

Helicon

The Magazine of RAF Odiham **Issue 2 • 2020**

 **ROYAL
AIR FORCE
ODIHAM**





Car Insurance

You drive, we'll cover.

Tailored car insurance to meet the needs of the Military family.

Call 0151 363 5290

Visit [forcesmutual.org/car](https://www.forcesmutual.org/car)

Lines are open: Mon - Fri 9am - 5pm.

Car Insurance is provided by Royal & Sun Alliance Insurance plc.

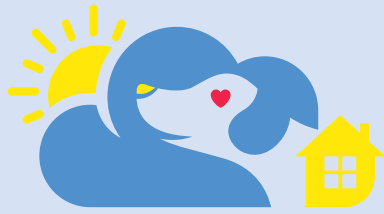
**Forces
Mutual**



*For terms and conditions of the 10% discount, please see www.forcesmutual.org/car or call 0151 363 5290.

PMGI Limited, trading as Forces Mutual, is authorised and regulated by the Financial Conduct Authority. Registered in England & Wales No. 1073408.
Registered office: Alexandra House, Queen Street, Lichfield, Staffordshire, WS13 6QS. For your security, all telephone calls are recorded and may be monitored.

PMGI2910 Advert 0520



Barking Mad

Happy Dog. Happy Holiday.
Happy You.

**Dog lovers wanted
to care for friendly
dogs whilst their
owners are away.**

**Phone Sam Walker on
01256 830705
or email**

**sam.walker@barkingmad.uk.com
BarkingMad.uk.com**

**Improve your fitness & wellbeing with a Barking Mad
four-legged personal trainer**

Barking Mad organises dog holidays as an alternative to kennels providing a free personal trainer for every one of their loving host families. In fact some host families benefit from more than one exercise companion although they all have at least one attribute in common. Four legs!

Many people want to improve their lifestyle and we all know the benefits of having a dog – better health, lower stress levels and a more robust immune system – but what about the cost? Food and vet bills can be astronomical, so how can we get all of the benefits without having to spend out?

Barking Mad offers a unique and professional alternative to kennels. So successful has the company been since its launch in Basingstoke and the surrounding areas, that proprietor Sam Walker is keen to recruit additional host families in order to keep up with the continued demand for the service.

As a host you would enjoy all the benefits of dog companionship without any of the full time or financial commitments. Barking Mad carefully match dogs with the right host families who continue their home life routines for exercising, feeding and of course that all important TLC.

Anna says "We've had some fantastic dogs to look after. They arrive with everything they need for their stay and quickly make themselves at home. It's got us out and about as a family, we've enjoyed some great walks and love all the cuddles when we get home. We can't wait for the next Barking Mad dog to arrive!"



If you would like to join in on the fun and become a Barking Mad host, contact Sam Walker on **01256 830705**, or email **sam.walker@barkingmad.uk.com**.

For information visit www.barkingmad.uk.com



Phillips

SOLICITORS
INCORPORATING
Brain Chase Coles



Bringing talented people together to achieve exceptional outcomes

Residential Property Wills & Probate Public Notary

Family Law & Mediation Dispute Resolution

Business Law Employment Law

www.phillips-law.co.uk 01256 460830 legal@phillips-law.co.uk



HELICON CONTACTS

OIC

Sqn Ldr Clare Jennings,
COS BSW

Editor

Fg Off Rosie Middleton, MCO

Deputy Editor

Fg Off Colin Carey, ADJT

Email

ODI-Helicon@mod.gov.uk

Article Submissions

Please send all articles to
odi.bsw.helicon@gmail.com

Deadline date for the next issue:
26th October 2020

PLEASE SUBMIT ALL ENTRIES
FOR THE NEXT ISSUE NO LATER
THAN THE DATE STATED ABOVE.

MESSAGE FROM THE EDITOR

The editor assumes article contributors are aware that the magazine has a wide distribution to both Service and Civilian communities and contributors are ultimately responsible for the vetting of their article submissions. The editor also assumes that the contributor has ensured that personnel included in the photographs they provide are aware and have no objection to these images being used in the magazine. Advice on content or preparation of future articles can be obtained by contacting the editor. To this end the Helicon editorial staff endeavour to ensure all articles are suitable for publication. The Helicon is the magazine of RAF Odiham and its intended audience is Station Personnel and their families. It is not an official document and the opinions expressed within it are not those of the MOD, the RAF or the editorial team.

JOIN US ON SOCIAL MEDIA



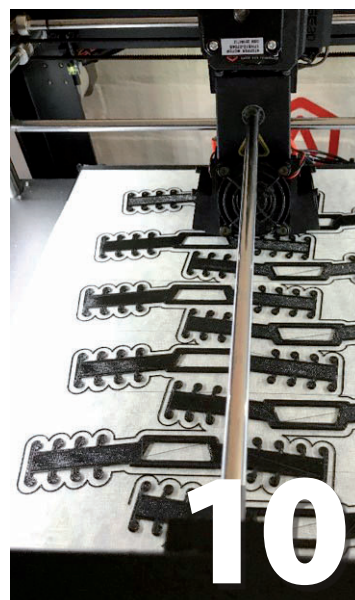
RAF Odiham Website
www.raf.mod.uk/rafodiham

ON THE COVER

Chinook Force provides support to
Op RESCRIPT

CONTENTS

Station Commander's Foreword	05
27 SQN supports Basingstoke Foodbank	06
Chinook Display Team raise money for RAFBF and RAF Association	07
RAF Families Federation	07
Chinook passes 2000 Hours Airtime	08
RAF Personnel supports NHS Frontline	09
CSC Supports NHS with 3D printing	10
RAF Odiham support Ventilator Production	11
Boxing Rookie to Champion in less than 12 months	12
BBQ Fire Safety Advice	14
RAF Odiham Infrastructure Updates	15
Padre's Peace	15
Kossler Awards	14
Photographic Section	18
RAF Benevolent Fund	19
EX Frozen Pegasus	20
SAFFA	22



Lanceprint

Lance Print Ltd,
1st Floor, Tailby House,
Bath Road,
Kettering, NN16 8NL
Tel: 01536 334 222

mike@lanceprint.co.uk
This publication was
designed and printed by
Lance Print Ltd

Designer: Laura Lang
Email: laura@lanceprint.co.uk
Advertising: Ken Kemal
Email: ken@lanceprint.co.uk

STATION COMMANDER'S FOREWORD

Gp Capt Knight

Welcome to the 2020 Issue 2 of RAF Odiham

I recall drafting my last foreword whilst isolating at home in March. Three months seems like an eternity now. Such a lot has happened in the intervening period, much of which is captured in this packed edition of Helicon. Before I continue, I offer a 'thank you' to our departed editor, Chris, and a warm welcome to his replacement, Rosie. The phrase in at the deep end springs to mind – but what a great way to start your tour!

Unsurprisingly, COVID has and continues to dominate - whether listening to the daily ministerial updates, strict adherence to social distancing, never being too far away from hand sanitiser, home schooling (I have a newfound respect for teachers), the weekly 'clapping of hands/rattling of pans' in tribute to our NHS staffs or trying to distil the government's latest guidance on restrictions. In many respects change has been the rare constant throughout the last three months and I continue to be immensely proud of, and impressed by, the Station's resilience and the manner in which our people have united as a community and navigated their way through the uncertainty caused by layer upon layer of change.

It would be all too easy to reflect on the numerous challenges presented by the virus. Instead, I choose to look to the silver linings that have emerged from the COVID cloud. At the headline we have been forced to focus on the essential: discretionary activities have been paused, meaning less exercise distractions, a healthy dose of pragmatism applied to deadlines and far fewer nugatory emails – some might consider COVID welcome respite! We have also been forced to think more creatively and innovatively:



we have introduced novel shift patterns which have largely improved work-life balance; our communications have been stress-tested with skype now the default means for conducting meetings, zoom coffee catch-ups the new type of boss's brew and virtual initiatives introduced to help those that feel isolated. We have deepened relations with local communities, received more fantastic support from our service charities, exploited cutting edge technologies like 3D printing and worked closely with industry. Most impressively, all this has been achieved whilst protecting our standing commitments - I note the impressive 2000 hours milestone in Mali. We also received international recognition for our National Standby exploits (the Kossler Award), as well as surged in support of the national COVID Response Force – life saving medevac missions and our co-responders actively engaged on the NHS frontline just some of the activities conducted by RAF Odiham.

So, who knows what the next three months will bring? A secondary wave of infection? A return to restrictions? I can't answer those questions. I do however expect change to continue to be a constant and am reassured that, irrespective of the change, Odiham will continue to 'promise and fulfil'. I wish you all a great summer.

