



LASER NEWS

Journal of the Air Cadet Headquarters London and South East Region



LASER Cadet Averts Disaster



Cadet Ben Cooley with a proud Flt Lt Paul Collins, OC 1039(Gillingham) Sqn

A Kent Wing cadet, has been applauded for his quick thinking first aid which almost certainly saved the life of another youngster at a local park on 3rd January 2006.

Cadet Ben Cooley, aged 15, 1039 (Gillingham) Squadron was on his way through Rainham recreation

ground to meet some friends, when he saw a youth, collapsed on the floor following apparent heavy drinking. Cadet Cooley, recently trained in first aid, took immediate action by placing the casualty into a recovery position to clear the airway of vomit, and phoning for an ambulance. Cadet Cooley's prompt action attracted praise

from the attending paramedics, and a visit from the fully recovered youngster and his grateful parents. Flight Lieutenant Paul Collins, Ben's commanding officer said, "Cadet Cooley's confident action to help a fellow human being is in the best tradition of the Air Training Corps and a fine example to the youth of today"

Spring 2006

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Camberley Cadets win trip to Cyprus

1075 (Camberley) Sqn cadets are off to Cyprus to meet the Red Arrows, after winning the RAFA's Top Flight Challenge. The competition was launched last year to innovate cadets' fundraising activities for RAFA.

1075 Sqn raised £1400 by entering in the annual 5km-Windlesham Pram Race using a mock-up Red Arrow's Hawk built



by squadron members themselves. Red Arrows leader, Sqn Ldr Dickie Patounas, said: "We are delighted that 1075 (Camberley) Sqn have been awarded the Top Flight Challenge. It was an extremely innovative fundraising idea and we are looking forward to meeting them in Cyprus."

*1075 (Camberley) Sqn –
RAFA's Top Flight Challenge winners.*



Regional Commandant's Message

To maintain our Organisation worthy of the proud name of "Air Cadets" we must foster the spirit enshrined in our motto "Venture Adventure". To this end, I expect Commanders to

do just that – Command. Officers’ – lead, NCOs’ – manage and CI’s – instruct. Civilian Committee members should support their units. Cadets should strive to be the very best they can be.

All should adhere to the proud traditions of our parent service and live up to the Ethos, Core Values and Standards in the Air Cadet Organisation.

LASER – NO DEVIATION!

