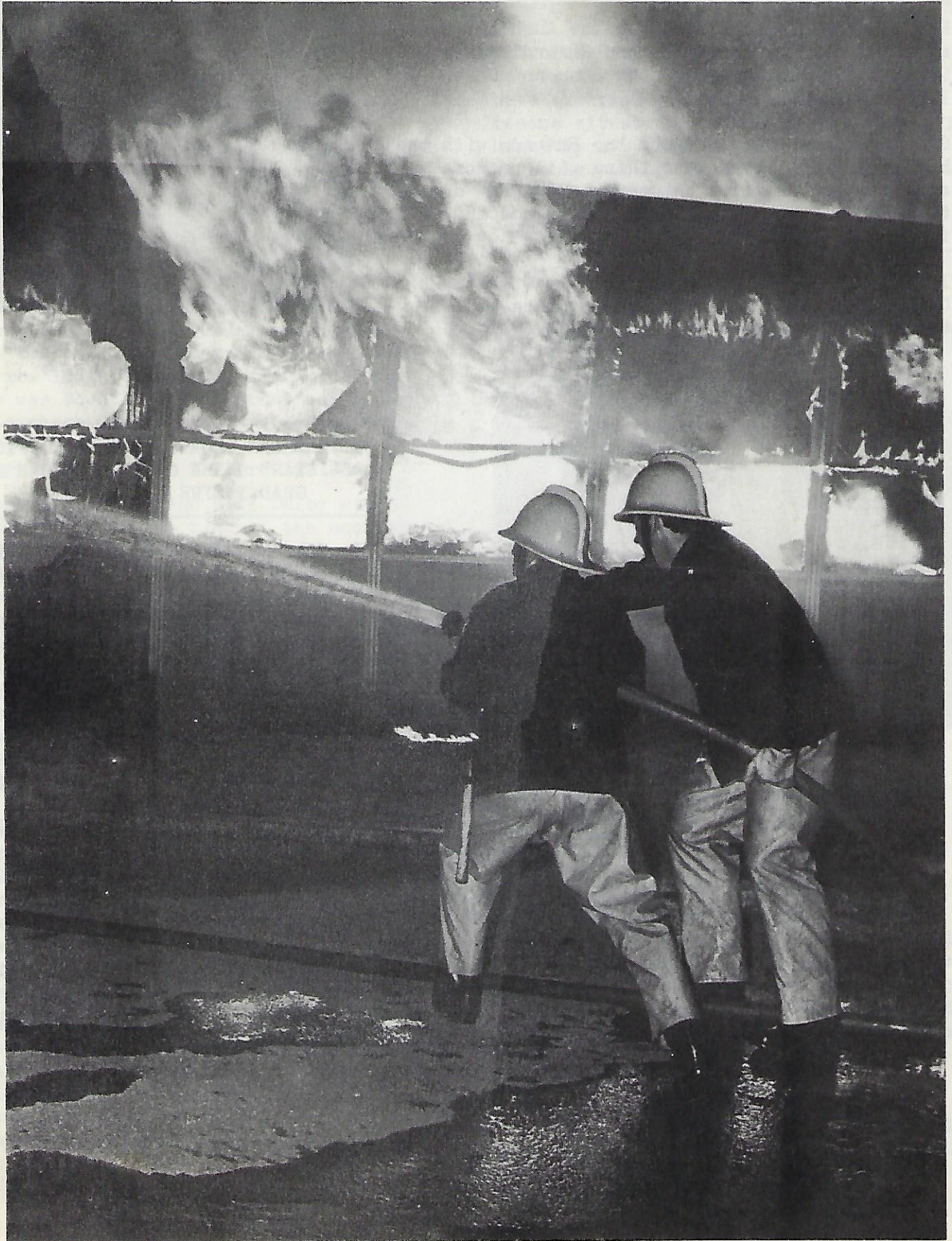


COUNTY OF AVON FIRE BRIGADE

AUGUST, 1981



In this edition we greet a new Public Protection Committee Chairman, Councillor Terry Walker.

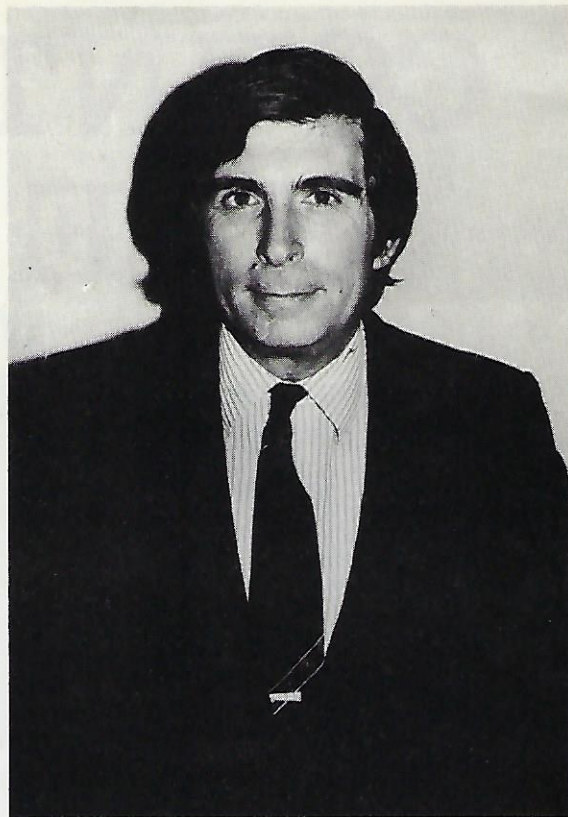
Cllr. Walker is married with three children, he is a newsagent at Pucklechurch.

From 1974 to 1979 he was the Member of Parliament for Kingswood, serving as the Parliamentary Private Secretary at the Department of Health and Social Security also a 2nd. Church Estates Commissioner.

His other responsibilities in the Authority are, a member of the Resources Co-ordination Committee and a member of the Avon and Somerset Police Authority.

