Autumn 2015

The Community Magazine of Wattisham Flying Station

End of Op Herrick
Families’ Day

SSAFA Triathlon 2015

Aviva Tour of Britain Cycle Race Sprints Down the Runway

Also

Chernobyl Children’s Life-Line Visit
AH Display Team Thrills with Pyrotechnic Display at the Families’ Day
4 Regt AAC Demonstrates Diversity at a Cultural Day
Wattisham Military Wives Choir Continue to Impress

AAC & REME Units | Unit Welfare Offices | Heritage Corner | Met Office
**AN EXTRAORDINARY SUFFOLK PREP SCHOOL**

In January 2015, Old Buckenham Hall near Lavenham in Suffolk welcomed their new Headmaster, Tom O’Sullivan, who has joined OBH from Mowden Hall in Northumberland. He is extremely excited about the opportunities that lie ahead for OBH in the coming years.

O BH is fortunate to enjoy a wonderful 80 acre parkland setting which allows the children a stunning environment in which to play, learn and develop. It combines the best of everything a traditional family prep school can offer with fantastic facilities and a modern, dynamic approach to education. From the Nursery and Pre-Prep through to our Leavers in Year 8 we strive to prepare all of our children for the challenges that await them, whilst ensuring that every single day the journey remains as important as the destination.

O BH offers a hugely enjoyable eleven day boarding model; both our junior and senior boarders take advantage of an educationally challenging, yet enormously enjoyable, programme of week-end activities. Regardless of whether a child is a day pupil or takes advantage of our boarding options they are equally important to our community and can be assured of receiving an extraordinary education that will challenge them greatly but also put a smile on their faces and give them lots to talk about when they get home!

www.obh.co.uk

**INDIA VILLA**

Finest Indian Cuisine
Restaurant & Take Away
Air Conditioned / Award Winning Top Chef

SUNDAY BUFFET: Noon - 3.00pm **EAT AS MUCH AS YOU LIKE!**
Adults £8.95 / Child £4.50 Under 5’s Free

Enjoy a sumptuous feast with a large selection of Assorted Salads, Relishes, Starters & Main Courses

101A High Street, Hadleigh, Suffolk, IP7 5EJ

01473 828599 or 01473 282593
www.indiavillarestaurant.co.uk

This premises scored 5 out of 5 stars

For all those special occasions in your life... Visit our showroom for you floral artistry and craft needs.

Piggle Barn, Blacksmiths Lane, Middlewood Green, Stowmarket IP14 5EU

Open Monday & Thursday 10am - 7pm; Tuesday, Wednesday & Friday 10am - 5pm
Also selected Saturdays and Sundays 10 - 4 (please call to check)

Tel: 01449 711014  Fax: 01449 711815
Email: sales@wandmsmith.co.uk  Web: www.wandmsmith.co.uk

**Available**

- Wreaths and Garlands
- Silk Flowers
- Dried Fruit
- Ribbons Galore

**Opening Morning 3 Oct 2015**

The perfect environment to develop & grow

Parents are warmly invited for an individual visit or come along to one of our regular Open Mornings and meet the new Headmaster, Tom O’Sullivan
Welcome to the 25th edition of The Eagle, which again covers numerous activities and events involving people who live and work at Wattisham. Indeed, looking back to when I first launched The Eagle in summer 2009, I thought I would struggle to find sufficient material to fill the quarterly magazine, but that was not the case. However, I continue to be amazed at the number of activities and events that have taken place against a hectic background of operations and training - who said it would be a quieter time once Op HERRICK deployments ceased? Recently back at the home base, the annual SSAFA Triathlon was a great success, as was the End of Op HERRICK Families’ Day and Tour of Britain Cycle Race, which routed through the Airfield during Stage 7 from Fakenham to Ipswich. This was the first time the Tour had passed through a UK military base and provided the opportunity for riders to test their ‘sprint’ skills along the runway and for local cycle clubs and some of our people to whizz along afterwards.

- **Foreword**
  - Introduction by Colonel Jason Etherington, Station Commander, Wattisham Flying Station.
- **Tour of Britain Cycle Race**
  - A first for Wattisham to host the Tour, whose riders spectacularly ‘sprinted’ along the runway.
- **Families’ Day**
  - After 8 years of Active Service by Wattisham Soldiers, the day provided numerous activities for families who had supported them.
- **Unit Welfare Officers**
  - News and updates from the various Unit Welfare Officers.
- **Padre’s Corner**
  - Padres Pondering - a New Beginning comes with New Opportunities.
- **SSAFA Triathlon 2015**
  - Another very successful Triathlon was held raising much needed welfare funds for SSAFA.
- **Heritage Corner**
  - News from the Heritage Group, including the final departure of the last RAF Sea King.
It's that time again - it seems only yesterday that I was drafting notes for the last edition of the Eagle. I hope you all enjoy reading the magazine, I know a great of effort goes into it's production; not only from all of the authors but Lt Col Robbie Silk and his team who collate all of the information. As always Robbie's publication skills excel again.

I t goes without saying that this has been another busy period but one where I hope everybody managed some down time with their families. Leave was ‘kicked off’ following the Families Day which thankfully seems to have received rave reports. Again, I know this took considerable effort to organise but the hard work was well worth it. The event was planned as a ‘one off’, however following remarks from many families we will look to try and stage the event on a routine basis. Much has happened since I last wrote, there have been successful exercises, sporting and adventure training events and a number of cultural visits. I will allow the regiments to concentrate on their achievements but it is important I highlight one or two noteworthy activities.

The Search and Rescue Flight Wattisham has now left Wattisham. After a couple of delays the helicopters has now left Wattisham. After a couple of delays the helicopters have been flanked by a pair of Apache Attack Helicopters. The riders reached Wattisham Airfield at 2.30pm on their way to the stage finish on Princes Parcs. There will be a Babergh Community Engagement Event held at Wattisham on 20 Nov 15. Council Officers will visit and meet a cross section of soldiers and families to better understand a wide range of needs of those living and working in the area. I will try to grasp this opportunity to brief the plans (if they are ready) for the development of the Community Centre. I hope some of you will support the event so we can feed back our issues to the Councils.

Finally, thanks again to the families for the support you give to the serving soldiers at Wattisham Station. The AS Force and 7 RN REME continue to deliver against all of its commitments. The next few months will be busy, we have exercises in the States, UK, Germany and once again on ship. There are plenty of opportunities for the serving soldier but I do appreciate that this often leaves partners at home alone or at home looking after children. I hope the forecast of events is becoming a little more predictable to allow you all to plan for husbands and wives being away - I hope those serving remember to thank you for your hard work too.

Excitement built at Wattisham Flying Station ahead of Stage 7 of the Aviva Tour of Britain before passing through the Airfield on Saturday 12 September 2015.

W attisham - the main operating base for the British Army’s Apache attack helicopter fleet welcomed the world’s top cyclists as they raced through the base during the 130 mile-long stage (7) from Fakenham to Ipswich.

The base’s 2,400-metre runway hosted an intermediate Yodel Direct Sprint, sponsored by parcel delivery company Yodel. The Sprint section was marked by Phantom and Hunter fighter jets, recalling the programmed work and the event so we can feed back our issues to the Councils.

The riders reached Wattisham Airfield at 2.30pm on their way to the stage finish on Princes Street in Ipswich, won by Germany’s Andre Greipel. As an operational military airfield, the general public were not allowed into Wattisham, but the race was broadcast live on ITV4 and British Eurosport as it passed through.

Flight Sergeant Darren Kerridge, an RAF survival equipment fitter for 3 Regiment Army Air Corps, volunteers for British Cycling to encourage people to get on their bikes.

The Aviva Tour of Britain is the UK’s highest ranked professional cycle race and the country’s largest free-to-watch sporting event. UCI, the sport’s governing body, the Tour of Britain attracted the world’s top cyclists, including Olympic and World Champions and Tour de France stage winners, to compete on British roads each September, with three-hours of live coverage a day on ITV4. The overall Tour winner was Norwegian Edvald Boasson Hagen.
Gepp and Sons ties with the Military stretch back as far as the latter part of the 18th Century. Thomas Frost Gepp, one of our founding partners formed and commanded the Corps of Loyal Chelmsford Volunteers, ready to defend the region against Napoleon – if he decided to turn up.

Scroll forward to 100 years ago to the Great War in which Charles Gepp was to die with the London Scottish on the 1st July 1916, the first day of the Battle of the Somme.

In more recent times Major Tom Gepp was the artillery Liaison Officer on the Leading Destroyer on Gold Beach. Major Tom survived the campaigns of the Second World War in France, Holland and Germany and re-joined the Territorial Army in the Essex Yeomanry of which he was so proud.

