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# the bulletin

Dec 2011  
Jan 2012

- Voice Of The Community

## We Remember Them

A look back at all the Remembrance services

## Jingle All The Way

Christmas Fayres and markets through the lens

## Clubs Galore

A detailed list of all the Garrison clubs



teambulletin@yahoo.com



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Welcome...



It's only the beginning of December and, as anticipated, we're already immersed in the excitement of the seasonal festivities.

You are getting your December/January Bulletin a little bit later this month simply because we wanted to include pictures of the various Garrison Christmas Bazaars and Fayres in the Christmas edition. And we couldn't possibly have a Christmas Bulletin without something festive on the front cover!

In this edition we look back at the various Remembrance Services held last month and also the Halloween and bonfire activities too.

As always, there is a lot of important information inside; the essential postage dates to remind you to get your presents where they should be in good time, vehicle licensing deadlines information and the revised timings for the Air Trooping Service this winter. We also have included important tips on staying safe while cycling on page 60

As always, many members of the Garrison, both young and old, have been working hard to raise money for various charities and we have a double page spread on pages 28 and 29, so well done to you all.

We have an abundance of clubs throughout the Garrison. So, whatever you like to do in your spare time, I am sure that there is a club worth joining, so check out the list on page 31.

Don't forget that 10th of the month is the deadline for articles. However, if you would like something included after this date, then do let us know so that we can reserve a space for you.

Whatever you are up to over the festive season, myself and the team here at the Bulletin office wish you a very Merry Christmas and a prosperous 2012.

*Judith*

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**Please note that the deadline for articles and advertisements is Tuesday 10 January**

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singing carols

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## Valedictory From Garrison Commander Brigadier Jon Watson

"May you live in interesting times." No one quite knows the origin of that statement, though it's purported to be a Chinese proverb, or even a curse. It became popular after John Kennedy used it in a speech he gave in Cape Town on 7 June 1966, yet it seems truer today than ever before. And 'interesting times' these certainly are, with seismic, game-changing reforms beginning radically to reshape the way we work, live, and operate. I say 'reform', because these changes go far beyond any of the evolutionary adjustments that have resulted from the many reviews and studies I have seen – and contributed to – over the last 30 years. Among them, there are three that seem crucial.

The Defence Reform agenda will transform the way we work. Making Head Office smaller, leaner and more strategic will also make it more political, more directive and less consultative. We will pay for years of inter-Service squabbling through reduced military influence at the highest level. We will see the impact of a crisis of confidence between the civil and military spheres that is arguably as dire as it was when Harold Wilson suspected Lord Mountbatten of secretly contemplating (and even planning for) a military takeover. At the same time, Service Chiefs will become more accountable and Land Command's structure will become flatter, contributing to agility and responsiveness in a resource-constrained environment. But 'empowerment' cuts both ways: culturally speaking we readily shoulder added responsibility; but are we braced for our authority to be questioned, scrutinized and second-guessed at every turn?

The New Employment Strategy will transform the way we live. These are early days in the planning process, but already the nascent supergarrison concept is being taken to the next level. A more home-based, more static, less expeditionary-minded force will no doubt yield benefits in terms of stability for our service personnel, and especially their families. But it will also fatally undermine the long-held principle of accompanied service which all of us in Germany have taken for granted for so many years. The idea of the Army as a vocation, a way of life, of being paid for 24 hours rather than 9 to 5, of being subsidised to ensure continuity of education for our children, of spouses 'following the flag': these things go to the very heart of what we are as an organisation, and of who we are as servants of the Crown. Do we understand, and are we ready for, the fundamental changes in the underlying military ethos that will result?



Future Force 2020 will transform the way we operate, and here the future is even less clear. It is apparent, though, that the short-termism inherent in our Parliamentary democracy dooms us endlessly to repeat a schoolboy error: that of extrapolating the lessons of the current operation in willful ignorance of the broad sweep of history. So the perceived success of NATO in the Libyan coastal strip has its downsides. It unhelpfully eclipses the very significant lessons we have learned in Afghanistan about the costly and protracted nature of ground operations in a landlocked country, and it falsely suggests that such operations will always be a discretionary rather than necessary part of foreign interventions, humanitarian missions included. So, when (not if) the next international crisis comes along, will we still be able to conduct high intensity armoured ground manoeuvre operations in contact with a determined and well-armed enemy?

It's easy to become disheartened by the developments we see around us. Yet as I travel around Germany I never fail to be impressed and encouraged by the energy and professionalism of our people, be they military or civilian. They – you – know that there's still a job to be done, and an important one at that. And you are doing it remarkably well, each and every day, in a spirit of selflessness and with a smile on your faces. So, as I leave the Garrison, the Germany Support Group and now the Army, I have a better saying to offer. You'll be familiar with "carpe diem", of course. But the full quote from the Latin poem by Horace is: "Carpe diem, quam minimum credula postero". It means: "Seize the day, and don't worry too much about the future".

Be well, and stay safe.

## Lt Col Andy Thorne Deputy Commander Rhine Garrison



Winter is finally with us and it has been heartening to see the number of people from the Garrison and its surrounding local population that have supported the busy and varied programme of events provided by our soldiers and volunteers. The firework displays at both JHQ and Elmpt were fantastic examples of this: many thanks are due to those who made such a lot of organisation look effortless. Likewise, the well orchestrated Remembrance Services across the Garrison were very moving, particularly as so many of the families of the deployed made such an effort to attend. The service at the Reichswald Cemetery with military personnel and veterans from across Holland and Germany attending was also particularly poignant. The start of the Christmas season proper was signalled by the Christmas Bazaars, and once again many of you attended, showing there is still a thriving population across the garrison, full of people who are prepared to give up a lot of their time for worthwhile causes. Both fayres raised substantial amounts of money for local, national and Service charities and I would like to thank everyone who was involved for their effort and contributions and for adding to the richness of life here.

Finally I would like to wish a very fond farewell to Brigadier John Watson, our outgoing Garrison Commander who is leaving the Army after 33 years of Service and I am sure that you would like to join me in extending him all our very best wishes for the future.

I hope that you all have an enjoyable and relaxing leave; my and Debs's thoughts are with those of you that are separated from your loved ones at this time. We wish you all a very merry Christmas.

## Lt Col Richard Rumsey Commanding Officer 16 Signals

I find it hard to believe just how much time has already passed since I arrived at Javelin Barracks in August, but it is great to be back at Regimental Duty. I last served in Germany in Osnabruck in the early 90's and whilst many things have changed in BFG over that time, it is clear to me that the sense of community associated with serving here is still very much alive and well.

Having arrived from an 18 month assignment in the MoD in London to join 16 Signal Regiment as it commences the run in to the next tour of Afghanistan in May 2012 is a huge privilege. Whilst coming to terms with the many competing demands being placed on the Regiment, the other facet of life that has struck me is the fantastic range of facilities that are available both on our doorstep here in Elmpt and Wildenrath but also across the wider Garrison area.

Clearly these are challenging times with the on-going closure of parts of the Garrison, but whilst the Regiment's preparations for deployment continue apace, the second of the two themes that I see as key during my tour with the Regiment is maintaining a strong linkage with the Garrison staff. The work that we will be doing with them will be vital in doing everything we can to maintain as many of the current facilities available to us all for as long as is physically and financially viable.

Over the coming months the Regiment will, in addition to continuing to deliver support to the preparation of 12 Mechanized Brigade units and conducting our own Pre-deployment training, remain fully engaged in our Regimental and Community activities. Events such as the Station Bonfire Night, Remembrance Sunday and all the fun involved in the run up to Christmas are ideal opportunities to weave Service and Community life together. As a Regiment we will endeavour in the New Year to keep you all abreast of our preparations for the future and in particular how we will bolster our Community Support Office to deliver enhanced support to our families whilst the Regiment is deployed. In the meantime may I take this opportunity to wish you all the very best for the Festive Season and the New Year.





# Remembrance 2011



**THE ROYAL  
BRITISH LEGION**

With conflict ongoing in Afghanistan, and Garrison troops having returned recently from Op Ellamy, plus the Royal British Legion (RBL) celebrating its 90th Anniversary, the Armistice Day and Remembrance Sunday services, in the region, took on a further significance this year.

## Reichswald



The Garrison organised its Armistice Day Parade at Reichswald Forest Commonwealth War Cemetery, on behalf of the RBL, replacing the parade that is normally held on the Joint Headquarters forecourt. During the service, a two-minute silence was observed, which as is traditional, was timed to start at 11am on the 11th day, of the 11th month; which reflects the moment that the guns fell silent at the end of The Great War, in 1918. Wreaths were laid in memory of the fallen; this included ones laid by GOC UKSC Maj Gen Nicholas Caplin, British Consul-General Malcolm Scott, the RBL, Royal Air Force Association, and representatives of the three Armed Services.



## Elmpt Station

Elmpt Station Remembrance Day Service was held on Sunday 13 November in Hangar 3, Javelin Barracks. The service was held for soldiers and their families, and it was presided over by Father Danny Hernandez.

After the service was finished, wreaths were then laid during a moving Parade held at the Elmpt Station Memorial by representatives from, among other units, 7 and 16 Signal Regiments, Elmpt Station and the RBL.

Small wooden crosses, holding a poppy, were also planted around the Elmpt Station Memorial by soldiers



and their families, as a way to pay their individual respects to the fallen, and anyone that they may have known personally.

# We Will Remember Them...



**THE ROYAL  
BRITISH LEGION**

## Support Squadron's Final Remembrance Day

With the disbandment of 7 Signal Regiment next year, its Support Squadron's Remembrance Day Service had an added note of poignancy this year, as it will be the last to be held at Rheinberg Commonwealth War Cemetery. A large number of soldiers and their families attended the service, at which Maj Andrew Burdge, CO Sp Sqn, and Bob Francis, the RBL Rheindahlen Branch Secretary were among those who laid a wreath.

