



LASER NEWS

Journal of the Air Cadet Headquarters London and South East Region



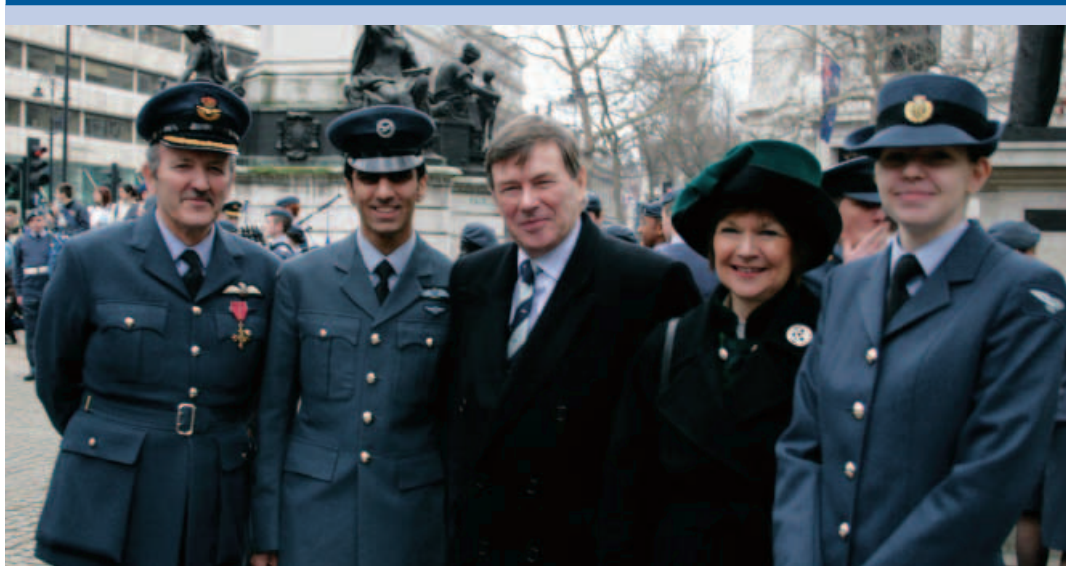
LASER double boost for diversity

For the first time in the history of the Air Cadets, London and the South Region have appointed two female Wing Commanders.

Alison Atkins and Sylvie Silver now lead Kent and London

Wings. Although the Air Cadets have been in existence since 1941, it was not until 1983 that female cadets were given the opportunity to join their counterparts. Commenting on the unique double promotions Gp Capt Les Hakin, Regional Commandant, LASER said,

“The Air Cadets is an equal opportunities organisation. The best-qualified people in the Region get the top jobs. No quotas, no special fixes and true to our motto, NO Deviation ” See page 2 for Personality Profiles.



Gp Capt Hakin, CWO Mahiz, AM the Lord and Lady Garden and AC Sarikadilar

Over 500 Air Cadets and their officers attended the annual thanksgiving service at St Clement Danes, Strand, London Sunday 6th February 2005.

Air Marshal the Lord Garden, KCB, President of London and South East Region Air Cadets, with Lady Garden were the chief guests. Amongst other VIPs attending the church service

were, Air Vice Marshal P S Collins, President Essex Wing and Air Commodore BB Batt DL, President London Wing. Full report on page 3

Summer 2005

In this issue

Message from The Regional Commandant	
Profiles of two new Wing Commanders	
Laser Cadets say farewell to 54(F) SQN	2
Region Service – 2005	
Treat at the Royal Tower	3
Essex Wing deploy 200 personnel to Annual Green Camp	
LASER Squadron – Tackle Local Community Safety Issue	
Laser Personnel aim High	4
Essex Air Cadets celebrate their achievements	
A Divine Flying Mission	5
RAF Akrotiri – Cadets Work and Play in the Sun	
Squadron honoured by visit from “The Man at the top”!	6
LASER Seniors Win Cross County Bronze	7
Outstanding Leadership Recognised	
444 (Shoreditch) Squadron nominated for Lees Trophy	8

Dacre Sword Award for LASER cadet

A London and South East Region cadet has won the prestigious award for best male cadet in the Air Cadets Organisation. The 2004 Dacre Sword has been awarded to Instructor Cadet Warrant Officer Jonathan Kume-Davy, 19, of 1083 (Uxbridge) Squadron.