What things have moved on and legal services have had to adapt to ever changing times here at Gepp and Sons we have not forgotten our military heritage.

After 250 years of continued service to our armed forces Roger Brice leads Gepp and Sons Military Law Division.

Roger Brice is a Higher Court Advocate, regularly appearing in Crown Courts and Courts Martial and in the Court of Appeal. He has always been deeply involved in the Criminal Justice System, having served on a number of Local and Regional Criminal Justice Committees, and on the Criminal Justice Boards for Norfolk, Suffolk and Essex. He was a member of The Law Society Standing Committee on Criminal Law, past Secretary of the Criminal Law Solicitors’ Association, member of the London Criminal Courts Solicitors’ Association and Committee Member and past Chairman of Forces Law, an independent organisation of specialist firms through the United Kingdom representing members of Her Majesty’s Forces home and abroad in all aspects of law.

Roger regularly appears in Courts Martial throughout the United Kingdom and abroad, such is the scale of his practice that he frequently travels to represent and advise Service personnel throughout the United Kingdom for all of the Services. He regularly practices in Germany and Cyprus. He attends Police Station interviews. He attends interviews with Service personnel both SB and RMP and regularly represents at Courts Martial both at home and abroad. His cases have included cases of murder, serious violence, fraud and sexual offences. He regularly deals with standalone Military offences and has a detailed knowledge of the JPA system and allegations relating to it. He has been involved in a number of very high profile Court Martial cases which have attracted national media attention.

He recently represented former Service personnel at the Public Inquiry held by Sir George Newman into civilian deaths in Iraq.

If you would like to read more on our history and links to the military please visit www.geppandsons.co.uk or email bricer@gepp.co.uk

**250 YEARS of CRIMINAL AND MILITARY LAW**

**Kerridges**
Your local family garage
Established 1906

BOOK A TEST DRIVE IN THE NEW MG3
Prices start at £8,399

SEE OUR SELECTION OF GUARANTEED USED CARS FROM £4000 TO £40,000
WE SOURCE NEW & USED CARS FOR CUSTOMERS, ANY MAKE, ANY PRICE

* SERVICING * MOT’S * TYRES * BATTERIES * EXHAUSTS - Call for an estimate
For all service and repair enquiries ask for Chris Taylor or email: ctaylor@kerridges.co.uk

Kerridges
HALL GARAGE IPSWICH ROAD NEEDHAM MARKET www.kerridges.co.uk Tel: 01449 720222

**Specialists in Military Law**
- Courts Martial involving all aspects of criminal and military law
- Attending interviews with Service Personnel, Special Investigations Branch and RMP both in the UK and abroad
- Disciplinary proceedings
- Criminal law
- Civilian Employment Issues
- Service Complaints
- Personal Injury and AFCS Claims
- Wills, Probate and LPAs
- Sale and purchase of residential property

Roger Brice, Partner, is a specialist military lawyer with over 30 years of experience in military and criminal law. He is the Chairman of the Forces Law Network, a network of Military Solicitors throughout the United Kingdom and a member of the Institute of Military Court Advocates.

T: 01245 358894 (24 hour emergency number)
E: bricer@gepp.co.uk
3 REGIMENT ARMY AIR CORPS

APACHES DEMONSTRATE SWIFT RESPONSE

3 Regiment Army Air Corps took part in Exercise Swift Response during August and September, the largest exercise for NATO’s rapid reaction forces in Europe since the end of the Cold War. Some 4,800 soldiers from 11 countries trained together to improve their ability to operate together in response to international crises.

The British Army’s potent Apache attack helicopters flew on a Major Multi-National Exercise in Southern Germany.

The unit, based at Wattisham Flying Station in Suffolk, took the lead of a Joint Helicopter Force of some 280 soldiers and six helicopters flying in support of ground troops. They planned and executed strike missions by Apaches from its 663 Squadron, as well as moving soldiers and equipment with Chinooks from the RAF’s 18 Squadron. The British helicopters operated on joint missions with US Army UH-60 Blackhawks and US Air Force CV-22 Osprey tilt-rotors.

Out on the Grafenwoehr and Hohenfels training areas, groundcrew ran Forward Arming and Refuelling Points (FARP) – the military equivalent of a Formula 1 pit stop – to maintain the Apaches. Lance Corporal Matt Davies, 28 from Tenby, said: “Our job is basically to ensure the aircraft is ready and safe to take off on its missions, so we marshal the aircraft on the ground, load the weaponry and refuel it. On this exercise we’re doing some real back to basics soldiering while operating very sophisticated aircraft and working alongside American helicopters, which has been an interesting and challenging mix.”

The training is a key step in converting relationships with NATO allies built in Afghanistan to the challenges of contingency operations, with the Apache held ready to deploy at short notice anywhere in the world as part of the British Army’s rapid reaction forces.

3 Regiment’s Commanding Officer Lieutenant Colonel Mike Neville said: “We need to establish the ground truth of how well we are able to operate with our NATO allies and identify the areas that need fixing; so that when conflict chooses us we are in a position to meet the challenge.

“We’ve matched up all our paperwork, but the only way to truly understand our relationship is to try it in the field. It’s about understanding the abilities of our different aircraft, how we can talk to each other, how we can sustain operations together, how we can plan together and how we carry out missions together.”

CEVA

St Mary’s CEVA Primary School

Inspiring all to a lifelong love of learning!

Telephone: 01473 823268    Fax: 01473 822777
Website: www.stmaryshad.co.uk    Headteacher: Mr A. Frolish

We invite you to visit our friendly, welcoming school to see how we develop children into successful learners and caring members of the community. Please contact the office to find out more about our school or arrange a visit.

St Mary’s Church of England Primary School is a vibrant, Christian school, in which all children achieve well and are inspired to a lifelong love of learning!
Six of the participants were from 662 Squadron, who were allocated the expedition slot whilst on the final tour of Op Herrick in 2014. The heat of the Afghanistan desert was a whole world away when the 6 novice divers had to endure the ice-cold low visibility conditions of a quarry in Leicester. Fortunately, all of the novice divers progressed well through the pre-exploration training and soon found themselves on the small British territory of Ascension Island some 550 miles south of the equator in the middle of the Atlantic Ocean. Initial impressions of the island were mixed. Whilst the air was warm and the weather was generally fine (although often quite windy), exactly how hospitable the barren, black arid lava fields below the summit is changed significantly too. Underwater grenade drills in the rocks and coral, whilst the weird crawling creatures come out of hiding. On the second night dive ‘the four huntsmen’ in abundance at the dive sites. The Lanc Corporals and Airtroopers were rarely content with simply developing their diving skills and experience in a bamboo forest, a wildly different environment to the black arid lava fields below. The expedition was a success and all the student divers achieved the Sports Diver qualification, additionally three instructors gained their Diver Coxswain boat handling qualification. For very little personal expense the expedition provided members of 3 Regiment a great opportunity to develop their diving skills and experience in a relatively unique environment that few people get the opportunity to explore.

Captain Jonny Long
New Arts & Crafts gallery opens at Bridge Farm Barns

A new Arts & Crafts Gallery, Brett Gallery is now open at Bridge Farm Barns in Monks Eleigh. The gallery showcases work from East Anglian based artists and crafts people.

"Craft has been a passion of mine since beginning Corn Craft back in 1970," says Win Gage, founder of Corn Craft and owner of Brett Gallery. "It has been a dream of mine to run a gallery which promotes the work of locally based artists and crafts people. I believe in "affordable" art and have sourced pieces and works that fit into this bracket."

Win believes that there has been an increase in interest for such artwork over the past few years as consumers seek affordable, unique pieces for their homes and for gifts. "There has been a general resurgence in arts and crafts with more people making things for themselves and therefore taking an interest in the more "unique", says Win.

"The gallery very much compliments what we already have at Bridge Farm Barns. It offers our visitors another dimension and hopefully also attract new visitors to our site."

www.bridgefarmbarns.co.uk

Tackling the challenge of the commando aqua run has brought the fun back into swimming at Hadleigh Pool & Leisure.

The commando run is a REAL challenge for all & is all about negotiating the new 12-metre obstacle course through ducking, diving, bobbing, climbing, racing to the end. You'll need to be nimble and quick to win against both your opponent on this dual lane aqua run – as long as you can keep your balance! Why not host the ultimate pool party for your friends and family and have the exclusive use of the commando aqua run and pool? Available Saturdays from 5pm.

It's never too early to start swimming lessons, we offer classes for babies as young as 6 months all the way through to adults following the ASA learn to swim pathway. As swimming is a vital life skill our qualified instructors will teach water confidence and balance, the basic strokes and personal survival.

