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It is my hope that you find the file of use to you personally – I know that I would have liked to have found some of these files years ago – they would have saved me a lot of time !

Colin Hinson

In the village of Blunham, Bedfordshire.

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Scene

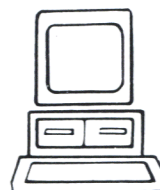


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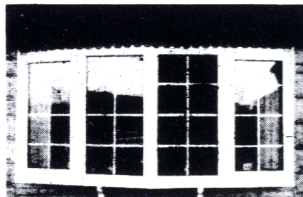
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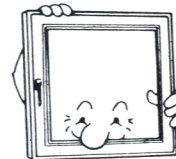
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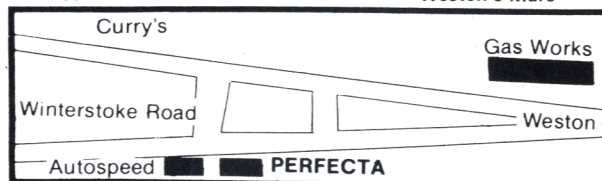
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## Editorial

Another bumper edition of your favourite Station magazine with a wide variety of articles to suit all tastes.

This month, we spotlight the splendid sporting achievements of the Station Football Team. All credit is due to our 11 sporting heroes, ably assisted by their Manager/Trainer Chf Tech McDonald and 'inspired' by their OIC Flt Lt Rob McMillen.

We also bid a sad farewell to our Overseas Officers Course and wish them well in their future careers.

The Editor and his hardworking team, welcome letters, comments and constructive suggestions concerning any article.

**Cover photograph:** We won the cup! See page 15 for our super souvenir pull-out pictures, action, football facts!

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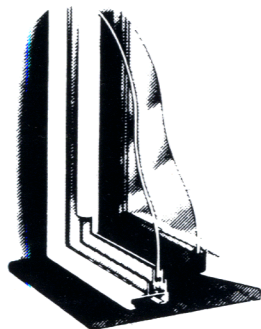
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## **CBT After Type 92**

Just prior to Christmas we handed over the T92 Simulator to the Instructional staff of 2T (minus of course the mound of paperwork which was still piled high on the desk after the break). Thousands of pounds worth of technology and expertise had gone into this amazing piece of machinery, yet after only a couple of hours — PHUTT, the keyboard wouldn't work. A typical case of 'Well it was all right when I gave it to you, Chief'. That slight hiccup apart, it only went to prove what can be done using computers, instead of going to immense expense by providing the real thing. It is hoped that the students will be as appreciative. It will certainly give them a good grounding for their 'on site' practical instruction visits.

Until we were nearing completion on the T92 project we had no idea what was in store for us. Would the team be disbanded and posted to goodness only knows where? Would we all be found other suitable jobs on Station? Or what?

The prospects didn't look very good, until one day Command Res Branch saw what we were doing, and realised the potential of using computers as a training aid without actually doing the instructors out of a job (sighs of relief). Dynamic graphics, flashing lights, and all this with easy-to-understand on-screen prompts and instructions. They were so impressed that ideas came in thick and fast as to what uses we could be put.

The order book is now filling fast, with commissioning for the SATCOM project already going through and others including WATCHMAN in the pipeline. Such is the versatility of CBT, infinitely adaptable to any requirements. We are also aware of the growing number of CBT projects which are being hatched on the rest of the Station; whether officially backed or not we don't care. However, please remember this: we are all in the same boat, so let's make life easy for all and try not to outdo each other. Exchanges of views and ideas will be of great assistance in getting us going on the right road. The expertise is here, let's use it.

**Cursor One**

## **Motor Cycle Club**

The RAF Locking Motor Cycle Club is about to re-open in new premises next to the Car Club just in time for a new season's biking! Facilities include: **servicing ramp, servicing bays, tool loan and preferential rates for some services.**

We have just purchased a lot of new tools to help you keep your bike properly maintained. Why work on your bike outside in all weather when you can work inside in the dry and out of the wind? For further details, contact either Cpl Nick Fuchs on ext 290 (Stn Workshops) or Sgt Jim Wallis ext 391 (Computer Squadron).

**Jim Wallis**

# What's Training For?

Since the last War, No. 1RS has educated a generation of technicians, many of them during the trauma of National Service, and sent them out to irrigate the fields of British Industry with the sweet water of truth. Many of the best engineers in the Electronics Industry of the 60s and 70s received their baptism in the Locking training blocks, and this is indeed a proud boast; a great public service.

The aim of training, during and after the last War, the preparation of a citizen army for the maintenance of experimental and idiosyncratic equipment, was very different from what the aim of training should be today. The equipment has changed dramatically and so has the task.

I'll make a contentious statement: In 30 years as a technician, I have never consciously used Ohm's or Kirchoff's Laws to find a fault. Yet I am adept at answering my daughter's 'A' level Physics questions. Generally circuits are so complex that we must use our test equipment to narrow the fault down to as small a group of components as possible, then use either DC or cold checks to identify the faulty part.

'So what?' you remark, rudely. Well, if that's the case why don't we train people to do their job? Why not define the task of the TG3 technician, then subject every item in the basic syllabus to a single question:

Is this objective related to the technician's task?

Having asked the question of course it's entirely possible that you'll still say 'yes' to good old Ohm, if only for the good of the technician's soul. But I suggest that there is no need to test that knowledge. If he passes a test of his ability to do his job, that is to maintain TG3 equipment, then your training has achieved its objective. And after all he couldn't pass it without Ohm's Law ...could he?

Docemus Tony Wolf

## Watch Out!

### Beavers are coming to Locking

The Locking Scout and Guide Group are opening a Beaver section within the Group. The first meeting will be on Monday April 11 at 6pm and each Monday thereafter. If you have a son between six and eight years of age, bring him along to see what it's all about.



### Scout and Guide Group Open Day and Display

The Group will be holding an open day at Locking village green on Saturday April 23 between 11am and 4pm. There will be displays by the Group of some of the activities undertaken by Venture Scouts, Scouts, Guides, Cubs and Brownies. Refreshments will be available. Come along and see what your sons and daughters really get up to.

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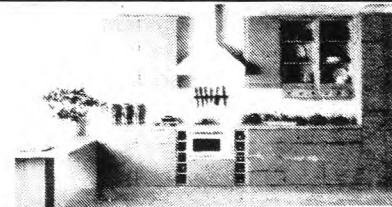
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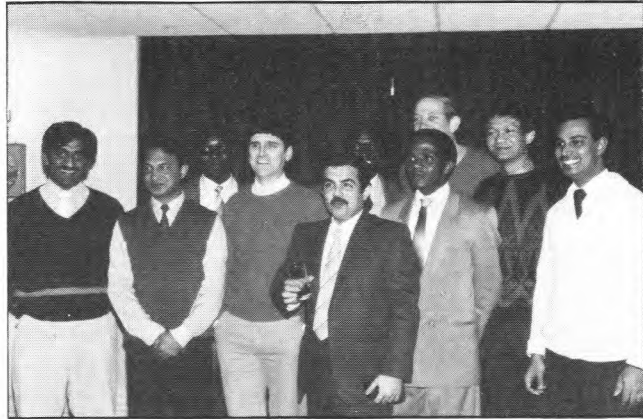
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The living-in members of the Officers' Mess recently said farewell to their friends on the Foreign and Commonwealth (F and C) Overseas Officers Course. **Fg Off Caroline Logsdon reports.**

On Friday February 28, Course Number 1901/28, Ground Radar Overseas Officers Course finished at Royal Air Force Locking. Squadron Leader Creagh organised a 'livers-in' farewell party for all the F and C Officers. This took place on Wednesday evening, February 24.

