



THE WINGED HELMET

228 (Bromley) Squadron Newsletter

Autumn 2013 Edition

**ROYAL
AIR FORCE
AIR CADETS**
the next generation

CONTROL COLUMN

Flt Lt K Spreadbury RAF VR(T)

Welcome to the new look newsletter for 228 (Bromley) Squadron.

We have launched this newsletter, which we are planning to distribute four times a year, in order to keep you informed of the cadets' activities and achievements.

As a staff team we are immensely proud of the cadets in terms of their effort, dedication and attitude and would like to share with you a taster of what they have been up to. Reading it I am sure you will agree what a talented group they are.

We'd also like to thank you as parents and supporters of the squadron for your contribution to this success, be it ferrying the cadets around, giving time to serve on the committee or supporting the squadron financially.

I hope you enjoy reading this newsletter and the ones that follow.

MUSICAL SUCCESS



Cadet Corporal Rebecca Smith's musical success this October is a first for our squadron, receiving a BTEC in music.

Her achievement has come around through lots of hard work at the squadron, weekends away with the London Wing as well as London and South East Region bands. This has all led to a successful selection for the Corps Concert band, showing her musical skills on the saxophone.

To obtain this BTEC Cpl Smith has had to complete many workbooks to record her learning and personal development. These workbooks required significant hard work along side the practical knowledge and skills to play music (and her school work too).

Her passion for music hasn't stopped there either. Cpl Smith has been a driving force to get a music project introduced on to the squadron. With the help of Sgt (ATC) Howes who arranged for marching drums to be borrowed from Sevenoaks squadron, she has set up a squadron drum corps. The initial interest and training sessions have brought many young musical talents out of the woodwork, and who knows, these budding cadets may be the holders of a BTEC in music in the future.

SOMETHING COMPLETELY DIFFERENT...

There have been two weddings this year within the squadron staff team and the squadron would like to pass on their congratulations to Flt Lt K Spreadbury and her now husband CI Graeme Spreadbury, and CI Elouise Sinclair and Michael Sinclair.

We wish you a happy future together.



A SUMMER AWAY FROM HOME

This summer saw a number of our cadets away on various camps. The first week long camp was in Holland where 228 cadets put their minds and bodies through the tortuous challenge of the Nijmegen Marches. The Nijmegen March is a 100 mile march over 4 days, where the cadets are joined by 200,000 other walkers from all over the world. This year saw Cdt's Tapia and Hector Andem, Cdt James Smith and Cdt Adam Hillman rise to the challenge. All 4 of them completed it and received the coveted Nijmegen medal as well as a few blisters, aches and pains. Congratulations to you all!



As well as the physical challenges of endurance marching we have had a couple of Adventure Training camps too. The first was a week away with Sevenoaks squadron at Capel Curig in North Wales. The second Adventure Training opportunity of the summer came in the form of the Kent Wing camp to Windermere. Both weeks gave the cadets opportunities to take part in activities ranging from mountain walking, wild camp expeditions (camping, not in a campsite but up in the mountains away from their computers), kayaking, rock climbing, archery, coasteering and much more. Both weeks were thoroughly enjoyed by staff and cadets alike.



The summer break also allowed for some of our cadets to go away on the summer annual camp, this year we had been allocated slots at RAF

Coningsby. This is a fully active RAF station, home to the RAF's newest aircraft - the Eurofighter Typhoon as well as the oldest in the form of the Battle of Britain Memorial Flight. During the week the cadets were shown around the aircraft, both old and new and given an insight as to how a busy RAF station operates. Cadets visited many of the station sections, the RAF Police, Air Control and the Combat Survival Wing.





FUNDS INCOMING!

Fundraising season is upon us again and our cadets have kicked it off with a flying start!

BAG PACKING

Sunday 20th October saw our squadron descend on Waitrose Bromley South to raise funds for the squadron and the RAFA Wings appeal. The day was a success and raised a total of £566.70 which will be split between the squadron and the RAFA Wings appeal

We will be looking at Bag packing again nearer Christmas, we hope to see you there.



EQUIPMENT FUNDING DONATION

We have been successful in obtaining a donation of £500 from Sodexo. Sgt (ATC) Howes who works for Sodexo was successful in obtaining the donation after his request to the corporate affairs director was approved.



Sodexo is a facilities and catering service provider. Sodexo provides services to corporate business as well as Defence sites (many of which the cadets visit). As part of Sodexo's corporate social responsibility, they aim to help organisations educate people in relation to food and nutrition, and help to provide equipment for this. The donated money was used to provide the squadron with six brand new Trangia stoves that the cadets will use when camping, specifically on their Duke of Edinburgh Awards.

Cadets, look after them!!

As a Squadron we have set up an easy way of raising funds by shopping online. Easy fundraising

easyfundraising
is a website that works
.org.uk

for charities in obtaining a percentage of your purchase back from the supplier as a donation. Setting up an account is easy all you have to do is support your cause, there is no subscriptions. Please support '228 Bromley SQN ATC'

In the build up to the festive season, don't forget to shop online via easyfundraising to raise free funds for the squadron. So far we have raised

£57.23



SELSAR BRING IN THE DOGS

South East London Search And Rescue (SELSAR) visited the Sqn for Operation Blind Owl on the night of the 30th September. The night was organised by CI Darren Boyling and Flt Sgt Hannath who are members of the Search and Rescue team.

The night had two objectives. The first was to allow the cadets to put their camouflage and concealment training in to practice. This evolved 'camming up' which is the process of applying cam cream in a way to ensure they are not seen. The second allowed the search and rescue team to practice their night search skills; this involved two dogs that search in different manners. The German shepherd 'Drummer' is a man trailing dog, this means it will follow a specific designated scent. The border colly 'Teddy' is an air scenting dog who will find and follow any scent in the air.

The night was a huge success. Dave Ryan, chairman of the search and rescue team said 'we normally search for one person at a time, for both my team and dogs this was a challenge as the cadets had been trained to hide'

CADET LIFESAVER

Cadet Harry Reeve has successfully used his First Aid training to assist in the initial care of a casualty. The incident took place when he was out on his paper round in Orpington one morning. After delivering his first paper he heard a scream. When he approached the incident a local resident by was conducting CPR. Cdt Reeve noticed that this was the wrong thing to be doing as the casualty was still breathing but unconscious so asked them to stop. He checked the casualty over and found a small head wound but no other external injuries. After putting the casualty in the recovery position he took over the phone call to the emergency service from the casualties wife who was suffering from shock. Cdt Reeve received a card of thanks from the wife and found out that the gentlemen had had a heart attack whilst driving and pulled over and collapsed on the pavement.

Cdt Reeves calmness under pressure allowed for the correct initial treatment of the casualty and shows that the training we provided the cadets may need to be used at any time.



SPOOKY GOINGS ON AT 228

The parade evening of the 30th October saw Halloween descend on 228 Squadron HQ. The evening was organised by Corporal Crowley and involved Halloween themed games, and of course your usual abundance of costumes. Some were more original than others... The cadets were disappointed at the staff's appearance on this evening... So staff... the challenge has been laid down for next year! The evening raised a total of £43 for the squadrons funds that allow us to provide further activities and opportunities.