

# THE NEWARK NIMROD



[www.rafanewark.co.uk](http://www.rafanewark.co.uk)

ROYAL AIR FORCE ASSOCIATION  
NEWARK & DISTRICT NEWSLETTER  
SUMMER EDITION - JUNE 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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NG24 1TN

## From the Editor



*Ladies &  
Gentlemen,*

*Thank you for joining me on another edition of our beloved Newark Nimrod. Another edition filled with plenty of news, fun, and banter along the way. I always hope there is a little something here for everyone.*

*After completing this edition and looking at some of the articles I can see we are in a season of change at the branch. Some people may see this as a bad thing but what I am seeing here is a path for new beginnings and exciting times ahead.*

*So, grab your favourite beverage and take 5 minutes to yourself to enjoy another edition of The Newark Nimrod.*

*Take care*

*~Gaz Creswell - Nimrod Editor*

# The Newark Nimrod - Committee Members

Branch & Club  
Committee Members  
2023/2024



Newark & District Branch/Club

**ROYAL  
AIR FORCES  
Association**  
The charity that supports the RAF family

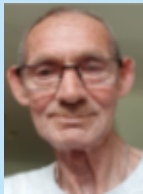
## Branch Committee



Gaz Creswell  
Chairman/ Editor



Robin Docksey  
Secretary



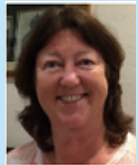
Michael Reilly  
Deputy Chairman



Jerry Flint  
Treasurer/ Webmaster



Elspeth White  
Wings Coordinator



Sue Parker  
Committee Member



**You?**  
We are on the look out for more branch committee members. Please get in touch if you are interested in being a part of something that makes a difference.

## THE PRESIDENTIAL SUITE

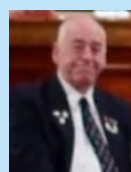


Allan Hildage  
President

### Honorary Life Vice-Presidents



Dennis Atkins



Allan Brooke

## Foreword by the Branch Chairman



Dear Fellow Members,

It has been a busy few months since the last newsletter. The committee have had a challenging time navigating the handover of, what was, the RAFA building to the Newark Services Club (NSC).

After we voted last year for this to happen there have been ups and downs but the members of the committee stepped up and saw it through to the end.

Now I feel that we, as a committee, can focus on what matters and that is you, our members.

Now that we don't have the weight of the building on our shoulders we can shift focus on how to serve our members in ways that became difficult while we owned the building.

Although it is now the NSC building we are still utilising it as we did before for our coffee morning, our meetings, and our functions.

What I would like to stress is that they will still need our support and people will need to utilise it if we want to be able to maintain access to the building. As the saying goes "use it or lose it".

The reality is, if the NSC fails as a charity business, we lose the building.

I'm confident that our members will continue to use it where they can and I look forward to seeing you at future events.

This also means that we will have the funding for more events now so if you have any ideas for events that you would like to put forward then please don't hesitate to contact me or a member of the committee.

If you have lots of ideas then why not pop down to one of our committee meetings and join a team that are working hard to make a difference for others?

The more we have, the more impact we can have for the better and we can help to keep the identity of the RAFA branch now we're among others in the NSC.

I always say if you want to see different results, you need to take different action!

Now is the time for that.

I look forward to reporting on more events and I hope to see you all in the near future at the NSC for future events.

Gaz Creswell  
Chairman

# A few laughs from the online world



## Farewell to the Building



A date was finally in place to hand over the RAFA building and it was time to start thinking about saying farewell.

The decision was made to start the goodbyes by having a get together to remember the times that were shared here and to swap stories. This also included drinking down the stock in the bar in preparation for handing it over to the Newark Services Club (NSC).

On the right you can see the early birds arriving to help with this mission.



Not too long after "the mission" began we had a few more arrive which can be seen on the left. A great time was had by all and a few nibbles were also enjoyed as can be seen on the left. Although this seemed like a farewell it was only a farewell of ownership. The RAFA Newark & District branch would return for future events as seen in later articles in this newsletter. This took place on 21st April and there was likely a few sore heads on the 22nd.

