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241 (Wanstead & Woodford) Squadron
Air Training Corps
The Cadet Centre
Finchingfield Avenue
Woodford Green
Essex IG8 7JR
Tele: 020-8505-4744



Dear Parent / Guardian,

I am taking this opportunity to write to about issues that have recently arisen.

1. Duke of Edinburgh's Expeditions

Assessments of Silver & Gold Duke of Edinburgh's Award (DEA) Scheme expeditions are carried out in the Lake District, over the last week of August from Saturday of the Bank Holiday weekend to the following Saturday.

The confirmed dates of all expedition and training events are published on the Sqn calendar in Mid December of each year (on the Sqn forum) and this is available in hardcopy on request.

All eligible cadets (i.e. those who have passed their Bronze or Silver DEA Expeditions as appropriate) have to complete practise expeditions prior to the actual expedition, in UK Mountainous areas. These practises have to encompass a minimum of 4 Quality Mountain Days* gained in the 12 months preceding the expedition. This is a mandatory requirement of the Air Cadets and DEA Organisations.

* A **Quality Mountain Day (QMD)** is defined as a Days **HILLWALKING** in Wild Country, which is a minimum of 4 hours in duration, and must include walking on land above 600m in height. Camping to be carried out as required.

2. Local Youths

We have had a number of anti social incidents with local youths over the last year. The Police are aware of these people and I have given instructions to staff and cadets to call the Police in the event of any incidents, which should also be reported immediately to the Sqn staff.

To that end I would ask that when you pick your cadet up at the end of the evening that they arrange a time to meet you (or use a mobile phone), as they should stay at the main gate of the Sqn rather than at the top of the access road until you arrive. This reduces the chances of attracting the youths. We aim to have ALL cadets depart from the Sqn by 10pm, with NCOs staying, if required, to around 1030pm.

3. Equipment

The Sqn continues to lose expensive kit we have purchased from our fund raising. This includes rucksacks, waterproofs and sleeping bags. I would ask that your cadet checks their room for any such kit and brings it back.

We also have a problem with kit being left behind or lost after activities. Please ensure that your cadet has all kit named. After activities we will provide plastic bags for wet kit, which should then be placed in the cadets holdall to prevent loss rather than left loose. After many exercises we have a collection of bags of clothing that have been left behind and are usually unidentifiable!

4. Bag Pack

The Sqn is arranging a Bag Pack at Sainsbury's, South Woodford on Saturday 24 November. We will be raising money for the Royal Air Force Benevolent Fund as part of a National Air Cadet initiative. We will be asking cadets to attend for a 3 hour shift during the day, and would ask that you let friends and family know so they could do their shopping and see the cadets in action!

The staff on the squadron work hard to deliver excellent training for your children to make them better citizens. We appreciate any help and support you can give so that we can continue to improve what we do year on year. Thank you for the help and assistance you give us in our work with your sons and daughters. Please do not hesitate to contact us if you have any queries or problems.

Jerry Godden
Sqn Ldr
241 Sqn

Dear Readers,

It wasn't Britain's greatest summer, but of course, that didn't stop the squadron. In fact, this was by far the busiest summer to date with numerous events and courses available throughout the 'summer' months. These saw cadets zipping around England in helicopters and summiting 4000m peaks in the Alps.

To be fair, I am every bit in the dark with most events as you are, having spent at least half the time away from the familiar SHQ on both Sqn and family affairs; so I hope you enjoy reading this issue as much as I did.

Also take note of the attachments included in this edition. The sheet from Sqn Ldr Godden details many important points for both cadets and parents to note: so cadets - tell your parents and equally parents, tell your kids! There is a separate form with information regarding a standing order, which covers your weekly sqn subscription fee. I highly recommend that you use this! It is far easier than bringing down £1.50 a week and you will never be in debt! Hassle and cost free, come on, what can you lose?

A relatively short section from me, there's not much more to say apart from please do leave feedback (follow the instructions on the back), if something could be improved let me know, if you think it's perfect, still let me know, I like compliments. But on a serious note, I can appreciate that most cadets tell their parents the bare minimum about what they did last week, or what they do every parade night, so if you have requests for specific information feel free to ask.

But for now:

Enjoy.

Ajvir

Ajvir Sandhu
Sergeant
SNCO IC No.2 Flt
Editor 241 Sqn Newsletter

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LOOK AT THE FLYER FOR MORE INFORMATION!

