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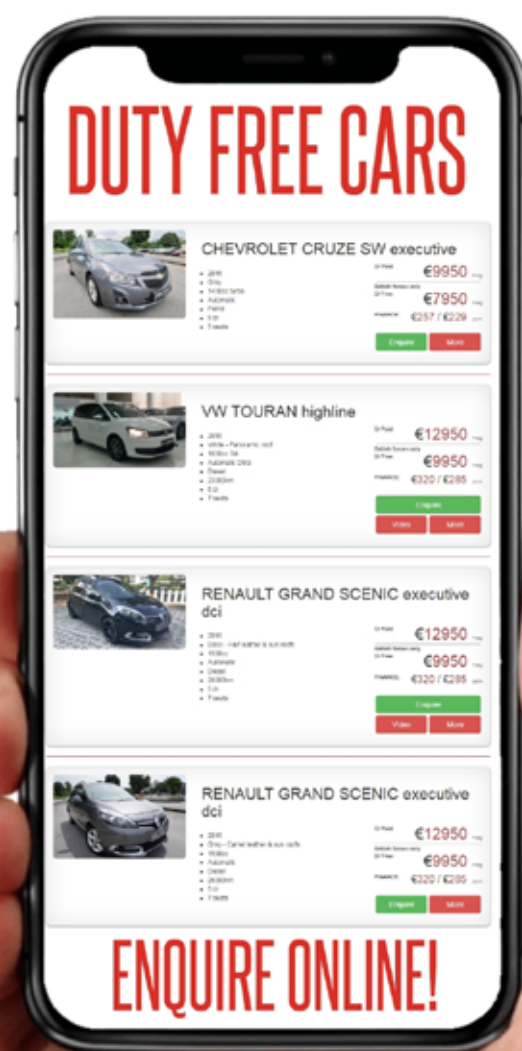
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The **Flamingo**

Winter 2019

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A few words from the team

Welcome to the second issue of the magazine. We would like to take this opportunity to let you know what we have planned for the future, the dates you can expect future editions, give some useful tips for anyone who is submitting an article and thank all of our advertisers.

Moving forward

In the future The Flamingo will be available in pdf format and published on our Facebook page and will always run one issue behind the hard copy.

Important dates

Whether you are submitting an article or waiting for your copy, the dates are below.

Spring 20 - Articles to be submitted by NLT 03 February 2020.
Delivery early March.

Summer 20 - Articles to be submitted by NLT 04 May 2020.
Delivery early June.

Autumn 20 - Articles to be submitted by NLT 03 August 2020.
Delivery early September.

Useful tips

We aim to process and publish all articles received, to ensure the best chance of this commitment being fulfilled please meet the deadlines and if possible, beat them. Unfortunately, any articles received after the deadline dates will not be printed and may be pushed to the next issue or not printed at all. When submitting please send photos to enhance your story, these should be sent as attachments in pdf format (highest resolution). These should be sent to our group mail address.

Delivery

We hand deliver to the service families' accommodation, messes and communal areas and ensure copies go to all sections at RAF Akrotiri, as well as this all units island wide receive a copy and at least one copy is sent to all UK RAF Stations. If you do not receive your copy, please do not hesitate to let us know via our email address and we will arrange delivery or collection from one of our distribution outlets.

Should you have any comments, suggestions or complaints with the magazine please contact:

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PLEASE NOTE THAT ARTICLES SENT TO OTHER EMAIL ADDRESSES MAY NOT BE ACCEPTED.



Foreword by
Wing Commander Neil Smith MA FCMI RAF

Welcome to this end-of-year edition of the Flamingo Magazine. Whilst reading the first edition it was impossible not to have a huge sense of pride from seeing what we achieve within our community distilled into single publication. The past few months have been no different, with a number of the key annual events happening in quick succession. We marked Remembrance Sunday with a service that was extremely well attended and fitting in every way. It can be a difficult time for many who have personal experience of fallen comrades and the link between the Great Wars and recent conflicts resonates particularly strongly at Akrotiri which has played a role in so many repatriations. This flowed into the other significant event in November, which was the Poppy Day, 453 March and fireworks display. The 453 March commemorates those that gave their lives during Operation HERRICK with an arduous accumulated 453 mile march and judging by the look on the Stn Cdr's face on social media, it was certainly hard work! A big thank you to the JMETS team that lead the organisation for the whole day; the fireworks display was particularly impressive and really realistic for a digital display...

Captured in this edition is Exercise SIREN SONG, which is another annual event that gives partners of serving personnel the opportunity to get a glimpse behind the scenes and experience a taste of military life. I dipped into a couple of the serials

and without exception everyone was having fun, making new friends and challenging themselves. The sense of competition was not lost on anyone taking part. Another thank you to the Force Protection Training Flight for organising the event and for all that supported with stands and as directing staff. I am not aware of another event on this scale in the RAF and it is just another example of what makes this place so great.

By the time this edition hits the streets, we will be deep into the festive season and the Christmas Fayre that displays the talents of so many of our community. Hopefully the rain will hold-off this year. It is another example of the effort that so many people put in to organise the community events that we all benefit from. A personal plea is to enjoy the season and all of the merriments that it has to offer, but please do so responsibly. The Be Safe on Island message is never more relevant than at Christmas so please make sure that Sharkwatch is in operation and that we don't leave anybody isolated when out and about.

Christmas is traditionally a time to focus on family and we try to embrace that. We should also be mindful that there are a large number of people from the Station that are deployed away from their loved ones and that we have a growing number deployed overseas from RAF Akrotiri.

Seasons greetings to all, stay safe and hopefully Santa brings you everything on your list.

RAF Akrotiri

Remembrance Sunday Service 2019

100 years have passed since the first two minutes silence was observed in 1919 to commemorate and honour those who sacrificed their lives for their country in conflict.

The Remembrance Service at RAF Akrotiri welcomed guests on a warm and clear Sunday morning; civilians and serving personnel attending from across the services. Worn proudly on the chests of many, the red poppy, a symbol of remembrance, peace and hope, united the congregation and its diversities to offer thoughts and prayers to those who died in the service of our country. Padre Phil Corrigan led a peaceful and thought-provoking service in which guests were asked to consider not only the noble sacrifices made by those who lost their lives, but the families and loved ones left behind. Those that still suffer mental and physical wounds which, although may not be visible, are present and real and often carry through generations of families. A reminder that the losses from conflict, many years ago and recently, are still vividly remembered today. Among the guests and decorations were purple poppies to remember the military service animals who sadly lost their

lives and the 'There But Not There' transparent seated military figures who, wearing their red poppies, represented the lives of those who were not able to return home but ensured that their absence remains strongly felt and recognised. Remembrance can be a difficult time for many. Encouraged to focus on the losses and destruction that conflict leaves behind in its wake, Padre Corrigan reminded guests that great efforts were and are still being made to defend our country's freedom today. Flt Lt Robertson and Zachary Tull completed The Act Of Remembrance with words that, although well recognised, remain as relevant and poignant as the first time they were spoken. As the sound of the Last Post resonated from the front of the service, heads bowed and emotions mixed with the music notes in the air, before guests observed the two minutes silence. During this time, RAF Akrotiri stood silent, a period of sincere reflection in which young and old remembered the brave

and courageous who sacrificed their lives for future generations to live theirs. Presented by No1 Overseas Cadet Sqn, Station Commander Gp Cpt Snaith received the first wreath with a salute, respectfully laying it to rest at the front of the service above a beautifully decorated banner which read 'Lest We Forget', followed in succession by the other wreaths, creating a vibrant and memorable display. Following the laying of the wreaths, Musical Director of the Akrotiri Military Wives Choir, Hannah Robson led an emotive choir performance of 'Poppy Red' in which guests listened to a harmonic story of the poppies and those sleeping in Flanders Fields. Addressing the congregation with reflective words, Gp Cpt Snaith acknowledged not only the current campaigns, but the past campaigns too in which both have seen conflict claim many lives. Respects were also paid to our allies and the local serving personnel of Cyprus, who also suffered casualties in their campaigns past and





present. Closing with a poem entitled '100 Years', written by Mrs Ailsa Snaith in memory of her Great Grandfather who was killed in action aged 31, the congregation considered the moment the shell hit and took his life, the use of immersive language escorting listeners to the very scene of the trenches from the opening lines.

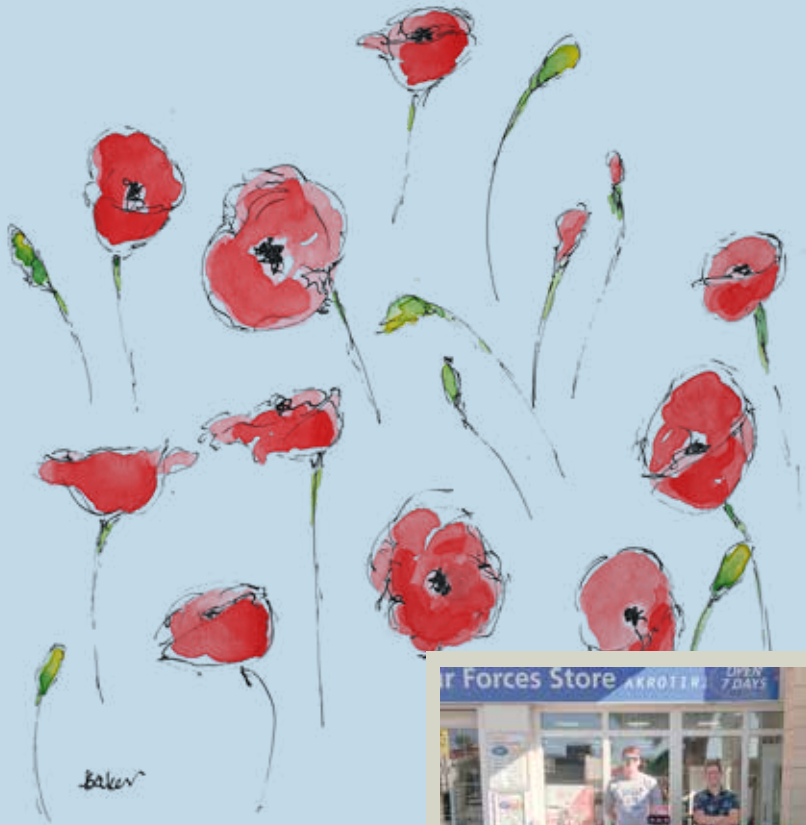
Prayers were then eloquently read by children representing Akrotiri Primary school, who also presented creative works of art decoratively surrounding the service, utilising the significance of the poppies and soldier silhouettes within their themes.

The Military Wives Choir finished their contribution to the Remembrance service with 'We Will Remember Them', a song linking effortlessly with Mrs Snaith's poem, which would seem relevant if sung today or 100 years ago; the message remaining clear that all those who died, will never be forgotten.

As the Standards were returned, guests sung the final hymn accompanied by the RAF Voluntary band. The words spoken and sung at Akrotiri's Remembrance Service underpinned a unified message: through the conflict of war, sacrifices and losses are great, but even greater is the respect and gratitude awarded to all those who have lost their life serving their country.

"At the going down of the Sun, and in the morning, we will remember them."

Laura Baker



The Poppy Appeal stall was organised and managed by a small team of Air Traffic and 903 EAW personnel in conjunction with the Poppy Day event and activities. It was situated outside Forces Store, who very kindly allowed the pitch and assisted with storage, in the week preceding Poppy Day. Although the stall was only in place for a week, it actually took months of planning and preparation to ensure its success. The total raised from the stall was an enormous €6,260 some of which has already been donated to the Royal British Legion and the rest will be presented in the near future. Thanks are extended to the volunteers who gave their spare time to assist on the stall and also to those across Station who came and supported the stall and donated so generously. A huge thank you also has to be included to Mom's Bar who extremely generously raised and donated €300 for the RBL.