## Farewell to the Building (Continued)



On the 26th April it was time to handover the building completely by lowering the RAF Standard ready for the Union Jack which is now displayed in its place at the front of the building

Our Honorary Life Vice President Dennis Atkins was there to take down the standard ready for the NSC.

It was a good turn out for the day and many people shared the memories that they had within this building.

The small parade was swiftly organised by our President Allan Hildage after the idea to hold the ceremony was put forward by our Honorary Life Vice President, Allan Brooks.



All of our committee was in attendance to witness the day and our secretary, Robin Docksey dusted off his old police whistle so it could be used in ceremony with the lowering of the standard.

More images to this can be found at [rafanewark.co.uk](http://rafanewark.co.uk)



## RAF Newton Statue



The 10th of April saw the gathering of veterans, serving personnel, civilians, ex-mod workers, and locals to witness the event.

Unfortunately the weather was not at it's best but that certainly didn't stop the proceedings. The East Midlands University Air Squadron and the Cadets were there to demonstrate their drill. They were all extremely smart and professional during the ceremony who did the RAF and their families proud.

It was clear a lot of time, preparation, and effort had gone into the ceremony.

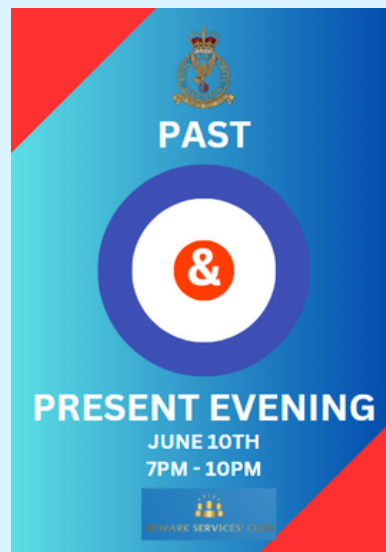
The unveiling went by without a hitch and pulled in many VIPs to witness the event. Members of the RAFA committee were there along with some of our members.

After the ceremony took place I was invited into the Cadets building where there was a buffet put on for us and it gave me the opportunity to talk with some of the generation of the Royal Air Force.



I enjoyed seeing the ceremony take place and it was great to hear how different people were connected in some way to RAF Newton. Now when people drive or walk past the monument they can remember that a piece of RAF history was written where they are and will hopefully give them a moment to remember the sacrifices made for our today.

## Past and Present Evening



On June 10th we held a past and present evening. This was one of the ideas presented to us by the RAFLO, FS Matt Cryer which we believed was a great idea. The idea was to have a mix of RAF generations to both past and presently serving to all come together and have a good time.

We had a fair few who are currently serving that turned up and it was great to hear more about how the modern RAF is currently working.

Although it wasn't a big turn out I believe this event showed some great potential and another way for us as a branch to not only support our members but continue to support the RAF family.

Now that the event has been, there have been some great ideas from those that attended in what we could do next time should we decide to host another event like this.

The bar was well stocked for the event and there was also a good selection of non-alcoholic beers for those that wanted to join in with a few drinks, without worrying about the drive home.

There was also, of course, plenty of alcoholic beverages to choose from and enjoy and it was great to see all generations mixing well together over a few of these.

Dont forget to keep your eye on more upcoming events on the way. Dates in the calendar further along in this newsletter.

## Armed Forces Day



Another great event happened in Newark this year as we saw Armed Forces Day arrive along with a huge crowd to support our Armed Forces. There was plenty going on and a great buzz about the town for this magnificent day.

Seen to the right is our very own Allan Hildage, President to the Newark and District branch. Providing the commentating to the lineups for the different events being carried out throughout the day.

We saw the Military Wives Choir take to the stage for a fantastic set of music and singing. We had our very own Paul Watson as the standard bearer for the Royal Air Forces Association Standard who you might just be able to make out in the top left of the picture at the bottom of this page.