If you are wanting to feel better and lead a more active healthy lifestyle we offer a variety of fun and enjoyable exercise options. A group fitness class captures your attention and motivates you in a fun & social way. Classes include the high energy Zumba to high intensity Kettlebells & Pump classes to holistic classes such as Body balance, yoga, we cater for all ages and abilities. Our Health & wellbeing offering includes Otago chair based exercise focusing on coordination & balance for fall prevention or rehabilitation from an injury or a social game of Ping Pong and our Together Tuesday dementia friendly activity session.

Coming soon will be our Wellbeats Virtual Classes complementing our live instructor programme giving customers classes nearly all day long!

The gym is not as frightening as you think, as our instructors will meet and greet you on day 1 to find out all about what you are looking to achieve and provide you with your own personalized gym programme. Our instructors will see you on your next visit to show you the ropes from setting up the equipment to how to do your programme. You'll always find a member of the team who would be happy to help every time you visit. Our new boditrax system allows you to track your activity and body composition which is held in the cloud so you can access your results 24/7 through your emails. This provides your with real focus and goals to lead you to a happier and healthier lifestyle. Membership incorporates all this from only £1 a day, why not try us before you buy with a free 1 day trial visit www.ssleisure.co.uk

For details on swimming times, lessons, parties or to join please call 01473 823470

www.bridgefarmbarns.co.uk
Welcome back from what I hope was a super summer leave. There is no doubt that this will be another busy period for us but with a keen focus on a sensible work life balance and a sense of fun it is sure to be a successful and rewarding one.

As always the summer sees a large turn around of personnel and I would like to welcome all those joining the Regiment for the first time and those who have returned back to us; I hope you find the Regiment and Wattisham a warm and welcoming place. As part of the summer moves we say farewell to two of our Squadron Commanders. Major Jules Pannett (656) and Major Simon Wilsey (664) have both been fantastic assets to the Regiment and they leave us with our best wishes for the future. I would also like to take the opportunity to welcome the new Office Commanding 656 Squadron Major Alex Harris and Office Commanding 664 Squadron Major Justin Roberts, who will no doubt continue the good work. RHQ has also had a shuffle around with a new Adjutant, Capt Arran Robertson-Cowley, and a new Ops Officer, Capt Phil Parke, joining the team just before the summer break.

656 Squadron have continued to hold very high readiness throughout the summer and fortunately did not have their summer leave disturbed this year. They had an extremely busy lead up to the summer supporting units across the Army; this included deployment on Exercise CHAMELEON to work with UK Special Forces, running a Potential Non-Commissioned Officers Cadet to highlight our potential leaders for the future, and deploying troops on Ex Askari Storm in Kenya. The Workshop has maintained its unwavering support to the flying squadrons over this period and even managed to send elements to the Capel Curig Training Centre in Wales for a week’s worth of Adventurous Training, exchanging their usual spanners and wrenches for helmets and wrenches to enjoy such activities as rock climbing, hill walking, abseiling and mountain biking.

HQ Squadron have had a busy build up to the break with the transition to Army 2020 manning, numerous equipment cans inspections and preparation to take over the old SAR buildings for Command Troop that should be completed at time of printing. In July for one of the first times in recent years HQ Squadron deployed as a whole Sub-unit on a Battle Camp, ensuring that they were all adequately prepared for contingency operations. 656 Squadron have been training hard, with the Squadron running Deep Strike Mission training in the Yorkshire Moors and the Lake District and Tactical Mission training on Salisbury Plain. All this whilst working hard to maintain their currency and competency to ensure they are in good order to return from summer leave with little skill fade.

Prior to departing on Summer Leave, the Regiment held the first of many competitions between the Officers’ and Warrant Officers and Sergeants’ Mess in the form of a sporting game of cricket. While the Seniors, like Australia, put up a valiant effort, they were no match for the Officers who bowled like James Anderson to see the batting side off early. Despite the Regimental Sergeant Major catching me out for an impressive diamond duck, the Officers’ Mess never looked in trouble as Major Jules Pannett led the charge and we registered a 5 wicket victory. Football next!! Other sporting success came in the 36 Brigade Festival of Sport where the Regiment won the Rugby, Football and Tag of War and, under the Captainship of Capt Sam Jarrett, the Regimental Golf Team recently won the Army Air Corps Golf Championship.

I hope now after the summer break and some well earned time with our families, everyone is refreshed and eager to continue from where we left off and ready to face the future challenges that the rest of the year brings. Once again it is the support from you, our families, that continues to be the heart that beats within this Regiment, facilitating our soldiers to remain flexible and resolute. Without it we would be unable to function and I sincerely hope this support continues throughout our current cycle of readiness.

4 REGIMENT ARMY AIR CORPS

ARMY AVIATORS CELEBRATE THEIR DIVERSITY

From Mauritius to Nepal and Fiji to Ghana, the diverse backgrounds of soldiers who fly and maintain the Apache attack helicopter have been celebrated.

Lieutenant Colonel Paul Hayhurst, Commanding Officer of 4 Regt AAC, said: “This has been a fantastic opportunity to bring the Regiment together for a fun day of sport and culture. It’s important that we celebrate and understand each other’s different cultures, because that is part of the different skills and backgrounds that we combine in the unit to deliver our operational role.”

Corporal Ravi Buldawo, a combat HR specialist from Mauritius, swapped his uniform for kurta pyjama and served homemade Mauritian samosas. He said: “People immediately think of Mauritius as being all about beach holidays, but I’ve been able to show off the island’s culture, music and food. At the same time, I’ve found out more about the culture of other soldiers from across the world that I serve alongside.

“From my experience, the Army is a very inclusive and open organisation that allows everyone to be who they are while working together towards the same objectives.”

Looking for that special gift?
Looking to learn how to fly?
Then try one of our trial flights!
Open 7 days a week.
www.anglianflightcentres.co.uk
01787 223676

Looking for that special gift?
Looking to learn how to fly?
Then try one of our trial flights!
Open 7 days a week.
www.anglianflightcentres.co.uk
01787 223676
This was the first season that 4 Regt AAC have formed a Rugby Squad for some time and it could not have gone any better. Not having a regular league to play in we have used the season to develop and create a squad of players that have shown great dedication and ambition; winning all competitions that they have entered.

Next season the Regiment hope to continue the excellent start that we have had. If any Regt personnel are interested in joining the squad we openly welcome all standards. We train every Wednesday during the season at 1400hrs on the rugby pitch.

Addis Cup

The Addis Cup is the penultimate event in the calendar of the Army Air Corps rugby season. Teams from across Army Aviation came together to compete for the honour of being crowned champions. The day started off well with the sun shining and after a quick captain’s brief and team photo, the games began.

A high intensity start saw plenty of tries in the opening games and it looked set to be a busy afternoon, much to the enjoyment of the gathering crowd of family and friends who had come to watch. Strong performances from the AAC Mustangs and 3 Regt set the bar for 4 Regt to follow, which we managed in great style running in 6 tries to 0 in our opening game. Strong play and quick feet from LCpl ‘Pitzy’ Fitzpatrick saw him bag his first but trick of the day.

The sun stayed out and the games went on, with great performances from all. The loudest cheer of the day came as two Commanding Officers took to the field when we played 6 Regt. Lt Col Hayhurst then proceeded to demonstrate his experience of the game... as well as his skills as he battered his way through tackle after tackle. If any of us doubted his passion to win before, then we were now sure... the CO wants this! As the day progressed two clear favourites emerged in the familiar shape of 3 and 4 Regt, who had remained unbeaten and looked set to meet in the final of the Addis Cup. However before that could be decided there was the matter of the Bungle Bowl and Shelly Shield to settle. 9 Regt lifted the Bungle Bowl and MAB 10 were victorious in the Shield final, now it was time for the main event.

The final of the Addis Cup was a tense affair, with cautious play from both sides in the opening minutes, neither team wanting to leave any gaps exposed. Our defence looked unbreakable as it had all day with the players keeping tight, but then 3 Regt found a gap and took the lead just before half time. However, after a tough motivating team talk from Sgt Dave Munson and LCpl Ben Caldwell the rugby heads were fixed back on and the class started to show with a well-flushed 4 Regt team. We fought hard to take the lead and despite some tough desperate attacking from 3 Regt, our defence remained solid until the final whistle. 4 Regt were champions!

After the rugby there was only one thing left on everyone’s mind... the annual Core Rugby dinner! More than 100 members of the Corps, players and guests attended the dinner that evening, the mood and food was excellent and the beer was cheap... even better when Capt Hyland and the CO were buying...