An informal dinner in the Bar was followed by a Games Night in the Mess Ante Room, where all tried their hand at: Skittles, Carpet Bowls, Scalectrix Car Racing (very popular) and other games. The Station Commander, Group Captain Johnston, Mrs Johnston and the PMC later joined the party having come from the 'Theatre Royale' in 3 (T). The Mess was then presented with gifts from the F and C Officers.

The evening was a happy occasion, tinged with a bit of sadness as old friends said goodbye. The accompanying photographs show highlights of the occasion.

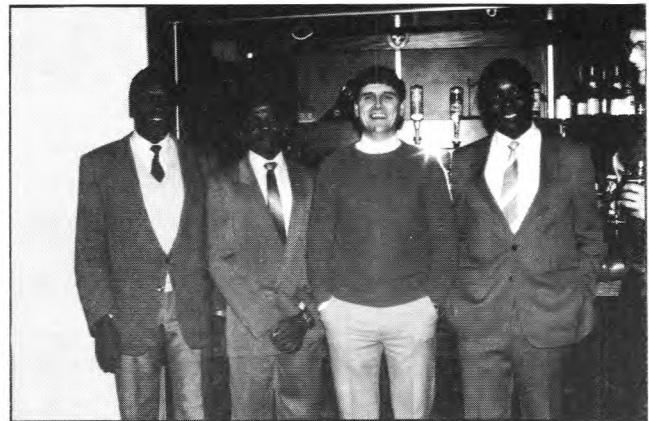


Pre-dinner drinks in the Bar. Wg Cdr Haines, Sqn Ldr Creagh and the F and C Officers.

## Farewell To Friends



The PMC, Living-In Officers and the F and C Officers and their gifts to the Mess.



The Kenyan Officers and Sqn Ldr Creagh.



Ghassan Adwan (Jordan) presents a plaque to the PMC.



Fg Off Rohane Patheridage (Sri Lanka) presents the PMC with a silver plate from the Sri Lankan Officers.



Thaiti and Rueben try their hand at bar skittles.



From left to right: Fg Off Janek Wantigutunge — Sri Lanka. Capt Zul Mois — Malaysia. Fg Off Rohane Patheridage — Sri Lanka. Group Captain Johnston — Stn Cdr, Sqn Ldr M S Humayon — Bangladesh. Lt Gitange Muchinthati — Kenya. Lt Ghassan Adwan — Jordan. Lt Samuel Karanja — Kenya and Capt Rueben Asave — Kenya.



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Locking Voluntary Band used to be an extremely large and popular military band, performing at functions and concerts both at Locking and in the surrounding area. The band was very successful, not to mention the experience and fun gained from every rehearsal and performance. However, about five years ago the band was sadly disbanded (*Ed Note: OUCH!!*) and the members went their separate ways.

Just recently, due to popular demand the Locking Voluntary Band was reformed and is on the way back into the limelight. All that is required is a little interest from you to restore the band to its former glory!

So, if you're fantastic or not, if you own your own instrument or not, pay us a visit. **YOUR BAND NEEDS YOU!**

Meet you at the bandroom at 7.30 on Mondays or give me a bell on the blower (*Ed Note: OUCH! NOT AGAIN!*) Flying Officer A Macrae, etc 221.

*Look Ladies*

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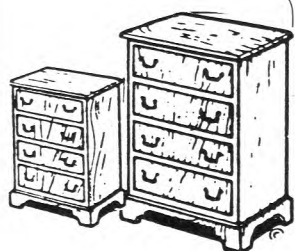
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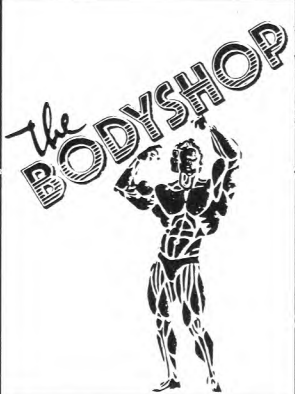




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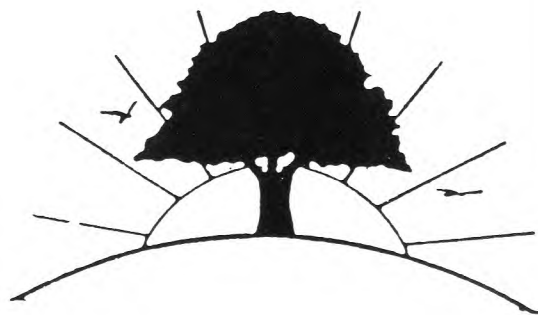
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# War Of The Wings

**Lord Brains in a desperate attempt to save Castle Norsedata (5T) from the hordes of misled ravaging Erks, had invented the 'Ultimate Weapon'. NOW READ ON....**

Brains realised that what he needed to do was to inform the Mighty, Valiant Wizard Johnstondalf. He mistakenly decided to bring the subject up at the weekly meeting of the leaders of the Kingdoms, referred to as 'Monday Morning Mumbles'.

Our valiant hero rushed into the packed conference room, where a heated debate, punctuated by the occasional snore, was in progress. 'But', cried Lord Terra Firma, leaping up from his chair, 'I don't think the SAC Erks should have to march. I mean, anyone would think they joined the Erk Army because they wanted discipline! Hah!'. 'Well', ventured the well meaning baron, Thomas the Bald. 'Perhaps they did. I mean...'. 'Anyway', continued Terra Firma 'if Erks wear coloured hat discs and shoulder flashes, people will know which Kingdom they come from'. 'Quite right', said the mighty Duke Longstrider, 'Trainee Erks have worn them since the days of the mighty Air Wizard, Warlord Trenchard'. 'But', continued Terra Firma 'I think they should be issued with coloured name tags'.

---

*'Unfortunately, we're running short so you'll 'ave to share one Elmet between four.'*

---

'Scuse me for butting in but we are on the verge of total annihilation', interjected Lord Brains.

'If you don't mind. We are already discussing an important point. Now as I was saying. Coloured tags are extremely important with regard to the efficient running of the Kingdoms.'

'Look,' cried a desperate Lord Brains, 'Can someone help me! We shall be overrun soon by millions of ill-disciplined Erks! Summon the KPGs! Alert the SSO! By Cram! Won't anyone make a decision!'

With the utterance of that magic word, decision, the entire meeting fell under a sleep spell from which they didn't waken till teatime.

