



Van Arty Assoc and RUSI Van Members News May 14, 2013

Wednesday Lunches

Lunches in the 15th Field Officers Mess continue with Mrs Lum cooking at home and bringing the food in. The decision has been made to renovate the upstairs (Mess) kitchen at an estimated cost of \$30-35,000. A good start has been made on fundraising and efforts are continuing; watch this newsletter for events and campaigns.

Last I heard of the process, the renovation plans had been sent to Chilliwack for approval (DND won't pay for it but they have to approve all work). We don't know when renovations will start or what effect they will have on our lunches, although I expect that we may have to shut down for a short period. At the moment the plan is to continue lunches through the summer. I will keep you posted.

Your guests are always welcome at the lunches – just don't forget to tell them that jacket and tie are required for men, equivalent for women.

Remember to drop your lunch ticket in the bowl when you pick up your soup/salad.

And finally, PLEASE DO NOT PARK IN THE VEHICLE COMPOUND!!

DOD Report on China Details Military Modernization

By Karen Parrish - American Forces Press Service

WASHINGTON, May 6, 2013 - A Defense Department report released today describes China's military modernization and the Chinese army's interaction with other forces, including those of the United States, a senior Pentagon official said today. The annual report -- titled "2013 Military and Security Developments Involving the People's Republic of China" -- went to Congress today and covers China's security and military strategies; developments in China's military doctrine, force structure and advanced technologies; the security situation in the Taiwan strait; U.S.-China military-to-military contacts and the U.S. strategy for such engagement; and the nature of China's cyber activities directed against the Defense Department.

David F. Helvey, deputy assistant secretary of defense for East Asia, briefed Pentagon reporters on the report. He noted that the report, which DOD coordinates with other agencies, "reflects broadly the views held across the United States government." The report is factual and not speculative, he noted. Helvey said the trends in this year's report show the rising power increasing its rapid military modernization program. "We see a good deal of continuity in terms of the modernization priorities," Helvey noted, despite the 2012 and 2013 turnover to new leadership, which happens roughly every decade in China. The report notes China launched its

first aircraft carrier in 2012 and is sustaining investments in advanced short- and medium-range conventional ballistic missiles, land-attack and anti-ship cruise missiles, counter-space weapons and military cyberspace systems. Helvey noted these technologies all bolster China's anti-access and area-denial capabilities.

"The issue here is not one particular weapons system," he said. "It's the integration and overlapping nature of these weapons systems into a regime that can potentially impede or restrict free military operations in the Western Pacific. So that's something that we monitor and are concerned about." Helvey said the report provides a lot of information, but also raises some questions. "What concerns me is the extent to which China's military modernization occurs in the absence of the kind of openness and transparency that others are certainly asking of China," he added. That lack of transparency, he noted, has effects on the security calculations of others in the region. "And so it's that uncertainty, I think, that's of greater concern," he said.

Helvey added the report noted China has "increased assertiveness with respect to its maritime territorial claims" over the past year. China disputes sovereignty with Japan over islands in the East China Sea, and has other territorial disputes with regional neighbours in the South China Sea. "With respect to these claims, we encourage all parties to the different disputes or interactions to address their issues peacefully, through diplomatic channels in a manner consistent with international law," he said. Helvey noted China's relations with Taiwan have been consistent. "Over the past year, cross-strait relations have improved," he said. "However, China's military build-up shows no signs of slowing." China also is building its space and cyberspace capabilities, Helvey said. He noted that in 2012, China conducted 18 space launches and expanded its space-based intelligence, surveillance, reconnaissance, navigation, meteorological and communication satellite constellations.

"At the same time, China continues to invest in a multidimensional program to deny others access to and use of space," Helvey said. Addressing China's cyber capabilities, Helvey said the Chinese army continues to develop doctrine, training and exercises that emphasize information technology and operations. "In addition, in 2012, numerous computer systems around the world, including those owned by the United States government, continued to be targeted for intrusions, some of which appear to be attributable directly to [Chinese] government and military organizations," he added. Helvey noted a positive trend in U.S.-China engagements over the year, including several senior-leader visits culminating in then-Defense Secretary Leon E. Panetta's visit to Beijing in September.

The two sides also explored practical areas of cooperation, he said, including the first counter piracy exercise conducted in September by Chinese and U.S. forces, followed by the U.S. invitation to China to participate in the Rim of the Pacific exercise in 2014. "We'll continue to use military engagement with China as one of several means to expand areas where we can cooperate, discuss, frankly, our differences, and demonstrate the United States' commitment to the security of the Asia-Pacific region," Helvey said.