Cllr. Walker said 'We regard the Brigade with the highest priority and everything will be done to strengthen the ties between the Brigade and the Authority, we look forward to a good and fruitful relationship!

I am sure that we would all like to wish the Committee, members old and new, success in their term of office.



RETIREMENT OF AVON'S THIRD OFFICER,
ASSISTANT CHIEF OFFICER NORMAN STEEPLES,
GRAD.I.FIRE E.

In July Mr. Norman Steeples, Assistant Chief Officer of the County of Avon Fire Brigade, retired after 33 years of service. He joined the Barnsley Fire & Ambulance Service in 1948 following service with the Royal Military Police. He then moved to Lincolnshire and North Riding then in 1970 was appointed Chief Officer of the Bath Fire Brigade. On re-organisation in 1974, he was appointed Third Officer in the County of Avon Fire Brigade.

Mr. Steeples has been appointed a Course Director at the Fire Service Technical College, Moreton-in-Marsh, Glos. He is a very well-known personality throughout the country due to his involvement with

Fire Service sporting activities which he hopes to continue. He has been a resident of Bath since 1970 and plans to remain so. A presentation was made to Mr. and Mrs. Steeples to mark his retirement. Mrs. and Mrs. Steeples enjoy Ballroom and Latin American dancing and other hobbies are D.I.Y. and gardening. Continental holidays are an all important part of their lives, each year visiting a new country.

Good luck to Norman and Phyllis.

ROYAL HUMANE SOCIETY AWARDS

HONOURS FOR A2 MEN

Mr. Neil Ross Dalby, a 17 year old apprentice cabinet maker, of 54 Severn Road, Weston-Super-Mare, and Ambulanceman Mr. David Green, aged about 45, of Kingswood, Bristol, will both receive Royal Humane Society bronze medals and certificates.

Sub Officer Dave Miller, Leading Fireman Clive Thyer and Fireman Bill Hendy, all of A2, will be presented with Royal Humane Society parchments.

This follows the rescue of Adrian Ogden, a 17 year old motor cyclist of 17 Hollowmead Close, Claverham, Avon, who failed to negotiate a bend in Bridge Valley Road, Bristol, at 0010hrs on 3rd September last year. As a result Adrian was thrown from the machine over a low wall and into the Avon Gorge. He fell 30 feet through dense undergrowth and trees before coming to rest in bushes on a narrow ledge about four feet wide. The ledge was about 120 feet above the roadway with a sheer drop below. Adrian suffered multiple injuries and was in great danger of falling to the ground.

Fortunately his friend Neil Dalby was following him at the time of the accident and was able to go to his assistance. Neil courageously slithered down a sixty degree slope without climbing aids and lighting in total darkness to reach Adrian on the ledge. Neil then laid beside Adrian and held him to prevent him slipping off the ledge, which had a slight slope. Neil continued to comfort Adrian until the arrival of Ambulanceman David Green, who also had to negotiate the precarious slope. In fact, Neil remained with Adrian for about forty minutes and acted with complete disregard for his own safety. Adrian said afterwards: "I owe him my life".

When David Green arrived at the scene with only the aid of a lamp he sent for a rope and first aid kit. He managed to secure Adrian by rope to the top of the Gorge and give him first aid. Later Mr. Green had to be tied by a line from above so he could push himself off the ledge and straddle Adrian to enable him to straighten the injured youth's legs. Eventually Adrian was lifted from the ledge on a paraguard stretcher.

Mr. Green, who was on the ledge for about 40 minutes, also showed complete disregard for his own safety.

The three fire officers, Sub Officer Dave Miller, Leading Fireman Clive Thyer and Fireman Bill Hendy, acted far beyond the normal call of duty when they took part in the rescue.

Sub Officer Miller and Leading Fireman Thyer descended to Adrian on a rope, while Fireman Hendy took a paraguard stretcher to the ledge.

Said Sub Officer Miller afterwards: "I have been a fireman for 14 years and in this time have experienced a number of dangerous rescue situations. From my experience I can honestly say that this operation was probably one of the most hazardous I have ever encountered."

Adrian was taken to hospital and was discharged after receiving treatment for about six weeks.



RETIREMENT

Mrs. Ivy Tainton retires after 13 years. She is the last of the old cleaners from Bridewell.

FOR SALE

Self built marine ply two berth 17' sailing cruiser, 7' beam. Sturdy and stable craft, slight attention needed but ready to sail. Complete with trailer, outboard, heavy duty recovery winch, etc. Price £400. Contact Stn O.T. Jackson, B4 Brislington.

AVON SWIFTS

Around £200 so far received. Janet will have Avon Swifts write to each station which have contributed.

BRIGADE FIRST AID TEAM

Once again the Brigade First Aid Team has enjoyed a good measure of success this year, having entered five competitions, winning four and being runners-up in one, even then they only lost by one mark and that was held in Swansea against eleven Welsh teams!

The most recent competition was the Fire Services National Final. This one always makes the team very tense, the reason being that if they lose they have much less to work for in the future. However, on the day the team won by 14 marks, double the margin of last year. Sub Officer Mike Smith and Fireman Gary Bowden both won the individual awards for the two lanes. Although we have come to expect this kind of excellence from Mike, this is the first time for Gary and we are very pleased for him. This is the fifteenth year this Brigade has held or won the 'St. John the Baptiste' Trophy. The only other team to have had any measure of success at this competition is Greater Manchester Fire Service with a total of seven years, less than half the number of times Avon has won.

A great deal is owed to Station Officer Colin Williams, who, since his retirement from the team in 1976, has continued to support them at training sessions. His high standards, enthusiasm and 'wallops' with his clip-board, has encouraged the team immeasurably.

With the exception of a number of open competitions, the next ordeal for the team is the 'Grand Prior's' Trophy, to be held in London on the 1st December 1981. This is the equivalent of the Cup Final in First Aid, where the main threat comes from St. John Ambulance, and Police and Coal Board teams.