Meanwhile, back in Mordarf, the dark, dank brooding land from whence the Erks came forth, evil things astireth. Verily (*Ed note: Cut the archaic English Tolkeane*) Ah! okay. A young Erk called Marshmallow had just joined the KPG army of the Irish Borderlord Kraighan. As Erks went, he was okay.

A thickset lad with a blond tash. He came from the North East corner of Mordarf, from a town called Newce Brown Ale. His comrades had been so impressed by him that they had volunteered him as Deputy Flight Erk. He stood waiting to be kitted out in the Hoarding Centre.

'What the blinken eck do you want?' snarled an ugly looking Horder Erk (*Ed note: The Horder Erk is a sub-species of the Common Erk. He differs from his cousin Erks, in that he is less sensitive, more thick skinned and has a limited vocabulary, consisting mainly of the word NO*).

'Wy Ay Mon, A've cum for ma kit' replied Marshmallow.

'OK snotbag, let me see.' The Horder Erk looked down a list. 'Says 'ere, you're to have a titanium plated Elmet. Unfortunately, we're running short so you'll ave to share one Elmet between four.'

'Ewy Ay. That's no good mon!' 'Also,' continued the Horder, 'A khaki jumper. Let's see.' He looked at Marshmallow with an analytical eye. 'You're about six feet tall with a 44-inch chest, yep, you should fit into a small size no prob.'

'Uggggg,' gargled Marshmallow.

'Finally a respirator, of which you will be pleased to know, we've got plenty'. 'So I can have one!' 'Nope, you're not scaled for them.'

'So what can I have Mon?'

'Let's see... Ahh blankets, we've got stacks of them, very versatile bit of kit is a blanket. And of course lots of coloured hat discs and shoulder flashes. Hmm obsolete those'.

At that moment, Duke Van Homes and Simple Simon 2s wandered in, both desperately trying to count to three and running out of fingers. Van Homes had a rather bad Coffin (*Ed's note: An Officers Inn joke!*)

---

*'Scuse me for butting in, but we are on the verge of total annihilation,' interjected Lord Brains.*

---

'Ah Cpl', said 2s 'I'm puzzled. I've spent six months at Cranwell learning Advanced Supply Techniques. I've been posted here and anytime someone asks for a bit of kit, we ask them to fill a form in triplicate and then tell them they aren't scaled for it. What's the point of it all?'

'Well it's quite simple Sir' said the Cpl. 'If we supplied everything people wanted. We'd ave no stock to hoard'.

'Ahhhh' said 2's 'I see'.

**JPS Tolkeane**

I know you believe you understand what you think I said. But I am not sure you realise that what you heard is not what I meant.



Bright-eyed and ready to go (little did we know); that soon changed. From left to right standing: ACW(Miss) Edwards, ACs Reid, Curran, Lennox, Anderson, Harper, MacDougal, Hourihane (Sunray), Creasey, Randal, Withers, Cairney, Treen, Espie. Crouching: ACs Whyte, Leatherbarrow (Sunray Minor), Greenacre, Warrington, Short, Crombie.



1st Stop: Setting up the SNCOs HQ (typical).

Can you spot 10 people in this field? Well there are only three actually.



## This is a photographic diary of a 2-day Tactical Comm Exercise as seen by 7 Bravo (Alias DTC 91 and DAD 95)

# An Erk's Eye View

## Tactical Training

*Ed's Note: An earlier edition of Airwaves featured Tactical Communications Exercise. This was written and presented by the Permanent Staff. The following series of photographs, with their accompanying captions, give an Erk's View of training. Thanks are due to the brave Erks of DTC 91 and DAD 95, and particularly to AC Underwood for the photographs.*

**DAY 1**  
16th Feb



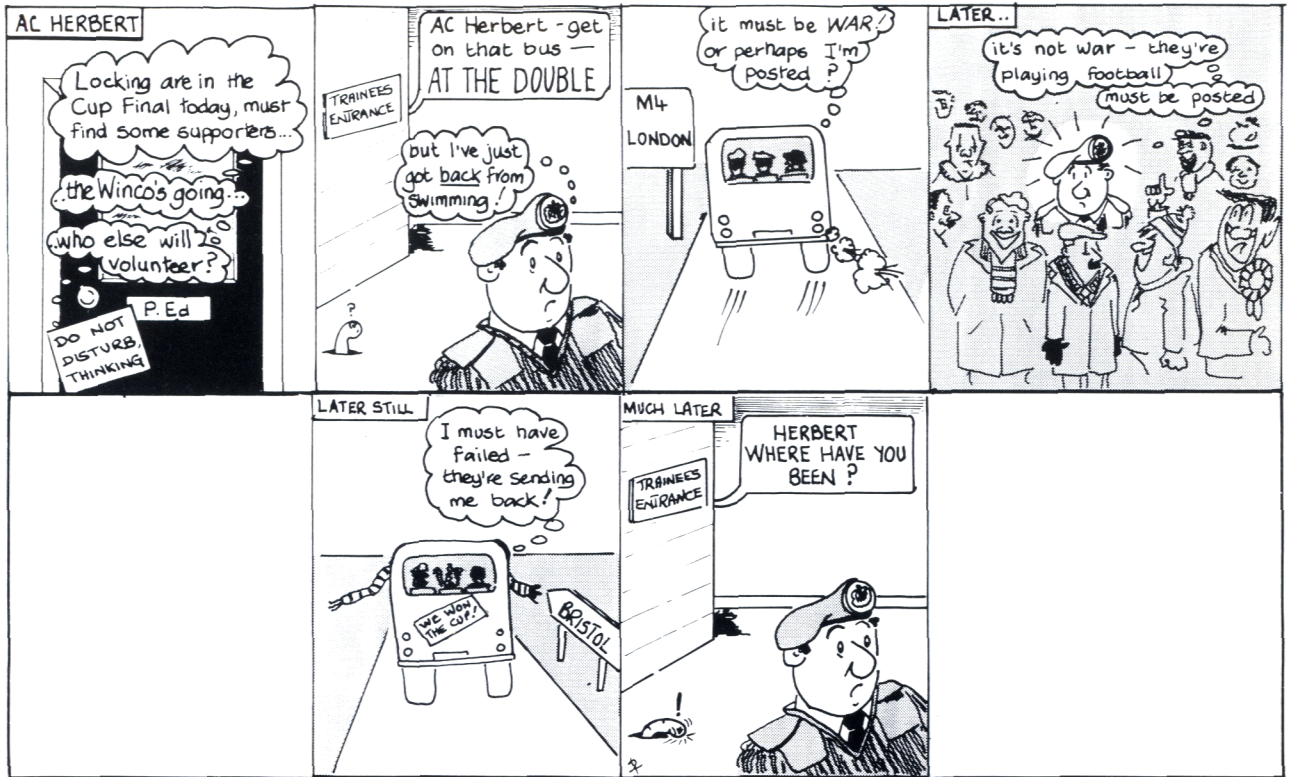
AC Treen is 'volunteered' to lug the radio to our Camp.

