



Van Arty Association and RUSI Van Members News Feb 2, 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.

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.

On April 25, 2015, a 7.8 magnitude earthquake devastated Western and Central regions of Nepal, killing more than 8,000 people. Members of the DART, (CF Disaster Assistance Response Team), began deploying to the region the next day. In all, approximately 200 soldiers, sailors and aviators assisted in various tasks such as engineering, medical aid, liaison services, and mapping. By the end of the mission, the DART had distributed water filtration units; enabled access to clean safe drinking water for approximately 3,400 people; treated more than 700 Nepalese patients; provided 750 maps and imagery products to the Nepalese and foreign militaries, NGOs and UN agencies; removed more than 3,000 cubic meters of rubble and cleared roads allowing access to approximately 204,000 Nepalese; enabled public safety announcements; and distributed more than 355 crank radios to connect with relief efforts.



Whiskey Tasting - Friday – March 4th 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. *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"

Feb 3rd: Scharnhorst and Gneisenau go out under Admiral Lutjens on a commerce raid in the North Atlantic.

Feb 4th: 30,000 Italians are dug in around Keren and the British start to tackle them: Some of the British and Indian troops will go on to face both the Germans and Japanese in later years, and yet regard the Italians at Keren as the toughest opponents they fought in the war. 7th Armour's lunge across Cyrenaica begins.

Feb 5th: Light armour heads off the Italian retreat at Beda Fomm, taking about 5,000 prisoners as they do so.

Feb 6th: Australian troops capture Benghazi as the trapped Italians flail away at the Beda Fomm roadblock.

Feb 7th: Western Approaches Command moves to new digs in Liverpool – representing a new increase in command and control abilities. The Italians surrender at Beda Fomm, bringing the British offensive to an end. In effect, three divisions have destroyed 10 Italian ones, and taken 130,000 POWs for less than 2,000 casualties -- the next opposition the British face in the Western Desert will be made of sterner stuff. *In case anyone thinks that Italians are always a pushover, Subedar Richpal Ram of the 6th Rajputna Rifles might differ. In the fierce fighting around Keren in Eretria, his company took a tough objective and then had to contend with six Italian counter-attacks. When he led the few survivors of his company away, he didn't have a bullet left. For his deeds, he was posthumously (being killed in yet another fight with a determined Italian force on Feb 12th) awarded the Victoria Cross.*

Feb 9th: The British advance in the Desert stops at El Agehila; Wavell has to spend troops and attention on Greece, East Africa, and shoring up Palestine in response to growing Axis activity in Iraq and Syria. Moreover, he has advanced about as far as his supply situation will let him – it is simply impossible to advance further. The RN demonstrates its ascendancy again, sinking five ships as Renown and Malaya bombard Genoa's harbour while Ark Royal's aircraft call on Leghorn and La Spezia.

New Medal announced by the Embassy of the ROK to Canada

"Ambassador for Peace" Medal announced by the Republic of Korea Embassy.

This new commemorative medal is an expression of appreciation from the Korean government to Canadian service men and women who served in the Korean War. To be eligible, veterans must have served during the Korean War from 25 June 1950 to 27 July 1953. It is also available for the veterans who participated in UN peacekeeping operations until the end of 1955. Please read the full details about this medal at:

http://can-ottawa.mofa.go.kr/english/am/can-ottawa/mission/notice/index.jsp?sp=/webmodule/htsboard/template/read/new_legengreadboard.jsp%3FtypeID=16%26boardid=8192%26seqno=730708%26tableName=TYPE_ENGLEGATIO

Military shrinks to lowest level in years – and could shrink further

Lee Berthiaume, Ottawa Citizen January 26, 2016



Canadian soldiers on foot patrol near the Afghan village of Haji Baba in 2009.

Master Corporal Matthew McGregor DND/Image Tech, JTFK Afghanistan, Roto 8

The Canadian Armed Forces have been bleeding personnel at an increasing rate, as attrition and recruiting problems push the number of men and women in uniform down to levels not seen in years. The numbers are likely a sign of things to come as the Liberal government moves on its promise to create a “leaner, more agile” force. The previous Conservative government expanded the military after coming to power a decade ago, adding thousands of men and women to the ranks. After the 2009 financial crisis, the government promised to keep 68,000 full-time military members and 27,000 reservists in uniform despite billions in spending cuts.