To read the full report (84 pages), go to:- http://www.defense.gov/pubs/2013_China_Report_FINAL.pdf

Prince Harry Meets Wounded Warriors, Walter Reed Staff

By Donna Miles American Forces Press Service

BETHESDA, Md., May 10, 2013 - The Walter Reed National Military Medical Center here has hosted celebrities, heads of state, sports stars, and today royalty, as Britain's Prince Harry paid a visit to encourage wounded warriors and learn about the cutting-edge treatments being used to care for them. The prince, who visited Arlington National Cemetery earlier today, arrived at the bustling Bethesda hospital in his British Army camouflage uniform to hear about the technologies being used to treat wounded warriors, particularly amputees. A British Army captain who has deployed twice to Afghanistan, Harry mingled easily among the wounded warriors in the hospital here, talking with several individually to ask about their injuries, their treatment and their prognosis for leaving the hospital and moving on with their lives. Visiting the computer-aided rehabilitative environment lab, Harry cheered on Army Spc. Corey Garmon during his first session on a large, round contraption that looks like a cross between a treadmill and carnival tilt-a-roll.

The prince leaned on a bar surrounding the device as Garmon, who lost both legs to an improved-explosive-device blast in Kandahar, Afghanistan, in July 2012, walked along a rolling stone path through a forest -- all virtual and projected onto a giant screen in the darkened room. "We've got nothing like this back in the U.K.," he told Garmon, who received his prostheses in November. But Navy Rear Adm. Alton L. Stocks, the Walter Reed commander who accompanied Harry throughout his visit, said much of the discussion focused on ways the American and British militaries share medical expertise and how they might collaborate closer in treating wounded warriors.

In fact, one of the devices the staff demonstrated to Harry, -- a mechanical hand -- is manufactured in the United Kingdom, Stocks noted. "He was very interested in our technology and how we can work together in the future," the admiral said. "But the thing he was the most interested in was meeting with the warriors and the families. He has deployed himself, so he feels that bond, and that was obvious." Harry visited the hospital's Military Advanced Training Center, where dozens of wounded warriors were undergoing their rehabilitative regimens under the watchful eyes of their caregivers.

The prince walked through the room, shook hands with the patients, posed for photos when asked to, and spoke with them quietly, individually, about their wounds and recovery. He laughed with them, occasionally grimaced when they described their injuries, and became, as one soldier said, "Just like one of the guys." Army Staff Sgt. Tim Payne, a 30-year-old 10th Mountain Division soldier who lost both legs during a dismounted patrol in Kandahar in Afghanistan in July 2011, praised the treatment he is receiving.

"The care they have given us here is fantastic," Payne said he told the prince. "You really can't beat it, anywhere." An avid swimmer who does much of his rehabilitation in Walter Reed's pool, Payne said he also told Harry he hopes one day to swim the English Channel. "He said I'm crazy," Payne laughed. "But overall, he seems like a really nice guy and I think it's really nice that he took the time to come visit us."

Special Operator 2 Bo Reichenbach, a Navy SEAL who was medically retired after losing both legs above the knee to an IED in Afghanistan's Oruzgan province in July 2012, said he was impressed that the prince was so interested in hearing his story. "He seemed like the kind of guy who would really like to spend more time talking with us," Reichenbach said of the prince. "He was really interested in being here with us and talking about our health care. And we told him that we all want to be here, because for us, this is the best place."

Back the darkened computer-aided rehabilitative environment lab, Harry watched as Garmon negotiated his platform as it sped up, slowed down and occasionally tilted to simulate rolling hills. To add to the challenge, Garmon was instructed to use his arms to bat away sinister-looking virtual birds that headed toward him from the screen. "One hundred, huh?" Harry challenged him, giving the thumbs up as Dr. Chuck Scoville, head of the department of rehabilitation, explained the lab's function and the scoring system used to measure patient progress. Harry laughed and yelled out a few "heys" as Garmon swatted at the "birds," then congratulated him for tallying a 72-percent hit rate during the session. Garmon told Harry he's receiving "awesome" care at Walter Reed that helps him heal both physically and mentally. "Once you leave here, you are good to go," he told the prince. Stocks said he wishes more people could have the chance to experience what Prince Harry saw today at Walter Reed.