Transfer window - 3 Regt

As a bonus regeneration whilst on Exercise BALTOPS we were asked if we would like to participate in the annual Kiel rugby festival. HMS OCEAN had already entered their selected squad for the tournament but allowed us to enter under the name of HMS OCTAN Barbarians. With only a small pool of Regt players to choose from, as it was only 65th Sep deployed, we managed to scrape a team together quickly. Playing for the Barbarians were WO2 ‘Gav’ Good, SgtSt Biatan, Sgt ‘Dudden’ Monnie, Cpl ‘T’ Taylor and LCPJ ‘Pitzy’ Fitzpatrick. It was an early start on the Saturday morning after the obligatory run across the night before in Kiel and a few people were a little worse for wear... but everyone was raring to go. HMS OCEAN’s first team eased through the group stage of the tournament, whilst the Ba Ba’s had a really hard last group stage game against 4 SCOTS which they unfortunately narrowly lost by a few points.

This put the Barbarians into the Plate competition, but with their heads up knowing that they had only narrowly missed out on the cup they breezed through the quarter and semi finals and named a strong team to take through to the final. With the team put in some hard training leading up to the tournament and named a strong team to travel down, we were confident that we could lift the trophy with our strength and depth. After a quick warm up we got the tournament under way with our first game against 78 REME. The game started very slowly and 4 Regt made a string of unfortunate mistakes which luckily went unpunished. Once the early nerves had passed, the team started to take full control of the game and played like a well drilled outfit. By half time, 4 Regt were in a commanding position, a few tries to the good already.

Early in the second half the game was wrapped up and finished off in style with some great team tries. 4 Regt lifted the Bungle Bowl for 4 Regt to follow, which meant we went, going into our final game, we needed a win to secure the trophy. 13 Regt RLC had already lost their two previous games so we knew we had a considerable advantage but we also knew we had to guard against complacency as they still had a good 7 squad. From the kick off, 4 Regt put 13 Regt under a significant amount of pressure and got an early penalty. This was taken quickly and led to an early try under the posts. After every kick off in the first half 13 Regt couldn’t deal with the high pressure and solid defence that 4 Regt consistently threw at them; which led to a half time score of 26-0. Half time changes were made but the intensity wasn’t dropped with the substitutes proving to be a very good team. Within 2 minutes of the restart 2 more tries had been scored and 4 Regt were looking more like the Corps Championship winning side they were.

Changes were made throughout the final minutes to keep legs fresh; the pressure kept ramping down on 13 Regt try line until the final whistle. Final score 4 Regt 18b-0 13 Regt RLC (formation was final) and 4 Regt were 16 AA Bde Rugby 7’s Champions for the first time.

Rugby Officer Cpt Damien Hyland AAC x8418

16X FESTIVAL OF SPORT - RUGBY 7’S

Coming off the back of a great Corps Championship win over bitter rivals 3 Regt, the 4 Regt team were in high spirits. With and the Brigade Festival of Sport next on the agenda, the 4 Regt team were on the hunt for their next scalp. The team put in some hard training leading up to the tournament and named a strong team to travel down. With the team put in some hard training leading up to the tournament and named a strong team to travel down, we were confident that we could lift the trophy with our strength and depth.

After a quick warm up we got the tournament under way with our first game against 2 PARA in the dust. Final score 4AC (22-10) 2 PARA

After 7b’s slow start they dominated their final 2 games which meant we knew, going into our final game, we needed a win to secure the trophy. 13 Regt RLC had already lost their two previous games so we knew we had a considerable advantage but we also knew we had to guard against complacency as they still had a good 7 squad. From the kick off, 4 Regt put 13 Regt under a significant amount of pressure and got an early penalty. This was taken quickly and led to an early try under the posts. After every kick off in the first half 13 Regt couldn’t deal with the high pressure and solid defence that 4 Regt consistently threw at them; which led to a half time score of 26-0. Half time changes were made but the intensity wasn’t dropped with the substitutes proving to be a very good team. Within 2 minutes of the restart 2 more tries had been scored and 4 Regt were looking more like the Corps Championship winning side they were.

Changes were made throughout the final minutes to keep legs fresh; the pressure kept ramping down on 13 Regt try line until the final whistle. Final score 4 Regt 18b-0 13 Regt RLC (formation was final) and 4 Regt were 16 AA Bde Rugby 7’s Champions for the first time.

More unswerved tries leaving 2 PARA in the dust. Final score 4AC (22-10) 2 PARA

While some other elements from the Battalion, led by the newly appointed Officer Commanding 72 Aviation Company Major Andrew Huggins, deployed with 3 Regiment AAC to Germany to exercise with US forces from the 82nd Airborne Division as well as other forces from across the EU.

For those returning from leave, there was a trip towards Exercise Eagles Amarante later in September. This will see the Battalion supporting helicopters from across the Joint Helicopter Command, but also French units that are participating in the exercise – a taste of things to come.

The headquarters is also working hard in preparation for the re-subordination of 8 Field Company (Para) to 13 Air Assault Support Regiment RLC and the Battalion’s new order of battle for Exercise Eagles – a taste of things to come.

This will see the Battalion supporting helicopters from across the Joint Helicopter Command, but also French units that are participating in the exercise – a taste of things to come.

The headquarters is also working hard in preparation for the re-subordination of 8 Field Company (Para) to 13 Air Assault Support Regiment RLC and the Battalion’s new order of battle for Exercise Eagles – a taste of things to come.

This will see the Battalion supporting helicopters from across the Joint Helicopter Command, but also French units that are participating in the exercise – a taste of things to come.

The headquarters is also working hard in preparation for the re-subordination of 8 Field Company (Para) to 13 Air Assault Support Regiment RLC and the Battalion’s new order of battle for Exercise Eagles – a taste of things to come.

This will see the Battalion supporting helicopters from across the Joint Helicopter Command, but also French units that are participating in the exercise – a taste of things to come.

The headquarters is also working hard in preparation for the re-subordination of 8 Field Company (Para) to 13 Air Assault Support Regiment RLC and the Battalion’s new order of battle for Exercise Eagles – a taste of things to come.

This will see the Battalion supporting helicopters from across the Joint Helicopter Command, but also French units that are participating in the exercise – a taste of things to come.

The headquarters is also working hard in preparation for the re-subordination of 8 Field Company (Para) to 13 Air Assault Support Regiment RLC and the Battalion’s new order of battle for Exercise Eagles – a taste of things to come.

This will see the Battalion supporting helicopters from across the Joint Helicopter Command, but also French units that are participating in the exercise – a taste of things to come.

The headquarters is also working hard in preparation for the re-subordination of 8 Field Company (Para) to 13 Air Assault Support Regiment RLC and the Battalion’s new order of battle for Exercise Eagles – a taste of things to come.
From Forces to civilian life, Ashcroft asks veterans: how can we improve the transition?

Do you own a bike? You are free to ride a bike! Never too young to learn.

Forces Charities, a general synopsis, information to a Safe and Secure Future.

Easy Resettlement Magazine Summer 2013

Easy Resettlement News

Branches are available to support various charities.

Gain your chance of winning a share of the £10,000.

effectively make the transition easier.

Education Franchises.

Recruitment

• Education
• Franchises

wE A ls O ON li NE :

www.EasyResettlement.com

www.crockettgarage.co.uk

info@crockettgarage.co.uk

TELEPHONE: 01473 824342

3 Seager Court, Crockatt Road, Hadleigh, Ipswich IP7 6RJ

www.easyresettlement.co.uk

for latest news, training and employment opportunities

Plus your chance to be part of our £100,000 free training - See partner companies in the centre pages.

Culford
An independent boarding and day school for boys and girls ages 3½ to 18 years

Open Mornings
Saturday 3 October
Senior School (ages 13-18)
Saturday 10 October
Sixth Form (ages 16-18)
Friday 6 November
Nursery, Pre-Prep & Prep (ages 3½-13)

01284 385308
www.culford.co.uk
admissions@culford.co.uk
Culford School, Bury St Edmunds, Suffolk, IP30 6TX

Come and see what makes Culford stand out
END OF OP HERRICK
FAMILIES’ DAY
WATTISHAM MARKS ROLE IN AFGHANISTAN OPERATIONS

Soldiers who fly and maintain the Apache Attack Helicopter have joined with their families and contractors to mark their eight-year commitment to supporting British combat operations in Afghanistan.

The Attack Helicopter Force deployed on Operation Herrick in 2006, flying in support of the first British troops to enter Helmand until responsibility for the province was passed to Afghan National Security Forces in late 2014. As well as precision strikes in support of ground troops, the Apache’s role was to escort helicopters and land convoys and provide a near all-weather surveillance capability.

