OVEREIGN Base Area Police officials have this week confirmed illegal trapping of Ambelopoulia – Black Caps - with mist nets has decreased a further 55 per cent this past season and has all but been eradicated in many areas. The season for trapping these birds runs between September 1 and the end of October and according to statistics released this week, the police’s dedicated Community Action Team (CAT) working alongside various other organisations, have once again built on the success of previous years.

The illegal trapping of Black Caps is an historical problem in Cyprus, with huge profits to be made from the trade but in recent years the SBA Police have been relentless in combatting the problem. Since 2016, poaching with mist nets has been reduced by approximately 90 per cent and in the past year alone, a further decline has been reported.

That success, according to Dhekelia Divisional Commander, Superintendent Andreas Pitsillides, can be attributed to several factors. He explained: “We have now come to the end of the trapping season for Black Caps and it is clear that we have continued with the success of previous years. “If we look at the key trapping areas within the SBAs – Cape Pyla, Avgorou, Ormidhia, Achna and Vrysoulles - we see that trapping has been all but eradicated in many of those areas and only limited activity now exists in one, which is Vrysoulles.

“We as a police force have dedicated more resources to combat this problem and our CAT team have been conducting regular around-the-clock patrols in trapping areas to catch the perpetrators of this crime. “We have also been able to call on the use of drone footage and from our surveillance cameras to help us in our efforts and they have led to more arrests and successful prosecutions.”

During this past season, those efforts have seen more than ten cases opened against illegal trappers and close to €10,000 issued in Fixed Penalty Notices to those caught red-handed. The Superintendent was quick to point out that these positive results would not have been possible without the help and expertise of various other organisations. He continued: “Whilst our police officers have been working very hard to catch bird trappers, it would not have been possible without the help of the RSPB, the Committee Against Bird Slaughter, Bird Life Cyprus, the Game Fund, the military and of course the local communities which have also been supportive of our efforts. “This is very much a collective success and over the years we have all found a highly-successful way of working together to achieve this common aim.”

REMEMBRANCE: This weekend, the British Forces Cyprus and Sovereign Base Areas Administration community will remember those that made the ultimate sacrifice for the freedoms we enjoy today. On Page 3 you will find full details on Remembrance Day services taking place.
ONe Month in, I am still pinching myself at the privilege of having been posted to this beautiful island to do what must be one of the best jobs in Defence. Our five children have just spent a week here with Hils and I. Their verdict: ‘Daddy, we love it’. Cyprus remains a strategically vital partner of the UK and I look forward to playing my part in deepening this relationship in the years to come. In a region that is seriously challenged by instability, Cyprus offers much stability and there is so much that joins our two nations together – and it is not just on the defence and security front. There are strong links across almost all areas of our national life: the economy, culture, education and tourism to name just four sectors. So, Cyprus is and will always be an important ally, partner and friend.

On a more personal note, thank you for all your welcomes – I have been struck from the get go by the professionalism and energy of the team here. I love the fact that the team is so diverse - soldiers, sailors, airmen, MOD civil servants and a wonderful locally engaged civilian workforce, all combining (as ‘One Team’) to make sure the Sovereign Base Areas Administration and British Forces Cyprus deliver on behalf of UK Defence.

Keep up the great work and I look forward to meeting as many of you as possible in the days, weeks and months to come.

Finally, November is the month of Remembrance and it is right that we all take the time to reflect on the service and sacrifice of those who have gone before us, many of whom paid the ultimate sacrifice so that we can enjoy those freedoms we thrive on today. You will all know someone who has paid the ultimate price.

On Remembrance Sunday we will salute their sacrifice and hold their loved ones close in our thoughts and prayers. As we do so, we should also spare a thought for those who are ‘stood to’ on operations today.

Illegal immigration facilitator sentenced to four months

Report by Kristian Gray

PAKISTANI man arrested earlier this month has been found guilty of illegally facilitating immigrants and sentenced to four months in Her Majesty’s Prison in Dhekelia after he pleaded guilty to charges on October 24. The man, who lives in Nicosia, was arrested after a police investigation, which began on September 26, led to officers issuing a warrant for his arrest. Reflecting on the case and the successful prosecution, the Divisional Commander said this was yet more evidence that the outstanding work being conducted on and close to the crossing points, is proving a success.

