



**THE ROYAL AIR FORCE REGIMENT ASSOCIATION
NORFOLK BRANCH**

NEWSLETTER NO.231 December 2018

President: Squadron Leader Paul Bruning (Rtd)
Chairman: Mr. Tony Leonard + Standard Bearer
Vice Chairman: Mr. Paul Rainbird + Programme Secretary
Secretary: David McEwen
Treasurer: Gill McEwen



DEAR MEMBER,

The Branch President, Chairman, Vice Chairman, Secretary, Treasurer and Committee, wish all Branch members and their families a Very Happy Christmas and Healthy and Peaceful New Year.

SEPTEMBER BRANCH MEETING.

Paul welcomed Mark Reynolds and Sally who gave us an Audience Participation Art Demonstration on how to put together from a circle drawn on paper, a drawing that can develop with simple alterations into a variety of other forms. For example a cat or dog with many expressions.

Very simple, interesting and entertaining. Mark and Sally were thanked for their programme.

BRANCH MINUTES

Chairman's Report.

Paul said Tony was unable to attend due to the recent sad loss of Vincent, his father. The funeral is on 21st September 2018 at Welwyn Garden City.

Vincent Leonard did his National Service in 1947 with the Parachute Regiment.

Secretary's Report.

The only news he had was concerning the AGM at Nottingham in October 2018, where Frank Xaxier advised members attending to bring with them a copy of the 'Flash'.

Remembrance Day Parade at Wymondham. Paul Bruning will lay a wreath on behalf of the Branch.

Members welcomed Mr Christopher Haigh to the meeting and hope he will join our Branch.

AOB

Paul said 42 members and friends are coming to the Autumn Lunch at the Old Rectory Hotel, Croswick, on 2nd October 2018.

The Branch Programme for 2019/20 has now been put together and will be sent to members next March.

Alf Newton our dear friend and colleague will be 90 years of age on 3rd November 2018. Unfortunately he is now unable to attend

meetings.

Alf has been a very Dedicated Member of Norfolk Branch for many years together with his wife, Joyce.

It is sad that Alf will not be able to celebrate his birthday with all Branch Members. So we have decided to present Alf with an Engraved Silver Plate as we did for Gordon Todd.

Branch Members who have know Alf for a long time will make the presentation to Alf at his home on the 3rd November. A Birthday Card will be signed by members at the Autumn Lunch and October meeting.

Get Together Weekend February 2019. Branch Members will again be meeting for a weekend break at The Carlton Hotel, Gt. Yarmouth -15th - 18th February 2019. Please contact Paul Rainbird on (01328) 856560 for details.

Dedication and Commitment said.

Meeting closed at 2.15pm.

BRANCH LUNCH.

Forty two members and friends enjoyed a day out on Tuesday 2nd October 2018, at the Old Rectory Restaurant, Crostwick, Norwich.

A lovely meal, excellent staff and service and of course great company. Again, the opportunity for members who are unable to attend meetings to meet and have a natter. Thanks to generous members the raffle raised £162.

There is ample parking with all facilities on ground level.

Our thanks again to Paul Rainbird (he is a top organiser) for a really enjoyable day.

Our next Branch lunch is on 2nd May 2019 at The Old Rectory Hotel, Crostwick, and although a little way off, why not give Paul a call on (01328) 856560 and he will send you a menu in good time. Do join us.

From the Dronfield Eye.
RECOGNITION AT LAST FOR REG AND
COLLEAGUES

Dronfield's Reg Proctor was just 18 when he was conscripted to Egypt for what has been described as a 'forgotten war by a forgotten army'. Sixty five years to the very day he arrived home after demob, his service has been recognised at Buckingham Palace. Deborah Wain tells the remarkable story.

It was 1951 and men aged between 17 and 21, on their two year National Service, were being deployed all over the world to protect British economic and strategic interests.

Among them was 18 year old Reg Proctor, who after completing his basic training with the newly formed 37 Squadron of the RAF Regiment, was put on a plane to the Suez Canal Zone.

