he added. “Something immediate needs to happen. It needs to happen fast.”

Panzerjäger Tiger Ausf. B – Jagdtiger



Jan 14, 2016

This Jagdtiger was captured by the British in 1945. After the war was over the British military filmed this vehicle in action to study both the strong and weak points of its design. Jagdtiger (“Hunting Tiger”) is the common name of a German heavy tank destroyer of World War II. The official German designation was Panzerjäger Tiger Ausf. B as it was based on a lengthened Tiger II

chassis. The ordnance inventory designation was Sd. Kfz. 186. The 71-tonne Jagdtiger was the heaviest armored fighting vehicle used operationally during World War II and is the heaviest armored vehicle of any type to achieve series production. The vehicle carried a 128 mm PaK 44 L/55 main gun, capable of out-ranging and defeating any fielded Allied tank. It saw service in small numbers from late 1944 to the end of the war on both the Western and Eastern Front.

Tiger ace Otto Carius commanded a company of Jagdtigers. He commanded the second of three companies of Jagdtigers in Panzerjagerabteilung 512. His memoir *Tigers in the Mud* provides a rare combat history of the ten Jagdtigers under his command. He states that Jagdtigers were not utilized to their full potential due to several factors: Among them that Allied air supremacy made it difficult to move and that the massive gun needed to be re-calibrated from jarring while traveling off-road for even short distances. The vehicle was slow, and transmissions and differentials broke down easily because the whole 72 tonne vehicle needed to rotate to traverse the gun. The massive gun had to be locked down, otherwise mounting brackets would have worn too much for accurate firing. Also, a crew member had to exit the vehicle in combat and unlock the gun before firing. However, he also recorded that a 128 mm projectile went through all the walls of a house and destroyed an American tank behind it. Although 150 were ordered, only between 77 and 88 were produced. Due to an excessive weight, the Jagdtiger was continuously plagued with mechanical problems. Today, three Jagdtigers survive in museums.

The Death of the Sit-Up

The Canadian Armed Forces has thrown out dated fitness testing in favour of real-world tasks.

Mary Ormsby Feature reporter



The Canadian Armed Forces recently dropped the decades-long staple of school gym class and elite athletic training alike from its fitness testing and replaced it with exercises that better

simulate real-world tasks. The change has caused the US military to sit up and take notice.

Canadian military personnel used to do sit-ups, pushups, grip strength tests and running — exercises based on a program developed in the 1970s, says Patrick Gagnon, the Forces’ senior manager of human performance. Gagnon led a team to update testing based, in part, on “cutting-edge research” conducted by low-back-injury expert Stuart McGill, a professor of spine biomechanics at the University of Waterloo. The sit-up was an early casualty. “We figure out how the spine works and how it becomes injured. That’s our foundation,” says McGill, whose 30 years in this field included calculating the loads on the spine from sit-ups (and other exercises and activities) that potentially damage the lower back. His studies agree with others that have found people have a greater chance, statistically, to develop a back disorder if the spine is repeatedly put under force from muscles contracting to hold it in a bent position. McGill was consulted by the US military regarding the rationale for and safety of personnel doing speed sit-ups during fitness testing. “We measured the loads on the spine with each sit-up. (The spine loads) were right on the limit noted by us (and the National Institute for Occupational Safety and Health in the United States) as causing damage over time and with repetition,” says McGill, author of *Back Mechanic*. McGill describes the spine during sit-ups like this: “If you take a thin willow branch and bend it back and forth, you won’t damage it. But if you took a thicker branch and bent it to the same angle, it would damage right away . . . That’s why bigger, thicker spines get hurt much sooner doing a sit-up. Disc bulges are the main concern since they result from repeated simultaneous compression and bending the spine.”