He said: “We as a police force take illegal facilitation very seriously and we have been dedicating an extensive amount of man hours to combating this type of crime. We believe this arrest is part of a larger network and it sends out a strong warning to those that are looking to undertake this activity. The SBA Police, alongside our partners within SBA Customs, have been conducting joint patrols along the boundaries and we have an outstanding working relationship, that is reaping great rewards now.”

Due to the weight of evidence against the man, his guilty plea came as no surprise and he is not expected to be released until January next year.
Thank you to everyone who donated cakes or came along to buy them from the SSAFA Big Brews which took place recently at both Episkopi Garrison and Troodos Camp; a combined total of €500 was raised.

At Episkopi Garrison, an assortment of delicious cakes and sausage rolls, alongside tea and coffee, raised over €300 from within the Epi Centre. In Troodos Camp, the chance of cakes and hot drinks was enough to tempt those working to come out and raise almost €200.
Deadline for registering to vote in the General Election

Register by midnight on Tuesday, November 26th to vote in the General Election on Thursday, December 12th.

Members of the Armed Forces and Crown Servants can apply to vote by post or by proxy after you’ve registered. Remember, it takes time to vote by post from overseas. More information about how to do this can be found at the following links:

https://www.gov.uk/register-to-vote-armed-forces
https://www.gov.uk/register-to-vote-crown-servants-british-council-employees

Recycling Centres
Opening Times

RAF Akrotiri Recycling Centre. From September 2nd, the RAF Akrotiri Recycling Centre will be conducting a three month trial of extended opening hours. The hours are:
- Monday, Tuesday: 10:00-15:00
- Thursday, Friday: 10:00-15:00
- Saturday: 09:00-13:00

Ay Nik Recycling Centre.
Open 24/7
Located near the QMs department.
Call 2395 7468 for queries

Dhekelia Station Recycling Centre.
Monday: 10:00-15:00
Tuesday Closed
Wednesday: 12:00-17:00
Thursday, Friday: 10:00-15:00
Saturday 10:00-14:00
For further information call 2585 2302

Episkopi Station Recycling Centre.
Opening Hours (effective from Sept 2nd)
Monday, Wednesday, Friday, 10:00-15:00
Saturday, 09:00-13:00
Call: 2596 2029

Happy Valley Tunnel Timing Changes

Until further notice, the timings for the gates to the Happy Valley tunnel will be as follows: Locked at 17:30 and reopened at 06:30 daily. For access outside these times, please call the Security Officer on 2596 2823.

Operation Christmas Child

If you would like to take part in the Samaritan’s Purse Operation Christmas Child this year, the shoe boxes have been delivered to the HIVEs at Episkopi, Akrotiri, Ay Nik and Dhekelia. Make sure you get yours. Please drop off your full shoe boxes by Tuesday, November 26th at your HIVE.

All parents of RAF Akrotiri Primary School

Please can parents stop parking in the car park at Akrotiri Primary School, including during school drop off / pick up times. This is for the children’s safety as the car parks are getting too busy at these times. Thank you! CJPU
Community Noticeboard

What are you up to? Do you have an event or a success to tell us about? Submissions to the Cyprus Lion are welcomed. Email your stories, images and announcements to sovereign.areas@outlook.com or call the Editorial Team on 2596 2052. Our deadline for December’s edition is Friday, November 29th, 2019 at 13:00

Community Learning Programme Development Survey

A QUICK 45 SECOND SURVEY
Did you know that all of the courses on the BFC Community Learning Programme are open to Service Personnel, Dependants, UKBCs and LECs?

https://www.surveymonkey.co.uk/r/DMP8567

The CLP offers a range of recreational, vocational and academic courses across a variety of locations and is open to all entitled BFC personnel.

The survey responses are confidential and will be used to improve the CLP and ensure you get the courses that you want.