My preparations for a Karakoram Mountain Range Expedition

At around 3800 metres above sea level with temperatures below freezing, I finally got a taste of what the Expedition leaders had briefed us about. I suddenly had this overwhelming feeling of panic. It was at that point that the altitude took its effect and I still had another 500m ascent to climb. The sudden realisation of where I was and how powerful the mountains were, hit me!

A much needed 10-minute break allowed us to re-adjust to the height before continuing to the 4327m high peak of Nadelhorn Mountain in Switzerland. Alpinists must remain in peak physical condition and be mentally prepared to try and balance what they can control, with what they can't control. Rewind, to the British Services Mountaineering Training 2020 selection weekend that took place in November 2018 at the Joint Service Mountain Training Centre in North Wales and I can see how far I have developed during this last year.



I applied to take part in this Expedition to Pakistan in June 2020 because of the option to apply as a beginner. The idea of taking people with limited experience and allowing them the opportunity to train and develop their skills was what appealed to me. With over 400 applicants, the team is now down to just under 80 Regular and Reserve personnel from all 3 Services within the Military plus one Air Cadet Officer. We have a full range of varying skill levels and experience, including myself who began as a complete novice.

The training programme so far has consisted of a week-long skills-based course in Scottish Winter conditions and several weekend meets at various locations within the UK, including a 2 week training expedition to Switzerland.

Whilst based out of Saas Grund Valley, Switzerland, we were split into several small groups, with our Instructor organising the daily activities. They ensured that everyone in the group was exposed to all elements required within the Alpine Mountain Foundation Curriculum. The beginning of the 2 weeks saw both teams learning and practising their crevasse rescue, which is one of the most vital parts of being in any Alpine situation.

We then experienced several days out at a time using Mountain Huts at various heights to help acclimatise at altitude. From there we went hill walking, rock climbing, tried klettersteig (via ferrata) and spent time on glaciers. All 19 tri-Service students, including myself on this course attained the Alpine Mountain Foundation Certificate. It was a brilliant training programme, full of technical, physical and mental challenges, but I know further training will be needed to successfully reach the end goal.



The British Services Mountaineering Expedition is split into two groups, the most experienced Mountaineers will be scaling the colossal 8047m high Broad Peak of the Karakoram mountain range in Pakistan. At my level of experience, I could be part of the Trekking team whose aim will be hitting just over 5600m over a 4-week period.

From now until the expedition itself, the team leaders will ramp up the intensity of training. We also must maintain our own fitness to ensure we are an effective part of the team to complete our Broad Peak goals in 2020.

With such a high number of applicants, I know it has been a tough selection process. As further cuts are required for the Pakistan expedition, I am using my spare time to gain more experience and skills that will assist my selection chances. Through this experience, I have learnt so much and am grateful to have had this opportunity.



Adventure Training

Over the coming months, the PEd Flt will be looking to offer station personnel the opportunity to take part day long AT activities, including indoor/outdoor Climbing, Mountain Biking, Kayaking, Stand Up Paddle-boarding, Walking and Skiing.

Advertisements will go out periodically through SRO's and on the PEd Flt Share Point with dates, individual and group bookings available.

If you are looking for something more arduous and have a multi-day expedition in mind then follow the simple steps on the

'How to apply' guide, again located on the PEd Flt Share Point, with guidance available from the Station FDI. Local multi-day expeditions will require paperwork being finalised at least 30 days in advance, with overseas expeditions (subject to funding) needed to be complete four months in advance to gain international clearance.

Minor Expedition (one day)	Major Expedition (multi day)
Choose activity	Choose activity
Choose date	Choose dates
Use pre-made AO	Gain interest
Use pre-made JSATFA	Create AO
Apply for funding (if required)	Create JSATFA
Finalise 31 days prior to departure	Finalise 31 days (local) or four months overseas prior to departure
Gain some interest	Contact instructors (1;6 ratios)
Contact instructors (1;6 ratios)	Receive international clearance (via 22 GP)
Go on AT	Go on AT



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SCAN ME

Pudsey

Visits Akrotiri

Back in October the families and children of RAF Akrotiri were treated to a very special visitor. Making his first ever visit overseas, Pudsey Bear dropped by to join in and support the many fund-raising events taking place throughout the station, raising money for Children in Need.

His first stop was a visit to the terminal, where he joined in a specially arranged teddy bears' picnic. Slightly overwhelmed by the attention, he posed for photos and spent time high fiving and fist pumping the many children there. He then headed along the road to Lemmings Beach to do his bit for the environment, joining in with the Episkopi Cubs and Scouts and the Akrotiri Rainbows, Brownies and Guides as they all took part in a beach clean. Needless to say, when you are a 6' tall bear covered with yellow fur and only used to the cold November days in the UK, walking the beach in nearly 30 degrees was a shock to the system. However, he performed his duties with a smile and once again posed for photos with the uniformed youth groups of Aki and Epi.

After some much-needed rest, the following morning, he flew with 84 Sqn onto the sports pitch before running off to join Akrotiri Primary School as they did a 'Pink Flamingo Flurry' themed Wake up, Shake up. The reaction from the children, the staff and the parents who had been able to come and watch was a sight to behold. As the BBC filmed the final shot, a giant "Thank you!" erupted from

the children which could probably be heard back in the UK! The children then set off for a ramble around station before lessons resumed and the day was finished with Pudsey coming back for a whole school assembly where Mr Turner tried to convince the pupils of where Pudsey's sporting allegiances lay. For the record, it definitely ISN'T the red side of North London!

The next day it was the schools in Episkopi who were treated to a visit. Starting with the primary school, the choir sang a specially written Children in Need song and showed Pudsey how they had raised money. The highlight being a fantastic cake sale. Then it was time to visit the older kids at St John's. Unsure how he would be received with kids who may have been too cool for Pudsey, he needn't have worried. They had been promised a special surprise guest and while some had hoped for Peter Andre or Ariana Grande, once again the reaction was perfect and he spent the next hour posing for selfies with the students. Although they often had to wait their turn as the teachers and staff kept jumping in! Like the other schools, St John's had put on a range of activities, a song had been written for his visit, Giant Jenga was played, wet sponges were thrown at the teachers and of course there was another cake sale.

As the school day finished though, Pudsey was made to work for his money. He headed back to Akrotiri and to the terminal once more. This time he was out on Bravo dispersal helping to marshal in the trooper after it had



landed from Brize Norton. The passengers were unloaded and a few obligatory photos were taken with some of the passengers and crew. He then got back to work unloading suitcases for the newly arrived passengers.

The following morning saw no let up as Pudsey headed down to see the postal troop and offer a helping hand. The sheer volume of post meant he had plenty to do and after a quick briefing was put to work, sorting parcels and pushing trolleys. He then went to visit the RAF Police Dog Section helping one of the amazing dogs over the obstacle course. Some visiting cadets from the UK couldn't quite believe what they were seeing. But, like so many before them, they asked for a selfie as a memento!

Wednesday evening was a more relaxed affair. Pudsey was invited to conduct the Akrotiri MWC. Much laughter ensued as Pudsey was learning the ropes, knocking over music stands, struggling with the timings to get everyone singing and generally causing carnage! From what I've seen, most of the footage will make a great bloopers reel!

The final day's filming with the BBC took Pudsey to the ESBA and to 3 more schools to watch more dancing, singing and to have even more cake!

However, just because the filming was finished, it didn't mean Pudsey's work was complete. As well as coming out to film a clip for the



television programme, the main aim was to raise money for Children in Need. As always, the good people of BFC didn't let him down. Even before he had arrived, the fund raising had begun. The Brownies and Rainbows held a cake sale and the Cubs and Scouts collected coins. Then, while Pudsey was visiting the schools and collecting their donations, other sections around Akrotiri held their own events. The Med Centre held a 24 cycle challenge (with the obligatory cake sale), more cakes were sold at the terminal for the passengers flying back to the UK and the Riding Club rode around the SFA with buckets over 2 evenings, finishing off at Akrotiri House. Money was donated by Siren Song and Moms Bar with Pudsey popping down to pose for photos as a thank you. The Fire Section climbed 'Everest' and washed cars and the RAF Police Dog section held a dog competition at the Riding Club. With other events still planned as this goes to print, including a special screening at the cinema, another cake sale at The Coffee Pot and a squash competition with 84 Sqn, the money has rolled in.

Sadly though, it was then time for the big yellow bear to say goodbye. His visit had been a roaring success. He had posed for hundreds of photos, put smiles on to the faces of children of all ages (and by all ages, I mean adults too!!!!), helped out around camp and generally had a great time. The BBC film crew recorded footage way beyond their expectations which will be shown on the main Children in Need programme. Pudsey's first ever overseas trip was over. And what a great trip it was. I would like to take this opportunity to thank all those who helped make this visit a success. There are far too many to name them all individually. However, thank you to the fund raisers, to Richard and Robert at the BBC, Kate and Andy for helping to escort Pudsey around BFC and to all of those who helped 'bring Pudsey to life'. You know who you are but, at the risk of the wrong children reading this, you shall remain nameless. And finally to all of you, the generous BFC community who, through your generosity, have helped raise over €10,000 for a truly worthwhile charity.



Photo Section

RAF Photographers have been working on the island of Cyprus since before RAF Akrotiri was officially opened. Their role has change significantly over the years, as has kit and equipment.

Now operating 24 hours a day 7 days a week, the sections primary role is supporting engineering tasking for station and 903 EAW. The duty photographer is always within an hour of camp for priority 1 technical photos and crash cover so that operations can keep going.

The section provides photographic support for all BFC stations on Cyprus from Mount Olympus to Ayia Nikolaos, outputting images and video for local press. However, they have also covered many high-end PR tasking.

In the last couple of years, they have produced photos and videos of the Ex-Prime Minister Theresa May's visit, the royal visit with HRH

Prince William and Duchess of Cambridge Kate and assisted 83 EAG with media ops during the Defence Secretary visit. They have documented the departure of the Tornado GR4, and covered EXERCISE LIGHTNING DAWN which saw their footage on news agencies around the world.

Due to the reactive nature of the job each day differs, the 4 photographers here aren't always working standard hours or even in the office. They can be at different ends of the Island covering tasking for BFC Media, away flying with 84 Squadron producing air to ground photography, providing evidential photos for the SBA Police or working with ops on the 903 EAW site.



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611 Sqn RAuxAF Ex BEWARE BEWARE

GEF at RAF Akrotiri provides a range of critical engineering support to Station users and 903 EAW. They are responsible for over 2,500 items of ground equipment, lifting tackle, airfield vehicles and aircraft handling equipment and are responsible for mission critical support to sustain the air operation. GEF, by the very nature of its operation, is a good reflection of a Whole Force mix. Composing of a combination RAF Trade Group 5 (TG5) permanent staff and Individual Augmentees, Locally Employed Civilians; and of late, Royal Auxiliary Air Force (RAuxAF) personnel from 611 RAuxAF Sqn – under Ex BEWARE BEWARE.

Throughout September 2019, Trade Group 5 (Gen Tech Mechanical and Gen Tech Electrical) personnel from 611 Sqn RAuxAF, deployed to RAF Akrotiri in Cyprus from their base at 611 Sqn RAuxAF, RAF Woodvale, to take part in Exercise BEWARE BEWARE.

Exercise BEWARE BEWARE was organised to enable Part Time Volunteer Reserves (PTVR's) to carry out their Annual Continuation Training (ACT), which is a 15-day trade training period which all PTVR personnel are mandated to complete. Previous periods of ACT have been carried out at RAF Coningsby working on predominantly Typhoon specific Airfield Support Equipment (ASE). This deployment presented a great opportunity for personnel to utilise their skillsets and training, at RAF Akrotiri, with its vast array of generic ASE, aircraft arrestor systems (RHAG and Barrier) and specialist airfield vehicles, such as the AS990 - large runway sweeper and RIV/MFV2 Fire Fighting Vehicles.



At times the work could be frustrating, as tasks would be delayed, due to a lack of spares on island, with delivery time from the UK being weeks or months, rather than days. However, this did highlight the fact that TG5 tradespeople must have the mechanical/electrical skill and knowledge to accurately identify faults and take the most appropriate course of action, to ensure the least disruption to airfield activities.



