

THE NEWARK NIMROD



www.rafanewark.co.uk

ROYAL AIR FORCE ASSOCIATION
NEWARK & DISTRICT NEWSLETTER
SPRING EDITION - MARCH 2023



In friendship and in service one to another, we are pledged to keep alive the memory of those of all Nations who died in the Royal Air Force and in the Air Forces of the Commonwealth. In their name we give ourselves this noble cause. Proudly and thankfully we will remember them

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From the Editor



*Ladies &
Gentlemen,*

I'm delighted to share with you another release of our Newark Nimrod.

I couldn't have done too bad of a job on the last one as I've been allowed to create another!

It has certainly been an intense time period since the last edition but I find that when times become challenging that's when our great community stands up and sees it through together.

Thank you in advance to those that helped to bring the stories and pictures together for this edition. Without you my work would be a lot harder.

As this newsletter will show there are many changes about to be brought upon us but I can see a bright future ahead for the branch and I look forward already to the next edition to see what we will have achieved in the next quarter.

But until then, there's plenty in this edition to keep you entertained.

Take care

~Gaz Creswell - Nimrod Editor

The Newark Nimrod - Committee Members

Branch & Club
Committee Members
2023/2024



Newark & District Branch/Club



Branch Committee



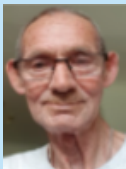
Allan Hildage
President



Gaz Creswell
Chairman/ Editor



Robin Docksey
Secretary



Michael Reilly
Deputy Chairman



Jerry Flint
Treasurer/ Webmaster

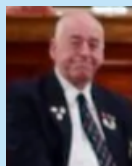


Elsbeth White
Wings Coordinator

Honorary Life Vice-Presidents



Dennis Atkins



Allan Brooke

Club Committee



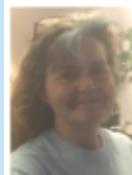
Jason Parker
Club Chairman



Susan Parker
Club Treasurer



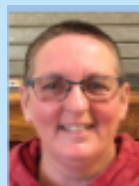
Paul Tricket
Committee Member



Bev Asman
Committee Member



Michael Reilly
Club Secretary



Lisa Wells
Bar Manager/Club Steward

Foreword by the Branch Chairman



Dear Fellow Members,

"Wait, I've seen this guy before somewhere" you maybe thinking.

After getting involved with the Branch I've very quickly found myself wearing a couple of hats. Starting off with the editors I've now also taken on the role of Chairman.

Although Allan Hildage was doing a great job you may recall that there was a bit of a health scare and therefore thought it best to step down. I want to thank Allan and the committee members for giving me this chance to do something positive for our RAF family and I'm excited for what the future holds.

If you're wondering about Allan, dont be alarmed! As you will see later in the AGM article it is certainly not the last we will be seeing of him.

Most of you will now be aware that there have been talks to handover the building to another charity meaning the closure of the RAF Association Club. I can't stress enough that this does not mean the branch itself is closing. All this means is we are handing over the ownership and the upkeep of the building to another charity.

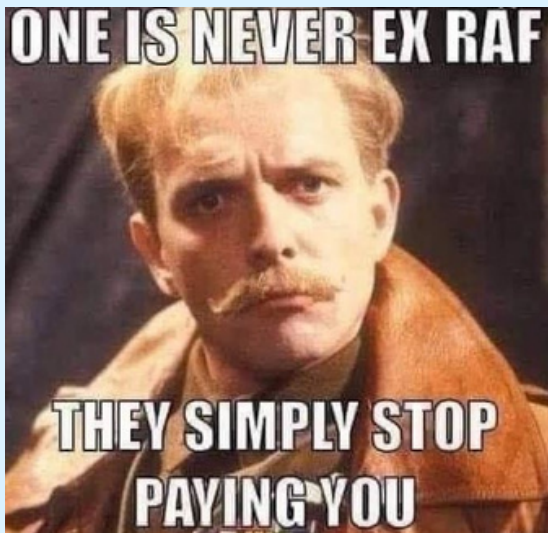
It may seem like it's all doom and gloom however, this means that it will free up a huge financial burden on the branch and allow us to spend that money on other (more important in my opinion) avenues. This can include more functions, trips out and anything else we can think of that will benefit the members. Of course, if you have any ideas please do share them with us as we would love to hear about what you would love to gain from the branch. My main focus going forwards is entirely on the members of this branch and making sure what comes into the branch financially can go back to the members in some way.