It has become traditional for the Support Squadron to hold the service at the Rheinberg Cemetery to symbolise the links formed when 7 Signal Regiment were based at Krefeld. Speaking after the ceremony,

Maj Burdge expressed his sentiments and those of his Squadron, now the final service at Rheinberg was over, "This is a very significant day. 7 Sig Regt used to come here as a Regiment, and then when we moved from Krefeld to Elmpt in 2001 the strong tradition continued. So it is a poignant day, to be holding the final service here. Especially as we have soldiers serving in Afghanistan at the moment. It is also lovely to have our families here as well. It is a fantastic place."



**As an act of reconciliation, and to promote international relations, members of the Royal British Legion traditionally attend a number of German Remembrance Services in the Rhine Region.**

## Wickrath

Steve Reid, the RBL Rheindahlen Branch Chairman, laid a wreath at the dusk service organised by the German Fire Service at Wickrath, and attended by German Reservists; Steve was accompanied by Phil Poole, Standard Bearer Rheindahlen Branch, and Pipers Brian Gillies and Ken McKinney.



## Viersen

Paul Houston as the Canadian Liaison Officer, RBL Rheindahlen Branch also laid a wreath at a German Remembrance Service in Viersen. Paul said, "It is pleasing to see that respect between the German Reservists and the RBL is at a very high level. The coming years will see the 100th Anniversary of the start of World War I. This will see both sides standing side by side, shoulder on shoulder respecting the dead from both of their countries and ensuring that they will never be forgotten."



Steve Reid, Chairman of the RBL, Rheindahlen Branch has said "A huge thank you" to those who have donated to, or helped raise money for Poppy Appeal 2011. So far €6,000 has been raised from this year's appeal, to be added to another €3,500 from throughout the year. Steve expressed his thanks at this year's Poppy Drinks held at the British Lion, JHQ, "We have surpassed last year's total. 100% of the money will go towards alleviating the needs of our clients' welfare, physical and emotional needs."

The fantastic Poppy Appeal total included \$263 raised by John Nestorbergmann selling poppies in Afghanistan, a branch member who is currently working there, donations also came in from West Rhine Golf Club, RBL Poker Players, Ark School, those attending Reichswald Armistice Day service, and branch members, among others.

Steve also wanted to thank SSgt John O'Hanlon, RBL Volunteers, NAAFI, Keith Atkinson, Rom Pearson and Maureen Bley for their efforts supporting RBL events.



## THE ROYAL BRITISH LEGION – RHEINDAHLEN BRANCH

The Royal British Legion is the UK's leading Armed Forces charity and one of its largest membership organisations. Members get together through the network of branches and clubs all over the country and overseas to participate in social, fundraising and welfare activities.

Rheindahlen Branch meets twice a week at the Lion's Head at JHQ. Membership is open to everyone. If you have an interest in the objectives of the Legion and want to help and support those who are serving, have served and their families, come and join us. We welcome men and women of all ages, whether they have served in the Armed Forces or not.

Legion membership ensures that Remembrance is kept alive, and that the sacrifices our brave Service men and women have made are never forgotten.

The ex-Service community have a voice and that their concerns are brought to the public eye. Becoming a member also provides the opportunity to get involved in a wide range of activities and events held locally, regionally and nationally throughout the year.

There is also the opportunity to join the Committee. Currently we are looking for Committee Members to organise fund raising activities, and to join our Case Workers Team. We are also looking for a Standard Bearer, although this person does not have to be a Committee Member.

Our web site address is : <http://www.britishlegion.org.uk/branches/rheindahlen>.

If you have any questions, please contact us on [RBLRheind@hotmail.com](mailto:RBLRheind@hotmail.com)



## 1ST RHEINDAHLEN GUIDES MEET KARATE BLACK BELTS

By Maxine White

A big THANKS to karate black belts Mr and Mrs Parkin, and to all at Rheindahlen Karate Club for showing us some self-defence and karate moves. We had great fun and learned some useful new skills.

We want to try out as many different sports as we can before next year's Olympics - if you can help, or would like to join Guides (girls aged 10-14yrs), please e-mail: [max\\_hedgehog@yahoo.co.uk](mailto:max_hedgehog@yahoo.co.uk)



Guides.

## FISHIN' WITH A MISSION YOUTH CHALLENGE

By Shawn Harris Photo by Charlie Booker



Top Left to right: Shawn Harris, Stevie Mallion, Joel Avell, Kat Bancroft, Garreth Dunn, Liam Burge Bottom left: Chloe Parish, Matthew Hunt, Callum Montgomery.

The Army Welfare Service held its first annual "Fishin' with a Mission, Youth Team Challenge, over half term. The October air was crisp and members of the Rheindahlen Youth Centre Angling Team took turns warming themselves by the camp fire, as they fished throughout the night to raise money for "CLIC" a children's Cancer and Leukemia charity.

Prior to the event, team members were encouraged to solicit financial support for the challenge. Supporters had a choice of making a flat donation or to sponsor the team on a "per centimeter" basis for their catch over a 24 hour period.

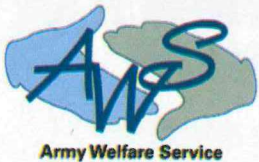
Members of the team spent weeks preparing for the event and developing their angling skills. They learned knot tying, rigging, casting, basic fishing etiquette and how to work as a team. Many participated in the event as part of the Youth Achievement Award or Youth Challenge Award programmes also offered through the Rheindahlen Youth Centre.

Volunteers, such as Ken Stanway, Rob and Ann Tuck-Brown and Darryl Wheeler were supportive to the event and donated hours of their time to teach additional

fishing skills and techniques to the team. Many local businesses rallied to support the team and its cause, by donating food and snack items or by providing financial sponsorship. Thanks to all our volunteers, our local NAAFI, Astrid at Culpeck Insurance and Julie Kemp with Land Rover. A Special thanks to the Elmpt Fishing Club at Javelin Barracks for hosting our challenge, and for all the support from their staff. As Group leader of the challenge I believe the event was a big success.

Every member of the team worked very hard. They collected more than €400 in pledges for their charity and spent a lot of time practicing and preparing for the event. I'm very proud of them. I also feel that it was a great opportunity for them as well. They all caught fish, had some fun, were able to show charity towards others, were supported by their community and they received instruction in an activity that they can enjoy for a lifetime.

For more information about this programme or similar programmes, please contact the Rheindahlen Youth Centre at 02161 472 4483 or the Army Welfare Service at 02161 472 3603.



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# 231 Goes Out "On A High"



By Gill Robinson, Photos by Charlie Booker and Dom King

Current and past members of 231 Squadron, 7th Signal Regiment, gathered for a poignant disbandment parade in October, to give the 60-year-old Squadron a fitting send off.

The disbandment of 231 Squadron saw the first step towards the full disbandment of 7th Signal Regiment next summer. The Regiment's closure comes as a result of last year's Strategic Defence and Security Review (SDSR).

For the disbandment parade, 231 Sqn was accompanied by two of 7 Sig Regt's other squadrons, 229 Sqn and Sp Sqn. The third, 232 Sqn, is deployed currently in Afghanistan, as part of NATO led Op Eagle.

Taking the salute on the day was the Commanding Officer of 7 Sig Regt, Lt Col Al Long, and during a speech to the troops he paid tribute to the Sqn's proud history, and especially their very successful operational tour to Afghanistan, which finished at the end of July, "Whatever you do in life you should finish on a high,

and you really are finishing on a high. The professional standard that you set in Afghanistan was exceptional, so I am very proud of you for that."

At the end of the parade, the members of 231 Sqn marched off for their final time as a unit; ready to make the transfer to their next assignments, and Maj Eric Warren, Officer In Command of 231Sqn explained that fortunately the transition should be smooth for most of the soldiers and their families, "For many of the families, there will not be too much disruption because they are staying in the Garrison, or the localised area, at least for now. A lot have received the posting that they asked for, so generally that has been very good news."

As the Squadron's closure begins the sad process of disbanding the first regiment in the Royal Corps of Signals to be affected by the SDSR cuts, the message from the CO remains quite clear; that members of 231 Signal Squadron should, "Look back with pride and fond memories at their time here, but they should also look forward to the next challenge."



## Elmpt Will Remain A "Great Facility"

The decision to disband 7th Signal Regiment was taken as a result of the Strategic Defence and Security Review announced in October 2011. The disbandment of one of its squadrons last month, 231 Squadron, is the first step towards the eventual closure of the whole of 7 Signal Regiment by 31st July 2012. The challenge of disbanding the Regiment, with its long and proud history dating back 126 years, falls to its Commanding Officer Lt Col Al Long.

Lt Col Long has spoken to the bulletin about the reasons for the disbandment, and the efforts that he, and his team, are making to ensure that the process will be accomplished as smoothly as possible, and with as little disturbance as possible to the soldiers, their families and the wider Garrison.

"7 Signal Regiment's role has been dedicated to supporting HQ ARRC, as part of our commitment to NATO. However, one of the many decisions of SDSR was to reduce the level of support that was provided to HQ ARRC, and unfortunately, as a result of that, 7 Signal Regiment was targeted for disbandment.

"The order from Land was to disband the Regiment by 31st July 2012. We are doing that in two stages, by Easter 231, 232 and LAD will be disbanded, and the remainder, which is 229 and the Sp Sqn will be disbanded by summer 2012."

After the closure of 231 Squadron there were approximately 350 soldiers still left to be reassigned in the Regiment, and Lt Col Al Long explained the planning that had been made to ensure the disruption and stress would be reduced for his troops, and their families.

"We have been proactive on the posting side, starting the process early, and we are having a very good hit rate with Glasgow, a lot of people are getting their first choices. We are trying to ensure a smooth transition for soldiers and their families. The family and welfare side of life is very strong in the Regiment, and we spent a lot of time planning, because it is critically important to get that right, particularly for a unit based overseas.

Presently the Garrison's two Signal Regiments, 7 and 16, are both located on Javelin Barracks, with the



housing footprint falling on both Javelin and Wildenrath. The Garrison has already announced that, due to the fall in numbers with the disbandment of 7 Signal Regiment, Wildenrath will close completely towards the end of 2012, which will result in the remaining families being moved elsewhere in the Garrison. Lt Col Long also commented on how these changes would affect the remaining population in Elmpt.