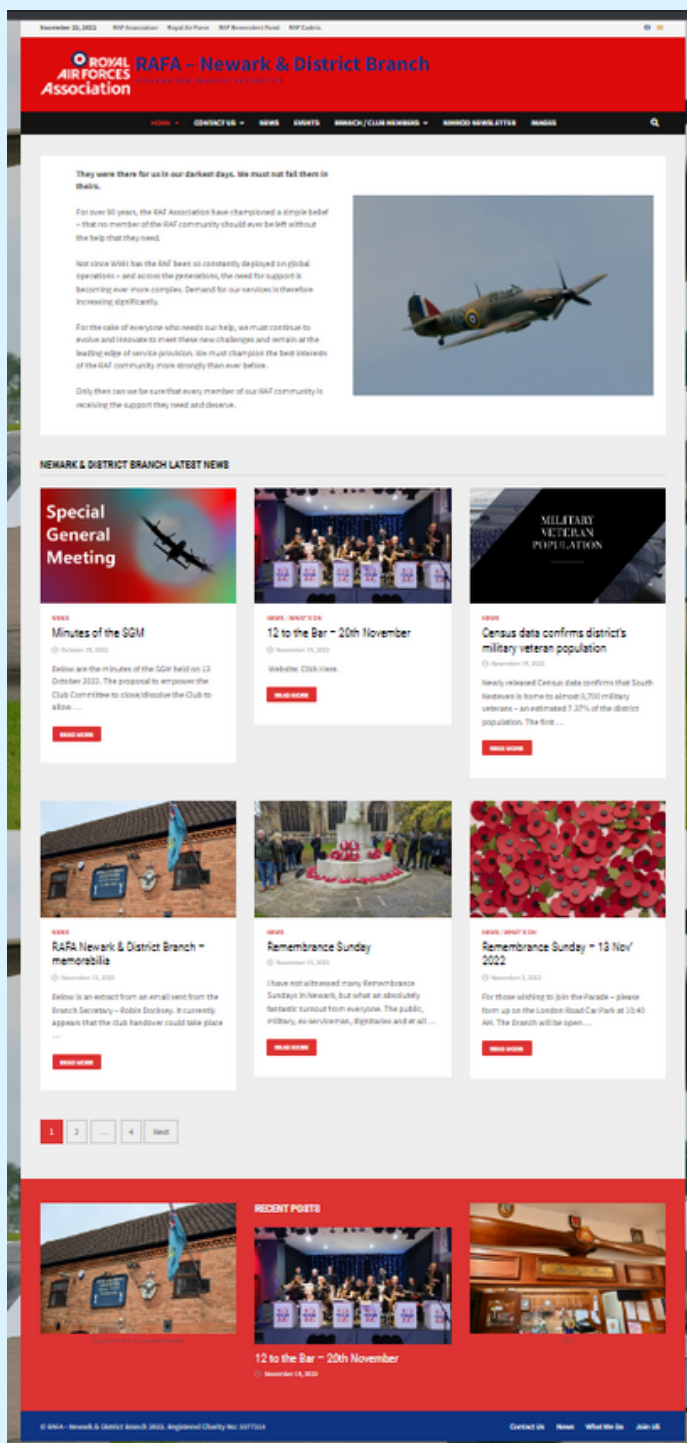


All in all a great time was had by everyone and a lot of comments stating they are already looking forward to next year where they can enjoy it all over again. Fingers crossed for decent weather again so the event can be another great memory for lots of

people involved to cherish. Certainly a day to be proud of for all of those serving and for all of those who have supported the ones that have served in one way or another. A true show of people uniting to support all of those willing to sacrifice everything for their King, country, family, and friends.



## 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](http://www.rafanewark.co.uk)

# The Newark Nimrod - Summer Ball

## Summer Ball

The Royal Air Forces Association is proud to present this years Summer Ball on the 5th August 2023.

The committee has worked hard with the Newark Services Club (NSC) to put together a great evening for all those that would like to attend.

**SUMMER BALL**

**AUGUST 5TH | 7PM - 11PM**

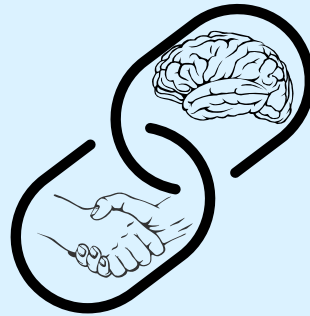
**Free Drink On Entry**  
**Grazing Board**  
**Live Singer Matt Shepherdson**  
**Pimms Bar**  
**Raffle (profits go to NSC)**

**Dress Code: Smart-Formal**

**RAFA Branch Members £10**  
**Non-members/Guests £15**

Tickets can be purchased at the coffee mornings as there are some located behind the small bar for people to purchase. Alternatively please contact our Chairman, Gaz Creswell - 07904 544 328 for a ticket. Thank you.

