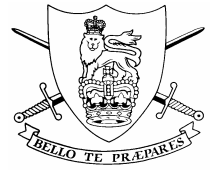




# THE WHITTINGTON WAFFLE

## ARMY TRAINING REGIMENT (LICHFIELD)

October 2007 Edition



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### FORECAST OF EVENTS

30 Oct – 3 Nov 07: Staff Ride

01 – 21 Dec 07: Army Snowboarding  
Championship  
2 Dec 07: Regimental X-mas function  
12 – 27 Jan: Ex Snow Dragon

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### ‘Be the Best’

By Sig Dobson – Cook Troop

You’ve probably heard those 3 words before, but you never know how long in life you have to realise them. Many will recognise them from the regular TV advertisements the Army runs and certainly most will have heard them at some stage of their formative years. Maybe it was on a wet, well trodden muddy football pitch some Sunday afternoon or it maybe in a classroom whilst attempting to absorb the worldly wisdom of a greying schoolteacher.

And it was these 3 words that inspired me to find myself walking through the front gates of ATR Lichfield.



On arrival I found myself in 2 Section, Cook Troop under the command of a very serious looking Cpl Grimes. Luckily I was put in with a good bunch of lads right from the start. It could have been so much worse. After all I could have been put in the neighbouring 1 ‘Para’ Section!

Going through the initial stages with a great bunch of lads made it easier to adapt to the regime. And the all important team spirit began to develop almost immediately. This camaraderie was especially essential in helping us all get through the newly discovered hours of 0530.



Whilst the training is tough we’ve found much enjoyment in gaining new skills. At times this involves laughing at the mistakes of other members of the Troop. Such a Spr Miniffee’s failed attempt at the halt; instead he did what can only be described as a bunny hop. Unfortunately a lot of the times the funniest moments are immediately followed by a bit of robust corrective training! However we’ve found that the discipline is helping the Troop to bond and even with the long and busy hours we are surprised how quickly the time has gone by.

We look forward to the next 12 weeks!

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# **ROYAL SIGNALS FOOTBALL COMPETITION**

**by Cpl Seymour**

On Monday 3 September ATR Lichfield Football team or what remained of it departed for the Royal School of Signals in Blandford. Luckily for us it was a 7-a-side competition, as it would have been unlikely that we would have been able to field 11 men. We were also able to field 3 non-signallers which meant we actually went there with high hopes.

As some of us guessed we were in a very difficult 4 team group, with 7 SIG REGT (one of the best sides in the Army) and 19 Mech Bde Sig Sqn. However we worked hard and finished a creditable 3<sup>rd</sup> in the group having drawn the last game against 19 Mech Bde. All of this meant we had qualified for the plate competition.

This side of the competition still had some very good teams, including 7 SIG REGT B, 216 (Para) Sig Sqn and 11 SIG REGT, but we knew on the day, that we could do the business.

We squeezed through the last 8 with a comfortable 1-0 win over 10 SIG REGT which set us up nicely for a semi final with the much fancied 216 (Para) Sig Sqn. The ATR took an early lead through Sgt Evans with a cool taken finish from close range. However we were soon on the back foot and before we knew it we were 2-1 down and heading out of the competition, with only 7 seconds on the clock a long throw from Cpl Kitchen was elegantly glanced in off the head of Cpl Cowap. This took the game into extra time where the composed Sgt Evans tucked away the winner after a neat build up play from Cpl Milligan.

This set up the final of the plate against 629 Signal Troop and although it finished 1-0 to the ATR, it was a real walk in the park and a good football lesson for our opponents. All that was left to do was for Cpl Seymour to walk up the stairs and collect the trophy.

So all in all a satisfying days work and the ATR now holds the trophy until next years competition.

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## **My experience of the first 3 weeks**

By Spr Foster - Lendrim Troop

“What the hell have I let myself in for?” is the first thought going through a new trainees mind as they enter the gates of ATR Lichfield. It was the same for me and the rest of the new trainees joining Lendrim Troop.

To begin with everybody finds out where we will be spending the next 14 weeks of our lives. It is a scary thought not being able to see your family for so long. It takes a few weeks to get used to this new lifestyle. After we had all been issued our new kit we were then shown how to look after it which included being shown how to iron our Combat 95 kit and PT kit.

The first week is definitely the hardest for everyone because we are still getting used to this lifestyle. We also had a lot of introductions to the syllabus including PT, drill and fieldcraft.

The best night for me during the first week was the Icebreakers which was our first night in the field. Everybody had to give a speech about them which gave a good opportunity for everyone to have a laugh about experiences before arriving for training. The Icebreakers showed how close we were becoming as friends and as a whole troop.