"Clearly, the departure of 7 Signal Regiment will reduce the population of Elmpt Station quite significantly, and that is clearly going to be a challenge for the Garrison; fewer numbers will make it harder to organise things, but it is quite manageable. I hope that between myself and the CO of 16 Signal Regiments, we have got that covered. It is not just a question of us up sticks and leaving, we have to get this right for everybody in the Garrison.

We still have good facilities in Javelin, and I am confident that with those remaining, or moving into Javelin, it will remain a good place to live. There are great facilities like Brügggen School, AWS Childcare and Youth Club facilities, Home-Start, SSAFA and many other community and welfare organisations, so there will be more than enough people to ensure it remains a great facility in the future."

Looking to the future of the last few months of 7 Signal Regiment, and beyond, Lt Col Long summed up the general feeling of the affected soldiers and their families, "It is business as usual; we have a task to do, and we get on with it, although there is some sadness. I think people are busy, some people are still on operations, and I am confident that people are looking forward to their next task; their next challenge."

## Signal Pair Return From Op Ellamy

Lt Abbie Roberts and Cpl Rob Charlton, both of 229 Signal Squadron, 7 Sig Regt, have recently returned from deployment as part of Op Ellamy, the NATO mission to enforce UN Resolution 1973, to protect civilians in Libya. Speaking of their role in the British operation that formed part of Operation Unified Protector Lt Abbie Roberts explained, "We provided NATO communications in support of RAF sorties. It enabled RAF units in Italy to task missions accordingly for Tornado's and Typhoons. I really enjoyed it, it was a fantastic experience, and as a relatively inexperienced Officer it was an eye-opening mission to be a part of. Cpl Rob Charlton agrees, "I was working with a really small team, and it became a tight knit relationship. It was a very good tour.







## Wildenrath Community Children's Christmas Party

10 DEC 11

Wildenrath - Windmills Club Club

Party 1 Up to school year 2 1100 - 1300hrs  
Party 2 school years 3-6 1330 - 1530hrs



Proformas are available from the Wildenrath Community Co-ordinator and 7<sup>TH</sup> Signal Regiment Welfare Office.  
Children's gifts are required to be submitted to 7<sup>TH</sup> Signal Regiment Welfare Office at the same time as the proforma. Please ensure that your child's name and the party they are attending are clearly marked on the gift.  
Final date for submission is 1st DEC 11. Submissions after this date can not be accepted. Please direct any questions regarding this event to 7<sup>TH</sup> Signal Regiment Welfare office on 02163 97 4746.

# ELMPT STATION CHILDREN'S CHRISTMAS PARTY

## Sunday 11TH DECEMBER 2011

To be held at the Wall and Willow, Elmpt Station (residents of Elmpt Station)

1100 - 1300 hrs - Up to and including Year 2

1330 - 1530 hrs - Year 3 to Year 6

Please ensure that all presents (for your own child) are marked with their Name, Age and Venue. These are to be handed into the Community Support Office 16 Sig Regt, no later than 7<sup>th</sup> December 2011.



Tickets and information available from your Community Support Office:

Tel: 16 Sig Regt: 3760



### 1 On the 1st day of Christmas

- Check your Christmas tree lights conform to the British Standard. Always use a residual current device (safety device that can save lives by instantly switching off power) on outdoor electrical equipment.



### 2 On the 2nd day of Christmas

- Never place candles near your Christmas tree or furnishings.

### 3 On the 3rd day of Christmas

- Make sure your family and visitors staying for the festive period know what to do in an emergency. Make a fire escape plan.



### 4 On the 4th day of Christmas

- Decorations can burn easily - don't attach them to lights or heaters.

### 5 On the 5th day of Christmas

- Never overload electrical sockets. Take special care with Christmas lights. Always switch Christmas lights off and unplug them before you go to bed.



### 6 On the 6th day of Christmas

- Celebrate Christmas and New Year safely. The risk of accidents, especially in the kitchen, is greater after alcohol is consumed.



### 7 On the 7th day of Christmas

- Most fires start in the kitchen - never leave a cooker unattended.

### 8 On the 8th day of Christmas

- If you are planning to celebrate with fireworks, store them in a metal box, read the instructions, never go back to a lit firework and keep a bucket of water nearby.

### 9 On the 9th day of Christmas

- Make sure cigarettes are completely extinguished before going to bed.

### 10 On the 10th day of Christmas

- Check the battery in your smoke alarm every week and use Christmas as a reminder to clean it and remove dust.



### 11 On the 11th day of Christmas

- Keep candles, lighters and matches out of the reach of children. Never leave burning candles unattended.



### 12 On the 12th day of Christmas

- Take the time to check on elderly relatives and neighbours this Christmas - make sure they are fire safe.

## FIRE SAFETY The 12 Days of Christmas



### New Year Fireworks Celebrations

Having fireworks at home can be great fun, as long as they are used safely. Figures have shown that more children than adults get hurt by fireworks.

Only one person should be in charge of fireworks. If that's you, then make sure you take all the necessary precautions. Read the instructions in daylight and don't drink any alcohol until all fireworks have been set off. Make your preparations in advance, and in daylight or with a torch (never a naked flame). On the night, you will need...

1. A torch
2. A bucket or two of water
3. Eye protection and gloves
4. A bucket of soft earth to put fireworks in
5. Suitable supports and launchers if you're setting off Catherine wheels or rockets.



Have a **Safe** Christmas & New Year and **don't put your family and friends at risk - Think!**



### Library's Guessing Games For Charity

Rheindahlen Library and Information Centre has raised money for Children In Need 2011 through a Guess What Cake Pudsey Bear Will Bake, and also a Guess Where Pudsey Bear's UK Cycle Ride Will Finish, competition.

The winners earned themselves a Pudsey Bear Mug, and members of the Garrison were also encouraged to recycle their plastic bottles at the library; the proceeds from which will also be donated to the great cause, along with the contents of a collection box.

Members of RESPECT have raised €170 for Children In Need 2011. The money was raised by Bag Packing in NAAFI JHQ. The money was raised by three groups over three separate nights by different groups.



### Kiddies' Teddy Bears' Picnic

Youngsters, some of their parents, and staff from Rheindahlen Childcare Centre (RCC) have been joined by Pudsey Bear to enjoy a tasty, Teddy-Bears' Picnic to raise money for Children In Need 2011. The fun picnic was part of a whole fancy-dress and activity day aimed at raising money for this good cause.

The event at RCC raised a total of approximately €75 towards Children In Need.



The event was the idea of Nickie Graham, who works in the Bouncing Bunnies Under 2 Room, who explained why they had held the day. "As we work in the child-care profession, we thought it was really important to do something for Children In Need. It was a whole-team effort; as well as the picnic, we have also organised a Guess The Teddy's Name, and How Many Sweets In A Jar games."

### RESPECT Bag-Packing

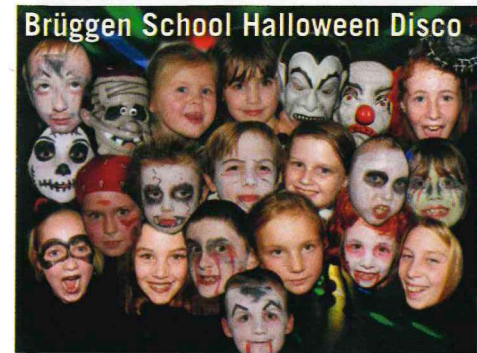


Members of the RESPECT Group raised €400 from their 3 bag-packing days in the NAAFI and they also supported a Silent Disco held at the Information Shop at Windsor School.

### Brüggen Pupils Go Spotty For Charity



Children at Brüggen School went all spotty in aid of BBC Children in Need. The children and staff looked fantastic and they raised €199. Well done everybody.



Brüggen School Halloween Disco



RSU Halloween Party



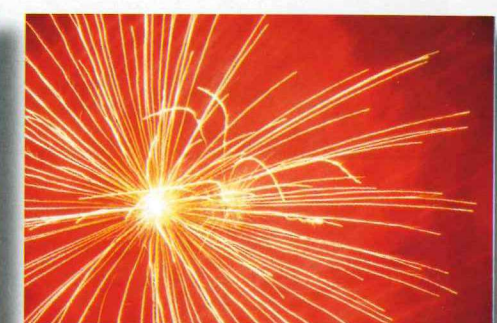
Homestart Elmpt Halloween Party

### ELMPT BONFIRE NIGHT

Photos by Charlie Booker



Fiona Long presents the Best Poster Prize to Kian Opie



### JHQ BONFIRE NIGHT

Photos by Dominic King



Debs Thorne presents the Best Guy Prize to Harriet Davies





# Rendezvous Club Christmas Market

Photos by Gill Ronbinson



1MI's Rendezvous Club has raised just under €700, from the first Christmas Market to be held in the Garrison this year. Although the event, held at the No 4 Civilian Club, was on a slightly smaller scale than some of the other Garrison Christmas markets, it was extremely well attended, and created a real Christmas spirit.

The chairperson of the Rendezvous Club at the time, Jill McClure, explained what they had hoped to achieve with the Market, and how she felt it had gone, "We held the Christmas Market because we wanted to provide an event for the community, and it has gone really well, a real success. The turn out at the Civilian Club was excellent."

Jill also explained that the money raised on the evening, for two of the 1MI Rendezvous Club's regular charities, ABF – The Soldiers' Charity and The Royal British Legion, came from donations on the door, Glühwein sales, and the proceeds of a raffle, for which the stall holders had donated prizes. Most of the stalls were manned by small businesses and traders from within the Garrison, including Busybeads and Mandy's handmade jewellery, Nicola-Jane Dresses, Scrabblecious, The Point – Chinese Therapies and a Phoenix Cards representative. There was also an ABF – The Soldiers' Charity stall, and a homemade cake and jam stall.

# Elmpt Christmas Market

By Erika Taylor

Lt Col Andy Thorne officially opened the SSAFA Elmpt Station Christmas Fayre this year. He arrived with his family to a waiting crowd of over 200 people, ready to start the festivities.

