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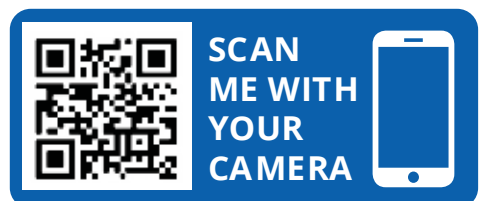
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Station Commander's Foreword

Wg Cdr Seanor

One Team, Training People for Defence

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TIME FLIES - IT ONLY SEEMS LIKE YESTERDAY I WAS WRITING THE FORWARD FOR THE WINTER EDITION BUT WITH LIGHTER EVENINGS AND NO SHORTAGE OF RAIN, SPRING IS WELL AND TRULY ON ITS WAY.

Spring and Easter symbolize new beginnings and therefore it is fitting that we have a new editorial team for this Spring edition of Mainpoint. Many thanks to Flt Lt Kate Gale (who steps up from deputy editor to editor) and Flt Lt Aimee Martin for taking on the mantle and pulling together this packed edition which once again shows the variety of activities Halton personnel get involved with from conservation to rowing the Atlantic.

A new editor does mean though that we must say goodbye to our fantastic former editor, Flt Lt Sarah Hindley, who has been Mainpoint editor since 2020. Sarah has had a pretty unique career in the RAF. Joining in 1988 initially as an Air Traffic Controller she undertook pilot training when the role opened up to women in the early nineties and subsequently flew C130Ks at Lyneham. Sarah left the RAF in 1999 to start a family and then worked in education. After a break of 18 years she rejoined the RAF as a full time reservist serving as Flt Lt Ops and Station Flight Safety Officer here at Halton for six and a half years. I wish Sarah all the best as she retires (for the second time!) from the RAF and thank her for her significant contribution not only to Mainpoint Magazine but to RAF Halton and the airfield.

With all the poor weather over the winter months it was great



news to hear that the work to replace Kermode Hall roof has been completed. The end of the financial year has also seen the culmination of many other infrastructure projects including new kitchenettes in WOSM and HHOM, new ablutions and the refurbishment of almost 80 rooms in WOSM and the junior ranks blocks. These projects are of course in addition to all the safe and legal work and routine maintenance work which goes on largely unnoticed in the background to keep our ageing estate functioning. Further works will continue in the next financial

year as we strive to continue to maintain and improve the estate.

Whilst dealing with the infrastructure challenges is undoubtedly a team effort between our industry partners, DIO and Hard FM, I would like to acknowledge the enormous effort Mr Daz Judd has put in over the last four years as SO2 Hard FM and thank him for stepping up and covering the gapped OC Station Services Squadron post over the last few months. Daz leaves Halton on retirement in April and I wish him best of luck for the future.

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EDITOR'S FOREWORD

From The Editor

Hello, committed readers, and welcome to the first Mainpoint magazine of 2024 – the Spring edition! As we approach Spring, the season of change, how very fitting the theme feels in relation to the Editorial Team this edition...

Having been Deputy Editor of the magazine for the last 16 months, it's a privilege to now assume the role of Editor & OiC of the publication. The first thank you of this foreword, must of course, go to Flt Lt Sarah Hindley – who has relinquished the role of Editor as she leaves the Service in March, retiring from the Royal Air Force. Sarah has been Editor & OiC for several years and has been a stalwart; overseeing the smooth production of the magazine and ensuring high quality content is produced every quarter is a tireless (yet enjoyable) task. On behalf of all our readers, a massive thank you to Sarah and best of luck in your next chapter.

Secondly, a very warm welcome to Flt Lt Aimee Martin, the new Deputy Editor & Deputy OiC. Having already been a contributor in the last edition, as well as an avid reader of the magazine, she has keenly jumped on board. However, there is still plenty of space in the team for more Article Co-Ordinators, so please do reach out if this is something you may be interested in.

As ever, thank you to the team of Road Reps who deliver the magazine out to the wider RAF Halton community. Finally, and most importantly, thank you to everyone who has contributed to this edition; without you, there would be no magazine to enjoy at all.

I hope you all have a bright, cheery, and refreshing Spring (when it comes!) – and happy reading!

Kate



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RAF HALTON AERO CLUB

Air Cdre MT Manwaring

AIRFIELD UPDATE!



As the RAF Halton Airfield continues to dry out following the past few torrential months, the Halton Aero Club (HAC) are busy planning for the 2024 flying season. The highlights are:

Junior Rank & Officers Pilot Scholarship Scheme

– Did you know that flying scholarships are available through the RAF Sport Aircraft Association funded by the RAF Charitable Trust? The HAC will deliver around 6 full scholarships and 10 ‘taster’ Initial Flying Scholarships this year. Why are you not part of this fantastic (and free) scheme? Search rafsa.co.uk for more details.

Standard and Enhanced Learning Credits (SLC/ELC) Flying Training

– SLC and ELC can be used to conduct flying training to licensed level at RAF Halton. If you have these credits and would like to find out more, call the HAC on 95237 6178.

Flying Expedition to Corsica – The HAC runs annual flying expedition both overseas and within the UK. These events allow all members to stretch their flying skills in a challenging but supervised environment. All you need is to complete your licence and commit to 6-months of planning!

Trial Flights – Not sure if flying is for you (or a family member)? The HAC conduct numerous trial flights every year. Most people go on to become licensed pilots and never look back!

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COOL AERONAUTICS

Francis Hanford, Trenchard Museum

The Royal Aeronautical Society launched Cool Aeronautics in 2007 to introduce primary school children to the fascination of flying, space and aerospace engineering. It is aimed, particularly, at Years 5 and 6 who have had the time to develop the manual skills and understanding to cope with simple hands-on exercises.

The Trenchard Museum opened its James McCudden Flight Heritage Centre in 2014 with similar aims and became involved soon afterwards. We reached a peak in 2018, with over 1,000 child participants in that year alone. Unfortunately, Covid precautions caused a complete closure of all our activities for almost 18 months and recovery has been slow (and painful at times).

Now we have a refined programme of activities to offer to schools and this was used very effectively with 28 pupils from Long Crendon School towards the end of January. The children were split into four groups and

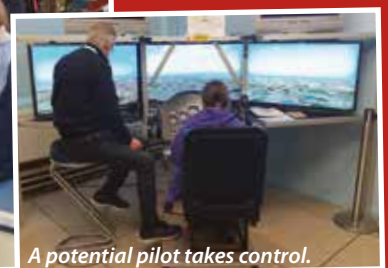
these were rotated through four exercises lasting 45 minutes. There was a half-hour break between session 3 and 4 for their picnic lunch, eaten in the museum with a chance to look round – or try on an RAF hat.

The exercises were:

1. Making a small glider from a British Model Flying Association kit and flying it. This has always been popular and the children take them home for further fun.
2. Making a rocket by wrapping A4 paper round a plastic tube, fitting a plastic nose and launching it with compressed air. After the first launch they fit stabilising fins and see how much better it performs.
3. Making a hot-air balloon from 4 hexagonal sheets of tissue paper which is launched using a hot-air gun. If all the seams are sound it will sail up to the ceiling upon release.
4. Flying a flight simulator and landing on Halton's airfield. While waiting for or after their turns they are introduced to other aspects of flight, such as the story of the Wright brothers.

This proved to be a most successful day with both children and school staff as this message from the school confirms:

"I cannot thank you all enough for a truly wonderful day out for my class and the adults that accompanied. From start to finish the day was run with precision timing and the activities so thoughtfully and carefully prepared with lots of hands on-deck to help with any issues. When we returned to school, instead of choosing to play football, they all had their planes out, flying them around the playground with pride. The information and history that surrounds RAF Halton was truly fascinating and I wish we had longer! I do hope we can return to meet you all again and experience an educational, engaging and fun day out with some very special people!"



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SUCCESS AND HARD WORK RECOGNISED IN THE FIRST STATION HONOURS & AWARDS CEREMONY OF THE YEAR

The latest iteration of Honours and Awards were presented at RAF Halton on 7 Feb 24. Award Ceremonies are organised to formally recognise the achievements and sacrifices of our military and civilian workforce.

On this special occasion, we honour and appreciate the hard work and efforts of our personnel who have gone above and beyond the call of duty.