The exercise was a great success, with the PTVR's becoming fully integrated within GEF and enjoying the challenge of working on unfamiliar equipment in demanding conditions. 611 Sqn are hoping to deploy twice next year to build on their experiences gained so far.



History of 611 Sqn RAuxAF

611 Sqn is an RAF Reserve Unit based at RAF Woodvale in Merseyside. Formed in 1936, it fought as a Spitfire Sqn throughout the Second World War, including the Battle of Britain, and was flying Gloster Meteors when it disbanded in 1957. 611 Sqn reformed in 2013 as a General Service Support (GSS) Sqn with a range of ground capabilities and is currently the only Royal Auxiliary Air Force (RAuxAF) sqn in the North West of England.

611 Sqn recruits and trains Volunteer Reservists for deployment in support of RAF operations within the UK and overseas. 611 Sqn personnel provide support to flight operations, intelligence, ground engineering, logistics, personnel & training, media and chaplaincy services to augment UK Main Operating Bases and Units deployed on operations. Personnel are recruited from a wide range of civilian backgrounds, both qualified and unqualified depending on trade, from across the North West of England and beyond. 611 Sqn reservists have supported

operations in Kuwait, United Arab Emirates, Cyprus, Estonia, Romania and the Falkland Islands; exercises in Oman, Norway, Italy, USA (including at sea with the US Navy) and across the UK; as well as providing support to UK Main Operating Bases such as RAF Coningsby, RAF Leeming and RAF Brize Norton.

The GSS model of support to the RAF Front Line is usually based on Individual Augmentee (IA) deployments. Periodically, 611 Sqn will stage a Formed Unit (FU) deployment, preferably to an operationally focussed overseas Unit, to test its ability to mobilise as an expeditionary force in the event of a national emergency, as well as to enhance Unit cohesion and retention. For the receiving Unit, a FU deployment allows the effect of trained reservist support to be multiplied across capabilities and reach most parts of the Stn.



FP & Sy Sqn

Rosettes and wagging tails for **BBC Children In Need 2019**

RAF Akrotiri saw its four-legged canine friends come together at its charity fundraising Fun Dog Show to raise €375.23 for BBC Children In Need on Saturday 19th October.

As part of a station wide effort to raise money for BBC Children In Need, Akrotiri's RAF Police Security Flight Dog Section expertly put together an event for the whole family to enjoy. Approximately 50 dogs attended the event and were entered into show classes such as 'Naughtiest Dog' and 'Best Working Breed'. Winners in 1st, 2nd and 3rd places were awarded rosettes whilst 'Best In Show' and 'Quickest Time' on the obstacle course received a trophy and a prize bundle.

Much to the delight of many MWD handlers, the Fun Dog Show saw the return of well-loved and recognised retired Military Working Dogs with their new families, such as 11-year-old German Shepherd Cora, who represented the Royal Air Force as a mascot towards the end of her career. Cora, although retired, showed she had more to give by placing 2nd quickest in the timed obstacle course. Competing and placing 3rd in the 'Golden Oldie' class was

10-year-old Tank, who's owner Cpl Davis-Blair, part of the 'Be Safe On Island' team here in BFC, adopted him after Tank's retirement as they were deployed together to Afghanistan in 2011 where Tank worked as an IED Detection Dog.

Talking about the Fun Dog Show, 6-year-old Kaitlynn Dolbear said "I thought it was amazing and I enjoyed being a dog with Bailey on the obstacles; winning just made it the best." The obstacle course drew much attention as participants were eager to secure a place on the leader board with the 'Quickest Time' to win the coveted trophy and prize package. Friendly competitiveness and cheering could be heard from the edges of the arena as our furry athletes attempted the tyre, long, box, window and hurdle jumps; the A frame; high and low plank walks and a long tunnel. Overseeing the activity, Cpl Bain was on hand with her expertise to guide the dogs and their owners safely and enjoyably around the course.

9yo Tess ~ 3rd naughtiest dog



Lead organiser of the fundraising event and pet dog owner himself, Cpl Lloyd-Jones ensured not a paw was out of place on the day. The idea to raise money for BBC Children In Need with a dog-themed event was a natural choice for Cpl Lloyd-Jones and he was keen to bring the concept to the station: "I hope everyone enjoyed the Fun Dog Show; it was an opportunity to bring pet dogs together to socialise and have fun whilst raising money for charity. I'd like to thank everyone who came along to support the event and to those who helped with the planning, promoting and running of the individual events."

The success of the charity event is owed to the many families who attended and generously donated and the dedication and support of: RAF Police Security Flight Dog Section, RAF Akrotiri Saddle Club, volunteers, OC BSW and Mrs Sue Smith, The Coffee Pot, Ani-Mall pet shop, Ironpaws Canine Services, and Petzstuff.

We look forward to the return of Akrotiri's Fun Dog Show next year for more rosettes and wagging tails.

Laura Baker



Dog show prizes

84 Sqn

Ex SCORPION CEDAR

16-19 Sep 19

84 Sqn personnel recently deployed to Hamat Air Base in Lebanon to exercise with 9 Sqn Lebanese Air Force.



84 Sqn is the last RAF SAR unit and with the 70+ years of SAR history in the RAF our guests were keen to see our way of working to develop their own SOP's. The 9th Sqn fly the Puma helicopter and have developed, trialled and implemented extra role fits themselves such as a bomb and missile fit making the aircraft extremely versatile. 9 Sqn LAF do not specialise in the SAR role and this is one of many skills they train in. Of note they have been tasked in a single day to complete both a bombing and SAR mission. Some of their other skill sets and missions include Fast Roping, VIP Transport, Maritime Counter Terrorism, Troop Insertions and CAS. All of this by night as well. The morning exercises included hoisting our rescue dummy 'Ruth Lee' out of the water and LAF personnel out of a multi seat life raft. The afternoon sortie was winning to a small naval vessel. Some members of the crew from each squadron cross decked on to the other aircraft and were able to absorb and feedback

ideas. It was a fast-paced day with lots of flying. The following day was allocated to debriefing the serials and discussion on how the use of our SOP's enabled the safe and timely rescue of the simulated survivors. Both Squadrons exchanged capability briefs and we were extremely impressed with the modifications they were able to make themselves to the aircraft and the development of their own SOP's to go along with it.

Some socialising obviously took place in both Barroun and at the Officers Club in Jounieh. It is a lovely country and climate and everyone is keen to return again on holiday. It is hoped these visits can become regular again as well as reciprocal visits from the LAF.

Not all of 84 Sqn made it back however and we mourn the loss of our brave survivor 'Ruth Lee'. She has survived many falls down the cliffs at Akrotiri and many hours in the Mediterranean. It seems she finally had enough on the Wets serial and went to Davy Jones' Locker.



MINDFULNESS

We all lead busy lives, whether it's the challenges of work on a busy station, balancing a hectic family life, or running your own business. We could all do with a moment to be still and take some time to breath to help us manage those stressful moments. Practicing mindfulness and "becoming more aware of the present moment can help us enjoy the world around us more and understand ourselves better," explains the NHS in their online guidance.

It goes on to quote Dr Mark Williams, former director of the Oxford Mindfulness Centre:

"Most of us have issues that we find hard to let go and mindfulness can help us deal with them more productively...awareness of this kind also helps us to deal with signs of stress or anxiety."

What can you do to slow down and be more mindful?

Station Training Flight have partnered up with Chaplaincy to put on several activities. Join us at the Chaplaincy Centre for sessions to help you relax and just be.

For early risers there's Morning Mindfulness at 0730 on a Wednesday and Friday where we get together and listen to the Headspace App, followed by an opportunity to have a coffee afterwards and talk things through.

Alternatively, you might like to try one of our lunch time sessions every Thursday at 1200, starting 5 December, where you will be led through mindfulness sessions by one of the team.

Mindfulness through craft is also a great way to take some time out. Why not join us at the Give Yourself a Coffee Break coffee morning on a Thursday 0930-1100 where every other week you'll be able to take part in mindfulness through craft activities for adults.

If you prefer to take time alone, then why not download the free version of the Headspace App. RAF personnel can get the full version for free as well through the RAF Benevolent Fund. Just go to rafbf.org. Whatever you decide is right for you, here are five top tips as recommended by Elyse Santilli, writer and life coach at NotesOnBlossom.com, from the Huffington Post to help with mindful living:

1) Walk mindfully

When you head out and about pay attention to the movement of your body and your surroundings. Observe what is going on around you, the sights, sounds and life unfolding. You may be amazed at a whole new world that you hadn't noticed before.

2) Observe your breathing

Your breathing occurs naturally and rhythmically. When you pay attention to it,

it takes you out of your mind and body. You momentarily free yourself from your churning thoughts, worries and fears and you remind yourself of who you really are.

3) Travel or mix up your routine

When you're in a mindful place, you automatically become more present and mindful, simply because there are so many new sights, sounds and smells to soak up.

Your senses take over and it frees your mind.

4) Meditate daily

Meditation has huge benefits and increases your levels of energy, happiness and inner peace.

It doesn't have to take long. Even ten minutes a day can have a positive impact on your life.

5) Observe your thoughts and emotions

By simply becoming aware of your thoughts and non-judgementally observing them as they come and go you are being more present. You are not getting caught up in your thoughts and forgetting that they are not you.

As you observe, resist the temptation to get carried away by a particular thought. Picture your thoughts like trains in a station, you're on the platform watching them come and go but you're not going to jump on and go for a ride.

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Safety and Assurance Sqn

Reporting



The Safety and Assurance Sqn (S&A Sqn) has continued to monitor emerging safety concerns through the 3 main reporting methods we use at RAF Akrotiri. The first is the F510, which is used to highlight Health and Safety worries as well as reporting accidents and near misses. The reporting of Air Safety specific issues should be via the DASOR system and, for any other concerns, the InForm is the way of letting us know the things that worry the community. By analysing accidents, incidents and concerns, the Sqn is able to ensure that resources are targeted properly to make sure that RAF Akrotiri remains a safe and enjoyable place to live and work. One of the many dangers around a busy and active airfield, like RAF Akrotiri, are the many moving parts that operate to deliver Air Power.

New Air Power capabilities from our sister services are integrated into the Sqn's systems and are demonstrating the true nature of Joint working at the grass roots level. These deployments of new platforms in the military inventory fly and test capabilities much wider than just aviation, further developing interoperability across the spectrum.

So what does this mean for you?

If you drive regularly near the airfield, be aware of new and unfamiliar air systems. Weird and wonderful sights and noises may very well attract attention and distract you from what you are doing, so please be aware that this may happen until unfamiliar activities become routine.

If something is DUMB - DIFFERENT or DANGEROUS then we have to STOP and ask ourselves questions?

Visiting aircraft deployments are definitely DIFFERENT to the norm at RAF Akrotiri, both to us and to the users operating in a different context. Like the successful recent deployment of a new aircraft, we at the S&A Sqn ask you to play your part by consciously thinking about how you go about your business. Relying on what you

know may very well lead to an unexpected and unwelcome outcome.

Drivers using the MT route towards DELTA crossing may see systems towed out to start positions and, once safely back, towed back to its storage position. Look out for ground movement, obey MT route traffic light signals and ground marshalling teams. As always – Have your head on a swivel when around the active airfield!!

By remaining alert to new Air Systems and by being aware of movements when moving around the airfield, you can play your part in keeping valuable aircraft and supporting personnel SAFE.

