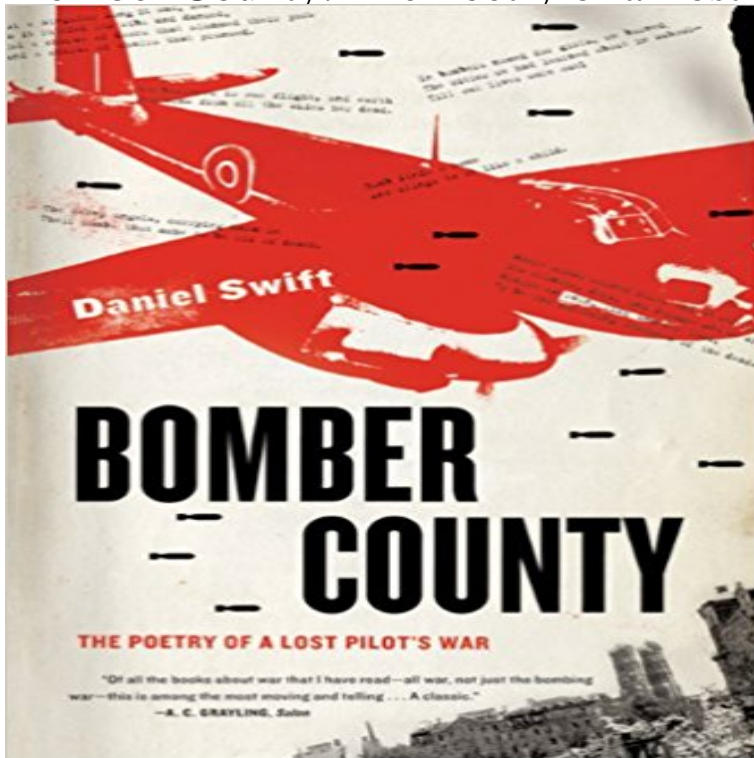


## Bomber County: The Poetry of a Lost Pilots War



In early June 1943, James Eric Swift, a pilot with the 83rd Squadron of the Royal Air Force, boarded his Lancaster bomber for a night raid on Munster and disappeared. Widespread aerial bombardment was to the Second World War what the trenches were to the First: a shocking and new form of warfare, wretched and unexpected, and carried out at a terrible scale of loss. Just as the trenches produced the most remarkable poetry of the First World War, so too did the bombing campaigns foster a haunting set of poems during the Second. In researching the life of his grandfather, Daniel Swift became engrossed with the connections between air war and poetry. Ostensibly a narrative of the author's search for his lost grandfather through military and civilian archives and in interviews conducted in the Netherlands, Germany, and England, *Bomber County* is also an examination of the relationship between the bombing campaigns of the Second World War and poetry, an investigation into the experience of bombing and being bombed, and a powerful reckoning with the morals and literature of a vanished moment.

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1. Guidance on achieving your goals
2. Instruction about fundamental nutrition, cardio and bodybuilding
3. Each week a reason to appear at the gym
4. Accountability
5. Methods to assist monitor your improvement

[What is a Program Like?](#) Each session typically lasts about an hour. The first meeting is dedicated to assessing body measurements, fitness level, health and workout background and goals. Be ready to step on the scale, have your body fat measured and answer questions that were particular about your goals. After this, you'll spend each session performing cardiovascular exercise, weight-training, flexibility or other activities depending on what your aims are. Your trainer will show you give you tips for getting the most out of each workout, enable you to determine how

much weight to use and just how to do the exercises. What to try to find In a Personal Trainer 1. Education: A personal trainer should be accredited through a recognised personal training organization. The more education your trainer has, the better your workouts will be, although a workout science or other related college degree isn't crucial. 2. CPR: your coach should have an updated qualification in CPR and/or firstaid. 3. Experience: Make sure your trainer has expertise, particularly with regards to your goals. As an example, if you are a bodybuilder, you want some body educated in that area. 4. Details: If you've got a particular clinical issue, injury or illness (such as being pregnant, difficulty becoming pregnant, heart troubles, diabetes, etc.) ensure your trainer has education in these fields and communicate with your doctor. 5. A good-listener: A good trainer ensure he comprehends your aims and should listen carefully to what you say. 6. Attention: A good trainer should be targeted only during your sessions on you. 7. Monitoring improvement: A great coach will often assess your progress and alter things if necessary.

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