General News

Race for Life 10th June
By ASgt Michelle Cheah

On the morning of Sunday 10th June, 17 cadets and 2 staff headed to Hampstead Heath to take part in the 5k Race for Life in support of Cancer Research UK. Each runner had spent the weeks prior to the run raising money through sponsorship, and now that the day was here spirits were high and some girls even made the humorous effort to dress up in fancy dress!

The grounds of Hampstead Heath were soon crowded with runners, who all took part in the group aerobics warm-up following a moment's silence for those whose lives have been affected by cancer. All 5,000 runners were then ushered to the starting line where we were set off on our run. The atmosphere was fantastic, with everyone in good spirits and our girls singing songs in a haphazardly assembled running squad.

Once people had established their own paces and overtaken other runners into position, the group soon spread out. Throughout the course there were supporters and marshals to guide runners in the right direction and provide encouragement.

As runners approached the finishing line, we were greeted with loud cheers and clapping from the supporters. The 241 participants finished

within minutes of each other and collected our medals and goodie bags. We even had the opportunity to pose for a publicity shot for Capital FM, with fresh sweat dripping off our faces and our costumes barely having survived the run.

Altogether the girls raised over £2,000 for Cancer Research UK, well done to the following girls for taking part: Ellie Clark, Alex Dutch, Joy Dutch, Holly Famiglietti, Jess Goldman, Claire Hayes, Bianca Nicklen, Kristina Pisano, Chloe Sinclair, Laura Smith, Catherine Chiu, Martina Abela, Katrina Zielinski, Shannon Campbell, Amelia Carleton, Mia Lewis and Vicki Jordan.

Staff that took part were Plt Off Brogden-Knight (even though she had the flu) and ASgt Cheah.

Parliamentary Visit 14th June

By FS Mike Cross

Thursday 14th June was a very important day 300 years ago. The Kingdom's of England and Scotland became one, creating the Kingdom of Great Britain; the Union Jack originated from this Act of Union. To celebrate this a dinner was held in the member's dining room in the Palace of Westminster which Sgt Troy and I were lucky enough to attend.

We were asked by the organiser of the evening, former MP Bill Walker OBE to help out with the running of the dinner. This involved directing the guests, taking pictures and arranging the seating plan. Of course we were also invited as guests and after all our duties had been performed sat down for the meal! We were sitting with three guests who owned businesses in Scotland, two cadets from 444 Squadron and Sqn Ldr Hale, himself a Scot! We were also joined by the piper who played the bagpipes as the guests entered.

The food and drink was first class, as was the setting, overlooking the Thames. The meal was (unsurprisingly) a combination of Scottish and English foods, which everyone agreed was cooked to perfection. Speeches were made by David Heathcoat-Amory MP and Lord Forsyth of Drumlean on the background of the union and its importance. A special treat at the end was that all the guests received a limited edition bottle of House of Commons Scotch Whisky and we were promised a tour of the Palace of Westminster on a future ATC visit. Who says the ATC is all work and no play!

The Alps 21st July-4th August

By Sgt Ajvir Sandhu

Well we're back! Unfortunately there isn't enough room to tell you of our endeavours here, but I will use this opportunity to invite you to the Sqn Presentation Evening on the 13th December. It would be great to see you all there so put in your diaries and await further information!



The team in front of our major summit, the Dent de Geant (4008m)

I wrote an article about the trip designed for release in newspapers and climbing websites. So far it has been in 3 newspapers (including the RAF news), 3 websites and it will be in the next edition of Air Cadet Magazine.

It also won an award for the best press release in London and South East Region. Here is a link to a copy of the article on www.ukclimbing.com which is read by several thousand people nationwide.

<http://tinyurl.com/2f2aum>

RAF Odiham 4th August – 11th August

By Cdt Emily Channon with foreword by Sgt Ajvir Sandhu

One of the highlights of being a cadet is attending camps on RAF stations. Below is an accurate account of one of the most eventful one's that the Sqn has been involved with. For the October half term we are going to RAF Lyneham, home of the Hercules. Do not miss out on these opportunities! With the possibility of a flight in one of the RAF's most versatile aircraft this is something not to miss! This is a cadet's account of a week at RAF Odiham with the 'mighty' Chinooks.



Cadets before their memorable Chinook flight!

On Saturday the 4th August, 11 members of 241 SQN ATC along with three other London Wing squadrons left for RAF Odiham in Hampshire for a week of section visits, inter-flight competitions and generally learning about the RAF. Because it was my first wing camp I had originally thought the experience would be daunting. With only nine cadets to solely represent 241 Squadron to the rest of the wing, doing the squadron justice whilst having to make new friends and meet new people and adjusting to a totally alien environment would be hard work! However, the NCOs and cadets of our squadron all helped each other along and made the week enjoyable for both the more experienced cadets and those who had just passed out of 4 Flight.