Not that Reg - Leading Aircraftman Proctor - was quite aware where he was heading one dark, wet night following Christmas embarkation leave spent with his family in Sheffield. He and fellow lads on call-up had been inoculated and issued with lightweight clothing and had thought they were probably bound for the Korean War.

It wasn't until they had taken their canvas bucket seats in the Hastings aircraft that they were told they were on their way to the Middle East. Reg said: 'I didn't know what to think about it, really. None of us did. We were just going and that was that. We sat there and off we went.'

A massive airlift of National Service troops in October had marked the start of the three year Suez Emergency, which has been described as a 'forgotten war by a forgotten army'. The Suez Canal owned by the British and French, connected the Mediterranean and Red Seas and was an important route for oil and trade in the Far East.

A treaty signed in 1936 allowed the British to have a military presence to protect the canal, but Egyptian nationalist resented this. British forces withdrew from the Egyptian cities and became concentrated in the area adjacent to the canal - the 'Zone'.

On 16th October, 1951, Egyptians stormed the Army's NAAFI storehouses in Ismailia, the Muslim Brotherhood declared a jihad against the British. Violence escalated and Reg's squadron was being sent out to guard the desert military airfield at Abu Sueir.

However, Reg's plane first had to get there. After its occupants had coped with a journey in freezing temperatures on a single sip of coffee each, the aircraft landed in Malta to refuel. The troops got off for breakfast but returning for take-off one of the engines burst into flames, forcing them to evacuate.

They eventually spent the night in a military building where Reg bedded down on a snooker table, along with three others. The next morning the men resumed their journey, eventually arriving at base camp two days after departure.

Conditions on the large camp were primitive. Troops lived in tents: four sharing, with a tin bucket for a toilet and food from cans.

The heat in summer could be excruciating, while there was little protection during plunging night-time temperatures in winter. Sand storms were another natural foe.

The men's military duties were varied and saw them moved around the Zone. They included guarding the airfield and bomb dump, blockading the canal road and escorting convoys.

It was dangerous work and troops were in an active service situation, the target of attacks without sufficient training.

Many British and Commonwealth troops lost their lives during ambushes and due to accidents and illness. Reg described his Squadron as 'lucky' as only one serviceman was injured.

However, the mental scars ran deep. Reg and others never fully spoke about some of the horrors they witnessed.

Of course, there were humorous times too. Reg described how there was excitement at Christmas when a NAAFI opened at the camp. All the men were given a bottle of lager and a slice of fruitcake. Said Reg: 'I hated fruitcake and I had never drunk anything, but that day I had both.' he laughed.

Reg completed his service and returned home in June, 1953. He remembered he arrived at his family's house to find his mum and sisters had gone out shopping. He had to sit on the doorstep and wait for them.

One of the things that kept Reg going while abroad were the letters from his sweetheart Enid. The couple went on to marry and celebrated their 62nd wedding anniversary before Enid sadly died in 2017.

'She stood by me while I was away and was there when I came home and I 'll always be grateful for that,' said Reg. The couple raised two sons and a daughter and now there are nine grandchildren and six great grandchildren in the family.

Before his conscription, Reg worked as an apprentice electroplater and also went to night school.

But after 18 months being under canvas, and without any of the support available to today's servicemen returning to civvy life, Reg couldn't settle in a factory environment. It felt to him 'like jail' and so he took a sales job that would allow him to be outside. He went on to work in industrial safety and he and Enid ran their own company for 20 years up to their retirement.

The contribution made by Reg and others who served in the Suez Canal Zone between October dates in 1951 and 1954, was finally recognised by the British Government following a long campaign by Suez veterans.

Reg was awarded the General Service Medal with a 'Canal Zone' clasp 50 years after the conflict which was diffused by agreement in 1954 ending the British occupation.

Of course, the Suez Canal was the focus of the Crisis in 1956 which led to the resignation of the Prime Minister Anthony Eden.