Standing: StnO.C.Williams (Trainer), Fm.D.Causon, StnO.R.L.Underhay (Captain), Fm.T.Wilson.
Kneeling: Fm.G.Bowden, SubO.M.Smith.

BRISTOL'S HARBOUR REGATTA, 20TH/21ST JUNE 1981



The two day event was concluded with a raft race. There were 25 entries from all over the south-west. The Brigade had three entries, Al Blue, Al Red and B6 Blue, all did exceptionally well. An open challenge was made before the start of the race between Trinity Road Police and Al Blue, as the Police raft was tipped to be the fastest in the west and Blue Watch thought differently.

Ten minutes before the race, all competitors on board at the starting grid, all hell breaks loose with flour, soot, colour dyes and DUNG! being thrown at each other to inject that final competitive race spirit. Finally the race gets under way and Al Blue speed off into the lead towards the island to rescue a female in distress. They collected Miss Bobby Poots, then off towards the finish, followed by Al Red who collected Bridget (one of our glamour cooks), B6 rescued Miss Keith Harris (Al Red aren't silly, are they), finishing with good clean or should I say, dirty, rivalry. Al Blue 2nd, Al Red 4th, B6 Blue 6th, Eastville Dustmen just pipped Al Blue on the finish. At the end of St. Augustine's Reach the battle continued until all ammunition was used and all parties totally exhausted.

A fantastic sporting effort by all who participated, it certainly was the show stopper for the weekend. Next year a few more rafts from the Brigade perhaps.

Al Blue won the Best Raft award, thanks to its superb design by John Marshall, Clive English and Mel Rogers. The excellence of engineering and construction was executed by Pat Pewsey and Graham Wilkinson who also used their expertise with Red Watch. B6's claim to fame is that they built their own and didn't have all this professional expertise.

Blue A1 Team

Mike Hughes
Roger Hacker
Phil Deane
Martin Shergold
Jeff Hutchings
Timmy Cattle
John Knight
Damsel in distress:
Bob Poots

Red A1 Team

Keith Smith
Steve Wicks
Archie Andrews
Bob Poolman
Paul Kozakiewicz
Tim Franklin
Damsel in distress:
Bridget Carter
(Al Mess)

Blue B6 Team

Martin Kendall
Tom Wilson
Nigel Taylor
Gary Bowden
Arnie Palmer
Damsel in distress:
Keith Harris

THE BRIGADE TECHNICAL COMMITTEE

The aims of the this Committee are to assess technical advances within the Service and to advise the Chief Fire Officer. They also consider suggestions made by Brigade members and make monetary awards as appropriate.

The Committee meets quarterly and urges members of the Brigade to submit to them any ideas with regard to improving the efficiency of the Brigade. All ideas submitted are considered and many recent awards have been made i.e. marking out of decontamination area, reinforced clear plastic salvage sheets and new concepts on hose binding and clips.

Members of the Committee reading from left to right:

StnO. Brian Freeguard; Fm. Arthur Ham; DO. John Barnes, DO. Brian Hellin, ACO. Norman Steeples, ADO. Phil Clark, Secretary Mrs. Olive Forder, StnO. Terry Gazzard, SubO. Tony Wotton.



C5 WHITE WATCH ON THEIR FUN BUGS ON THE CLEVEDON 30 MILE CYCLE RIDE.



TURN TO BETTER DRIVING

The title "Turn to Better Driving", assumes that every driver can, and would wish, to improve his standard of driving. Most of us have neither the time, desire nor physical make-up to become expert racing drivers, but we can all be good drivers to a high and competent standard.

Such a standard can bring its own pride, skill and satisfaction in a job well done. The background is of course the Highway Code which many experienced drivers might benefit from, the need to read it again and study the rules and objectives.

The Definition of a Good Driver.

A person who always drives in such a manner that no matter what the conditions confronted with, weather unsafe behaviour of other road users, accidents, etc., he will not aggravate or contribute in any way. To achieve this standard requires training and practice and a high level of concentration so that correct action is automatic and this requires a sound foundation in basic skills.

Are you a Good Driver?

Can you say that you are never taken by surprise or never give other road users cause for concern?

Do you always assume danger around the corner?

Are you always in the right position at the right time?

If you are involved in a near miss, are you angry with yourself for being off guard?

You may think that you are a good driver, but ARE YOU?

Read the continuing saga of the TRANS 13 in the next issue.

Sub Officer Malcolm Aston
Driving School

C2 CLEVEDON OPEN DAY AND CYCLE RIDE

Clevedon held an Open Day in June and the even was opened by H.T.V. newscaster Graham Miller.

On show were vintage fire appliances, appliances from Cl, Rescue Tender and the H.P. Lulsgate Airport sent its new Crash Tender and an attendance was made by the Police and Ambulance.

Of the displays put on they included the Banwell Handbell Ringers, the Clevedon Youth Band, as well as displays by the lads and ambulance. With superb weather and tremendous effort from wives and friends, a truly successful day, not to forget two special guests, Firemen Theo Arnitz and Herman Braun from Ettlingen, Germany, Clevedon's twin town, they came especially for the day. In the evening a disco was held when Divisional Commander Brian Hellin presented to C2 a certificate from the Benevolent Fund for their efforts in fund raising over the last year.

A really successful sponsored cycle ride run by C2, again with every Division represented and many Stations. Bob Poots thought it was a race and put up the fastest time, C5 thought it was a pub crawl on their Fun Bugs and returned hours after everyone else. This event of thirty miles around 'C' Division Stations takes a lot of organising but is becoming an event which is eagerly looked forward to. The youngest entry was from Sean Harrison aged 9. His father, Bill, ended with a buckled wheel.

Many thanks go to all concerned, riders and workers alike.





The Mayor of Thornbury, Mr. John Smith, presents the C.F.O. with a plaque commemorating the local Firemen involved in the 1914/18 War. It has been hanging in Cossham Hall for the last 60 years, but will now take its place in the new Station.