Living in tents and keeping them in acceptable conditions was a challenge along with the sanitary conditions such as the ablutions and the sweet-smelling Portaloos were also a character building experience! During the week, all cadets got to go shooting, Vigilant Gliding, AEF flying, orienteering, participate in team sports and practise for our Inter-Flight Drill Competition which was held on the penultimate day. The night exercise was brilliant and our time with the RAF Regiment gave us a great insight to tactical field craft.

Some of the highlights included visiting the fire section and seeing the incredible strength of some of their equipment and getting to use some of it! Every cadet got at least one flight in a Chinook helicopter and some were even lucky enough to escort the Deputy Commander In Chief of Operations, Air Marshall Iain McNicoll on a flight.

The week ended with a final parade and several awards were presented including Best Cadet of the Camp, which I was fortunate enough to receive.

Overall the week provided us with an insight to how other squadrons work and the strengths and weaknesses of both their cadets and their NCO teams in order to improve our own. It was great to meet new people and strengthen acquaintances with other members of London Wing who I will undoubtedly see again at other Wing events. The staff and NCOs, in particular, worked extremely hard to make sure we all had a really enjoyable time at RAF Odiham and they were successful. I would definitely recommend that cadets claim their places for camp as soon as possible because it is something you really don't want to miss out on.

The Lake District 25th August- 2nd September

By Cpl Bianca Nicklen

In August a group of senior cadets travelled up to the English Lake District to complete their Gold & Silver Duke of Edinburgh's Award expeditions. Sunday brought an instant introduction in to the mountains and a chance for everyone to touch up and reinforce their confidence and knowledge of map reading and hillcraft, whilst being assessed to make sure we were competent enough to do our expedition.

Monday was an admin day; we all went in to town to buy food and other equipment, which we may need for our expeditions. After stocking up on pasta, chocolate and lots of Haribo sweets, we made it back to the campsite to finish our route cards and pack everything into our bergans. Everyone had an early night ready for a jam-packed couple of days ahead.

It was an early start for everyone on Tuesday with the male gold and silver groups being transported to their start points. The two female silver groups started at the camp site and were set off at intervals. My group of four girls; Chloe Harper, Claire Hayes, Catherine Chiu and myself made good time on the first day, and got to our first camp site quite early, even though we took a bit of a detour down some quite steep terrain! Once at the campsite we set up our tents and made our servings of pasta for dinner, waiting a good few hours for the other girls to arrive!

Now, day two was an interesting day and was the hardest of them all. We had an even earlier start and made our way up to our first summit of the day. This was very laborious and physically challenging but once we made it to the top we were very happy. Unfortunately we now had to go back down the hill, which sounds easy enough, but Chloe managed to fall and twist her ankle. True 241 spirit came through here and she carried on limping for the rest of the expedition. Towards the end of the day, we were making our way down the final mountain when Sqn Ldr Godden told us over the radio that our campsite was full and we had to make our way to another site. However, we didn't follow the route he told us to and ended up going straight down to the main road. Little did we know that this was the wettest bit of land in the whole of the Lake District and I found out the hard way when I found myself in a bog up to my waist! Naturally, this added a lot of time to our route and by the time we made it to the campsite it was dark and we had been walking for 14 hours! Both groups quickly got something to eat and put the tents up so we could be in bed straight away.

Thursday was the final day of our expedition. This was the shortest and easiest route we had for over all three days as we had done so much work over the previous two. It involved us following a road for most of the day so navigation was easy. When we arrived to the final check point to meet up with the other group a look of relief and happiness filled our faces as we had completed the expedition. This was the end for us but the Gold groups had yet another day! This was a great three days and it taught us a lot about our mental and physical strengths. Although the practical element of our expedition is over, now our group are faced with writing a full report!

Teams

ISCRM 12th - 15th July

By Cpl Reeves-Roberts

ISCRM is the annual Inter Service Cadet Rifle Meet held at the national Shooting Centre at Bisley. Three teams of four cadets were selected to represent 241 Squadron.

This is the most important shooting competition we are involved with, and brings together over 100 teams and over 500 cadets from all three services to shoot. Cadets come from all over the country and even Canadian and Australian cadets turn up to compete.

The rifle used at this competition is the L81 7.62 Cadet Target Rifle, which is extremely accurate, even up to 1000 yards.