Our utmost thanks go to all who support our personnel in the course of their duties.

During the ceremony, the following awards were presented:

Warrant Officer Anthony Doherty – Long Service and Good Conduct Second Clasp
 Flight Sergeant Stuart Mack – Long Service and Good Conduct First Clasp
 Flight Sergeant Martin O'Neill - Long Service and Good Conduct First Clasp
 Sergeant Mark Charity - Long Service and Good Conduct First Clasp
 Sergeant Mark Charity – Station Commander's commendation
 Flight Lieutenant Aimee Martin – Long Service and Good Conduct
 Corporal Stephen Sands – Long Service and Good Conduct
 Corporal Lucy Housego – General Service Medal
 Photography Air Combat Service Support Unit
 – Chief of the Air Staff Commendation
 Squadron Leader James Ford – Deputy Commander Operations Commendation
 Sergeant Karl Palmer – Station Commanders Commendation
 Mr Adnan Stands – Royal Air Force Safety Centre 'Good show' Award
 Congratulations to all our recipients on your achievements and success, your hard work and dedication is appreciated.



THE SEASON OF ACTIVITY FOR HALTON CONSERVATION GROUP

Sue Berrecloth

Halton Conservation Group was set up in the early 2000s, as the estate has a diverse and varied wildlife. Halton sits close to six Special Areas of Conservation within the Chilterns and also two Sites of Special Scientific Interest, with an ancient woodland adjacent to the unit, so it is ideally suited for wildlife.

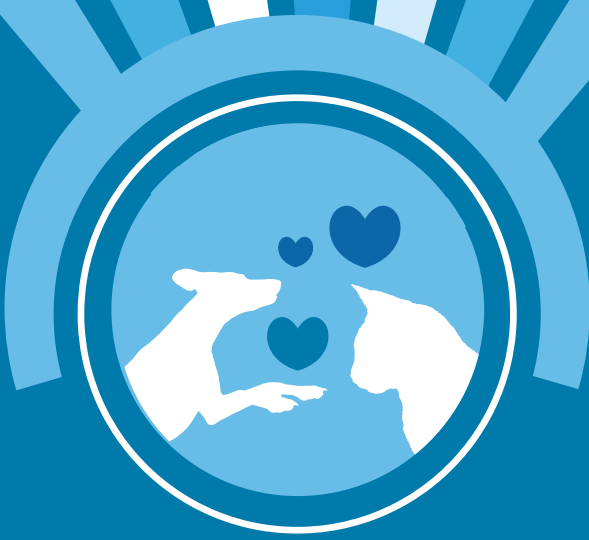
Great Crested Newt, various bats and Common Toad have been noted here, as well as many species of birdlife. Dotted around the site are various nest boxes which have been successfully used by Blue Tits, Great Tits and Coal Tits, Barn Owls, Tawny Owls and Kestrels.

The group is led by Dave Short, who is a British Trust for Ornithology (BTO) licensed ringing trainer, and has one person with a C permit and two other trainees. In early Spring, the volunteers start monitoring the boxes to determine which of those have been selected for nesting by the birds and then they are monitored on a regular basis. This enables them to see if the nest is continuing to be built and lined with suitable nesting

material, or whether it has been abandoned. If the former, checks will start to be made on at least a weekly basis to see when eggs have been laid, and how many. From there, the hatching time can be calculated and then the optimum time for ringing the chicks (pulli). The rings are all numbered and when the pulli are ringed, that information is sent to the BTO so that they can monitor survival, productivity and movements of birds, to understand why populations change.

Anyone at Halton with an interest in birds is welcome to come along with one of the ringers to see what is involved, and train as a ringer if they are interested. Contact Dave Short if you would like to know more. The group also has links with the RAF Ornithological Society (RAFOS) and anyone from the Whole Force who has an interest in ornithology is more than welcome to join. RAFOS run several expeds each year and generally receive some grant funding which enables them to put the expeds on at a minimal cost. Contact Sue Berrecloth for more information - sue.berrecloth185@mod.gov.uk.





NATIONAL LOVE YOUR PET DAY FEBRUARY 20

RAF HALTON SERVICE PERSONNEL CELEBRATING NATIONAL LOVE YOUR PET DAY!

Animals can be such a source of comfort for those in the Services. Not only do pets increase opportunities to exercise, get outside, and socialise, but they offer a sense of home for Service families who so often move from place to place.

20 February was National Love Your Pet Day, and the RAF Halton Photographic Team captured just a few of our Service personnel, civil servants and contractors showing some appreciation for their pets who support them on a daily basis.



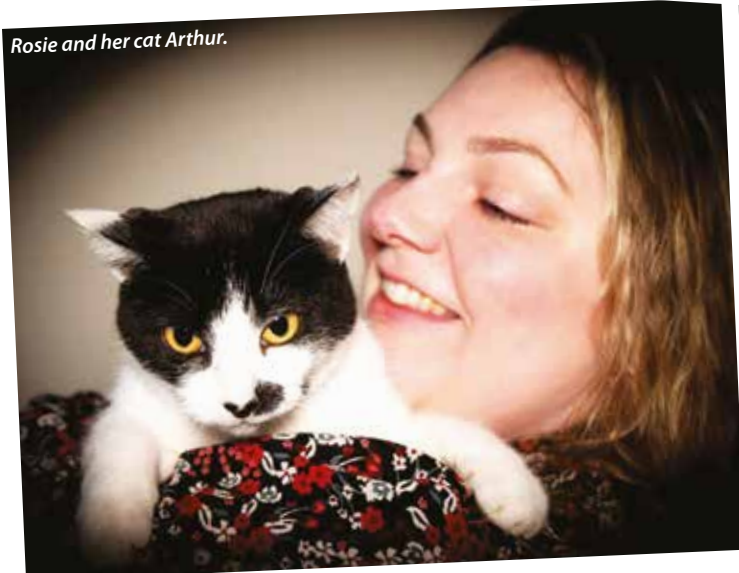
CT Andy Peatman and his dog Giselle.



Sgt Laura Martini and rabbit Coopsie.



Sgt Evie Callow and her horse Inca.



Rosie and her cat Arthur.

HALTON'S HOSPITAL

Flt Lt Sarah Hindley, OC Ops Flt



Anyone working at RAF Halton, or living nearby, as recently as the 1990s will remember the hospital that formed a large part of the station. The Princess Mary's Royal Air Force Hospital Halton was the first RAF hospital to be built that was dedicated to RAF personnel. As well as the main hospital building there were numerous other areas which at times included a medical school, an isolation hospital, a pathology unit and a tropical medicine unit; the site covered a large area to the south of the current station.



Princess Mary's Royal Air Force Hospital Halton was named after the then Princess Royal, the Viscountess Lascelles. She also allowed her name to be used for the RAF Nursing Service, a name still used today. The hospital at Halton made a unique contribution to medical and nursing care in a wide variety of fields and boasts an unparalleled position in the long and distinguished history of Armed Forces medical establishments.

The original hospital consisted of huddled accommodation built shortly after the end of World War 1, in Jan 1919. By the mid 1920s it was realised that a more permanent structure was required and the new hospital was opened by Princess Mary on the 31 October 1927. In the years leading up to WW II the original buildings were expanded with additional wards and extra wards were also built on a site close by. Most of these buildings were later used by the Institute of Health and Medical Training (IHMT). By World War II, the hospital had nearly 700 beds! The next major phase of the expansion occurred in 1974 when the front of the hospital was extended to include a Physiotherapy department, X-ray department, out-patients, three new operating theatres with a sterile supply area and a patient's café.



By World War II over 5000 airmen were in training at Halton and the hospital was crammed to capacity. With the strength of the RAF at nearly one million uniformed personnel, Halton had a crucial and central role in the development of important surgical techniques. Burns, plastic and reconstructive surgery developed rapidly, some operations being world firsts and many eminent and internationally famous surgeons started their careers at Halton.

Princess Mary's Hospital witnessed many innovations in medical care, from the first use of penicillin (Halton was the first hospital in the world to use penicillin on a large scale) to the creation of highly specialised units, including the only mobile kidney dialysis unit in the UK.