Troodos Winter Driving Presentation

In preparation for the expected Troodos winter weather, there will be a Winter Driving Presentation in the Episkopi Cinema on Tuesday, November 19th, at 09:00. This presentation is open to all BFC personnel including civilians and dependants of Serving Personnel who may visit the Troodos area for leisure purposes. For further information please contact the Command Master Driver on 2596 3519. Directly after this there will be a Road Safety Presentation given by CJPU/SBA Police. If you cannot attend at Episkopi, please contact your local MT section, which will have a copy of the presentation.

Emergency Number

112

Fiscal Office Contact Numbers

Episkopi 2596 3342
Akrotiri 2527 6762
Dhekelia 2474 4078
Ay Nik 2474 4226

Looking for employment on camp? UK Dependant and Locally Employed Civilian roles can be found on the SBA Administration website:

https://sbaadministration.org/index.php/m-vacancies

BFPO CYPRUS LAST RECOMMENDED POSTING DATES FOR CHRISTMAS

BFPO CYPRUS → BFPO WORLDWIDE
• Letters and Parcels by 8th November

BFPO CYPRUS → INTERNATIONAL
For more information please speak to your local FPO

BFPO CYPRUS → Intra-command (within Cyprus)
• Letters and Parcels by 19th December

UK → BFPO CYPRUS
(To reach BFPO London by these dates)
• Letters and Items below 2 Kg by 29th November
• Parcels over 2 Kg by 13th November

BFPO CYPRUS → UK
• Letters and Parcels by 6th December

Note: These dates are a guidance only and not guaranteed.

Enquiries - Cpl Davies: 94120 6511
What’s On in BFC

To advertise your community related event in this section, please contact the Cyprus Lion editorial team on 2596 2052 or email your submissions to sovereign.areas@outlook.com

Episkopi & Troodos

BARC BINGO
Thursday, 7th and 21st of November.
Doors open at 18:45, eyes down at 19:30.
Donovan’s Club House, Norfolk Hill near Lion Heart. Pass holders only. Prizes to be won and the bar will be open. For more information please call Tanya on 9651 6433.

POOL CLUB COMEDY NIGHT
Friday, November 8th, 19:00 onward
The British Army Band Catterick will be appearing along with a comedian. Entrance is free, but tickets are limited. Book now to avoid disappointment, tickets are available from the HIVE, the CSOs department and the 2 Mercian Welfare Office.

TROODOS WINTER DRIVING PRESENTATION
Tuesday, November 19th, 09:00.
In preparation for the expected Troodos winter weather, there will be a Winter Driving presentation in the Episkopi Cinema. For further information please contact the Command Master Driver on 2596 3519. Directly after this there will be a Road Safety presentation given by CJPU/SBA Police.

WSBA CHILDREN’S FOOTBALL LEAGUE
Sunday mornings, from November 3rd through to Sunday, March 29th 2020.
Open to all children aged 4-14 years. Applications available in schools or from your local HIVE. For more information please contact RCWO John Campbell on 2596 3638.

RAF AKROTIRI 453 MARCH
Friday, November 8th, 12:00 onward at RAF Akrotiri sports pitches
One mile marched for every man and woman that lost their lives on Operations in Afghanistan.

FORCES STORE EXPRESS REOPENING
Friday, November 8th
The new and improved Akrotiri Force Store Express will be reopening. The Forces Max store will retain its extended opening times for now.

RAF AKROTIRI FIREWORKS AND POPPY EVENT
Friday, November 8th, 13:30 onward
Fire show at 18:30 and fireworks at 18:45. Free entry with food and refreshments available.

Episkopi & Troodos

CHIEFS’ CHARITY CYCLE
Saturday, November 16th, 07:30 onward
Road safety awareness, charity cycle ride in memory of late SBA Police colleague Savva Constantinou. Ride begins at Avdimou Community Council and finishes at the SBA Police M1 Station. For further information please contact PS 172 Loucas Panayiotou tel: 9966 4151.

EPISKOPI CHRISTMAS FETE
Friday, December 6th, 14:00-17:30 at the Epi Centre in Dodge. Santa’s Grotto, €5 per child with a gift included. Face painter, indoor entertainment and raffle, followed by the tree lighting ceremony. For more information please contact the Community Support Team.