The Government's 'White Space' challenge is a response to increasing levels of work stress causing mental health issues in the UK. Accepting the challenge, the S&A Sqn has recently bonded and developed leadership, negotiation skills and problem solving at the Escape Rooms in Limassol, OC S&A Sqn being the most successful escapee of the day. A Yoga session on the beach, followed by volleyball ('Robbo Rules'), a leisurely 4 km 'working' walk, resulted in further development of the resilience of the Sqn. All the team who engaged with this activity have highlighted they had a great day and benefitted from bonding with their work colleagues away from the many distractions within the working environment. With a high number of absentees within the UK work place wide attributed to mental health, 'White Space' empowers managers to support their team in a dynamic and inclusive manner, our White Space days have certainly achieved our OC's goal of a great day out in a pressure free environment where open discussion is encouraged. The overriding message from the S&A Sqn is report, report, report so that we can take action to protect everyone who lives, works and visits RAF Akrotiri. Remember:

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BY ACCIDENT**

MCLEAN SWEEP FOR RAF AKROTIRI DOG HANDLER

The Provost Marshal's Military Working Dog (MWD) Trials is an annual event where the best RAF Police Military Working Dog teams demonstrate their abilities in front of the most critical Judges of all, the Provost Marshalls Dog Inspectorate.



Patrol handlers and their dogs undergo four days of rigorous testing, demonstrating the core elements of RAF Police Dog capabilities and promoting the core ethos and high standards expected in the trade. The trials are a culmination of months of training, testing and evaluation which result in the best Patrol Teams competing for the accolade of Champion, a truly commendable title.

The top eight Patrol Dogs and their Handlers from all over the UK and Cyprus were tested to the highest standard and competed in multiple assessments, among which were a Criminal Workout, a Night Wind Scent, Obedience and Agility.

This year Akrotiri made RAF Dog Trials history, being the first ever overseas unit to lift the Champions trophy! Our Champion team were Corporal Chris Mclean and five-year-old, MWD Saiid. Corporal Mclean came out on top in all five disciplines taking home the individual titles of Best Manwork, Best Nightwork, Best Wind Scent and Best Arena, requiring extra baggage allowance for their trophies on the journey home! Corporal Wood and MWD Scratch also brought home silver wear in the form of the Von Wolf Trophy for Best Vehicle Search Detection Team. During the celebrations at the culmination of the Trials, Sergeant Heartford, SNCO IC Dog Section was also awarded the 'Tosh Thomas' Trophy for his outstanding contribution to RAF Police Military Working Dogs.

RAF Akrotiri Security Flight Dog Section showing they are heads and tails above the competition this year.



RAF AKROTIRI PERSONNEL Mark the Memory of Those who Lost their Lives in Afghanistan

Personnel from RAF Akrotiri marched a collective distance of over 453 miles last week in the memory of those who lost their lives during the conflict in Afghanistan.

The annual 453 March takes place in order to remember the 453 personnel who lost their lives during the conflict in Afghanistan. Over 70 military personnel marched 6.8 miles each, bringing their total mileage to over 453, further than walking from Brighton to Edinburgh. The 453 March was initially started in 2015, with the intention to raise money for the Royal British Legion and Cyprus Poppy Appeal and has developed each year since. This year's organiser, Sergeant Steven Holden, a mechanical engineer in the Army, explained how it has changed: "The process was different back then, as it was only carried out by the Army element of the workshops, and was completed by covering the distance around the Station sports pitches. Over the years it has evolved into a bigger event with other members of the military being invited to participate and the route changing from the pitches to the cliff paths and wider area." Sgt Holden was among those who had a personal connection with the march and

remembrance of lost personnel: "With it being on the remembrance weekend, I will be honouring all lives lost during war time. But closer to home, I will be remembering a friend, Corporal Matthew Thomas, who sadly lost his life in 2010 when the vehicle he was driving was struck by an Improvised Explosive Device in Helmand province. We were in phase two training together and often bumped into each other throughout our careers." Corporal Sean Kinsella, 24, is an RAF Physical Training Instructor at RAF Akrotiri. This year was his first participating in the march. He explained why it was important for him to take part: "I wanted to pay my respects to those that lost their lives in Afghanistan. Many people on Station were there and knew people who had lost their lives. I wanted to give something back." "The comradeship on the march was really strong. People were working together to make sure everyone completed the march. It was great when the children joined us for the final stretch."

For the final stretch of the march, families of RAF Akrotiri personnel joined the group, bringing those participating home to a welcome finish. RAF Akrotiri Station Commander, Group Captain Chris Snaith, took part and after finishing the march gave a moving speech commemorating those who had lost their lives. He closed the event by commending those who took part in the march: "We've covered over 453 miles in total. One for each of the people that we left behind in Afghanistan. I am proud of what you've done today and thank you very much." The Station also held a Remembrance event throughout the afternoon and evening on the sports pitches, which featured stands from several sections around the Station fundraising for the poppy appeal. The event serves as a strong reminder of those who have made the ultimate sacrifice during times of conflict and was a strong compliment to the traditional poppy appeal in support of the Royal British Legion.



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Exercise SIREN SONG 19

16-18 October

Wednesday

The waiting is finally over, Siren Song 19 is actually here. I have been feeling excited for months now. I still remember seeing the Facebook post in June and making sure my husband was on stand-by to get the registration complete ASAP. Its 2pm and I have just arrived at Force Protection Flight dressed up and feeling great, my make-up is on and my hair is done. Walking in to a room with 50 women, many of whom I had never met, was nerve wracking but exciting at the same time.

After the obligatory Health and Safety briefs and an overview of exactly what we had signed up for, we were straight away set a perfect ice breaker, a task of Chinese whispers (this wasn't going to fail in a room of women). We were then whisked off to the Officers mess to have afternoon tea, a lovely selection of sandwiches, cakes and hot drinks (they must have missed the prosecco order) we sat in our five teams of ten talking about what we were looking forward to, what we were nervous about and who we thought would win. It was a lovely afternoon that felt like it was over too soon. Then it was off home to finish packing our bags and to get an early night.



Thursday

I have got the kids ready for school, making sure my husband is feeling capable of being alone for 2 whole days while we swap roles for the night (I'm panicking more than him at this point). Into my greens, baseball cap on, and very large bag lifted onto my shoulder. I'm ready to roll.

At 8 am we started at the fire section which was amazing. We were to re-enact a bakery fire. After another safety brief we went down to gear up, trying to get it all on over the greens and trainers was fun and we were divided into 2 teams of 5. 1st and 2nd person had to roll out the hose, 3rd person had to connect the nozzle and signal for the water to go on then put the fire out, persons 4 and 5 then had to run all the way down the tunnel, climb underneath of it (harder than in sounds in all the gear) grab the lifeless body, a 50 kg dummy and drag them back through the tunnel to safety, this was a hard exercise but extremely fun and we knew from then the competition was on....

Next up was the DCCT (indoor shooting range) it was like walking into a real-life video game. We had to lay down on the mats and had some shots to get the laser lined up and then began the shooting proper. In what I can only describe as being like in a hazard perception test we had to try and hit moving targets, there were people jumping out of trees and running at us, at this point my heart rate shot up.

After the fun of the shooting it was on to the terminal (our DS got us milkshakes- we defo lucked in with her). We spilt into teams and had to choose five bags to search and find any prohibited objects. This sounds easy right? Just looking for weapons and drugs etc., well massive hats off to Sy Flt, they get something like 5-10 seconds to look at the screen and decide if they are to search more in depth. I can't believe how much I underestimated how easy this would be, safe to say we didn't find all the objects. The terminal was great fun but there was no waiting around as we needed to get to Ground Ops.

This was a complete eye opener, the whole of camp had received leaflets weeks before regarding Op WIDEAWAKE and Op



ROUNDUP but I never really appreciated what it was all about, I mean who really reads anything that comes through the door anyway?! Well I can say I will now. It was like a scene from big brother, cameras everywhere, I have never felt so protected in my life. By this point, my note pad was out as we knew there was a quiz in the evening so I wanted to gain as many points as possible (not competitive at all).

After a chat with Ground Ops we got to go through to Air Ops. WOW! Maps everywhere, in one room I felt like I was out in the whole wide world again. We got to ask lots of questions, I actually felt sorry for the bloke he must have felt interrogated. Again, this was a massive eye opener and we got to learn so much- but obviously I can't share it with you!! Then was the moment I had been waiting for, LUNCH, haha not really it was the live range. I had been so excited to be able to do this, you see it on TV and it looks easy doesn't it? Well it's not. We started again with a safety brief and got to have a look at a GPMG and a pistol. Thankfully we were guided through every step of the way with the rifle, they were loaded and made ready by our safety staff and then handed to us for our big moment. I looked through the iron sight and in my head I thought this is going to be a great shot- right in the centre circle. I held my breath, squeezed the trigger.... and missed. Some of the ladies were real snipers though so I have decided I'm keeping them as friends for life, just to be on the safe side!

To bring us back down to earth a little as the adrenaline was racing, we went down to learn how to change a wheel with JMETS (thankfully I have done this a few times before), it was a lovely little exercise to give us a breather.

A trip back to Force Protection Flight for a brief from 903 EAW which gave us 14 years of history in 20 minutes which was delivered brilliantly and tactfully. A short

break for some water to rehydrate and straight back onto the buses. At this point I wasn't sure how much more could be packed into one day but the best, in my opinion, was saved for last- the military working dogs.

We got to watch these amazingly talented dogs search bodies and vehicles for drugs and weapons. The training that goes into these animals is unbelievable. The patience when they find what they are looking for is unreal. The dog sat waiting to be rewarded, you can see them brimming with pride. Then the big moment, being hunted by them.

It was dusk and we were dropped into the middle of nowhere (the back of the bondhu) the sun was going down with speed and we were trekking through trees and bushes being as quiet as a mouse. Moving like a snake in and out of the overgrown area, getting ready to play possum if we got caught. We could see the finish line, but could hear the dogs coming up to the left of us and if we can hear them surely they can hear us? We tried to take a wide berth, trying to decide if we should keep our pace or just run and hope.... AIR FORCE STOP STAND STILL. We were caught, dogs barking like crazy waiting for us to make a single wrong move, luckily for us we had a man with a sleeve on to take the brute force of the bite from the dog. We were so close.

It was around 7pm by now and we were all getting tired and hungry, time to see our accommodation at FOB Pine-Track. I thought it sounded like a lovely place. It turns out it was a barn, a very breezy barn but at least we weren't sleeping out in the bondhu and hopefully the blast walls would keep out the snakes! A quick jump in the shower to freshen up and outside to an amazing BBQ. I could have eaten forever but we had a quiz to get on with (remember I said I had my note book). A few drinks to help relax after a busy day and a quiz that had all the normal rounds but also a round to check what we had learned so far, very clever. Into my sleeping bag. NIGHT.



Friday

50 women in one barn, snoring, sleep-talking and alarm clocks going off everywhere, it is safe to say I didn't have the best sleep. Cot beds packed away, back into greens and a delivery of bacon sandwiches to set us up for the final day.

Before our visit to Air Traffic Control we got to present our cheque to Pudsey Bear- I think he was having an equally busy time around camp. We raised €631,73. Well done Siren Song 19.

In Air Traffic Control we were lucky enough to view flights coming in from all over Cyprus on the computer. In the next room we got to have a chat with 2 American pilots and then out onto the balcony to watch a few flights landing and taking off, we've all seen them from our houses but it was much more impressive to see close up. A quick change and it was off to the beach for cocktails and sunbathing... If only! As we arrived and walked along the beach, we saw two PTIs ready to make us work and there was no waiting about. A warm up exercise that made you wish you were already dead. Running out in to the sea and back in over and over again. Into our teams once again, each team had a rope that we were told was not allowed to touch the floor otherwise there was a punishment of burpees. The whistle sounded and we were crawling through the sand, running out to sea and back in, sit ups in the water, piggy back rides, dragging our partners through the sand and a long gruelling run all along the beach only to be told to get back to the very start. It's safe to say there was a lot of



unwanted sand in some unnecessary places.

As a few of the ladies started to get changed around the corner thinking they were hiding, suddenly our knowledge of visiting ground ops came back to us and we remembered the cameras, thankfully they were pointed towards the fence-line, thanks Ground Ops.

The final serial was at 84 Sqn, we had a few safety briefs and then got taken around to look through and try on all the survival and rescue equipment, uncomfortable is the word I'm looking for. We visited the hangar and had a look at an air lifted trailer. We had to find the faults with the trailer and point them out, I think in total there were 10. We managed to find them in a great time. Next up we got to learn some medical terminology with Bart Simpson (I don't think Homer was smart enough) he showed us different medicines, this was a great learning experience for us all.