The event was very well organised, which, according to the WO1 (SWO) Keith Atkinson, was mainly down to the hard work and commitment of Nickie Hodgskins and Sgt (SQMS) Colin Opie who led a team of willing helpers. Many thanks also go to NAAFI for their tremendous support in food, drink and entertainment.

There was a wide range of large stalls with lots of entertainment, which made it a very successful event. Lt CoThorne said, "A lot of effort has been made by SSAFA and all the other volunteers making sure that everyone will have a wonderful time while also raising a lot of money for SSAFA. It is a fantastic opportunity for the community to get together to start off the Christmas Season"



# JHQ Christmas Bazaar

Photos by Dominic King



The Rheindahlen Rooms at JHQ were transformed into a festive wonderland once more for the Community Charities Fund Christmas Bazaar.

There was lots of food and drink on sale and numerous stalls selling arts and crafts providing lots of ideas for Christmas presents. Many stall holders were donating their sales to their preferred charity. Representatives from SSAFA and Jigsaw were also there to provide information

To add to the fun there was also face painting, tombola and fairy cake decorating, so lots to keep the kids amused. But of course the day wouldn't have been complete without a special appearance from Father Christmas, who arrived on a horse-draw cart, and chatted with the children for hours trying to remember all their requests for presents this year.

Altogether, €4,500 was raised on the day and Chairperson of the CCF, Isobel Caplin, was delighted with the numbers of people that turned up. She said "This bazaar is a great way to raise money for charity and to kick off Christmas. I'd like to thank all those who made it possible, particularly all at RSU and the SSM, WO2 John O'Hanlon".





## Scout Leaders Awarded Certificates Of Appreciation

On the 7th Nov 11 The 1st Rheindahlen Scout Group was the venue for the presentation of The Commander GSG Certificates of Appreciation to Jan Abbink and Andre Rutten.

The certificates were awarded for the outstanding support given to the Scout Group and the presentations were made by Lt Col T Wagstaff, who kindly stood in for the Commander who was unfortunately in the UK.

Volunteer leaders and helpers are always needed. If you feel that you could give up some of your spare time, please contact Emma Dell at Javelin Barracks on 02163 5725031, David Haigh at JHQ on 02161 550824 or Tam Pearce at Ayrshire Barracks on 02154 2647



## Sparkasse Manager Retires

The JHQ Sparkasse Manager, Herr Gersemann, has just retired after 34 years of serving at the bank here at JHQ.

The GOC, Major General Nick Caplin hosted Herr Gersemann at a lunch in the Rheindahlen Rooms to say a big thank you for his long service here at JHQ. He said, "You've seen everything come and go and you have considered it to be much more than just a job. You get involved in the life of the Garrison and history has it that you were a regular participant in a bed pushing event around Wegberg hospital raising money



Photo by Dominic King

for charity. On behalf of us here today and the many varied communities here at JHQ throughout the years we can't thank you enough for everything you've done. We're going to miss you".

After his speech, the General presented Herr Gersemann with a Certificate of Appreciation and a UKSC plaque, along with a bottle of malt whiskey. Herr Gersemann thanked the General, saying, "I'm going because it is time to go, but I am leaving many friends and I must thank you for these kind words and for the trust you have given the bank"



## New Welfare Facility For 1MI



1MI Battalion has recently moved into their new Welfare Centre at the old Blues Club at JHQ. The centre was officially opened by the Deputy Chief of Staff, Col Andrew Bellingall,



Soldiers and their families gathered at the reception as Colonel Bellingall cut the ribbon and also handed over the symbolic key, giving the Battalion ownership of the building. He said "This is a much needed resource, it's very well set-up so congratulations to the committee and your team for all your hard work".

Welfare Officer, WO2 Andy Riach was delighted with the new premises and considered it much more suitable for the Battalion's needs. He said "We've got a fully stocked bar, different play area for the various age groups, and most importantly it's away from the work place. There are also function rooms available for families to hire for parties".

Each company will take ownership of it a month at a time, manning the bar and supervising the various events. Andy said "This should hopefully make everyone quite pro-active and competitive".

The SSVK Welfare Fund donated almost €7,000 worth of items such as DVDs, laptops, games consoles, printers, cameras and TV dongles for the soldiers in theatre.

2IC of the Battalion, Major Gordon Clifford said, "This Unit is either in preparation to deploy on operations or recovering from operations and I think this provides a really welcome facility for the soldiers to have their own space. It's great to have the Dep Chief of Staff come along to open the facility today because he really has the oversight of the wider welfare piece not only within the Rhine Garrison itself but across Germany, so it's been a real benefit".



Also at the ceremony an Op Herrick 15 medal was presented to SSgt John Hughes.



The bar is open every Friday and the first Friday of every month is Freaky Friday when children will be welcome. Anyone is welcome at the centre as long as they have been invited by a member.



The members of the Dependant Employee Council wish all our friends and colleagues a Merry Christmas and a Happy New Year.



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## New Kit For Football Club

The Navy, Army and Air Force Institutes (NAAFI) in Germany has donated €1,500 to the Rheindahlen Youth Football Club (RYFC). The money has allowed the club to buy new match shirts for each of their teams.

Steve Marshall, NAAFI Operations Director, and David Jones, NAAFI Head of Germany Operations South, both handed over the shirts to Stuart Howard, the RYFC Chairman and all the club players, at the beginning of one of their regular training sessions.

Steve Marshall explained why NAAFI was more than happy to make the donation, "We are very pleased to be providing this money to Rheindahlen Youth Football Club. It is all about NAAFI giving something back to the local community; to the people who use our facilities on a daily basis, so it is nice to be able to do this for them."

Stuart Howard, as the club Chairman, also explained just what the new shirts meant to the club and its players, "Looking at all the players wearing their new shirts makes me feel proud to be part of the club. It is very important that the players all wear the same shirts to create a strong club identity. As Chairman, I am very grateful, and the whole club are grateful to NAAFI for the donation."



## Salmond House Closes

By Major Donald Smith Photo by Dominic King

In December 2011 the last students will leave Salmond House Training Centre (SHTC) and by March 2012 the centre will close. SHTC opened in its current location on the 14<sup>th</sup> of June 1994 when the Royal Air Force Germany's higher educational establishment merged with the Army's Higher Education Centre (Germany) which had, since the end of World War 2, variously been located in Göttingen, Hannover, Hohn, Dortmund and Mülheim an der Ruhr.

Since 1994 SHTC has provided higher level German language training to personnel from all three Services who have gone on to serve in embassies, liaison and exchange posts and to study in German Staff College. Since 2006 SHTC has also delivered Dutch language

training. Over and above language training SHTC has provided IT training and conference facilities for units and headquarters from across British Forces Germany.



## Iron Duke - Important Notice

The Iron Duke will cease trading on 11th Dec 11. The building will be vacated and handed back to the Station Quartermaster by 16th Dec 11. Any club or activity that currently uses the Iron Duke is/are to make alternative arrangements. Your point of contact is Maj Zaman, Ext 2762.



## BFG Local Overseas Allowance (LOA) Review Results

As many readers are aware, a full review of LOA for Germany took place in July of this year. The aim of the review was to ensure that the allowance captures all necessary expenditure incurred to maintain the average standard of living in BFG when compared to UK based Service Personnel. The entire process was observed by HQ UKSC to obtain an understanding of the review and to make certain the LOA Review Team had an accurate picture of life in BFG. LOA Rates in the US Zone and Isolated Detachments (ISOSETS) were also reviewed. Ultimately, so long as the conventions (that is the various goods, services bought and the assessment of the average lifestyle) of LOA accurately reflected the way we live in Germany then, should the rate go up or down, it will accurately contribute towards the cost of day to day living

As a result of the work completed before, during and after the review a clear and updated understanding of the financial demands when serving in Germany were realised. The outcome is that the vast majority of Service Personnel in BFG will receive an increase in LOA of between approximately 13 to 21 percent.

A further outcome of this year's review was that LOA Rates across Germany for BFG Main, US Zone and ISOSETS fell within a few percentage points of each other. Over time ISOSET/US Zone rates have oscillated around the Germany Main rate and so it has been decided that now is an opportune time to harmonise the rate to a single rate for Germany, as is the case for example for those assigned to different locations within overseas countries e.g. USA. As such the separate rates for the US Zone and ISOSETS will be removed and all personnel in Germany will now move onto a single rate of LOA from 1 Dec 11. Less than 1% of the Germany based community will be affected by this change and some personnel may see a slight reduction in the rate of LOA received as a result. Those that see a reduction will not have the new rate applied until 1 Jan 12.

The table below shows the revised rate for personnel based in Germany Main Areas as well as the previous rates. Increases will be effective from 1 Dec 11 with reductions implemented from 1 Jan 12:

### Germany - Single Daily Rates of LOA (£)

Band	BFG Main Rate	Full Rate	Temporary Rate	Exercise Rate	Residual Rate
Pte – Cpl 2Lt - Lt	<b>Revised Rate</b>	<b>11.87</b>	<b>7.12</b>	<b>4.75</b>	<b>9.61</b>
	Previous Rate	10.52	6.31	4.21	8.52
Sgt – WO1 Capt – Maj	<b>Revised Rate</b>	<b>12.55</b>	<b>7.53</b>	<b>5.02</b>	<b>10.17</b>
	Previous Rate	11.07	6.64	4.43	8.97
Lt Col and above	<b>Revised Rate</b>	<b>13.24</b>	<b>7.94</b>	<b>5.30</b>	<b>10.72</b>
	Previous Rate	11.63	6.98	4.65	9.42

### Germany – Married Accompanied Daily Rates of LOA (£)

Band	BFG Main Rate	Full Rate	+1	+2	+3	Additional Child	Absence Deduction
Pte – Cpl 2Lt - Lt	<b>Revised Rate</b>	<b>16.70</b>	<b>18.27</b>	<b>19.37</b>	<b>20.00</b>	<b>0.76</b>	<b>6.39</b>
	Previous Rate	14.23	15.40	16.22	16.68	0.60	5.39
Sgt – WO1 Capt – Maj	<b>Revised Rate</b>	<b>18.11</b>	<b>19.84</b>	<b>21.05</b>	<b>21.74</b>	<b>0.82</b>	<b>6.94</b>
	Previous Rate	15.29	16.57	17.47	17.98	0.64	5.80
Lt Col and above	<b>Revised Rate</b>	<b>19.53</b>	<b>21.42</b>	<b>22.74</b>	<b>23.50</b>	<b>0.89</b>	<b>7.50</b>
	Previous Rate	16.33	17.73	18.71	19.27	0.69	6.21

## In Summary -

The SDSR savings measures announced in January this year, with a second phase on changes to be implemented on 1 Apr 12, has not prevented the MOD from ensuring that LOA provides a realistic contribution to the additional cost of day to day living in Germany based on how LOA is presently calculated. The full results of the LOA review have been sent to units and they are also available on the BFG Net and the SPVA Website Library (via the JPA Portal).