Akrotiri

RAF POLICE MILES TO REMEMBER
Saturday, November 9th, 10:45 onward
A 1 or 3 mile dog walk starting at the station dog section raising money for the national military working dogs memorial. €3 per dog. For further information please contact Thomas.stuart103@mod.gov.uk

RAF AKROTIRI AWARDS NIGHT
Friday, November 15th, WO and Sgts’ Mess
The inaugural RAF Akrotiri Awards Evening. An event to recognise civilians, teachers, contractors, dependants and service personnel of all ranks who make this community what it is. For ticket information and citations contact phil.blake918@mod.gov.uk.

RAF AKROTIRI TINY TOTS
Every Friday, 09:00-11:00
For all children aged 0-3, with siblings welcome. Stay and play sessions including two themed sessions per month. €1 donation per child, which includes a small snack and tea and coffee for the parents/guardians.

HIVE - CHILDREN IN NEED NAME THE TEDDY
We are raising money for Children In Need at the Hive, name the teddy and win €100.

Donate €2 and choose from any names left on the poster (multiple entries encouraged). Once all names have been allocated we will scratch off the winning names. Pop in to the HIVE between 07:00-1200 throughout the week to get your entry.

AKROTIRI TINY TOTS
Every Friday, 09:00-11:00
For all children aged 0-3, with siblings welcome. Stay and play sessions including two themed sessions per month. €1 donation per child, which includes a small snack and tea and coffee for the parents/guardians.

RAF AKROTIRI CHAPLAINCY CENTRE CLOSURE
Due to essential works, the chaplaincy at RAF Akrotiri will be closed between 18th -29th November. All classes, meetings and clubs will be cancelled during this time. We apologise for the inconvenience and thank you for your patience during this time.
Dhekelia and Ayios Nikolaos

ASK THE DOC - DHEKELIA
Tuesday, November 12th 09:00
Join us in the Health Zone where Doctor Stewart will join us to talk about winter coughs and colds.

FRIENDS OF DPS DRESS SWAP SALE
Wednesday, November 13th, 18:30-20:30
Friends of DPS Parent Teacher Association invite you to their dress swap sale. All pass holders welcome, you don’t need to have a child at the school to enjoy this event. Drinks and nibbles for sale on the night. If you have a dress to sell bring it to school no later than Tuesday, November 12th, to add to our sale. For more information please contact millskayleigh@gmail.com

CYCLING - BFC WINTER ROAD RACE SERIES
Wednesday, November 13th, Registration at 12:00, Alexander Barracks Water Sports Centre, Dhekelia.
The race is open all service personnel, UKBC and UKD. Military personnel are to have their details placed on unit Part 1 Orders by an appropriate authority. UKBC / UKD must have their own appropriate insurance, which must be shown at the race brief or a copy to accompany the entry form. Cost: €1 pp upon registration
Timings: Registration 12:00-13:30, Race brief 13:40, Race start 14:00 Men B Women B (25miles/40Km). Race start 14:10 Men A women A (35Miles/56Km)
For more information please contact iain.evans867@mod.gov.uk

DHEKELIA BABY BISTRO
Every Friday between 09.00-11.00
Drop in for a coffee and chat, make new friends and receive support from a midwife and the Home Start Team. Located in the Health Zone within the Amenities Centre. For further information call the midwife on 24744922

DHEKELIA RBL MONTHLY DROP IN
First Tuesday of every month between 09:00-13:00 at the RBL Branch HQ.
An opportunity to meet the team, enjoy a hot or cold drink and ask any questions about how the RBL is serving families, veterans and serving forces in Cyprus.

DHEKELIA TRADITIONAL CHRISTMAS MARKET
Sunday, December 1st and Monday, December 2nd, 17:00-19:00
This year it will be a Woodland Christmas Market, in an enchanted forest set back from the main Dhekelia Road (close to Masalas Indian Restaurant and Vlachos Tavern) 120 stalls selling beautiful gifts, Christmas decorations and festive delights. Mulled wine, German sausages and turkey sandwiches will be served. Santa will be found in his grotto. He’ll be giving out gifts to the children, who can also enjoy decorating their own tree ornaments, write a letter to Santa and enjoy the bouncy castle.
€1 entrance for adults, children are free. Lots of parking available.