After setting up our own HQ, we check to make sure we haven't done ourselves out of any kit. OK who's nicked the pegs?



Spot our camp — yes it does look like two tents with camouflage nets on them — but there's a limit to how many times you can move.

**PART TWO**  
**NEXT MONTH**



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# WE WON THE CUP!



## The Club's progress to the Challenge Cup Final:

### RAF WYTON

1st Round	Wittering	1	Wyton	5
2nd Round	Wyton	3	Uxbridge	1
3rd Round	Wyton	4	Henlow	0
Area Final	Abingdon	0	Wyton	2
Semi Final	Coningsby	2	Wyton	4

### DURATION OF MATCH AND EXTRA-TIME

In the event of the match resulting in a draw at the end of normal playing time, an extra 30 minutes shall be played in two halves of 15 minutes each way.

If the match is still a draw at the end of extra time, the winners shall be determined by the taking of penalties in accordance with FIFA Regulations.

### RAF LOCKING

1st Round	St Mawgan	0	Locking	2
2nd Round	Locking	4	Chivenor	1
3rd Round	St Athan	3	Locking	5
Area Final	Locking	5	Lyneham	2
Semi Final	Finningley	4	Locking	5

### SUBSTITUTES

Each team may use two players from any five named substitutes.

## RAF Locking FC 1988

**BACK ROW:** Chf Tech McDonald, Jnr Tech Hoare, Jnr Tech Bradshaw, Sgt Pomorski, Cpl J Thompson, Flt Lt McMillen.

**FRONT ROW:** Cpl Black, AC Pollock, Cpl Leonard, LAC Heath, AC Walton, AC Gowans.





# Locking's Hall of Fame



## GOALKEEPER

### LAC HEATH

His performance throughout the season has been a revelation and resulted in a case of mistaken identity, when a visiting team thought he was 'THE' RAF goalkeeper. This season his goal-keeping skills have been tested to the full, his own defence being responsible on numerous occasions.



## MIDFIELD

### CPL ISHERWOOD

His pace and skill cause problems to the best of teams. This allied with his natural inclination to run at defenders, makes him a potent member of the team. Unfortunately his nomination for Best Dressed Man of the Year and Playgirl centrefold, has been rejected as it is written in Braille.

### CPL LEONARD

The midfield anchorman, ie he remains anchored to the centre circle, with an ability to make telling passes, especially at sailors. As Treasurer, he has solved the cash flow problems of previous years and increased Club Funds by a substantial amount. He still finds time to visit the Bahamas four times a year!



## DEFENCE

### RIGHT BACK: SGT POMORSKI

A versatile player, ie he's no good anywhere, with a penchant for making long, piercing runs into his opponents' half, normally when they are attacking! When the going gets tough, his fearsome tackling and non-stop running make him a valuable asset.



### CENTRE HALF: CPL BLACK

Has been a consistent 'boulder' at the heart of the defence. He has tended to engage in a running battle with the Sweeper to see who can score the most own goals. A case of 'any own goals you can score, I can score better'.



### SAC ENGLISH

A recent addition to the squad, with a lot of experience and skill. He has suffered a number of injuries which have severely limited the number of games he has played. Given an injury free run, he will undoubtedly become an important fixture in midfield.

### JNR TECH HOARE

His performance in midfield has been one of the outstanding features of the team this season and has resulted in him being nominated by RAF Hullavington for a BAFTA award (Best Actor).



### SWEeper: CHF TECH McDONALD

As Player/Manager, the 'Sanatogen Kid' has lent experience and good looks to a formidable back four which has frustrated most offences encountered this season, normally by scoring the goals himself.



### LEFT BACK: AC WALTON

He has made the left back position his own, nobody would touch it after him! Apart from a tendency to feign injury, whenever he feels a bit tired, sprained ankles are his speciality. A vital part of the team.



### CPL STEVE THOMPSON

The complete attacking player who, unlike many so called prima donnas, has always given of his best in every game and thoroughly deserves every accolade. He is best known for his attempts to carry out one-twos with the keeper when taking penalties and his complete absence of selflessness when claiming ownership of disputed goals.

### CPL J THOMPSON

He has filled the right midfield slot with skill and determination and has made a valuable contribution to the team's progress this season.



### AC GOWANS

A strong tackler with a good left foot, the other one's for display purposes only! He has added balance and quality to the midfield.



## TEAM STATISTICS

RANK	NICKNAME/ CHRISTIAN	SURNAME	AGE	POSITION	FAVOURITE TEAM	GOALS SCORED	HOME TOWN
Ch Tech	Tony	McDonald	36	Sweeper	Arsenal		Merthyr Tydfil
Cpl	Trevor	Black	26	Centre Half	Albion Rovers		Airdrie
Sgt	'Gulliver' Mark	Pomorski	31	Right Back	Liverpool		Kingston
Cpl	Martin	Leonard	23	Midfield	Plymouth Argyle		Plymouth
SAC	John	English	25	Midfield	Man Utd		Manchester
LAC	Chris	Heath	21	Goalkeeper	Spurs		Cardiff
AC	Dave	Pollock	24	Forward	Leeds	1	York
J/T	Graham	Hoare	21	Midfield	Portsmouth	1	Portsmouth
AC	Mal	Gowans	22	Midfield	Glasgow Celtic		Montrose
Cpl	Jim	Thompson	27	Midfield	Brighton & Hove Albion		Burgess Hill
Cpl	Tony	Isherwood				1	
Cpl	'Tommo' Steve	Thompson				1	
AC	Dave	Walton					
Jnr Tech	Andy	Bradshaw					

## FORWARDS

### JNR TECH BRADSHAW

A consistent and able forward capable of scoring goals from 40 or four yards. It's the distance in between where he fails miserably! A reliable, deceptively skilful player who takes the knocks and bumps of forward play without a murmur.



### AC POLLOCK

He epitomises an old-fashioned centre forward, with his aggressive play and aerial power. The ability to score goals would have come in useful. But you can't have everything, can you!?



## ROYAL AIR FORCE CHALLENGE TROPHY

*History of previous winners:*

1920-21 Cranwell	1957-58 Kirkham
-22 Henlow	-59 High Wycombe
-23 Cranwell	-60 Melksham
-24 Manston	-61 Yatesbury
-25 Cranwell	-62 Cranwell
-26 Flowerdown	-63 Yatesbury
-27 Martlesham Heath	-64 Ballykelly
-28 Eastchurch	-65 Finningley
-29 Henlow	-66 Benson
-30 Henlow	-67 Finningley
-31 Martlesham Heath	-68 Scampton
-32 Boscombe Down	-69 Waddington
-33 Martlesham Heath	-70 Scampton
-34 Henlow	-71 Marham
-35 Upper Heyford	-72 Thorney Island
-36 Leuchars	-73 Kinloss
-37 Cranwell	-74 Lyneham
-38 Manston	-75 Lyneham
-39 Shawbury	-76 Henlow
1948-49 Halton	-77 Lyneham
-50 Halton	-78 Brize Norton
-51 Cosford	-79 Wattisham
-52 St Mawgan	-80 Brize Norton
-53 Cosford	-81 Marham
-54 Innsworth	-82 Brize Norton
-55 Kinloss	-83 Wyton
-56 Melksham	-84 Wyton
-57 Innsworth	-85 Abingdon
	-86 Brize Norton
	-87 Kinloss