Outside to the big moment, the moment that the majority were most excited about but terrified me the most, a ride in a Griffin helicopter. We got

geared up and my heart was racing. I was trying to keep it together and headed for the helicopter, sat down and waited to take off. The pilot was speaking us through it all, slowly lifting up off the floor into the air, my eyes were closed tightly. Soon we were flying over my house, the salt lake, watching the flamingos flying away from the sound of the Griffin. It was amazing and will stay with me forever. Bucket list ticked!!

Back safely on the ground we were welcomed into 84 Sqn's bar and greeted by our families. Siren Song 19 was coming to an end, with drinks in our hands and smiles on our faces we were joined by Wg Cdr Smith. From 5th place to 1st we all clapped and cheered for each other, grateful to have been given an opportunity that will live with us all forever. It was an experience I will never forget, it was a moment that I got to appreciate, it was a chance of a life time. Siren Song 19- We smashed it.

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As the 0400 alarm sounds on another sun-drenched Cyprus day. The early start can only mean one thing! Ocean Tanker Receipt day. The excitement is evident on arrival at the BFI, the scent of coffee strong and the caffeine buzz of the early morning transit to the port very apparent. The coffee a great aid in the sharp vehicle load and final preparation of equipment required before leaving. I.D's checked at port entrance, Lacons unloaded and life jackets donned securely. The service boat awaits and as Rod Stewart once sang "We are sailing". The MV Histria Atlas gets closer as the waves get higher and the boat starts to get knocked around rather intensely. SAC Leslie has a flash back from IRT as he re-enacts Immediate Action Drills and hits the deck. Much to the joy of the crew on board. We arrive alongside the tanker, the only obstacle between us and the deck is "Jacobs ladder" a fragile rope ladder, frequently captured in The Pirates of the Caribbean movies. Not a task for the faint hearted, especially when the service boat decides to move away from the ladder as you attempt to grip on.

Once on board the tanker casts off for the mooring at Cape Gata Mole, breakfast consumed, and we are on our way. The critical stage is mooring the vessel, this can take up to and in excess of 3-4 hrs dependant on the weather. With the samples taken the sample party are offloaded with the F35 product in hand. The laboratory of the PSD is the location for Quality Assurance checks and flash testing to determine if the product grade meets the acceptable requirements. While the tests are being carried out the contractor uses the ships crane to lift the 80mtr flexible hose from the sea bed and attaches it to the ship's pipework manifold.

Once the Fuels Petroleum Lab Tech gives the thumbs up on GO-NOGO, discharge may commence. OIC Ship Party concludes all documentation with the ship captain/1st Officer, the pumps are started, and the flow rate adjusted for the initial release.

Ocean Tanker Receipt day is now under way. Focus on Re-conciliation with the PSD at 15-minute mark followed by half hour and then hour creating an intense environment. As the flow rate is reduced to 450,000ltrs per hour to allow for the ship party to assess any potential leaks in the ship pipework. After 30 minutes there are no leaks the flow rate is increased to 900,000ltrs per hour. Ensuring the quantity of fuel issued from the ship and received on shore is within parameters has now become the focal point of the day. Any discrepancies could be the result of a leak in the 800mtr sub-sea pipeline.

Alas the shift handover is carried out and



the discharge completion and stop pumps approaches, normally around the 10 or 11 hour mark of pumps on with approx 9 million litres of Aviation Fuel pushed through the underwater pipeline system.

With morale still at a high due to the influx of good old-fashioned Military humour and the ship soon to be a distant memory. It is now approaching 2300, a long day has bestowed the Histria Atlas and crew. As we bid farewell with OIC ship overnight on board, another successful receipt with an Aviation Fuels team poised for the next.

Morning comes once again, daylight brings the Ship departure and the arrival of the OIC ashore. Once all fuel has settled for 24 hours, post receipt samples are taken and sent back to the UK for further acceptance checks. Once all results are received the Fuel is then classed as fit for use.

The Ocean Tanker receipt has now drawn to a close, the PSD has F35 Aviation Fuel ready for onward push to the BFI here at RAF Akrotiri. All Quality checks have been carried out and blending is complete. We at Fuels Flight have ensured all aircraft F34 related will have a successful, fault free but more importantly SAFE onward journey or mission.

On to the next.

Cpl Chris Paita



militarywives & Choirs®

Akrotiri Military Wives Choir was formed back in 2013. Currently under the musical direction of Hannah Robson, we rehearse every Thursday night in the Chaplaincy Centre from 1900-2100hrs. If you are currently here as a Military wife, daughter or are currently serving or ex serving, then why not come and join us? Joining a choir has been linked to help with your mind, soul and with our ethos being #sing #share #support, you will always have a friend in us. As a group, we take great pride in singing and supporting the services held here at RAF Akrotiri throughout the year. We have also been very fortunate to have been invited to sing at some very high profile events.



Last year we had the great privilege in singing for Their Royal Highnesses the Duke and Duchess of Cambridge on their visit here. In 2019 we were invited by the British High Commission to sing at a charity event in Nicosia at Shakespeare House and had the great honour of singing with the Central Band of the RAF. More recently we had a very special spotty conductor for the evening! With over 75 Military Wives Choirs now based in the UK and Overseas bases there are plenty of opportunities to continue with this wonderful support system when your tour finishes here.

There are no auditions to join, just turn up any Thursday night at 1900hrs. Alternatively you can contact our Facebook page and one of our members will be happy to bring you along to a rehearsal.



Here's a reminder of the important details;

When: Every Thursday Night
Where: The Chaplaincy Centre
Time: 1900 -2100



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Voluntary Band

RAF Akrotiri Voluntary Band (AVB) is the only band that is permanently based overseas on the sunny island of Cyprus. All members including the Voluntary Bandmaster are volunteers, we have current and retired member of the armed forces, civil servants and people who live within the local communities.

The band provides musical support to all military units across the island playing at several dining Inn nights and other events such as UN Cocktail Parties and Inter- Unit Regimental Boxing events matches at Episkopi. The band has performed at many events over the last few years.

The Band played for the 60th Birthday Celebrations of RAF Akrotiri in June 2015, ably supported of members of RAF Cosford VB who came out to join us. The band performed at the early morning Parade on the apron of the runway, and at a celebratory dinner at the Officers Mess in the evening.

Another important and prestigious event which AVB supported in June 2016, again with the support of our friends from Cosford, was the Queen's Birthday Parade and Celebrations of 1st Battalion the Duke of Lancaster's Regiment (1LANCS). They were the Resident Infantry Battalion in Episkopi and the parade took place in the sports stadium in Happy Valley. In the evening the band played for their Celebratory Dinner in their Officers Mess.

In 2017 we enjoyed providing musical support to the Queen's Colour Squadron in Akrotiri, Episkopi and Agios Nikolaos.

Last year the band provided musical support for many events in the celebration of 100 years of the Royal Air Force performing at Officers, WO /Sgts and Junior Ranks Dining Inn. One of our members participated in the RAF 100 parade through London in July along with other members of the RAF Voluntary Band.



This year the AVB were joined by the RAF Akrotiri School Band to perform in a concert for the Dambusters Raid. Being the 75th Anniversary of D-Day the band supported both RAF Akrotiri and Episkopi Garrison with musical support for their church services. The band along with the Military Wives choir and all of RAF Akrotiti Station Personnel performed a fitting church parade for the Battle of Britain and provided buglers for the additional parades both at RAF Akrotiri and Episkopi Barracks.

A few of the members were able to perform with the Band of the Princess of Wales's Royal Regiment in Pissouri Amphitheatre for the local communities during their visit out from there UK Base.

The band also provides Buglers for remembrance ceremonies across the island for the Canadians, Austrians and other NATO forces. The buglers also cover Remembrance, Battle of Britain and various Sunset parades across all four bases.

The band is always on the lookout for players to fill the ranks, at present we are looking for players of all standards of brass, woodwind and percussion.

The VBI we have at present is a volunteer, Mr Peter Betley. Having a full-time job, he still devotes a lot of his private time instructing and improving the band in preparation for up and coming events that the band is called upon to support.

For any further information or you are interested in joining the band, contact Sgt Daz Walsh OIC x5772, Mobile 00447968917758.



AKI AWARDS 2019



The inaugural RAF Akrotiri awards night were held in the WO's & Sgts' Mess on 15 Nov 19. This was the first event of its kind to be held at Akrotiri, and the aim of the evening was to formally recognise military and civilian personnel who have demonstrated innovation and excellence and reward the people who had made a significant contribution to RAF Akrotiri and the wider community.



The idea for the event came from FS Phil Blake, who having seen the success of these kind of events at previous units, approached the Stn Cdr, Gp Cpt Chris Snaith, for his permission to hold the event. Planning for the evening started in early May, with a call for nominations sent out to all sections, and widely advertised across social media. Nominations were received from across the station for all the categories. These were then reviewed, and a shortlist was presented to the Stn Cdr for his decision on the eventual winners.

Everyone who was shortlisted for an award was invited to the evening, although it wasn't until they arrived on the evening that they knew which category they had been nominated for. The special guest for the evening was former Olympic Bronze Medallist boxer Mr Anthony Ogogo. Mr Ogogo had spent a few days on island, visiting various Units and sections and seeing the great work that goes on around the island by both military and civilian personnel. Mr Ogogo gave a great speech to the audience, and after the event he said 'Being asked to come out here means so much to me because I am the soldier that never was. I wanted to

be in the military when I was younger, but boxing lead me down a particular path and I couldn't do both and I had to keep my Olympic Dream alive. It's great to be at the award ceremony and to have the opportunity to commend those who deserve it.' The audience were kept thoroughly entertained throughout the evening by the compare, Mr Anthony Ballard from BFBS. In between the presenting of the awards, the fantastic trio of Harmony Strings kept all of the guests entertained. There were 9 awards overall, with the categories and winners listed below.





1. Fundraiser of the Year – Mrs Susan Smith – Awarded to the individual who has exhibited the most consistent or extraordinary efforts in raising funds in support of charitable organisations or in helping others in the local community above and beyond the call of duty.

2. Most outstanding contribution to RAF Akrotiri (Civilian) – Mrs Julie Jones - Awarded to the civilian who has made the most outstanding contribution to RAF Akrotiri and the surrounding area over the past year.

3. Most outstanding contribution to RAF Akrotiri (Military) - JMETS Ancillary and General Section- Awarded to the military employee who has made the most outstanding contribution to RAF Akrotiri and the surrounding area over the past year.

4. Most outstanding Team Award – SWOs Labour Force - Awarded to the team that has made the most outstanding contribution to RAF Akrotiri and the surrounding area over the past year.

5. Sporting Achievement Award – Mr Joshua Hemsley - Awarded to the individual who has demonstrated the highest level of sporting prowess or made a significant contribution to their chosen sport through personal endeavour.

6. The Lifetime Achievement Award – Mrs Jenny Revell - Awarded in recognition of outstanding achievement over the length of a career.

7. Most Outstanding Individual Award – FS Paul Donald - Awarded to the individual, military, civil servant or contractor, who had made the most outstanding contribution over the past year.

8. Unsung Hero Award – Mrs Katie Taylor - Awarded to the person who has made substantive achievements which have not been formally acknowledged.

9. Station Commanders Award – Chf Tech Shane Aldridge - Awarded to the individual who the Stn Cdr chose personally to recognise from the nominations received.

Following a closing speech from the Stn Cdr, the evening was rounded off with more live music from the excellent Decoys.

