



THE WARRIOR



Newsletter for ESVH & the Military Community In East Sussex

VOL. 2. NO 27

www.eastsussexveteranshub.co.uk

10 JULY 2021

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AND all other essential services, postmen, milkmen, paperboys (and ladies) waste collectors, etc., plus all volunteers across the County

Coronavirus: GC for NHS

The National Health Services of the United Kingdom have been awarded the George Cross by Her Majesty The Queen. The award comes in recognition of 73 years of dedicated service, including for the courageous efforts of healthcare workers across the country battling the COVID-19 pandemic.

The George Cross - the highest civilian gallantry award, equivalent to the Victoria Cross - has only been bestowed collectively twice before, and today marks the second time it has been awarded collectively by Queen Elizabeth II.

Prime Minister Boris Johnson said:

"We wouldn't be where we are today without our health services. NHS staff have cared for us and our friends and family on the frontline of a pandemic for over a year, and I have witnessed their courage first-hand.

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Support Services Telephone Contact Numbers

NHS 111 Any suspicion of coronavirus, ring 111 IMMEDIATELY, for advice. Some GPs have a telephone triage service as well. Also ring 111 for veterans' mental health service HIS.

ESVH 07884263824/01424 446292/Freephone 0330 1077 808

STAR Freephone 0300 303 81600

ESRA 01424 435318

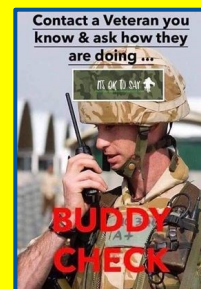
Seaview 01424 717981

Job Centre Plus Hastings 0800 169 190

Samaritans Hastings Freephone 0330 094 5717

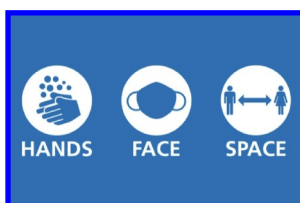
Bexhill Caring Community 01424 215116

Hastings Covid-19 Community Support Hotline 01424 451019



East Sussex Veterans Hub 99/100 Group, 5 Harold Place. Hastings TN34 1JA
01424 446292 Email: ESVH99100@esvh99100.onmicrosoft.com

Registered with Charity Commission 1183583



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"Thanks to their devotion and duty our NHS has saved countless lives, and the George Cross is a symbol of the nation's gratitude. I know the whole of the UK is behind me in paying tribute and giving thanks for everything the NHS has done for us not only in the last year, but since its inception."



The George Cross was first bestowed collectively, to the people of Malta on 15 April 1942 by King George VI in recognition of their continuing and heroic struggle against repeated and continuous attacks during the Second World War,

It was granted to the Royal Ulster Constabulary (the fore-runner of the Police Service of Northern Ireland) on 23 November 1999, for the collective and sustained bravery of police officers and their families during the 'Troubles'.



New Lieutenant Governor for IoM

A former advisor to the UK Ministry of Defence has been named as the Isle of Man's 31st Lieutenant Governor.

Lieutenant General Sir John Lorimer will succeed diplomat Sir Richard Gozney, who has held the post for the past five years.

He said it was a "great honour" to be chosen for the position on the island.

The Lieutenant Governor is the Queen's personal representative and impartial adviser, and performs executive functions relating to Tynwald.

Educated at Cambridge, the father-of-three has served in the British Army for 39 years, completing

tours of duty in both Iraq and Afghanistan.

A former chief of joint operations for the armed forces, he spent the past



three years as the principal adviser to the secretary of state for defence and the chief of the defence staff on the Middle East, holding the post until February.

Sir John Lorimer said the appointment was "a wonderful opportunity to contribute to the island and its community".

"My wife, Philippa, and I are very much looking forward to moving to and making our home on the island, as well as playing an active part in Manx life," he added.

Sir Richard Gozney's tenure in the post, which had been due to end in April, was extended until later this summer as a result of coronavirus pandemic.

During his time in office he declared a state of emergency on the island in March 2020, enabling the government to enact the Emergency Powers Act as part of its fight to protect the Manx community from Covid-19, revoking the proclamation three months later following a drop in infection rates.

The date of the swearing in of the new Lieutenant Governor, which will take place in the courtroom at Castle Rushen, is yet to be confirmed.

A new neighbour for Rev Paul & Family?