No other speciality at Princess Mary's Hospital can boast such an innovative and exciting history as that of burns, reconstructive and plastic surgery. It is no exaggeration to state that techniques developed during World War II saved countless service men and women from disfigurement and death – techniques that either laid the foundation of modern care or remain in use today. Many medical officers, some to become famous world-wide, were to play a key role and have given their names to surgical instruments, such as Gillies and McIndoe, instruments which are still in common use today.

Sir Harold Gillies did a lot of his pioneering work at Halton. He designed a combined needle-holder and pair of scissors to speed up the





process of setting surgical stitches. Plastic surgeons needed to insert many stitches to ensure proper coverage of the wound and minimise the size of scars. With this instrument he could work unassisted and rapidly at a time when the war created staff shortages.



Many wounded servicemen, initially saved by the greatly improved surgical and sterile techniques developed during World War II were only to die from renal (kidney) failure. The need for an artificial kidney was given great priority and the first such machine was created by the end of the war. This success led to the founding of the RAF Renal Unit at Halton in 1956 by Air Vice Marshal Sir Ralph Jackson. Princess Mary's Royal Air Force Hospital Halton was the first to have the Kolff Twin Coil Dialysis machine in the UK and was only the second such specialised kidney unit to be built.

Many famous people visited the hospital, including several Royals - King George VI, Princess Mary (who visited many times) and Prince Charles (during the Falklands campaign). Frank Whittle was admitted as a patient in the 1940s with a skin complaint and Douglas Bader had new legs fitted at the hospital and danced with one of the PMRAFNS nurses to celebrate! During the Gulf War over 50% of the hospital personnel were deployed to various units in the Mediterranean and the Middle East.

Some went to RAF War Hospital Muharraq in Bahrain and smaller numbers of staff served in Saudi Arabia.

Many serving RAF personnel will still remember the hospital because they either worked there or were patients there. WO Susan Sibley, WO at Halton Med Centre, did her Ph2 medical training here and remembers living where the main station is still, and walking through The Spinney to the medical school near the hospital. The nurses bar was where the RRU is now, and was frequented by many stn personnel, and there was a separate Mess on the hospital site for the Halton Nursing Officers.

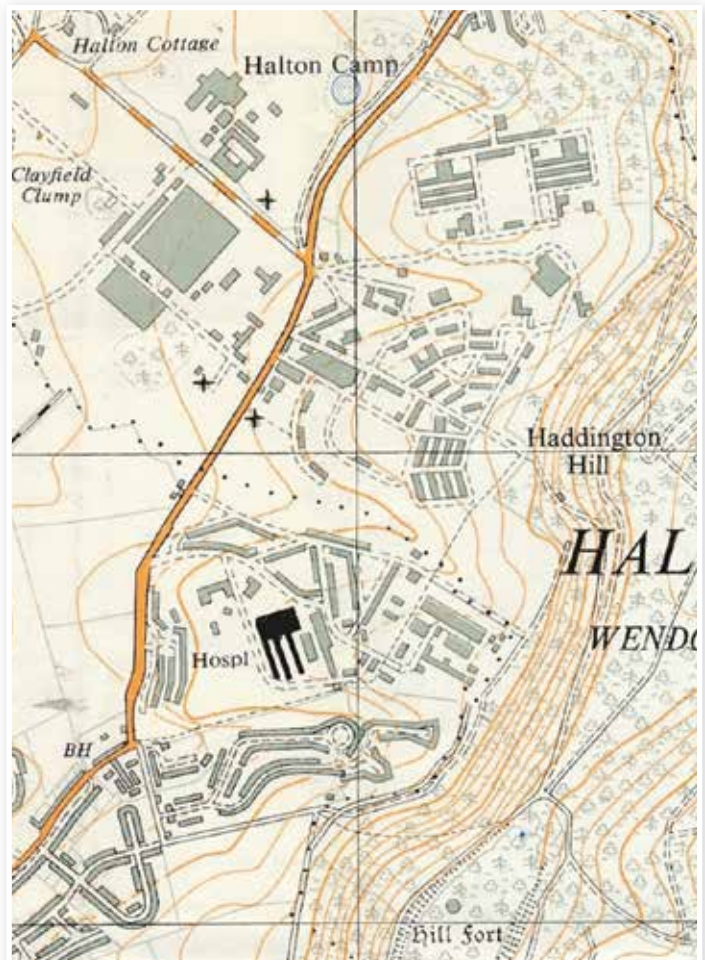
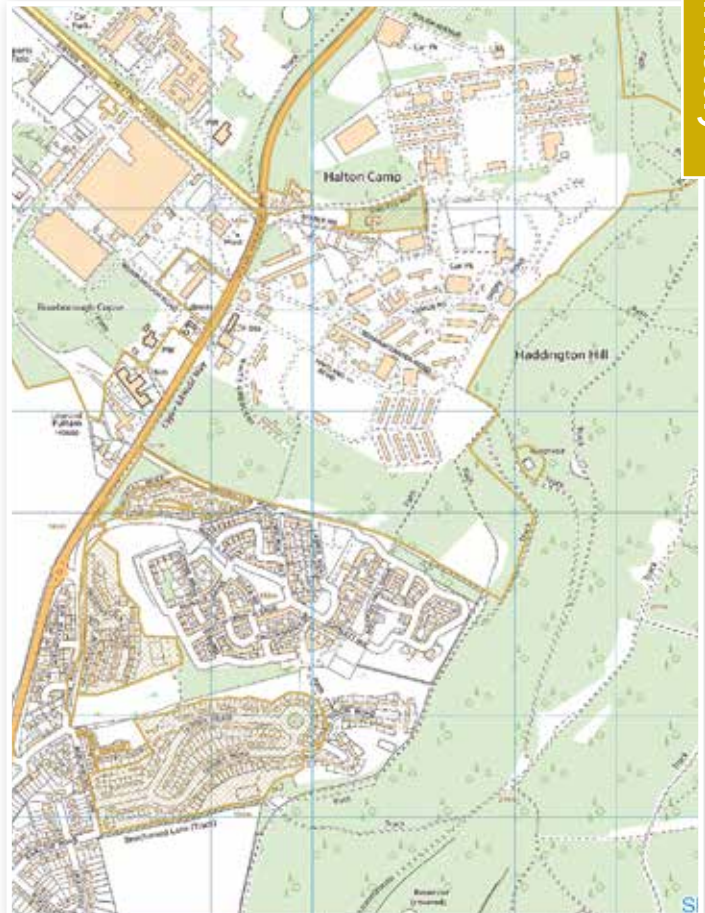
Although the hospital closed in 1996 it was not demolished until 2008 when a housing estate was built on the site. A brick memorial was built to mark the point where the entrance to the hospital was – it is still there – see whether you can find it...



Over the years countless people have contributed to the unique story of Princess Mary's Royal Air Force Hospital Halton. Whatever their profession or trade, each helped make the history a proud and successful one. The dedication and hard work earned the hospital gratitude from all those it cared for and all hospital staff can be justifiably proud of their long tradition of service. Much of the above information is in the Trenchard Museum along with many artefacts, so my thanks to Francis Hanford, Museum Archivist, for the information, photos and

maps... why not visit the museum to find out more...

Red area shows the former hospital site.



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Stephen Hearn

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HARRY TATEM – COPPERSMITH EXTRAORDINARY

Francis Hanford, Trenchard Museum

Warrant Officer Henry Tatem was in charge of coppersmith training in the RAF's No 1 School of Technical Training at Halton in the early 1920s. His was an important trade in the days when most aircraft repairs were done in the field and, as ever, metal fuel and oil tanks were dangerously vulnerable. Unlike so many of Halton's excellent instructors, he has left us a beautiful example of his skill; the lectern in St George's Church. What we have today is a shadow of its original self. The original brass pedestal and column looked out of place in the 1960s architecture of the current church but, fortunately the superb brass model of a Bristol Fighter was retained, to be remounted on an oak plinth which matches the rest of the 1960s church's furnishings.

A recent discovery showed that Harry's skills were more diverse. A photograph of him as an imposing Drum Major suggests that he was far from reclusive. So, it came as no surprise to find that in WW II, in retirement, he became an Air Raid Warden in Wendover. The Trenchard Museum has his gas mask and, needless to say, it is in a special home-made metal container with an inscribed name plate rather than the officially issued cardboard box on a string, showing that he hadn't lost his old skills.