## SDSR Allowance Savings for 2012 – A Reminder

SDSR allowance savings measures were published and briefed to all Service Personnel in January of this year and included a number of changes to the construct of LOA. As a result of these changes you will remember that the rate of LOA was reduced from 1 May. Service Personnel were also briefed at the SDSR announcement on further but delayed reductions that will be introduced on 1 Apr 12. As a reminder, in addition to a number of changes to LOA as a whole, the following significant changes to LOA, which will trigger these further SDSR reductions, will apply to North West Europe (France, Belgium, Germany and the Netherlands):

- LOA assumes that on assignment to BFG a Service Person and their dependants will use the "official" method of travel from the UK, this is currently the Germany Air Trooping Service. As a result there is an element within LOA called "Car Buy / Sell" which assumes that your car is sold in the UK prior to assignment and a new car is purchased on arrival in BFG. On assignment back to the UK the "Germany car" is sold and another bought on return to the UK. As this tends not to be the case in practice, the Car Buy / Sell element will be removed and will be replaced by an entitlement to claim travel costs to and from the UK to North West Europe on posting.
- The remaining 6 "Bett Nights", a provision in LOA which contributed toward food and accommodation in a hotel in lieu of long weekends with friends and family if you had been serving in the UK, will be removed from the LOA conventions for North West Europe. This will result in a reduction in the LOA rates but will be compensated for by the provision of an additional two Get You Home (Overseas) journeys per year, giving a total of three in a twelve month period.



## BFG Vehicle Licensing Office Christmas 2011 Deadline

Any member of BFG wishing to register/renew a vehicle prior to Christmas should note that BFG Vehicle Licensing Office JHQ will close for the Christmas break from Wednesday 21 December.



All applications received by 09 December will be dispatched back to the customer by the last post on 16 December, in accordance with BFPO Posting dates for Parcels and Letters.

It should also be noted that many Local BFG Offices will shut down earlier than the BFGVLO. Customers should therefore check local arrangements to ensure their documents are submitted in time to enable collection from their local office before Christmas.

The BFG VLO will re-open on Tuesday 03 January 2012.

## Changes reporting faults in silent hours



After three months in service Babcock have jointly reviewed the out of hours procedure and it has been agreed that the 0800 888 4242 number will be used as a one stop contact number at any time.

It is intended that, going forward, all calls in silent hours are made directly to the Babcock Helpdesk and are no longer screened by the duty officer. Babcock will respond and make emergency situations safe. The repair or reinstatement of service will be dealt with in normal working hours.

Example of situations that may require an emergency /make safe response:-

- Issues causing an immediate health and safety risk to persons
- Issues affecting the security of an asset
- Faults causing serious damage to an asset
- Faults causing a breakdown in the supply of power, water and heating to an asset that is occupied 24/7
- Issues likely to cause a major environmental incident
- Faults causing a failure of an asset to remain statutory compliant

## How to contact us 24/7



You can contact the help desk by any of the following methods:

Telephone the Help Desk on Freephone 0800 888 4242

Report your fault via our web portal at: <http://bssghelp.babcock.co.uk>

Report via web chat, an interactive instant messaging service, which can be found at: <http://bssghelp.babcock.co.uk>

Via e-mail, mail us at: [bssghelp@babcock.co.uk](mailto:bssghelp@babcock.co.uk)

Your feedback on any aspect of Babcock's service delivery will be very welcome on freephone 0800 888 4242 or report feedback at <http://bssghelp.babcock.co.uk>

## JHQ Grandstand Out Of Bounds



The Grandstand located next to the running track by Antrim Drive has been declared to be unsafe. There is a possibility the structure could collapse.

To ensure the safety of all personnel in the RMC an 'Out of Bounds' barrier has been erected. Please keep away from this area and do not make use of the Grandstand. This is for you and your families' safety.

## AEC Changes

34 AEC is open as normal, however, from the 3 Jan 12, please note that the reception will only be manned in the mornings -0830hrs - 1330hrs.

Please call the Centre Manager on JHQ Mil 4701 or 3303 for any urgent enquires out of these hours or email on [34AEC-Centre Manager@mod.co.uk](mailto:34AEC-Centre Manager@mod.co.uk)

# Posting Dates For Christmas 2011



The latest date of posting at BFPOs in North - West Europe to guarantee delivery by Christmas are:

**United Kingdom:**

**Parcels - 6 December**

**Letters - 16 December**

**Western European Countries (Civilian Address):**

**Letter (Airmail) - 8 December**

**Packet/Parcels (Surface) - 18 November**

**Other Countries (Civilian Addresses)**

**Economy Parcels (Surface) - Various Dates (ask at counter)**

**Standard Parcels (Air) - Various Dates (ask at counter)**

**Airmail Letters and Packets - Various Dates (ask at counter)**



**BFPOs Outside Europe:**

**Letters and Packets:**

**Op Herrick - 30 November**

**Other BFPOs - 12 December**

**Parcels:**

**BFPO**

**2 -150**

**200 - 490**

**(less North-West Europe)**

**599**

**651**

**655**

**677**

**801 - 825**

**Latest day of posting**

**06 December**

**30 November**

**7 December**

**7 December**

**12 October**

**12 October**

**09 December**



**BFPOS in North - West Europe**

**Parcels & Letters - 16 December**

**FOR MORE DETAILED INFORMATION CONTACT YOUR LOCAL BFPO**

**POST EARLY FOR CHRISTMAS**



## Germany Air Trooping Service (GATS) Revised Timings - Winter Schedule

The Germany Air Trooping Service (GATS) winter schedule will operate between Germany and the UK from 30th Oct 11 to 24 Mar 12, as follows:

Ser	Day	Airport From	Airport To	Depart	Arrive	Flight No Mil/Air Berlin
(a)	(b)	(c)	(d)	(e)	(f)	(g)
1	Sat	Hannover	Birmingham	1415	1450	RR5015 / AB3715
2	Sat	Birmingham	Hannover	1535	1755	RR5014 / AB3714
3	Wed	Hannover	Birmingham	1100	1135	RR5015 / AB3715
4	Wed	Birmingham	Hannover	1220	1440	RR5014 / AB3714
5	Sun	Paderborn	Birmingham	1430	1455	RR5007 / AB2699
6	Sun	Birmingham	Paderborn	1540	1800	RR5006 / AB2698

All timings are shown as local time in the country of departure and arrival.

Personnel entitled to travel to/from the UK at public expense by air are to apply through their parent unit admin office. Completed applications are to be sent to the Bielefeld Travel Centre (BTC) in accordance with JSP 800, Vol 2.



## Overseas Veteran's Medical Expenses

In 2009, a review of the Armed Forces Compensation Scheme (AFCS) was undertaken by Admiral the Lord Boyce on behalf of the MOD. Although the scheme was found to be fundamentally sound, the former Chief of Defence Staff did make several recommendations for improvement.

The MOD has subsequently implemented the changes and on the 9<sup>th</sup> May 2011, the final tranche of legislation became effective. (Further information is available from 2011DIN01-204 Armed Forces Compensation Scheme).

Under the revised scheme, one significant change being introduced means that seriously injured ex-Service personnel who move permanently overseas after leaving the Armed Forces may be eligible to get their medical expenses paid. As long as individuals are deemed eligible, and the move is in the best interests of the individual's care needs, the SPVA may exercise this provision.

It is only those Service personnel who sustain injuries or become ill as a result of their Service who may be eligible to apply for this provision, and are required to fulfil the following criteria:

- Move Abroad (and apply for approval) within 12 months of leaving the Services. For those injured before this provision was introduced, they have until 09 May 2012 to apply and move.
- Be recognised as seriously injured as a result of service under the AFCS (i.e. in receipt of an AFCS award between levels 1-8).

All individuals who believe that this provision could benefit them should contact the SPVA via their free helpline 0800 169 2277 or 0044 1253 866 043 if overseas or visit: [www.mod.uk/afcs](http://www.mod.uk/afcs) or [www.veterans-uk.inf](http://www.veterans-uk.inf)

## Message Announcement Update

Due to a high number of enquiries to the recently publicised change in the accommodation regulations (printed in Sixth Sense 20 Oct 11) which drew attention to the need for the correct Home Insurance by occupants of Service Family Accommodation (SFA) and Substitute Service Family Accommodation (SSFA), Defence Infrastructure Operations (DIO) Accommodation intend to publish a detailed explanation (expected to be released late November) which should answer the many questions raised on the subject.



## Getting Ready for Civvy Street?

The 'Remount' charity was set up by a former soldier who recognised that Armed Forces personnel needed help returning to civilian life. 'Remount' offers a springboard for Service men and women who are preparing to take the next step forward from Military life to civilian life.

The 'Remount Programme' is a four-day residential course based at Brathay Hall, near Lake Windermere in the UK. It is designed to offer personnel of all ranks and status and their dependants the chance to take control of their lives and achieve their full potential. With a mix of physical challenges and classroom learning, participants may discover strengths and weaknesses, and can learn how to harness their ability for a new life. Brathay is also well equipped to cater for amputees and disabled personnel.