LASER HQ fully supported Jonathan’s nomination for the Corps top award based on consistent effort and outstanding achievements recorded in his service record. These include the Frimley Parks Cadet Centre’s Kriegie Trophy for the best Air Cadet on the NCO leadership courses in 2002 and the Corps Currall Trophy in 2003 for achieving academic excellence

with examination result of 95.4%.

The impressive nomination records participation in every conceivable activity and courses afforded to a cadet in the Air Training Corps. The Regional Commandant’s citation concludes “ It won’t be long before this young man is in the Royal Air Force. His future is assured.”



Cadet Warrant Officer Kume-Davy



Message from The Regional Commandant

I expect firm and good leadership from the uniformed members of staff. Sound leadership underpins all of our core values and standards. A good leader has that ability to inspire others to

do what is required of them, willingly, cheerfully and to the best of their ability.

A leader exhibits, knowledge and commonsense, fairness to all, loyalty to superiors and

subordinates, and sets examples to inspire his or her subordinates to follow.

“No deviation” LASER

*Group Captain L Hakin
Regional Commandant
London & South East Region*

Profiles of two new Wing Commanders



**OC London Wing
Wg Cdr Sylvie Silver**

Wing Commander Sylvie Silver joined the Air Training Corps in 1975 as a Civilian Instructor with 39F (Barnes) Squadron, Surrey Wing and was commissioned on the same unit in 1983.

She was promoted to Flt Lt in 1987 when she assumed command of 144 (Richmond) Squadron. Sylvie became a Wing Staff Officer in 1994, carrying out variety of roles. She was

promoted to Sqn Ldr in 1998 in the newly established post of Staff Development and Training Officer with PMC as a secondary duty. On Sept 1st 2004 Sylvie was promoted to Wg Cdr and moved to London Wing as Officer Commanding (Designate) in preparation for taking over the command in Spring 2005.

Sylvie works in the Care Sector and at present she is the National Advice Officer for NAPA, a charity promoting Activity provision for Older People. Sylvie is married to John and has a daughter Kate who is a Civil Servant and VR (T) Officer and a son David who is training to be a Physiotherapist.

**OC Kent Wing
Wg Cdr Alison Atkins**

Wing Commander Alison Atkins joined the Royal Air Force in 1967 as a nursing attendant

eventually transferring to the RMRAFNS to embark on a formal nursing training. A lifetime in nursing has lead her now to an Integrated Team Leader for Maidstone Weald PCT managing District Nurses, Heath Visitors and School Nurses.

Wing Commander Atkins joined the Air Training Corps initially as a civilian instructor before becoming an Adult Warrant Officer in 1987 with 40F Squadron. She served in 2374 (Ditton) Sqn as the Adjutant before being posted as the Officer Commanding to 2520 (Tonbridge) Sqn which was three times nominated for the Lee's Trophy.

Promoted in 2003 as Sqn Ldr, she carried out various duties Gliding liaison duties, Nijmegen Marches team training programme, including



participating in 13 marches, and leading many cadet Camps both UK and overseas. More recently Wg Cdr Atkins has been involved in the instigation of First Aid training programme for both cadets and staff and has been carrying out duties as the Regional First Aid adviser.

Alison is married with two 2 daughters both of whom have been members of the Air Cadets. Her husband is also a Wing Staff Officer in Kent Wing.

Laser Cadets say farewell to 54(F) SQN

A group of cadets from Eastbourne made the long journey with their standard to Norwich Cathedral recently to attend the final part of the Disbandment Ceremony of their fellow RAF Squadron.

Cadets lined the cathedral entrance as a mark of respect to the members of 54(F) Squadron at the end of a very moving Service during which its Standard was formally handed over for safe keeping and laid up on the altar.

There was an opportunity to meet with the pilots and ground crew afterwards to talk about life in the RAF, which all agreed had been very rewarding and enjoyable.