Gp Capt Hakin RAFR

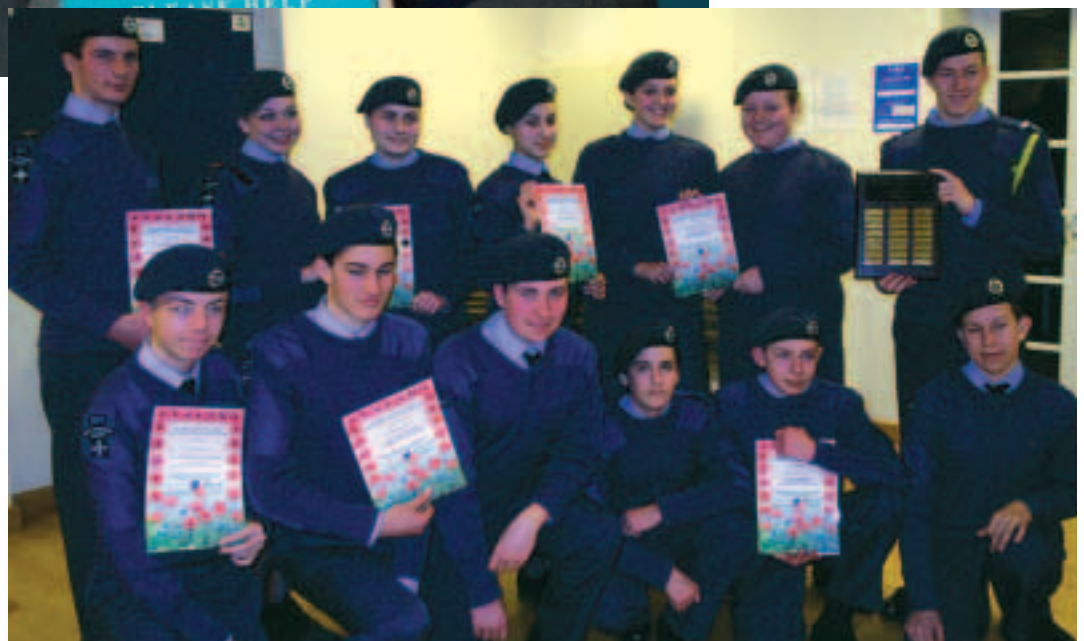
LASER Cadets Promote Poppy Appeal



Collectors on Parade; Cdt Kevin Rees, CI Ken Hull and Cdt Ben Murphy

LASER cadets and staff actively supported the annual Royal British Legion's 2005 Poppy Appeal.

Members of 1921 (Lewisham) Squadron raised £1228.87 for the appeal. Lewisham's Civilian Instructor Ken Hull, an ex-National Serviceman, was out collecting with the cadets said 'As an ex-serviceman myself I cannot stress the importance of the work of RBL. By doing this collection with the cadets we remind them of the importance of supporting those who have served and are serving on our behalf.'



Cadets from Surrey Wing's 350 (Carshalton & Wallington), 565 (New Malden & Raynes Park) and 1408 (Dorking) Squadrons were the winners of the Surrey's Lord Lieutenant's Poppy Appeal Cadet Competition, the presentation of which took place at DRMC Headley Court.



LASER Cadets Proudly Parade At Strand

The Annual Service of Thanksgiving and Dedication took place at St Clement Danes Church, the central church of the Royal Air Force, in the Strand, in February 2006. 114 (Ruislip and Northwood) Squadron Band led the 500-strong parade. Before the Service, cadets and staff of Kent Wing, under the direction of the Region Band Officer, Flt. Lt. Nick Sermon, played music in the Church.

The Service was led by the Resident Chaplain, The Rev (Gp Capt) Richard Lee QHC, RAF. The six wing banners were paraded to the front of the congregation, followed by a fanfare of trumpets to herald the entrance of the Region Banner, to be laid on the altar. The readings were by the best male and female cadets of the Region in 2005; former Cadet Warrant Officer Jonathan Kume-Davy of 1083 (Uxbridge) Squadron Dacre Sword winner, and former Cadet Warrant Officer, CI Holly Brogden-Knight, of 241 (Wanstead and Woodford) Squadron.



LASER Region Banner Party



LASER's Multi-faith Clergy; Dr Tanaji Acharya, Rev Stuart Kersley, and Rev Hannah Neale

The Sermon by The Rev Christopher Miles RAF (Rtd.), Region Chaplain, took the theme from the second lesson, Matthew 5 vv 1-12, of peacemakers, including our role within the ATC of working together in a multi-cultural and multi-faith organisation, whilst being true to one's own faith. The prayers were arranged and led by the Rev Hannah Neale, Chaplain of 18F (Wimbledon) Squadron, together with four cadets of

Surrey Wing. The Regional Commandant, Group Captain Les Hakin OBE, RAFRO, assisted by The Rev Stuart Kersley, Sussex Wing Chaplain, led the Memorials and Dedication by Renewal of Promise.

The congregation's offertory of £411 went to St Clement Danes Church funds. Next year's service will be at 11.00 hrs on Sunday 4th February 2007 at St Clement Danes Church.

London's Golden Cadets

Nine Cadets and ex cadets from 241 (Wanstead and Woodford) Sqn recently attended St James Place to receive their Duke of Edinburgh's Gold Awards from HRH Prince Philip, the Duke of Edinburgh.

This was the culmination of several years' hard work, including a 4-day 50-mile expedition in the Lake District, community service, learning new skills and progressive



improvement of physical fitness. The Duke was very impressed to find so many Air Cadets from the one Squadron receiving their awards, which were presented in the Throne Room.