Overall, this was a hugely successful event, and one that will hopefully become a permanent fixture in the RAF Akrotiri calendar. Gp Cpt Snaith stated 'The Awards Ceremony was the first of its kind at RAF Akrotiri; however, it is one which I have no doubt will become a tradition. There are people all across the Station who work tirelessly to look after the community and support wider operations, and it is important to formally recognise the fantastic work that they do on a daily basis; I am extremely proud of their achievements. My thanks go to Aquila and Sodexo for sponsoring what was a truly memorable evening and, most importantly, my congratulations go to this year's winners; inspirational.' Special thanks must also go to The WO's & Sgts' Mess for their incredible hospitality, and various Station Welfare funds for providing the funds required to make the night enjoyable for all. The Station photography team also gave their time to provide fantastic photos throughout the event, and to BFBS for advertising the event from the very beginning, to doing live interviews with all of the winners on the evening.

FS Phil Blake



Western Sovereign Base Area (WSBA) Sub Aqua Club 107 S



Where are we based?

RAF Akrotiri, Cyprus. Our clubhouse is on the beach down at the Fish Reserve. This offers us the ability to do classroom, sheltered water and open water training in one location.

Who are our members?

We are a Special Branch of the British Sub Aqua Club, which are usually Military Clubs, however, we are a civilian club which allows us to invite non military members to join the club. We are able to offer diving to all medically fit personnel and their dependants based in Cyprus. We are able to provide diver training for Ocean Divers all the way up to Advanced Diver and we welcome divers from other agencies to continue their training with us.

What Types of Diving do we do?

We dive all over Cyprus throughout the year, from the shore, hardboats, and the club even has its own RIB. This allows us access to some of the best sites in Cyprus from Wrecks, Reefs and Shoals. We also have a number of Twinset and ADP Divers as well as 3 Trimix qualified divers, so there is always diving for everyone! The star of the show is usually the Zenobia which offers something for every diver grade. Lately our membership has had an appetite for night diving so we have organised diving to meet their needs and wants!

How many instructors do we have?

We are fortunate to have 1 Advanced Instructor and 6 Open Water Instructors. We also have 2 instructors able to teach Twinset and Accelerated Decompression Procedures, popular with our members for the deeper sites around the island.

How do we organise training?

Thankfully with our setup so close to the sea and the fairly reliable weather in Cyprus



we can offer training all year round, for all diver grades. Training is conducted on club afternoons and over weekends. Facebook is the easiest way to manage training needs and wants.

What projects have we taken part in recently?

We have managed some big projects this year, which has provided some great weekends for all club divers. Recently though we had



fishing net cleanup operation on a site called Jubilee Shoals. This deep water site has been snagged with fishing nets and lines over the years and our members lifted over 150kg of nets in a single weekend, with plenty more nets still to be recovered in the future!

A highlight of the year was finding the wreckage of a Canberra B2 in the vicinity of Jubilee Shoals. The wing of the aircraft WK116 was surveyed as part of Jubilee Shoals

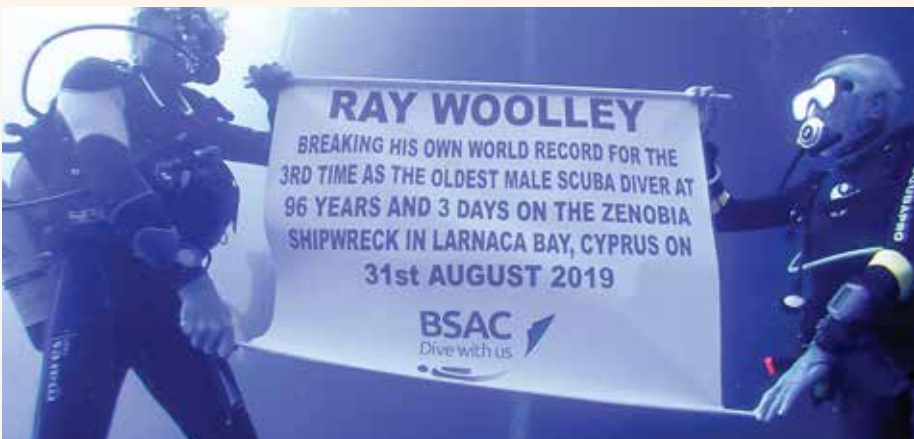


a great turnout to support Ray Woolley, one of our club members, who was breaking his own World Record as the Oldest Male Scuba Diver. This was a great day with two dives on the Zenobia at the end of August. In October our members took part in a ghost

by the club 20 years ago, but the aircraft has remained undiscovered. A small team of Twinset and ADP divers supported by TD Diving managed to find the fuselage and other parts of the aircraft. The wreckage was discovered within Sovereign Base Area waters and was subsequently reported to the RAF Air Historical Branch. These members were given permission to photograph and survey the wreckage over two dives, this Canberra is now a wreck under the Protection of Military Remains Act. This means the wreck holds a level of protection under UK law and cannot be interfered with. With the correct permissions, the club intends to continue search and survey work over the coming year.

How can people join?

Drop us a message on our Facebook site. Or visit us at the club on a Tuesday and Thursday afternoon from 1400. If you have any existing diving qualifications bring these with you when you come to visit!



Camp Aphrodite II

Brings Adventure and Inspiration for U.K. Cadets

No.1 (overseas) Squadron hosts summer camp for U.K. cadets as our youngsters share their experiences of living in Cyprus as a forces dependant.



Many have experienced a military exercise and for those of us serving, we recognise them as training for operations, either exploring the effects of warfare or testing strategies without actual combat however, a military exercise for the youngsters in the Royal Air Force Air Cadets is an opportunity to experience a bit of what life could be like in the RAF.

For the cadets of No1 (Overseas) Squadron based at RAF Akrotiri, their annual exercise (frequently referred to as summer camp) was an opportunity to showcase the squadrons achievements to cadets based in the U.K., as Camp Aphrodite II welcomed colleagues from 2288 Squadron, based in Montrose, Scotland, along with individuals from the CCF (combined cadet force) who attend boarding school while their parents continue to serve here in Cyprus.

"We are one of only three air cadet squadrons based overseas offering children of serving

personnel the chance to join the RAF Air Cadets and the youngsters decided they wanted to share their experience of life as a forces dependant with youngsters from the U.K." said Squadron Adjutant, Flight Lieutenant Dave Rice.

"Most air cadets in the U.K. don't have any personal association with the military however, the majority wish to join our armed forces in the future so this was a great opportunity to host an enjoyable and memorable camp and offer the cadets an insight into life for RAF personnel and their dependants overseas," he added.

Over the week long camp, the 47 young troops were able to showcase the skills they learn as junior cadets and put them into practice as senior cadets on a fully operational RAF station. From water sports, section visits, fieldcraft and time on the range to overnight exercises and specialised instruction in drill and discipline, every cadet showed that the

training they receive helps them fit right in.

To further promote service life, the visiting cadets were given the chance to sleep in RAF accommodation, eat at the airmen's mess and visit various sections around the station, where they get to see first-hand exactly what a job within the Royal Air Force involves.

Acting as Liaison Officer, Warrant Officer Rolf Davis, Officer Commanding No 1 Squadron, was on hand with his staff to ensure the camp ran smoothly and all cadets and visiting personnel got plenty of support and as many opportunities as possible. Needless to say, Camp Aphrodite II was a huge success and planning is already in place to host a third addition of the combined exercise in 2020.

If you would like to find out more information about joining the squadron as a cadet or to volunteer as staff, we'd love to hear from you. Find us on social media or email oc.1os@aircadets.org

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* Terms and conditions apply

A Day in the working life of **Ammo Troop**

Arriving on island in late June having been told "You'll almost never get a call out", I would have been forgiven for thinking that my first week on duty would be a quiet one. Needless to say, it was somewhat more eventful.

Having recently qualified as an EOD operator my responsibilities include any taskings to unexploded ordnance, conventional munitions or suspicious items that could potentially contain an IED. On the morning of the 23 Jul 19, we received a call out to an item of ordnance found washed up on a beach at The Princess Mary's Hospital site. My No.2 and I rushed to the scene, displaying great enthusiasm, with the item having been described to us as a Mortar Bomb. Upon arrival at the scene a visual inspection of the item was conducted and it was subsequently identified as an inert tail unit from a Mk 82 500lb Bomb. Despite this, the item was still a worthwhile tasking as it could have easily been something more dangerous. The item was taken back to our troop location for subsequent disposal. After completing the relevant tasking report, we felt that there had been enough excitement for one day, however the night was only just beginning. We received a second tasking message around 1800hrs that same evening, describing a

suspicious bag that had been abandoned at the front of Akrotiri Station's Main Entry Point. This would be my first IED tasking. Arriving at the scene, and with no one in location able to confirm the contents of the suspicious item, there was no choice but to treat this as a suspected IED. This resulted in a cordon being put in place at the front gate for several hours and the opening of a secondary route into camp. Positive EOD action was taken, utilising the Cutlass EOD remote controlled vehicle. This resulted in a series of controlled shots being taken to render the item safe. Following this I made a manual approach

to the scene, wearing the EOD suit, to inspect the suspect device and declare the area safe. This proved to be a particularly dehydrating experience within the Cyprus heat and humidity. Upon inspection the bag was not found to contain any IED components, merely the remnants of a workman's hardhats and lunchbox. Afterwards the scene was handed to the SBA Police for any further investigation. After compiling my second report of the day, a hectic day was finally brought to a close. Not bad for my first week on duty as a newly qualified operator, especially considering we only average around twelve taskings a year.



Airfield Explosive Safety (AES)

HAZARD SIGNS

1	1.1 Most Dangerous - High Explosives - High & Low Velocity fragmentation	3	- Violent Burning, intense heat and thermal radiation - Minor blast hazard with fragmentation and burning debris
2	- Progress burning and multiple explosions - Fragmentation and burning debris - Unexploded Articles follow on explosions	4	- Moderate fire hazard - Effects contained mostly within packaging - Minor projection restricted to small area

HERO

Hazards of Electromagnetic Radiation to Ordnance (HERO)

Any items that transmit any type of radio wave has the potential to trigger certain types of explosives, e.g. Flares (Electro-Explosive Devices (EED))

To manage this, minimum distances should be maintained. For further advice, contact AES.



CFFE

Certified Free From Explosives (CFFE)



Any article that may have contained explosives or replicates an item that does, must be CFFE and registered by AES staff. This can include any personal 'gizits' or crew room items.



PERMITS

Anyone working within a potential explosion site (Shaded areas on map) must receive an explosive safety brief and permit to work from AES.



AES are responsible for ensuring all explosive processes being conducted on RAF Akrotiri are compliant with current explosive regulations (DSA 03.OME Part 2). This includes briefing all new arrivals and local contractors to the dangers and safety precautions involved with explosives as well as producing permits to work (Explosives). We advise on any impacts with Hazards of HERO against all Weapons Ordnance Munitions Explosives (WOME) for all transmitters and radars on Akrotiri and Salt Lake. We also issue and receipt any required explosive natures for ATC, 84 Sqn, FPTF, PPF, RAFP and No.1 Overseas Akrotiri Air Training Corps.

For any inquiries please Contact Cpl Lamb/ SAC(T) Ballard on Ext 6348 or Sgt Storey on 6336

Akrotiri School PTA

Akrotiri Primary School celebrated Halloween in Spooktacular style at the 'Halloween Hangout'. The PTA organised a disco with a twist this year. As the school underwent essential maintenance, it did not stop the children having a ghoulish time at the Bowling Centre.



Bainsy Bains (of James Bain Photography) created a terrifying photo room. Unsuspecting children, parents and teachers were captured on camera as James jumped out from the dark corners of the room at the entrance of the Bowling Alley. If you have not seen the pictures he has created, you are in for a treat (or trick!). There were plenty of activities for the children, all inspired by a parent led sub-committee who planned the event and produced most of the decorations and activity props themselves. Activities included traditional bobbing apples, 'pin the hat/broom on the witch' and throwing hoops on the witches' hat. There were sweets and treats for children who successfully completed the activities.

The children certainly upped their fancy dress game this year, the costumes looked absolutely incredible. It was extremely difficult to choose the winners of the best fancy dress costumes for each age group, but the winners were certainly deserving.



Rachel Mckechnie added the finishing touches with face painting that really transformed beautiful little faces into ghastly creepy Halloween ones.