Negotiations are still on-going but from what I've heard so far it all seems very positive with all parties involved keeping each others interests at heart as everything moves towards a resolution.

I believe the future of the branch holds true excitement. Sure, challenges will be there along the way but it's never the challenges that's the issue, it's how you choose to tackle them that can be the issue. I know with the amazing team that we have on the committee and the mindsets they have, the branch is in great hands.

Per Ardua Ad Astra!

A few laughs from the online world



Annual General Meeting



It was that time of the year again for our committee to choose to stand down or take on the responsibilities of the roles required.

It was well attended and there was a good buzz in the room as people were eager to see what new roles were going to be taken up.

The night began with Alan Hildage as chairman to set the proceedings. The agenda was followed to ensure a smooth transition was carried out.

The chairman's annual report was read out and the readings of the new positions were informed as follows:

- Gaz Creswell – Chairman
- Robin Docksey – Secretary
- Micahel Reilly - Deputy Chairman
- Jerry Flint – Treasurer
- Elspeth White – Wings Coordinator
- Matt Cryer – RAFLO
- Allan Hildage – President
- Dennis Atkins – Honorary Vice President
- Alan Brooks – Honorary Vice President
- Standard Bearer – Paul Watson

As you can see by the details above, although Allan stood down from Chairman position, he took up the role as the branch President. He was also awarded a memento for his service to the branch, having to make some very tough decisions leading up to this point.

Annual General Meeting (Continued)



Picture above: Allan Hildage receiving this beautiful picture from our Honorary Life Vice President, Dennis Atkins

We gained another Honorary Vice President with Allan Brooke being appointed after a heartwarming speech by Dennis Atkins. Jerry Flint moved over to become Treasurer with Michael Reilly moving into the Deputy Chairman role. Elspeth White has taken on the wings coordinator role and we now have a new RAF Liaison Officer Matt Cryer.

Questions then took place with the focus being on the progress with the building and how the branch will continue to grow, adapt and continue to push forwards. After the questions the meeting finished and although I only took up the chair for the first time for probably a total of around 15 minutes I'll be honest I say I felt the nerves for this one.

Those who know me (or those who read the previous edition about what I do) are aware that I also do Life Coaching on the side. As part of this I give talks to all kinds of audiences in places such as Lincoln, to Newark, to Stafford. That has never phased me as it's what I'm comfortable in doing but I have to admit this took me a little bit out of my comfort zone. I see this as only a good thing as it forces me to grow as I take on this new challenge.

But...this isn't about me. The reason why I brought that up is because I can imagine that there others on the committee who may feel a little out of there comfort zone and will be grateful for your support during their upcoming tenures. Lets wish them the best of luck for the future.

For more pictures of the night and to see the tenures agreed upon please visit the AGM article on our website. www.rafanewark.co.uk

Meet Your New RAFLO



Meet your new RAF Liaison Officer, Matt Cryer.

Joined the RAF in 2004 as a Telecommunications Engineer going through RAF Halton and Cosford.

Served 5 overseas tours in Afghanistan, 2 in Falklands and 1 in Cyprus.

He has seen breadth of postings across RAF Brize Norton, Benson, Leeming, Coningsby, Scampton, Waddington and most recently High Wycombe.

Representing the RAF and UK Armed Forces in ice hockey he has played in tournaments in Canada, Germany, Czech Republic and the United States.

Although now posted to Wycombe he is staying local to the area and really keen to support the RAFA Community in Newark. Passionate about giving back to the Royal Air Force he is looking forward to being able to connect people back into stations around the area and provide a look to how the 'modern Air Force' is today.

Catch up with Matt at the Saturday coffee mornings as he likes to pop in from time to time to enjoy a good coffee with the RAF family.



Armed Forces Breakfast



Since the last edition we have had two Armed Forces breakfast held here at the club. On both occasions there has been a great atmosphere and plenty of laughs can be heard from the different conversations being held throughout the room.



The club filled up extremely quickly and people were already queuing outside into the car park before the doors opened. On the previous Armed Forces breakfast there were that many people that the staff needed to make use of the stage to fit everyone in.

My family and I took to the stage on that occasion with the new RAFLO Matt.

The organising skills was impeccable on both occasions.

Without the great work of the staff this wouldn't have been possible. And thankfully the organising skills stopped hungry breakfast goers from being trampled on the way to grab their english and sausages (among other tasty ingredients)

Lots of empty plates at the end. Well done!