But a Defence Department report tabled in the House of Commons this week shows a shortage of nearly 1,900 regular force members and 5,300 part-time reservists as of March 2015, thanks to higher than expected attrition and, for reservists, “challenges in meeting recruiting quotas.” That compares with a shortage of 900 full-time military personnel and 4,500 reservists the previous year. The military has said it needs more than 4,000 new recruits each year just to offset attrition and keep 68,000 full-time troops in uniform. The report doesn’t explain the difficulties in recruiting and retaining personnel, but the shortfall created problems, at least in the short term. Of 95 occupations in the regular forces, 24 were “stressed” – that is, understaffed – though the report said new recruits in the system would “gradually” make up the difference. The shortage of reservists was especially acute as the part-time force has been called upon numerous times to help with missions such as Afghanistan, or in crises at home such as floods and forest fires. The shortage of army and navy reservists was cited as a particular concern. Defence analyst David Perry of the Canadian Global Affairs Institute said the numbers in the report put the Canadian Armed Forces at their smallest size since at least 2009. But rather than rushing to the rescue, the Liberal government could end up shrinking the military even more. The Liberal government has ruled out any significant budget increases for defence. Instead, it has promised a comprehensive defence review to create the first defence white paper in more than 20 years, with a plan to making the military “leaner, more agile.”

Defence Minister Harjit Sajjan confirmed Tuesday that one of the things the government will be looking at is the size of the force. “It’s going to look not just look at the procurement, it’s going to look at our number of forces, how it connects into our global footprint,” he told reporters outside the House of Commons. “We want to make sure that the Defence Review is done in a manner that sets us Canada up for the next 10, 20 years and how we fit as part of the world.” The Conservatives were sensitive about reducing the size of the military after criticizing previous Liberal governments for doing exactly that in the 1990s.

But the Tories’ refusal to reduce the number of personnel in uniform at the same time it was cutting billions of dollars in defence spending put a disproportionate amount of budgetary pressure on other parts of the military, including maintenance and procurement. One former defence chief, retired general Rick Hillier, warned in 2013 that reducing the size of the military was the only way to ensure the force remained strong and stable. He said the number of full-time members should be reduced from 68,000 to 50,000. Most analysts agree that the mandated staffing levels and planned procurement projects are unsustainable under the current defence budget. “Something has to give,” said Perry, who has estimated that cutting the size of the force by 1,000 regular-force members would save about \$105 million a year. National Defence also reported that it was short about 2,200 civilian employees, against an authorized strength of more than 24,000. The Conservative government did not have a target for the number of civilian workers, though it did put a priority on employing those in uniform.

The Canadian Armed Forces, by the Numbers:

- 68,000:** Mandated strength of the regular force
 - 66,130:** Actual strength of the regular force on March 31, 2015
 - 1,870:** Difference between mandated and actual strength
 - 27,000:** Mandated strength of the reserve force
 - 21,707:** Actual strength of the reserve force on March 31, 2015
 - 5,293:** Difference between mandated and actual strength
- *Source: Department of National Defence*

The Canadian Coast Guard Ship Captain Goddard

By: Lt RW Walker

A naming and dedication ceremony was held on 24 May 2015 in Victoria, BC for the Canadian Coast Guard Ship Captain Goddard MSM, a Hero Class Mid Shore Patrol Vessel. Mrs Sally Goddard, Captain Nichola Goddard’s mother and other close family members were in attendance at the ceremony and were greatly appreciative of this honour. Present at the ceremony were also representatives from CFB Esquimalt, the Department of Fisheries and Oceans, Tseycum First Nations, Principal Joy Chadwick from Captain Nichola Goddard School of Calgary, local political representatives, and representatives from the Royal Regiment of Canadian Artillery including a contingent of 3 representatives from the 1st Regiment Royal Canadian Horse Artillery. The event started with opening remarks from the Canadian Coast

Guard Chief Executive Officer, Captain Jody Thomas and from Sally. It transitioned to the blessing of the ship by the Tseycum First Nations, the traditional christening with a bottle of champagne and an awards ceremony. The CCGS Captain Goddard is designed to enhance coastal security, respond to potential threats, and to enforce federal water regulations.



The Honourable Gail Shea (L), Sally Goddard (C), mother of the late Captain Nichola Goddard and Chief Executive Officer Jody Thomas (R) stand before the Hero Class Mid-shore patrol vessel CCGS Captain Goddard MSM following the vessels naming and dedication ceremony at the Institute of Ocean Sciences in Sidney, BC May 23, 2015.

Photo by Arnold Lim Visuals – Copyright Department of Fisheries and Oceans Canada

Operations the ship may conduct are surveillance of fishery operations, seizure of contraband, recovery operations, and deterrence of illegal smuggling activities. Witnessing the ceremony allowed for me to reflect on the sacrifice of Captain Goddard, and those who gave their lives in the service of Canada. It was a moment of pride that one of our own is being recognized through the dedication of this ship to her memory. I sincerely hope that this gesture is replicated through other ceremonies so that those who paid the last full measure of devotion to their country are honoured by all Canadians.