The PTA would like to extend special thanks to the Bowling Centre for allowing us to throw a fabulous party for the children at extremely short notice. Thank you to the staff, volunteers, parents and teachers for supporting this event. We look forward to planning the next PTA event.

If you would like to become a member of the PTA, please email FS Sarah Bell (Chairperson) on sarah.bell380@mod.gov.uk or find us on Facebook 'Akrotiri Primary School PTA'.

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Listen to BFBS Cyprus on FM or online for a top mix of music, news, sport and stories from BFC, plus military news and features from around the world.

It's the forces soundtrack, with local shows broadcast weekdays from our BFBS Cyprus studios, so you can tune in during breakfast (0600-0900hrs), in the morning (0900-1200hrs) and during the afternoon (1500-1800hrs) and hear our global show Totally Connected (1200-1500hrs).

BFBS Radio 2 is also available on FM and

offers the very best of British radio and BFBS' forces-centric programming. Our exclusive agreements with some of the UK's leading broadcasters mean we can schedule shows that are not available on online radio streaming services overseas. BBC Radio 4's flagship daily news programmes sit alongside our very own Sitrep (Thursdays at 16.30 UK time), we've sport from 5 Live and talkSPORT and special events such as Glastonbury and The Proms.

We also champion and support the local military community. Recent events include the RAF Akrotiri Basketball Tournament which was organised and funded by BFBS Cyprus. We supported the creation of a children's cinema area in the terminal at RAF Akrotiri and funded the equipment. BFBS also championed the Go Fish holiday club in the summer with a financial contribution.

Listen to BFBS Cyprus on FM in Akrotiri and Episkopi on 89.9, in Dhekelia on 99.6 and in Ayios Nikolaos and Nicosia on 91.7.

Listen to BFBS Radio 2 on FM in Akrotiri and Episkopi on 92.1, in Dhekelia on 95.3 and in Ayios Nikolaos and Nicosia on 89.7.



Join the on-air and online community via cyprus@bfbs.com, follow on Facebook and Twitter @ForcesRadioCY, read the latest at <https://www.forces.net/radio/stations/bfbs-cyprus> or call the studio on 2527 8518.

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As a taster of what's to come, BFBS Extra has a bumper offering of movies for the festive season, with classics like Love Actually and The Muppet Christmas Carol and premieres including The Dark Tower and Ant-Man and The Wasp. And just as last year, we'll have an extensive line up of premiership football on Boxing Day too.

For BFBS TV schedules go online to www.forces.net/tv and follow on Facebook @ BFBSTV for updates.

Forces Cinemas



Forces Cinemas bring the very latest movie releases to cinema screens across Cyprus, but it wouldn't be possible in Akrotiri without the dedicated committee that runs the Astra Cinema.

The Astra is open five days a week with a mix of opening times and films for everyone, including monthly sensory screenings which are mainstream films shown in a sensory-friendly environment. Lights are low, sound is turned down, trailers are omitted, and people can make noise and move around the cinema as they feel comfortable – please check local listings for details.

In October we hosted a free double-bill open-air cinema event, sponsored by Forces Live Events (CSE) and organised by the team from the Astra Cinema. Audiences got comfy with their picnics and treats and sang along to Moana as the sun set, with Jurassic Park lighting up the sky in the evening.

And looking ahead, keep an eye on our December schedule as Elf, Home Alone and The Polar Express are all due to hit the big screen. We can also organise private bookings for birthday parties or unit functions – do get in touch to find out more.

For all the latest information and screenings from Forces Cinemas go online to www.forcescinemas.com/akrotiri and follow on Facebook @ ForcesCinemas and @AstraCinemaAkrotiri

Forces Live Events (CSE)



The CSE team provides innovative, high-end events and live entertainment for military personnel, their families and veterans. We welcome the opportunity to provide a quote and advise on any event, large or small, in BFC or anywhere in the forces world.

CSE has supported several events in Akrotiri this year, such as bringing a cover band in from the UK for the Aki Family Fun Day in April, which was paid for by the Station.

The team also provided the live entertainment show to mark the end of the Aki 10s rugby tournament in May. This free show was part of the beneficiary work that has been delivered by CSE for the Aki 10s over the last three years, and it was combined with an additional band performance at Akrotiri Primary School.

For more information go online to www.forces.net/live-events. We also invite applications for CSE funding – for beneficiary criteria please email cse@ssvc.com.



Akrotiri Football Club

Heroic Defence 2019/20 Season

The lengthy summer break was brought to an abrupt halt for the RAF Akrotiri footballers as they arrived for the first pre-season training session on a humid Monday evening in late August.

Multiple changes to the squad had left the newly appointed management team of FS Keith McKee and Sgt Brad Clasper the task of moulding together a team to compete in three major competitions, the Cyprus Services Major Unit league, Cyprus Cup and the recently entered RAF Cup. The latter would see the team competing for the prestigious Keith Christie trophy for the first time in seven years.

Weekly training sessions helped the team bond as an entity by working together through fitness drills, match tactics and small sided games, largely under the watchful eye of new coach Cpl Shane Courtney. The first pre-season friendly was a very creditable 3-3 draw against Akrotiri Village, followed by a comfortable victory against 4 Royal Anglians (4RA), currently undertaking Op TOSCA duties. The final pre-season fixture saw the team win the Shader Cup on penalties after a 2-2 draw with 903 EAW.

On 24 September the hard work of pre-season was put in to practice, as a strong Akrotiri XI travelled to Dhekelia to face 1PWRR in the opening Major Unit league fixture of the season. Akrotiri started fast and dominated the early stages and were ahead within 5 minutes when Cpl Si Oakley converted from the penalty spot after a blatant foul on SAC Allando Davis. Davis then got his name on the scoresheet before SAC Tom Rothwell added a third with a composed finished to put Akrotiri 3-0 up on 25 minutes, nothing short of what the performance deserved.

After a short water break, 1PWRR showed more impetus and with half-time approaching got themselves back in to the game with a scrappy goal, making it 3-1 at the break.

The second half started with Akrotiri back on the front foot and Rothwell soon got himself on the score sheet again to ease any concerns of a 1PWRR fightback. Two further goals from SAC(T) Liam Thornton completed the away sides scoring before a late consolation penalty for the home side. Final Score: 1PWRR 2 – 6 RAF Akrotiri. Allando Davis was awarded man of the match for a tireless display where he was always a threat to the opposition. He also picked up donkey, for a ridiculous attempt to take a corner with his left foot, which he scuffed about 3 yards!!

The team then aimed to defend their Aki 7's crown, having being comfortable winners last year. Their defence of the trophy was a valiant effort and despite a threadbare squad they made it to the final. However, 1PWRR exacted a modicum of revenge for their defeat in the opening day Major Unit fixture, by overcoming Akrotiri 1-0 to run out worthy winners of the tournament.

Focus quickly turned to preparing for the RAF Cup first round, where Akrotiri had been drawn away to RAF Wittering. Although originally naming a 16 man squad; in the weeks leading up to the fixture, work and family commitments caused a selection headache for McKee. Although depleted, a strong 13 man squad, plus management,



travelled to Wittering via RAF Brize Norton, for the much-anticipated encounter on 14 October. Despite miserable weather the Wittering pitch had been kept in superb condition and huge credit must go to the Wittering ground staff.

The match began at a frantic pace, with neither team managing to impose themselves on the opposition in the early exchanges. However, with less than five minutes on the referees watch the deadlock was broken. A cleverly taken quick free kick by Si Oakley, eluded the home defence and was met by the head of Liam Thornton who sent a glancing header past the onrushing keeper, much to the delight of the travelling contingent. Although ahead, Akrotiri didn't settle into the game and invited pressure, but despite this SAC Stu Grant in goal was rarely troubled, mainly due to the concrete back four who were defending heroically. The half drifted away, with only the occasional chance at either end, the most notable arriving after good link up play between Flt Lt Scott Cater and Cpl Steve Harries, resulting in the latter curling a shot just wide.

As the second half began, the weather deteriorated with the remainder of the match played in torrential rain. A forced change by Akrotiri saw Cater replaced by SAC Ryan Shearer whose height and physicality was a menace to the home defence. Wittering came out fast, a change of system saw them move a tall, physical centre back to centre forward, leading to a more direct approach. Pressure



Akrotiri Pictured in blue left to right; SAC Shaun Brian (C), SAC Azz Lewis, SAC(T) Liam Thornton, Cpl Si Oakley, Cpl Sean Kinsella, SAC Jake Burns, Cpl Steve Harries, Flt Lt Scott Cater, SAC Stu Grant, SAC Carl Edwards, Sgt Greg Mchale. Subs; SAC Richie Hassall, SAC Ryan Shearer. Management: FS Keith McKee, Cpl Shane Courtney.

began to build on the Akrotiri defence, resulting in a string of corners, all dealt with in no nonsense fashion by the increasingly confident defence. Fifteen minutes into the second half, Akrotiri won a corner of their own after a good effort from Harries forced the keeper to push around the post. From the resulting corner Akrotiri doubled their lead and it was that man Thornton again who displayed his deadly instinct in front of goal. A training ground routine saw a drilled ball from Oakley met at the far post by Shearer who steered the ball back centrally, with the energetic Thornton guiding a header in to the top corner.

Although having to soak up pressure, Akrotiri were always the more threatening team and on chances created the away side deserved their 2-0 lead. Shearer, Cpl Greg Mchale, SAC Azz Lewis and SAC Shaun Brian all had efforts which needed to be dealt with by the Wittering keeper. As Wittering pushed to find a way back in to the game, the match became very stretched, with Akrotiri looking more and more threatening on the counter attack. However, last ditch defending was required from Lewis when Grant was rounded by a Wittering attacker; Lewis getting back to force the ball away for a corner.

As time wore on, the Akrotiri centre back partnership of Brian and SAC Carl Edwards, dealt with everything thrown at them. It looked increasingly likely that Akrotiri would go on to get a third goal on the counter attack with both Oakley and Harries going close in the final stages. By the time the final whistle went, Wittering were a spent force and Akrotiri ran out worthy winners. Final Score: RAF Wittering 0 – 2 RAF Akrotiri. Shaun Brian was a worthy man of the match for a faultless display at the back, although much credit must go to his fellow defenders. Donkey was almost unanimously given to Stu Grant for childish kicking the ball away after he'd been fouled by a Wittering attacker.

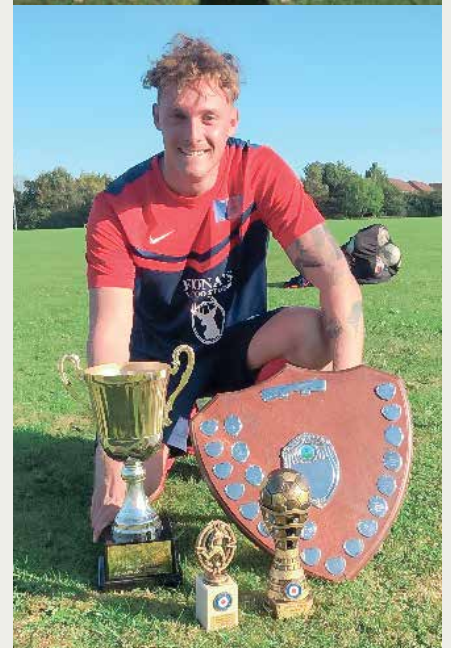
RAF Akrotiri now face RAF Leeming in the RAF Cup second round. The fixture is pencilled in to be played at the Akrotiri Village stadium, week commencing 2 December.