Cdt ISgt Dan Goldman (19),
Ex Sgt Marcus Hart (20),
Ex Cpl James Lopez Wickers (19),
ICFS Charles Barnes (19)
CI Holly Brogden-Knight (20),
ICFS Michelle Cheah (19),
Ex FS Kate Channon (19),
Ex Sgt Katy Kennedy (19),
Ex Cpl Jody Graham (18)



Biggin Hill Cadets Receive Awards for Excellence

Cadets from 2427 (Biggin Hill) Sqn received awards for outstanding achievement, presented by Wg Cdr Stuart Lindsay RAF, Officer Commanding RAF Uxbridge at a ceremony in St. George's RAF Chapel, Biggin Hill in March 2006.

The annual trophies are awarded for excellence in activities, such as target shooting and drill, and for individual performance, such as best new recruit. Cdt Sgt Alasdair Ambroziak also received his certificate and wings, for completing the highly prized Air Cadet Pilot Scheme.



Award Winners – Cdt Cpl Daniel Kitching, Cdt Sgt Matthew Griffiths, Cdt James Bellinger-Brown, Cdt Sgt Alasdair Ambroziak, Cdt Matthew Boorman, Cdt Vincent Parker, C.I. Alan Kitching

Spectacular Musical Achievement by Kent Cadet

Cadets from across the Corps and LASER Region attended a music camp at RAFC Cranwell. During the week they worked with the Band of the RAF College Cranwell, learning a wide variety of pieces for a Grand Concert on the Friday night.



Cdt Natasha Williams receiving the Wilmer Trophy from Air Commodore Harrison, Commandant Air Cadets

For many of the cadets this was a chance to realise a dream by working with professional military musicians.

The Grand Concert was a fantastic event, which was attended by the Regional Commandant, Gp Capt Hakin and many senior RAF Officers. At the end of the concert a number of presentations were made, Cadet Natasha Williams from 25(Parkwood) Sqn Kent Wing received the Wilmer Memorial Trophy for most improved musician.

New Chaplain for Edenbridge Squadron

An Induction Ceremony was held recently for the new chaplain of the Edenbridge Squadron, The Reverend Wendy Izod. The Reverend Christopher Miles, Region Chaplain and Flight Lieutenant Sarah Clift, OC Squadron, presented Wendy's badge of office, at the ceremony.

The Vicar of Hever, the Reverend Malcolm Gribble, Church Warden, Andrew Izod, Wendy's husband, and members of the Oxted and Limsfield RAFA branch who have close links with the squadron, were guests at the ceremony. Wendy has a long association with the squadron as her daughter is a past cadet and the first squadron President, Lieutenant General Sir Napier Crookenden, was Church Warden of Hever.



Rev Wendy Izod with Rgn Chaplain Rev Chris Miles



Essex Wing Celebrates Cadets Success



Essex Wing's High Achievers

The magnificent 200 year old Shire Hall, in Chelmsford town centre, was the setting for Essex Wings Awards Night attended by over 400 young people, parents and staff on Friday 3rd March

06. Supporting the inspiring evening were the Mayors of Chelmsford and Sawbridgeworth, Air-vice Marshal Collins, the President of the Essex Wings Air Training Corps, Group Captain Hakin,

Commandant, Air Cadets London & South East Region and Councillor Manning-Press, Chairman Essex County Council.

The event also marked the hand-over of Essex Wing command to Wing Commander Glenn Mayes, who succeeds Wing Commander Chris Morrell's eight years leadership of the organisation, which has seen spectacular achievements by 1300 Essex air cadets, and their volunteer staff. The Regional Commandant, Group Captain Hakin OBE RAF said, "The award winning Essex air cadets are a shining example of what can be achieved by young people given the right opportunities and strong leadership".