Members of 54(F) Squadron with their Sqn Banner

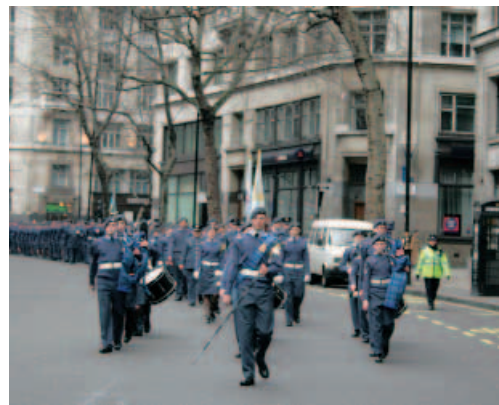


500 Cadets March to Annual Region Service

Over 500 LASER cadets marched to the Annual Region Church Service of Thanksgiving and Dedication which took place at St. Clement Danes Church, the Royal Air Force Church, on Sunday 6th February 2005. The parade was lead by a pipe band from 1063(Herne Bay) Squadron, from Lincoln's Inn Fields, down Kingsway and around the Aldwych to the Church, situated in the middle of the Strand with traffic flowing on either side.

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. Cadets from 1083(Uxbridge) and 114(Ruislip) Squadrons, Middlesex Wing, coordinated by the Assistant Wing Chaplain, The Rev. (Wg. Cdr.) Andrew Jolly RAF lead prayers. The Bible readings were read by

the best cadets of the year, both now in adult service. The Old Testament was read by Pilot Officer Usman Mahiz RAFVR(T), formerly C.W.O. and still with 27 (Chingford) Squadron of London Wing and the New Testament by Leading Aircraftswoman Tara Sarikadilar, who had just completed her training at RAF Halton and was en route to her posting at RAF Innsworth. Tara, formerly C.W.O. of 1159 (Edmonton) Squadron in Middlesex Wing, was not only the Region's best female



1063(Herne Bay) Sqn Band

cadet of the year but also the Corps' best female cadet and so winner of the coveted Dacre Brooch.

Cadets marched in the 6 Wing Banners and the Region Banner (motto 'No Deviation') announced by trumpeters from 2316 (Sheppey) Squadron.

The Sermon was preached by The Rev. (Sqn. Ldr.) Geoff Withers, RAF, Staff Chaplain at RAF Innsworth. He took up the illustration from the O.T. reading of the eagles' care for their young as a picture of God's



LASER Banner Party

care for us – despite his detailed knowledge of eagles' behaviour he has yet to be persuaded to join the RAF Ornithological Society! The service was led by Regional Chaplain, The Rev. Christopher Miles RAF (Rtd.) and the Memorials and Renewal of Promise was led by the Regional Commandant, Group Captain Les Hakin RAFR. The choice of hymns was particularly appreciated this year. Organist and Choirmaster, Peter Long and the small professional choir led the music during the service. Once again a memorable occasion for young and old.

Treat at the Royal Tower

Members of 444 (Shoreditch) Squadron, were treated to a special day at the Tower of London. Three staff and five senior cadets of the squadron were the invited guests of the Associations of RAF Regiment at the annual hospitality day organised by the Honorary Chief Warden of the Tower.

After the muster and a formal parade through the cobbled streets, watched and photographed by hundreds of tourists, the members of the squadron joined the Regiment Comrades at the Tower's historic Chapel Royal for a memorable



Members of 444 (Shoreditch) Squadron – Air Cadets' Ambassadors

Sunday Service, which included some extraordinary singing by the Chapel's resident choir.

Following the conclusion of the service all the guests were invited to the Yeoman Warders' Mess for a RAF Regiment presentation and refreshments. The Shoreditch Squadron members had an opportunity to talk to the warders and look around the Tower's non-public areas. Instructor Cadet Sergeant Rochelle Devonish (18) commented: 'I have never been to the Tower of London before so it was a real treat. It was really interesting to see the Warders' Mess and the other non-public areas of the Tower.'



Essex Wing deploy 200 personnel to Annual Green Camp

Nearly two hundred Essex Wing cadets and staff took part in "Exercise Hercules", an action packed green camp at Fremington Training Camp near Barnstaple in North Devon. The Green Camp brought together staff with various skills, affording great training value to participating cadets whose squadrons may not normally be able to muster large number of qualified staff.

