



Regimental Matters

Operational Awards List No 45

The Regiment warmly congratulates the following Officers and Soldiers on their awards:

QCVS:

- Col D S J Biddick MBE MC
- WO2 P M Kearney

Joint Commanders Commendation:

- Lt Col M S Woodeson
- Maj D J Robinson
- CSgt P S Lilley
- CSgt P M Kennedy

London Gazette Extracts February 2016

Transfers:

- Maj B D Weston from RRF Nov 2015

IRC:

- Capt J R P Heugh
- Capt C C Monk
- Capt T C Roden
- Capt J G Ryan

MSM:

- WO1 A P George

Advance Warning of Vacancy for Regimental Area Secretary

The Regiment's Area Secretary for Norfolk, Suffolk, Essex and Cambridgeshire is due to retire and a successor is being sought. Initially this offer to only open to those already in the Civil Service, but if initial internal recruitment is unsuccessful, then the appointment may be offered outside the Civil Service but probably not until May 16.

RHQ would be grateful if any potential candidates could be informed. A Job Spec is available on request.

Worshipful Company of Poulterers Easter Eggs

The Worshipful Company of Poulterers, who are strong supporters of the Regiment, annually donate Easter Eggs to the Regiment and give support to Adventure Training. Viking families clearly enjoyed the innumerable eggs at the Easter Party last week.



Diary Dates

April 2016

- 3 Chapel Sunday Warley
- 12 Freedom Parade Harpenden
- 13 Mobbs Memorial Rugby Match
- 14 Freedom Parade and 7th Bn Regt Colour
Lying Up Hemel Hempstead
- 22 Regt Golf Spring Meeting

May 2016

- 1 Chapel Sunday
- 3 Freedom Parade Uppingham
- 4 Lincoln Freedom Parade
- 14 WOs and Sgts Past and Present
- 27 Regt Battlefield Tour & Pilgrimage

June 2016

- 5 Chapel Sunday
- 17 Regimental Representative Event ARC
Cambridge
- 18 Poachers Boxing Event
- 19 Leicester Parade & 7th Battalion Queens
Colour Layup
- 26 Salamanca Day Memorial



1st Battalion (The Vikings)

Operation Elgin and FIRIC

The 1st Battalion is busy conducting two concurrent company sized commitments - Operation ELGIN and FIRIC.

Operation Elgin is the UK's contribution to the EU mission to support peace and stability in Bosnia Herzegovina and Kosovo. A 'Norfolk' Company are currently on point to deploy if required. This has been an excellent opportunity to reset towards contingency operations after the Company's return from Afghanistan last year. Being held at high readiness for a number of possible situations brings a wide range of challenges and opportunities for excellent training. This includes both dismounted and mounted vehicle patrolling in snatch Land Rovers and multiple public order exercises up to company level. If A Company were to deploy it would form part of a multi-national EU Battlegroup, it will remain on this task until June 16.

Much of this training has been delivered and supported by B (Suffolk) Company. The sub unit has also picked up large amounts of external tasks including sending a platoon away to Kenya and providing advisor mentors to 2 YORKS on exercise WESSEX STORM. In the background the company is achieving driver and instructor qualifications in preparation to assume the ELGIN commitment from A Company in June.



C (Essex) Company are currently deployed overseas as the Falklands Islands Roulement Infantry Company (FIRIC). It is a standing UK task which rotates through the Army and provides reassurance to the local population and deterrence to would be aggressors. The primary responsibilities are to patrol the islands and to provide a Quick Reaction Force (QRF) but there is opportunity for some excellent training including ranges and a battlefield tour of the 1982 conflict. For many within the company this is their first overseas deployment after completing their training; what better way to spend it than conducting unrivalled Live Fire Tactical Training in some of the best real estate the UK has to offer?



2nd Battalion (The Poachers)

Poacher Boxing

The Poachers are through to the Army Boxing Inter-Unit Semi-Finals. Having beaten both 2nd Battalion The Mercian Regiment and also the Royal Lancers, the Poachers will now face 2nd Battalion The Parachute Regiment.



3rd Battalion (The Steelbacks)

Ex DRAGON STEELBACK



As the Battalion permanent staff readied itself to stand down over the Easter period, 24 brave souls deployed on Ex DRAGON STEELBACK, a skiing Adventure Training (AT) Exercise to Stubai Glacier Austria. The group travelled to Austria by road which resulted in some stiff joints but it proved to be worth it when they viewed the Glacier.

After some administration they hit the snow for 6 days skiing on some of the finest slopes that Austria has to offer. The weeks AT allowed for the group to qualify as Ski Foundation 1s or 2s and the opportunity to qualify with advanced skiing techniques. The long days skiing resulted in some sore joints and feet but the effort was made all the more worthwhile with some local apres ski and cuisine as a reward. A successful weeks AT with the Battalion keen to exploit more opportunities to allow for the 'Whole Army Experience'.



Unarmed Combat Training

No 1 Company have started experimenting with a new unarmed combat syllabus organised by Sgt Mayes and over seen by ex-Viking Brett McKenzie. This started with a 2 hour session in KAPAP, an Israeli based self-defence art, and is planned to run throughout the training year alongside the Battalion's training programme.



The unarmed combat syllabus will have various benefits including;

- Weapon Retention - Having the ability to retain primary and secondary weapons
- 3rd Party protection - learning to defend the person next to you
- Law - understanding the law and where self defence fits into it
- Control and restraint - controlling aggressive combatives
- Disarming - learning to disarm firearms and Knives
- CQB - hand to hand combat in close quarter battle