ALADDIN - FREE PANTOMIME
Tuesday, December 3rd, 15:00 &18:30
The British Forces Foundation charity funded touring pantomime is provided in partnership with the Panto Bus Ltd. To help support the BFF panto tours, please get in touch with us:
www.bff.org.uk
Tickets are free and available from Dhekelia Hive. Contact them on 2474 4551.

BFC Remembrance Services 2019

EPISKOPI STATION REMEMBRANCE SERVICE

DHEKELIA STATION REMEMBRANCE SERVICE
Sunday, November 10th. Attendees to be seated by 10:30.
St. Barnabas’ Church, Dhekelia Garrison.

RAF AKROTIRI REMEMBRANCE SERVICE
Sunday, November 10th. Attendees to be seated by 10:30. Outside St Paul’s Church, RAF Akrotiri.

AYIOS NIKOLAOS REMEMBRANCE SERVICE
Sunday, November 10th, Attendees to be seated by 12:40 for a ceremony in line with UK timings. Parade Square, Ayios Nikolaos.
A NINE-year-old based at RAF Akrotiri has been chosen from hundreds of entries to feature in a national charity calendar which will raise money to support children whose parents are serving in the British Armed Forces.

Hayden Lema will appear on the front cover of the Little Troopers Military Moments 2020 calendar alongside a collection of other heart-warming photos that capture special moments from British Armed Forces families as seen through the eyes of Forces children. Carly Lema said: “Hayden is super proud that his picture has been chosen for the front cover of the Little Troopers 2020 Calendar. As with many children of military families they have a lot of change and unpredictability to deal with for their age”

Little Troopers founder; army veteran and military parent, Louise Fettigan, explained: “We are delighted to put Hayden on the front cover of our 2020 calendar alongside a collection of other heart-warming photos that capture special moments from British Armed Forces families as seen through the eyes of Forces children. Carly Lema said: “Hayden is super proud that his picture has been chosen for the front cover of the Little Troopers 2020 Calendar. As with many children of military families they have a lot of change and unpredictability to deal with for their age”

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The ‘Military Moments’ 2020 calendar is now on sale, costing £7.50, with all proceeds helping Little Troopers to continue providing fundamental resources and initiatives to support military children such as the Little Troopers Treasures storytime app and Little Troopers Separation Pack. For more information visit www.littletroopers.net

OTHER SHOWINGS THIS MONTH:
- Maleficient: Mistress of Evil (PG) / Doctor Sleep (15) / Terminator Dark Fate (15) / Black and Blue (15) / Official Secrets (15) / The Addams Family (PG) / Midway (12A) / Le Mans 66 (12A) / Shaun the Sheep Farmageddon - Last Christmas (12A) / Frozen II (Rating TBC)

For full cinema listings, prices and reviews go to https://www.forcescinemas.com/akrotiri

Showing at the Key Dhekelia in November:
FROZEN II (Rating TBC)
Why was Elsa born with magical powers? The answer is calling her and threatening her kingdom. Together with Anna, Kristoff, Olaf and Sven, she’ll set out on a dangerous but remarkable journey.

OTHER SHOWINGS THIS MONTH:
- Maleficient: Mistress of Evil (PG) / Doctor Sleep (15) / Terminator Dark Fate (15) / Black and Blue (15) / Official Secrets (15) / The Addams Family (PG) / Midway (12A) / Shaun the Sheep Farmageddon (U) / Last Christmas (12A)

For full cinema listings, prices and reviews, go to https://www.forcescinemas.com/dhekelia

Showing at the Mercury Ay Nik in November:
MIDWAY (12A)
MIDWAY centres on the Battle of Midway, a clash between the American fleet and the Imperial Japanese Navy which marked a pivotal turning point in the Pacific Theater during WWII. The film, based on the real-life events of this heroic feat, tells the story of the leaders and soldiers who used their instincts, fortitude and bravery.