A families’ day was held at Wattisham Flying Station on Wednesday 22 July 2015, for soldiers and their families to join together to mark their contribution and achievements across a busy operational period.

Alongside equipment displays, music from The Band of The Army Air Corps and Wattisham Military Wives Choir and a display by 7 Air Assault Battalion REME’s field gun run team, the highlight was a demonstration by the Attack Helicopter Display Team (AHDT). The demonstration showcased the agility and speed of the Apache, with pyrotechnic explosions simulating its gunfire and rockets and real time radio transmission between the pilot and simulated ground forces.

Colonel Jason Etherington, Commander of Wattisham Flying Station, said: “Operation Herrick established the Apache as a fundamental part of the British Army. The aircraft provided excellent support to ground troops through its firepower, but often the deterrent effect of its presence was decisive.

“Today is about coming together to celebrate what we achieved in Afghanistan and thank our families for their support across a busy eight years of operations. An operational tour does not just mean a soldier being away from his family for several months overseas, it is time apart during the training period as well. The fortitude of our families back in Wattisham, supported by unit welfare teams, allowed our soldiers to focus on doing their jobs in Afghanistan.

“We have all enjoyed a fantastic day and, after a well-earned summer leave, will continue with our training to ensure the Apache and the soldiers who operate it are ready to serve on contingency operations.”

Lance Corporal Jonathan Fields, an aviation communicator from 3 Regiment Army Air Corps, brought his wife Abigail and children Isla, three, and Eden, one, to the event.

He said: “It’s been a really enjoyable day and great to show my family a little bit of what I do at work. I returned from Afghanistan last November after deploying on the last squadron rotation and we had a medal parade to mark our return. Afghanistan was an operation everyone at Wattisham was involved with over the years and it’s good to gather the whole station together and celebrate what we achieved.”

Mrs Fields said: “When Jonathan deployed I suddenly became a single parent with two young children to look after, which was hard. The welfare team were really understanding and organised support and trips for the families. The children have really enjoyed coming to have a look at the helicopters today and events like this make families feel valued.”
UNIT WELFARE OFFICES

3 REGIMENT ARMY CORPS

We are here should you require information, assistance or simply just want to chat. We work to support your welfare needs and will ensure any issues or concerns you have are dealt with in the strictest of confidence.

It is highly important that your partner or loved one updates all their contacts details on JPA whenever they change. This will enable us to get in touch with you when necessary. It is also important that we are made aware of any family changes.

Coffee Mornings

01449 728263 (Wattisham - surgeries, bus routes or general advice. This is ideal if you are new to the area and should be the first stop for on groups, activities and general information. The Hive has local information updates all their contacts details on JPA whenever they change. This will enable us to get in touch with you when necessary. It is also important that we are made aware of any family changes.

New Welfare Team

The new team is now complete with the arrival of WO2 Chris Green in the department.

WO2 Richard Tatum

WO2 Christopher Green

Useful Contacts

Agility relocations (Suffolk houses only) (For approved relocations):

Tel: 0800 707 6000

Combined Accommodation Assessment System

What makes a decent home?

• Applying for SFA, furniture and removals
• Moving in
• Emergencies
• Repairs & maintenance
• Living in your SFA - Troubleshooting
• Moving out

Carilloan Amey

Welfare Contact Details

Office Tel: 01449 728521
Emergency other than SFA: 01449 728520
(Guard Room)
E-mail: saac3_weloffr@hotmail.com
Tel: 0800 707 6000

Welfare Services

Suffolk & District works with their local community and networks. Home-Start Suffolk & District also attends events, children’s parties etc to support families with young children. These families will be facing a range of difficulties such as isolation, mental health issues, post natal illness, loss of employment, relationship breakdown, addiction issues, poverty, illness and disability etc, thus preventing them from being able to provide their children a happy and secure childhood where they are able to thrive and reach their full potential.

Volunteers are recruited for their parenting experience and their ability to empathise and reach their full potential. The ladies from Robins support many of our families in a myriad of ways and are an invaluable resource for the Welfare team to call upon for both help and advice. Not forgetting Pte Riker Pedderick and his team who certainly made sure there was no sleeping on the job allowing both old and young to operate their fully functional patrol car – I can touch for the siren system working as loud at the end of the afternoon as at the beginning moving in between.

WO2 WO2 Jacques and AirTpr Marshall the best of luck in their future careers in Civilian Street and hope that are successful in whatever they choose to do.

Hello New Members

4 Regt Welfare Team would like to introduce new members to the team: Sgt Paul O’Leary and AirTpr Jordan Marshall. Sgt Paul O’Leary will be taking over the role as UWWO due to WO2 Jacques leaving the Army after 22 years of service. AirTpr Jordan Marshall will be taking over the role of a UWD due to AirTpr Stacey Mason also leaving the Army after 5 years of service. On behalf of the team we would like to wish WO2 Jacques and AirTpr Mason the best of luck in their future careers in Civilian Street and hope that are successful in whatever they choose to do.

Fare Well Members

The new team is now complete with the arrival of WO2 Chris Green in the department.

WO2 Richard Tatum

WO2 Christopher Green

USEFUL CONTACTS

MONEYFORCE

MoneyForce is the official home of money guidance for the UK Armed Forces community, including active service people, veterans, reservists and families. Whether you’re dealing with debt, interested in investments or puzzled about payday loans, MoneyForce will arm you with all the information you need to get MoneyFit. Type in http://www.moneyforce.org.uk to search engines and get money fit.

The Hive is the official home of local information on groups, activities and should be the first stop for general advice. This is ideal if you are new to the area and require information on doctor’s surgeries, bus routes or general days out. Lulu is available on 01449 728623 (Wattisham - Mon, Tues, Thurs, Fri) and 01473 828995 (Hadleigh - Wed).

COFFEE MORNING

• Wattisham Community Centre: 0900 – 1100 on Tues and Thurs
• Hadleigh House: 14 Leeks Close open 0900 – 1500 on Weds

7 AIR ASSAULT BATTALION REME

Way back in July the Station came together and put on a fantastic End of Herrick Celebration – part of the celebration was a Children’s area. Within that area many of the outside agency that all the Welfare Departments rely on to support our families and we would like to say a big thank you to them all on behalf of the Battalion and Station.

The Group Co-ordinator also attends the Wattisham Community Centre Family Parties at Easter and Christmas where she provides activities and crafts for children of all ages.

Volunteering for Home-Start is a great opportunity to explore your own individual skills and use your life experiences to help other families. The only qualification we ask for is the experience of bringing up children and understanding the pressures of raising a young family. For those who wish to use the experience of volunteering in gaining employment, we also offer CERTA accredited Level 1 and Level 2 training. Our preparation courses are runs regularly in Ipswich and Hadleigh. If you are interested please call Sarah or Fiona on 01473 822822 for an informal chat, or email sarah@homestartsouthsuffolk.co.uk

If you feel that Home-Start could help you or that you could help them then please contact our office or Home-Start direct.

THE EAGLE | 24

UNIT WELFARE OFFICES

THE EAGLE | 25
Its Pumpkin Time Again... and Santas coming to visit too!

Its Pumpkin time again. Every year Hollow Trees Farm in Serrmer near Hadleigh grow lots and lots of pumpkins, from the tiny munchkin varieties to the whoppers you can have fun with, creating faces and designs on. They will all be on sale in the farm shop from October 1st.

We will be having our annual Holloween fun over the half term week too, so be sure to come along and find out what’s happening in the Rascals Castle and Witches Wood. We will have a bouncy castle too and a big Scoundrels Straw stack.

All this extra activity on takes place on the regular farm trail and is in addition to the normal trail fun. There will still be the Foxhole slide, the Giants chair, the Hill Top fort rope swings, wey throwing, rilly poly pole and more. Then there are all the Hollow Trees Farm animals, the goats, cattle, pigs and chickens; they will all be waiting to see you.

Within the event we have a take away cafe that opens just for the duration of the festival selling burgers and hot dogs all made with our own meat, reared on our farm and prepared by our butchers: with sandwiches, cakes and bakes too, all made on site by our chefs, it promises be a very tasty day out.

Save the dates - Friday 23rd October to Saturday 31st October inclusive. Open from 10am until 4pm the last entry will be at 3pm every day. During these dates entry to the farm trail and Holloween event is £6 per person, adults and children (2 years and under free) this entry price includes all the farm trail activities but excludes your refreshments and any pumpkins or feed for the animals you might like to buy.

Throughout the event the Farm Shop will be open as usual for all your fresh vegetables, local fayre and home grown meat. Woodlands Coffee Shop will have some special half term treats on their menu too.

