



THE PANTHER

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The Official Newsletter of 146 (Northwich) ATC

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Wing Athletics

Wing athletics competition took place on 26th May at Linton-on-Ouse and amongst those who took part were: Cpl Archibald, Cpl Green, Cpl Owen and Cdt Outram. Everyone did very well. Cdt Outram achieved gold in the long-jump and will represent the Wing at the Regional Athletics competition and Cpl Owen achieved bronze in the relay.

Wing Blues

The following cadets have been successful in their sporting representations and have been awarded Wing Blues:

Hockey

Cpl Baranowski Cdt Bell
Cdt Duffy-Turner

Rugby

Cpl Green Cpl Keep
Cpl Twyford Cpl Penney
Cdt Hooker Cdt McFarland

Athletics

Cdt Outram Cpl Owen
Cdt Hooker Cpl Green
Cpl Archibald (x2)

Well done all of you!!

First Aid Flight

As most of you probably know the Squadron has a new flight – First Aid Flight. This new flight will work towards a recognised St John's Ambulance qualification (which always looks good on your CV!). Mrs Outram (with Mr Hart assisting) is heading the flight. Will anyone interested in joining please contact Mrs Outram or Mr Hart. Fg. Off Alford will continue taking FCTC for First Aid

Band Parades

The band have been very busy recently and have taken part in parades at Davenham 1st June, Barnton 8th June and the NSPCC fete in Hartford on 16th June. They will be playing at Rudheath and Oulton Park and with all their practising they're getting better and better so who knows where they'll be asked to perform after that!

Duke of Edinburgh Practice Expeditions

Practice expeditions will be taking place over the weekends of 5th – 7th July and 12th – 14th July at Dark Peak in the Peak District. The expeditions are for those doing Gold and Silver awards. It is essential everyone know the details for the expeditions so please make sure you attend any pre-expedition lectures and training.

Llanbedr

Llanbedr camp is taking place 17th – 24th August. Can those going please remember to take their posh clothes as dinning-in night will take place on Thursday 22nd August and we don't want any scruffs!

Annual Camp

This summer we have three groups going to camp. The first group are going to RAF Lossiemouth 13th – 22nd July, the second group are going to RAF Cossford 27th – 24th July and the third group are going to RAF Lossiemouth 10th – 3rd August. For those of you who have never been to camp before the following article will hopefully provide you with an insight into what to expect.

ATC Camp – an article for first-timers

Cadets are usually taken to camp by coach in civvies. On arrival at camp, you will normally be paraded and put into flights or called off and allotted a room number and given your bedding. You will be told how your room should be left during the day and there may be a competition for the 'best room' so each room should improve after each daily inspection. After you have settled in you will probably parade again and then be allotted your flights. Each flight will be led by a Senior NCO.

There will probably be time after flight allocation for a Famex, or Camp familiarisation exercise and you will be given a sketch map to fill in the names and location of the various places that you will need to know, e.g. Guardroom, Airmen's Mess, Sergeants' Mess etc. Pay particular attention in this exercise because in an emergency you may be asked to go to any location urgently.

You will then be called for tea (as the weekend evening meals are usually called). Whatever the RAF station, you will always march to locations in an orderly manner, from a group of one to a full turnout so a good appearance is expected. Remember there are a lot of ex-cadets in the RAF and your appearance will affect how you are treated and a well turned out camp can well be offered extra perks.

Saturday evenings will involve settling in, learning room routine, getting to know your room mate, learning meal times etc. There will be a hundred and one questions from cadets to NCOs and staff, so do not be afraid to ask. Officers, AWOs, CIs and Senior Cadet NCOs will be more than happy to help but listen to the answers! Remember the Staff are not on holiday but are there to make the camp run as smoothly as humanly possible. With any luck you will not notice any last minute changes to the camp programme caused by bad weather, non-availability of equipment etc. Remember these changes can occur so from time to time you may need to be patient. Spend any unexpected spare time in

polishing, dusting, (bring a duster of your own) practising drill in small groups etc.

Sunday may find you to the RAF church in the morning and a more distant exercise in the afternoon. Remember to eat well at breakfast, although you will have lunch and an early tea. Some activity will be arranged for the evening as with every subsequent evening of the week.

On Monday, you will notice the RAF come back to life, a lot of activity, so watch out for traffic on the roads. You will have been told how to march along the camp roads (apart from in an orderly manner) and the leader and rear man of each or any group may well be issued with a coloured high visibility vest. Cadets will find themselves being put into small groups for section visits, or be needed to fill work experience slots. Volunteer for these slots if you are old enough. Even if you do not join the RAF the experience picked up will be invaluable and might be worked up into a sentence or two on your CV.

Your days will be filled as much as possible and, if at a flying station, groups will be called at any time to fill slots. Shooting and swimming, as well as other sports, will feature in the programme. Early evenings might well be taken up with drill practice in your flights and expect the adult staff allotted to each flight to take a critical interest as they will want their flight to win as much as you.

Towards the end of the week, you might be asked, or will offer to your Flight NCO, to do an 'act' for the sods opera or other entertainment that sometimes gets arranged for Friday night. If you have a particular talent for acting or disguise, now is your chance. You could even sing! Friday evening will also be time for camp awards, best room, best cadet, best NCO, most improved newcomer etc. etc.

There will certainly be a final drill competition by Flights on Friday, often judged by the Senior RAF NCO on site. Do not be put off, these ladies or gentlemen are used to cadets and always make very constructive criticisms (or praise) and even if your flight does not win you will be given praise (even if you were c***).

A word about 'lights out'. When the Duty Officer supported by the Senior NCO says 'Go to bed and stay there', he or she means it and will not expect to be disturbed whilst preparing to go to bed him or herself in the same barrack block. You may be in tents of course but the Duty Officer will be sleeping in or near the Admin Tent. You have been warned. Some Duty Officers become very grumpy if parted from their sleep by cadets and parades lasting from 2.00am to 3.00am in pyjamas have occurred in the past. Those that do not wear PJs will have a problem!

Saturday involves a serious clean up of the camp site or barrack block and surroundings. Pay attention to this and you will hand over a good site and reputation to the incoming camp, and you will already be familiar with the incoming Camp Commandant who will have come in on about Wednesday.

You will probably go home in the afternoon with packed lunches supplied by the mess.

Have a good time and bring back a story or two for The Panther.

Mike Downing, Civilian Instructor

Articles for Panther

Can all cadets involved in activities please remember that articles for the Panther will be gratefully received. Please hand any articles to Miss Lee or put them in her tray.