JUSTICES OF THE PEACE

Reflecting credit on the Brigade are LFm. Richard Probert and Fm. Roger Hartley, both of whom have been appointed to the Magistrates' Bench.

Richard is stationed at A2 and has been in the Brigade for 23 years. He has always been very involved with youth training outside the job.

Roger is also stationed at A2 and has been in the Brigade since 1974. He is and has been for some time involved with voluntary social work. Congratulations to them.



PHOTOGRAPHY

Have you taken a photograph?
Is it good?
Is it comical?
A clanger?

Steve Clarkson of Red Watch, B6, is interested in staging an exhibition of all types of photographs.

It is anticipated that it would be held somewhere in the Brigade later in the year.

So dig out those photos of the year that just didn't seem to make it, the funnies and the errors.

So to really get this new section off the ground, sort out those photos and contact Steve Clarkson at B6 now on ext 261.

R.S.P.C.A. AWARDS

C2 Clevedon and C4 Pill receive awards for their part in a rescue operation involving 420 sheep, many being trapped following a road traffic accident on the M5 at Naish Hill last November.

JOB CENTRE

C5 Bedminster have been busy recently with a few very interesting incidents. StnO Mike Mullany was called with his crews to 160, Lynton Road, Bedminster and found a ground floor flat well involved in fire. A search of the premises was immediately instigated. Two kittens and a puppy were recovered from the flat in very poor condition. Fm. Kevin Lawlor and Fm. Dave Lewis spend 45 mins successfully reviving the animals with oxygen.



The occupant and his neighbour were stripping a motorcycle petrol tank in the bedroom with a gas lighter when a plastic bucket full of petrol ignited. He then decided to throw the bucket of petrol outside, through the front door down the corridor. BUT UNFORTUNATELY FORGOT TO OPEN IT. So following this error he and his neighbour decided to leave the flat via a window. His wife in another part of the flat did likewise. When outside it was remembered that the baby was inside, so the neighbour returned for her.

The occupant then decided to smash all the windows in the house to let out the smoke and when the fire would not go out, they informed the lady in the flat above and eventually we were called, and I might add did a superb job.

B4 and C5 White, were called to the Tynings School, Hengrove. On arrival they found one wing of the school well alight and the fire spreading, pumps were made 3 and an attack was made down the main corridor. Despite intense heat and almost intolerable conditions they prevented the fire reaching the main block. A good save by all crews attending.

A 15 year old youth has been charged by the Police. He admitted starting the fire after a glue-sniffing session.



C5 Blue Watch Four-Hour Rescue Operation

Police and onlookers sang the praises of SubO Brian Counsell and his crew for their sheer determination, courage and dedication for what at best could be called one of the most difficult mud rescue operations on the banks of the Avon under the Suspension Bridge.

The body of a male was on the water-line at low tide, partially embedded in the mud on one of the steepest sections of bank with a rising tide in treacherous conditions. The body was eventually taken up the bank; every member of the crew virtually exhausted.



Well done C5.

B1 Red Watch

Station Officer Terry Gazzard and crews were called to Sally in the Wood, Nr. Bath. There they found a road traffic accident involving a sports car and a van. The van was balanced precariously on the crash barrier with a sheer drop of some 60 ft down to the river. Air bags were brought into use to stabilise the van. A female was trapped in the wreckage with only her arm visible.

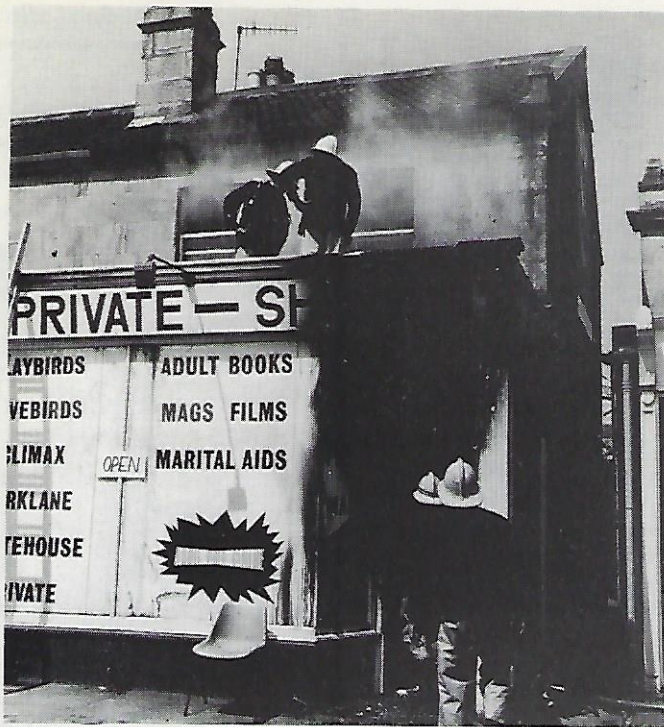
Dr. Roger Snook, Bath's Casualty Consultant attended and carried out what examination was possible and set up a drip. Some 30 mins later the lady was freed. She had severe head, chest, leg and arm injuries.

Comment was passed to the crew regarding the patience and care in this very tricky operation. Terry comments that the sore point regarding the men was that the other services had been struggling for over 20 mins before we were called and the usual barrage of comments as to, "You took your time", "Sorry to disturb you", had to be put up with.

A total of 8 people went to hospital, mainly with serious injuries. There were 6 people travelling in the van and 2 in the sports car.

A7 Yate

LFm. Martin Boskett of A7 was Yate's hero of the day when A7 were called to acetylene cylinders involved in fire at the new Tesco site in the Shopping Centre. The site was evacuated and two jets were brought in on the cylinders to cool them. After a short while Martin appeared from behind cover, walked over to the cylinders, shut off the cylinders. Cooling continued until the cylinders were stable. The B.O.C. collected the cylinders for retests.