Champion Veteran Extraordinaire

Mrs Patricia Pern, who resides in Battle, will be celebrating her 100th birthday this week!

All veterans from ESVH wish her a Happy Birthday and a most wonderful day.

Pat served with the WRENS during WW2 and was based in Trincomalee as a decoder, at the end of the war. She served on after the end of the war, returning to the UK by ship. in 1946.

Anyone who has known Pat hold her in high esteem for her contribution to our country, more so as she endured the prolonged war in the far east.



Pat Pern on return to UK from Far East 1946 (Wren above sign, without head dress)

In 1992 Pat became a volunteer caseworker with Hastings and Rother Division, SSAFA Forces Help. Prior to that, she carried out casework in Germany for three years in the 1950s, whilst accompanying her husband on duty. Her ex-service links have also been enhanced by her leading role as Secretary and Chairperson of the local WRNS Association until they closed. This included social and welfare management where she made tireless efforts for those veterans in need. Many have witnessed the positive impact of her hard work over decades of voluntary work.

She retired from SSAFA in 2011 but remains in contact with her old friends, on a regular basis.

Patricia's quality and nature has always been inspirational. Her sporting prowess, saw her regularly bathing in the sea, when she could. Her determination, standards and energy in all she does remains exceptional.

Last year the Not Forgotten Association arranged for Dame Vera Lynn's daughter, Virginia Lewis Jones, to present Pat with a signed copy of a portrait of her Mother, the force's sweetheart, Vera Lynn. This was on the occasion of the Association's celebration of the 75th anniversary of VJ Day.



Pat met three generations of Dame Vera's family, her daughter, granddaughters and great granddaughters!

Pat Pern is the epitome of a generation that truly 'served' our country and ensured peace, which we have cherished for over 80 years.

It is wonderful to express, on behalf of our veterans, and those who have been looked after by Pat, along with those who have worked with her or known her, a tremendous joy on her 100th birthday.

Thank you Pat and many congratulations on becoming a Centurion!





Ordeal Over for Op Banner Veterans(?)

Courts in May ruled that statements by Soldiers A and C, accused of murdering IRA man Joe McCann, were inadmissible and the pair were acquitted.

The Public Prosecution Service (PPS) have subsequently said that given "related evidential features" it was concluded "there was no longer a reasonable prospect of key evidence in proceedings against Soldier F and Soldier B being ruled admissible".

"Without this evidence, the test for prosecution was no longer considered met," the statement read.

The Director of Public Prosecutions, Stephen Herron, travelled to Derry to personally inform families of the decisions on Friday.

In a statement after the announcement, Mr Herron said: "I recognise these decisions bring further pain to victims and bereaved families who have relentlessly sought justice for almost 50 years and have faced many setbacks.

"In both cases I would like to emphasise that this outcome does not undermine previous findings that those killed and injured in these tragic incidents were entirely innocent.

"These decisions were taken only after a most careful consideration of all relevant legal matters by a team of experienced and senior prosecutors." Northern Ireland's veterans commissioner Danny Kinahan said his thoughts are with the families and said "the pressure is now on everyone to find a way forward".

"Veterans don't want an amnesty or equivalence, they want the rule of law in place but they feel everything that's happening is very lopsided," he said.

"They came in to stop the Troubles, to protect society and stop a civil war and they did that and there are some awful side effects - this is one of them."

Conservative MP Johnny Mercer, who is also a former veterans minister for the government, tweeted: "Another veteran's life ruined. Investigated, dropped, investigated, dropped, charged, dropped. This government's shame highlighted in another tragic case - for all sides."

Paul Young from the Justice for Northern Ireland Veterans and Northern Ireland Veterans Movement welcomed the move by the PPS office to drop charges against Soldiers B and F.

"It will be a huge relief for the families of Soldier B and F and a sense of relief and joy within our veteran community, Mr Young said.

"It was obvious to veterans that the cases against them were unsound since the case against Soldier A and C collapsed."

The Ulster Unionist Party (UUP) leader Doug Beattie believes the passage of time since the deaths has led to this situation.

"We've to have trust in our justice system, this has got a long way to run, I do think it's difficult to get evidence that will stand up in a court of law that will get any form of convictions this far on," he said.

Shadow Secretary of State for Northern Ireland Louise Haigh said "the ongoing failure to deliver a process to deal with the legacy of the past remains an open wound which is failing victims and their families".