OTHER SHOWINGS THIS MONTH:
- Zombieland 2 Double Tap (15) / Shaun the Sheep Farmageddon (U) / Doctor Sleep (15) / Maleficient: Mistress of Evil (PG) / Terminator Dark Fate (15) / Black and Blue (15) / Le Mans 66 (12A) / The Addams Family (PG) / Frozen II (Rating TBC) / Last Christmas (12A)

For full cinema listings, prices and reviews, go to https://www.forcescinemas.com/ayios-nikolaos

Showing at Episkopi Cinema Club in November
THE JOKER (15)
Joker’ centres around the iconic arch nemesis and is an original, standalone story not seen before on the big screen.

ALSO SHOWING THIS MONTH: Downton Abbey (15) / Ad Astra (12A) / IT Chapter 2 (15) / Playmobil (U) / The Goldfinch (15) Abominable. Subscription is required for entry. Subscriptions are available at the Station Regimental Accounts office (Block E Top floor) or the HIVE (Dodge City)

For full cinema listings see the Episkopi Community Support Facebook Page
Akrotiri tackles microplastics

Staff working at RAF Akrotiri have confirmed that 6,600 litres of waste has been cleared from beaches on the peninsular recently as part of a clean up operation to help protect the environment. Staff from NG Bailey, a contractor based on the station, gave up their lunch breaks to remove various types of waste that had been washed up on the shoreline. The amount of waste products in the water, plastics in particular, has been widely condemned in recent years, with environmentalists fearing the catastrophic damage it is doing to the natural habitat.

Richard Johnson, the Environmental Manager for NG Bailey, who led the beach clean alongside 22 other members of staff, explained why events like this are so important to protect the environment.

He said: “NG Bailey’s policy; part of our key performance indicators as a company, is the amount of positive return we can provide back to the local community. “Regarding this event, we have focussed on the protection of the environment and supporting the Sovereign Base Areas in enhancing the biodiversity of habitats within Western SBAs. It is a very important part of our mission here. Any work we do in Cyprus, we strive to leave the area in better condition than when we found it.

“In addition to the obvious benefit to the local marine and coastal habitats; it was also a great team building exercise and all staff are already looking forward to the next event. “We love working in Cyprus; the island is truly beautiful and we want to keep it that way for future generations to enjoy as we do.”

During the clean-up, Mr Johnson and his team removed plastic waste, shoes, snorkels, shipping waste – nets, rope - "lots of polystyrene", half a wind surf board, drift wood and pallets, which Mr Johnson said would be reused to create habitat improvement measures such as constructing ‘bee hotels’ and reptile habitats.

But it was the amount of plastic and microplastic found in the water that is clearly causing most concern to environmentalists.

“Whilst a lot of the items collected were large and obvious in origin, an equal amount was showing signs of significant degradation. As plastic erodes it breaks down into smaller and smaller pieces called microplastic, which is shown to be within the food chain and as we humans sit at the apex, microplastic is inside us too.

“According to the UN, there are as many as 51 trillion microplastic particles in the seas, 500 times more than stars in our galaxy and they can be ingested by marine animals. The plastic then accumulates and can end up in humans through the food chain and have been found in food and drinks, including beer, honey and tap water”

Mr Johnson said his team were now planning to undertake more clean-ups and Andrew Morley, NG Bailey’s Regional Managing Director, was quick to praise their efforts.

He said: “A huge thank you to all our staff that turned out on the day; you gave up your time and you made a real difference.”

Siren Song success story

Partners of British Forces Cyprus personnel took part in the recent Exercise Siren Song in RAF Akrotiri to get a better understanding for what life is like for members of the Armed Forces. The exercise, which saw 49 participants sign up, saw the all-female teams take on a number of gruelling challenges which their partners often undertake daily.

Sergeant Jason Inger, the exercise organiser, said the serials were designed to not only be challenging for those taking part, but to also provide a lot of fun too.

He explained: “The serials took place all over the station, from the Fire Section, the Military Working Dogs, the ranges and even the 84 Squadron helicopter section, which proved to be a lot of fun and the highlight for most of the women taking part.”

One of those women was Kelly Ballard, a new arrival on island, who revealed her delight at being given the opportunity to get involved and she urged others to sign up to take part if the chance comes along in the future.