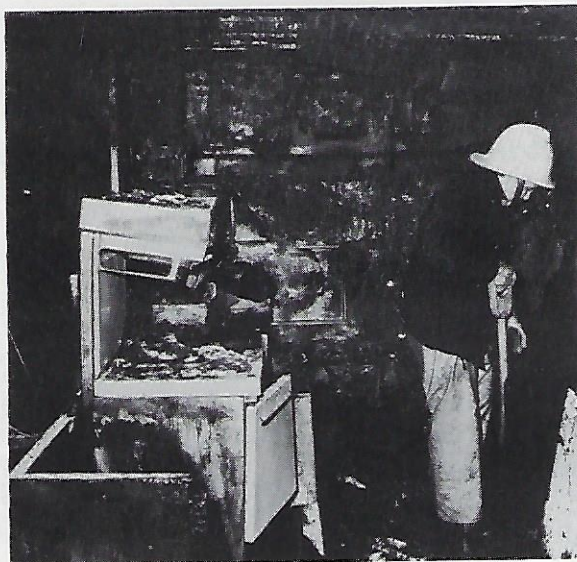
Things became too hot at the Private Shop in Bath. Whilst the manager sat outside the front of the shop, the fire started and got a good hold before it was spotted. On arrival BI were told that the manager was missing and a search was already in hand. It was some time after the fire was under control that he stepped forward from the crowd watching operations and announced who he was.



A truly first class exercise laid on by the Bristol Bus Co at Lawrence Hill for Al White Watch. Organised by Sub Officer John Sleight, a realistic scene was set involving two single deckers, one double decker. After casualties were released both buses were righted skilfully and gently using the MRT and ET. It impressed Bus Co staff and Police observers alike.



The occupier at Grange Road, Hanham, was burning off his eaves and ignited the roofing felt. Fm. John Winterson of B6 and Sub Officer Dick Green of A2 were in the area when they saw the smoke. Both men went to assist, ensuring the Brigade had been called, and helped a man from the shower. They then proceeded to clear furniture from the first floor. Station Officer Terry Gillen of B6 attended and a good save made.

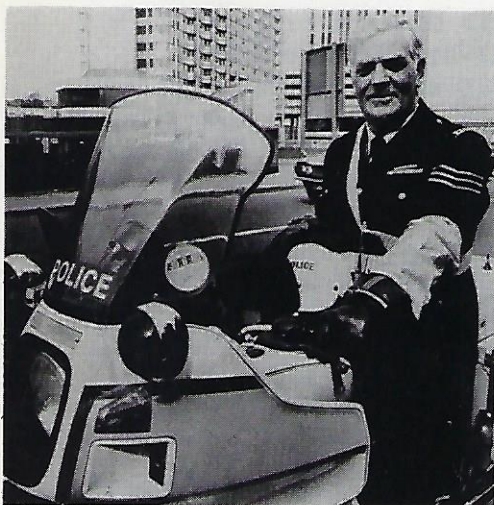


An electric kettle left switched on at Alfred Street, Weston-Super-Mare, caused extensive damage to the house. The fire affected all floors, whilst an elderly lady sat in the front room of the house totally unaware of what was happening. Station Officer Brian Sharp attended and praised off duty Fm. Bill Beachgood, C1, and three builders working across the road, for assistance rendered.

Condolences

A tragic freak accident killed one of Bristols best known and respected old type Coppers, Clarrie Hudson. Despite tremendous efforts by L.Fm. Steve Lancaster and his crew from C5 to revive him following a road traffic accident.

Sergeant Hudson on his patrol bike was almost as much a part of the City as the centre its self, once encountered never forgotten but still respected. He was very involved with the RAC/ACU motorcycle training scheme and many Firemen have learnt to ride under his eagle eye.



Clarrie on his BMW in Broadmead.

Bristol Unicorn Youth Band

Sub.O. Dave Rogers wrote to the Chief thanking him and the men for their time and effort on the occasion of a Fete to raise funds for the Band.

Despite the awful weather the youngsters performed magnificently, and over £1,000 was raised.

So once again thank you to all those members who gave up Bank Holiday Monday to help.

Arrivals

Congratulations to Andy and Bob Pulman on the birth of their daughter Karen born on the 6th. of June.

Andy works in Brigade control and Bob A1 red watch.

Best Wishes

We all wish Alvin and Denise the very best for the future. They were married on 22nd. May and went to Lyme Regis and London for their honeymoon, a slight problem en route the car caught fire, Alvin having worked with F.P.O.s for 7 years only managed to burn one hand but saved the car.

Alvin is the Brigade draughtsman attached to H.Q. Denise is the Div. Commanders Secretary in Bath.



Promise Yourself

To be strong that nothing can disturb you,
To talk health, happiness and prosperity to
all you meet,

To make all your friends feel that there is
something special in them,

To look on the sunny side of everything and
make your optimism come true,

To think only of the best; to work only for
the best and to expect only the best,

To be just as enthusiastic about the success
of others as you are about your own,

To forget the mistakes of the past and press
on to greater achievements of the future,

To wear a cheerful countenance at all times
and give every living creature a smile,

To give so much to the improvement of
yourself that you have no time to criticize
others,

To be too large for worry; too noble for anger;
too strong for fear and too happy to permit
the presence of trouble.

RED WATCH RAMBLES AT STATION C1 WESTON

When on holiday this summer it may be our good fortune to behold the 'glory that ~~was~~ Rome', either to stand amazed at the remarkable preservations at Pompeii or Herculaneum, spellbound by the ruins of Carthage, or filled with curiosity when visiting the famous remains at nearby Bath. As we gaze admiringly at these architectural wonders, we can be excused if we conclude, that compared with our own 'humble semi-detached' the homeowner in his spacious villa in ancient Rome really had it made.

Regrettably our imagination lies far from the truth, those splendid buildings were not built for the average citizens of Rome, not for them the marble columns, polished mosaic floors, the hot baths tended by slaves, and of course, bedrooms full of eastern concubines. Images fixed in our minds by the films of Cecil B. De Mille, or the more recent television production of 'I, Claudius' reflect only the lives of the rich and powerful.