Irish Foreign Minister Simon Coveney said that his thoughts were with the families affected by the decision, and his department would keep in contact with them.

He said it is "vital that the rationale for these decisions is clearly communicated".



The Prison Reform Trust produces fact files known as the Bromley Briefings, they are issued twice a year. The Summer 2021 issue was published this week.

In it 10 key less known facts or issues have been highlighted, which may be of interest.

1: The prison population is projected to rise again. The prison population has risen by 74% in the last 30 years—and it is currently projected to rise by a further 20,000 people by 2026.

2: We overuse prison for petty & persistent crime. 40,000 people were sent to prison in 2020; 63% had committed a non-violent offence and 44% were sentenced to serve six months or less.

3: We are sending people to prison for longer. For more serious, indictable offences, the average prison sentence is now 54.3 months—almost two years longer than in 2008. People serving mandatory life sentences are spending more of their sentence in prison. On average they spend 17 years in custody, up from 13 years in 2001. This is set to rapidly increase as judges are imposing substantially longer tariff periods. The average minimum term imposed for murder rose from 12.5 years in 2003 to 20 years in 2020.

4: We are recalling more women to prison. The number of people recalled back to custody has increased, particularly amongst women. 8,055 people serving a sentence of less than 12 months were recalled to prison in the year to December 2020.

5: Racial disparity. The number of Asian and mixed ethnicity prisoners has risen sharply since 2004. Black men in particular are more likely to be arrested, plead not guilty and be sent to prison by the Crown Court than their white counterparts.

6: Older prisoners. With prison sentences getting longer, more people are growing old behind bars. People aged 60 and over are the fastest growing age group in the prison estate. There are now almost triple the number there were 16 years ago. More than one in six people (17%) in prison are aged 50 or over—13,038 people. Of these, 3,281 are in their 60s and a further 1,638 people are 70 or older. The prison population is projected to grow by a quarter in the next five years. The government anticipates the older population to increase at a similar rate to the population as a whole. 44% of men in prison aged over 50 have been convicted of sex offences. The next highest offence category is violence against the person (25%) followed by drug offences (8%). 315 people in prison were aged 80 or over as of 30 September 2020.

7: Life and indeterminate sentences

Many people in prison don't know if, or when, they might be released. 10,676 people are currently in prison serving an indeterminate sentence—16% of the sentenced prison population, up from 9% in 1993. 8,738 people are currently in prison serving an indeterminate sentence who have yet to be released. 6,954 people are serving a life sentence and a further 1,784 people are serving sentences of Imprisonment for Public Protection (IPP). Despite its abolition in 2012, almost all (96%) people still in prison serving an IPP sentence have passed their tariff expiry date—the minimum period they must spend in custody and considered necessary to serve as punishment for the offence.

8: Women in prison

Many women remanded into custody don't go on to receive a custodial sentence—in 2019, 33% of women remanded by the magistrates' court and 40% by the Crown Court didn't receive a custodial sentence. Most women (72%) in 2020 who entered prison under sentence committed a non-violent offence. More women were sent to prison to serve a sentence for theft than for violence against the person, robbery, sexual offences, drugs, and motoring offences combined. The proportion of women serving very short prison sentences has risen sharply. In 1993 only a third of custodial sentences given to women were for less than six months—in 2020 it is more than half (58%).

9: Children in custody

The number of children (under-18s) in custody has fallen by 83% since its peak in 2008. They are also committing fewer crimes—with proven offences down by 82% over the same period. At the end of March 2021 there were 515 children in custody—19 children were aged 14 or younger. Almost three in 10 (29%) children in custody in 2019–20 were there for non-violent crimes. More than three in 10 (31%) children in custody are on remand. A disproportionate number of children in custody come from a care background. Fewer than 1% of all children in England are in care, but around two-fifths of children in secure training centres (44%) and more than half in young offender institutions (54%) have been in care.

10: Mental health

Seven in 10 women in prison (71%) reported that they had mental health issues compared with just under half of men (47%). A study of 469 male and female prisoners found that 42% of participants had been previously diagnosed with a mental illness. Some of the most common diagnoses include personality disorders (27%), anxiety disorders (27%), PTSD (20%), psychotic disorders (10%) and autism (4%). Although almost half (49%) of study participants reported having previous contact with mental health services either in prison or the community, only around a quarter of the sample reported current contact with prison mental health services.