Editor's FOREWORD

Flying Officer Rosie Middleton

Welcome to July's edition of The Helicon Magazine. I would like to introduce myself as the new Media and Communications Officer and Editor of The Helicon Magazine. I have recently taken over from Flt Lt Chris Warr who is settling into his next tour - SO3 Media Operations at RAF High Wycombe. I would like to thank him for all his efforts over the years and wish him the very best of luck for the future!

Given the circumstances we currently see ourselves in, it has been an unusual yet thoroughly rewarding time to start this new role and I am absolutely delighted to be part of the strong team here at RAF Odiham.

It has been a very eventful few months for the Chinook Force: 18(B) and 27 Squadrons have been busy on Op RESCRIPT as



part of the Aviation Task Force; station personnel have been using their skills to support the NHS where they can from innovative 3D-printing by the Chinook Support Centre to frontline support to the NHS by the team of Military Co-responders.

It has been a pleasure to collate the articles for this edition as a reminder of how the whole station and its strong community are working together and looking after each other. Thank you to all of those who have contributed to bring this edition to life and for the very warm welcome from #TeamOdiham!!



ROYAL AIR FORCE REGULAR & RESERVE

**WANT TO RETURN TO SERVICE
OR ARE YOU CONSIDERING
AN INTER SERVICE TRANSFER?**

JOBS AVAILABLE NOW

We offer a wide range of opportunities to suit you:

- **Fast entry**
- **Pay and benefits**
The Royal Air Force offers a highly competitive benefits package that includes everything from bonuses, free medical and dental to a gym membership and discounts for you and your partner.
- **Re-entry at different Rank levels**
(Subject to experience)
- **Up to age 57**

Offering full regular terms and conditions of service, and the ability for shorter engagement lengths.

NO ORDINARY JOB

**SEARCH RAF RECRUITMENT
REJOINERS & TRANSFEREES**

0345 605 5555

[f /rafrecruitment](https://www.rafrecruitment.com) [t @RAF_Recruitment](https://www.rafrecruitment.com)



PERSONNEL FROM 27 SQUADRON AT RAF ODIHAM SUPPORT BASINGSTOKE FOODBANK

On Friday 22nd May, a team of seven crewmen from 27 Squadron at RAF Odiham volunteered their time to assist Basingstoke Foodbank with its re-location which enabled them to quickly become effective at their new site and ensured they could continue to deliver vital services to the local community.

The move of approximately 12 tonnes of food stock and office furniture from two locations, took the crewmen just eight hours to complete; a task which the foodbank staff would have expected to take three days without 27 Squadron's assistance.

Strictly adhering to PHE social distancing guidance, at least 47 pallets of stock were stacked and loaded onto HGV's for shuttle runs and unloading at the new location. 27 Squadron's involvement with the stock move was pivotal due to the substantial number of foodbank staff that were shielding under COVID-19 guidelines.

Having voluntarily assisted with the move of 10 tonnes of stock during the previous foodbank stock re-location in March 2019, the services of 27 Squadron crewmen were once again requested to undertake this vitally important relocation,



safeguarding the output of this vitally important service to the local community.

The Basingstoke Foodbank is a volunteer run organisation that provides year-round support to the residents of Basingstoke and the surrounding area. The service has seen a rapid increase in demand due to the COVID-19 pandemic, whilst simultaneously facing the challenge of re-locating to a new location.

Master Aircrew Jim Fowler, a Senior Crewman on 27 Squadron said: "As per the Squadron's involvement in the previous foodbank re-location, it was a pleasure and a privilege to be able to provide support to the local community, especially during the current situation. A humbling sense of achievement was felt by everyone involved and we are hugely thankful to the foodbank staff for the belt-fed brews and endless supply of chocolate that kept us going throughout!"

Master Aircrew Jim Fowler, 27 Squadron.



digital CULTURE

WANT TO SERIOUSLY BUILD
UP YOUR SOCIAL MEDIA
SKILLS?

#JOINTHECULT
thedigitalcult.co.uk

bfbs Academy



18/19 July

VIRTUAL AIR TATTOO

ROYAL AIR FORCE
Charitable Trust
promote support encourage

www.airtattoo.com/virtual

BAE SYSTEMS



QUETTA PARK PRE-SCHOOL HAS VACANCIES.

We currently have immediate availability for
Children aged 2 to 4 years.
Both military and non-military families welcome!

**We have a "Good Provider" rating by
OFSTED.**

Contact us directly for more information.
Phone: 01252 620551
Email: quetta@aldershot-nurseries.com

CHINOOK DISPLAY TEAM RAISES OVER £4700 FOR CHARITY

RAF CHINOOK Display Team has raised over £4700 for their chosen charities RAF Benevolent Fund and RAF Association by auctioning the 2020 season badges.

The Team had already ordered the badges for the upcoming 2020 season, before the season was suspended due to Coronavirus. Keen to raise as much money as possible for their chosen charities, The Team organised an online sealed bid auction whereby the highest 100 bids were successful. In total, over 200 bids were received. The Chinook Display Team raised in total £4709.12 which was divided equally between RAF Benevolent Fund and RAF Association. Sergeant Gav (Ando) Anderson, Chinook Display Team Manager said:

"We would like to thank everyone for their support, and we look forward to seeing you all at an Air Show soon!"



RUN 5 GIVE 5 NOMINATE 5

The Chinook Display Team have dug out their running shoes and taken part in the 'Run 5, Donate 5, Nominate 5' challenge after being nominated by The RAF Falcon Display Team.

On completing their 5km runs, they donated to NHS Charities and have nominated five others to take up the challenge including RAF Odiham's Station Commander and Commander Joint Helicopter Command.

Follow us on Social Media!

Facebook: @
rafchinookdisplayteam
Twitter: @ChinookDisplay
Instagram: @rafchinookdisplay

THANK YOU

ROYAL AIR FORCE CHINOOK DISPLAY TEAM
for raising
£2354.56 for **ROYAL AIR FORCES Association**
The charity that supports the RAF family

ROYAL AIR FORCE CHINOOK DISPLAY TEAM



RAF FAMILIES FEDERATION

During the unprecedented time of COVID-19 the RAF Families Federation, along with the Annington Trust gave service families the opportunity to apply for a gift to have someone's day brightened. Many from RAF Odiham received a gift for family members or friends. Many thanks from RAF Odiham to the RAF Families Federation and the Annington Trust for this wonderful gesture.



ROYAL AIR FORCE

CHINOOKS PASS 2000 HOURS MILESTONE

SUPPORTING FRENCH OPERATIONS IN MALI

ROYAL AIR FORCE Chinooks operating in Mali, West Africa have recently passed a significant milestone in the ongoing UK mission to support the French led counter insurgency operations there.

The RAF Odiham based helicopters have now completed 2000 hrs of flying in support of the French military. RAF Chinooks began operating in Mali with the French Military during July 2018 and since then have moved over 1000 tonnes of freight and over 12000 passengers.

Currently, the CH-47 Chinooks are being flown by aircrew drawn from 18(B) Sqn and are supported by ground-based personnel drawn from across the Army and RAF who carry out three to four-month tours. The current RAF detachment commander is Wing Commander Si Elsey. He said:

"We have not lost a sortie due to COVID-19 and the French have maintained a high tempo of operations throughout. Once their troops are in the field, we re-supply them and can lift vehicles in and out as required"

The current detachment this year has flown 340 hours, lifted 247 Tonnes of freight and transported 1150 passengers since arriving in January. During this time the detachment has operated in temperatures up to 47 degrees centigrade which have been accompanied by frequent dust storms Wg Cdr Elsey also said:

"The deployed personnel have endeavoured to maintain communications with their families and generate a level of mutual support for isolated loved ones back home during this period of worldwide turmoil caused by COVID-19. Unfortunately, terrorism does not recognise pandemics, so the deployed personnel have maintained their operational focus while observing COVID-19 measures"

Sqn Ldr Singlehurst, Air M&C.



RAF Odiham Personnel Support

NHS on the Frontline

Chief Technician Phil Hunter provides military assistance to NHS as a volunteer co-responder

I'm Chief Technician Phil Hunter based at RAF Odiham as an A Tech M engineer on the Chinook helicopter. After years of working first line I'm now in a training role specialising in the monitoring and analysis of vibration and its negative effect on the aircraft. You could say I know a thing or two about carrying passengers as comfortably as possible...

I've done numerous exercises and overseas operations over the years including JACANA, TELIC, HERRICK and more recently SHADER. I was part of Op Fresco in the early 2000's which provided a fire fighting capability during times of strike action by regular crews.