Whilst the cadets enjoyed all the traditional green camp activities, they also helped to trial run the proposed ACP 16 - Field & Military Skills, (F&MST), giving the

directing staff the opportunity to evaluating the proposal and the lesson format. Flights of cadets in varying ability tackled map-reading exercises on Dartmoor and on South West costal path with the added bonus of the famous Devonshire cream tea and sticky buns at the end of their task. The week's camp activities included; target shooting clearing over 2000 rounds during the week, clay pigeon shooting with over 1200 cartridges used, rock climbing on the artificial wall, (a converted 50ft brick water tower!), leadership exercises and obstacle course.

Cadets also enjoyed mountain biking on the Tarka Trail, and quad biking, which proved to be a very popular activity. Following safety

training on the quads, the cadets enjoyed the combination of rough terrain riding including a stream climb and a full throttle dash across the open fields at the final stage.

However, the high light of the week's camp was air experience flight in a Chinook from 27 Sqn, arranged by the kind permission of Joint Helicopter Command. Piloted by a former Essex Wing cadet, the Chinook made a low pass over the camp before landing on the football field. Two sorties gave 85 Cadets a total of 25 hours of collective flying experience.

On the final day, the cadets were treated to a disco in the NAAFI. Many friendships formed with in

Essex Wing cadets, making it an enjoyable camp, all the better for the absence of any serious injuries. Plans are well advanced for this year's camp October 2005.



Essex Cadets climb the tower

LASER Squadron – Tackle Local Community Safety Issue

2513 Romney Marsh Squadron took on the challenge of a real local community issue and found a practical solution to the problem through the Duke of Edinburgh Scheme.

Romney Hythe & Dymchurch Railway, first opened to traffic in July 1927 as the 'World's Smallest Public Railway' and now covers a distance of 13.5 miles from the picturesque Cinque Port of Hythe, near the channel tunnel, to the fishermen's cottages and lighthouses at Dungeness.

Amongst the railway's sixty rolling

stock, there are many lovingly restored old coaches. However, vandalism has been a problem on the railway lines and has become a worrying local community safety issue. In conjunction with their DoE Project and Police Service, the squadron members designed and produced safety posters, which they also distributed to youth clubs, village halls, shop windows and various notice boards along the track to highlight the problem. In the photo F/Sgt Matthew Bilney and Sgt Emily Corker is Mr Ian Botting, Operations Manager for the Romney Hythe & Dymchurch Railway.



Romney Marsh Squadron serving local community

Laser Personnel aim High

Cdt Cpl William Brian Finlayson and Cdt Phillip Batchelor both of 1254 (Godalming) Sqn will be starting an adventure of a life time by joining the

Joint Cadets Forces Expedition to Kilimanjaro.

The Expedition, which starts in July 05, will include London Wing Staff Officer Sqn Ldr Julian Loxton, who

is responsible for the Exped corporate communication affairs. The Purpose of the expedition is to provide the opportunity for young people from the Cadet Forces to take part jointly, in a

challenging and demanding, high profile expedition, which will allow for a high degree of personal development and which will benefit not only those taking part but also the organisations they represent. The participants will also carry out project work for UNICEF. For more information visit www.expedition.org.uk



Essex Air Cadets celebrate their achievements

The Mayor of Southend, Councillor Roger Weaver was the guest of honour amongst other guests including, Lord Lieutenant of Essex, The Lord Peter, Mr David Amess, MP, Mr Jeffrey Titford, MEP and Councillor McEwan, Vice-Chairman of Essex County Council.

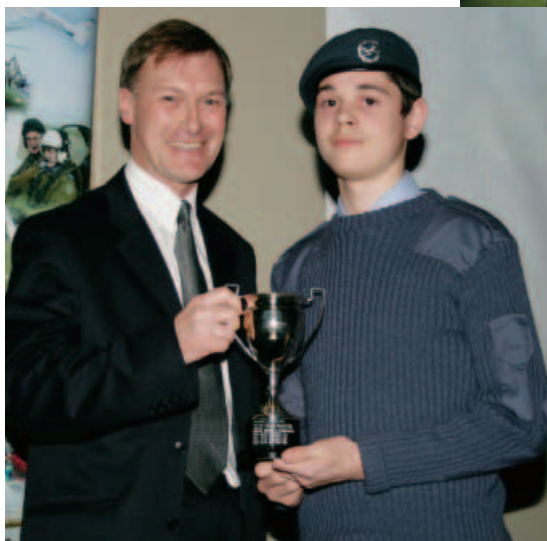
from 2531 (Woodham Ferrers) Squadron.