*Above: the first goal!*

*Below: Andy Bradshaw in action.*



*The winning goal!*

## ROYAL AIR FORCE WYTON

*Team Colours — Red Shirts/Black Shorts*

1 Cpl M Bonner	9 SAC J Davenport
2 Sgt A Roe	10 J/T G Pearce
3 Cpl C Wiseman	11 J/T R Thompson
4 Cpl S Macleod	12 SAC A McDonald
5 Cpl G Hancocks	13 C/T R Stapler
6 Sgt A Price	14 FO S Darling
7 Sgt I Bell	15 SAC S Currie
8 J/T C Watts	16 Cpl J Black

Officer IC: FO C Mitchell; Team Manager: Sgt B Butler; Trainer: SAC W Bailey; Coach: FS M Coxon.

**Linesmen:** Sgt G Brand, RAF Coltishall; GS G Walkington, RAE, Farnborough.

## ROYAL AIR FORCE LOCKING

*Team Colours — Yellow & Black Shirts  
Black Shorts*

1 C/T A J McDonald	8 J/T A Bradshaw
2 Sgt M Pomorski	9 J/T S Wooton
3 Cpl S Thompson	10 J/T G Hoare
4 Cpl J Thompson	11 LAC C Heath
5 Cpl T Black	12 AC D Pollock
6 Cpl T Isherwood	13 AC M Gowans
7 Cpl M Leonard	14 AC D Walton

Officer IC: Flt Lt McMillen; Team Manager: C/T A J McDonald; Trainer: Cpl S Thompson; Coach: Cpl S Thompson.

**Referee:** Sqn Ldr R Williams, RAF West Drayton;  
**Reserve Official:** Sgt D Downs, CIO, London.



# Nelson's

## RESTAURANT

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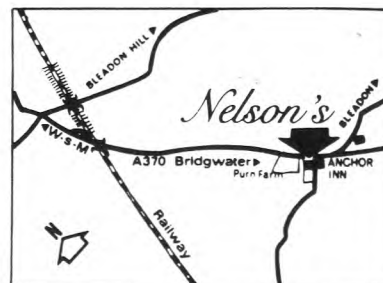
Open Tuesday to Saturday, Lunch and Dinner.  
Sunday Lunch 12 noon till 4.00 pm.

*The Restaurant is also available for private functions.*

*Situated close to Weston-Super-Mare at Bleadon on the main A370  
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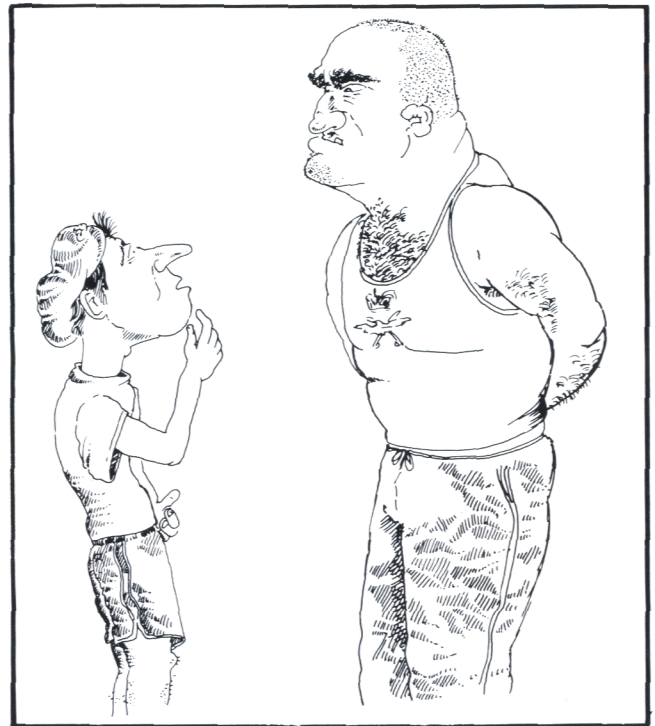
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		TICKETS
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Sunday 5th June	Chris Barber Jazz & Blues Band	£6.50
Sunday 3rd July	Max Collie Rhythm Aces	£4.00
Sunday 17th July	Acker Bilk Paramount Jazzband	£6.50
Sunday 21st August	Teign Valley Stompers with Digby Fairweather	£4.00

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Endurance or stamina is the ability to keep going and delay the onset of tiredness. It is a combination of fitness, willpower, determination and incentive. Of these four components you will perhaps notice that three are to do with the mind, rather than the body. The most obvious example of endurance is long distance running, however it can be examined a little more specifically. If this is done we find that there are three types of endurance:

- Local muscular endurance (LME)
- Cardio-vascular respiratory endurance (CVR)
- Total endurance.

What we will do this month is to look at the first two, discovering what they involve and how we can train for them.

**LME**

This is found when we continually perform a specific task using specific muscles or muscle groups such as polishing your shoes or sawing a piece of wood. The amount of stamina will depend upon several factors such as:

- The strength of the muscle
- The energy stores there
- Efficiency of blood flow to the muscle.

LME is like a skill: to begin with, we use a lot of unnecessary muscle fibres in performing an action. This uses up energy doing superfluous work. Wasting energy in this way leads to early fatigue. As we progress through an exercise programme the body 'learns' how to use the muscle fibres available in order to conserve energy. In this way we are able to continue longer in our tasks.

Therefore a good test of your LME in your stomach muscles for example is how many sit-ups you can do.

**CVR**

Any type of exercise which involves prolonged use of large muscle groups will affect the cardiovascular and respiratory systems. In mild intensity work the effect is negligible; in high intensity work it is more probable

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# KEEP ON RUNNING...

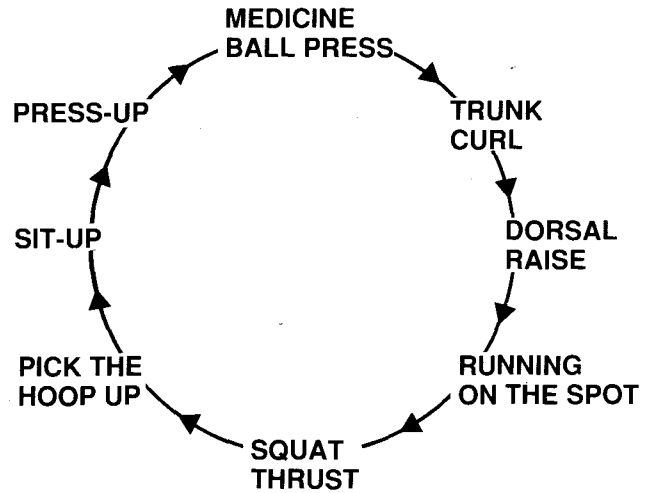
that local muscular fatigue will set in before the heart and lungs tire. With medium intensity exercises it is the CVR efficiency which will allow us to keep going.