The main competition held over the four day event is for the award of Cadet 100. This badge is awarded to the best 100 firers from the thousands of cadets in the UK and abroad. This year the sqn were lucky enough to win two of these prestigious awards. Congratulations go to IFS Tom Burgess who came 30th and Cdt Ben Filer who re-qualified his previous award by coming 24th.

We did have the chance to win another 3 100's but the nerves got to Cpl Bianca Nicklen and Cdt Adam Sinclair who were well on their way. Not to mention some dodgy marking which cost me my award! Hard luck eh?

All in all, the teams put in their best effort and it showed in the end, winning two Cadet 100s and coming 4th highest Squadron in the Air Training Corps.

Courses

Air Cadet Leadership Course 14th July- 21st July
By Sgt Kirsty Troy

The Air Cadet Leadership Course is held annually at RAF Cranwell to teach and test leadership skills throughout the Air Cadets and Combined Cadet Force.

I was the only cadet from 241 Squadron and London Wing attending the leadership course on the week I went; two of the boys from 241 Squadron had attended the week before. It was a fun filled intense week run by officers from the RAF, ATC and CCF. During the week we were split into four flights cunningly named A, B, C and D in which we would work throughout the week and aim to be the best flight.



4 of the NCOs modelling the blue oval badge awarded on completion of either the Army run course at Frimley Park or the ATC one described.

It was an early start on the first day in which we had to run a mile and half for a physical training session before breakfast, and then had to prepare for a 20km hike known as Exercise Singleton. Each flight was sent to a different location, two to the north and two to the south with the objective of returning to RAF Cranwell within five 5 hours. We all managed to complete the route in time and luckily the weather held up.

Throughout the remainder of the week we were assessed on various command tasks, which got progressively harder. After breakfast on the second day we got straight into phase one of the command tasks. Each of the tasks was 12 minutes long and involved a member of the flight being selected as leader. On completing each task, we would sit down as a flight and discuss what had gone well and what had not. This was very constructive but the instructors did not mince their words!

The third day involved another early start with drill. We had to practise for the graduation parade and four flight leaders and a parade commander needed to be picked. Afterwards, we were given a demonstration from the staff on how to build a tripod and cross a river. The rest of day three was taken up with phase two of command tasks, which were up to 20 minutes long and more difficult and complex.

The fourth morning started with boarding a bus to a drop off point, followed by a 2km walk to Beckingham training area which would be our home for the next two nights. On arrival, we put up ten 12' x 12' tents which would house us that night. We then moved on to phase 3 command tasks, which took up to 40 minutes to complete and covering increasing distance. A typical task would involve using river crossing techniques to rescue a casualty and evacuating them to a helicopter landing point. That evening we took part in a night exercise in which we had two hours to locate and collect all the parts to build a wheelbarrow.

Once complete, the barrow was used to devastating effect as an equipment and cadet transporter! This was in fact much more complicated than it sounds!

The command tasks on day 5 included raft building, which was interesting when the weather decided to turn on us. Once we had completed all the tasks the course made ready to go out and complete the next challenge: an orienteering course followed by a log run. This was a race, with each flight competing against the others to win. It was not easy, but by working together each flight of cadets got through it and even enjoyed it.

After a good nights sleep in our tents, we travelled back to RAF Cranwell to get showered and changed move onto the parade square for more drill. In this session we perfected the movements for the parade and then moved into the dry to work on our flight presentation. This was to be delivered to the rest of the course later the same day. We had to give a demonstration of a phase 1 command task in exactly 10 minutes; no more, no less. The idea was to show the correct briefing and leadership style, demonstrating what we had learnt throughout the week.

On the final night we found out how well we had performed throughout the week through our end of course debriefs. This was followed by a social evening after packing our kit to go home. By this time, everybody was running on a high, the feeling of success from completing the week and having got that far.

The final day brought the highlight of the week. As a course we paraded outside College Hall, which is used to parade the officers that have just finished Initial Officer Training on entry to the Royal Air Force.

Overall the week was amazing and I was privileged to be able to take part in the course. I was also lucky enough to be awarded with two more awards: the first for being part of the best flight and the second was for the best cadet on the course which meant I had passed the course with distinction. I would recommend the ACLC to anybody who is eligible. You will learn a lot and get to meet new people from all over Britain and even some from overseas.

Gliding Scholarship 24th August – 2nd September
By Sgt Sarah Foley

Over the summer I completed a gliding scholarship at 614 Volunteer Gliding School in Wethersfield. On the Friday night, the ten of us doing the course all travelled to the gliding school where we met and introduced ourselves to each other.