Through the help of expert trainers, the courses being run are designed to touch on the subjects of stress and depression and may help service personnel recognise the relevance of the qualifications gained during military service.

The Programme is funded by a trust set up by a majority of ex Service people who understand how to overcome the transition difficulties. They also know how to have a happy, successful life. The course is free to all serving and ex-members of the Armed Forces, the only expense to the individual will be travel costs.

Places on Remount courses for 2012 are being loaded now for the following dates:

Remount 28	24 Feb-27 Feb
Remount 29	30 Mar-2 Apr
Remount 30	27 Apr-30 Apr
Remount 31	25 May-28 May
Remount 32	29 Jun-02 July
Remount 33	27 July-30 July
Remount 34	31 Aug-03 Sep
Remount 35	28 Sep-01 Oct
Remount 36	26 Oct-29 Oct
Remount 37	23 Nov-26 Nov

Courses are getting filled quickly so don't hang around. If you'd like to register for a Remount course, visit their website at: <http://www.remount.net> or email [Julia.paton@remount.net](mailto:Julia.paton@remount.net)

# British Things The Fudge Shop



The festive season is drawing nearer the evenings are getting darker, light up your winter evenings with our Christmas goodies.



Come and see our selection of British Souvenirs and gift wares.



Feel free to come in and look around.

Opening hours:  
 Mon-Fri: 09:00 – 19:00  
 Sat: 09:00 – 16:00

Dahlenerstr.120-122  
 41239 Mönchengladbach  
 02166 1465507





## AEC Wednesday Workshops

Do you struggle with helping your child with their homework? Would you like to be more confident at Maths and English? Are you worried about CLM part 2B?

34 AEC Group run Numeracy and Literacy workshops within the Rhine Garrison for you. With expert support and guidance, we'll help you achieve your learning goals.

The sessions run from 1330 – 1630 and are very relaxed. If you only have half an hour to spare, don't worry, we're here to work around you. All that we ask is that you think about what you would like to achieve, and if possible, bring examples to help us help you.

Upcoming dates include:

<b>Elmpt</b>	<b>JHQ</b>
<b>Wed 14 Dec 11</b>	<b>Wed 11 Jan 12</b>
<b>Wed 18 Jan 12</b>	<b>Wed 25 Jan 12</b>
<b>Wed 8 Feb 12</b>	<b>Wed 22 Feb 12</b>



## Home-Start Wildenrath October Half Term Activities

### Halloween Craft Morning

Lots of fun, and more than a little mess was made at the Halloween Craft morning on Monday 24<sup>th</sup> October. The children enjoyed making and decorating masks and hanging 'Bats', 'pumpkins', and 'Witches' to name but a few. Much fun was had, when we brought out pumpkins for the children and mums to carve. I think you will see from the photo's, the mums had as much fun as the children at this! Spooky music and refreshments added to a great atmosphere.

### Alpermiro's

Families from Wildenrath and JHQ community met for a morning of fun at Alpermiro's, an indoor play area in Wegberg. Organiser's Claire Webber and Ruth Cleminson were there to greet the families, Home-Start paid entry for all families that had registered for the event. The morning was great for the children to run around and let off steam in a safe environment. Mums and dads enjoyed a coffee whilst catching up with friends. A highly charged energetic morning was had by all.

### Pee Wee's

A trip to Pee Wee's indoor and outdoor play area in Holland was organised by Home-Start Organisers Ruth Cleminson and Julie Johnson. There were lots of families from Wildenrath and Elmpt who registered for the event and enjoyed a great day out with the children. The children, who were of vastly differing ages, had a wonderful time, running off huge amounts of energy, much to their parents' relief! For many of the families it was a welcomed break from the monotony of half term and a great opportunity for meeting up with

friends. The success of the event was due to the support received by Elmpt Station HCSO Maj Russ Booth and Mia Stainforth Community Co-ordinator Wildenrath. Home-Start Wildenrath was lucky enough to secure a donation of €150 from The Warrant Officers' and Sergeants' Mess. Because of this we were able to provide transport and subsidise entry for all families who registered for the event.

Home-Start is committed to supporting families and their core business is matching volunteers with families to enable them to be supported in their own homes. Twice a year during Families week in June and Parenting week in October we try to organise outings for all the families in our community and each time it is proving more popular than the last.



**The staff of Home-Start would like to wish everyone a very merry Christmas and a happy new year.**



# Home-Start BFG



## Home-Start Contact Details

Home - Start Elmpt  
Building 88 (Above Noah's Ark)  
Organiser Julie Johnson  
Monday - Friday 09:00 - 12:00  
Tel: 02163 972473  
Closed from 19th December -  
10th January

Home - Start Rheindahlen  
Trenchard Road JHQ  
Organiser Claire Webber  
Monday - Friday 09:00 - 13:00  
Telephone 02161 4723570  
Closed 19th December- 3rd  
January inclusive.

Home - Start Wildenrath  
The Community Centre  
Robertson Drive  
Organiser Ruth Cleminson  
Monday - Friday 0900 - 11.30  
Telephone 02432 81018  
Closed from 21st December-  
4th January

For additional information please contact: Director,  
Home-Start BFG Civ: 05151 917356 or Mil: 83 2356

### Home-Start Elmpt (These Groups are open to the whole Garrison)



**Weigh Your Baby - Monday - Friday 09:30 - 11:30**  
We are pleased to offer a self weigh facility for you to come and weigh your baby. Please pop into Home-Start at any time between 9.30 & 11.00.

**Baby Talk Every Tuesday 09:30 - 11:30**  
Support group for parents and carers of children from 0-1yrs. Offers advice and support from your local Health Visitor and other health-care professionals.

**Winter Tea And Toast - Wednesdays 09:30 - 11:30**  
Come and have a cup of coffee whilst the children play in a safe environment.

**Normal Drop In - Mon, Thur & Fri 09:30 - 11:30**

**For further information about these groups, or to discuss other issues please telephone Julie, civilian 02163 972473, or pop into Home-Start Elmpt (Above Noah's Ark Crèche)**

### Home-Start Wildenrath



**Messy Mondays, Monday 13:30 - 15:00**  
€1 per child. A time to get messy, fun arts & craft session for your child to enjoy. A different theme every week. Some weeks you may need to book.  
Make Christmas Decorations\* - 5th Dec 11  
Make a Christmas gift - 12th Dec 1  
Must be Pre booked

**Pushy Mums' Group, Tuesdays 09:30 -10:30**  
An outdoor pushchair fitness session ran by a qualified instructor. Please call the office for details of the next session.

**Mini Musicians, Wednesday 14:00 - 15:00**  
€1 per child. Interactive music and movement group for under 5's euro per child or 2 euros per family.  
**Singalong Tots, Friday 09.30-10.30**  
Singalong session with your child whilst making new friends.

All groups are played in the playgroup rooms of the community centre on Wildenrath. For more info contact Ruth or Rachel on 02432 81018

### Home-Start Rheindahlen

Rheindahlen SpringTerm 2012

- First Steps  
A Drop-in facility for expectant mums and new babies, held in the Home-Start Office area, (Mondays 10.00-11.30)
- Little Darlings  
An interactive toddler group (Wednesday 10.00 -11.30)  
Music, Mummy and Me  
A music group to keep your little ones entertained (Thursday 10.30-12.00 please book your place)
- Bigger Darlings  
An interactive preschool group (Thursdays 13.15-15.00)  
Everybody welcome!  
Most groups are held in the St Andrew's Church Annex (Thrift Shop), JHQ
- Call into the Rheindahlen Home-Start Office for more details  
Or telephone 02161 4723570

### Recipe for Home-Start Volunteers

#### Ingredients

- 1 spouse  
¼ lb common sense  
¼ lb ability to listen  
¼ lb willingness to help  
¼ lb sense of humour  
1lb Kindness

#### Method:

1. Take one spouse.
2. Add some common sense, an ability to listen, a willingness to help and a sense of humour.
3. Throw in lots of kindness.
4. Stir in a good understanding of confidentiality & some non judgemental attitude.
5. Allow to mature over 4 weeks while attending a Course of Preparation.
6. Turn out & add some Vetting Checks.
7. The volunteer is now ready for use.

Serves one or several families

**Are you interested in volunteering?  
New Volunteers Preparation Course Starting Jan 2012  
Register your interest.....  
Go on make a difference!**

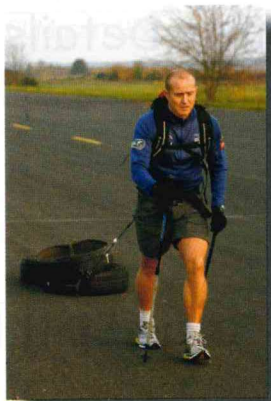
**Home-Start Rheindahlen**  
44 Trenchard Rd, JHQ BFPO 40  
**Organiser:** Claire Webber  
Tel No: 02161 4723570



## charity news

# Signallers Race To The Pole

When you wake up on New New's Day, spare a thought or two for WO1 (RSM) Sean McIlroy, 7 Sig Regt, who will be part of a three-man team setting out in some of the most inhospitable and dangerous conditions on the planet to race to the South Pole, to raise money for ABF- The Soldiers' Charity, and Help for Heroes.



Sean is one third of Team Mercury, along with Capt Billy Morris and WO1 (RSM) Mark Morgan, both also serving in the Royal Corps of Signals, who will be competing in The South Pole 2011/12 Centenary Race. An extreme race commemorating the 1911 epic and tragic duel between a Norwegian team led by Roald Amundsen and an English team led by Capt Robert Falcon Scott, to be the first to reach the South Pole.

Setting off, on 1<sup>st</sup> January 2012, from a Russian outpost in Antarctica, along with around nine other teams from around the world, the determined trio will have to trek on skis for up to 18 hours a day, pulling behind them sledges containing all the food and equipment that they will need to survive in temperatures as low as -50 degrees, with winds of up to 80mph, at altitudes of up to 3000m, for between three to four weeks. Understandably the Polar Race has attracted international media attention, and the team have the approval for their mammoth challenge from the royal

family and David Cameron, the Prime Minister.