Of course, when Holloween is over we look forward to Santas coming to tea in December. Check out the What’s On page at www.hollowtrees.co.uk for more details of when our very special visitor is scheduled to visit Hollow Trees Farm.
NEW BEGINNING COMES WITH NEW OPPORTUNITIES

PADRE’S PONDERING

The summer of 2015 is now over but it is worth remembered as we reflect on treasured memories we share with people who are so dear to our hearts. It always hard to find a decent time to relax and share with our loved ones because of the busyness of our schedules compare to what summer leave can offer. I hope that we are all refreshed and ready to take on whatever life might throw at us along the way.

On my first day at work after this summer leave, I was grateful to bump into a group of new soldiers who had just posted to Wattisham from training. From our conversation, I could feel from them a bit of mixed feelings of both excitement and curiosity, which are obviously felt when we begin a new life in a new place. I also found that few familiar faces and families have moved on and new ones are posted in which reminds me that life is a journey full of new beginnings and new opportunities.

One of the new faces in Wattisham is our new Army Scripture Reader: William Wade. He will be serving along with the Padres supporting the moral and pastoral life of the soldiers in our community. William Wade was brought up in Belfast and his father was a Loyalist Paramilitary. He followed his footsteps as a young man, but was converted to Christianity in his late teens. He later joined to be a soldier with the Royal Irish Regiment, and for the past 13 years has been an Army Scripture Reader with SASRA. He just recently married Tulsi (who is Dutch and proud of it) and have two daughters, Micah and Esme.

In the area where 8 Flt were sited for many years had previously been home to the RAF Quick Reaction Alert hangar. Two English Electric Lightnings and latterly in the 80’s two FGR-2 Phantoms were on 24 hour standby for any threat from Russian aircraft that may have drifted in to British air space. In the case of the Lightnings, when the alarm was sounded it was a terrific experience to see and hear these powerful Cold War jets taking off vertically in to the night. The mighty yellow Sea Kings, again on 24 hour standby, a situation which one of the crew once described as 90% boredom, 10% sheer panic. We will miss them, and we thank them for 21 years dedicated service covering the area from the Wash to the Thames Barrier.

The biggest change, however, was the departure of B Flt 22 Squadron RAF Search and Rescue, Suffolk no longer has any RAF flying units, which is a very sobering thought.

We were able to capture the last two Sea Kings flying out for our documentary, Wattisham From Both Sides Of The Fence. Also for the documentary we recently filmed a couple of recreation scenes, one of these being a reconstruction of something that my own mother experienced, when she and her land girl colleague were attacked by an enemy fighter aircraft while cycling to work in a field close to Wattisham aerodrome during WW2. A drone with a camera were used as the ‘aircraft’. We continue to fund raise to support filming. I would like to publicly thank Jasmine Skingsley for bravely carrying out a sponsored parachute jump close to Wattisham ‘aerodrome’ while cycling to work in a field.

Alan Hill the Advice & Information Officer from the British Legion will be in the Wattisham Information Support Centre on: Tuesday 3rd November 10am - 12pm

If you need any assistance on Benefits, Money Advice, or anything else please call in to see him.

The latest NHS Choice pages are now themed towards Serving, Transition and Veteran areas and all the pages have been reviewed to reflect the current commissioning and provision arrangements, as well as a significant refresh of the in-service and wider welfare/charity support elements.

(The pages will remain under continual review to ensure all information is accurate and current.)

http://www.nhs.uk/NHSEngland/ARMEDFORCES/Pages/Militaryhealthcare.aspx

This card is only needed if you don’t have a MOD 90 card. This card is for Spouses and Civil Servants to enable them to access all Defence Discounts. I have the books and details on how to get the card within the HIVE.
Hello, my name is Shirley Gartshore & I am the Services Welfare Officer for Wattisham Station WRVS. My role is to provide independent, non-military welfare support & a relaxed, informal alcohol free leisure facility for the military personnel based at Wattisham Airfield. I have been a SWO for over 6yrs & have worked with regiments both in the UK & abroad & can currently be found in the Herrick Club which is located above the Bar, opposite the gym.

This is a very well provided for Centre with Sky TV, including movies & sport channels, table tennis, snooker, pool, dart, 500 plus DVD’s free to borrow, X-Box 360, guitars, computers with printers/scanner & free Wi-Fi. There are 12 non Dii computers, so USB sticks & memory devices are permitted and you can use our kazoos in 'Kiss Me Goodnight Sergeant Major', which caused a stir! As ever it was an honour to sing together and a joy to encourage each other in song whilst providing entertainment for those listening. We are always proud to perform and represent Wattisham at local events. If you are ever considering joining the choir, remember, it is not about how you sound, it’s about how music and singing makes you feel. Whether we are singing at events or at our Tuesday night practice, it is singing together that makes us smile more than even the sunshine!

Upcoming Performances:
- 7.30pm 31st October Autumn Concert with Bury St Edmunds Concert Band at The Apex, Bury St Edmunds
- 7.30pm 6th November Festival of Remembrance at The John Peel Centre, Stowmarket
- 7.30pm 6th November Festival of Remembrance at The John Peel Centre, Stowmarket

On August 22nd, the sun was shining for our outdoor performance at Raydon Airfield, to welcome back American Veterans who had worked at the Airfield during the Second World War. The guest of honour was Lt. John A. Madison, John, a member of 353rd Fighter group and 350th Fighter Squadron. The day consisted of memorabilia exhibition, presentations and a fantastic Air display by 2 Mustangs. For us, it was a chance to perform one of our new songs 'In the Mood' and continue the theme singing World War II Songs. We sung our hearts out as always and our Musical Director Jennie pulled all the stops out, encouraging the guests to whistle along with our rendition of 'Who Do You Think You Are Kidding Mr Hitler'. Many audience members kindly complimented us on our performance, including one guest who thought we were a recording!

We were then invited to stay for a hog roast and enjoy the display. We are always proud to perform and represent Wattisham at local events. If you are ever considering joining the choir, remember, it is not about how you sound, it’s about how music and singing makes you feel. Whether we are singing at events or at our Tuesday night practice, it is singing together that makes us smile more than even the sunshine!

Upcoming Performances:
- 7.30pm 31st October Autumn Concert with Bury St Edmunds Concert Band at The Apex, Bury St Edmunds
- 7.30pm 6th November Festival of Remembrance at The John Peel Centre, Stowmarket

On August 22nd, the sun was shining for our outdoor performance at Raydon Airfield, to welcome back American Veterans who had worked at the Airfield during the Second World War. The guest of honour was Lt. John A. Madison, John, a member of 353rd Fighter group and 350th Fighter Squadron. The day consisted of memorabilia exhibition, presentations and a fantastic Air display by 2 Mustangs. For us, it was a chance to perform one of our new songs 'In the Mood' and continue the theme singing World War II Songs. We sung our hearts out as always and our Musical Director Jennie pulled all the stops out, encouraging the guests to whistle along with our rendition of 'Who Do You Think You Are Kidding Mr Hitler'. Many audience members kindly complimented us on our performance, including one guest who thought we were a recording!

We were then invited to stay for a hog roast and enjoy the display. We are always proud to perform and represent Wattisham at local events. If you are ever considering joining the choir, remember, it is not about how you sound, it’s about how music and singing makes you feel. Whether we are singing at events or at our Tuesday night practice, it is singing together that makes us smile more than even the sunshine!

Upcoming Performances: 7.30pm 31st October Autumn Concert with Bury St Edmunds Concert Band at The Apex, Bury St Edmunds
- 7.30pm 6th November Festival of Remembrance at The John Peel Centre, Stowmarket

As always, it has been a busy few months for the Wattisham Military Wives Choir.

On the 4th July the choir took part in a Charity Musical Spectacular at the Suffolk One Sixth Form College. The choir was supported by acts from the local community, including singers Simon Tricker and Ray Maplestone and flautist Kitty Meeks (a multitalented lady who is also a member of the choir!) Miss Teen Suffolk (Emma Collingridge) took time out of her busy schedule in her run up to competing for the Miss Teen Great Britain crown, to help host the evening.

The performance was sponsored by Barclays Ipswich and the beneficiaries of the proceeds were Ipswich Baby Beareavement Group, Wattisham District Community First Responders and the Wattisham Military Wives Choir. More than 120 tickets were sold and after matched funding from Barclays, over £3700 was raised for the three charities. It was a very successful evening, thank you to all of those that came along to support us.