As far as wealth was concerned, Rome was a deeply divided city; to be wealthy enabled one to live in self-indulgent luxury, but for the poorer classes life was restricted to a hand-to-mouth existence. The difference in life-style could of course be discerned in the splendour of houses belonging to the rich and the hovels of the plebian classes. Buildings that would have made our old Bridewell headquarters appear as a palatial palace.

Juvenal, satirist and poet, gives a vivid description of conditions then relevant in contemporary Rome, "We inhabit a city supported to a great extent by slender props, for in this way the houses are saved from falling - we are told to sleep securely yet with ruin overhanging us. The place to live in is where there are no fires, no nocturnal alarms - for if the alarm begins from the bottom of the stairs, the last man to know there is a fire will be the one who is protected from the rain by the roof tiles".

Attempts to combat this ever constant danger from fire was by using volunteers; even this though could be full of unexpected dangers. When Egnatius Rutus organised his slaves into a fire brigade, the emperor Augustus quickly suppressed what he believed would be an attempt to form a private army against himself. He had poor Rutus executed. Whether present day Public Protection Committees with their intentions of 'cuts in the service' are implying similar action against over-zealous Chief Officers is of course open to speculation.

Nevertheless, to Augustus's credit he did form a public fire brigade, consisting initially of 600 slaves; this organisation being replaced twenty-five years later by seven cohorts of a thousand vigilantes each. One can only presume that the then representative bodies had some say in this change of manning style. Rome's turn-out area was separated into fourteen regions, a cohort being allocated to give fire protection to two regions.

Despite this vast organisation in A.D. 64 Rome was gutted by a disastrous fire which raged for nine days. It is doubtful that Nero in fact was responsible, certainly the popular myth of his 'fiddling whilst Rome burnt' is unproven, and he found ideal scapegoats in the Christians. Even in those days there must have been some pressure to complete the F.D.R.1. The Christians must have seemed very suitable to complete that dreaded cause of fire section.

The fear of associations that could be used against the emperor continued until the second century. Pliny the Younger, having witnessed an enormous fire, begs the Emperor Trajan to allow the formation of a fire brigade. "Do you, my lord, consider whether you think it well to organise an association of fire-

men not to exceed 150 members. I will see to it that no-one but firemen are admitted into it, and that privileges granted shall not be abused for any other purpose, and since they would be so few, it would not be difficult to keep them under surveillance". The average sub-officer would question this last statement.

Trajan replied with that characteristic caution that we nowadays take for granted when increases in fire cover are requested of the authorities. It is, therefore, better to provide equipment which can be helpful for controlling fires, advise property owners to use these themselves, and if the situation warrants it, call on the populace for assistance.

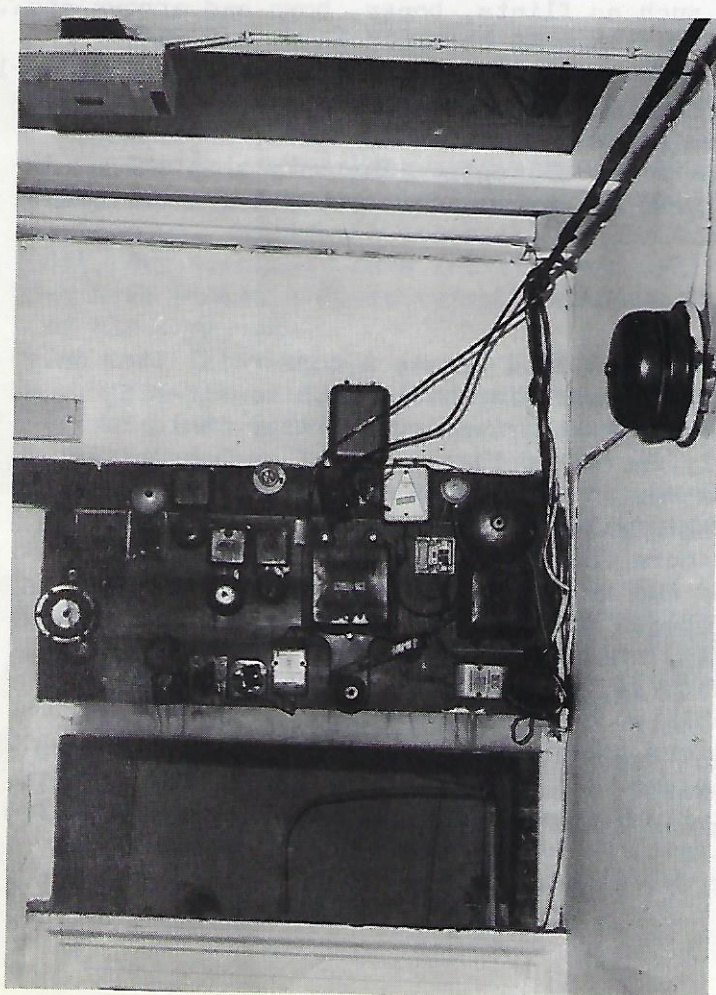
P.S. More rambling from Red Watch next edition.

ARE YOU FIRE CONSCIOUS?

The photograph below shows a fire alarm system installed by the Landlord of a multi-occupied premise some 17 years ago.

It originally consisted of 10 door bells, 2 car bull horns, 1 boat klaxon, 1 brass 12" tangent bell, 1 9" dome bell and 1 pigmy bulb for emergency lighting.

When questioned, the landlord responded that his intention was to ensure that his tenants in the event of fire, were warned and left the building. Discreet enquiries revealed that the alarm had actuated on several occasions over the years and in fact the tenants had woken, and left the building, some for good. Others were found wandering in the streets in a daze muttering "The bells, the bells". The system is now redundant. Any reasonable offer will be considered.



Sub Officer R.P. Chidgey,
'A' Division Headquarters F.P.