Harry made an imposing Drum Major.



Bristol Fighter Lectern.



Harry's Gas Mask Case.



Graduation





Round Up

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WOMEN IN GROUND CLOSE COMBAT

'YOU CAN'T BE WHAT YOU CAN'T SEE! WOMEN IN GROUND CLOSE COMBAT'

Sgt Kristy Sowden

In February, Catterick Infantry Company Commander, Major Hayton-Williams met with Recruit Training Sqn personnel to gain insight into how RAF phase one train women. The Major briefed that, of the women who attend and successfully complete infantry training, the majority will choose to rebadge into another corps after graduation. In response, the Army created Project CERES to advance the experience of infantry recruits in order to improve retention. The Major's role is to determine how military training establishments across defence commit to gender equality and the through career retention of their female personnel.

One aspect highlighted during the dialogue was

the approach taken in designing training modules to accommodate the diverse needs and capabilities of all recruits, irrespective of gender. Challenges that staff experience with uniform and equipment was also discussed, something that affects women across the services. RTS staff highlighted that mentorship and support networks play a pivotal role in nurturing the talents and aspirations of women within the RAF. It was discussed that, through initiatives such as mentorship programs and affinity groups, women are provided with the guidance and camaraderie in a traditionally male-dominated environment.

The visit also shed light on the RAF's proactive efforts to challenge stereotypes and promote gender diversity at all levels of command. By recruiting and promoting

service women into leadership roles, the RAF not only sets an example for other branches of the military but also reaffirms its commitment to creating a more inclusive and representative armed forces. You can't be what you can't see! Major Hayton-Williams explained that with so few women currently remaining within his corps, it was difficult to post women into infantry trainer positions in order to be the role models the recruits need, something he is confident will improve given time and the efforts of the Project.

The discussions reinforced the RAF's commitment to gender equality and the empowerment of its service women. Through training programs, mentorship initiatives, and proactive leadership, the RAF continues to set the standard for inclusivity and representation in the armed forces. It also highlighted that while the military is making strides, there is still a way to go and enhancements to be made for the benefit of all personnel.



1ST HALTON RAF SCOUT GROUP IN ACTION

Sharon Elmidoro

1st Halton RAF Scout group has had a packed start to the New year! Scouts attended the Fire and Ice camp in Hertfordshire, a first for us, where it was so cold on the first night there was ice inside the tents! The scouts had a brilliant time taking part in all the activities provided from rifle shooting to climbing, wood burning to hungry hippos! All went home suitably covered in mud!

Squirrels and Beavers had their first movie night sleepover at the Youth Activity Centre. An evening of Chinese new year crafting, pop corn and Kung Fu Panda!

All sections have packed programmes taking them into spring

As with most scout groups, we currently have a waiting list and without more brilliant adult volunteers we are unable to offer them places. If you are interested in finding out more about what we do and if you would like to get involved please contact me.

We also have an explorer group (aged 14-18) at Halton and would welcome more young people to come along to that sections to see what we do!



PROFESSIONAL DEVELOPMENT

Sgt Kyle Love, RTS

Throughout the months of January and February RTS has been lucky enough to have 2 external training providers in to deliver key CPD pertinent to role. Phase 1 instructional duties is a testing role. Instructors are tasked with delivering challenging, robust training to a diverse range of people all within a relatively short timescale. It is for these reasons that instructor development is always a key focus to provide them with the skills to operate effectively within their roles.

10 instructors completed the Mobile Team Challenge course delivered by MTC Europe. The course developed the instructor's ability to deliver a vast array of team building and leadership activities. The ability to deliver this type of training to phase 1 recruit's enables the instructors

to quickly improve team cohesion and dynamics. It helps develop communication within the group setting. Skills that are essential to improve operational effectiveness for the Royal Air Force.

Jane Myers, specialist in Neuro Diversity delivered 2 x 2-hour workshops to RTS personnel. The aims of the workshops were to improve instructor awareness of Neuro Diversity and how as instructor we can develop our lessons to cater for a vast array of learning styles and capabilities. Knowledge in this area greatly improves the instructor's ability to help those that require it and to challenge those who have more capacity.

The continued development of staff is testament to the value Recruit Training Squadron has for its instructors.

RTS INSPIRATIONAL JNCO OF THE YEAR 2023

Flt Lt Andy Furlong, RTS

Inspirational JNCO of the year is always a tough choice owing to the calibre of trainers employed within RTS. This year saw the executive team debate for over two hours to decide on this year's recipient, but by the end all the Sqn Execs agreed on the choice. The RTS Inspirational JNCO of the Year for 2023 award was awarded to Cpl Will Mooney.

The responsibility placed on them as the Exercise Coordinating Officer on CPT was significant, leading up to 90 recruits and 20 staff, delivering several training objectives in an austere environment safely demonstrated exemplary management prowess and professionalism. Of particular note if Air deployed a similar scaled exercise, a Sqn Ldr would lead it, not a Cpl. Similarly, whilst performing as the Exercise Coordinating

Officer they went beyond expectation and arranged Air Experience Flights for recruits. The result of their delivery team management and positive approach to ph1 training drew significant and continual praise on recruit DLE feedback.

With their extra capacity they aspired to improve the lived experience at Halton as an active member of the Junior Ranks Welfare Committee, they were OIC of the popular Station Chess Club, were first to volunteer from their Flight for the London Poppy Day, and they were selected to be on the Corps WO's council to help gage opinion and inform on key retention issues.

Cpl Mooney continually delivered exceptional results on every course whilst providing their recruits, staff and CoC the greatest levels of support.

RTS

Your Station Magazine needs YOU!

The following roads are currently without Road Reps (Road Reps are responsible for the delivery of the magazines each quarterly edition):

- Portal Road
- Perch Meadow
- Mansion Hill

If you are interested in becoming a Road Rep, please contact Distribution Manager, Chief Tech Andy Peatman - andrew.peatman171@mod.gov.uk. Thank you!



RTS ROWING REGATTA RAISES MONEY IN SUPPORT OF THE ATLANTIC ROCKS

Flt Lt Gale, RTS



On Wednesday 28 February, over 40 RTS personnel embarked on a trip to the Finlay Gym to take part in an epic 100-mile row in support of the Atlantic Rocks Rowing crew, who were at the time, 300 miles from their finish location (Antigua).

Across all 3 stations, the event raised over £444 in total.

There is still plenty of time to donate to the cause, just search 'Atlantic Rocks JustGiving' on google to find the crew's JustGiving page.

Many thanks for Flt Lt Aimee Martin for organising a great event and to all the rowers who came to support the Atlantic Rocks.



Rowers from RAF Halton, RAF Honington and RAF Odiham each took on the challenge of rowing 100 miles per station in as quick a time as possible, so that an overall 300 miles would be completed to match the remaining distance the Atlantic Rocks were facing. RTS rowers completed the 100 miles in 48 minutes - which was much quicker than expected! Upon completion of the row, participants enjoyed a plethora of delicious baked goods and coffee, the proceeds of which were donated to the Atlantic Rocks chosen charities.



THROUGH WIND, RAIN, STORMS, AND FLYING FISH – THEY PREVAILED!



Sport

Flt Lt Martin, RTS

The Atlantic Rocks, a team made up from four RAF Regiment Gunners, set off on their incredible 3200-mile journey across the Atlantic Ocean from Lanzarote to Antigua on 3 Jan 24. From the get-go they endured stormy and challenging conditions. The event organiser - C-MAP Atlantic Dash's weather router is convinced this is the worst conditions for an ocean crossing they have witnessed, although our Gunners are familiar with ever changing conditions due to their impressive 79-year combined service and all the skills that go with it.



During the crossing, the team needed to consume a massive 5000-6000 kcal per day to replenish spent energy. Originally having around 55 days' worth of rations on board, they had to limit their intake slightly due to the prolonged period at sea. They also had snack and treat bags each to help

cater for this requirement – but it was no surprise to hear they shifted a few kilograms.

Rowing at a pattern of 2 hourly rotations by day and 3 by night, this ensured there was always a rower on the oars. When not on shift, the team are tucked away in their cabins carrying out essential administration, including cleaning all salt residue off their bodies to prevent sores and infections and of course, trying to get some rest - all whilst listening to the harsh discordant mixture of sounds and getting bashed around the cabin!