She was chosen because of her wide range of abilities: She has exhibited sporting prowess, having represented the Region in hockey (twice), five a side football & netball. Sheila's citation reads, "she is a well motivated



Cdt Sgt Sheila Lynch receiving her Cadet of the Year award from the Mayor of Southend

The guest speaker, Air Vice-Marshal Cliffe, Chief of Staff, RAF Strike Command, presented Instructor Cadet Warrant Officer Viren Vadgama of 158 (Braintree) Squadron, and Instructor Cadet Warrant Officer Leanne Pitt from 308 (Colchester) Squadron, their shields as Essex Wing's Dacre Sword and Brooch nominees respectively.



Cdt Andrew Lee, 2476 (Hutton) Squadron with Mr David Amess

Cadet of the Year was Cadet Sgt Sheila Lynch

individual and is considered a natural leader working hard to encourage the younger cadets on her Sqn."

Essex Wing President, Air Vice-Marshal Collins presented the

award of Lord Lieutenants Cadet for this year to Instructor Cadet Sergeant Kimberley Gardner of 1582 (Stanford le Hope) Squadron. The Roy Willis Cup for overall squadron efficiency in 2004, was won by 309 (Sawbridgeworth) Squadron. 2476 (Hutton) and 158 (Braintree) Squadrons were placed second and third.

A Divine Flying Mission

In July 2005, our intrepid Region Chaplain will be flying out of Heathrow airport with a team of 15 other volunteers to Dar es Salaam in Tanzania en route to Dodoma, the main operating base for Mission Aviation Fellowship, (MAF), in that country, for a three-week job assignment as a short term volunteer.

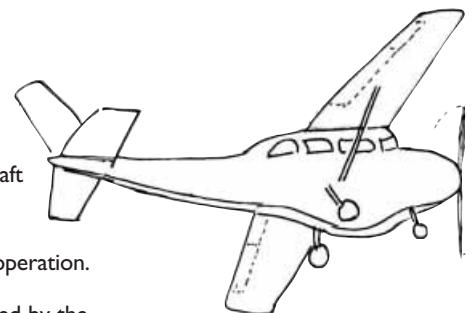
Regional Chaplain writes; 'MAF was started soon after the Second World War by ex-RAF pilots keen to use their wartime aviation skills and knowledge to further the mission of the church in what are now called the



developing countries. The fellowship uses light aircraft to transport mission partners, church workers, medical supplies and workers, emergency aid and injured people in countries where roads are difficult or non-existent. MAF operates mainly in Africa, South America, Bangladesh and

Indonesia. Somewhere in the world an MAF aircraft takes off or lands every 3 minutes on average – quite an operation.

I have been appointed by the Corps Chaplains' Committee to strengthen links between MAF and the ATC, bearing in mind the first of the Corps' aims in its Royal Warrant is 'To promote and encourage among young people a practical interest in aviation and the Royal Air Force'. Civil aviation is within the scope of this aim. Although this is a personal trip, I hope, having actually seen and experienced MAF in the field, I will be better equipped to



develop MAF/ATC links.'

If you would like more information, such as my personal prayer and newsletter or generally about the work of MAF then E mail me at cmiles@supanet.com Also if you have a copy of

the November/December 2003 Air Cadet look back at the article on MAF on page 26.



RAF Akrotiri – Cadets Work and Play in the Sun

Seventy six young people from the LASER and the Combined Cadet Force had a memorable time, experiencing life on an RAF station with visits to many sections, shooting, flying with 84 Sqn in the Griffin helicopters, work experience opportunities, sports and a cracking social life when the programme allowed time.

It helped too, that the sun was shining and there were some beaches close by. For some, this was the first overseas camp and after initial homesickness, they settled into the big family atmosphere. Staff were kept busy with transporting cadets from place to place in the minibuses provided on base and even found the energy to keep up with the



Camp Staff leading the fun

sports and social programme organised by a fellow member of staff.