YOU ARE WHAT YOU EAT

You are what you eat and drink. You may think that this is an obvious statement, but how many people actually consider the fact seriously. Your body is a factory which has developed to its present state over millions of years of evolution. Any chemical factory is designed to produce an end product, and in the same way the factory which is yours is designed to do several things. Its main functions are to provide the chemicals which allow you to move, think, reproduce and rebuild tissues. Your body is, therefore, the most sophisticated and complicated factory which has ever been produced.

If you talk to a chemist at a factory, he will tell you what chemicals he needs to make his end product, and how he can combine or separate and generally change to suit requirements. He would also tell you what would go wrong if he had too much or too little of some chemicals. I suggest that you consider what chemicals you are putting into your factory.

Your body needs certain basic substances to make it work properly. Hospitals and graveyards are full of people who are ill or die prematurely because they did not know, or were not interested in how to get the best out of their bodies. I believe that it is up to you to decide if your life is to be healthy and long, or the opposite.

To find out what foods suit us best, it is necessary to look back in time at the evolution of an ape-like creature many millions of years ago, to what we are today. Starting at the time our ancestors first stood up, our diet consisted mainly of roots, leaves, buds of trees and shrubs, grass, nuts and fruit in their various seasons. They were all eaten raw and fresh with no "preparation". Occasionally we treated ourselves to some small grubs, beetles and small animals, birds and their eggs. Gradually over the years we learned to make use of basic tools such as flints, bones, bows and arrows etc., then we hunted the larger animals and fish. We became hunters and gatherers and continued to live this way for many years. Even today in parts of the world people still live this way, and so long as "civilisation" leaves these people alone, they live happy and fit lives without doctors, dentists, hospitals, other than a few herbal remedies for minor ailments. The only area where modern medicine can help is in the case of surgery for broken bones etc., due to accidents.

WHERE HAVE WE GONE WRONG?

We started to farm to make profit and food became a commercial item only a thousand years ago. This is a very recent time scale when considering evolution. First grain, peas and beans were grown because they could be stored for the winter. This greatly increased the amount of carbohydrates eaten. Then meat production increased, so we started to eat much more meat, and because the animals were no longer wild, but were kept in fields or on tethers, they became fat so we ate more fat as well. Then worst of all dairy products started to be farmed and this caused a sharp increase again in the amount of fat eaten. Dairy products also have the disadvantage that they cause mucous to form in the nostrils, sinuses and bronchial pipes, which form ideal breeding grounds for bacteria, giving rise to all manner of respiratory troubles such as bronchitis, catarrh and colds etc. To make matters worse, at the same time as our consumption of carbohydrates and fats went up, we were eating less and less of the basic diet of vegetation, fruits and nuts which contain all the vitamin C to control the infections. They also contain many other essential nutrients, minerals, vitamins and vegetable fibre necessary for the basic body functions.

If you care about the health and welfare of yourself and family, try these simple first basic steps.

- (1) Reduce all fats, but eat good quality meats, fish, nuts and eggs for protein.
- (2) Reduce carbohydrates especially refined products such as white flour and sugar.
- (3) Increase dramatically the amount of fresh vegetables and fruits and keep cooking time to a minimum.
- (4) Dare I say it - STOP SMOKING for other people's sake if not your own.
- (5) Walk or cycle, exercise twice a week to get your circulation going. When did you last sweat?
- (6) Try to reduce or give up all dairy products. Milk is baby food and is not good for anyone over seven years.

Do not expect miracles in the first few weeks; keep at it and you will gradually feel the benefits.

Sub Officer Pete Addie, C1

CAMPING/CARAVAN RALLY, ASHTON COURT,
18TH/20TH SEPTEMBER 1981

The 7th annual rally to be held in Avon will be held at Ashton Court, Bristol, from the 18th to the 20th September 1981, when we hope to see all those with tents, trailer tents and caravans have an enjoyable weekend.

Preliminary arrangements have been made for a barbeque on the Friday evening, held on site immediately adjacent to the rally bar, a car rally on Saturday afternoon, children's competitions, including fancy dress during the early part of Saturday evening. This latter event will be held in the Ashton Court mansion, when we have booked a disco (with bar extension) to continue after the children's part of the programme.

Not too early on Sunday morning, Ernie Coghlan will be trying to blow out the cobwebs with sports for the young (and not so young).

Booking slips are out on stations. If you want more, for yourself or friends, contact DO.G.T.Iles at Brigade Headquarters. At £6.50 all in, it can't be bad.

LANCASHIRE COUNTY FIRE BRIGADE - CARAVAN CLUB

Blackpool Illuminations Rally, "Windy Harbour" Caravan Site, Poulton le Fylde, 4th, 5th and 6th September 1981. Cost for weekend - £5.00 per unit; Illuminations Trip - £1.00 Adults, 70p Children. Interested parties please contact Leading Fireman Eastwood, Fire Station, Charles Street, Darwen, Lancs. for booking forms etc.

ATHLETICS SECTION

So far this year, the athletics section has competed in 3 inter brigade races and competed in 2 open events. The three inter brigade events were at Nottingham, Northumberland and Norfolk two six and one ten mile events. Of the open events the Kingswood Marathon proved to be the biggest eye opener, with six brigade members competing, three of which never having done this sort of distance before, Bob Lonsdale, Pat Jones and Roy Spear, they finished in good condition and high spirits each saying they will run in more marathons. **SUPER LEGS!!! BEWARE.** The winner of this very gruelling course was Westbury Harriers Dave Francis in 2 hours 26 mins. To all brigade members who competed a fantastic effort in determination stamina and sheer guts to run 26 miles over those hills and in that weather. Positions shown are from over 700 starters.

Dave Hayward	29th.	2hrs. 54mins
Alan Lawson	34th.	2hrs. 55mins
Mike Mullany	137th.	3hrs. 36mins
Pat Jones	190th.	3hrs. 46mins
Bob Lonsdale	215th.	3hrs. 51mins
Roy Spear	282nd.	4hrs. 9mins

Congratulations to them.