Reg was recently invited to represent the Suez Veterans Association at a garden party at Buckingham Palace, held by the Not Forgotten Association. This is a charity which provides recreation, leisure and entertainment to serving personnel and veterans of any age.

Reg was presented to Princess Anne at the event, 65 years on from the day he arrived home from Egypt.

Reg accompanied on the visit by daughter Kay Thompson, said the invitation had come out of the blue. 'It is a huge honour, something you never expect is going to happen to you, but then, the paperwork starts to arrive, and you believe it.

The Princess remarked on the dates coinciding 65 years on, she also asked Reg where he lived. 'She was very nice. It was a once-in-a-lifetime experience' he said. Adding, that the party was also attended by stars including singers Dame Shirley Bassey and Alfie Boe.

Reg said he agreed the conflict was largely unknown. 'You never see a documentary about Suez,' he added.

Happily, Reg is still in touch with the three men who shared his tent in Egypt, one of whom, Keith Wainwright, lives in High Green, Sheffield.

THE FISHING TRIP, ADEN, 1952 - by Gordon Coe.

I was with 58 Squadron RAF Regiment, stationed at Khormaksar, part of 20 Wing. The other squadron forming 20 Wing was 66 Rifle, stationed at Singapore Lines also the home of the Aden Protectorate Levies.

Our training ground was some distance away at Little Aden, a barren area of desert and volcanic rock with the sea on the far side of the rocks. An ideal area for training as we could play with our 3 inch mortars firing high explosives and smoke bombs without disturbing the neighbours. Our exercises were usually two or three days duration.

No need for tents as it never rained in Aden. We slept on top of the trucks or on tables set up for our meals.

At night there was absolutely nothing to do. To pass the time we would hunt for scorpions, chase off the pyards (wild dogs) that were always scavenging or hermit crab racing. The rocks on the edge of the sea were alive with hermit crabs. These are tiny crabs that live in the empty shells of other small shell fish. We would gather a few of the these hermit crabs, scrape a track in the sand and have races.

Hermit crabs are very shy creatures and at the slightest sound or movement would withdraw into their shells. There was a lot of cheating and arguing and the races were very slow affairs.

I had always been a keen angler and being a signaller had access to some useful gear, so why not make a fishing rod. Our mobile wireless aerials were four feet sections of tubular steel which screwed together. Two sections would make an eight foot rod and be easy to conceal. I made the handle from old packaging taped together with insulating tape. The rod rings I made from field telephone cable. Line and hooks could be obtained in Steamer Point and hermit crabs could be used as bait.

Now I could do some fishing in the evening when on exercises. My close mate and fellow signaller Laurie (Jock) Gracie decided to copy me.

Some time later I was approached by the sergeant in charge of 20 Wing stores, saying he knew I had a fishing rod and would I make one for him. Thinking I was in trouble, I denied all knowledge of fishing rods and anyway there was no way we could get anywhere to fish. He persisted and said if I made him a rod he would find some transport to take us fishing.

A few weeks after he told me had arranged transport for the coming Sunday. Along with the sergeant, Jock Gracie a driver and myself, we set off for Little Aden.

It was decided to go where the shoreline was a little flatter. This meant taking the track across the salt pans. The salt pans were pits dug out of the sand, sea water came in and quickly evaporated leaving large salt deposits.

The track across was only used by camel carts and only slightly wider than the wheelbase of our truck

We had our fishing session and making our way back across the salt pans the truck suddenly lurched to one side and toppled over into the water. The edge of the track had collapsed. There was only a couple of feet of water so we soon scrambled out.

A recovery truck looking for a missing truck eventually found us but to our dismay they had the camp photographer with them. This seemed very bad news for us, as there would now be photographic evidence.

Using RAF signals equipment, using an RAF truck, damaging said truck, using a gunner driver, quite a long list for a charge sheet. We thought this would result in at least 28 days in the detention block. Strangely, nothing serious happened to us, the sergeant must have had friends in very high places.

Needless to say it was the first and last fishing trip so back to the crab racing.