During the final weeks at sea, the team suffered a minor setback with their fundraising due to the unavailability of BGAN patrol, used to send media back to the project team, Flt Lt Martin and Fg Off Tilley, both Provost Officers, who took over the team's social media to ensure updates were provided to the loyal followers and friends and families patiently waiting on their safe arrival, whilst also spreading the word about the chosen charities.

This journey was certainly no easy feat, where their mental and physical resilience was put to the test each day they were at sea, which was part of the reasoning behind

participation in this event. Their aim is to give support the 5 charities that support so many service persons and veterans alike, throughout critical junctures of their lives. Their overall aim is to raise an incredible £50,000 for their chosen charities. Even though they have since completed their Atlantic Dash, they continue to raise this money.



More information about the team's incredible journey can be viewed on their dedicated Social Media platforms:

Instagram: @atlantic_rocks1
Facebook: Atlantic Rocks
Twitter: @atlantic_rocks1
LinkedIn – Atlantic Rocks



TO THE LASSIES AND LADDIES OF HHOM!

Sqn Ldr Rob Ward



Halton's Officer's Mess conducted their Burns Supper a month late this year, seeing them celebrate Robert Burns' 265th + 1 Month Birthday. The evening's festivities started with fantastic welcome music, hearing the sounds of the bagpipes bellow around Halton House, played by none other than the Halton Pipes and Drums, Pipe Major Neil Esslemont. With dinner being called, it was down to PMC Sqn Ldr Eddie Lismore and Flt Lt Harriet Haywood to address the haggis; setting the tone for the evening with laughter and cheer throughout the night. If you weren't there you will have to wait until next year to find out the Englishman's Secret of the Haggis, as brought

to us by Sqn Ldr(Ret'd) John Brabner. Mr James Fairbairn (guest speaker and Caller for the Ceilidh Dancing) gave an outstanding immortal memory of Robbie Burns, taking us down memory lane, conveying some of his antics, a song here and there and where some of his key poems came from such as; Green Grow the Rashes, Tam O'Shanter and The Deil's awa wi' the Exciseman to name just a few.

Filled with outstanding food, wine, and knowledge, it was the turn of Flt Lt Jeff Blinkhorn to provide the toast to the lassies which was delivered with passion, charm and thankfully, no offense was caused (other than to his own Glaswegian wife!) This led to

the reply, delivered by Miss Katie Ruff, whose class and style held the audience. The dinner was topped off with a race to eat the most famous Scottish delocalises the battered Mars Bar. The night was topped off with some enthusiastic and whisky driven Ceilidh dancing led by James and the very talented band. A lack of Scottish accents and kilts for the evening, but despite this, a jolly good time had by all!



TRAITORS

Padre Kevin

“LET US REMEMBER THAT A TRAITOR MAY BETRAY HIMSELF AND DO GOOD THAT HE DOES NOT INTEND. IT CAN BE SO, SOMETIMES”

- J.R.R. TOLKIEN, THE LORD OF THE RINGS

My wife and I, like 8million+ other people over the last few months, have enjoyed the deceit, betrayal, crossing- and double-crossing- of the BBC’s series ‘The Traitors’. I may even confess to have ventured into the Australian version – with more glitz & glamour, but less grandiose!

Based on the party game ‘Mafia’ [also known as ‘Werewolf’] it was developed by Dimitry Davidoff, a Russian psychologist back in the mid-1980s. We’ve played it over the years with recruits on RTS when stuck on McTeague flight – a good way to really look at the people

you think you know – and see how their behaviour changes under pressure.

But Davidoff’s game theory was to show how an informed minority (the Mafia / the Traitors) can sway and influence an uninformed majority (the Faithful / Villagers). In our Mafia version we also included a Medic (able to heal/save one individual) and a couple of detectives (able to enquire of the innocence/guilt of 1 participant each ‘night’ phase. Players do not know each other’s identity or role.

{During each ‘night’ phase, while all players’ eyes are closed, the Mafia/Traitors

choose a victim, and during the ‘day’ phase, following discussion, one participant is expelled, by vote, from the village).

When we think about what makes it fascinating, it’s the reality that many detective series and cop shows try to write in – that which makes people so fascinating – the character strengths, flaws, fixations, deceits and betrayals. And when you’re a ‘fly on the wall’ watching it all going on, with the benefit of the full picture, you can’t help be amazed and/or annoyed by some of the contestants!

It’s character flaws which also adds to the rollercoaster of the Easter story: Judas’

betrayal of Jesus; Simon Peter’s denial of knowing Jesus; the public cheering Jesus on on Palm Sunday, and then 5 days later jeering him on to his Crucifixion. But as JRR Tolkein wrote – through the words of Gandalf in The Lord of the Rings “Let us remember that a traitor may betray himself and do good that he does not intend. It can be so, sometimes.”

It was out of the betrayal of Judas, a traitor to Jesus and the disciples, that the crucifixion, and ultimately the Resurrection, occurred. He betrayed Jesus, he betrayed himself, and the outcome was a good that he did not intend or foresee.

Easter Services in St George’s:

- 24 Mar 0930 - Palm Sunday Service
- 28 Mar 1700 - Maundy Thursday Service
- 29 Mar 1000 – Good Friday Reflection
- 31 Mar 0930 – Easter Sunday Family Communion

RAF HALTON RESPONDERS: LIFE-SAVING ACTION IN THE COMMUNITY

Flt Lt Becky Harrop (CTS)

The RAF Co Responder Scheme organize volunteers to support ambulance services in providing immediate care to people in emergency situations. There are currently 14 volunteers that dedicate a lot of their spare time in supporting the RAF Halton Co Responder Department and the South-Central Ambulance Service Charity on weekly basis.

RAF Halton’s Co Responder team provides invaluable experience to assist ambulance crews with patients in their moment of need, this includes providing clinical care to life threatening emergencies, urgent assistance calls and trauma incidences known as Category

1’s and 2’s or Red and Amber. Calls can vary from cardiac arrests to a member of the public incurring a fall. The team will carry out various observations such as taking blood pressure readings through to blood sugar measurements. They can also administer entonox, oxygen, and aspirin. Once taken, the observations and patient are then handed over to the backup ambulance crew and Responders are expected to do a full handover of the patient using the ATMIST (age, time, mechanism, injury, signs and symptoms and treatment) method. To ensure they have the best resources for treating patients the RAF Halton team have just received updated defibrillators from the charity, they have also made

improvements to the team uniform, so volunteers are as comfortable as possible whilst on duty.

FS Williams says ‘I joined the RAF Co Responders to give back to the community. Ever since my mum died, I wanted to be able to provide care which may one day save a life, I certainly have done that since being a part of the scheme.’ To become a responder, you have to complete a 5-day Level 3 Ambulance Service Co-Responder Course, which includes topics on cardiac conditions, burns, trauma and

responsibilities etc. There is also continued learning in the form of multiple online training courses such as Level 3 Safeguarding and Falls and Welfare. RAF Halton’s Co Responders have recently upskilled 5 individuals in the team and plan on supporting a number of upcoming social events this year, including HHOM Open Days, Families Days and most recently the Station Bonfire Night. If you are interested in joining the team, please come and visit us at the Stn Welcome brief or contact WO Alex Bedborough or FS Lynn Williams via email.



MEET THE LODGER UNIT – 7644 SQUADRON

Emma Kirwan

When Wing Commander Leader stepped down as Officer in Command of 7644 Squadron Royal Auxiliary Air Force after almost a decade in the role, naturally attention turned to who would replace him.

The man selected for the job was Wing Commander Pawsey, who joined the Royal Air Force as a regular aged 21 and has been serving ever since. Wg Cdr Pawsey became the OC of 7644 on 3rd October 2022 and has big plans for the media Squadron. The unit is made up of journalists, writers, reporters, photographers, and videographers who are experts in their industry.

"It's an honour and a privilege to be the OC of 7644. My vision for the Squadron is straight forward: to train and motivate people to join, stay with the unit, and deliver for UK defence. In a fast-moving media world, we need to keep as close to the pace as we can," said Wg Cdr Pawsey.