Essex Wing Command change
Wg Cdrs Glenn Mayes (left)
and Chris Morrell



Councillor Manning-Press with
Sgt Jenner, receiving the George Leonard
Trophy on behalf of 309(Sawbridgeworth)
Sqn For Community Service

Essex Wing's 2005 Iceland Expedition



Icelandic geothermal observations by Essex cadets

Thirty members of Essex Wing travelled to Iceland to carry out their Gold Duke of Edinburgh Award Expedition. The expedition, which was Essex Wing's ninth major

overseas venture, was to explore the steam vents and ice caves of the interior of the island. After a day's logistics preparation in Reykjavik, the team headed by specially

adapted four-wheel drive coach through difficult terrain, fording many rivers to get to the start point. Working in smaller groups, the teams set off on a four-day cross-country tracking onto the high plateau and into an area of extreme geothermal activity which erupted from the ground along the route as the cadets took measurements and plotted the location of the steam vents.

The teams had a very difficult crossing of an icefield, which had been in part, covered in volcanic ash from an eruption the previous year. Under the icefield a huge ice-cave had been formed by hot water coming up out of the ground and the cadets were able to get inside to take measurements.



Traversing difficult Icelandic terrain

Over the next four days the cadet teams crossed further into remote and barren landscape, fording rivers and crossing deserts of black volcanic sand until they arrived at Thorsmork, and rejoined the staff groups for the journey back. The rivers on route were too deep for even the specially adapted coach to cross, so the cadets had to manhandle all their rucksacks across themselves before returning by coach to Reykjavik. The final day was spent relaxing, visiting the sights and lazing in the massive, and very hot, natural swimming pool at the Blue Lagoon.



LASER seniors battle for Soccer and Hockey Titles

Cold wind-swept playing fields at RAF Halton were the venue for LASER's senior cadets to compete in the Boys Soccer and Girls Hockey tournaments. Attended by over 150 cadets, staff and parents the event had some high drama.

Highly talented yet exhaustive soccer teams from Kent and London battled for glory on a muddy pitch only to produce a 1-1 draw. However, when the tournament points were consolidated Kent reigned supreme followed by Middlesex and London. It was disappointing to note that Essex Wing failed to take part in this popular event.

Elsewhere, the region's senior girls brought daring skill and aggression to the competition played out on the Astro turf



Kent Soccer Team –LASER Winners

court. Surrey girls were in a class of their own, showing stamina, resolve, teamwork and sheer hockey talent. Surrey's defence-pack was so effective they did not concede a single goal through out the tournament, giving them a clear 7 points lead from the runners-up Sussex.

Gp Capt Les Hakin, President of the LASER Sports Council, presenting the shields and individual team members' medals said, " I am delighted to see such high standard and excellent team work at the senior cadet level". He also thanked all the staff, helpers and parents for attending the event.



Winners – Surrey's talented hockey team

Sussex Cadets stay cool on Nordic Skiing Trip

Flight Sergeant Chris Leeding and Sergeant Danny Smith, both senior cadets at 54 (Eastbourne) Squadron, have recently completed the Nordic skiing training programme in Zweisel, Germany as part of a team of 120 cadets from across the UK.

FS Leeding commented, "This is one of the best ATC courses that I have been on and I have gained more experiences and have made lots of friends. It's one of the reasons I love the air cadets as there are so many opportunities for young people."



FS Chris Leeding and Sgt Danny Smith



Bend it like Barnet Sqn!



L-R Cdt, Sasha Leopold, Samantha Wilmot, Rachel and Rebecca Spear, Rosie Morgan

1374 (East Barnet) Sqn girls' under-15 football team wiped out all opposition in a recent Middlesex Wing tournament!

A magical goal shot by Cdt Rachel Spear secured the

championship for the Squadron, against an older and more experienced team from Sunbury-on-Thames. A squadron spokesman said, "they may not look dangerous in the photo, but the Barnet girls can bend it better than most and have the tournament shield to prove it".