Because this type of work (running, cycling, rowing) is also a skill, and therefore specific, it is quite difficult to test ie a specialist swimmer has a better skill level at swimming than a specialist runner, therefore he would probably tire slower in a swimming test, but the runner would be expected to tire slower in a running test.

The RAF uses the 1.5 mile running test as a general CVR test for two main reasons:

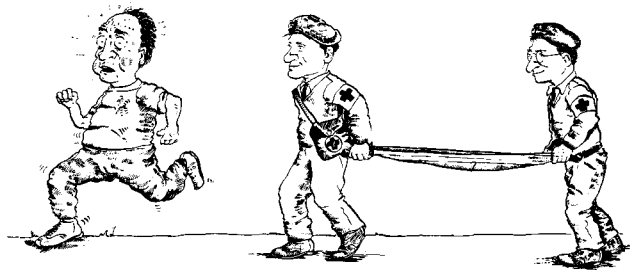
1. In your war role, you will more likely be required to run than play soccer for example.
2. Running is probably the easiest skill to learn — everyone can run, and with a little effort and training everyone can run/walk 1.5 miles in 11 minutes.

To train for endurance in a specific task one could quite simply practise that task — however this could be a little boring and lead to one-sided development. To avoid this we pick two exercises from each of the



This example of a circuit can be used on your own by going twice round doing ten of each exercise, trying to do the two circuits in the quickest possible time, or as a group of people all working together for a given time on each exercise.

For more information about circuit training and your very own circuit please feel free to come and see your friendly PEd staff.



## STAMINA

← WILL POWER  
INCENTIVE  
DETERMINATION

+

← FITNESS



four main anatomical parts of the body: arms and shoulders; stomach; back; legs and perform a given number (min 10) of each exercise or work continuously for a given period of time. This achieves a variety of exercises and ensures a balanced development throughout the body. If we work for a specified time with a short, specified rest period in between exercises, then we start to involve CVR fitness.

To increase LME, increase the number of repetitions, to increase CVR decrease the rest period and to increase LME/CVR performance more repetitions in a given time.

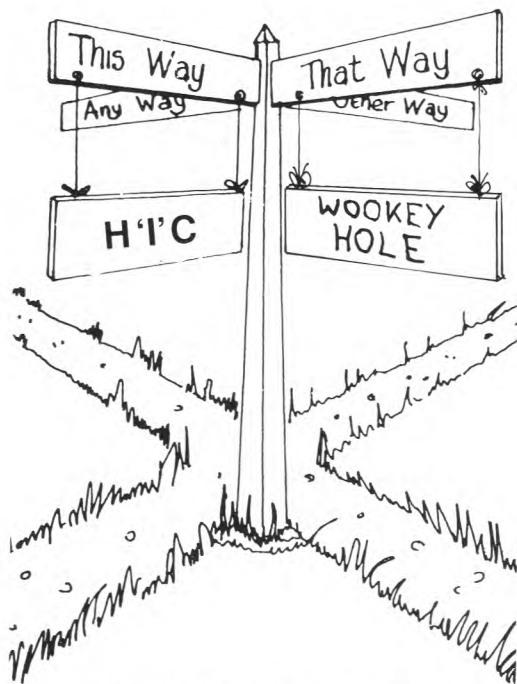
How can people conserve the environment?

Shoot trespassers.



This month we return to local areas, already passed through, or visited.

Firstly, follow the route given in February's *Airwaves* as far as Cheddar, which this month is our first stop. Most people will have heard of Cheddar which is famous for both its cheese and its Gorge; the Gorge being the reason for our visit. Not only can the Gorge be visited by walking or driving its length, but by climbing Jacob's Ladder, if you feel fit enough, it



can be viewed from above. Once you have tired of the view above ground, why not visit one of the cave complexes; some of these were lived in quite recently, well into this century. The Gorge area can form the basis of a good family day out. However my advice to you all is to visit it early in the season before the very large holiday crowds descend upon Cheddar.

Another visit involving caves is Wookey Hole. This can be found by following February's route to Ebbor Gorge and continuing past its entrance to Wookey Hole, alternatively it is signposted from the A371 between Cheddar and Wells. The complex at Wookey makes an ideal family day out, containing as it does, caves, museum and swimming pool etc. The caves are more extensive, and in my opinion more spectacular, than those of Cheddar, they exit to the entrance of the museum, which has a number of interesting exhibits. The demonstration of making paper by hand keeps alive an industry which has a long tradition on the site. Also in this museum are old fairground rides and an area used to store old displays for Madam Tussaud's.

As a final thought, why not combine the visit to Ebbor Gorge with a visit to Wookey Hole? If, on reaching the bottom of Ebbor Gorge, you turn right, it is possible to follow the path down to Wookey Hole.

*Good for friends  
of good food*

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# When Sedgemoor Rebels Escaped to Worle

February's article featured Locking's Coach House — formerly the local manor. Now we move to yet another pub, or rather two pubs, this time in Worle.

The period of history is the same. The year is 1685, and the Duke of Monmouth's rebel army has suffered a devastating defeat at the Battle of Sedgemoor. Now it is every man for himself. Each must get as far away from the field of battle as possible.

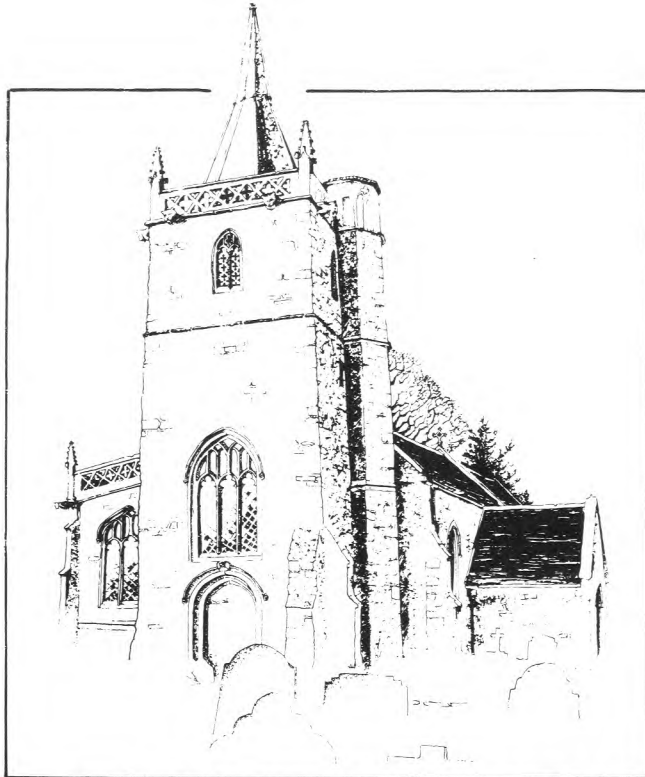
Of those captured, hundreds suffered a horrifying death at the Bloody Assize under Judge Jeffreys, while hundreds more were transported as slaves to the West Indies. However, many successfully managed to escape — some hiding in Mendip caves until a general amnesty was eventually declared.