ESVH maintain contact with veterans serving sentences, currently in HMP Lewes & Rochester

Field Cookers Down the Years

A trip down memory lane for Steve & Dave



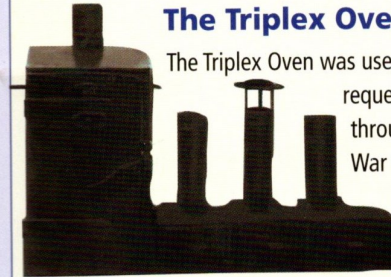
Soyer Stove

The Soyer boiler introduced by Alexis Soyer was adopted by the British Army during the Crimean war. They were used continually until the 1980's when the vast majority of the British Army stock was lost in the sinking of the Atlantic Conveyor during the Falklands War. Capable of boiling 12 gallons of liquid using solid fuel, they were simple and efficient. The original specification was that two could be carried by a mule.

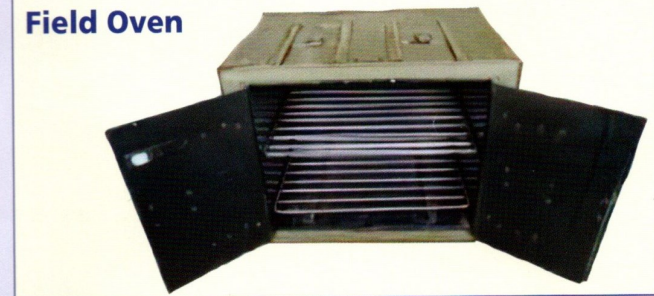


The Triplex Oven

The Triplex Oven was used in WW1 but could still be requested from the RAOC right through to the end of the Cold War and though rather immobile due to its weight it was very efficient in static field kitchens.



Field Oven



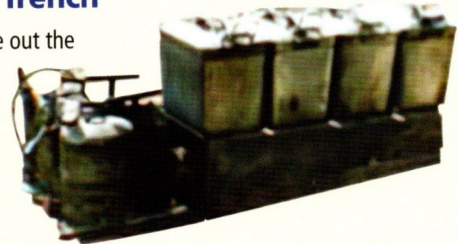
No. 1 Burner

The much loved No.1 burner was introduced in 1939 became standard equipment for the next 40 years until health and safety ruled them unsafe for use, shortly after the Falklands Conflict. It was the workhorse of the Army chefs through most of the life of the Army Catering Corps.



The Burner Trench

We could not leave out the "Burner Trench". Some stories have been told about these over the years.



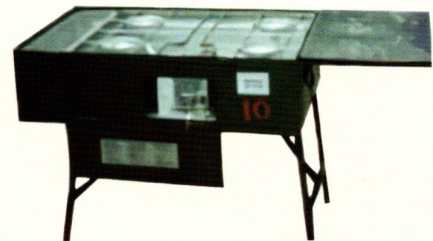
No. 2 Cooker

The No. 2 Cooker was a single burner cooker and was introduced during WW2 many used by crews of armoured vehicles.



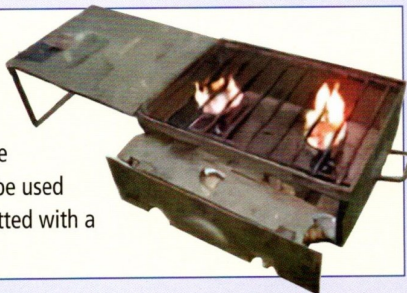
No. 5 "Suitcase" Cooker

The No. 5 Cookset known as the "Suitcase" was the smaller brother of the No. 4 Trailer mounted version.



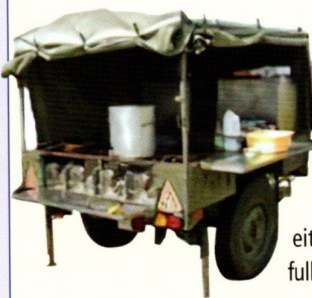
No. 3 Cooker

The No. 3 Cooker was a two-burner version also introduced during the WW2. this version could be used as a cooker or could be fitted with a field oven for baking.