The biggest task for the Squadron last year was arguably supporting the King's Coronation. Squadron Leader Scales and Flight Lieutenant Casey oversaw a mobile news team to provide media and campaign support in the run-up to the momentous occasion. 7644 also captured content on the day of the Coronation in London.

"It was a major effort for the Air Force, especially for Media Reserves. That was my most memorable task from the last year, but this year we also have some important dates to mark as it's 80 years since D-Day and the 75th anniversary of NATO. I don't doubt that these events will keep us just as busy," said Wg Cdr Pawsey.

7644 deploys around the world to provide support in the UK and overseas to the RAF and wider UK defence.

Not only does the Sqn have a relatively new OC, but the unit also has a new Executive Officer.



Sqn Leader Watts has 16 years of full-time service within the Royal Air Force under her belt, as well as a civilian career working in central Government.

"My job as XO is to help Wg Cdr Pawsey fulfil his vision. To upskill the Squadron, ensure personnel are ready to deploy and educate them about hostile media.

"Historically, the media was seen as an afterthought in the military, but this is changing. Media is now often at the heart of military planning, and we need to be ready to support operations quickly."

Sqn Leader Watts added: "Military communications is a fascinating field and



is unlike anything else I've experienced. It's constantly changing, is dynamic, and increasingly important. I look forward to what 2024 has in store."



BUILDING OF THE MONTH: KERMODE HALL

WO Greg Saunders, AvTA HQ

Kermode Hall is currently the home of the Aviator Command Sqn (ACS), one of the two delivery Sqns that make up the recently formed Aviator Training Academy, the Specialist Training School (STS) and the Directorate for RAF Sport (DRS).

Over the years a myriad of organisations have also called the building home such as the Defence Centre of Training Support and No1 School of Technical Training (1SoTT) before the move to RAF Cosford.

The building was an important part of the journey undertaken by the "Halton Brats"; engineering apprentices introduced as a result of a White Paper produced by Secretary of State Winston Churchill in Dec 1919 to emphasise the importance of structured training following the creation of the Royal Air Force the previous year.

Apprentices completed academic training alongside trade and general service training and the building that would eventually be

named Kermode Hall was used for this purpose. It was purpose built and consisted of classrooms, a library and engineering science laboratories.

The building was eventually named Kermode Hall after Air Vice Marshal Alfred Cotterill Kermode, who had served as a pilot during the Great War before leaving to complete an honours degree in Mechanical Science at Cambridge University. He returned to the RAF in 1923 as a civilian Education Officer.

He worked at Halton for 12 years, during which time his name became synonymous with extra-curricular activity. The devotion of his remarkable talents and untiring energy in this direction influenced the lives of countless apprentices.

Following the Second World War in 1946 he entered the RAF Education Branch, becoming its Director in 1955. He retired from the Royal Air Force in 1960.

After the relocation of 1SoTT from Halton to Cosford in 1993, this freed up the building to become the new home of the Airman's Command School which had previously been at RAF Hereford. The organisation was responsible for delivering general service training for newly promoted NCOs as they advanced through the ranks from Cpl to Warrant Officer.

These courses in time became Command, Management and Leadership (CLM) centric, and continue to be delivered in Kermode Hall and the

surrounding outside training areas. The School itself has undergone several name and structural changes, becoming first the Airman's Command Sqn, and more recently the Aviator Command Sqn.

Each and every enlisted aviator becomes familiar with the sight – and sometimes unique smell! – of Kermode Hall as they progress through the ranks following promotion to JNCO. Currently the aviator development programme consists of the Junior, Intermediate, Advanced and Higher Management and Leadership Courses, a total of 37 days of CLM training.

In addition to ACS, a suite of courses are delivered by STS in the broad subjects of Environmental Protection, Health and Safety and Quality Management. These short, highly focussed courses are delivered in Kermode Hall.

Also found in Kermode Hall is the DRS, responsible for all things sport related in the RAF. This team provides support at individual, Unit and Service level advising and guiding on all matters pertaining to the many recognised sporting activities in the Service.

As with most infrastructure at RAF Halton, Kermode Hall cannot escape its age and other issues that make the building less than ideal at times for staff and students. A recent roof upgrade has rectified some of the problems and it is testament to the people that work in Kermode Hall that training continues as it has done since the building was first opened.



*Air Vice Marshal Alfred
Cotterill Kermode*



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SACRED JOURNEY AND AN ADVENTURE TO NEPAL'S HIMALAYAS

LCpl Nijay Gurung (MPGS)

LCpl Bijay Gurung, a member of the Ex-Gurkha Brigade Intake 1/87 stationed at RAF Halton, MPGS Detachment, embarked on an exciting trekking adventure, alongside six members from the same intake, through the heart of the Himalayas and the sacred lands in Nepal. The aim of this inspiring journey was to explore the hidden beauty of the Himalayas and to experience its holy awakening, a place where God believed to reside.

LCpl Gurung led the expedition and it was scheduled to take place between 15th-30th Nov 2023 and was planned to be in two phases. All seven members left the UK for this great journey to the Himalayas full of anticipation, after all it was the most exciting and anticipated event for us in a decade.

The initial trek began from the enchanting city of Pokhara to the traditional village of Ghandruk. While absorbing the stunning backdrop of the Annapurna range, LCpl Bijay Gurung and his six companions immersed themselves into the rich Gurung culture, where most of party's heritage originated from. The trail started with a moderate hike,



but you still had to cover some challenging terrain towards Machapuchare Base Camp (MBC), also known as Mt Fishtail and Annapurna Base Camp (ABC), offering awe-inspiring views of snow-capped peaks. The breath-taking scenery expanded, cutting through the hills and valleys like a truly wondrous work of nature.



The trail takes you through the rhododendron forests, glacial rivers, and quaint villages before culminating in a startlingly close view of Machapuchare, or "Fishtail Mountain". A few miles ahead, a jaw-droppingly view of Annapurna, one of the most popular mountains in the world.

On 22nd Nov, the first phase of the trek was due to end at Annapurna Base Camp, at the height of 4130m, providing us with unforgettable memories of countless beauty and vast wonders of Nature that we were able to encounter.

Transitioning into the second phase, we started to explore the beautiful area of Tanahun and Lamjung, revealing in the picturesque beauty of the terraced fields and charming villages. Venturing further into the journey it extended into an area called Ghale Gaun an off-the-beaten-path scenic



enchanting and reverberating Buddha's supreme teachings that changed the entire world.

On 30th Nov 2023, this astonishing and culturally immersive conclusion marked the end of an extraordinary journey that showcased not only the physical prowess of LCpl Bijay Gurung and his team but also his deep connection with the diverse facets of Nepal's natural beauty and heritage.

The unblended and undeniable beauties of these mountains, stunning villages and mysterious landscapes will always remain in our heart, until we begin our new venture. Maybe, the mighty "Everest."

gem known for its cultural richness. The next stop was at Gurkha village, with its historical significance and ties to the Gurkha soldiers, added a profound layer to the trek.

As the trail unfolded, Bijay Gurung and his team traversed through Bhachkek, Barpak, and Laprak, experiencing the authentic charm of these remote villages. The expedition then descended into the wilds of Chitwan, where Sauraha's lush jungles provided a stark contrast to the mountainous landscapes.

The trek reached its culmination in Lumbini, the sacred birthplace of Lord Buddha, situated in Kapilbastu. The Lord Buddha's Lumbini was truly a spiritually



THE ROYAL AIR FORCE AIR CADETS: NURTURING TOMORROW'S LEADERS

Fg Off Richard Malia, 2409 (Halton) Sqn ATC

The Royal Air Force Air Cadets (RAFAC) is a dynamic volunteer youth organisation sponsored by the Royal Air Force (RAF). It oversees both the Air Training Corps (ATC) and the RAF Sections of the Combined Cadet Force (CCF). With over 43,000 enthusiastic air cadets and over 10,000 dedicated Cadet Force Adult Volunteers (CFAV), RAFAC promotes and encourages a practical interest in aviation and the RAF, provides training useful for both armed forces and civilian life and fosters the spirit of adventure whilst developing leadership, and good citizenship.