I'm already looking forward to the next one!



Mindset Mastery



"This guy?...Again?!"

Yes I'm back in another article! This time it's for something a little different that I organised with the bar staff.

The last Thursday of every month they hold a social night and open this up to everyone. Unfortunately there hadn't been a lot of interest for people coming out.

So I spoke to Lisa Wells and asked if it would be ok for me to put on a Mindset Mastery evening. An evening designed to tackle the root causes of some of the mental health issues that people maybe facing. Not only that but using these understanding you can empower yourself to become unstoppable in reaching your personal success.

The evening itself was a success. Although (as you can see from the picture below) the stage was in the middle of a renovation (more on that later) this didnt put off any of the people who turned up. They showed up, they played all out and went away with new understandings about the mind and how to apply the teachings into their lives in a meaningful way. They learned how to influence their state of mind to go from the lowest of states to the highest, they learnt the stages of mastery, how to call upon archetypes to help their problem and so much more.

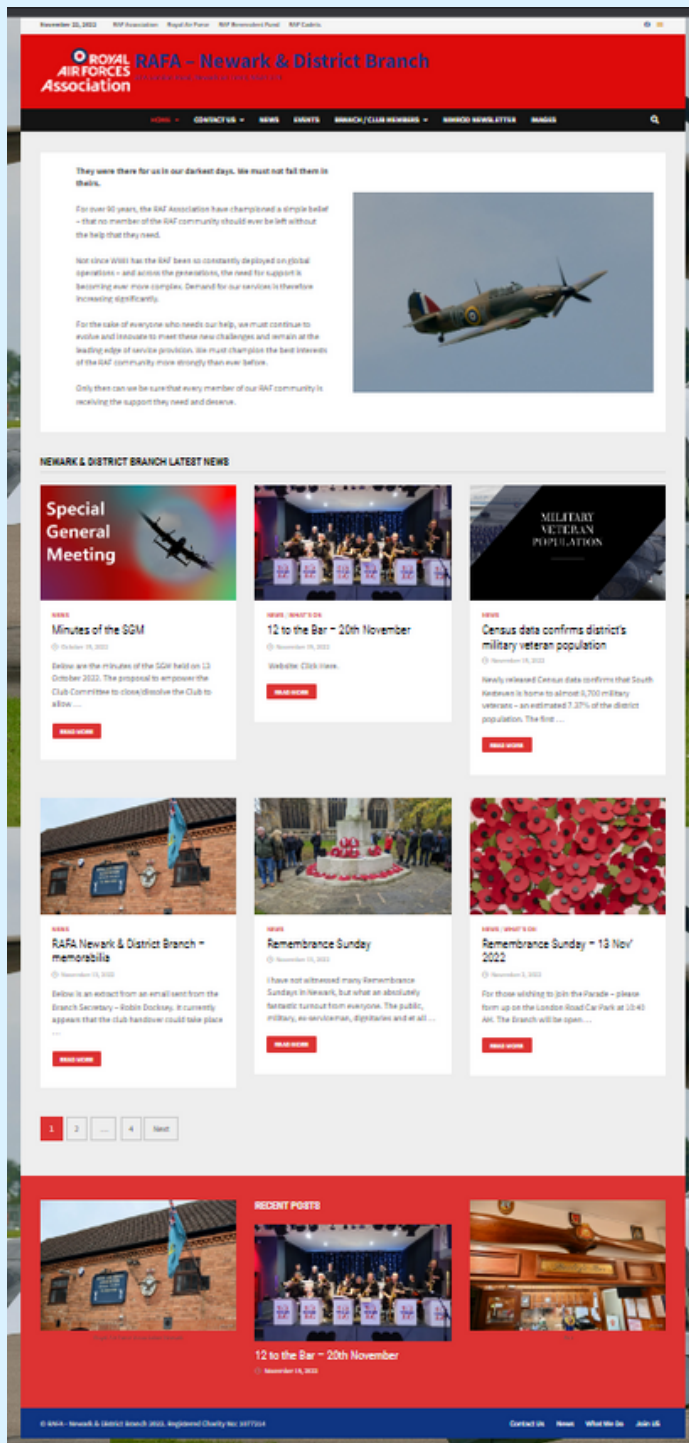
It's something I would be interested to put on again but maybe in the day time.

The event even made the local news and attracted people from outside of the branch into the club. I'm hoping that by putting more events like this on for our members we can attract further new joiners.

Watch this space!