The second week was more interesting as now we were getting used to this lifestyle and more lessons began. We mainly focussed on Skill at Arms (SAA) and we were also issued our rifles. By now myself and the rest of the troop began to

feel like proper soldiers. During this week we all had to complete the swim test which was harder than I thought it would be.



On Saturday we finally had some time to ourselves where we ironed and sorted our kit for our first inspection on Monday morning.

## Touching the Edge

Unknown to most except for a few selected potential Cliffhangers, there actually exists a relatively decent climbing wall on camp. Which thanks to some former ATR Lichfield Staff now host some challenging and enjoyable climbs as well as a few intense bouldering problems.



So on Sun 23 Sep 07 a few select members from Hackett and Cook Troop rose to the challenge and aspired to achieve their nirvana, by attempting every possible way of scaling the walls and being the first to master a new route.

Week 3 is where everything starts to become the norm and things like marching become second nature. The PT programme started and we completed a 3 mile and 4 mile run. We also had our first tactical exercise in the field where we learnt how to survive for 24 hours. In the morning we learnt how to move tactically and then had our first inter section competition. After this you do start to feel as part of a team as everyone was cheering the rest of the troop along.

At the end of the week we had our troop commanders day and we went paintballing. It was a great day to finish the first 3 weeks of Army life. Overall we have learnt a lot in just 3 weeks and have already made some great friends. Although some people are homesick our new friends help us through. It is a good feeling knowing your friends are there for you and that you are there for them.

After a few basic instructions and lessons, it was straight into the great fun of making those arms work until they were shaking and hanging on to the wall with sheer grit or in some cases fear in order to get that little bit higher. Not everybody though, was a novice and as such Spr Gaskell showed off his bouldering skills by being the first to master the notorious "Jump" and to tackle the 40 Degree Overhang, where even he reached his limits.



For some others it was not the getting up part that was challenging but the going down. As it took some time for everybody to trust the equipment and their fellow trainees ability to belay and handle the rope correctly. But eventually even Spr Olayami was confident

enough to drop backwards over the edge and be lowered to the ground.

Overall an excellent afternoon was had by all, and only the members of Hackett Troop might have regretted their exploits the next day when they tried to complete their RMT Test with

aching arms and sore muscles. If you too think this might be for you, watch out for next month's climbing session, due to take place the beginning of October and maybe you too could achieve some impressive Tom Cruise action. But beware this is nothing for the faint hearted!

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## INTER SQUADRON VOLLEYBALL

by Cpl Seymour

Another short notice deployment, but this time it was to the gymnasium. Forge Troop Trg Team heard a whisper that the squadron Volleyball Team needed a lift after Deane Drummond Troop let the side down so badly in the previous match. This time it was the 2<sup>nd</sup> v 3<sup>rd</sup> place play off against 1 Sqn.



Out came the Big Guns, and as the Sergeant Major put it himself, the 'Dream Team'.

All was going well, we won the first game but then the SSM started to tinker, you know what it's like when you feel the need to give everyone a run!!!!

Capt Serevena expressed his disgust at the poor tactical decision that eventually won us the game, and Cpl Forsey looked most upset from the sidelines, after his experiences with the Regimental Football team you may have thought he would be used to it!



Any way after a fiercely contested game C Sqn came out winners, 3-2, and some of us were lucky enough to be selected for the team that has been challenged by the gym queens, handbags at the ready!!!!!!

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## Sailing at Kingsbury Water Park By Spr Hume – Hackett Troop

In late July 12 of us from Hackett Troop were able to go and spend a day learning to sail, not something we had expected when joining the Army! This was the first day of a basic qualification and we would get the chance to go

back for a second day to complete it if we wanted in the second half of the course.

So I and 4 others from the troop went back for a second day on the 8 September. The sailing is organised by the Regimental 2IC Maj Sturrock and uses the Tamworth Sailing Club setup at Kingsbury Water Park (not far from the ranges!). Major Sturrock is helped by some of the MPGS NCOs and one of the Troop Commanders, Capt

Porter. The first day they started off by giving us a ride in one of the BOSUNS which can take 3 people. We were then instructed on how to rig a TOPPER which is a small one man dinghy. The lesson consisted of how to put the sail on and how to sort the boom out. We got to grips with it however with the wind it was a death trap and it took a number of us by surprise - probably why it is called the boom!



Once we managed to sort out the dinghies we got them in to the water and started sailing. Easier said than done! Before this though we were taught how to 'go about' (turning round in English) so that we could get back to shore safely should we get into bother. I was up first - not successful! I sailed out ten meters before the wind caught me off guard and knocked me in to the drink! The second time I managed OK though, sailed out turned round (what was it called again?) and got back to where the 2IC was standing in the water waiting for me. After we had been in the water a few times we got to grips with the basics and managed to sail back and forward a few times.