PTSD in The Military: A Culture Change is Needed

Anthony Feinstein Contributed to The Globe and Mail Jan. 25, 2016

The high price some soldiers pay after they've returned home has made headlines once again: A one in 10 Canadian veterans have post-traumatic stress disorder, The Globe reported on Saturday. The focus on PTSD as the soldiers' mental malady is understandable because it is the quintessential trauma disorder. However, PTSD as the "face" of trauma should not obscure the fact that other mental illnesses may also develop in response to exposure to grave danger. Major depression, anxiety disorders, dissociative reactions and substance abuse are not uncommon. And one or more of these conditions may be found together with PTSD, a co-morbidity that adds considerably to the therapeutic challenge. The 10-per-cent figure quoted for PTSD in the Canadian Armed Forces is therefore an underestimate of a broader degree of emotional distress that has arisen as a consequence of war. Looking beyond psychological trauma, PTSD can leave veterans at increased risk of physical illness, too. Here the data are most robust for

coronary artery disease. Even if one takes into account other related factors that may predispose someone to heart disease, such as smoking, being overweight and depression, the association with PTSD remains.

While PTSD can bring down a veteran very hard, the distress experienced is often transmitted to family members as well. Partners and children can struggle to live with a loved one who has returned home angry, irritable, withdrawn and distracted, and who can no longer enjoy and partake in the kinds of activities that gave the family so much pleasure in the past. Emotional trauma can cast a long shadow. Given that the one in 10 number is likely an underestimate, we need to frame these numbers in a broader context. The Canadian figure falls between the British (4 per cent to 7 per cent) and U.S. (15 per cent) rates for veterans from the same theatre of war. These differences may be explained by a series of risk factors that differ between the armed forces of the three countries. These include younger age, less education, being a reservist, longer tours of duty, no decompression time before returning home and different patterns of support and treatment provided in the field. Some of these factors are modifiable, suggesting that lessons should be learned by the military before embarking on new combat missions. Numbers are informative, but they can also be misleading. Prevalence rates will differ considerably according to the period (one-month, one-year, lifetime) measured. This should be borne in mind when comparing the rates of PTSD in veterans with those in the general population.

Furthermore, prevalence rates vary according to gender. Women historically have had significantly higher rates than men, although there is some evidence that within the military these differences are attenuated. But given that the majority of the Canadian military members who have seen combat are overwhelmingly men, the PTSD figure of one in 10 takes on even greater weight. But there are some optimistic signs amid concerns over high numbers, co-morbid medical and psychiatric disorders and family burdens. According to Gloria Galloway's article, Veterans Affairs Minister Kent Hehr has his sights firmly set on helping veterans in emotional distress. Concerted efforts are also being made nationally within society at large to lessen the stigma associated with mental illness. Some of these benefits will surely trickle down into the military, in which similar efforts will hopefully gather steam with Mr. Hehr's assertion that "even one soldier, sailor or aviator suffering from the invisible wounds of a mental-health injury is one too many."

Veterans with PTSD should know that there are now treatments, such as cognitive behaviour therapy, prolonged exposure therapy and eye movement desensitization and reprocessing, that offer the hope of a cure or – at the very least – a reduction in symptoms. However, treatment will take place only if the veterans step forward and request it. Creating a culture within a military ethos that allows them to do so is an imperative. On defence policy, Trudeau government needs coherence and cash

Anthony Feinstein is a psychiatrist at the Sunnybrook Health Sciences Centre in Toronto, a professor at the University of Toronto and the author of Journalists Under Fire: The Psychological Hazards of Covering War.

Transition From the Record of Service (NDI75) Card

Understanding the need to fully and properly recognize serving and former members of the Canadian Armed Forces and their families, the CAF will transition from the record of service card (NDI75) to the **CFOne** card as the recognition card of choice. As part of this transition, the CAF will cease processing of the NDI75 effective 1 February 2016. The **CFOne** card will be available to all serving and former members of the CAF and their families. Veterans of the CAF will receive a specially designed card that rightfully distinguishes them as a veteran of the CAF. Details for how to obtain a **CFOne** card are available through CFMWS and at the website located at www.cf1fc.ca

While the NDI75 card will no longer be in production, the certificate of service documentation (DND 2279 or CF707 and CF54) will continue to be provided to all retiring and transitioning members of the CAF as they finalize their administrative requirements prior to departing the CAF. The CAF will continue to provide the DND2279 and CF707 documents for members with less than 10 years of service and DCMA will continue to provide CF54 for members with more than 10 years of service.