Branch & Club Website



Just a reminder...

We are aware that not everyone is on Facebook which is where we have our own group for updates and news. So Jerry Flint has stepped forward to build a website for the Branch to have a centralised point for all things RAFA and Branch related.

You will also find this newsletter on there along with past additions to look back through should you wish. You can also download and print at home if your prefer.

There are regular updates, articles and dates to keep you in the loop which I believe will serve great during the closure of the club as mentioned in Allans article just before this one.

There is more in the pipeline for how we plan to use this as a tool for our members going forwards so be sure to visit the website regularly so you dont miss anything!

Visit:

www.rafanewark.co.uk

The Newark Nimrod - Exit Stage Right

Exit Stage Right

The club underwent some renovation recently after the stage was deemed unfit for purpose.

The club staff worked extremely hard to turn things around as quickly as they possibly could ready for upcoming events and bookings.

The stage had to be completely dismantled to begin with so everyone could start again and start fresh.

The carpet had to be ripped up to see where the wiring was and bit by bit had to be carefully removed to keep it as safe as possible for everyone working on the project.

This was not an easy task to complete with the deadlines that needed to be adhered to.

But this team was up for the challenge and continued to work on it until the task was completed.



Chipping in on different tasks from dismantling to repainting, to contacting companies for flooring and a lot more.

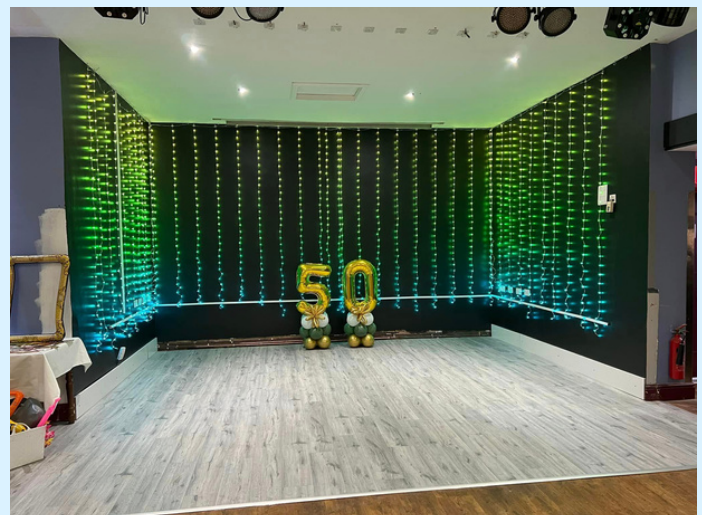
The overall project could have only been completed with everyone communicating well, working hard and showing true dedication to the club and what it stands for.

As you can see the results speak for themselves.

This will now allow for extra seating for events that have proven to be extremely popular (such as the forces breakfasts), or for those bookings that have a larger amount of guests.

I'm sure you'll join me in congratulating the team and giving them a greatly deserved well done for their achievement.

Fantastic work everyone!



How to Improve Your State of Mind



Your state of mind is crucial to your overall wellbeing. A positive state of mind can help you navigate life's challenges with ease and joy, while a negative state of mind can lead to stress, anxiety, and depression. Fortunately, there are many things you can do to improve your state of mind and live a happier, more fulfilling life.

Here are some effective strategies for improving your state of mind:

1. Practice Mindfulness

Mindfulness is the practice of being present in the moment without judgment. It can help you become more aware of your thoughts and feelings, and allow you to respond to them in a more constructive way. Mindfulness can be practiced through meditation, yoga, or simply taking a few moments to focus on your breath.

2. Get Moving

Exercise is an excellent way to boost your mood and improve your state of mind. When you exercise, your body releases endorphins, which are natural mood boosters. Regular exercise can also reduce symptoms of anxiety and depression and improve overall self-esteem.

3. Connect with Others

Human beings are social creatures, and social connection is vital to our mental health. Spending time with friends and family, or even engaging in online communities, can help you feel more connected and supported.

4. Practice Gratitude

Gratitude is the practice of focusing on the good in your life and appreciating it. Gratitude can help shift your perspective and improve your overall state of mind. Try keeping a gratitude journal, where you write down three things you're grateful for each day.

How to Improve Your State of Mind (continued)

5. Learn Something New

Learning new skills or taking up new hobbies can be an excellent way to boost your mood and improve your state of mind. When you learn something new, your brain releases dopamine, a neurotransmitter associated with pleasure and reward.