Four fugitives made their way to the village of Worle — Weston was but a tiny fishing hamlet, and of no importance. Two of the rebels sought refuge at Nut Tree Farm, which has, in the last decade, been turned into a high class pub and restaurant. The farmer's wife hid Monmouth's men under a bed in the children's room. But soon, a loud knocking at the door announced the arrival of soldiers who had been sent to search every house in the village.

The search went unopposed until they came to the children's bedroom. The farmer's wife had to think fast, so she snatched a broomstick and brandished it in front of King James' men. 'Dursn't thee go in there wakin' my children, mind!' she warned. Faced with such a formidable lady, the soldiers decided that discretion was the better part of valour. They withdrew from the house, and two grateful rebels lived to see old age.

A very different fate awaited the other two fugitives. They went into the Old King's Head, at the top of the Scours, and pleaded with the landlord, John Starr, to give them sanctuary. Starr extracted payment from the poor wretches.

When, inevitably, the army arrived at the tavern, the treacherous landlord accepted a bribe to reveal the hiding place of the rebel soldiers. Monmouth's two followers were hanged from an elm tree at the bottom of the Scours. It is said that their bodies were then hung in the tower of St Martin's Parish Church. I find



The parish church of St Martin, Worle. Parts of the building date back to 1125 AD.

that possibility a little chilling since I am a bellringer and captain of the tower at St Martin's.

It is of interest to note that a gravestone is set into the south wall of the church, to the right of the porch. The inscription reads: 'John Starr of this parish died 1704.' Could this be the landlord in question?

**Jim Lombard**

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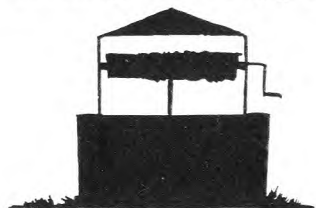
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22nd April

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12-2PM



DINNER  
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## BAUER'S BREW

### Mashing the grains

Brewing beer by the traditional methods starts with the process of mashing the grains. These contain large quantities of starch which would be turned to sugar to provide the plant with food if the seed was allowed to develop.

The home-brewer needs to carry out a similar process to make use of the sugar himself. Fortunately he can employ the natural enzymes present in the grains to do the work for him. All he has to do is provide the right conditions for them to work in. In practice this means keeping the temperature carefully controlled to within a few degrees. If it is too hot the enzymes will be destroyed, too cold and the process will not take place because they become dormant.

Once again the problem is easily overcome. Mashing has to be carried out in water at constant temperature. The simplest way is to mix the grains with the hot water in a large pan and warm it on a stove whenever the temperature falls below the lower limit. The disadvantage of using this method is that it needs to be checked every 15 minutes or so.

The ideal mashing method is one which could be set up and left to run while the home-brewer carries on with the rest of the process. This is possible if the floating mash method is used. The grains are mixed with hot water but this time in a plastic bucket capable of holding about 4 gallons. This is then floated in a larger container of water which acts as a heat reserve and keeps the temperature constant. It can be further improved by insulating the outer container. This can safely be left to mash for the full time without further attention.

For the really keen home-brewer, there are purpose made mashing buckets. These are five-gallon plastic containers which have a thermostatically controlled heater in them. They can be set to the required temperature and left for the



duration of the mash. They can be bought from specialist home brew suppliers at a cost of about £30. If you are going to brew on a regular basis, it is well worth the investment. The savings you make comparing home-brew with pub prices will soon cover the cost. In addition the mashing bucket can also be used later on in the process for boiling as it is portable; it can even be set up in a shed or garage providing a power supply is available. This prevents the house from 'smelling like a brewery' — a problem which has turned people away from home-brewing in the past.

Using any of the above methods the starch in the grains of malt can be turned into sugar, ready for fermentation.

### Action In Case of Fire

Should you discover a fire at RAF Locking, the following action is to be taken:

- Try to put it out, and
- Shout for assistance (Fire, fire, fire!).
- Operate any fire bell or break the glass on an electric fire alarm point. (There are no fire alarms on the Station's married quarter sites.)
- If it is out of control, then dial 222 on a Station internal telephone and notify the telephone exchange of the location and nature of the fire.
- If using a private or public telephone then dial 999 using the emergency procedure detailed in the telephone directory. Once the fire message is passed, the caller is then to notify the RAF Locking exchange (Banwell 822131) of the fire.
- Stand by until the arrival of fire service personnel

and then guide them to the scene of the fire if necessary.

The nearest telephone (station, public or private) is to be used to pass a fire message. Additional telephones have been installed for emergency use in the undermentioned areas.

Outside No 21 Mendip Road, Officers' Married Quarters.

Outside No 58 Anson Road, Airmen's Married Quarters.

Jackson Block (near Sandes Centre).

Barker Block (behind Regiment Flight).

These telephones have no dial, direct line facility to the telephone exchange. To operate, break glass, lift the receiver and pass the fire message.

'Fearless Phil', the fireman says:

Do call the Fire Service if you see a fire, however small. There is *no charge* whatever for the services of the Brigade at a fire.

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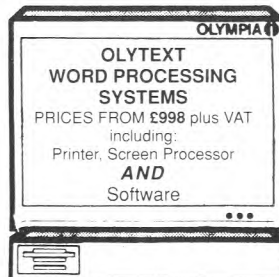
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# HE IS RISEN

Statistics are normally unreliable and can be used to give only a general indication of trends. There is only one statistic that is a guaranteed, cast-iron certainty and that is that 100% of people born will die!

This is something that creates problems for everyone. We have to confront the prospect of our own death, and also cope with the deaths of those we love. We cannot escape from this and so we often try to ignore it. But it is still there — a question mark against our whole life.

When the Disciples found the tomb of Jesus empty, they could not at first understand it and thought the body must have been stolen. As they came to see the real truth — that he had overcome death and was, by the power of God, once more alive — in fact more alive than ever, it took a long time for it to sink in.

If Jesus had overcome death, then its power was no longer absolute, and he would share that victory with his followers. What a discovery! It is something that changes all our hopes.

No wonder that Easter is a special time. In many countries on Easter Day, the traditional 'Good Morning' is replaced by the greeting 'He is risen'. Let us see if we can make that something not just from our lips, but from our lives.

HE IS RISEN INDEED

A very happy Easter to you all.

**Padre Ken Brown**

## CHURCH OF ENGLAND

St George's Church — Scarf Block Ext 292  
(Telephone Answering Machine)

### Sunday Services

9.00 am Holy Communion  
10.30 am 1st Sunday — Family Service  
3rd Sunday — Matins  
Others — Holy Communion  
6.30 pm Evensong

There is a Sunday School during the 10.30 service.

**Chaplain** Padre Ken Brown  
5 Osprey Gardens  
Worle  
Tel: WsM 514280

Baptisms and Confirmations — by arrangement with the Chaplain.