I'm now assigned to Op RESCRIPT which is providing military assistance to NHS ambulance crews. As a qualified blue light response driver and already holding the C/C1 category on my license, I undertook three days of intensive training and familiarisation on the ambulances you regularly see on the roads. This allows South Central Ambulance Service (SCAS) to use me to bolster their manpower during these testing times and maximise the vehicles on the road responding to 999 calls.

On a working rota as per the full time SCAS staff, I'm assigned shifts wherever needed and am paired off with a clinician to operate the dual crewed ambulances (DCA) that you can see in the background. Most of my shifts have been out of Bracknell Ambulance Station, where all the team leaders, frontline crews and make ready staff have been very welcoming and genuinely appreciate our assistance.

In this role I don't just simply drive the ambulances; there's so much more to it than that! I get to use the skills I've learnt as a volunteer Co-Responder with the two marked ambulance cars which run out of RAF Odiham. This includes transferring and immobilising patients, taking observations (blood pressure, blood O2 saturation levels, temperature, pulse rate, blood sugar levels etc), and functioning an ECG which looks at the heart from numerous angles to confirm or deny issues such as heart attacks.

It is an extremely rewarding role to be a part of and it can be

fascinating at times. You can go from sitting with a cup of tea in the crew room to racing towards a confirmed cardiac arrest within the blink of an eye. I find it extremely humbling to be in somebody's bedroom or lounge at their hour of need, and although not every job requires blue lights and sirens, I've had several heart-breaking jobs in the few weeks I have been doing this.

SCAS are very good at supporting their staff and have numerous ways of helping or listening. More often than not I find that having an open and honest debrief immediately after any major job clears my mind ready for whatever is thrown up next.

The shifts tend to vary between 10 or 12 hours, though because of the nature of the job if you manage to finish bang on time you're very lucky!

As you can probably tell I'm really enjoying the challenge this opportunity has given me. The Co-Responder team at Odiham is always looking to recruit keen and confident service personnel of all ranks and trades who can commit to regular shifts. All training and uniform are provided and for me personally I've grown in confidence, learnt skills and had experiences which no promotion course or role within my trade could ever prepare me for.



RAF Odiham personnel provide vital support to the NHS by volunteering their time as Co-responders for the South Central Ambulance Service

RAF ODIHAM personnel are providing vital support to the NHS on the frontline of the Coronavirus pandemic by volunteering their spare time as co-responders for the South Central Ambulance Service (SCAS).

The co-responder team consists of approximately 20 personnel from RAF Odiham that are medically trained through SCAS and are providing vital frontline support to the NHS through attending 999 calls. A variety of calls have been attended by the team, including positive Coronavirus cases more recently.

RAF Odiham's co-responders Corporal Chelsea Arnold and Sergeant Richard McCarthy are full time Chinook Engineers who volunteer their time to support the community between operational tours and in addition to their demanding roles in the Royal Air Force. The co-responder team have a variety of roles in the RAF including engineers, logisticians, survival equipment experts and aircrew.

Many of the team are currently deployed as part of Operation RESCRIPT which is the RAF's support to the UK's fight against Coronavirus. These personnel have been deployed as full-time support for the South Central Ambulance by providing vital manpower and medical assistance.

The team use two marked cars which enable them to respond to urgent calls under emergency blue-light conditions. Once allocated to calls, the co-responder team are often the first people on the scene where they may be involved with gathering medical history through to performing CPR prior to receiving back up from paramedics.

Chief Technician Phil Hunter, a Chinook Engineer at RAF Odiham and co-responder said:

"It's an extremely rewarding role to be a part of and it can be fascinating at times. You can go from sitting with a cup of tea in the crew room to racing towards a confirmed cardiac arrest within the blink of an eye."

RAF Odiham's Station Commander Group Captain Nick Knight OBE MA said:

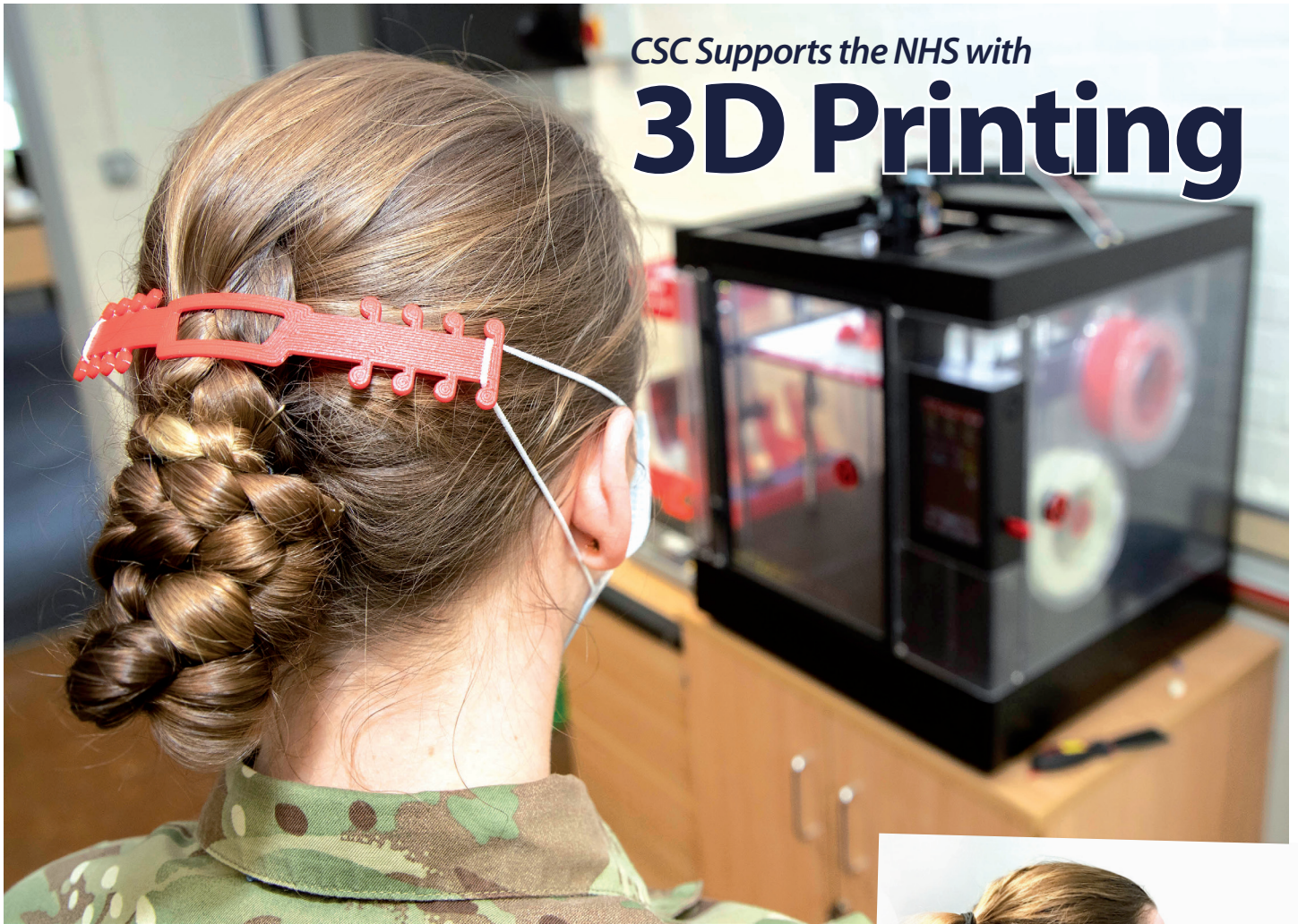
"I am delighted that our Co-responder Team here at RAF Odiham continues to support the NHS Ambulance Service during these difficult times. Many of them volunteering their own spare time alongside their demanding day jobs at this busy station. I am proud of their efforts and their willingness to play their part in this vital role."

Flying Officer Rosie Middleton, MCO.



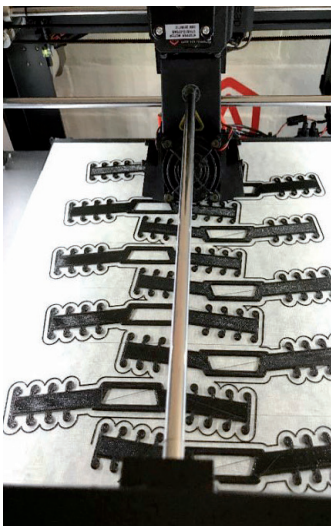
CSC Supports the NHS with

3D Printing



Chinook Support Centre at RAF Odiham supports the UK's fight against Coronavirus through innovative 3D printing of clips which improves the comfort of PPE for NHS workers.