Over 600 cadet hours were spent on Community Projects at Akrotiri. Turtlewatch Akrotiri enrolled the help of the cadets to clear the variety of debris washed on shore over the Winter period at Shipwreck Beach. Spokesman for Turtlewatch said "Normally at this time of the year we are only

able to get a handful of volunteers to help us prepare the beaches for the nesting female "Green or Loggerhead" turtles which will arrive in May, so we are very grateful to the cadets for their time and effort". The cadets managed to fill a large van and the back of a Landover with rubbish.

Having been given the use of the Families Club facilities on base, teams of cadets working in shifts, said thank you to the Club by helping to paint the Disco and Function Room, transforming a dull and dingy room with layers of light coloured emulsion.

The Station Commander, Group Captain Randall was invited to review a parade which took place on the final morning, lead by Cadet Sergeant Danny Smith of 54 (Eastbourne) Sqn. It was the perfect end to a memorable two week stay at RAF Akrotiri and who could ask for more, with the Red Arrows having arrived the evening before, the march past was all the more poignant with the sound and view of them soaring in the clear blue Cyprus skies above.



Community Project

Squadron honoured by visit from "The Man at the top"!

Chief of the Air Staff, Air Chief Marshal Sir Jock Stirrup KCB AFC ADC FRAeS FCMI RAF, was the inspecting officer at 1159 (Edmonton) Squadron Annual Presentation of Awards. Also attending the event were Mrs Jenny Bianco, DL for the London Borough of Enfield, and LASER Regional Commandant Group Captain Hakin OBE.

Sir Jock inspected a full parade of 64 cadets including the banner party, guard and band before being treated to a display of squadron activities including a continuity drill display and musical entertainment. Awards and Certificates were presented for a variety of achievements including Best Marksman, Sportsperson, Guardsperson, Musician and New



Air Chf Mshl Stirrup escorted by CWO Fraser Cruickshanks, Drum Major.

Recruit. Cadet Laura Swaile won Best Cadet of the Year and Best NCO of the Year was awarded to Sergeant Alex Hurst. The Deputy Lord Lieutenant's Certificate was presented by Mrs Jenny Bianco,

DL for the London Borough of Enfield, to Cadet Warrant Officer Fraser Cruickshanks, as was the shield for Unwavering Loyalty & Dedication. Seven new recruits had the honour of being enrolled in the presence of Sir Jock and the other VIPs.

Perhaps the highlight of the evening was when

Cadets James Hurst and Darryl Daniels were promoted to Corporal. Air Chief Marshal Stirrup promptly lifted Corporal Daniel's epaulettes and slid on his new rank slides. "Being promoted by the top man in the RAF is a moment I will

never forget", smiled Corporal Daniels after the parade.

Proceedings then moved to the squadron HQ where CAS was briefed on 'Expedition Steppes Eagle', an expedition being run by Middlesex Wing to the most remote part of Mongolia. Two of the squadron's cadets are taking part and Air Chief Marshal Stirrup is the expedition patron.

How cool is this?



Cpl Daniel's promotion from the CAS



LASER Seniors Win Cross County Bronze

The Inter-Region Cross Country Running Championships were held on 22 Jan 05 at RAF Cranwell.

The London and South East Region was placed 5th overall. However, LASER's Senior boys team won the bronze medals.

Congratulations to FS P. Byford 158 D/F (Witham) Sqn Essex Wing, Sgt D. Goldman 241 (Wanstead & Woodford) Sqn

London Wing, Sgt C Oram 48F (Hampstead) Sqn London Wing, Sgt A. Coffey 313 (Canterbury) Sqn Kent Wing for their magnificent effort.



Cdt J. Kennedy 241 (Wanstead & Woodford) Sqn (Left)
Cpl R. Dennis 438 (Thanet) Sqn Kent Wing

Cdt Kennedy, (Wanstead & Woodford) Sqn London Wing was 4th in her event and Cpl Dennis 438 (Thanet) Sqn Kent Wing was 3rd in his. Both were selected to run for the Air Training Corps against a County Team from Lincolnshire.