Cadet life is characterised by our motto – “venture adventure”, offering young people a challenge, excitement, and adventure. However, being a cadet means more than just acquiring skills; it's about forging lifelong friendships, building resilience, and gaining confidence. In this safe and supportive environment, young individuals discover their potential and emerge as leaders.

2409 (Halton) Sqn ATC updates:

As we step into 2024, Halton squadron stands tall. Last year we saw some Wing level restructures. This involved Hertfordshire and Buckinghamshire Wing splitting, with all Buckinghamshire based squadrons becoming part Thames Valley Wing – what is now the largest wing within the ATC.

Within the new wing structure, the squadron is part of sector six, made up of seven ATC squadrons: Halton, Chesham and Amersham,

Maidenhead, High Wycombe, Beaconsfield, Penn, and Marlow, led by Sqn Ldr Dan Cecil. As a sector, we have a varied and active training plan in place for the next 12 months, which includes opportunities to develop cadet skills with radio, cyber, air rifle shooting, Duke of Edinburgh award expeditions and so much more. Adopting a collaborative approach ensures we can share the skill sets of all our VOLUNTEERS, benefit of all our cadets locally.

The squadron has seen some more local changes, particularly within our volunteer team:

Flying Officer Richard Malia RAFAC has taken the mantle as Officer Commanding. After leaving the RAF in early 2018, he started volunteering at 2457 (Tring) squadron ATC. He welcomes the challenges and privilege of leading Halton squadron in their next chapter. His vision is to ensure the squadron delivers

a positive experience for cadets and volunteers, in a proactive, collaborative & adaptable way. Key priorities include providing a period of stability, re-invigorating the Duke of Edinburgh award scheme, maximising on the collaborative training opportunities and as an extremely popular cadet activity, getting our squadron air rifle range operational.

We also welcomed two new Civilian Instructors Chris Harty and Vikki Hillier to the team, both bringing a wealth of experience to the volunteer team. This means we currently have five incredible VOLUNTEERS, whose commitment ensures we can deliver the best cadet experience – but we could always use extra hands if you're interested!

February, saw our younger cadets starting to gain some qualifications – with eight Blue Foundation Leadership awards and a Bronze Radio and Cyber award being



presented. Awards are based on a progressive training syllabus (blue, bronze, silver, and gold), in a variety of subject areas and activities. We also took the opportunity to take part in the sector level parade at St Marys Church, Chesham to celebrate and reflect on ATC Sunday – celebrating 83 years since the formation of the ATC.

Our cadets are an essential part of our squadron structure, and after an application process our new OC was proud to promote three cadets to the rank of cadet corporal and one cadet to the rank of cadet flight sergeant. We have also had some great news, our



newly promoted Cadet Flight Sergeant will be travelling to Canada, representing the air cadets as part of the International Air Cadet Exchange programme - a world-wide exchange for aviation-minded young people. He was selected as Thames Valley Wings nomination, with applications for the opportunity being extremely competitive.

So, to summarise, a lot going on, with some well laid plans for the year ahead (and beyond) - and its only February. Do you want to get involved as a Cadet Force Adult Volunteer? RAFAC are always looking for new volunteers to help deliver the best cadet experience possible for our local young people. There are a variety of volunteering opportunities available and being a volunteer really does give you a huge sense of achievement, helping and watching our young people realise their potential. You could volunteer as:

Civilian Committee: Each squadron has a committee that is made up of volunteers. The committee role to ensure squadrons have the resources needed to deliver the cadet experience, this could be through fundraising incentives and other community-based opportunities. Committees meet to their own timetable, usually once-a-month, under the direction of a Chairman, Secretary and Treasurer. Our squadron committee would be very pleased to welcome more

volunteers - even if you can't commit to regular or long-term assistance. **Service Instructors:** Service instructors are serving members of the armed forces - regular or reservist. Bringing their military experience to the cadet offer, they play a crucial role in teaching cadets a variety of skills, including drill, leadership, and aviation-related knowledge. Their military background adds a unique perspective to the cadet experience.

Civilian Instructors: If you can spare some time - even one parade night a week, we can offer opportunities for you to get involved and even gain your own skills and experiences along the way. You do not need to have any previous military experience, specific skills, or qualifications - just a can-do attitude is all we need. You could find yourself teaching, planning activities, or providing encouragement and moral support. Civilian Instructors can apply to become uniformed volunteers as an officer or non-commissioned officer after 12 months of volunteering.

If you would like to volunteer at 2409 (Halton) Sqn, you can reach out to the OC directly on oc.2409@rafac.mod.gov.uk to discuss the requirements and processes. Alternatively, you can visit the RAFAC website and find a squadron more local to you.



RAF VEGAN AND VEGETARIAN NETWORK - TRY SOMETHING NEW!

Sgt Kristy Sowden (RTS)

The Network was created in November 2021 by a group of passionate personnel seeking to improve the lived experiences of vegans and vegetarians. People's motivation may relate to animal welfare, ethics, human health, environmental and sustainability concerns as well as diversity, inclusion, and cultural issues. We number 300 members across defence and welcome new members, whether they are vegan, veggie, curious or allies. (More info at the end).

Veganism (Ethical Veganism) is defined as: 'a philosophy and way of living which seeks to exclude—as far as is possible and practicable—all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose; and by extension, promotes the development and use of animal-free alternatives for the benefit of animals, humans and the environment. In dietary terms it denotes the practice of dispensing with all products derived wholly or partly from animals.' Ethical Veganism is protected under the Equality at Work Act 2010.

Recognising it's often the healthy option, we want anyone, regardless of what they usually eat, to be able to go into a mess and ask for the vegan or vegetarian option, everywhere.

Vegans can state Ethical Veganism as their belief on JPA, this will help Defence drive the change toward operating in a sustainable way that meets the needs of its people. Personnel can only select one option, but this is set to change.

Many of our members wear non leather footwear with their uniform and there is a



cross defence group working on increasing the availability of vegan ration packs and sustainable clothing.

This month members of the Network invited their friends, family, and colleagues to try Veganuary, urging everyone to cast a vote for a greener planet, lower food bills, better health, and kindness to animals.

Veganuary is a non-profit organisation that encourages people worldwide to try vegan for January, millions of people have signed up since in inception in 2014. If you want to add more veggies to your diet, check out their website: <https://veganuary.com>

For network info:
@modvegnetwork
MOD Vegan and Vegetarian Network
Defence Vegan and Vegetarian Network

Email
Kristy.sowden496@mod.gov.uk or megan.betts102@mod.gov.uk
for more info on how to join the network or volunteer with the committee.



MEET THE NEW...

WO RTS, WO ANDY FRIEL.



ROLE SUMMARY

Responsible for the standards, welfare and disciplinary matters for all RTS staff and recruits in Phase 1 Training and all aspects of the graduation parade.

HOW LONG HAVE YOU BEEN IN/WORKED WITH THE MILITARY? 33 years

WHAT'S THE BEST JOB YOU'VE EVER DONE?

Bravo Troop JSSU (CH).

WHAT WOULD YOU BE DOING IF YOU WEREN'T DOING THIS JOB? If I had not joined the Military I'd probably have been an electrician.

BEST PIECE OF ADVICE YOU'VE EVER BEEN GIVEN?

Be yourself.

DESCRIBE YOURSELF IN 3 WORDS...

Honest, loyal, hardworking

WHAT'S YOUR BIGGEST TALENT/SKILL?

That's for others to say!

WHAT ARE YOUR HOBBIES AND PASTIMES? Anything on two wheels, mountain biking, road cycling and motorbikes.

DID YOU MAKE A NEW YEAR'S RESOLUTION? No, I never lose the weight anyway.

WHAT WAS THE LAST FILM YOU WATCHED? The Barclay Marathons (documentary).

WHO WOULD YOU INVITE TO YOUR IDEAL DINNER PARTY (DEAD/ALIVE/REAL/FICTIONAL)?

Valentino Rossi, Jenny Tinmouth (Isle of Man TT lap record holder), Carl Sagan, Christopher Hitchens, Steve Jobs, John Amaechi and Amelia Earhart.

WHAT IS THE BEST GIFT YOU EVER RECEIVED? A watch

WHAT WOULD YOU DO IF YOU WON THE LOTTERY? Fill my garage with some amazing bikes like a Ducati 998, Suzuki RG500, Honda RC30 and probably give a lot of the money away.