## Understanding the Link between Social Connection and Emotional Health



The intricate connection between social interactions and emotional health is a topic of paramount importance, yet it's often overlooked in our increasingly digitized and individualistic world. The maxim that "No man is an island" encapsulates this reality, emphasizing that we are social creatures by nature, hardwired for connection and community. This article delves into the intricate relationship between social connection and emotional health, and why fostering strong, meaningful relationships is integral to our overall wellbeing.

### **The Impact of Social Connection on Emotional Health**

Research has continually highlighted the vital role that social connections play in our emotional health. People who maintain strong social ties exhibit lower levels of anxiety and depression, demonstrate higher self-esteem, and even have a greater sense of empathy towards others. They are also less likely to experience cognitive decline in later years, and tend to live longer, healthier lives.

Social connection offers us a sense of belonging, acceptance, and personal worth. It contributes to our sense of identity and provides a social network for support when we encounter life's inevitable challenges. It's a fundamental human need, and its absence can lead to a host of physical and emotional health problems, including chronic stress, heart disease, and depression.

### **The Consequence of Social Isolation**

Conversely, social isolation – the absence of social connections – is associated with a range of negative health effects. It can lead to feelings of loneliness and depression, and even physical health problems such as cardiovascular disease and weakened immune system. In fact, some research has suggested that prolonged social isolation can be as detrimental to one's health as smoking 15 cigarettes a day.

## Social Connection and Emotional Health (continued)

Isolation does not only refer to being physically alone. One can be surrounded by people and yet feel lonely, disconnected, or misunderstood. This emotional isolation can be equally, if not more, damaging than physical isolation.

### Fostering Healthy Social Connections

Understanding the link between social connection and emotional health is only the first step. The next step is learning how to foster and maintain these essential relationships. Here are a few suggestions:

1. **Active Participation:** Join clubs or groups that share your interests. Participating in shared activities is an excellent way to build new connections and strengthen existing ones.
2. **Communicate Regularly:** Regular communication is the bedrock of any relationship. Make time for the people who matter in your life. This can be through texts, calls, video chats, or meeting in person.
3. **Offer Help:** Extend a helping hand to those who might need it. Altruistic behaviors not only strengthen bonds but also improve our emotional wellbeing.
4. **Be Open and Authentic:** Authenticity attracts authenticity. Be open about your feelings, thoughts, and experiences. This can foster deeper, more meaningful connections.
5. **Practice Empathy:** Empathy is the ability to understand and share the feelings of another. Being empathetic can help you form strong, emotional connections with others.

The link between social connection and emotional health is clear and robust. By fostering positive, healthy relationships, we can enhance our emotional wellbeing and lead richer, more fulfilling lives. Remember, human connections are not just about proximity, but also about understanding, compassion, and shared experiences. So, let's cherish and nurture our relationships, because in the end, it's the bonds we form with others that truly define our lives.



## The Guardians of Falcon's Nest

Sergeant James 'Jimmy' O'Brien, an RAF policeman at the camp "RAF Falcon's Nest", was not your ordinary military man. His partner in crime-solving was a four-legged German Shepherd named Max, arguably the smartest RAF police dog anyone had ever seen.

Together, they formed an exceptional team that Falcon's Nest relied on to keep things in order.



One morning, Jimmy and his young assistant, Corporal Emma 'Sparky' Sparks, were summoned by their immediate superior, Flight Sergeant 'Steely' Dan Simmons. Simmons, known for his stern exterior but equally admired for his fairness, had a challenging case on his hands.