After 2 ½ years of study, the new FORCE Evaluation testing began rolling out in 2013. More than 400 physical duties performed by our Armed Forces over the previous 20 years were studied in creating new ways to measure “minimum requirements of common soldiering tasks,” says Gagnon. Military work comprises much lifting, hauling and dragging of materials to, for instance, build sandbag walls or remove casualties from dangerous areas. The new evaluation has four components, three involving sandbags. In one test, a 20-kilogram sandbag must be lifted one metre off the ground 30 times in 3 ½ minutes. That’s 600 kilograms in total. It

requires upper-body strength to manipulate the sandbag and core strength to enable lifting and pushing, says Gagnon.

Gagnon's team has collaborated with its US counterparts (army and air force) to develop new fitness standards as the Americans review opening up combat roles for women. (Canadian women have held combat roles for decades). In December, an editorial in Navy Times called for revamped testing and to "deep-six the sit-up, an outdated exercise today viewed as a key cause of lower back injuries." McGill says every exercise is a tool to achieve a goal. "If (your goal) is to become faster, stronger, or if it's to become injury-resilient and have less pain in life and make yourself generally fit to enjoy life, then the answer is don't do sit-ups," he says. Exercises such as planks, he notes, are safer for lower backs and better engage core muscles. "But if you're a UFC fighter or a jiu-jitsu master and you have to do groundwork to fight an opponent off your back, you should probably do a few sit-ups."

The FORCE Evaluation consists of four test components, each designed to measure different physical capabilities:

Sandbag Lift: 30 consecutive lifts of a 20 kilogram sandbag above a height of 1 metre, alternating between left and right sandbags separated by 1.25 metres. Standard: 3 minutes 30 seconds.

Intermittent Loaded Shuttles: Using the 20 metre lines, complete ten 20 metre shuttles alternating between a loaded shuttle with a 20 kilogram sand bag and unloaded shuttles, for a total of 400 metres. Standard: 5 minutes 21 seconds.

20-Metre Rushes: Starting from prone, complete two 20 metre shuttle sprints dropping to a prone position every 10 metres, for a total of 80 metres. Standard: 51 seconds.

Sandbag Drag: Carry one 20 kilogram sandbag and pull four on the floor over 20 metres without stopping. Standard: Complete without stopping.

All CAF members will be tested annually and will be required to achieve one common minimum standard, regardless of age and gender.

In an effort to be all-inclusive, a DFIT website has been set up and it includes a lifestyle and recreation portal so that families and veterans can also benefit from DFIT.ca. On the website, families can find information on topics ranging from general fitness to a more family-friendly holistic approach to active living. Some of the topics a new user can find include parenting tips focused on active living, online personal trainers, program discounts and coupons, diet and weight loss guides and more.

The DFIT website has now been improved and updated, making the site more responsive to mobile devices, introducing more intuitive website design, and ensuring faster response times, beneficial for military members who have been regular users of the website. On a mobile

device, the web platform now offers customizable fitness training plans, video demonstrations of hundreds of exercises, tips for injury prevention, nutritional information, and online training journals along with forums moderated by PSP Fitness professionals for feedback.

To celebrate the launch of the new DFIT website, a series of events are scheduled to take place at Bases and Wings across the country in the week of Jan. 25th. Families of currently serving members, veterans and their families can access the website for free until Jan. 2017 with their CFOne card number. DND public servants, RCMP Officers and other categories of CFOne members can also access the website on a paid subscription basis.

To register visit www.DFIT.ca or speak to your local PSP team for more information.

New UK Chief of the Defence Staff

Sir Stuart Peach will become the most senior officer in the armed forces

- *Katie Grant 22 January 2016*



Air Chief Marshal Sir Stuart Peach KCB CBE ADC who is expected to be named as the new Chief of the Defence Staff. PA

He'd be hard pressed to climb any higher. Air Chief Marshal Sir Stuart Peach has been appointed the next chief of the defence staff, the most senior officer in the armed forces. Sir Stuart, currently vice chief of the defence staff, will take on the role when General Sir Nicholas Houghton retires this summer, the Ministry of Defence announced.