TG18 Annual Dawson Trophy & Skidmore Plate Football Tournament

The much-anticipated TG18 Dawson Trophy & Skidmore Plate Football Tournament was held at RAF Leeming. Eight RAF bases from around the UK, along with RAF Akrotiri entered the 'Dawson's 2019'. Akrotiri went into the tournament full of confidence and with high expectations. Drawn in the same group as the winners of the previous three Dawson's; RAF Leeming, the team's anticipation intensified. Comfortably winning the first two games 3-1 and 4-0 against RAF Odiham and Leeming respectively, set Akrotiri on their way. However a broken nose to SAC Richard Hassall seemed to affect Akrotiri's players who suffered a shock 3-1 defeat to RAF Benson in the final group game, leaving their hopes of winning the Dawson's in the balance. Heading into the Semi-Finals, Akrotiri's Manager, SAC Andy Martin, set up Akrotiri to play counter-attacking football and ground out a hard-fought 1-0 victory against RAF Coningsby, SAC Alan Leslie scoring the vital goal to propel Akrotiri to the final. There they would meet tournament favourites and the only unbeaten team left in

the competition, RAF Marham. The final was full of chances for Marham, but some smart goalkeeping from SAC Jason Trigg, coupled with a strong Akrotiri defence, kept them out. Against the run of the play, Akrotiri's Captain, SAC Stephen Reid, latched onto a lovely through ball and calmly passed it past Marham's keeper to make it 1-0 at half-time to Akrotiri. The second half saw more of the same from Marham however Akrotiri's defence stood strong with some outstanding last-ditch tackles and blocks. With time running out, Marham were given a life-line in the last minute. A tired lunge by L/Cpl Jamie Thomas resulted in a penalty for Marham. Up stepped Marham's number 9, who seen his penalty cannon off the post. Crest-fallen Marham's time ran out and Akrotiri were crowned Dawson's Champions 2019. There was further celebration for one of Akrotiri's players, SAC Kris Darragh, who was named Player of the Tournament, with his impressive defensive displays throughout, ensuring the Dawson Trophy was heading to Cyprus.



SPORTS PROFILE



MR JOSHUA HEMSLEY

Who are you?

Joshua Hemsley

What sport do you participate in?

Judo

What skills do you need to undertake your sport?

Good balance, discipline and confidence

Why did you take up the sport?

I became interested in the sport whilst we lived in Buckinghamshire and once I had started it I found that it really interested me

How long have you participated in the sport?

My mum is also a former junior Scottish Judo Champion so I guess it is my blood

6 years

What are your accomplishments?

Gold Medal - British SN Open 2016
Gold Medal - Croydon Ne waza 2016
Gold Medal - British SN Open 2017
Gold Medal - British Adaptive Judo Open 2018
Gold Medal - British Adaptive Judo Open 2019
Gold Medal - Northern Home Counties 2017

Silver Medal - European ID Championships 2019
Silver Medal - High Wycombe Ne waza 2015
Silver Medal - Dutch Open 2017
Silver Medal - Kent International Open Category 2016
Silver Medal - European ID Championships 2019

Bronze Medal - Ben Van Der Memorial 2017
Bronze Medal - World ID Championships 2017
Bronze Medal - European ID Championships 2018

What are your aims and ambitions within the sport?

To compete at the Paralympic Games

What advice would you give to someone thinking about taking up the sport?

Just take it slowly there is no rush. Come along to Akrotiri Judo Club (find us on Facebook)

What do you do when you are not undertaking your sport?

I work at Akrotiri Pool as a Swimming Teacher or spend time at the gym to get stronger for judo

SAC SIMON PILKINGTON

Who are you?

SAC Simon Pilkington

What sport do you participate in?

RAF Rugby Union Academy
RAF Rugby League Academy



What skills do you need to undertake your sport?

You need to be a strong, confident individual with good listening and leadership skills

Why did you take up the sport?

I took up the sport to stay active and keep fit before joining the military

How long have you participated in the sport?

I have been playing rugby for the last 10 years



What are your accomplishments?

Since joining the RAF I have won the RAF Cup, RAF Divisional Trophy, I have captained the Academy vs the Navy to victory and played in the RAF Cyprus vs Army Cyprus Rugby Union match

I have also played for the RAF Rugby League Academy in the Interservices competition, scoring a try against the Navy

I was also captain for the Akrotiri team who won the Aki 10s this year

What are your aims and ambitions within the sport?

My aim is to push to play for both senior squads in the Interservices competition

What advice would you give to someone thinking about taking up the sport?

Come along to training and give it a go you always leave the field with a smile on your face



What do you do when you are not undertaking your sport?

If I'm not playing rugby, I enjoy going the gym or the cinema and travelling

SPORTS Clubs



Angling Club Boat



Kart Club Shade



Water Sports Club paddleboards

Financial Support for RAF Akrotiri

Over the past 18 months there have been a number of successful funding bids to external agencies. Read on for details of the funding support awarded and photos of some of the projects. If you have a welfare project that needs funding then please contact Flt Lt Dave France, OC Accts, for advice and assistance with the funding application forms.

Fund	Description	Amount
Nuffield Trust	Angling Club boat	€4,094.54
Nuffield Trust	Rugby Club music system	€5,301.76
RAF Benevolent Fund	Families Day	€1,126.30
RAF Benevolent Fund	Play Park Shades	€50,715.00
RAF Central Fund	Kart Club sun shade	€4,922.72
RAF Central Fund	Flying Club engine overhaul	€15,273.38
RAF Charitable Trust	AWSC Paddleboards	€2,547.68
RAF Charitable Trust	AWSC Boat	€675.78
RAF Charitable Trust	Music Club new equipment	€5,301.76

Club Contact Details

Club	OIC Name	Club OIC Email	Contact Number	Facebook Search
Akrotiri Football Club	Flt Lt Cater	Scott.Cater135@mod.gov.uk	00357 2527 6111	Akrotiri Football Club
Akrotiri Kart Club	FS Harris	Daryl.Harris698@mod.gov.uk	00357 97 790137	Akrotiri Kart Club
Akrotiri Music Club	Mr Thurlow	Niall.Thurlow100@mod.gov.uk	00357 2527 6992	RAF Akrotiri Music Club
Akrotiri Netball Club	Macr Wray	David.Wray509@mod.gov.uk	00357 2527 6863	Akrotiri Ladies Netball 2019/20
Akrotiri Riding Club	FS McDonough	Louisa.McDonough903@mod.gov.uk	00357 2527 6034	Akrotiri Riding Club
Akrotiri Rugby Club	Sqn Ldr Barlow	John.Barlow309@mod.gov.uk	00357 2527 5445	Akrotiri Rugby Club
Akrotiri Rugby Club (Youth)	FS Simpson	Paul.Simpson953@mod.gov.uk	00357 2527 3864	Akrotiri Youth Rugby
Akrotiri Theatre Club	Sqn Ldr Ford	AndrewFord657@mod.gov.uk	00357 2527 5493	Flamingo Theatre Club
Akrotiri Water Sports Club	Flt Lt Robins	MarkRobins100@mod.gov.uk	00357 2527 5189	RAF Akrotiri Water Sports Club
Astra Cinema	Flt Lt Taylor	Ryan.Taylor140@mod.gov.uk	00357 2527 6111	Astra Cinema Akrotiri
Flamingo Magazine	FS Blake	Phil.Blake718@mod.gov.uk	00357 2527 6111	The Flamingo Magazine
Oasis Centre	Flt Lt Rice	David.Rice146@mod.gov.uk	00357 2527 6786	Oasis Centre Akrotiri
WSBA Sub Aqua Club	Capt Bailes	Stuart.Bailes426@mod.gov.uk	00357 2527 3173	WSBA Sub Aqua Club

This table is designed to give individuals desiring involvement in a club or committee initial contact details.

All details in this table were taken from MOD SharePoint Nov 19.

Akrotiri Opening Times

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Air Cadets, No1 (Overseas) Akrotiri Sqn		1800-2030		1800-2030			
Akrotiri Underground Youth Centre	Yr 7 1800-2000		Yr 3-6 1530-1730	Yr 7+ 1800-2000	All Ages 1600-1800		
Barrack Stores	0800-1230 1300-1530	0800-1230	0800-1230	0800-1230	0800-1230		
BFBS Office	0900-1200	0900-1200	0900-1200	0900-1200	0900-1200		
Bowling Centre			1630-2230	1630-2230	1630-2230	1300-2100	1300-1800
Cashier (Public)	0900-1200		0900-1200		0900-1200		
Cashier (Service Funds)	0900-1200	0930-1200	0900-1200	0900-1200	0900-1200		
Central Registry	0830-1430	0830-1200	0830-1200	0830-1200	0830-1245		
CESSAC Café (Lady I's)	0730-1500	0730-1500	0730-1500	0730-1500	0730-1500	0830-1500	0900-1400
CESSAC Shop	0800-1500	0800-1500	0800-1500	0800-1500	0800-1500	0900-1300	0900-1200
Clothing Stores	0900-1200 1300-1500	0900-1200 1300-1500	0900-1200 1300-1500		0900-1200 1300-1500		
Coffee Pot	0800-1600	0800-1600	0800-1900	0800-1600	0800-1600	0930-1430	0930-1430
Coffee Pot (TreeTops)	0800-1515	0800-1515	0800-1515	0800-1515	0800-1515	0930-1345	0930-1345
Community Support	0730-1230	0730-1230	0730-1230	0730-1230	0730-1230		
FDLC	0800-1700	0800-1700	0800-1700	0800-1700	0800-1300		
Fiscal Office	0900-1200	0900-1200		0900-1200	0900-1200 1300-1500	0900-1200	
Forces Store (Big)	0800-1900	0800-1900	0800-1900	0800-1900	0800-1900	0800-1900	0800-1500
Forces Store (Little)	1000-2230	1000-2230	1000-2230	1000-2230	1000-2230	1000-2230	1000-2230
Garage	0800-1500	0800-1500	0800-1500	0800-1500	0800-1500	0800-1500	
Gym (RAFFT)		0830-1100		0830-1100			
Housing Office	0730-1400	0730-1300	0730-1300	0730-1300	0730-1230		
Library	0900-1200 1400-1600 1700-1900	0830-1200 1400-1600	0830-1200 1400-1600	0830-1200 1400-1600	0830-1200 1400-1600	1000-1200	
Loan Store (SSAFA)	0830-1130	0830-1130	0830-1130	0830-1130	0830-1130		
Medical Centre (Routine Apps)	0645-1345	0645-1345	0645-1345	0645-1345	0645-1345		
Medical Centre (Dental)	0645-1230 1330-1630	0645-1400	0645-1400	0645-1400	0645-1330		
Medical Centre (Pharmacy)	0730-1545	0700-1345	0830-1630	0700-1345	0700-1215		
Medical Centre (Sexual Health)					0730-1400		
MT Licencing	0730-1200 1300-1530	0900-1200 1300-1530	0730-1200 1300-1530	0900-1200	0730-1200 11.30-1400		
Passes & Permits	0730-1200 1300-1530	0730-1200 1300-1530	0730-1200	0730-1200	0730-1030		
Post Office	0730-1430	0730-1430	0730-1430	0730-1430	0730-1300		
PSF	0700-1600	0700-1600	0700-1600	0700-1600	0700-1300		
Oasis	H24	H24	H24	H24	H24	H24	H24
Rugby Club					1630-2300	1630-2300	
Recycling Centre	1000-1500	1000-1500		1000-1500	1000-1500	1000-1500	0900-1300
Watering Hole	1700-2300	1700-2300	1700-2300	1700-2300	1700-2300	1200-2300	1200-2300

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[www.algarve-retreats.com/
property-to-rent/apartment-meia.htm](http://www.algarve-retreats.com/property-to-rent/apartment-meia.htm)

Situated on the top floor of a three storey block the apartment has its own residents' swimming pool. It has the advantage of being away from the bustle of the town centre but within walking distance (5 minutes to the marina and another 5 to the town centre).

It has a twin bedroom, open plan kitchen and lounge. The kitchen has a 4-ring hob, oven, microwave, toaster and washing machine. There is a family sized bathroom, the lounge has a sofa (which converts into two more single beds) and a table to seat four, a TV and DVD are also available. Both the lounge and Bedroom have Patio doors which open onto the balcony offering views over the swimming pool and across Lagos. There is ample car parking space in front of the building.

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To book accommodation please contact Judith Hall on **01536 711884**
Apartments can also be booked very competitively at judith.hall6@btinternet.com



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