Incidentally, Jock Gracies home town was Lockerbie, a name familiar to those of you that had the pleasure of wineing and dining at Dumfries, Lockerbie adjoined Dumfries.

During the time I was in Aden, 20 Wing Adjutant was Flight Lieutenant Owen Thompson and his wife Betty was with him. Quite a surprise 47 years later when I joined Norfolk Branch and met Owen and Betty who

were founder members of the Branch.

During the late 50's early 60's, BP built an oil refinery at Little Aden. The Army took over responsibilities for the Protectorate from the RAF Regiment and I believe built a camp there. Now all part of Yemen.

Footnote: Hermit crabs are not the same species the MO used to look for on FFI inspection.

Editor: I have told Gordon he can expect a call from the SP's at any time now. Jankers here we come.

The following was first published in the February 2002 edition of The Association of the Royal Air Force Regiment magazine.

HOW I WAS NOT MENTIONED IN DESPATCHES by Norman Hunt - Norfolk Branch Member.

I enlisted in the RAF in June 1939 as a regular for seven years. I did my training at Uxbridge which was for six weeks. My first RAF Station was RAF Bassingbourne which was a bomber 'drone, Blenheims and Wimpys.

As war was in the offering the powers that be found they had no defence against air attack, so they sent six of us airmen on a Lewis gun course.

After passing out we were told we were now Ground Gunners and so we manned a gun post on top of a water tower, one Lewis gun and one magazine.

I was at Bassingbourne when war was declared, and in the spring of 1940 was posted to the B.E.F. in France as a Ground Gunner. We were billeted in a village near the Belgian frontier and the aircraft were Blenheims of 114 Squadron which were about half a mile away in a grass field. There were two gun pits on the airfield, Bofors manned by the Army and our own gun pit, but by this time we had four Lewis guns which all fired at the same time.

We didn't see any German aircraft and life was very nice until one morning a squadron of Hurricanes landed and we found out that they had been bombed out of their own airfield. The war had started!

Three days later the Germans paid us a visit with nine Dorniers, they came in at low level across the airfield and when they left 114 Squadron ceased to exist, they destroyed every aircraft.

When the raid started a soldier was in our gun-pit having a cup of tea, so he had to stay put. Just a few yards from our gun-pit was a Blenheim on fire and underneath was a bomb trolley with two bombs on it. We knew that if they went up we would go up with them, so three of us ran and dragged the bomb trolley clear. We managed to get two of the Dorniers but the Bofor guys said they had got them, so we claimed one each.

We spent the next few days clearing up as best we could and then the C.O. said that as he could not get any replacement Blenheims we had to return to England, and so we packed up and started to leave the village but we hit a snag. The villagers said we should stay and protect them from the Germans, but we had nothing to protect them with, so we had to go.

There was another problem when we got to the main road, it was chock-a-block with refugees. The fifth column had done its job well by making everyone panic.

It took two days to get to a port only to find there were no ships, however, a despatch rider came along and said we had to make for Dunkirk. We finally arrived there and found a ship was about to leave and we managed to get aboard. We were not allowed to take the lorries so we set them on fire, even a lorry that had all our kit on it. As we sailed out of Dunkirk then Germans started to bomb the harbour.

Many hours later we arrived at Dover to be met with cups of tea by the Sally Ann. We were then put on a troop train and we waited a few more hours before setting off for Horsham St Faith in Norfolk. The next morning we were kitted out as we only had the clothes we stood up in and were then sent for a few days leave.

Having returned to Horsham St Faith and our duties in the gun-pit, I read in a paper a report on the air raid at our 'drome in France. This is what it said:

'At the height of a raid, a brave soldier ran from his gun-pit and pulled from underneath a blazing Blenheim a bomb trolley with two bombs on it, and in doing so saved the lives of his comrades. For this action he was awarded Mentioned in Despatches'.

SO this is how I lost out on being Mentioned in Despatches.