What makes it so special, he said, are the medical caregivers who connect with families from the day they arrive until the day they leave, the families who stand by their loved ones and the wounded warriors themselves. "The people here are amazing," Stocks said. "I believe it would be a wonderful opportunity for everyone in America to spend a day or two on this campus," he said, "and see the spirit of these families and the spirit of these warriors" and their determination to move forward in their lives, whether in the military or as full members of society. "It is truly amazing, and not one that I have spoken to has any regrets," Stocks said. "They are so proud to have served their country."

Here are a couple of follow ups on previous stories in this newsletter.

Richard III's teeth and jaw reveal monarch's anxious life and violent death

By Richard Gray, Science Correspondent 01 May 2013

The violent death suffered by King Richard III at the battle of Bosworth has been revealed in new detail by analysis of his skull and jaw found under a car park in Leicester.



A plastic facial model made from the skull of England's King Richard III Photo: Justin Tallis/AFP/Getty Images

Researchers say the skull and jaw of last English monarch to die in battle were badly damaged, lending support to reports that the blows that killed him were so heavy that it drove the king's crown into his head. They also conclude that Richard III may have been as anxious and fearful as William Shakespeare portrayed him –

he ground his teeth with stress. Researchers also found that the king had suffered severe tooth decay, perhaps as a result of his privileged position and a sweet tooth.

Dr Amit Rai, a general dental practitioner in London who wrote a paper for the *British Dental Journal*, said: “Richard is likely to have been killed by one of two blows to the base of the skull from some of the most advanced military weapons of the time. “Several accounts of Richard III reveal that he rode into battle wearing his crown which, despite this making him an easy target, is consistent with the location of the battlefield injuries he sustained on his skull.”

The skeleton of Richard III was found beneath a council car park earlier this year. The discovery was described as one of the most significant archaeological finds in history. DNA analysis was used to confirm the skeleton belonged to the monarch by matching it to that of living descendants. King Richard died in 1485 during the Battle of Bosworth in the War of the Roses over the English throne. Reports from the time say he was hit so hard by the blows from a Welsh swordsman that his crown or helmet was driven into his skull.

His body was taken to Grey Friars Church in Leicester where it was buried in a shallow grave. Centuries later the site was built over by the council to form a car park until archaeologists dug him up. Distant relatives of the king have now started legal proceedings to challenge a plan to rebury Richard III's remains in Leicester. Lawyers have lodged papers in the High Court seeking a judicial review of a decision by the Ministry of Justice, arguing that Richard III's remains should be buried in York, alongside his family. However, in the meantime, the King's remains have provided valuable insights into what life was like for the last Plantagenet king. Dr Rai said the monarch's teeth and jaw showed signs of rudimentary signs of medieval dentistry while some of the teeth showed signs of decay from a diet rich in carbohydrates and sugar. Surface loss on a number of back teeth and upper right teeth suggest he also suffered from stress-related bruxism, or teeth grinding. Whether this was because he was wracked with guilt over the fate of the Princes in the Tower, who he is accused of murdering to assume the throne, may never be clear.

Dr Rai also found evidence that Richard III had undergone dental surgery and had two teeth removed at the hands of barber surgeons. Tartar was also found on the teeth in the King's upper jaw. Dr Rai added: “Analysis of this tartar will enable the identification of the strains and diversity of bacteria which once inhabited Richard's mouth and provide a better insight into his diet and oral hygiene habits.”

The Coldstream Guards

There were two battalions of the Coldstream (or 2nd) Regiment of Foot Guards in 1799. Each battalion had about 1,000 officers and soldiers, says Colonel Simon Vandeleur.



As the "Second" Regiment of Foot Guards, Coldstream Guards wear their buttons in pairs

The Coldstream Guards trace their ancestry back to 1650 and Cromwell's New Model Army, he says. At the restoration of Charles II, their commander General Monck was instrumental in handing military control back to parliament and re-establishing a monarchy.

Unwilling to be known as the 2nd Foot Guards, says Vandeleur, they adopted as their motto "Nulli Secundus" or second-to-none and were called the Coldstream Guards. Coldstream was the town in Scotland from which they had commenced their long march a year earlier to London, to restore order and set the conditions for the restoration of the monarchy. The Regiment served in the French revolutionary war 1793-1802 and fought at Lincelles. They saw service in Egypt in 1801. They also served in the Peninsular War 1808-1814, fighting in northern Portugal in 1809. They served in the Hundred Days War 1815 and played a critical part in the defence of Hougoumont farm at the battle of Waterloo, along with the 3rd Guards, now known as the Scots Guards.