Defence Secretary Michael Fallon said he was "delighted" to announce the decision and described Sir Stuart as an "outstanding Vice-Chief of the Defence Staff". Mr Fallon added he "looked forward" to working closely with Sir Stuart, 59, in fighting ISIS and "ensuring we have the best armed forces to keep Britain safe".

Sir Stuart, a married father-of-two from the West Midlands, was commissioned into the RAF in 1977, and flew Canberras and Tornados, serving in Iraq, Belize, Hong Kong and Germany.

David Cameron has given Sir Stuart his seal of approval, saying he believed he was "the right man to continue General Sir Nicholas Houghton's great legacy". The Prime Minister commended him on his "extraordinary record of achievement", adding: "His experience as Commander Joint Forces and Chief of Joint Operations will be invaluable as we continue to ensure our brave armed forces remain among the most capable and agile in the world."

Who is it?

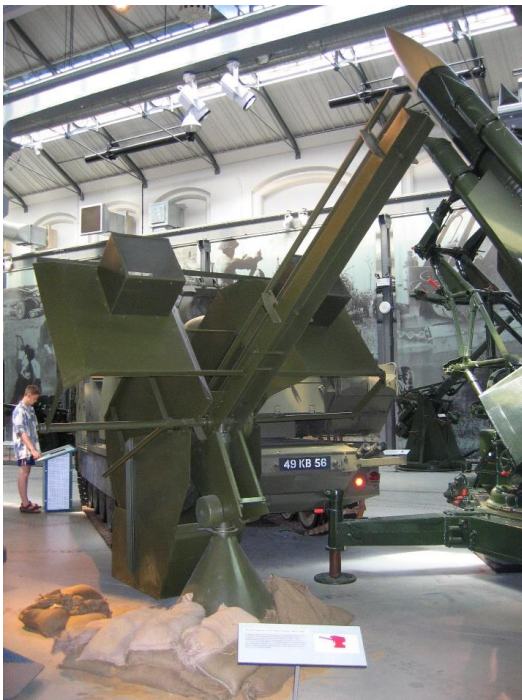


Last Week: This picture was taken in the Officers Mess at a New Year's Levee in 1969 or 70.

IDs to date:

Ian Newby	Mike Bennett	Ian Seymour	? MacDonell	Barry Hamilton	Vic Stevenson	Pete Dwillies	Wayne Davidson	Ron Abbott
		? Ford	Peter Barton	Garry Woloski	Dave Upton	Garry Bailey	Bill Wickett	
Lt Col Barrie Clemons CO								

This Week: We are taking a break from the series “Once we were young”, and going back to the popular “What is that big, pointy, green thing?” series. Nonetheless, we will return to the former series soon, with more photos of lost youth and faded memories. We send our thanks to the editor, Major Bob, for assisting us in that department. He has a lot about which to fade.



So, what is this big, pointy, green thing? It is unlike anything previously published in this august journal, and was spotted by a keen-eyed enthusiast at a museum in a far, distant land. Although this type of device was probably not used by Canadians, some Canucks might have served in units using it. It is certain that another, non-artillery branch of the army used related devices to scare the dastardly Boche, while a separate service, one not known for parade-square precision, also used a related gizmo to stun the Hun.

If you know what this is, or, better still, if you have one in your garage and would like to donate it to the museum, please contact the editor, or the author, John Redmond (johnd_redmond@telus.net). Thanks for your help.

As always, you can email the editor for a picture you can zoom in on. - Bob.mugford@outlook.com

From the ‘Punitary’

What did one candle say to the other candle? Let’s go out tonight.

Murphy’s other Laws

When you're up to your nose in it, keep your mouth shut.