The second day saw us doing a few more things after some basic revision. The game of Tag with 5 boats in a small area (not to many collisions!) and a football to chuck at each other was fun as was trying to sail in a line behind the 2IC in the safety boat. The final task on the second day was too participated in a race against some of the kids from Tamworth Sailing Club, how good could they be? We got absolutely hammered by 5 year old girls and this is no exaggeration!!! But it was still fun. We were all encouraged by Maj Sturrock although I ended up off somewhere in the middle of the lake instead of being in the race with the other lads and could not quite hear what he was shouting to me! The others got round the course at a good pace but still not quite good enough. When the race was over and we had got over the humiliation we each had a go in one of the new LASER 2000s. We had seen these delivered when we were there in July and this is a far more

sophisticated boat which can hold 2 or 3 people. Lots more ropes and it goes a lot faster through the water than the TOPPERS.

The day came to a close and we de rigged the boats and overall we were pretty satisfied with our days achievements. Individually we achieved the RYA Level 1 in dingy sailing which included all the skills such as rigging and simple knots as well as the ability to sail the boats although racing was clearly going to take longer to get to grips with. We all thoroughly enjoyed ourselves and we would thoroughly recommend this to any other trainees who get the chance.



**The Regiment has had a number of Dinghies at Kingsbury Water Park, where we use Tamworth Sailing Club facilities for over 15 years. We originally had 12 BOSUNS (crew of 2 – 3) and 8 TOPPERS (one man dinghy). We still have 9 serviceable BOSUNS and all 8 TOPPERS although they are starting to show their age, 25 years for the BOSUNS (they were old Army sailing Association boats when we got them). So we have just started a programme of replacement with 2 new LASER 2000s arriving in late July and a bid in for 6 PICOs (one man dinghy) which we hope to have by November. The boats will move with us to Pirbright next year and be based on Hawley Lake (3 RSME). The programme of replacement will continue with the aim that we will get at least 2 more LASER 2000s and one real high performance dinghy during 2008/9. Most troops get an opportunity to send a few lads to have a go (groups are unfortunately limited to 12 due to instructor availability but we hope to increase this in the near future) and there are also opportunities for staff. If you get the chance give it a go.**

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## Officers' Mess V's Warrant Officers' & Sergeants' Mess Cricket

by WO2 Topps

The day was fine, the light good. In fact, there was no reason for any team to complain that the conditions were not perfect for the gentleman's game of cricket to be played.

So the scene was set for 20/20 cricket. The WOs' & Sgts' lost the toss, (the only thing they would lose that day), and the Commanding Officer elected to field first. The RSM stepped up to the crease with the RAOWO and began the barrage of points which ended 178 for 10.

A special mention must go to the ball catching skills of Maj Shenow and Capt Rai, who clearly skipped games when they went to school. The WOs' & Sgts' Mess would like to remind them that the offer of a free bar is still available next time they pop in.

After cucumber sandwiches all washed down with Pimms and lemonade the Officers were ready to take to the crease. No-one remembers the batting order of the Officers, as most were not at the crease for long enough to make an impression. The leg pads hardly had time to cool down between the Officers batsmen as they were dropping that fast.

PC Plowman proved to be a useful honorary member of the WOs' & Sgts' Mess, catching 3 balls in quick succession. Out. Out. Out.

The Officers Mess best hope, a county player bound to change the luck for the Mess. Capt Hooker walked to the crease. I have to admit, we were worried and knew we would need to be careful, as he said "The sound of leather hitting willow that takes me back to my schoolboy days". One ball off the glove, straight to our wicket keeper WO2 Finn. Out.

WO2 Finn also managed to stump out Capt Neighbour in a completely legal manner. And the umpire's decision is final in this matter. Out.

Some more impressive bowling by PC Plowman saw the Adjt leave the field for something called a "duck", (there is nothing more soothing to the

ears than the rattle of leather against the timber of the wickets). Out. Beautiful! 48 for 11 was the final effort for the Officers Mess.

### A few cricketing terms

#### **maiden over**

a set of six pitches delivered by a bowler in which no earned runs are scored.  
also see adjutant.

#### **duck**

a zero individual score, "awarded" to a batter who is "out" without scoring a single earned run.  
also see adjutant.

#### **high strike rate**

the number of earned runs scored by a batter per pitches actually faced by him.  
also see WOs' & Sgts' Mess

### SPOT THE BALL

Our artist has cleverly removed the ball from the picture. Place up to 10 crosses on your entry and send to Maj Shenow, OC 1 (Trg) Sqn. Winning entry will win a bottle of Pimms.



# WHITTINGTON WAFFLE SPOT THE DIFFERENCE COMPETITION

How observant are you?

Our artist has cleverly made 10 changes to the photos below. Circle the differences and send to CO All Arms PT Corps.

The Winner will receive a year's worth free supply of Hair Gel!