The Annual Station Cocktail party took place on 23rd July and we had the privilege of providing a musical repertoire for the assembled guests and military personnel. Situated in a tent decorated with Union Jack flags, we sang a few war time medleys and some of our regular repertoire. A particular highlight was using our kazoos in ‘Kiss Me Goodnight Sergeant Major’, which caused a stir! As ever it was an honour to sing together and a joy to encourage each other in song whilst providing entertainment for those listening.

We are always proud to perform and represent Wattisham at local events. If you are ever considering joining the choir, remember, it is not about how you sound, it’s about how music and singing makes you feel. Whether we are singing at events or at our Tuesday night practice, it is singing together that makes us smile more than even the sunshine!
At Ringshall School we provide a challenging, nurturing environment in which children grow and flourish. Good teaching and high expectations encourage all learners to love learning and do their best. Through a wide variety of activities we develop the individual qualities of the children. There is a strong emphasis upon outdoor learning and learning through the environment. Everything is underpinned by our Rainbow Skills which we actively teach the children. We have identified these as essential skills for successful learning and, in future life, the skills that will enable the children to be fully participating members of society.

“There is a climate of warmth and support in which pupils respond and thrive” (Ofsted 2012)

For further information or to arrange a visit please contact the school office.
Telephone: 01473 658307 Fax: 01473 658307 Email: admin@ringshall.suffolk.sch.uk
Or visit our website www.ringshallschool.co.uk Head teacher: Monica Gibbs
Beach was finished the season undefeated in the 5th Division of the South Suffolk League and after achieving promotion will be competing in the 4th Division next season. Huge congratulations to all members of the team for such a great achievement for which they were rewarded at the South Suffolk AGM with their winner’s trophy.

A great night of laughs and fun was had at the Community Centre for our Bingo and Curry fundraiser in August raising over £400, which has been put towards some new training balls and other training equipment. A massive thanks to Gloria Nairnurna, Aki Alovesi Qica and Anna Sesto for the delicious curry which went down a treat by everyone. Thank you also to many local companies who donated prizes for our raffle and a special mention to Jen Pullen who worked really hard to bully them into donating prizes! Look out for more exciting fundraisers we are currently planning for.

As preparations begin for the new season the Blades are excited to announce they will be entering a second team into the South Suffolk League making the Wattisham contingent very strong across Suffolk. The new team will be competing in Division 6 and are mainly made up of ladies new to or getting back into netball and training weekly with the Division 4 team is a huge help in the teams development.

Although we have taken a few weeks off training to hopefully catch some British sunshine and enjoy summer leave we have still been busy collecting their league prizes! Look out for more exciting fundraisers we are currently planning for.

Over the past two or three months several new volunteers have joined the regulars at Orchard Barn. And as we all know, many hands make light work. We have also had a number of donations of tools and materials, for which we are always very grateful. Recently we’ve had exercise and fun in creating lots of daub needed in the construction of our new rest area, a communal shelter for volunteers that will be much appreciated during break times in very cold or inclement weather. Daub is a combination of clay, loggin (subsoil), straw and water, trodden and rolled into a blended mixture. The clay needed in the daub mix has been harvested from our own ditch, thus improving drainage as well. Wattle on the roof, consisting of last year’s hazel coppice material, has the daub applied to it and then pantiles are laid on top to provide a watertight and insulated roof as the photo shows.

If you’d like to get muddy then join us when daub is being applied to the walls sometimes soon. We are SW of Mill Road, Bawdsey or visit our website www.orchardbarn.org.uk or phone 01473 658193.

Wattle be the future for Orchard Barn?

The club would also like to thank SSARA who recently donated £200 with which we have purchased some new “sticky” bibs to go with our new dresses and some new match balls. The donation is hugely appreciated.

So looking to the start of the season, we would like to wish the best of luck to our two teams for a fun and successful year of netball. We are always welcoming new members, any level, fitness, size or shape so please get in touch if you or someone you know is interested in getting back to netball - wattishamblands@gmail.com or text/call Chloe on 07876 768043. Find us on Facebook or give us a follow on Twitter to keep up to date with our latest results, fixtures and news.

The season may have ended but the Blades have still been busy collecting their league winner’s trophy, taking part in the Race for Life and preparing for next season.

As preparations begin for the new season the Blades are excited to announce they will be entering a second team into the South Suffolk League making the Wattisham contingent very strong across Suffolk. The new team will be competing in Division 6 and are mainly made up of ladies new to or getting back into netball and training weekly with the Division 4 team is a huge help in the teams development.

Although we have taken a few weeks off training to hopefully catch some British sunshine and enjoy summer leave we have still been busy collecting their league prizes! Look out for more exciting fundraisers we are currently planning for.

Over the past two or three months several new volunteers have joined the regulars at Orchard Barn. And as we all know, many hands make light work. We have also had a number of donations of tools and materials, for which we are always very grateful. Recently we’ve had exercise and fun in creating lots of daub needed in the construction of our new rest area, a communal shelter for volunteers that will be much appreciated during break times in very cold or inclement weather. Daub is a combination of clay, loggin (subsoil), straw and water, trodden and rolled into a blended mixture. The clay needed in the daub mix has been harvested from our own ditch, thus improving drainage as well. Wattle on the roof, consisting of last year’s hazel coppice material, has the daub applied to it and then pantiles are laid on top to provide a watertight and insulated roof as the photo shows.

If you’d like to get muddy then join us when daub is being applied to the walls sometimes soon. We are SW of Mill Road, Bawdsey or visit our website www.orchardbarn.org.uk or phone 01473 658193.

Wattle be the future for Orchard Barn?

The club would also like to thank SSARA who recently donated £200 with which we have purchased some new “sticky” bibs to go with our new dresses and some new match balls. The donation is hugely appreciated.

So looking to the start of the season, we would like to wish the best of luck to our two teams for a fun and successful year of netball. We are always welcoming new members, any level, fitness, size or shape so please get in touch if you or someone you know is interested in getting back to netball - wattishamblands@gmail.com or text/call Chloe on 07876 768043. Find us on Facebook or give us a follow on Twitter to keep up to date with our latest results, fixtures and news.

The season may have ended but the Blades have still been busy collecting their league winner’s trophy, taking part in the Race for Life and preparing for next season.
L. A. HYMAS
67 High Street Hadleigh
01473 839337
Cabinet making and restoration to all kinds of furnishings, antique and modern. Repairs. Rush and Cane seating but most importantly upholstery.

We also sell restored upholstered furniture and run classes one day a month at Hadleigh Football Club.

KEEP THE WHEELS TURNING... NOT THE FUEL BURNING
• Lose weight • Save money • Have fun!

£30 off all adult bikes with this voucher.

GILLIANS
SCHOOL OF MOTORING
Patient Female Instructor • Student Discounts
Block Booking Discounts • Theory Training
Pass Plus Registered • Nervous Pupils Welcome
Refresher Lessons • Motorway Lessons
Intensive Courses • All Ages Welcome

Gillians, The Green, Stowupland, Stowmarket, Suffolk, IP14 4AE
Telephone: 01449 402023  Mobile: 07887 718531

THE EAGLE | 36
THE EAGLE | 37
Despite our hopes in the previous edition that the sunny start to the year would continue, the Great British Summer had different ideas. July was Wattisham’s 4th wettest on record (total precipitation: 91.5mm; 183% of the average), mostly due to westerly Atlantic airflows occurring regularly which resulted in cooler, unsettled conditions for the airfield.

It’s been a busy few months for us, three of the office (Harry, Claire and Dave) went on detachment to RAF Coningsby during most of July in order to help our Met Office colleagues there while they were short staffed. We have also supported a number of exercises during the summer. We were also very happy to be invited to our first Wattisham Families Day this year. Attended by Dave, Mark, Matt and Katie it was great to see the variety of aircraft and the Apache display with full pyrotechnics and eat some ice cream of course!

EXERCISE LIGHTNING FORCE - OTTERBURN AUGUST 2015 Exercise Lightning Force was the first exercise attended by Wattisham’s Met Office staff to help improve the Met support provided whilst on exercise, as well as to help our team better understand what is involved with these exercises from a squadron perspective. MMU (Mobile Met Unit) engineers arrived on the first day to help Pete and Claire set up the computers and satellite dishes and then the rest was up to us. We were available throughout the day and into the night to provide route briefs, formal flying briefs and monitor the weather throughout the flying period.

Claire and Katie supported reversionary night flying on the second week with route briefs during the day and a formal night flying brief at 1830 L. High pressure with the occasional weak occluded front was the main story of the week leaving the risk of stratus, mist and fog on some occasions. We were able to have much of the data which is available to us at Wattisham, which meant we could provide forecasts and current observations. This proved particularly useful during the risk of fog for Tuesday and Wednesday night flying when the forecast was PROB30 200M FG. Claire monitored the situation in the Ops room, though no fog appeared before the end of night flying. A messy frontal system on the Friday cancelled night flying, while Katie remained on call throughout the weekend.