RAF ODIHAM'S Chinook Support Centre (CSC) is supporting the NHS in the fight against Coronavirus by manufacturing and distributing supportive clips to NHS workers to



ease discomfort caused by the protective facemasks.

The CSC at RAF Odiham – a joint RAF and Boeing team, has been providing expert advice and authority for engineering matters on the Boeing Chinook aircraft as part of the RAF's support to the UK's fight against Coronavirus.

CSC Team members who have relations working within the NHS treating Coronavirus patients, quickly identified a request from the 3-D National Printing Society, supported by Government direction, to manufacture supportive clips to stand-off the elasticated straps on protective facemasks that were causing pain and discomfort during prolonged periods of use. A CSC Team member said:

"It is great to be able to use the skills and resources that are available to me in my job and to be able to support my wife during this extremely hard time

for her is really rewarding".

The 3-D printer at RAF Odiham, ordinarily used for Service Modifications and Special Fits for the Chinook aircraft, is now running 24 hours per day, seven days per week producing ten clips per run in seven hours. After a few 'false-starts', the innovative improvisation from the team at the CSC has now maximised the 3-D printer's output of this supportive clip design. Mr Mark Goodger, Officer Commanding CSC said:

"The CSC works as a cohesive team of military and industry personnel to provide engineering solutions to the Forward Chinook Fleet; this effort has been yet another example of the teamwork and engineering innovation that the CSC strives to deliver".



So far, the CSC, which is part of the Defence Equipment & Support Chinook delivery team, has produced over 120 clips and will be distributing them via team members' family contacts working within the NHS to improve the comfort of the facemasks. An NHS worker said:

"These clips are great and reduce the pressure behind your ears when wearing a facemask. An added benefit is that the movement of the mask is reduced making it more secure".

Flying Officer Rosie Middleton, MCO.

RAF ODIHAM SUPPORTS

VENTILATOR PRODUCTION

IN HAMPSHIRE

RAF ODIHAM is supporting the production of medical ventilators at a nearby factory in Hampshire to help the NHS.

The helicopter base near Hook is storing medical ventilator trolleys manufactured by McLaren Racing before they undergo further work at the Surface Technology International (STI) production facility in Hook. This support from the RAF is part of the ongoing Military Aid to Civil Authorities.

A civilian consortium made up of McLaren and other F1 teams, Ford Motor company, Airbus, Smith Medical, Penlon and GKN Aerospace has been tasked to build medical ventilators by the Government for onward delivery to the NHS in Oxford. Mark Norris, the Race Operations Director (Marketing) for McLaren said:

"McLaren is immensely grateful to the Royal Air Force and all the staff at RAF Odiham and everyone at DHL who have been helping us support the critical management of logistics with the Ventilator Challenge UK consortium. The enthusiasm and assistance from everyone involved has been amazing and the assistance from RAF Odiham will play a key role in the project's mission to support the NHS and help save lives."

Just three miles from the STI facility, RAF Odiham is providing secure storage and 24/7 access with the items stored on DHL articulated trailers before

moving forward to Hook at a rate of up to two trailers per day.

In charge of logistics at RAF Odiham is Squadron Leader Kieron Jarratt. He said:

"It's reassuring to see how different organisations, be it McLaren, DHL, Surface Technologies International and the Air Force along with Government, are all pulling together to make this huge ask possible. The Government has tasked Ventilator Challenge UK to produce 15,000 ventilators by the end of June. Without the storage at RAF Odiham for timely deliveries, the very tight production deadlines wouldn't be met."

The base's Station Commander, Group Captain Nick Knight said:

"This is another great example of teams coming together in support of the national effort against Coronavirus. RAF Odiham is proud to work alongside McLaren and the Ventilator Challenge UK Consortium in their production of ventilators which is a vital capability for the NHS front line."

Flt Lt Chris Warr,
Media Ops
Air M&C.





BOXING ROOKIE TO CHAMPION IN LESS THAN TWELVE MONTHS

SAC Samuel "Cookie" Cook, RAF Champion Boxer. Starting with a beginners boxing class in June 2019 to his first title in March 2020, it's been record-breaking year for the young Liverpoolian.

I arrived at RAF Odiham April 2019 and decided I wanted to challenge myself in a totally new sport. I was a keen footballer for years but the challenge of becoming competitive at boxing was a real ambition of mine, but I never had the opportunity previously. As such I started attending the beginner's class at RAF Odiham's Boxing Gym in June 2019. I soon found out that RAF Odiham held one of the most exciting Boxing Shows across the RAF every year and I was instantly focused on competing. I asked the two Coaches Sqn Ldr Andy Parker and Cpl Luke Willis if it was possible to box on the show to

which their reply was if I was serious then I needed to get in shape.

I weighed in at 76kg and was given a target weight of 69kg. I had to follow a strict training programme throughout the summer which involved me training three times a day; this usually consisted of a morning run at 0600, Station Circuits at 1200 and Technical Boxing at 1730. Alongside this I placed myself on a strict diet plan and with a lot of help from my wife, together we meal prepped weekly. I was then asked to come down to a sparring session with the already established boxers within the club which also involved two elite boxers, so as you can imagine the standard was unbelievably high.

I was sparring once, sometimes twice a week and after making some real progress Sqn Ldr Andy Parker organised sparring sessions against other local civilian gyms in Portsmouth and Basingstoke which helped me gain some valuable experience and built my confidence going into my first ever bout.

Two months went by and I stood on the scales again. I had surpassed my 69kg target weight and weighed in at 67kg. I was totally shocked; the weight had just seemed to fly off me. The coaches then set me a new target weight to make the 64kg category to which I achieved within a couple of weeks.

25/10/2019 – My first bout came against the Army, Mercian Regiment, on the RAF Odiham Show. The pressure of competing in front of hundreds of people consisting of friends, colleagues and my wife was massive and unlike anything I had felt before. I managed to win the bout by TKO within the first 40 seconds, by knocking my

opponent down twice leaving him unable to continue.

If I am being honest, I was only planning on dipping my toe in the world of boxing but after winning I was hooked. The coaches were fantastic at the club and they managed to get me back out and I was boxing again within a few weeks.

21/11/2019 – For my next bout I boxed against The Royal Engineers. I gave my opponent a standing count in the first round, but he managed to carry on and we went the full three rounds which culminated in me winning on a unanimous points decision.

30/11/2020 – I was then asked if I wanted to box on the Channel Islands for my third fight on a civilian show in Jersey, boxing alongside elite boxers from both the RAF and Navy. I was up against a more experienced boxer who had five bouts to his name. I won on a unanimous decision from the judges after my toughest fight to date. I gained a lot of confidence from this show as it was a civilian

set up and I was on the other end of the cosh as they had hundreds in support. I could see massive progress from my first two bouts as the experience started to show. This time I was more cool, calm and collected during the three rounds.

Prep then began for The Lord Wakefield's Championship at RAF Cranwell with a virtually identical gruelling training programme after a heavy Christmas break. I got to work straight away in the gym stripping the weight and after four weeks I was

back down to 64kg. Now I was back on track I found myself spending more and more time in the gym after sessions with the coaches just trying to perfect what I had been shown.

14/03/2020 – Start of The Lord Wakefield Championships and my fourth bout was against RAF Northolt Regiment to which I started fast, flooring my opponent within the first minute of round one. After the bell rang for round two, I started to see openings as I was wearing him down and I capitalised on this in round three flooring him twice. This left him no longer able to continue, and I was through to the semi-finals.

15/03/2020 – My fifth bout, the semi-final, was next, against the RAF Regiment. Both of our records

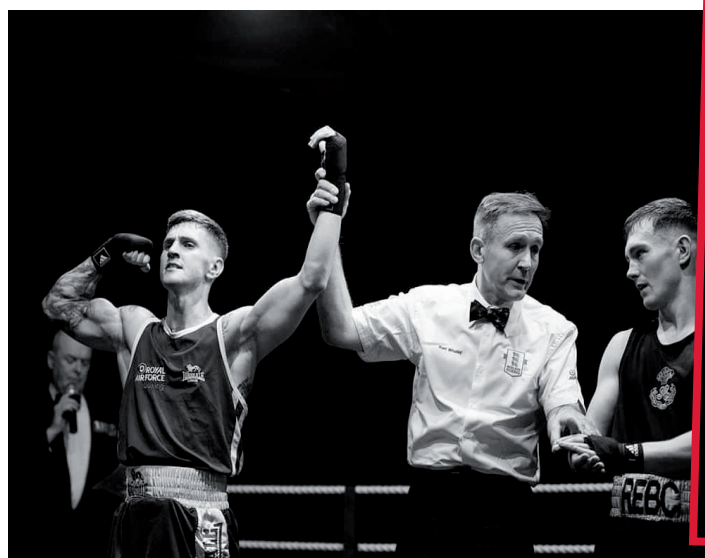
read 4-0 for what made a highly anticipated bout. Somebody's 0 had to go! Round one begun and I worked the body until he dropped his hands and that's when I caught him with a left hook which floored him at the end of round one only for the bell to ring and bring things to a temporary halt. Round two started and I caught him flush with another left hook flooring him again this time bringing the bout to a stop. I was through to the final.