Writing on the team's website [www.mercurypolar.co.uk](http://www.mercurypolar.co.uk), Sean describes the motivation facing this mammoth challenge, "Pushing yourself to the very limit across the most inhospitable place in the world is the ultimate achievement anybody could wish to attempt. Driving me on will be the thought of achieving a life-long ambition, but more crucially raising money for ABF- The Soldiers' Charity and Help For Heroes."

To sponsor the team, and donate to these two good causes visit their web site: [www.mercurypolar.co.uk](http://www.mercurypolar.co.uk) and press the Just Giving button. You will also be able to follow the team's progress on the site, and we will let you know how they get on in the February edition of the Bulletin. We can only wish them the best of luck!!



## 24 Hour Cyclethon

Three keen cyclists from JHQ recently endured a 24 hour cyclethon to raise money for charity.



Sam May, Daniel Clarke and Jo Barrass-Short started cycling outside the NAAFI at 4pm on 11<sup>th</sup> November and finished the exhausting marathon at 4pm the next day, with onlookers keeping them going and supplying food and drink.

An impressive €2541.81 was raised with €1270 going to Children In Need and €1270 to Jo's favourite charity, Assistance Medicale Toit du Monde (AMTM). CATS Theatre also donated €250.

The team would like to thank NAAFI MAX for the Energy drinks, Bacon Baps, and bottle of champagne and also their hospitality and also CATS Theatre for it's donation, and to the community for their help, support and donations.

## Auction For Charity

A whopping €3,500 has been raised for the Marie Curie cancer charity, and Help 4 Heroes, from a Charity Auction Evening organized by WO2 Dom Bowen, RSU, which was held at RSU Sgts' and WO's Mess.

The evening also consisted of a buffet, quiz and disc, with auction items mainly consisting of sports memorabilia from Manchester United and Liverpool, signed by Wayne Rooney.

The idea for the auction came from WO2 Bowen's sister, Angela, who raises money for Marie Curie in the UK.



# Rhine Garrison Clubs And Activities

### Youth Clubs

**AWS Javelin Youth Club**  
Steve Cook, 02163 97 4667  
Mon 1830-2030, Internet Cafe - Yrs 7+  
Tue 1730-1930, Jnr Youth Club - Yrs 3-6  
Wed 1830-2030, Internet Cafe - Yrs 7+  
Thu 1730-1930, Jnr Youth Club - Yrs 3-6

**AWS Rheindahlen Youth Club**  
Andy Williams, 02161 472 4483  
Mon - Boxing Yrs 4+, 1700-1900  
Snr Youth Club Yrs 7+, 1830-2100  
Tue - Jnr Youth Club Yrs 3-6, 1730-1930  
Wed - 1830-2100 Snr Youth Club Yrs 7+  
Thu - 1730-1930 Jnr Youth Club Yrs 4-6  
Fri - 1830-2100 Snr Youth Club Yrs 7+  
Sun Rock Music Workshop Yrs 4-6, 1300-1500, Yrs 7+, 1500-1700

**AWS Wildenrath Youth Club**  
Mon 1730-1930 Jnr Youth Club Yrs 4-6  
Tue 1630-1730 Yth Club Yrs 1-3  
Tue 1900-2100 Snr Youth Club - Yrs 7+  
Thu 1900-2030 Drop-In Yrs 7+  
Fri 1800-2200 JHQ Drop in & Youth Centre Yrs 7+ (Transport Provided)

**AWS Projects & Awards - Duke Of Edinburgh**  
Grant Davis, 02161 472 4009  
[aws-projects@hotmail.co.uk](mailto:aws-projects@hotmail.co.uk)  
Mon-Fri 1245-1345, Info Shop Windsor School  
Mon 1800-2000, Silver DofE - Yrs 10+  
Tue 1600 onwards Gold DofE - 16yrs +  
Wed 1800-2000 Bronze DofE - Yrs 9+  
Fri 1800-2200 Drop in - Yrs 10+  
Sat 1600-2200 Drop in - Yr 10+  
Mon to Fri 0900-1500 14-19 Partnership

### Home-Start

**Home-Start Rheindahlen**  
Claire Webber, 02161 472 3570  
First Steps Mon 0945-1130  
Bigger Darlings Thu 1315-1500  
Music, Mummies & Me Thu 1030-1500  
Little Darlings Wed 0945-1130

### Home-Start Elmpt

Julie Johnson 02163 972473  
Weigh Your Baby Mon-Fri 0930-1130  
Baby Talk Tue 0930-1130  
Winter Tea & Toast Wed 0930-1130  
Normal Drop In Mon, Thu & Fri 0930-1130

### Home-Start Wildenrath

Ruth Cleminson, 02432 81018  
Messy Mondays Mon, 1330-1500  
Pushy Mums Tue, 0930-1030  
Mini Musicians Wed, 1400-1500

### Garrison Guiding

**1<sup>st</sup> Elmpt** - Maria Johnson, 02163 5722562  
Groups Meet Tue  
Rainbows 1600-1715, Girls 5-7 age  
Brownies 1745-1900, Girls 7-10 age

**Rheindahlen** - Max White, 02161 472 3748  
Groups Meet Mon  
4<sup>th</sup> Rainbows 1730-1830, Girls 5-7 age  
3<sup>rd</sup> Brownies 1730-1900, Girls 7-10 age  
1<sup>st</sup> Guides 1700-1830, Girls 10-14 age

**1<sup>st</sup> Wildenrath Brownies**  
Denise Munro, 02432 8912310

### Garrison Scout Groups

P Worth, Chairman Rhine Garrison Scouts, 02161 472 2589. Volunteers as helpers or leaders are required for all three locations.

**1<sup>st</sup> Rheindahlen (RMC)**  
David Haigh, 02161 550824  
Groups Meet Mon, 1830-2000  
Cubs age 8-10 1/2, Scouts 10 1/2-14

**1<sup>st</sup> Bruggen (Javelin)**  
Emma Dell, 02163 5725031  
Groups Meet Mon  
Beavers 1615-1730, Cubs 1745-1915

**1<sup>st</sup> Nord Park (Ayrshire)**  
Tam Pearce, 02154 2647  
Fri - Scouts, Explorers 1730-1900

### ATC - Air Cadets

8 Overseas (Rheindahlen) Sqn  
Lana Achilles, 02161 472 2085  
Mon & Thu 1830-2030, Age 13-18, Boys & Girls

### Youth Football

**Rheindahlen Youth Football Club**  
Stuart Howard 02161 472 3720  
Simon Fuller 02161 472 2970  
[ryfc@hotmail.co.uk](mailto:ryfc@hotmail.co.uk)

### Wildenrath Youth Football Club

WO1 Austin Rodway, Home: 02432 8936332  
Work: 02163 97 4710, [rodders080@hotmail.com](mailto:rodders080@hotmail.com)  
A low level football training club for residents of Wildenrath, age 5-11 yrs. Training Sun 1300-1400, Andrew Humphey's School field

### Elmpt Station Youth FC

Sgt Ian Shaw, Work 02163 97 4514  
Home 02163 5714552  
16SR-ELJ-LAD-VRS@mod.uk  
Sat 1000-1130, Boys & Girls, Age 4-10

### Rheindahlen Sharks Swimming Club

Lt Col Andy Thorne, 02161 472 2088  
[jhq.swimclub@googlemail.com](mailto:jhq.swimclub@googlemail.com)  
Classes Wed, Between 1800-2000  
Rheindahlen Swimming Pool

### Rheindahlen Crusaders Cricket Club

WO Dave Richards, 02161 472 2561  
[richardsn330@mod.uk](mailto:richardsn330@mod.uk)  
Training Session Times TBC Jan 2012

### Ladies Netball, RMC

Sharron Houston, 02161 472 3379  
Wed 1900-2030, No 1 Gym, RMC

### Mini Rhinos Rugby

Henry Dixon 01738 873607  
Gill Robinson 02161 472 4795  
[rheindahlenrugby@hotmail.co.uk](mailto:rheindahlenrugby@hotmail.co.uk)  
Training: Sun 1030-1200, RMC Rugby Pitches, 6+

### Rheindahlen Sub Aqua Club

Tue 1700-2100, The Blue Pool, JHQ  
**Adults 16+** WO2 David Duncan, 02161 597 383  
**Jnrs 4-16** Ssgt Richie Savage, 02161 472 2220

### Fitness Classes For Women - RMC

Anne-Tuck Brown, 02161 472 3603  
**Body Conditioning** No 1 Gym, All standards, Cost €4, Mon 1730-1830, Wed 1730-1900  
**Spinning** RMC Fitness Centre, Thu 1700-1800

### Harmonise Me Fitness

Emma, 0171 3821736  
Facebook: Harmonise Me Fitness  
**Wildenrath** - Contact Emma for times, Pegasus Building. Fitness Classes - Dancercise, Combat Fit, Step 'n' Tone, Body Blast  
**Javelin, Dancercise Classes**  
Wed 0930-1030, Elmpt Gymnasium

### West Rhine Golf Club

02163 97 4463  
[www.westrhinegc.co.uk](http://www.westrhinegc.co.uk)  
**Superb 18-Hole Golf Course**, Mon-Sun Daylight Hours, Driving Range, Professional Lessons  
**Juniors 8+** Thu 1730-1930 (Apr-Sep)

**British Roermond Sailing Club** - Season Apr-Oct  
[www.bsailinbclub.co.uk](http://www.bsailinbclub.co.uk) - Visit website for info.