Editor: Norman later served on 2810 Squadron the first RAF Regiment Parachute Squadron

Norman joined Norfolk Branch and was a great supporter. In 2008, Norman was reunited with his 2810 Squadron colleague Alan Barkes, their first get together since 1946. Sadly Norman died 6 weeks later.

But we retain a strong link with Normans family, his daughter Shirley is a Branch member and attends meetings and events,

NOW A QUICK QUIZ.

Can you name the top ten sea fish sold by volume in the UK? Answers on page 9.

THIS AND THAT

Daily Mail 26.9.1947.

Judge Wethered from Bristol Divorce Court yesterday gave his final warning to women: 'It has happened over and over again in this court that marriage has been wrecked by the woman's inability to cook.' He granted a decree nisi to Mr E.S. Hart of Taunton, with the words: 'The tragedy of this marriage is that the wife could not cook.'

Editor: Imagine that being said today!

Love at first sight? Only if You've got 8.2 secs appeal.

His eyes meet yours across a crowded room - is that the look of love? Only, say scientists, if it lasts for 8.2 seconds. If a man's gaze is more like four seconds, research suggests he is less than impressed. Women, however, treat both hunks and geeks alike, with their eyes lingering on both for similar amounts of time.

Hidden cameras secretly tracked eye movements of 115 students as they chatted with actors and actresses. They were then asked to rate their conversation partner's attractiveness.

The men looked into the eyes of actresses they considered beautiful for an average of 8.2 seconds, but that dropped to 4.5 seconds when gazing at those they rated less attractive.

The female students, however, did not differ in the amount of time they spent looking at the actors, the Journal Archives of Sexual Behaviour reported.

Researchers believe that men use eye contact to seek out fit and fertile mates. But women are more wary of attracting unwanted attention because of the risks of unwanted pregnancy and single parenthood'

Editor: I just look on the mirror each morning - so young, so handsome. So in need of new specs.

REPORT BY PAUL RAINBIRD

As we all know it was Alfred Newton's 90th Birthday on the 3rd November 2018.

Gordon Coe, Beryl Mott (who had baked a lovely cake) Gordon Todd and myself visited Joyce and Alfred at their home in Cromer, to make a presentation to Alfred to celebrate his 90th Birthday.

Alfred was presented with a silver salva plate from all members of the Royal Air Force Regiment Association Norfolk Branch and a floral tribute to them both with the message.

'Dear Joyce and Alfred. Thank you both for all your support and friendship over the years shown to all members of the Royal Air Force Regiment Association Norfolk Branch, which is greatly appreciated.

Love from us all. X

During the visit, many discussions went on regarding our Association and photographs and files relating to Alf's service in Aden were shown, it was great to see he was so relaxed and enjoying every minute of our visit.

It was a pleasure to meet his son and daughters, who together with Joyce made us so welcome. Joyce looked so well.

It was a wonderful afternoon enjoyed by all

Thank you Joyce and Alfred for all your friendship, you are a great family.

During the afternoon many photographs of Joyce and Alfred were taken which I hope all members will enjoy.

Just on a small point, Alfred was so happy with our visit that as we were departing in our cars he stood outside on his lawn in his Regiment blazer at attention and saluted us all. What a fine gentleman, a credit to the Regiment.

And a letter of thanks from Alf and Joyce.

To all the Branch members. I wish to thank you all for my card and the cake, also the lovely flowers you sent to Joyce. Plus a big thank you for the special gift which I appreciate.

Sincerely,

Alf and Joyce.

Editor: Thank you Paul, Gordon Coe, Gordon Todd and Beryl Mott for making the presentation to two wonderful people.

The presentation photographs are on page 7.

And just a reminder that Alf's contribution to the Branch and Association was recognised in 2009, when he was awarded the RAF Regiment Commandant General's Commendation for Welfare Services.

The Citation submitted in 2009 by our Branch President Squadron Leader Paul Bruning (Rtd.), for Alf's Commandant General's Commendation.

Alfred Charles Newton ('Alf') now 80 years, joined the Norfolk Branch RAF Regiment Association 14 years ago. For the past seven years he has been Welfare Officer, Committee Member and Branch Standard Bearer.