## CHURCH OF SCOTLAND & FREE CHURCHES

St Andrew's Church — By the Guardroom  
Office — Scarf Block Ext 360

### Sunday Services

10.30 am Morning Worship with Sunday School  
Holy Communion - 1st Sunday in Month



**Chaplain** Padre Leslie Gregory  
3 Partridge Close  
Worle  
Tel: WsM 514842

The Church is open every day for private prayer and meditation.

Marriages, Baptisms and Confirmations by arrangement with the Padre.

## ROMAN CATHOLIC CHURCH

Holy Cross — Scarf Block Ext 360

### Holy Mass

5.00 pm Saturdays (Confession before and after Mass)

**Chaplain** Fr Con O'Connell  
The Friary  
Marine Hill  
Clevedon  
Tel: Clevedon 873205

Baptisms by arrangement with the Chaplain.

## Padre's Clerk

A message for the Chaplains can be left with the Padre's Clerk on Ext 292/360 weekday MORNINGS only.

Alternatively a message can be left at any time on the telephone answering machine Ext 292.

## Weekday Events

**Mondays** — 8.00 pm — Fellowship Group for Bible Study, discussion, exploration of the Christian Faith or just fellowship.

Details available from the Padre.

### Thursdays

12.30 pm SASRA Prayer Meeting  
8.00 pm SASRA Bible Study — with singing, prayer and study of scripture.

These meetings take place in the coffee lounge upstairs in Scarf Block.

All are welcome to come along to both of the above meetings.

If there is any way the Churches can help, please do not hesitate to contact the Chaplains or come along to one of the services.

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# LOCKING LADIES

When spring cleaning, do take care  
Save it for the Flowerdown Fair  
If in doubt, don't throw it out  
This is what it's all about.

## FLOWERDOWN FAIR 25 June 1988

### VOLUNTEERS STILL NEEDED TO HELP RUN THE LADIES' STALLS

Flowerdown Fair is fast approaching, and I need your help to stock the cake stall. I'm sure you all have your own favourite recipes, and I will be most grateful for anything — from cookies, pies, tarts, through to Wedding Cakes... only jesting! Here are a few simple recipes you might like to use.

### ALL-IN-ONE FARMHOUSE CAKE

6 oz Soft margarine  
8 oz Plain flour  
1 tsp Mixed spice  
10 oz Dried mixed fruit  
2 oz Halved glacé cherries  
6 oz Caster sugar  
1/2 tsp baking powder  
3 Large eggs  
2 oz Mixed cut peel

1. Place all ingredients in a mixing bowl and beat with wooden spoon for 2-3 min.
2. Place in a lined round cake tin (7"). Smooth top and bake in oven — Gas Mark 4 on middle shelf for 1 1/2 - 2 hrs.
3. Leave in tin for 3 mins, then turn out and cool on wire tray.

**Is the weather getting you down? Are the children getting on top of you? Hubby not happy at work? STOP! THINK!**

**It's time you had a break from it all. Treat yourself to one of the beauty treatments offered by Myriam Rogerson BABTAC.**

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## SANDES LADIES' NEW YEAR PROGRAMME

Monday 10am FOOD FOR THOUGHT  
(Devotional Discussion Group)  
Tuesday 9.30 Knitting Machine, Craft, Table Tennis,  
Lace Making. (Come any time:  
finishes 11.30)  
Thursday 9.30 Keep Fit, Scrabble, Painting etc.  
(Come any time: finishes 11.30)

CRECHE ON ROTA SYSTEM  
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## WEST COUNTRY APPLE CAKE

8 oz Self-raising flour  
4 oz Granulated sugar  
4 oz Margarine  
1 oz Demerara sugar  
8 oz Finely chopped apple (dessert or cooking)  
weighed without peel or core  
2 oz Currants or other dried fruit  
A little milk to mix

1. Sieve flour and rub in margarine.
2. Add sugar and currants and then the apple. Mix with milk to form a fairly stiff dough, like pastry.
3. Grease flat baking tray or sandwich tin and spread mixture evenly.
4. Sprinkle with demerara sugar.
5. Bake in pre-heated oven, Gas mark 5 or 350°F, 190°C for 30 mins until golden brown.
6. Turn out onto a wire tray to cool.

## FLOWERDOWN FAIR

### Plant Stall

First I would like to thank everyone who was so generous last year — we couldn't have made the Plant Stall such a success without your help. Please will you be as generous this year and remember the Plant Stall when you are sowing your seeds or dividing your plants in the garden. If you can help us please contact one of the following who will either collect or receive your plants, surplus vegetables, fruit, flowers etc.

Mrs Pat Ferren (Sqn Ldr Ferren - Ext 257)	Bleadon 812467
Mrs Delina Russell	Banwell 820182
Mrs Joline Wiseman	Ext 341
Mrs Christine Gelder	Ext 223
Mrs Tricia Marson	Banwell 820044

Thanks once again and 'Happy Gardening'!!

**Pat Ferren**



# TOFFS

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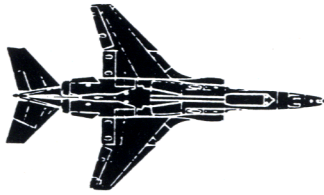
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I LOVE TOFFS

# KIDS' CORNER

## Can You Name These Aircraft? Answers at the Bottom of the Page

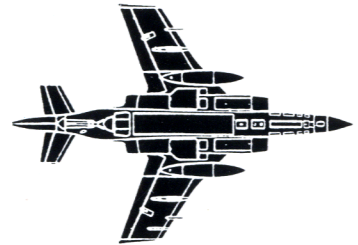
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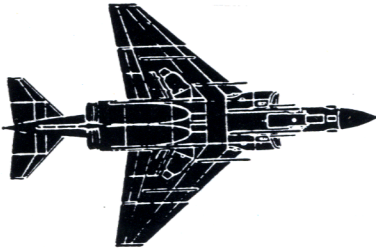
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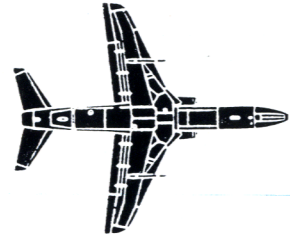
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### A WIZARD POEM

*The wonderful Wizard of Oz,  
Retired from business becoz,  
What with up-to-date science  
To most of his clients  
He wasn't the Wiz that he woz.*

### RIDDLES

- What is the best thing to give a hippopotamus who feels sick?**  
Plenty of room.
- What do porcupines eat with cheese?**  
Prickled onions.
- What do you call a place to weigh whales?**  
Whaleweigh station.
- On which side does a chicken have most feathers?**  
The outside.
- What is big, grey and goes round muttering?**  
Mumbo Jumbo.
- How do monkeys toast their bread?**  
Under a gorilla.

AIRCRAFT: 1. Jaguar, 2. Nimrod, 3. Buccaneer, 4. Phantom, 5. Hercules, 6. Hawk.



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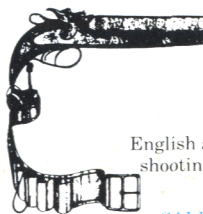
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