No. 4 Trailer

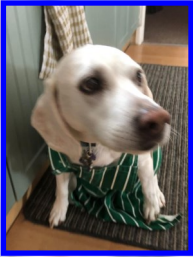
The No 4 Trailer mounted cookset replaced the No. 1 burner and was designed to provide a mobile kitchen producing meals for 150-200 personnel. Fuel supply was either petrol or LPG. It opened out to a full kitchen with five work tops.



Operational Field Catering System

The Operational Field Catering System (OFCS) is the current field cookset in use today and has seen service in Iraq and Afghanistan. Designed to enable multiple menu meals from fresh ingredients to be prepared and cooked in the field. Its power source is the Karcher diesel fired burner which is a multi fuel system.





**Milo Says:
More Open Air
Activities?**

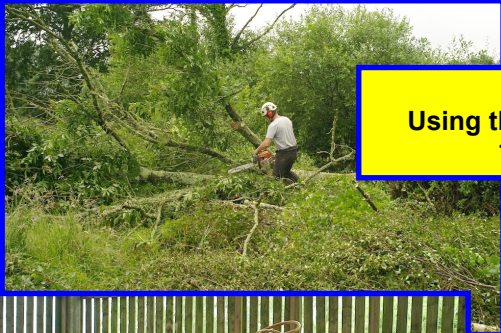
**Photos by
Stuart**



**Essential victuals
By Steve**



**Clearing that hedge...
a forever job, but fun!**



**Trees as well?
Using the professionals, Mark 'The Trees'
from Rye (Former PWRR)**



**Its that man
again!**



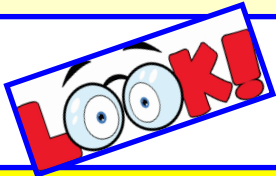
**Answer: A gift of furniture for veterans in
need
From Chris and Heidi in Bexhill.
Many thanks to you both and best wishes
for the future in your new home.**



What's this, in the barn?

**Gary is returning from Weston Super
Mare this week and we hope to see
him join us again soon. It will be
good to hear of his experience,
which may help others.
Lived experience always helps.
Welcome back Gary!**

Congratulations!
**Dr Stuart was
officially awarded
his PhD
by
Queens University Belfast
on Thursday 8 July
A day he'll never forget.
Well done, a great achievement.**



**Snapping you
snapping me...**



It's Free!
**Travel arranged or costs covered
Camp over if preferred**
**Only 5 Names required for
'Old Man of the Woods'
Woodcarving Course
Battle
Friday 23 July-Sunday 25 July**

Steve's Special Cheese & Potato Dumplings



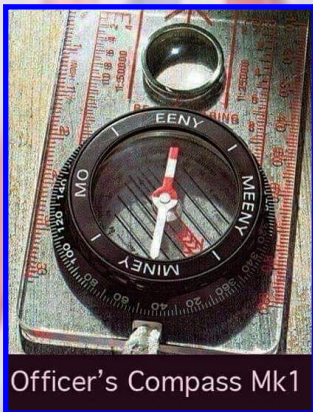
Ingredients:

- 2 lbs of potatoes peeled (set aside the peel to bake in the oven for another delicious snack)
- 2 large eggs
- 120g strong grated cheese
- Salt and pepper
- Dried herbs such as thyme (optional)

Chef Says

Cook the potatoes in boiling salted water and then drain in a colander before leaving to cool for ten minutes. Return the potatoes to the saucepan, mash, and then place over low heat, add the seasoning and herbs, mixing well. Add both eggs and half the cheese, mix and stir until the potatoes firm up. Once cooled a little form the mash into ten balls you can get creative with the shapes if you wish), then roll them in the remaining grated cheese. Place on greased baking tray and bake in a hot oven, at around 190 degrees for twenty minutes or so, until browned and crusty.

These are delicious cold as well as hot!

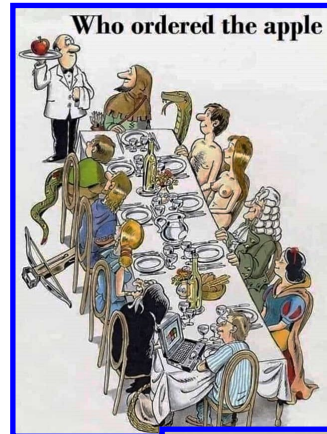


Officer's Compass Mk1

When you work nights and hang out with the day shift crew



No.. no.. don't smell it... 😂



Who ordered the apple



When the troops are relocated from Germany

To Eastbourne?