After the French Revolution in 1789, the influence of France was felt in the Netherlands. Willem V, Prince of Orange-Nassau, had fled to England in 1795 and the Batavian Republic was established. In summer 1799 the British sent an army, including the Coldstream Guards Regiment, into Holland to drive out the French and restore the exiled House of Orange.

Study: Moon to blame in Civil War death

Stonewall Jackson's own men inadvertently shot him. Alicia Eakin/CNN May 01, 2013

(CNN) —A full moon hung just right in the night sky as the fierce Southern Army faced the encroaching Union troops in the spring of 1863. Though they were outmanned and outgunned, the momentum of the war seemed to be on the side of Generals Robert E. Lee and "Stonewall" Jackson in Northern Virginia. But the tide turned in the American Civil War not long after Jackson's own men inadvertently shot him that May night at the battle of Chancellorsville in Virginia. And for that, say two researchers, Americans can thank that full moon.



It's an intriguing concept put forth by astronomer Don Olson and researcher Laurie E. Jasinski from Texas State University in a study appearing in this month's issue of *Sky & Telescope* magazine. They say that when the men of the 18th North Carolina Infantry Regiment fired upon Jackson, the whitish lunar light likely obscured the target. They didn't know it was him.

In other words, they say, a moon phase is partly responsible for the moulding of a nation "dedicated to the proposition that all men are created equal," as President Abraham Lincoln put it in the Gettysburg Address. The two reconstructed the scene of the shooting using moon phases and maps, and published the results 150 years after the incident. History seems divided on whether or not the moon shone bright that night, the researchers say, but they back up their hypothesis with recorded anecdotal accounts.

"The Moon was shining very brightly, rendering all objects in our immediate vicinity distinct...", one confederate captain wrote years later. "The Moon poured a flood of light upon the wide, open turnpike." Jackson rode out with a party of officers on a scouting mission to see if the Confederate Army could find a way to cut off Union Army troops, according to the National Park Service, which cares for the nation's Civil War battlegrounds. They were shot as they returned.

Olson and Jasinski say that a Confederate officer spotted them in the moonlight and ordered his men to open fire. Jackson was wounded in his left arm, which had to be amputated, according to the Virginia Military Institute, where Jackson taught. He died from complications on May 10, 1863. His arm was buried separate from the rest of his body.

The South went on to win the Battle of Chancellorsville, but without Jackson, took a decisive blow in July 1863 at the bloody Battle of Gettysburg, often thought of as the turning point of the war. If Jackson's reconnaissance party was riding in bright moonlight, then his own men should have recognized them as they returned from the Union's side, but Olson and Jasinski say they did not -- for good reason. "The 18th North Carolina was looking to the southeast, directly toward the rising moon," they said. It stood at "25 degrees above the horizon" at the time, just at the wrong angle. "The bright moon would've silhouetted Jackson and his officers, completely obscuring their identities." The Confederate infantrymen likely thought their own men returning were Union cavalymen on the approach. "Our astronomical analysis partially absolves the 18th North Carolina from blame for the wounding of Jackson," Olson says.

It comes too late for the man who gave the order to fire. Maj. John D. Barry died at age 27, just two years after the end of the war. "His family believed his death was a result of the depression and guilt he suffered as a consequence of having given the order to fire," the Virginia Military Institute site says.

Stonewall Jackson may have appreciated the Texas State researchers' hypothesis, because it would have alleviated the conscience of the men who took his life.

Read more: http://www.wcvb.com/news/national/Study-Moon-to-blame-in-Civil-War-death/-/9848944/19964448/-/format/rsss_2.0/-/ed3ne1z/-/index.html#ixzz2SUGx8uIc

FLASH - Hot off the wire:

Canadian Forces Launching New Tech to Treat Mental Health Injuries

By: Sabrina Nanji MAY 13, 2013

From May 6 to 12 this year, Canadians celebrated Mental Health Week, an event dedicated to awareness and recognition of issues and concerns pertaining to mental health and illness.