16/03/2020 – My sixth bout and the Final of The Lord Wakefield's Championship against RAF Regiment. I out worked my opponent from the first bell, using my jab and controlling the correct distances throughout the three rounds. I won with a unanimous decision becoming the 64kg Lord Wakefield Champion.

I also went on to win the award for Best Boxer of the tournament.

Nothing you can really do can prepare you for fighting three opponents over three days; it was the biggest test I had ever faced. I am just glad to have been given the opportunity to achieve something like this and want to say a massive thank you to everyone involved in RAF Odiham's Boxing Club for getting me to this point, and to RAFBA for putting on a great show for all the boxers who competed, what an experience.

Cookie has already achieved more in just 11 months than most do in a lifetime dedicated to the sport. With an ambition to train with the elites and aspirations of competing in the inter-services, this is only the start of what is sure to be an incredible career.



Storing Gas Cylinders

Liquid Petroleum Gas (LPG) is an excellent fuel for heating and cooking. LPG cylinders are safe if used correctly. However, if stored or used incorrectly, LPG can be extremely dangerous.

Therefore the following safety precautions should be taken:

- Don't keep more cylinders than you need.
- Ideally cylinders should be stored outside in a well ventilated area, be carried and stored upright at all times and away from direct sunlight.
- If cylinders need to be stored inside, then they should be kept in the garage or shed, NOT in the house, with plenty of ventilation provided and all ignition sources removed.
- Ensure valves are turned off firmly when not in use.



Be Safe Not Sorry

Repercussions of Bad Fire Safety Management

By bad practices and by ignoring basic fire safety advice you could be putting your house or living accommodation at risk.

The following show what happened when a disposable barbecue was put in a wheelie bin that was located against the outside wall of a married quarter.

Your accommodation is your home - look after it

For further information contact your nearest DFRMO Group office

Sponsored by:
DFRMO HQ FSBU GM FS Co-ord

Designed by Design Studio, HQ LF X6019



Defence Fire Risk
Management
Organisation



Introduction

Fire safety and prevention should not stop outside the home. Carelessness outdoors while barbecuing or camping can have fatal results. Fires can also destroy huge areas of countryside, peoples property and cause serious injuries and fatalities. By asking questions, surfing the internet or even reading this leaflet you will know what measures you should take to prevent fires and injury whilst barbecuing.

Eating and drinking outdoors, especially in the summer months during the hot weather, is hugely popular in the UK; in 2005 we Brits enjoyed some 100 million barbecues.

Barbecue Safety

Whether you are in the garden or out camping, following these simple tips to barbecue safely and you will avoid injury or damage to property from fire:



Always:

- Make sure your barbecue site is flat and well away from fences, sheds, trees and shrubs.
- Keep a bucket of water or a garden hose nearby and at the ready, in case of emergencies.
- Use only enough charcoal to cover the base of the barbecue to a depth of about 5 cm (2 inches).
- Keep children, garden games and pets away from the cooking area.
- Enjoy yourself - but don't drink too much if you are in charge of the barbecue.
- After cooking, make sure the barbecue is cool before trying to move it.
- Empty ashes onto bare soil, not into the bin.
- Allow to cool for 24 hours, or with disposable barbecues, totally immerse in water for at least 1 hour before disposal.

Never:

- Use petrol or paraffin to start, or revive your barbecue - use only fire lighters or purpose for use starter fuel on cold coals.
- Place disposable barbecues directly onto grass, vegetation or any other combustible material.
- Place charcoal or disposable barbecues into plastic bins or wheelie bins if they are hot, they can melt the plastic and cause a fire.
- Leave unattended.

Gas Barbecues

Follow these extra tips if you are using a gas barbecue:

- Make sure your barbecue is in good working order. Check for signs of damage, paying particular attention to gas tubing, connections and valves.
- Before using the barbecue for the first time in the season make sure it has been cleaned and there are no deposits of unburned fat remaining from when it was previously used.
- Always allow the barbecue time to cool and remove the gas cylinder before storage.
- When you have finished cooking, turn off the gas supply at the cylinder before you turn off the barbecue controls. This means any gas in the pipeline will be used up.
- Never over-tighten joints.
- Read the manufacturers instructions thoroughly before use the first time to ensure you understand the workings and controls of the equipment, and at any time necessary afterwards.



**Have You a Fire
Action Plan and
know what action
to take should
you have a fire**

RAF ODIHAM INFRASTRUCTURE UPDATES

Charlie Dispersal Lighting Stanchions

Dyer and Butler, a company more used to working at Heathrow and Gatwick, are currently excavating Charlie Dispersal in order to install new modern, compliant lighting, thus improving conditions for the 18 and 27 Sqn engineers. An opportunity was taken to repair some of the damaged concrete on Charlie Dispersal once the main job was completed. The areas were excavated, and covered over with plates to enable trafficking, before being refilled with concrete.

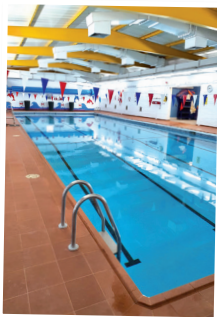


Swimming Pool Upgrades

The swimming pool surround flooring was initially installed in 2017, but unfortunately it started to fail, causing trip hazards and bacteria issues in the water. Amey carried out a professional survey of the pool flooring which provided various COAs.

Funding was agreed for FY 19/20 to completely resurface the pool surround with a terracotta slip-free pool tile. In December 2019 during the Christmas leave period, works started and was completed in mid-January 2020.

The pool now has a safe and compliant surround that is durable and decidedly Mediterranean!



Making Complaints

If works are not completed within the response priority timelines or not to the required standard or it is affecting operational output, then the following procedure should be followed.

Make a complaint via the **Amey Help Desk on 0800 707 600 Option 2 then 5** to ensure that complaints are properly recorded advising that you wish to make a complaint about a job that is already raised and quote the Reference Number that you were given on initially raising the works request

If the work is still not completed following a complaint, please raise the problem via your CoC to the OC SSS team who will then investigate with on site DIO and Amey Pers and look to resolve the situation as soon as possible.

0800 707 6000
Option 2 then 3 - Repairs
Option 2 then 5 - Complaints

Padre Martin Sheldon

Hello,

Don't the birds sound louder, for the lack of traffic? Don't the stars seem brighter, for the clearer skies?

It's been heartening since the COVID lockdown, here at RAF Odiham, to look up in wonder and joy at the night sky, the beautiful moon and the brilliant Venus. We've had the thrill, too, of watching the International Space Station (ISS) orbiting overhead, and the world's first launching to the ISS of two astronauts from NASA aboard a spacecraft built by Elon Musk's SpaceX. What an amazing sight this was.

And what a sight it must be for them all, to look back down, at us, from 200 miles up. In fact, the view of Earth from space evokes what's known as 'the overview effect' in astronauts; a sense of awe and wonder, of connectedness to all life, and a oneness with the universe. It's like a God's-eye view of the bigger picture during this time, that we're all at 'home' down here, together, even if getting out and about and meeting others has been an issue for us. Isolation, as new as it has been for many, is not exclusive to our community. Astronauts on the ISS also know about this aspect of life and a few have shared their experiences and wisdom since the spread of coronavirus.

Anne McClain, who spent six months on the ISS, talked about stress, something felt by people I have seen recently, when she said:

"Stress happens when expectations aren't in line with reality. When we can't change reality, it's best to focus on our expectations..."

"...Expect to do things differently. Expect to need to adapt. Expect to be out of your comfort zone. Expect to put others first."

During the time of COVID the Church has journeyed through Lent, Easter, the Ascension of Jesus to Heaven and more recently Pentecost - when the Holy Spirit was sent to guide and strengthen us in life. These are special times in the year when we remember the trials of Jesus in the wilderness, his death and resurrection at Easter, and reflect on Jesus' own expectations of his ministry.

Jesus lived in changing times as he sought to bring about the Kingdom of God on Earth. He knew the bigger picture of why he was sent to Earth. Why he was to offer up his life for humanity. Why he had to challenge the ways of the religious leaders of his day and speak truth into power about the moral imperative of love for God and love for neighbour that had been lost.