Dane, Abby and Katie saw the exercise come to an early close during the third week due to poor weather conditions, but also saw an impressive dust devil.

On a side note, Claire and Katie trekked through the Otterburn Village trail during their visit, were gifted a squadron coin and stickers, and were shown what it’s like to look through Night Vision Goggles during the Perseid meteor shower, which they provided forecasts for. After completing our first embedded role on exercise the feedback has been very positive and we have been booked for more exercises in the coming months. Two members of the Office supported Exercise Swift Response in Germany and we will also support Ex Eagles Amarante and Ex Guardian Strike in the autumn.

SUN DOG SPOTTED OVER WATTISHAM An atmospheric phenomenon called a parhelion (also known as sun dogs) was seen above the Wattisham in June (pictured). They consist of a pair of bright spots on either side of the sun, and can create the illusion of three suns in the sky. Parhelia are usually caused by the refraction of light from ice crystals in cirrus cloud. They can also form in very cold weather, when ice crystals have fallen to low levels - known as diamond dust. In very rare cases, it is possible for a bright moon to cause the same effect.

Mark Baker and Dave Jameson with the Osprey on Family’s Day.

PARHIELION.
**THE 9TH ANNUAL WATTISHAM SSAFA TRIATHLON**

**SSAFA TRIATHLON 13 JUN 15**

The 9th annual Wattisham triathlon took place on Saturday 13th June, in support for SSAFA at Wattisham; an important fundraising opportunity with all money raised at Wattisham being spent at Wattisham.

It’s nice not having to get up at the crack of dawn to race and having it on our home station. The wind was always dreadful as the runway is so exposed but there was always great support as it is such a popular race.

**WHAT WAS THE ATMOSPHERE LIKE?**
It was a great atmosphere, especially at the finish.

**WHAT DO YOU LIKE ABOUT THE WATTISHAM TRIATHLON?**
It’s good value, proceeds to charity, excellent goody bag, and a well organised, efficient race that is well supported by the local community. However it would be nice if entries were open to the military first before civilians as it books up so quickly.

**WAS THERE ANYONE YOU WERE COMPETING AGAINST?**
Just against myself and my previous time.

**WILL YOU BE COMPETING AGAIN NEXT YEAR TO RETAIN YOUR TITLES?**
Probably not as I will definitely be rested away from Suffolk and Wattisham.

Over £4000 was raised for vital funds for the Wattisham Station SSAFA organisation. This money is utilised to fund the provision of practical and financial support to Wattisham serving soldiers and their families. This also includes funding the Wattisham volunteer network that provides personal and emotional support to the community, from a friendly chat to assistance during operational deployments.

Prizes were presented by the Station Commander, Col Jason Etherington who also competed in the triathlon along with his wife Vicky for the 5th time. Col Etherington commented ‘As always it was impeccably run and raised £4000 for SSAFA. It is a brilliant event that is only possible due to the hard work of a number of individuals and the soldiers based at Wattisham Station. Unfortunately the weather was poor this year but gave me a good excuse for a slower time, all that compete have their own goals and while it is such a popular race. The atmosphere for the whole event will always be on my calendar – at least until my wife gets close to beating me.’

Col Etherington also had to pull out of the Kagoshima Marathon on Saturday 11th June 2016. Applicants are advised to apply early as places fill up very quickly – note that applications open in March 2016.

**THE EAGLE | 40**

---

**SSAFA WATTISHAM STATION TRIATHLON PRIZE WINNERS 2015**

<table>
<thead>
<tr>
<th>CAT</th>
<th>NAME/TEAM</th>
<th>CLUB</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Male</td>
<td>Matt Shingleton</td>
<td>West Suffolk Wheelers</td>
<td>00:54:54</td>
</tr>
<tr>
<td>1st Female</td>
<td>Sqn Ldr Penny Grayson</td>
<td>RAF Tri</td>
<td>01:07:37</td>
</tr>
<tr>
<td>2nd Male</td>
<td>Chris Miles</td>
<td>Stourmarket Cycling Club</td>
<td>00:56:08</td>
</tr>
<tr>
<td>2nd Female</td>
<td>Katy Keeble</td>
<td>Individual</td>
<td>01:03:25</td>
</tr>
<tr>
<td>3rd Male</td>
<td>Dave Copland</td>
<td>Ipswich Tri Club</td>
<td>00:56:59</td>
</tr>
<tr>
<td>3rd Female</td>
<td>Julia Horsley</td>
<td>Individual</td>
<td>01:03:45</td>
</tr>
<tr>
<td>1st Mil Female</td>
<td>Sqn Ldr Penny Grayson</td>
<td>RAF Tri</td>
<td>01:01:37</td>
</tr>
<tr>
<td>1st Now Male</td>
<td>Joseph Peat</td>
<td>Stubbington Green Runners</td>
<td>01:01:08</td>
</tr>
<tr>
<td>1st Now Female</td>
<td>Jackie Batchelor</td>
<td>Run Eat Sleep</td>
<td>01:04:26</td>
</tr>
<tr>
<td>1st Youth Male</td>
<td>Cdn Dan Titcomb</td>
<td>REME</td>
<td>01:05:11</td>
</tr>
<tr>
<td>1st Youth Female</td>
<td>Jasmine Haywood</td>
<td>Hadleigh Hares</td>
<td>01:05:55</td>
</tr>
<tr>
<td>1st Team of 3 Individuals</td>
<td>Ipswich Tri Club</td>
<td>Clapton, Clapton, Archer</td>
<td>02:26:53</td>
</tr>
<tr>
<td>1st Relay Female</td>
<td>Hutchinson Wright Olivia</td>
<td>Individual</td>
<td>01:11:29</td>
</tr>
<tr>
<td>1st Relay Team Military</td>
<td>Cole Overall McCarthy</td>
<td>Wattisham Mod Centre</td>
<td>01:17:05</td>
</tr>
<tr>
<td>1st Relay Team Mixed</td>
<td>Woodbridge Surfers</td>
<td>Hopkins</td>
<td>01:08:03</td>
</tr>
<tr>
<td>1st Male Age Group D</td>
<td>Jake Haywood</td>
<td>Hadleigh Hares</td>
<td>00:59:40</td>
</tr>
<tr>
<td>1st Female Age Group D</td>
<td>Isabelle Perrett</td>
<td>163 Sqn 254 MOD Regt</td>
<td>01:04:12</td>
</tr>
</tbody>
</table>

---

**THE EAGLE | 41**
You could be in the Algarve, relaxing in the sun...

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 (10 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, DVD and CD player 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.

To book accommodation please contact Judith Hall on 01536 711884

Apartments can also be booked very competitively at judith.hall6@btinternet.com

www.algarveestatemanagement.co.uk

apt meia

PRICES:
Nov to Mar £190
Apr & Oct £255
May & Sept £290
June £330
July & Aug £410

The Royal Hospital School is a leading co-educational independent school for 11 to 18 year olds located in 200 acres of Suffolk countryside. It has a thriving Combined Cadet Force, 65% of pupils board full time and more than 200 pupils have a connection to the armed services.

Fees are discounted for services families eligible for CEA and all RN and RM personnel, both retired and serving, can apply for means-tested assistance with fees.

OPEN MORNINGS: SATURDAY 3 OCT & 7 NOV
For more information contact Kate Evers, Registrar on 01473 326136 or admissions@royalhospitalschool.org or visit www.royalhospitalschool.org
Capability Begins With Training…

Aviation Training International Limited (ATIL) is a 50:50 joint venture between AgustaWestland Limited and The Boeing Company.

It was formed in 1998 as a special purpose vehicle to deliver the Attack Helicopter Training Service contract for the UK Army. The contract was financed under a PFI arrangement.

ATIL holds a unique position as a training organisation in being able to provide total synthetic training solutions in the areas of Aircrew, Groundcrew and Maintenance training. A range of equipment is employed to represent the sophisticated systems that reside within an aircraft of the complexity of the Apache.

From weapons to avionics, each device allows students to familiarise themselves with some of the most advanced technology in the world. The equipment is based on full size aircraft systems and provides a high degree of fidelity offering the necessary tactile and visual cues, greatly reducing the need to use operational aircraft for training purposes. Constant investment by the MoD and ATIL in technology insertions has ensured that the training system remains one of the most up to date in the world.

Aviation Training International Limited
Coldharbour Business Park, Sherborne, Dorset DT9 4JW
Tel: 01935 810300
Email: enquiries@atil.co.uk
Web: www.atil.co.uk