6. Practice Self-Care

Self-care is the practice of taking care of yourself physically, mentally, and emotionally. It can include things like getting enough sleep, eating a healthy diet, taking breaks when needed, and engaging in activities that bring you joy.

7. Seek Professional Help

If you're struggling with your state of mind, it's important to seek professional help. A mental health professional can help you identify underlying issues and develop a plan for improving your mental health.

In conclusion, improving your state of mind is essential to living a happy, healthy life. By practicing mindfulness, getting moving, connecting with others, practicing gratitude, learning something new, practicing self-care, and seeking professional help when needed, you can improve your state of mind and enjoy all the benefits that come with it.



The Newark Nimrod - A Higher Call (Excerpt)

A Higher Call (Excerpt)

The epic story of the Luftwaffe Bf 109 pilot who saved the lives of the crew of a badly damaged American B-17 by escorting the crippled bomber over the North Sea



It was a Christmas miracle in the making. The American B-17 bomber was damaged and defenseless, and the Bf 109 of German ace, Franz Stigler, was primed for an easy kill. On December 20, 1943, in the midst of World War II, an era of pain, death, and sadness, an act of peace and nobility unfolded in the skies over Northern Germany. An American bomber crew was limping home in their badly damaged B-17 after bombing Bremen. A German fighter pilot in his Bf 109 fighter encountered them. They were enemies, sworn to shoot one another from the sky. Yet what transpired between the fighter pilot and the bomber crewmen that day, and how the story played out decades later, defies imagination. It had never happened before and it has not happened since. What occurred, in most general terms, may well be one of the most remarkable stories in the history of warfare.

It was a Christmas miracle in the making. The American B-17 bomber was damaged and defenseless, and the Bf 109 of German ace, Franz Stigler, was primed for an easy kill. Near the coast of Germany . . . Stigler had never seen a B-17 this damaged. My God, how are you still flying? he thought. Inside the bomber's cockpit, the rookie American pilot, Charlie Brown, was thinking the same thing.

An air battle had shredded his bomber. Leaning forward to check an engine, a sight made Charlie's heart skip. There, three feet from his wingtip flew a gray Bf-109. Charlie closed his eyes and opened them but the German was still there. He's going to destroy us, Charlie concluded.

Instead, Franz did something incredible—he nodded to Charlie. In the presence of his enemy, Franz had changed. He had only become a fighter pilot to avenge his brother, a pilot killed early in the war. But there, alongside the defenseless B-17, Franz decided to break the cycle of violence, to spare the bomber and escort it out of Germany.

Choosing life over death, he escorted the bomber to the North Sea, saluted the American pilot, and flew away.

The Newark Nimrod - A Higher Call (Excerpt)

A Higher Call (Excerpt, continued)

Charlie and his fellow airmen had hopes of reaching England again, thanks to the mysterious German ace who held his fire. Brown in fact wrestled his B-17 “Ye Olde Pub” back to England after the extremely harrowing mission. As Brown fought to keep his plane in the air, P-47s who had also participated in the raid over Bremen, encountered “The Pub,” marveled at the damaged bomber, and helped escort her to a safe landing at Seething Air Base, England. But now, it was Franz’s life that was in danger. A quaint German village lay below, warm and inviting, just four days before Christmas. But it was wartime. If anyone had reported Franz for sparing the enemy, he would have faced a firing squad as a traitor. Luckily no one caught a glimpse of his markings and Franz survived the war.

Charlie never forgot Franz’s gesture. In his old age, Brown searched the world for Franz and in 1990 they reunited, not as former enemies but as brothers separated for 46 years. In the years that followed, their friendship developed to the point where Stigler himself considered Brown to be as precious as the brother he had lost.



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The Newark Nimrod - Spring Time Fun!

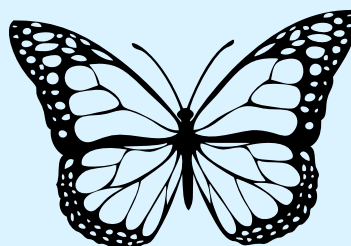
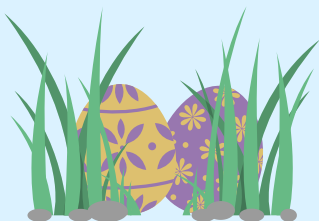
Spring Time Fun!

V Q S K C O L C F D K S I N S E C T S L F U V
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F U H R O T H G I L Y A D W Q E Z E E N S T V

Find the following words in the puzzle.