And to think, as we learn to readjust our expectations at this testing time, to turn our face to what lies ahead, and deal with the inevitable stress this brings to our lives. Every single one of us is seen and known by God, just like the stars of the night sky; for we can always take comfort that we are surrounded by the mesmerising and awe-inspiring Love of God.

Padre Martin



Kossler Award



Royal Air Force Odiham's Chinook Force announced winners of the Vertical Flight Society KOSSLER Award

RAF ODIHAM'S Chinook Force have been announced as the winners of the Vertical Flight Society Kossler Award for their work at Todbrook Reservoir, helping to save the village of Whaley Bridge in Derbyshire in 2019.

The Chinook crews were nominated by Boeing for their unprecedented work carried out in moving ballast into the damaged dam wall. Eight crew members flew three Chinooks for 58 flying hours and delivered over 600 tons of aggregate over a six-day period ensuring the integrity of the dam, while emergency services worked around the clock to drain millions of gallons of water.

The Society's Captain William J. Kossler, USCG Award is given for the greatest achievement in the practical application or operation of vertical flight aircraft, the value of which has been demonstrated by actual service during the preceding 18 months.

The Society's Awards Program was initiated in 1944 and over the years has paid tribute to the world's outstanding leaders in industry, government and

academia. The number of awards presented annually has grown steadily, as has the prestige and importance associated with them. The Vertical Flight Society Awards Program acts as a catalyst for stimulating technological advances in vertical flight aircraft.

The Chinook Helicopter is the backbone of the RAF's Heavy Rotary Lift capability and has been involved in multiple Military Aid to Civilian Authority tasks as far reaching as Hurricane Irma in 2017 and is no stranger over the skies of Britain. RAF Odiham hold 24 hours readiness 365 days of the year to

support the UK and its allies both at home and overseas.

On the successful award nomination, Anna Keeling, managing director, Boeing Defence UK said:

"On behalf of everyone at Boeing, I'd like to extend a huge thank you to the UK Chinook Force for what it did in Derbyshire. The prestigious Kossler Award is well-deserved recognition, and Boeing is proud to partner with the Chinook Force, working closely with the RAF to ensure mission readiness to provide disaster relief during times of national crisis."



RAF Odiham's Station Commander, Group Captain Nicholas Knight OBE MA said:

"The Chinook is an iconic aircraft that offers Defence a huge capability. Whaley Bridge is just one example of how the Chinook can help support local communities throughout the UK. We must also thank those at Joint Helicopter Support Squadron at RAF Benson too which acted as a critical force enabler at Whaley Bridge. It is a privilege to have won this prestigious award - on the Chinook Force we feel humbled to be recognised amongst such an outstanding cadre of previous winners."

RAF Odiham's Chief of Staff, Wing Commander Sarah Moorehead said:

"It is fantastic that the effort of the Chinook Force, in support of Whaley Bridge, has been internationally recognised by the Vertical Flight Society and I am grateful to Boeing for nominating us. This award represents a truly whole force effort, led by the dedicated and professional aircrews of 18(B) and 27 Squadrons, of which we are all incredibly proud."

Master Aircrew Lee Renard said:

"Receiving this award is a huge privilege for the Squadron, Station and the Chinook Force. It was truly inspiring to be part of the collective effort that saved Whaley Bridge. We often think of the Chinook as a battlefield helicopter used overseas, but I hope tasks such as this will show the Great British public that we are here for them 24/7 365 days a year."

Flying Officer Rosie Middleton, MCO.



ROYAL
AIR FORCE

These days, it's not unusual to be suffering from internet overload.



You, the internet and your wellbeing.



www.getsafeonline.org

Have a digital detox.

We've put together some tips to help you reduce the actual and potential mental health issues associated with being online during these difficult times. They're easy to follow and really could help you get back on top of your online life.



- Take some time to consider the online activities that cause negative thoughts, and those that make you feel good. Write down and refer back to things that trigger negative thoughts. Change your online habits accordingly.
- Set yourself realistic targets about the amount of time you spend online.
- Think about your own mental health alongside worrying about that of others. If you're ill, you won't be there to support others at all.
- Don't overpromise participation in either work or social virtual calls. Don't be afraid to say 'no'. At work, talk to your line manager if you're feeling overloaded.
- Search for online content about wellbeing and mindfulness, with the help of recommendations and positive reviews. Follow the advice. Also consider using online self-help courses, such as those offered by the NHS. Some therapists are also offering sessions online.
- Similarly, consider seeking professional help for actual or potential addictive or obsessive behaviours including gambling, excessive gaming or even overspending online.
- Remember that not everything you read online (or offline) is factual, including on social media platforms and sensational news sites. Stop using sites or apps that spread fake news, and block people and organisations that persist in misinformation, whatever their motives.
- Talk to a friend, colleague or family member about your feelings. They may have some suggestions, but even if not, it can be good to get things off your chest. Remember that you can also get help from the RAF Personal Support and Social Work Service.

#RAFsafeline

These days, we're all spending considerably more time online, whether it's doing the shopping we'd normally go out for, socialising we'd normally meet up for, classwork our children would normally go to school for or remote meetings we'd normally get together for. Many of us are also whiling away many more hours on social media and other sites for our relaxation.

The internet has really come into its own during lockdown. But for many of us, there's a downside too: the potential of mental health issues resulting from – or increased by – our increased use of it.

Experiencing the following and other commonplace issues is perfectly normal, and you're certainly not alone in doing so. Remember, it's OK not to be OK.

- Comparing yourself to others on social media sites and other forums, resulting in low self-esteem if their posts are very positive ... or apprehension if they're negative.
- The need to constantly check your social media accounts, the latest COVID-19 news updates and even weather forecast apps.
- Repetitive anxiety from endless reading about and discussing emerging from lockdown and how the 'new normal' will look.
- Viewing aspirational content and photos of, for example, holiday destinations (including the one you'd booked), or body image (when you may have put on a few kilos during lockdown).
- Sleeping difficulties caused by late-night use of your phone and its apps, for whatever purpose.
- Increased feelings of loneliness from the reality that encounters with loved ones and friends are always only virtual, and not in person.
- Video call overload, with one meeting after another on weekdays – with accompanying frustrations over anything from poor bandwidth to how you look on screen. As if that isn't enough, you then have to deal with invitations for virtual social chats too.
- Stress resulting from supporting others online and either being affected by their problems or feeling inadequate because you can't be there for them, face-to-face.
- Getting into habits like online gambling to pass the time and attempt to 'improve' your life.
- As a parent, grandparent or guardian, stress when it's difficult or impossible for you to help with online home schooling.
- Withdrawal caused by excessive hours spent online.

ROYAL
AIR FORCE

Get Safe Online

Get Safe Online is the UK's leading source of information and advice on online safety and security, for the public and small businesses. It is a not-for-profit, public/private sector partnership backed by a number of government departments, law enforcement agencies and leading organisations in internet security, banking and retail.



For more information and expert, easy-to-follow, impartial advice on safeguarding yourself, your family, finances, devices and workplace, visit www.getsafeonline.org



www.getsafeonline.org

ROYAL
AIR FORCE





Photographic Section



RAF Benevolent Fund provides activity packs for RAF Odiham families

Families at RAF Odiham have received activity packs to help keep children occupied during the ongoing coronavirus lockdown. The activity packs are the result of a grant awarded by the RAF Benevolent Fund, the Royal Air Force's leading welfare charity.

The Fund has made £2,500 available for each RAF station to provide an activity and wellbeing pack for RAF children who will be missing out on its Airplay youth support sessions which have been temporarily paused.

The packs provided to families at RAF Odiham included craft activities, colouring pens and crayons, badges, puzzles, card games, a No Worries book for anxious children and a Cloud Nine handbook.

Group Captain Nick Knight, Station Commander at RAF Odiham, said: "We are dealing with unprecedented circumstances. Coronavirus has been labelled as a once in a century occurrence and presents a number of concerns for our people ranging from personal anxiety over health issues, to financial and childcare responsibilities.

"The RAF Benevolent Fund has again recognised these challenges and supported our service personnel and their families both in terms of financial support, which has enabled the purchase and

distribution of the welfare activities packs, but they have also increased their mental health support through increased online tools. Thank you, RAF Benevolent Fund."

The RAF Benevolent Fund provides financial, emotional and practical assistance to serving and retired RAF personnel and their families. This includes grants to help with financial difficulty, specialist advice on benefits, support with care needs, and more. In 2019, the RAF Benevolent Fund spent almost £200,000 supporting personnel and their families at RAF Odiham.