WHAT'S YOUR FAVOURITE

BOOK - The Pillars of the Earth – Ken Follett

FILM - Close Encounters of the Third Kind or Dead man's Shoes

TAKEAWAY - Fish and Chips

BAND - The Stone Roses

SUBJECT AT SCHOOL - Physics (due to a great teacher)

SPORT - Any motorbike racing

SMO, WG CDR PAUL SQUIRES.



ROLE SUMMARY

Senior Medical Officer
Regional Medical Centre.

HOW LONG HAVE YOU BEEN IN/WORKED WITH THE MILITARY? Now entering my 7th year having been an NHS GP for 17 years before this.

WHAT'S THE BEST JOB YOU'VE EVER DONE?

Police Surgeon. Many a gory tale to tell.

WHAT WOULD YOU BE DOING IF YOU WEREN'T DOING THIS JOB?

Drummer in a rock band. (Probably would have been a lawyer though).

BEST PIECE OF ADVICE YOU'VE EVER BEEN GIVEN? Was passed on to me by a consultant when I was junior, but was originally from William Osler, a 19th century physician: "listen to your patient, he is telling you the diagnosis"

DESCRIBE YOURSELF IN 3 WORDS... Ambitious, friendly, joker

WHAT'S YOUR BIGGEST TALENT/SKILL? Not bad at stitching wounds.

WHAT ARE YOUR HOBBIES AND PASTIMES? Running, paddle boarding, fishing.

DID YOU MAKE A NEW YEAR'S RESOLUTION? As always, beach body by the summer.

WHAT WAS THE LAST FILM YOU WATCHED? The Creator

WHO WOULD YOU INVITE TO YOUR IDEAL DINNER PARTY (DEAD/ALIVE/REAL/FICTIONAL)?

Eddie Van Halen, John Bonham, Angelina Jolie, Lemmy Kilmister, Daniel Craig, Ricky Gervais and Claudia Schiffer.

WHAT IS THE BEST GIFT YOU EVER RECEIVED? Always a thank you letter from a patient. Means a lot.

WHAT WOULD YOU DO IF YOU WON THE LOTTERY? A small island, Maserati and a Triumph Bobber.

WHAT'S YOUR FAVOURITE

BOOK - Any Human Heart by William Boyd

FILM - Highlander

TAKEAWAY - Sweet and Sour Chicken

BAND - Van Halen

SUBJECT AT SCHOOL - English

SPORT - Rugby

FS IAN LAPPING.



ROLE SUMMARY

To facilitate the delivery of FD opportunities to Whole Force personnel at Halton, the research and delivery of personal, mandated, and professional training opportunities and ensuring that all competencies are recorded on JPA.

HOW LONG HAVE YOU BEEN IN THE MILITARY?

As of completion 13,640 days or 36 years 10 months. I retire on 23 Mar 25 after 38 years. Enough is enough.

WHAT'S THE BEST JOB YOU'VE EVER DONE?

WO JSPSU (Oct 22-Apr 23). I am very people focused, and this was an unexpected opportunity to provide CLM and mentorship to a tri-Service Sqn of 40+ individuals.

WHAT WOULD YOU BE DOING IF YOU WEREN'T DOING THIS JOB? I have always wanted to be a Cop; however, I have also always been vertically challenged so height restrictions got in the way. The RAF Police allowed me the opportunity to follow my aspirations.

BEST PIECE OF ADVICE YOU'VE EVER BEEN GIVEN?

Be honest with yourself and never try to be what you are not.

DESCRIBE YOURSELF IN 3 WORDS.

Loyal, kind & determined.

WHAT'S YOUR BIGGEST TALENT/SKILL?

My adaptability. Over the years, particularly when deployed being adaptable to so many different situations has been invaluable.

WHAT ARE YOUR HOBBIES AND PASTIMES?

Staying fit, watching Leicester Tigers (Rugby Union), collecting (and drinking) expensive Scottish Malt Whisky, and planning life after the RAF.

DID YOU MAKE A NEW YEAR'S RESOLUTION?

No. If you want to do something, do it. Don't wait. Life isn't a dress rehearsal.

WHAT WAS THE LAST FILM YOU WATCHED?

Mission Impossible – Dead Reckoning Pt 1.

WHO WOULD YOU INVITE TO YOUR IDEAL DINNER PARTY (DEAD/ALIVE/REAL/FICTIONAL)?

Ally McCoist, Sir Chris Hoy, Sophie Marceau, Kevin Bridges, Geoffrey Wellum (youngest Spitfire pilot in the Battle of Britain) and Dame Judi Dench.

WHAT IS THE BEST GIFT YOU EVER RECEIVED? My first legal pint in a pub, bought by my Dad on my 18th birthday. He died six days later.

WHAT WOULD YOU DO IF YOU WON THE LOTTERY? Spend a year in Canada with Mrs L. We are going for a month this year.

WHAT'S YOUR FAVOURITE:

BOOK – Any of the Ian Rankin (Insp Rebus) or Lee Child (Jack Reacher) series.

FILM – Shawshank Redemption or The Hunt for Red October
TAKEAWAY – Thai Green Curry (from The George & Dragon, Wendover).

BAND – The Jam. I was at the last ever concert and have a photograph to prove it.

SUBJECT AT SCHOOL – English. School was not my finest hour in terms of achievement.

SPORT – Rugby Union.

OC ACS, SQN LDR MARK MYERS.



ROLE SUMMARY

I am the new OC Aviators' Command Squadron overseeing a fantastic team of SNCOs, responsible for the delivery of Leadership and Management training to newly promoted NCOs.

ABOUT YOU

HOW LONG HAVE YOU BEEN IN/WORKED WITH THE MILITARY? This year will be my 22nd year in the RAF.

WHAT'S THE BEST JOB YOU'VE EVER DONE?

Without doubt, my time flying Chinooks will always be the high water mark of my career. That being said, since moving into the world of training, I have been fortunate enough to travel to some incredible locations including Ethiopia, Lebanon, and Ukraine. As cheesy as it sounds though, my previous time at Halton on ACS and JIAG hold many happy memories so I'm very glad to be back.

WHAT WOULD YOU BE DOING IF YOU WEREN'T DOING THIS JOB? If I'm completely honest, I feel uniquely unemployable and have absolutely no idea what else I could do with any credibility. I am however, a qualified teacher, firefighter and a total nerd on history and architecture, so maybe something along those lines.

BEST PIECE OF ADVICE YOU'VE EVER BEEN GIVEN?

Focus more on being interested not necessarily interesting.

DESCRIBE YOURSELF IN 3 WORDS... Driven, Multifaceted, Content.

HOW WOULD YOU DESCRIBE YOURSELF IN THREE WORDS? Ask My Wife.

WHAT'S YOUR BIGGEST TALENT/SKILL? I will always find someone to talk to no matter the situation.

WHAT ARE YOUR HOBBIES AND PASTIMES? I live in the Scottish Highlands, so anything outdoors as I hate being cooped up inside.

DID YOU MAKE A NEW YEAR'S RESOLUTION? I know myself well enough not to.

WHAT WAS THE LAST FILM YOU WATCHED? Withnail & I

WHO WOULD YOU INVITE TO YOUR IDEAL DINNER PARTY (DEAD/ALIVE/REAL/FICTIONAL)? Oliver Reed, Ava Gardner, Rodrigo de Borgia, Peter O'Toole, Hunter S Thompson and my best friend Curly (a notable Geordie loudmouth). The dinner would be a disaster but I would enjoy the fireworks immensely.

WHAT IS THE BEST GIFT YOU EVER RECEIVED? I want to say my children, but today's school run is challenging that ideal.

WHAT WOULD YOU DO IF YOU WON THE LOTTERY? Look after my friends and family, then donate a significant sum to charity (MS Society and Alzheimer's Society).

WHAT'S YOUR FAVOURITE

BOOK - The things they carried by Tim O'Brien.

FILM - The Odd Couple.

TAKEAWAY - I don't tend to eat them and prefer to cook myself (with mixed results).

BAND - I listen to anything and everything, but continue to be an unrepentant metal head.

SUBJECT AT SCHOOL - History and Science

SPORT - Rugby



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