Family Sporting Success for the Rattles

A brother and sister from 2530 (Uckfield) Squadron have been named Sussex Wing Sportsman and Sportswoman of the Year for representing their Squadron, Sussex and LASER in various sports

over the year.

This is the second time I/Sgt Martin Rattle (18) has won Sussex Sportsman of the Year and the third time in a row that Sgt Katherine Rattle (16) has been made Sussex Sportswoman of the Year.



Sgt Katherine Rattle and I/Sgt Martin Rattle

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Tel 01206 799065
www.palladianpress.biz

Unit E, Chandlers Row, Port Lane, Colchester, Essex CO1 2HG.

Tel: 01206 799065 Fax: 01206 799068

ISDN: 01206 860024 Email: info@palladianpress.biz

Website: www.palladianpress.biz





Air Cadets Regional Headquarters
 London South East Region
 RAF Northolt
 Ruislip Middlesex
 HA4 6NG
 t. 020 8833 8278
 f. 020 8833 8391
 e: acr-lse-ao@atc.raf.mod.uk

LASER WINGS-HEADQUARTERS

HQ Essex Wing
 Carver Barracks
 Wimbish, Saffron Walden
 Essex CB10 2YA
 t. 01799 521447
 f. 01799 526925
 e. whq-essexao@atc.raf.mod.uk

HQ Kent Wing
 Yeomanry Cottages
 Boxley Lane, Maidstone
 Kent ME14 2AR
 t. 01622 754188
 f. 01622 686738
 e. whq-kentwao@atc.raf.mod.uk

HQ London Wing
 206 Brompton Road
 Kensington
 London SW3 3BQ
 t. 020 7584 8914
 f. 020 7584 8156
 e. whq-londonao1@atc.raf.mod.uk

HQ Middlesex Wing
 Building 148
 RAF Uxbridge
 Middlesex UX10 0RZ
 t. 01895 815622
 f. 01895 815368
 e. middxwgcflk@uxbridge.raf.mod.uk

HQ Sussex Wing
 17 Broad Street
 Seaford
 Sussex BN21 1LS
 t. 01323 899900
 f. 01323 872348
 e. whq-sussexao@atc.raf.mod.uk

HQ Surrey Wing
 192 Merton Road
 South Wimbledon
 London SW19 1EG
 t. 020 8542 4893
 f. 020 8542 6462
 e. whq-surreyao@atc.raf.mod.uk



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Meritorious Service Awards for Sussex Wing Personnel



Senior cadets and staff from Sussex Wing have received Meritorious Service Awards from HM Lord Lieutenant's of both East and West Sussex in a Ceremony at the Territorial Army Centre, Eastbourne.

Pictured to the left of HM Lord Lieutenant Mrs P K Stewart-Roberts OBE, (for West Sussex), Cadet of the Year, CWO D Beckman of 461 (Chichester) Squadron, and Sqn Ldr Jan Swatridge, Sussex Wing Staff Officer.

To the right, (for East Sussex), Flt Lt Malcolm Hearn-Grinham, OC, 225 (Brighton) Squadron, fifth bar to his Cadet Forces Medal, Flt Lt David Calvert, OC, 249 (Hailsham) Squadron and Cadet of the Year, CWO Ben Izzard of 2262 (Bexhill) Squadron.

Kevin commended as one of London's finest

Adult Warrant Officer Kevin Dunn, of 1268(Haslemere) Squadron, was among 87 police officers that were highly commended by the Commissioner of the Metropolitan Police, Sir Ian Blair, for their work following the London terror attacks on 7th July 2005.

Kevin was deployed to Russell Square tube station, minutes after the bomb explosion, to enter the underground tunnels, assisting in the evacuating those injured. Working in intense heat and thick smoke, Kevin repeatedly carried

casualties, some tragically dismembered, from the train to the surface. Kevin said. "I was glad I was there. It was long day and I saw some things I never want to see again. In the end it came down to teamwork.

My colleagues and I worked well, the self discipline I learnt as a cadet helped me immensely".



AWO Kevin Dunn- Commended