

from my own personal view if you go back and start looking at Camp Bastion. It's like the way I look at Camp Bastion was that is a holiday camp. People who complain that the life's hard in there really, really need to grow up and get out in the field. As you move further away from Camp Bastion and you move into FOBs. Some of your FOBs are fantastic, mm, there's good healthy living in there. It's a good way of life, they have the Internet and all, and the gym facilities, and the guys in there are pretty, pretty alright, they're pretty safe. It's once you start getting more into your PB's and you, you had little small outposts that's when life starts getting rough. For a prime example there's been a news release in the papers about the PB's where PB Almas and Jamil and Hanjar, the Americans went in there and looked at it and they claimed, two of them claimed 'how do you British manage to live in these environments, how do you live in such slum like this'? Well, to be honest it's part of our soldiering. What we find, what they thought was a slum was our luxury. We made it what we want to make it, we made it healthy. Mm, PB Almas when I went down there, I was surprised to see what the lads had turned round from one little building into a fortress. They built that place so secure and so tight after all the hardships and the contacts and the explosions they had against them, I got down there and thought what a fantastic thing that these lads have made. They had a gym in there, stores, ammunition stores. The food, we had our own cooker. We used to have barbecues with the ANA. We used to get them in there, get all the, mm, the, mm, the stuff that they couldn't eat and put it to one side and get all the stuff that they could eat and have a little barbecue with them and sit down like. So every couple of nights we used to do it and they used to invite us round and we used to have their rice and pasta and all the rest of it. And we lived quite healthy and quite well because we made it that way.