Showing dedication and commitment, he has kept in regular contact with the elderly, sick members and widows. His friendly and kindly touch in assisting with their needs has been a constant source of praise. Entirely at his own expense and initiative, he has placed flowers on all the graves of deceased Association members. The general public have often commented on his close liaison with the organisers before funerals. This has brought the Association into high regard.

For 10 years he has been 'Father Christmas' at the Branch Christmas children's party. He has taken baskets of fruit to sick members, driving to places as far apart as Norwich, Caister and Mildenhall.

For many years he has given most generously of his time and travel, wishing no remuneration. When asked, all he has said: 'It's my way of helping out' I cannot speak too highly about this modest and unassuming person, who has constantly made the welfare of others his highest priority.

Editor: As this is the very first C G's award it is indeed a special occasion. The framed Commendation will be presented to Alf at the October Branch Meeting on Tuesday, 20th October 2009. The presentation will be by the Branch President - Paul Bruning.

To mark the occasion the Committee have agreed the Branch will provide a buffet at 12.45pm before the meeting.



OCTOBER BRANCH MEETING

Paul welcomed today's speaker Charlotte Philcox who gave us a talk on 'Remedies and Rosewater'. Charlotte is a local gardener who has been on Radio Norfolk and given talks on various garden matters.

Today, she told us about natural remedies that have been proven to work in the past and are still working to-day, although some that are a bit hard to believe.

We all found the talk interesting and entertaining.

Paul thanked Charlotte for an excellent talk.

Chairman's Report.

Apologies from Tony who couldn't be present to-day.

Secretary's Report.

David had details for members attending the Remembrance Day Parade in London.

He said everything was in place for the Remembrance Day Parade at Wymondham on Sunday 11th November 2018.

Details of the Association National Budget Forecast given at the AGM were now available.

AOB.

Association National Chairman Peter Lawrence gave a Summary of the Association AGM and the new working of the RAF Regiment. The AGM Meeting was followed by an enjoyable dinner.

Paul said that the Carlton Hotel has been booked again for February 2019, most members have put their names down.

Dedication and Commitment was said.
Meeting closed at 2.15pm

NOVEMBER BRANCH MEETING

Tony welcomed Richard and Gill Mann to the meeting for their talk 'Up in the Air' part 4.

Today, we saw how the aeroplane developed from the end of WW1 to the post war of WW11. A period of aviation with the good times but also problems that came along.

We saw photos of planes having had accidents and landing in very unusual positions and some of the strange aircraft designs from the very early years to modern day.

Richard finished his talk saying his fee would go to the MAF, a charity concerning air flights to places where help is needed after disasters. Tony thanked Richard and Gill for an entertaining film and talk.

BRANCH MINUTES.

Chairman's Report.

Chairman read a letter from Alf and Joyce Newton thanking all members for the silver salva, flowers and card presented to them at their home for Alf's 90th Birthday on November 3rd. Gordon Coe showed members photographs of the presentation.

Tony also read a letter from the Parachute Regiment thanking the Branch for the donation relating to his father's funeral.

Secretary's Report.

David said we had three potential new members to the Branch and hopes we shall meet them in the near future.

David thanked Paul Bruning for laying the Wreath, Tony Leonard for carrying the Branch Standard and members for their support who attended the Remembrance Day Service at Wymondham on 11th November. The British Legion has been paid for the Wreath, including a donation to their funds.

AOB.

Paul has spoken to Branch member Jacque Blackmore, who told him she went to the Tower of London to place a cross in memory of her husband Bob.

She spoke to a Yeoman of the Guard who introduced her to the Yeoman Gaoler who is ex-RAF Regiment. They were able to have a good chat and he invited Jacque back later in the evening to the Tower to watch the Ceremony of the Keys. She really enjoyed the day out.

Paul said if anyone else wished to go to the Carlton Hotel, Gt Yarmouth 15th-18th February 2019 to let him know ASAP.