Words are hidden ↑ ↓ → ← and ↘

AIR	DAYLIGHT	HOLIDAYS	MAY	SNEEZE
APRIL	EASTER	INSECTS	NATURE	SPRING
BIRDS	EGGS	KITES	OUTDOORS	THUNDERSTORM
BLOSSOM	FLOWERS	LAMBS	PATIO	S
BREEZE	GARDENING	LEAVES	PICNICS	TREES
BUTTERFLIES	GRASS	LONGER DAYS	PLAYING	TRIPS
CLEANING	GREENERY	MARCH	POLLEN	WALKS
CLOCKS	HAY FEVER	MARKETS	RAIN	WARMTH
				WEATHER



The Newark Nimrod - Local Visits

Local Visits

We found ourselves at a loss one Sunday so I thought I would whip out good ol' Google and have a search for places to visit that we hadn't been to before.

A delightful little place called J and J Alpacas came up and showed it was less than 15 minutes away so we decided to give it a go

We arrived around lunch time so we decided to start off by fueling ourselves up before heading out to take a look at the alpacas on the farm. Don't worry, we didn't eat any alpacas!! We ordered from the menu and I have to admit the food was really nice. A good mixture from hot food to cakes. I went for the soup of the day and a sandwich combo which was rather tasty!

I noticed the afternoon tea that they do and it's something you have to book 24 hours ahead so that may be one for next time.



We decided to pay for a walk around the farm to see the different alpacas that they had in the different areas. We also paid for the feeding experience. It was very reasonably priced at £5 entry for the farm then £5 if you want to also do the feeding experience. There is also an option to take the alpacas on a trek but we didn't realise that was an option. From what I remember it costs a bit more to do that but it's one to think about for next (with my afternoon tea)



Overall it was a fun experience for all ages and somewhere that we would be happy to visit again. The staff are really friendly and the little gift shop they have has a nice selection. They even had some eggs for sale from their rare breed of chickens which I had to try because (fun fact) eggs are one of my favourite foods. So if you're at a loss one weekend and don't want to travel too far I would recommend check this place out.

What's On?

Calendar Dates

10th April - RAF Newton Memorial

15th April - Newark Comic Con & Gaming Festival at Newark Showground

10th June - RAF Past and Present Night at the RAFA Club (soon to be Newark Services Club)

5th August - RAFA Newark Summer Function at the RAFA Club (soon to be Newark Services Club)

10th September - Battle of Britain Parade (More details to follow)



Welcome & Thank You

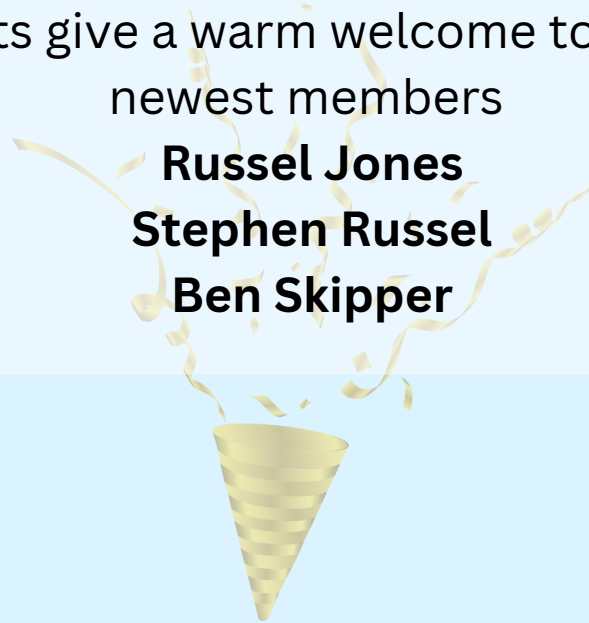
Welcome

Lets give a warm welcome to our
newest members

Russel Jones

Stephen Russel

Ben Skipper



We look forward to meeting you in person. We have coffee mornings every Wednesday and Saturdays 0900hrs - Noon. Please come along and introduce yourself.



Welcome & Thank You



I hope you have enjoyed this edition of the Nimrod. Thank you to everyone who has contributed through stories, ideas, pictures, and many other ways.

If you have any suggestions of what you would like to see in future editions then please get in touch.

If you have anything you would like to add to the next edition then please email me at gary@garycreswell.com.

Thank you



The Newark Nimrod - Finish with Fun!