She said: “It has been so much fun, we have just simulated rescuing someone from a burning fire. We rolled out hoses, attached all the gear together and saved some lives. It was really challenging, very tiring but we really enjoyed it.

“For me, it is nice to finally be out here because my partner has waited a long time. I would highly recommend Cyprus as a whole and as far as Exercise Siren Song goes, don’t be nervous, you will be physically challenged and it is great to meet new people when you get into your teams.

“There are more career opportunities than you might think. You worry it might be a gap on your CV but there are so many things you can do. You can set up your own business for example, it isn’t just a case of come here as a family, you should come if you want a bit of a change too.”

Geva King-Lodge, who put out the fire alongside her teammate, said: “It was amazing, we went into Ground Ops to have look around and it was so interesting to see what they do.”
Ayios Nikolaos TaeKwon-Do Club is an accomplished and high quality organisation operating in the ESBA.

Instructor Jason Ainley, a 6th Degree black belt is an international instructor and grading examiner with over 20 year's instructing experience. He teaches in both the Eastern and Western SBAs.

Over the last 10 years, the club has provided tuition in authentic Taekwon-Do to adults and children, teaching serving personal and their families providing a strong foundation that many students continue to build on when they return to the UK.

The Taekwon-Do club has, over the years, produced Cyprus National Champions in all categories, UK open winners, Army team members, Army champions, and inter-service champions. Students have been recipients of Armed Forces Colours and SSAFA Young Achiever Awards relating to their training. The club has been featured twice on BFBS Sports and the students have displayed their talents with demonstrations at many school assemblies as well as the Ay Nik Fest and Dhekelia Dash and in 2017 the instructor took members of the JSSU to Thessalonki in Greece for training.

Every year the instructor hosts the week long A.C.E TaeKwon-Do Annual Training Camp held in local tourist resorts which attracts students from all over the UK, United States, Norway, and Australia, as well as the island based students and returning personnel.

Classes are available in both the ESBA and the WSBA. For more information please contact 9774 9640.

BFC and the SBAA are a diverse workforce, with both military and civilians working alongside one another. At its heart, is the Locally Employed Civilian community, including Marios Lambrou from the Joint Logistics Squadron in RAF Akrotiri.
T HE POPULAR Dhekelia Dash took place at the end of last month for the British Forces Cyprus community but it was an Episkopi-based team from the 2nd Battalion The Mercian Regiment that crossed the line first in the 15-person relay race. Astonishingly, now in its sixth decade, the Dhekelia Dash goes from strength-to-strength and according to race organisers, the number of teams entered was up again this year. Major Adey Penn, Officer Commanding for Dhekelia Station, who was heavily involved in pulling the event together, explained the history behind it. He said: “The inaugural Dhekelia Dash took place on November 5, 1966 and was initiated by the Commanding Officer of Ordnance Services, Colonel Sam Warne. “It was the brainchild of a Major Ray Thornton and it took the form of a sub-unit relay race for members of the Royal Army Ordnance Corps (RAOC). The idea was to relay between the RAOC Stores Depot at Ayios Nikolaos and HQ Company at Dhekelia.” For the past 53 years, the Dhekelia Dash has been an annual event, occupying a prominent position in the Eastern Sovereign Base Area (ESBA) and BFC calendar. The format of the event has evolved over the years, as has the route, as the Dhekelia OC explained: “In 2000, the format of the race was transformed into a one-mile loop around the Station, starting and finishing in the same place, which enabled greater spectator involvement, enhanced security and a greater scope for attractions, like static displays, food stalls and other entertainment. “Last year saw another slight change which further enhanced spectator viewing of the event and allowed for better use of the on-site established facilities. That change, which saw the event moved to take place behind the Dhekelia Station Lions Gym, with a one-mile loop taking place in the surrounding area, has continued this year.”

Taking to the start line this year were 17 teams from within the community and they were divided into different categories, which included one main prize for the five military teams and there was also a primary school category, which consisted of four teams, a two-team senior school category and a fun-run event with six teams entered.

Looking back at the event, the OC said he was thrilled to see the Dhekelia Dash still proving so popular with the BFC community.