Quotable Quotes

No person is your friend who demands your silence, or denies your right to grow.
- Alice Walker

A 1930's Valentine's Dinner



Menu

Bouillon en tasse

Spirale de saumon

*Poulet Vallée d'Auge avec champignons
& béarnais*

Patates douces

Haricots français

*Dessert composé d'une meringue
garnie de fruits et de crème
chantilly*

Thé & café

Assiette de fromages

Vins

Champagne

Sauvignon Blanc

Beaujolais

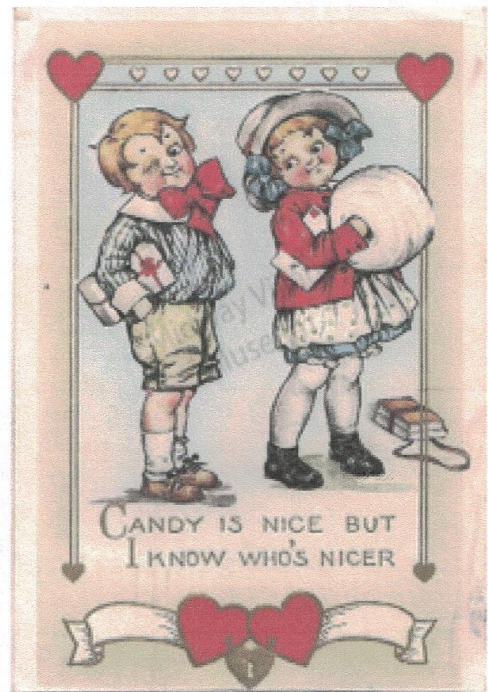
Porto Warres Tawny

Dress: Mess Kit or Business Suit /
Evening Gown or Party Dress

\$65 individual : \$125 couple - Payment in advance svp
Payable in favour of 15 RCA Regimental Society

RSVP: 2Lt Prasad - roshan.prasad@forces.gc.ca
(604) 666-4142

No cancellations or refunds after Friday 5 February 2016



Taste of Singapore Curry Lunch



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

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



Date: Thursday, January 28, 2016

Time: 11:45 am - 1:30 pm
(Bar opens at 11:45 am)
(Lunch starts at 12:25 pm)

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
who confirm attendance by January 18, 2016)

RSVP: For more information or to register, please e-mail
Charlotte Yen at corporate@hplaw.ca
(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 January 18, 2016

NEXT PLANNED LUNCH: Thursday, February 25, 2016

15th Field Artillery Regiment RCA & The 78th Fraser's Highlanders Fund Raiser and Scotch Tasting Night

The 15th Field Artillery Regiment RCA and the 78th Fraser's Highlanders welcome you to attend our annual Fund Raising and Whiskey Tasting event at the historic Bessborough Armoury. There will be food, draw prizes, and music.

Tickets are **\$55.00** per person for those sampling a selection of six excellent Whiskeys selected by the Officers of the Mess, or **\$25.00** if you are only having beer, wine, or soft drinks from our No-Host Bar.

Only 50 tickets will be sold for the full whisky fleet!

Dress is business casual. kilts, and highland dress, of course, are welcome.

DATE: Friday – March 4th, 2015

TIME: 1800 hrs – 2300 hrs

LOCATION: 15th Field Artillery Regiment RCA
2025 West 11th Ave Van, BC V6J 2C7

**DO NOT MISS OUT!
TO RESERVE YOUR TICKET CONTACT:**

Major James Barrett

Cell: (604) 916-1766

E-Mail: barrettjd007@gmail.com

All profits will go to support the activities of the 15th Field Regimental Society and the 78th Fraser Highlanders Fort Fraser Garrison.

Tax receipts will be issued for all donations upon request.

Whistler/Blackcomb Military discounts

Whistler/Blackcomb offers a Military Discount off the Window Ticket price to all Active duty, reservists, retirees and Dept of Defense civilians across all branches of military. This discount can also be extended to intimate family (spouse and immediate dependents).

To redeem this discount, Military ID must be provided at the window. Any form of Military ID, Coast Guard, Emergency Services ID or paystub would be suitable proof when purchasing at the window. Whistler/Blackcomb is not affiliated with the CFOne program so CFOne cards are not accepted.

The daily rates offered at the window for Military:

Adult (19-64)	Senior (65+)	Youth (13-18)	Child (7-12)
\$97.00	\$64.00	\$60.00	\$34.00