Sarah Squire added: "My seven- and eight-year-old children have shown real resilience with the changes that the coronavirus pandemic has brought upon us. Unfortunately, this coincided with my husband being deployed.

"We'd tried to prepare them, but the lack of routine made this harder than expected. Bored and frustrated, they began taking it out on each other. Thankfully, the activity pack arrived just in time. Looking through the worry book helped them understand and express their feelings better, and now they can put their badges on every day to feel closer to their daddy."

Jemma Mullan agreed: *"The current crisis has been tough on us, so the activity packs have been a big help. I work in an emergency department so we decided as a family that it would be safest for me move away from the family home to protect the children.*

"Our eldest has always found it hard being a military child, so the book helping with his emotions was a great way to divert his

attention elsewhere and show him different ways to manage his feelings. The younger two had

been harder to keep entertained, so these activities have really saved the day."



AIRPLAY DIGITAL LAUNCHES FOR CHILDREN AT RAF ODIHAM

The RAF Benevolent Fund has launched Airplay Digital for children and young people at RAF Odiham to access.

The platform, developed by the Fund's Airplay partners Action for Children, was due to be introduced later this year but has been brought forward to help children who are isolated while at home under lockdown restrictions.

The platform allows Airplay youth workers to reach children who might live away from RAF stations or even overseas and engage them in activities. It also enables them to be there for children who are facing the challenges of being part of a military family, like parents being deployed or having to move schools. The platform includes ideas on activities that young people can do, weekly themes and challenges, a noticeboard for sharing photos and posts and monthly Focus Groups.

Visit rafbf.org/airplay to find out more about to access Airplay Digital.

Alison Wyman, Head of Strategy and Programmes at the RAF Benevolent Fund, said:

"We're so excited to be launching this new digital facility for young people to stay in touch with Airplay wherever they are. We are only too aware of the challenges they face and Airplay Digital gives our youth workers the opportunity to continue to engage with youngsters during these challenging times and beyond."



 **Royal Air Force Benevolent Fund**



EX FROZEN PEGASUS

18(B) SQUADRON'S 2020 SKI EXPEDITION, CHAMONIX, FRANCE

Cast your minds back to the halcyon days of March, 2020, where you were free to go as you pleased, there were no queues in supermarkets and face masks were confined to MOD 1-3!



This is the time when 18 personnel, pilots, engineers, ops assistants and even an IntO, from 18(B) Sqn journeyed to the UCPA centre in Chamonix, France. Little did they know this was to be the resort's final week of skiing for the season! With a delayed outbound flight, we arrived at the hostel with minutes to spare before close. After dinner and with bunk beds allocated we ventured out into the town for a recce, locating the shops, restaurants, Main Square and a small bar which by chance had some live music and a fancy dress 80's party. Chamonix as a resort is very different to your typical ski destination. It is a mixture of smaller piste locations connected by a very efficient bus service but a far cry from the holiday luxury of ski in, ski out – this is adventurous training after all! Our

location for the exped was also driven by keeping the cost down and Chamonix whilst workable for beginners is a mecca for experienced skiers who ski tour into the back country for more technical and advanced skiing.

The UCPA hostel included a buffet style breakfast, with enough bread that a Chinook would struggle to lift and the option to make packed lunches to take on the 'hill'. You could make sausage sandwiches, pre-pack your own salad, package up some cake, all they asked was that you re-use the plastic bag as they aimed to be an environmentally friendly and non-profit organisation.

It also had its own ski shop where we could get our skis and boots fitted and adjusted and down the corridor were the boot driers and ski store. A convenient set-up that made the 'admin' side of skiing a lot easier and maximised our time on the slopes.

To assist recovery they also had daily stretching sessions, just before the essential coffee and cake as a stop gap before dinner. Our aim whilst in Chamonix was to gain the Ski Foundation 1 or Basic Winter Resilience Training foundation. You can also get this qual for free through the RAF Snow Eagle schemes run out of the Robson Resilience Centre (Bavaria) and this is a pre-requisite for SF 2 and if you progress, then onto SF3. But to do this you need instructors and we were lucky enough to have Flt Lt Tim Griffith on 18(B) Sqn who was a recently qualified Ski Leader 2 instructor, as well as Sgt Iona Kelly who joined us from Tactical Supply Wing (TSW) based at MOD Stafford. Our first skiing day saw us

head to Flégère, where Iona had the challenge of taking those who had never even seen a set of skis before, to getting them down a green run by the end of the day. Iona took the group through the very basics from simply getting on and off the ski's to the much loved snowplough. The area used for these lessons was rather busy so it was decided we would move on to another, quieter resort with a nice drag slope to get some downhill action going. Within a few hours the whole group were confidently ploughing all the way down the gentle green slope and eventually finishing the day on an actual blue run. It was short but it was still a 'proper' run!

For our second day we headed up to Brevant where the other group were challenged on a black run, it was a steep run which narrowed in places but was at the lower end of the black category. Apart from some minor incidents the whole group managed to battle their way down and fulfilled a sense of achievement from this descent.

After conquering the black early on, we followed a sweeping red run through the forest down into the small village below where we stopped at a little café for refreshments and a basic avalanche awareness brief delivered by our instructor Flt Lt Tim Griffith.

Once complete we headed back up and decided to test our newly imparted knowledge from our instructor, which we'd received that morning, on a red run down. The results were of differing degrees of success and Sgt Ben 'Turts' Turton decided this was a good chance to see how

good the powder was up close. Our third day saw us get the bus to the Argentière resort where we focused in on developing technique with both instructors picking out individual pointers for each member and just before lunch filming everyone individually down a blue run. We stopped at a café photographed below, for some food and each went over for a debrief of our technique where we were given positives and specific things to work on for the afternoon. This video analysis really helped to point out certain areas of improvement for our technique and the group came on leaps and bounds improving throughout the afternoon. Argentière was a more relaxing resort with reds and blues where we could really work on these areas. After skiing we got the bus back and both groups went out for Pizza and Calzone, sharing stories of the days skiing.

Over the last few days it became clear to the novice group exactly what Iona's instructing tactic was. They'd often 'end up' at the top of an immensely steep red run having only done 1 or 2 blues. Surprise surprise, no more than a day later the group found themselves peering over the edge of a black run, again, having only done 1 or 2 steep reds and had no other way down other than that route. Fight, flight or freeze! They all made it down and feeling somewhat accomplished decided to call it a day there, all in agreement that they had been placed in 'stretch'! In the morning we once again got the bus, but this time to the





resort of Balme, ready for a long days skiing. Today we challenged ourselves on a timed slalom run of which the second corner claimed more than half of its victims.

The photograph below captures instructor Tim showing the group how it's done and if you have a spare hour he'll tell you all about the time he was in the RAF ski team! It was this day that also produced one of the exped's highlights when SAC(T) Jonathon 'Rusty' Marshal, keen to impress, showed his love for wild life as he went for a closer look. After some good Skiing we stopped for a well-deserved break in a small café near the bottom of the mountain. And after a successful afternoon skiing and an intensive week, the group had dinner and met up for a drink in a small café in the town before having an early night.

On our final day of skiing we were confronted with the worst weather of the week. We pushed on with both groups skiing together back in Brevent. With white out conditions due to low cloud cover on the slopes it tested everyone especially judging speed, distance and direction. This final day skiing was the most challenging and after the first run it was decided that the conditions were not getting any better. A small, supervised group continued testing themselves in the challenging conditions doing another two runs before returning to the café to wait out for an improvement. Some of this small group who persisted with the deteriorating conditions consisted of the people from the

novice group who had never even touched a set of skis before; this is testament to Sgt Iona Kelly's calm, albeit relentless, instruction.

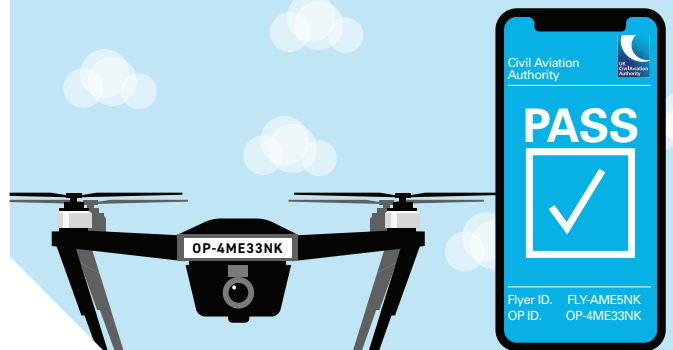
Eventually after exploring multiple runs we found a small clearing in the cloud cover and carved down into the forest following the sweeping reds on some untouched piste. We repeated this run a few more times going through the white out and down into the small village below. Until our time was up and the week's skiing had come to an end and we were waiting for the bus one last time. Ex Frozen Pegasus was a success with the whole group achieving their SF1 qualification. The challenge didn't stop there though. As news broke of restrictions being imposed due to COVID-19, we travelled to Geneva airport with bated breath, fortunately we all returned without incident, to find out that all ski resorts had been shut four hours after we left!