“The event conflicted with another key BFC date but we still had more teams enter than last year, which is very encouraging. “It is also free to enter now due to sponsorship by Thermosolar and SODEXO, which has enabled us to run a fun, free, family event.”

Double the money for DFR’s Run to Fight

The total funds raised for Run to Fight 2019 – Fight for Autism, is €3630, which is double the amount raised for Run to Fight 2018. The cheque will be given to Dr Neophytos Papanoeophyto founder of the non-profit organisation Magic Always Happens.
Two teams from the 2nd Battalion The Mercian Regiment returned from Wales last month having secured silver medals at the world-renowned infantry competition, Exercise Cambrian Patrol.

Known as the "world's toughest patrol event", the annual test of infantry skills saw 2 Mercian's A and D Company put through a wide array of tests all designed to push them to the very limit of their abilities.

Hosted by the British Army's 160 Infantry Brigade, the test of strength, fitness and military skills, saw thousands of soldiers from all over the world set-off against one another in the gruelling event.

Lieutenant Fergus Whimster, who took part in the competition, was delighted with the performance of the troops over the course of the patrol.

Looking back, he said: "Both of our teams won silver medals and of course we are very proud of that achievement and it is a testament to the soldiers' mental resilience, physical robustness and polished soldiering skills."

The conditions for the Cambrian Patrol are in stark contrast to the training environment in Cyprus and that was not lost on Lieutenant Whimster, who said they were fortunate to have been prepared by other Battalion members who had undergone the challenge previously.

He continued: "The temperature of the water on the river crossing is always an unpleasant surprise but otherwise the teams were well-prepared and we had learnt from other teams' experiences in previous years."

For the second year in succession, the British Forces Cyprus entrants were joined by a team from the National Guard in Cyprus and having trained with them in the build-up to the competition, Lieutenant Whimster was not surprised to see them achieve success too. He said: "We were lucky enough to conduct some training with them in Troodos prior to our deployment back to the UK, which I feel was greatly beneficial to both parties."

The National Guard team performed very well on the exercise, and like us, they were able to achieve a silver medal, for which we extend our hearty congratulations."

European silver for Akrotiri judo champ

Joshua Hemsley from the RAF Akrotiri Judo Club won a silver medal representing Great Britain at the second Intellectual Disability European Judo Championships in Cologne last month.

The 22-year old won three contests at the ASV Sports Hall in Cologne on his way to silver in the Under 73kg category. This success followed on from his bronze at the same event last year where he competed in the Under 66kg category.

The current British Adaptive Judo Champion fought hard, demonstrating confident and determined performances throughout. His first fight lasted only 15 seconds after he secured a ‘major inner reaping’ throw on his opponent and his second fight was only marginally longer, ending after 26 seconds thanks to a ‘valley drop’ throw.

Speed remained the common theme in his semi-final against a strong French player and an ‘inner thigh’ throw followed by some excellent ground work led to another lightning-fast finish in only 25 seconds.

And despite falling at the final hurdle in the gold medal match against an outstanding Russian opponent, the silver medallist remained upbeat. He said: "I am so pleased with my performance during the competition and I am very proud to have won a silver medal. I have moved up a weight category since 2018 and fought hard against some strong opponents. It has been a great competition for all of the GB judoka, and I am very grateful to the Men's GB Coach Matt Rush, GB Lead Kerry Tansey, the British Judo Association and RAF Akrotiri Judo Club for making my attendance possible."

RAF Akrotiri Judo Club Head Coach, Julie Hemsley said: "We are extremely proud of Joshua. His judo is improving, he's getting stronger and he is a great role model for our younger judoka. We hope that one day he will be competing in the Paralympics."

If anyone is interested in trying Judo, then they should visit the British Judo Association website to find a club near them or visit Akrotiri Judo Club on Facebook.

What are you up to? Do you have an event or a success to tell us about? Submissions to the Cyprus Lion are welcomed. Email your stories, images and announcements to sovereign.areas@outlook.com or call the Editorial Team on 2596 2052. Our deadline for December's edition is Friday, November 29th, 2019 at 13:00.