Every day at the gliding school we would get up at about 7:30, have breakfast and then the morning briefing would be at 8:15. In this, we were told relevant information that would affect the gliding that day, for example, wind speed and direction, thermic activity and circuit direction. After this it would be straight out onto the airfield where we would get the first gliders airborne. We would constantly have something to do throughout the day; if it was not your turn to glide then you were kept busy putting the cables onto the gliders, running to retrieve gliders which have overshot the landing area, and doing the signals. We ate lunch and dinner in the mess and had a lot of free time in the evenings. During this time we would have competitive badminton matches which everyone tried their hardest in, as the loser of the tournaments would have to do the washing up that night. Luckily I'm ok at badminton! You could also choose to watch a huge selection of DVDs, or simply sit in the bar and chat. We were an extremely close course and everyone got along really well, with constant laughing and joking about.

At the beginning of the week, I saw no prospect of ever going solo. My gliding instructor, the ex commanding officer of the school, claimed that my takeoffs, made him feel "overcome with a feeling of intense doom", and on a few occasions, I came close to doing barrel rolls whilst being winched up at 110 knots! My landings also didn't quite meet solo standard as I couldn't seem to keep the approach speed at a constant 60 knots, and I almost landed on the grass on one occasion and the caravan on another. There were lots of other funny events whilst airborne which we would all laugh about together after, such as when one girl was attempting to trim the aircraft, but her instructor kept telling her to look forwards instead of looking at the trim lever, so she opened the air brakes by accident as she wasn't looking and lost 100 feet, causing them to have to do a low circuit and finally landing half way down the runway!

In all, the course involved fourteen different lessons and each cadet had 40 launches to complete them in and to reach solo standard. My favourite lesson was launch failures which is a lesson to simulate the cable breaking or a failure at the winch. After completing these practices, your instructor would randomly release the cable when you weren't expecting it on some launches; training us to be confident in dealing with the situation should we encounter a real launch failure. On the 5th day, I had completed my 40 launches so had to go up with an 'A' category instructor for my pre-solo checks. The first and second checks went well, but on the third, I didn't realise that I was actually way to low and the instructor had to take control in order to do a 180 degree steep banked turn at 85 knots, landing 300 metres down the runway. After this, I thought that I'd ruined my chances of ever going solo, as I had failed the pre-solo checks. However I was happy to hear later in the day that I had been given another four launches to get it right, as my first two checks had been fine. Redoing the solo checks was extremely nerve-wracking and tense, as I knew that whether I was to go solo or not depended solely on those three flights. So I was relieved when it was a success and was told I was able to go solo! Flying solo is easily the most exciting thing I've done so far with the Air Cadets and has been the biggest achievement of my time in the Corps.

The next day was the final day and we had a parade which our parents attended in order to see us being presented with our gliding wings and to be shown around the school and the aircraft. After a final debrief we were all free to go home. Saying goodbye was really sad as we'd all got along brilliantly and really bonded during the week. It was particularly hard saying 'goodbye' to the German people, as we knew there was no real chance of seeing them again. Doing this GS course was one of the best things I've done in my time on 241 Squadron and I would recommend it to everyone. You are guaranteed to have a great time and to achieve something worth being proud of.

Promotions / Awards

Promoted to Corporal:
Billy Chavner
Dominic Ischt

Congratulations to both!

Your Views

This newsletter has taken a fair amount of time to prepare. We would appreciate your views on it. Is it worth the effort? Have you enjoyed reading it? How can we improve it?

Also if you have any other comments on the squadron we would love to hear them too. Please use the contact form at:

www.241squadron.com/contact.php



Some of the course with the £30,000 Viking Glider that Sgt Foley flew solo in.

Forthcoming events:

Wales Adventure Training: 19th-21st October
 RAF Lyneham Camp (still places available!): 20th-27th October
 RAF Holbeach: 23rd & 24th October
 RAF Wattisham: 25th October
 Wing Commander Visit (**maximum attendance needed**): 29th October
 Ceremony of the Keys: 7th November
 Poppy Collecting: 5/6/7/10th November
 Lord Mayor's Show: 10th November
 Remembrance Day: 11th November – **COMPULSORY**
 Field Crowbrough: 16th-18th November
 Sainsbury's Bag Pack: 24th November - **COMPULSORY**
 Wing Cross Country: 25th November
 Wales Adventure Training: 30th November- 2nd December
 Annual Presentation Evening: 13th December
 Sqn L98 Shoot- 9th December
 NCO and Staff Christmas Dinner: 14th December
 Bunker Visit: 16th December
 Cadet Christmas Party: 20th December

For a more detailed calendar go to the forum.

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Training Corps
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