Members were reminded the Christmas Social is on the 18th December 2018.

Dedication and Commitment said.
Meeting closed at 2pm.

DID YOU KNOW?

FOXTROT - a ballroom dance.

The foxtrot is said to have been invented by vaudeville entertainer Harry Fox in 1914 when he began performing a fast yet simple trotting-style dance during his performances at the New York Theatre.

The dance was immediately popular in clubs and by the end of 1914, the American Society of Professors of Dancing decided to teach it as the Foxtrot.

QUICK QUIZ: Answers.

1. Salmon. 2. Cod. 3. Tuna. 4. Pollack.
5. Haddock. 6. Mackerel. 7. Basa.
8. Sardines. 9. Sea Bass. 10. Plaice.

TIME FOR A LARF.

As I suspected someone has been adding soil to my allotment. The plot thickens.

A police recruit was asked what would you do if you had to arrest your own mother-in-law. He said: 'Call for back-up.'

There's been an explosion at a cheese factory in Paris. There's nothing left but de Brie.

A ham sandwich walked into a bar and orders a beer. The bartender says: 'Sorry we don't serve food here.'

DID YOU KNOW

How sniffing your man's T-shirts could beat stress.

Women may protest about the smell of their partners dirty laundry - but a study suggests sniffing one of their sweaty T-shirts can help produce feelings of calm.

Researchers subjected a group of women to stress in the form of mild electric shocks. They were asked to rate their feelings of stress, which were also measured using electrodes.

They were given various items to sniff, including a T-shirt worn by their partner, one they had worn themselves and one freshly laundered. However, the effect only worked in cases where women were happy in their relationships-for those who weren't, stress levels actually increased.

The researchers at Stockholm University in Sweden said it suggested sniffing a partner should be promoted. They also said a further experiment should be conducted to see if the smell of a good friend had the same effect.

They also told the Journal Physiology Behaviour: 'Our findings may have important practical implications. Regular sniffing of one's attachment figures could potentially promote health and counteract stress responses.'

Editor: I nose that a sniff of my socks will immediately relax you. I charge 4p a nostril. An offer not to be sniffed at or in this case it is.

DAILY MAIL 2.9.1943.

Professor Danyel Jones, Head of the Fonetik

Department, spok yestudy at University Kolijabowt Nu Speling and sed if we adopted it, it wood sav at leest wun yere of skool for children. He sugestid riting this Nu Speling with twentyfor konsonants and six vowels.

In 1886 Dr John Pemberton brewed the first batch of the 'Esteemed Brain Tonic and Intellectual Beverage' he later marketed as Coca-Cola.

At the Queen's Coronation in 1953, there were 11,651 members of the Armed Forces lining the processional route.

Sign outside a fish and chip shop: 'Fish fryer wanted urgently. Apply within-the sooner the batter!'

Police have confirmed that a man who fell into a combine harvester while trying to steal it has been bailed.

I look forward to the pleasure of your company at the:

CHRISTMAS SOCIAL

Tuesday 18th December 2018 -12 Noon
Feathers Inn, Wymondham. If you will be joining us please let Paul Rainbird know ASAP (01328) 856560 -so he can arrange the catering. Thank you.

BRANCH MEETINGS

Tuesday 15th January 2019 12.30pm.
Tuesday 19th February 12.30pm.
Feathers Inn, Wymondham.

BRANCH AGM

Tuesday 19th March 2019 - 12.30pm
Feathers Inn, Wymondham. This is also the 25th Anniversary of the first meeting of Norfolk Branch.

Any items for the Agenda to Dave our Secretary by the 1st March 2019 please. Thank you.

AND FINALLY.

Some Regiment history. With this Newsletter - RAF Regiment 2829 Squadron Magazine - 'The Khaki Type' date 31st August 1945. RAF Celle, West Germany.

Christmas comes but once a year and when it comes it brings good cheer. So have a lovely Christmas and healthy and peaceful 2019.

Best wishes,

Colin.
(01502) 585079.