On April 30, Minister of National Defence Peter MacKay announced two new programs for soldiers suffering from injuries such as post-traumatic stress disorder (PTSD) and operational stress disorder: the Telemental Health Network and the Virtual Reality Initiative Bravemind. The Telemental Health Network is a system of 90 desktop video conference stations, meant to give Canadian Forces members living in remote areas access to mental health professionals across Canada. "The network will help overcome the barriers of distance and travel time that

many military members experience when seeking care,” MacKay said, noting the system can offer diagnosis, counselling, consultation and education to soldiers suffering from mental health issues, as well as their families. Trials of the network are underway, and MacKay said it has been well accepted by clinicians and patients.

Virtual Reality Initiative Bravemind is a program that can help soldiers with PTSD deal with the traumatic experiences that lead to their illness in a safe and secure virtual reality environment. “It speaks to a younger demographic that has traditionally had a higher drop-off rate with traditional treatment,” MacKay explained. The initiatives were developed with the \$11.4 million reallocated for ill and injured military personnel and their families in 2012, bringing mental health care spending in the military up to \$50 million annually.

“Our government recognizes our duty to support those facing mental health challenges and the need to foster an environment that helps to increase awareness, reduce stigma and change behaviours and attitudes about mental health,” MacKay said in a press release from May 6. Bell Canada, as part of its Mental Health Week program, announced the Bell True Patriot Love fund, a four-year, \$1 million fund for military families dealing with mental health issues. “We stepped back and said ‘where is there a very focused need and, possibly in this area, where stigma is still such a significant part of this illness, where we know two out of three people do not go after the care they may necessarily need because they don’t have the confidence or feel they know where to get that help?’” asked George Cope, president and CEO of Bell Canada.

General Tom Lawson, chief of defence staff, said that the changes will also help the families of soldiers. “We will continue to work with our partners in the civilian and professional sectors to care for our personnel, and all Canadians alike, by reducing stigma or any other kind of barrier that prevents access to needed care,” Lawson said.

Dr. Suzane Renaud, the president of the Canadian Psychiatric Association, based in Ottawa, welcomed the new initiatives set out by the federal government. “We hope it will continue to stimulate dialogue between government, health professionals, allied professionals, and consumer organizations about what can be done to improve access to evidence-based mental health services and treatments for Canadians.”

The Thinner Blue Line: The Life and Times of a Dedicated Customs Officer

A former Canada customs officer shares his adventures and vignettes in **The Thinner Blue Line: The Life and Times of a Dedicated Customs Officer** by Barry Risk (436 pp.), released today by General Store Publishing House.

The author was a customs officer for many years, working his way up through the hierarchy from working in the field to, at the end, management. He served in air operations, postal customs, pornography, smuggling, organized crime operations, counterterrorism, security, and guns.

When he was working in the field, Risk had many odd and amusing experiences with travellers. One woman tried to smuggle a baby in a gym bag. Someone else had cocaine dissolved in a

bottle of rum. Or a mother with a baby in a carriage has filled the baby's diaper full of hash. And it goes on and on . . . Risk has a great many of these fascinating vignettes—along with the endless variety of frustrations caused by the policymakers in Ottawa.


The Thinner Blue Line: The Life and Times of a Dedicated Customs Officer (ISBN: 978-1-777123-012-4), by Barry Risk, is published by General Store Publishing House, Renfrew, Ontario, and retails for \$30.00.

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BCR Lunch

Curry Lunch – a Mystery Country



Hosted by:
The British Columbia
Regiment
Officers' Mess

Coordinated by:
The BC Regiment
(DCO) Association



Date: Thursday, May 30, 2013

Time: 11:45 am - 1:30 pm
(bar opens at 11:45am)
(welcome at 12:15pm)
(lunch starts at 12:20pm)

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 May 24, 2013)

RSVP: For more information or to register, please contact Bill Diamond at Bill@DukesBear.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 May 24, 2013

NEXT PLANNED LUNCH: Thursday, September 26, 2013

NOTE: No lunches at BCR over the summer - this is the last lunch until September.

From the 'Punitary'

A Freudian slip is when you say one thing but mean your mother.

Murphy's Rules of Combat Operations.

Leadership law

If it was risky, it worked and no one got hurt: you were brilliant

If it was risky, it worked and someone got hurt; you were courageous

If it was risky, it didn't work and no one got hurt; you were lucky

If it was risky, it didn't work and someone got hurt; you were stupid (and probably dead)

Quotable Quotes

Integrity without knowledge is weak and useless; knowledge without integrity is dangerous and dreadful. - *Samuel Johnson*

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