MAKE NOTE IN YOUR DIARIES.....

JOE AND LINDSEY COCKER MEMORIAL RACE RELAY

4th. OCTOBER.

A LADIES TEAM THIS YEAR ?

Marshall's are very much a part of this event so please contact ALAN LAWSON B1

Start training now.

Super Legs is Dave Hayward who has just run 100 miles in 28hrs. 10mins., he tells me that this time includes all meal breaks.

FOOTBALL

Patchway All Stars v Fez Parker XI. On the 5th June at 1800 hrs Patchway All Stars kicked off against H.M.S. "Beagle" on a half cut pitch. The mower had broken down. The All Stars were soon in trouble when Paul (someone stepped on my foot) Drake fumbled and allowed the ball to slip by him for the first goal. After a blazing run down the

right, Brian (I bite) Garter equalised with a blistering angled shot/cross but after a bad back pass from Bob (Killer) Killbe, Scotty from the Beagle scored again. Not to be outdone, with some delicate ball control from Merv (The Swerve) Smith and some neat flicks from Phil (Dobbin) Vile, the All Stars were level and then ahead at the interval. We invited them to use all their substitutes for the second half which they did, making it 15 men on to 11 but the All Stars were too quick, taking full advantage of the ref talking to the crowd, went further ahead, finishing about 9 - 3 up. Most participants then went back to the Beagle docked in Bristol, to console the Navy on their loss, with further exchanges of players etc at A5 the following Monday.

SKITTLES SECTION

The season 1980/81 in the Old Comrades Skittles League has closed and we did quite well, achieving joint 4th position at the end of the day.

We've had some very enjoyable evenings and I think we've become known as one of the liveliest teams to come up against.

Our own club competitions have been played (for the want of a better word) ably monitored by our captain, Pete Dobson (A7), and the singles champion is Richard Davies (ex A2), now at Stroud, and the doubles champions are D. Aston (Mac Aston's apprentice and chaffeur) and Llyn Lloyd (A3.).

Dave Coles (A2) stood down as secretary after doing a magnificent job for us, and we all would like to thank him and his wife Linda, who is the brains of the operation.

Bill Lewis and Ernie Coghlan have left the team to play for one of our competitors, '501 Squadron', who we will look forward to playing in the coming season.

This leaves us in the position of looking for interested persons in the Brigade who want to have a night out once a week for morale boosting purposes, assisted by a pint of John Smiths. You'll have to be good, mind, any score less than 30 costs you a penny a point. Just ask Bob Esson, F.P., or our dear Editor.

We'll be having some "friendly" matches before the start of the next season in September, so if any one wants to have a great time talking 'shop' all night, George Jenkins, Al!!, give me a ring. (K.White, Hon.Sec. 'A' Division FP, ext 219.)

DO WE DESERVE A SPORTS ORGANISATION?

To the majority of the Brigade, this may appear to be a somewhat peculiar question, and one that should be answered with an emphatic 'YES'. However, in the light of some recent events, I would challenge that answer and attempt to explain why, if we are not very careful, we could finish with no organisation at all.

Over the past few months, the Sports Association and Sections have endeavoured to organise different competitions for the general benefit and enjoyment of the members. Some, particularly the volleyball, have been successful, but two events, namely the Badminton singles tournament and the Super Sportsman competition, have had to be cancelled due to lack of support. I would point out, in this respect, that both events had, in previous years, been well supported, which makes it even more disappointing. It must be realised that when events are to take place in venues other than Brigade premises, (in those instances, the Redwood Lodge Country Club and the Whitchurch Sports Stadium), then the Association has to make a firm booking well in advance for the facilities, AND THOSE FACILITIES COST MONEY - YOUR MONEY! It is no good saying one or two days before the date of the competition that you were going to enter but hadn't got around to it. The organisers MUST know at least 14 days in advance or the event will be cancelled.

Now you may say 'So what?'. Well, I will say, from a personal point of view, that if members of the Association cannot be bothered to pick up a telephone and let the organiser of an event know that entries are forthcoming, then I, for one, will not be prepared to go to a lot of time and trouble to arrange events. One further example - on 17th June 1981 the Association held its Annual General Meeting at Al Temple, the meeting at which you, the members, have a chance to make your feelings

known, to elect the Committee of your choice and say how you want your Association run. The notice of the meeting had been circulated to all Stations, but on the night, TEN off duty men were in attendance and of those, six were committee members. At this point, may I extend my thanks to StnO Paul Jones and Green Watch at Al for leaving other duties and attending the meeting, thus allowing us to have a quorum of twenty members present. It could, I suppose, be argued that members only attend the AGM when things are going wrong, so proving that, at the moment, the Association is doing everything to the satisfaction of the membership. However, all the committee members who were present were somewhat disgusted at the lack of enthusiasm, and the general feeling was that 'apathy rules' - in this instance not O.K.!

May I finish by asking all members to consider the work done by their colleagues on the various Section and Management Committees, to support where possible the different events, and to remember that the day may come when people feel that it is just not worth the effort of being organisers!

I would stress that this is a personal viewpoint only, and does not (at the moment) necessarily reflect the views of other members of the Committee.

Chris Liberty, Secretary.

Merseyside County Fire Brigade are holding a Caravan Rally at Knowsley Safari Park, Knowsley, Liverpool, on 4th, 5th and 6th September 1981. Those interested should contact Divisional Officer A.Townsend at Brigade Headquarters for details.

Lincolnshire Fire Brigade, Angling Section, are holding an Open Angling Match on the 10th September 1981. Interested personnel please contact Lincolnshire Fire Brigade HQ, South Park Avenue, Lincoln.

Mr.I.D.Golden, (Proprietor) of The Demi-John, 205 Wellington Road West, Henleaze, Bristol, is offering 10% discount to Brigade personnel on all wines and beer-making kits, etc., so for your home brew it is a 'must'. Anything not stocked, he will get at highly competitive rates.

TAKE PRIDE
IN YOUR WORK