LASER Junior Netball Competition Winners

Surrey Wing Team



LASER Junior Rugby Competition Winners

Kent Wing Team presented with the winners cup by the Regional Commandant Gp Capt Hakin

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www.palladianpress.biz

Unit E, Chandlers Row, Port Lane, Colchester, Essex CO1 2HG.
Tel: 01206 799065 Fax: 01206 799068
ISSN: 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

LASER WINGS-HEADQUARTERS

HQ Essex Wing
 Carver Barracks
 Wimbish, Saffron Walden
 Essex CB10 2YA
 t. 01799 521447
 f. 01799 526925
 e. Whq_essex@tiscali.co.uk

HQ Kent Wing
 Yeomanry Cottages
 Boxley Lane, Maidstone
 Kent ME14 2AR
 t. 01622 754188
 f. 01622 686738
 e. Whq_kent@lineone.net

HQ London Wing
 206 Brompton Road
 Kensington
 London SW3 3BQ
 t. 020 7584 8914
 f. 020 7584 8156
 e. Whq_london@lineone.net

HQ Middlesex Wing
 Building 148
 RAF Uxbridge
 Middlesex UX10 0RZ
 t. 01895 815622
 f. 01895 815368
 e. Whq_middlesex@lineone.net

HQ Sussex Wing
 17 Broad Street
 Seaford
 Sussex BN21 1LS
 t. 01323 899900
 f. 01323 872348
 e. Whq_sussex@lineone.net

HQ Surrey Wing
 192 Merton Road
 South Wimbledon
 London SW19 1EG
 t. 020 8542 4893
 f. 020 8542 6462
 e. Whq_surrey@lineone.net

Outstanding Leadership Recognised

Pilot Officer Vicki Brand, of 1159 (Edmonton) Squadron, was presented a shield and certificate by the Mayor for the London Borough of Enfield for her outstanding leadership of young people.

The award was presented at the end of an evening hosted by the Mayor and organised by the Enfield Association of Voluntary Youth Clubs, a local organisation that promotes and supports the work of youth organisations within the Borough and their leaders.

Vicki, (pictured), was selected for the award in recognition of her work in running the squadron's detached flight at Albany Community Centre where she



was the flight commander. She was responsible for recruitment of new cadets, organising the training programme, motivating and encouraging the cadets as well as keeping up to date with the day-to-day issues of paperwork.

OC 1159 Sqn, Flight Lieutenant Paul Thomson-Clark RAFVR(T)

said, "Vicki is typical of the young adults that we have within the squadron at the moment. They have taken a lot from being a part of the ATC and are now willing to put effort back into make sure that the new cadets achieve and take part in the opportunities available. Vicki is especially a credit to the squadron and the local community."

In civilian life Vicki is an administrator for Everest Ltd, where she looks after the provision of alarm and CCTV systems. Vicki said, "A lot of the skills I originally learnt in the ATC are relevant to the business world. The discipline and organisational skills the ATC has given me, has definitely help me to do my job better."

444 (Shoreditch) Squadron nominated for Lees Trophy

444 (Shoreditch) Squadron is officially the best squadron in LASER in 2005, after having been nominated by London Wing as their representative in the Sir Alan Lee's Trophy. The Lees Trophy was inaugurated in 1949 by Air Marshall Sir Alan Lees KCBCBE DSO AFC to find the best Squadron in the Air Cadet Organisation.

Shoreditch was one of 36 Squadrons selected out of over 1000 in the United Kingdom. Their Region then inspects each Wing nominated squadron and the last 6 are put forward for a final inspection at National Corps level. This is the next stage for 444 Squadron!

Group Captain Les Hakin OBE RAFR came to inspect the cadets on the 26th April and was given a



guided tour of the Squadron by Sergeant Kimberly. Sgt Kimberly said: 'I was really nervous showing the Group Captain around but once I got going it all clicked into place. Being part of the Lee's competition has reminded all of the cadets how good 444 (Shoreditch) Squadron is and just how many activities we get to do

as Air Cadets.'

The Group Captain got to see all parts of the Squadron in action visiting both the main Squadron in Hoxton and the Detached Flight in Mile End. The finale of the evening was a demonstration to music by the Squadron's Rifle Drill display team.



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