This Ex came as a welcome break from the rigour of a demanding operation, exercise and national standby cycle and a big thank you must be given to both instructors for their determination and hard work throughout the week. As well as RAF Odiham PED Flt for their guidance in organising the exped and to Mrs Jacqui Nethercott in accounts for her patience in assisting with the financial administration and constant barrage of emails!

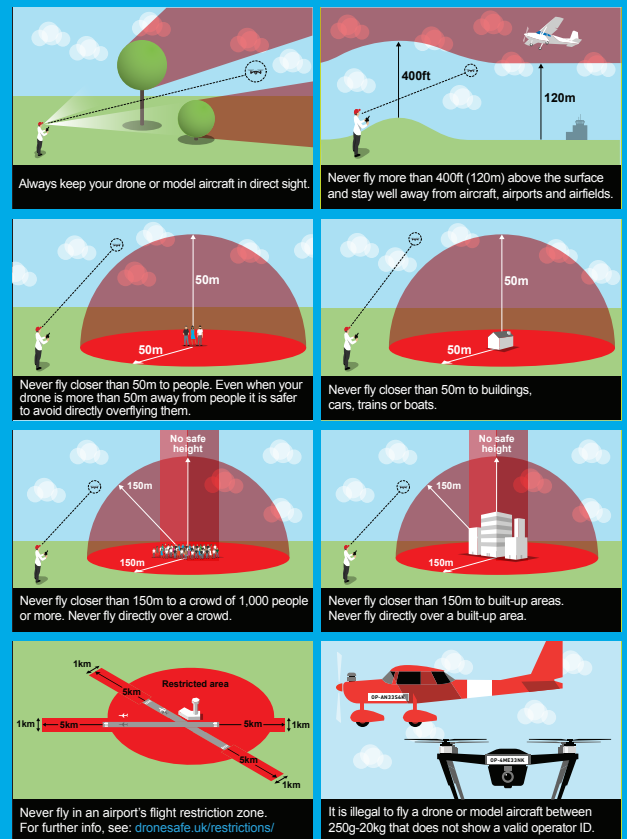
Until next time! Animo et fide!
– SAC Jordan Amps and
Flt Lt Williams



THE DRONE CODE



You must pass the drone test and register with the CAA before you fly at [Register-drones.caa.co.uk](https://register-drones.caa.co.uk)



You are responsible for each flight. Legal responsibility lies with you. Failure to fly responsibly could result in criminal prosecution.



THE DRONE CODE

The UK Dronecode is published by the Civil Aviation Authority to assist drone users in flying safely.

October 2019

For further information please visit dronesafe.uk



SAFA 4 NIGHT STAY

SIGN UP TO SSAFA'S FAMILY BREAK
IN EXMOOR NOW, SUPPORTED BY
ANNINGTON TRUST

4-night break for military families with
additional needs children now taking
applications

Come and join us again for SSAFA's family fun-filled adventure break! This is a free mid-week residential, open exclusively to military families with children who have additional needs and disabilities – and siblings are welcome too.

Running from Monday 26 October - Friday 30 October 2020
at The Calvert Trust, there are 60 spaces available
on a first-come, first-served basis.

The Calvert Trust is a fully accessible centre which "enables people with physical, learning, behaviour and sensory disabilities to experience exciting, challenging and enjoyable outdoor activities." The aim is to give military families the opportunity to spend quality time together whilst challenging themselves through outdoor activities and seeing each other achieve.

In a beautiful setting overlooking a Devon reservoir, with three hot meals a day provided, families can bond over daily activities such as:

**Horse riding
Kayaking
Biking
Sailing
Archery
Abseiling
Bush craft
Low ropes**

If you are interested in attending:

Get in touch with Frances Robinson, Additional Needs and Disability Advisor, for more information on how to apply: email ANDA@ssafa.org.uk or call 0207 463 9315

Eligibility:

- All children within the family must be between 3-18 years.
- Children are dependents of a current serving person or reservist.
 - One child attending must have an additional need and/or disability
- At least one parent must attend the break with their children.



ssafa the
Armed Forces
charity

Presents

VE Day
75

With

Daily Mail



SSAFA, the UK's oldest national tri-service military charity, announces that VE Day 75 With The Daily Mail has been rescheduled for Sunday 20 September 2020.

Tickets already purchased for the Royal Albert Hall will be valid for the new date.

The Royal Albert Hall will contact all patrons with details of how to request a refund if they cannot make the new date.

Cinema tickets will be back on sale in due course via local cinemas. Ticket holders should contact their local cinema box office directly to confirm it is screening this event on the new date or to receive a refund.

In the meantime, to be kept informed about updates and news in connection with the event, the public should sign up via the official event site at www.veday75.co.uk.

The organisers of VE Day 75 would like to thank everyone for their support and understanding at this challenging time.

SSAFA ARE HERE TO SUPPORT RAF PERSONNEL AND THEIR FAMILIES DURING COVID-19

SSAFA'S PERSONAL SUPPORT & SOCIAL WORK
SERVICE SEND STRONG MESSAGE TO REACH OUT
FOR SUPPORT DURING THESE DIFFICULT TIMES

SSAFA's RAF Personal Support & Social Work
Services are here to support personnel and
their families through Covid-19.

Due to the most recent advice from the Government
regarding Covid-19, PS & SWS RAF are operating
from a remote working environment.

If you are a current user of the service or know
someone that might need their support,
please reach out or pass on the message.

Telephone: 03000 111 723
Email: psswsRAF@ssafa.org.uk

ssafa | the
Armed Forces
charity



Armed forces
discount

Why fit in when you were born to stand out?

Jubilee Gems is a small and friendly, term time nursery set in rural West Berkshire with a passion for outdoor learning and play.



For babies and children aged 3 months to 5 years old
Set in 60 acres of farmland and woodland
Experts in Forest School learning
Freshly prepared food
Funding available

For more information please visit:

www.jubileegems.co.uk

School Road, Padworth, RG7 4JA | 0118 983 4018 | info@jubileegems.co.uk



SLOANE

www.sloanehelicopters.com

sales engineering flight operations

Flying courses for professional pilot qualifications



Approved Learning
ELCAS
Provider

Our helicopter flight training facilities enable us to offer beginner to refresher courses, right up to professional pilot qualifications. Courses include the **Instrument Rating Course, Flight Instructor Course, Commercial Pilot Licence, Private Pilot Licence** and many more...

For more information on what the Sloane Flying School can offer you, call now on +44(0)1604 790595 or email us at training@sloanehelicopters.com

THE LOCAL GARAGE SERVING YOUR COMMUNITY

20%
Forces Discount
on MOT's & Servicing



SERVICING



MOTS



TYRES & EXHAUSTS



CAR SALES



THE PLOUGH GARAGE

Mill Lane, Crondall, Farnham, Surrey GU10 5RP
Telephone 01252 850460 www.theploughgarage.com

We are on the A287 Farnham-Odiham road, next to M&S Simply Food



ALPHA CARS
01256 444 444

DOWNLOAD THE APP

Simple and easy to use, No phone call needed, Tracking system with real time information, **PRIORITY SERVICE** over phone call bookings

FRAMEMAKERS

www.frame makers galleries.com



- Bespoke Picture Framing
- Gallery - Limited Edition Prints & Original Paintings
- Ready Made Frames
- Sculptures

Military
Discount
on
Bespoke
Framing

FRAMEMAKERS, 15 WOTE STREET,
BASINGSTOKE, HAMPSHIRE RG21 7NE

Tel 01256 840153

BRANCHES ALSO AT SALISBURY, CIRENCESTER & MARLBOROUGH



**Royal Air Force
Benevolent Fund**

COVID-19: WE ARE HERE TO HELP

In these challenging times, we're here to support serving personnel, vulnerable veterans and their families.

- ✓ **EMERGENCY GRANTS FOR INDIVIDUALS AND STATIONS**
- ✓ **LEGAL AND EMPLOYMENT ADVICE HELPLINE**
- ✓ **ONLINE WELLBEING ZONE**
- ✓ **24/7 EMOTIONAL SUPPORT HELPLINE AND COUNSELLING**
- ✓ **ONLINE MINDFULNESS**



FREECALL
0300 102 1919
rafbf.org/covid19