Defence Connexion- January 2016

The January edition of *Defence Connexion*, a newsletter published by Department of National Defence Outreach offices across Canada, is now available on line. You can view the newsletter at:

<http://www.forces.gc.ca/en/news-defence-connexion/df-year-in-review-2015.page>

Defence Connexion is designed to provide you, our stakeholders, with information about Canadian defence-related matters and activities. The newsletter covers everything from defence news and announcements about our people and equipment, to current operations, to outreach and stakeholder engagements across the country. Our aim is to help you build and maintain your level of understanding about the role, activities, and contributions that the Canadian Armed Forces make to Canadian society and the international community.

Who is it?

Last Week: This is an AA single-rocket launcher, a **Projector, 3-inch, Mark 1**, which fired a solid-fuel 3 inch (76 mm) rocket known as the UP-3, used by the first AA Rocket Batteries, all called 'Z' Batteries. It was soon found that the rockets did not perform as accurately as the trials had suggested and that the proximity fuses were rarely effective. Therefore, the technique of firing the rockets in large salvos was introduced, and projectors capable of firing an ever larger number of rockets were developed. The **Projector, 3-inch, No 2, Mk 1** was a twin launcher and the **No 4 Mk 1 and Mk 2** fired 36 rockets at a time in a "ripple" firing sequence. Once all the bugs were worked out, the launchers in the UK were handed over to the Home Guard. Both the No 2 and No 4 projectors were used in the North African Campaign, mounted on converted 3-inch AA gun trailers. The emergency use of a No 4 projector against an enemy infantry attack in that



theatre provided the inspiration for the **No 8 Projector**, better known as the "Land Mattress", a dedicated surface-to-surface rocket system, used in action by the Canadian Army (and run by our own Bill Jackson) in 1944 - 45.

This Week: Well, first, thank you for the massive response last week. We received responses from as far away as Mosul (that one requesting plans for the launcher, which we were happy to provide). I'm sure the chap who requested that for his museum will be very pleased with the final product. In any case, this week we return to human subjects; to wit, three officers in front of a truck. All are the very model of a modern major-general, and people of whom young subalterns would do well to emulate. I remember when I was but a lad taking as my role model an officer I only heard on the radio, a certain Major Dennis Bloodnot, and, as I matured, a television character, Captain Mainwaring. Splendid fellows both, and the type who made our Empire what it was.



So, dear reader, do you know these fine fellows? The officer in the middle wears the cap badge of my old cadet corps, the Royal Canadian Army Medical Corps, not that he is a cadet. Rather, as my granny used to say, he's a "fine figure of a fellow". Such is reinforced by his manly habit of smoking a cigarette (something he is seen doing in other photos of the period). The other two gentlemen are gunners, both with considerable chest insignia, indicating interesting careers. We'd also like to know the make of the vehicle upon which they are leaning, as well as an estimation of the date of the photo and the unit depicted. Answers, as always, may be sent to either the editor, or to the author, John Redmond

(johnd._redmond@telus.net). And, finally,

apologies if I've offended the descendants of these gentlemen. It's all for a good cause. As always, you can email the editor for a picture you can zoom in on. - Bob.mugford@outlook.com

From the 'Punitary'

What did the veterinarian prescribe for the pig with a skin rash? An oinkment

Murphy's other Laws

If everything seems to be coming your way, you're probably at the wrong grid reference.

Quotable Quotes

Education makes people easy to lead, but difficult to drive: easy to govern, but impossible to enslave. *Henry Peter Brougham*

A 1930's Valentine's Dinner



Friday 12 February 2016
six-thirty for seven o'clock in the evening

Officers' Mess
Bessborough Armoury



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

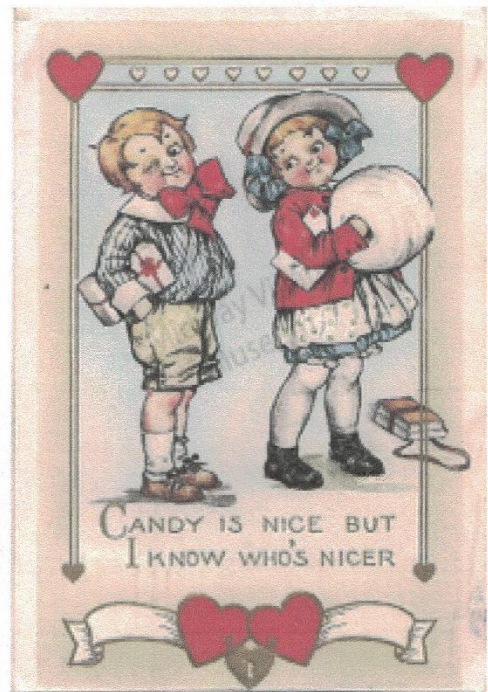
Champagne
Sauvignon Blanc
Beaujolais
Porto Warres Tawny

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



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, 2016

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.

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](#)

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