A series of thefts had been reported on base, from personal items to confidential documents. It was starting to spread unrest, especially as the culprits remained elusive. Simmons wanted Jimmy, Sparky, and Max on the case, but there was a caveat. Their Warrant Officer, WO 'Slippery' Sid Jacobs, a man always concerned about his image, insisted on them resolving it quietly, to prevent any further disruption and to preserve his reputation in front of his boss, Flight Lieutenant 'Hawk-eyed' Harry Dalton.



The trio started their investigation at the barracks, where Max picked up a scent trail that led to the mess hall. They found the stolen personal items hidden behind the kitchen counter. A quick chat with the kitchen staff revealed unusual late-night activities in the mess hall. However, the confidential documents were still missing.



## The Guardians of Falcon's Nest (continued)



Max's keen sense led them next to the hangar. He sniffed out a hidden compartment in a rarely used locker where the missing documents were stashed. The locker belonged to a recently transferred aircraftman, who upon interrogation, revealed he was blackmailed into aiding the thefts.

Meanwhile, WO Jacobs was growing impatient. He pressured Jimmy to close the case quickly, but Jimmy, backed by Simmons, knew they had to catch the mastermind behind the blackmail. Jimmy convinced Jacobs that a hasty resolution would only lead to more such incidents. Reluctantly, Jacobs agreed, mostly fearing Dalton's reaction if the matter escalated.



Working late into the night, Jimmy, Sparky, and Max painstakingly pieced together the evidence. Max tracked down an unusual scent from the locker to the edge of the airfield, revealing a hidden, makeshift radio station. They discovered the mastermind was an outsider with a personal grudge against the RAF, manipulating the aircraftman to sabotage the base.

With all the evidence and the mastermind in custody, the base breathed a sigh of relief. Jimmy, Sparky, and Max once again proved their worth, solving the crime with minimum disruption, much to Jacobs' relief and Dalton's satisfaction.

Back at the barracks, as Max rested and Sparky organised the case files, Jimmy stared out into the night. He took a moment to appreciate their achievements, glad to have such a team by his side. Falcon's Nest was safe again, under the watchful eyes of its faithful guardians, the RAF policeman, his dog, and the ever-vigilant Corporal.



# The Newark Nimrod - Summer Time Fun!

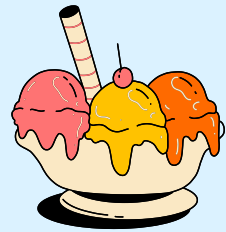
## SummerTime Fun!

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



Find the following words in the puzzle.

Words are hidden ↑ ↓ → ← and ↘



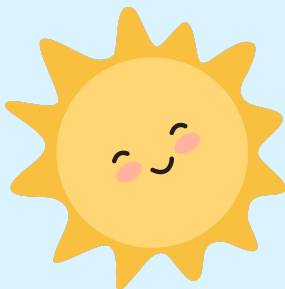
AUGUST  
 BARBECUE  
 BEACH  
 CAMPING  
 CHARCOAL  
 FLIPFLOPS  
 FRISBEE  
 HAMMOCK

HATS  
 HEATWAVE  
 HIKING  
 HOLIDAY  
 HYDRATE  
 ICECREAM  
 JULY  
 OUTDOORS

PICNIC  
 POOL  
 SAND  
 SEASHELLS  
 SHADE  
 SHORTS  
 SNORKELING  
 STRAWBERRIES

SUMMERBALL  
 SUNCREAM  
 SUNDRESS  
 SUNGLASSES  
 SUNSHINE  
 SWIMMING  
 TAN  
 TENNIS

TRAVEL  
 TRIPS  
 VITAMIND  
 VOLLEYBALL  
 WARM  
 WATERMELON  
 WIMBLEDON



What's On?

## Calendar Dates

5th August - Summer Ball at the NSC 7pm - 11pm

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Every Wednesday and Saturday -  
Coffee Mornings 9am - Noon

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10th September - Battle of Britain

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15th December - Christmas Function at the NSC  
More details to follow

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## Welcome & Thank You

# Welcome

Lets give a warm welcome to our newest members

**S A F O'Sullivan**  
**Colin Vinccent**  
**George Burton**  
**Colin Green**  
**Margaret Flint**

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](mailto:gary@garycreswell.com).

Thank you



The Newark Nimrod - Finish with Fun!