**Rheindahlen Karate Club** - Sarah Parkin  
02161 4763314, [smparkin@msn.com](mailto:smparkin@msn.com)  
Mon & Wed, 1800-1930,  
Windsor School Gym, JHQ, 8+

**British Army (Germany) Gliding Centre**  
Andy Gardiner, 0172 6004706, [www.baggc.com](http://www.baggc.com)  
Wed Afternoons, & Sat, Javelin Barracks

**Rhine Garrison Angling Club**  
WO2 (SSM) Scott Barrie, 02163 97 3747  
[elmptfishing@hotmail.co.uk](mailto:elmptfishing@hotmail.co.uk)  
Fishing Lake, Javelin Barracks

**Hash House Harriers Running Club**  
Maj Mike Hepburn, 02161 472 4624

[mike.hepburn513@mod.uk](mailto:mike.hepburn513@mod.uk)  
Facebook: Rheindahlen Hash House  
(Winter Season Times) Running Mon 1800  
NAAFI JHQ, Car Park, All standards

### RMC Fitness Centre Classes

WO2 (QMSI) Rowan Mills  
**Spinning Classes** - Mon & Fri 0710-0750,  
Mon-Thu 1800-1845, Fri 1245-1345  
**Circuit Training** - Mon, Tue & Thu 1215-1300

**Elmpt Ladies Circuits** - 02163 973083  
Wed, 1830-1930, Elmpt Station Gymnasium  
Liability Insurance & Induction required

**Elmpt Shooting Club** - Steve Slater  
02161 472 2231, [www.resclub.de](http://www.resclub.de)

### Slimming World

**Elmpt** - Adele Butler, 02436 380014  
Thu 1730 onwards, Village Green  
**Rheindahlen** - Stephanie Johns, 02432 892357  
Tue 1730 onwards, Iron Duke  
**Wildenrath** - Lorraine Holmes, 01525 730319  
Wed 1800, Windmill Club

### Combined Amateur Theatrical Society (CATS)

Judith Wake, 02161 472 4789  
[judithwake@hotmail.de](mailto:judithwake@hotmail.de), Little Theatre, RMC  
Club Night Tue (Term Times), 1930 onwards

**JHQ Ceramic Club** - Gisela, 02161 472 4740  
0151 17049611, [rsu-qm-dgsa-do@mood.uk](mailto:rsu-qm-dgsa-do@mood.uk)  
€10 a month

### Rheindahlen Music Centre

Frank Gillett, 02161 472 2837  
[www.rheindahlenmusiccentre.org](http://www.rheindahlenmusiccentre.org)  
Weekly Music Lessons, and Sat Music School

### Elmpt Station Music Club

Malcolm Littlefair, 02161 472 2954  
Club Nights Tue & Thu, 1900-2100, Old Air  
Traffic Control Building, Javelin Barracks

### Javelin Motor Club

WO2 Das Pullman 02163 974808  
Mike Vince 0172 3907956  
South side of javelin Airfield

### RMC Motor Club

WO2 Phil Guest, 02161 472 4255

### Rheindahlen War Games Club

Adrian Russell - 02161 472 4218  
[adrian.russell@scschoools.com](mailto:adrian.russell@scschoools.com)  
1830-Late, Age 12+, (Under 12s with adult)

### Bingo

**Javelin Bistro** - Every 2<sup>nd</sup> Thu, Eyes Down 2030  
**JHQ Royal British Legion** - 02161 3086071  
Wed 1900-2200, The Lion's Head  
**Wildenrath Windmill Club** - Thu Bar Opens 1930,  
Eyes Down 2030, Windmill Club

If you are planning on closing your club, please contact Major Mir Zaman for guidelines either by email at [RSU-HQ-OC@mod.uk](mailto:RSU-HQ-OC@mod.uk) or phone him on 02161472 2762

If your club is struggling and you need volunteers, then you can get the Garrison's support. Just email [RSU-HQ-GIO@mod.uk](mailto:RSU-HQ-GIO@mod.uk) or phone 02161 4724789







# GLOBE CINEMA JHQ - DECEMBER

Friday 2 December	Saturday 3 December	Sunday 4 December	Tuesday 6 December
<p>Show starts 19:00 <b>REAL STEEL (12A)</b> 127 mins Action Hugh Jackman Evangeline Lilly</p>	<p>Show starts 15:30 <b>DOLPHIN TALE (U)</b> 112 mins Family Morgan Freeman Ashley Judd</p>	<p>Show starts 15:30 <b>ADVENTURES OF TIN TIN (PG)</b> 106 mins Adventure Jamie Bell Daniel Craig</p>	<p>Show starts 19:00 <b>TWILIGHT SAGA: BREAKING DAWN - PART 1 (12A)</b> 117 mins Fantasy Kristen Stewart Robert Pattinson</p>
Friday 9 December	Saturday 10 December	Sunday 11 December	Tuesday 13 December
<p>Show starts 19:00 <b>TWILIGHT SAGA: BREAKING DAWN - PART 1 (12A)</b> 117 mins Fantasy Kristen Stewart Robert Pattinson</p>	<p>Show starts 15:30 <b>ADVENTURES OF TIN TIN (PG)</b> 106 mins Adventure Jamie Bell Daniel Craig</p>	<p>Show starts 15:30 <b>HAPPY FEET 2 (U)</b> 103 mins Animation Elijah Wood Robin Williams</p>	<p>Show starts 19:00 <b>NEW YEAR'S EVE (TBC)</b> Comedy Sarah Jessica Parker Ashton Kutcher</p>
Friday 16 December	Saturday 17 December	Sunday 18 December	Tuesday 20 December
<p>Show starts 19:00 <b>SHERLOCK HOLMES: A GAME OF SHADOWS (TBC)</b> 0 mins Adventure Robert Downey Jr. Jude Law</p>	<p>Show starts 15:30 <b>ALVIN &amp; THE CHIPMUNKS: CHIPWRECKED (U)</b> Family Justin Long Jason Lee</p>	<p>Show starts 15:30 <b>HAPPY FEET 2 (U)</b> 103 mins Animation Elijah Wood Robin Williams</p>	<p>Show starts 19:00 <b>NEW YEAR'S EVE (TBC)</b> Comedy Sarah Jessica Parker Ashton Kutcher</p>
Friday 23 December	Saturday 24 December	Sunday 25 December	Tuesday 27 December
CLOSED	CLOSED	CLOSED	CLOSED
Friday 30 December	Saturday 31 December	Sunday 1 January	Tuesday 3 January
CLOSED	CLOSED	CLOSED	<p>Show starts 19:00 <b>SHERLOCK HOLMES: A GAME OF SHADOWS (TBC)</b> Adventure Robert Downey Jr. Jude Law</p>

**Rheindahlen Globe Opening Times:** Doors open 30 mins before performances.  
**Seat Prices:** Adult (18 and over) €6, Child (3 - 17 years) €4, Students €4  
Seniors (60 and over) €4, Family Ticket €16

**4 TICKETS FOR THE PRICE OF 3** In addition to our concessions to students and the elderly, the Globe is offering a Loyalty Scheme to adults purchasing a full-price ticket. Cards are available at the cash-desk which entitle the bearer to view their next film free when they have paid for 3 visits to the cinema. **For information Tel: 02161 559518 or Mil: 2146**

Visit website: [www.ssvc.com/cinemas](http://www.ssvc.com/cinemas)

**Let Us Know What You Think...**  
Suggestion box in the foyer, please place your comments in the box.

**Movie Posters For Sale...** Movie Posters on sale, for a donation. In the foyer.

## DO YOU HAVE ROOM FOR ONE MORE?

Could you be a foster carer?  
Could you make a difference to a child's life and help another forces family?



**SSAFA FORCES Help**  
We all know military communities face extra pressure and sometimes a child needs a caring foster home for a short time. The British Forces Social Work Service is looking for caring families who could foster a child.  
For more information about fostering in BFG contact PA to Fostering Senior Social Work Practitioner on 05221 178366 or email [pafsswp@ssafa.org.uk](mailto:pafsswp@ssafa.org.uk)

## You're not alone



Community Volunteers for SSAFA (Soldiers, Sailors, Airmen and Families Association) Forces Help support people in the Service Community by offering practical help during periods of isolation and loneliness, illness, bereavement, depression and other difficulties. They can help with the ordinary things that can be so hard to deal with sometimes, such as providing transport, helping with the shopping or childcare, or simply providing a listening ear. Please get in touch if you, or somebody you know, could do with some support during a difficult time.

**SSAFA FORCES Help**  
One day's service,  
A lifetime of support  
[www.ssafa.org.uk](http://www.ssafa.org.uk)

Volunteer Projects Office  
Tel: 02161 472 3392  
Mil Tel: 72 3392  
Email: [bfgvpo@ssafa.org.uk](mailto:bfgvpo@ssafa.org.uk)



## BFG Parent Partnership Service

For any enquiries on special educational needs for children/young people in BFG

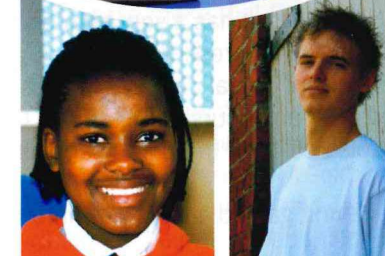
**Phone:**  
Civ - 02161 472 6426  
Mil - JHQ (72) 6426

**E-mail:**  
[UKSCG-G1-PPO@mod.uk](mailto:UKSCG-G1-PPO@mod.uk)

**Address:**  
Parent Partnership Service  
G1 Branch, UKSC(G)  
BFPO 140

**Website:**  
[bfgnet.de/Community/parentpartnership.html](http://bfgnet.de/Community/parentpartnership.html)

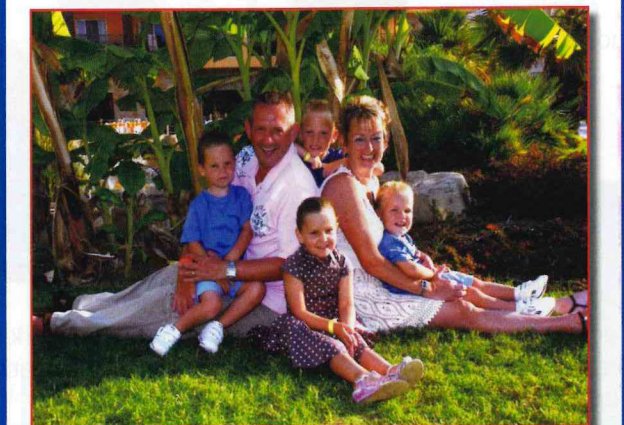
Advice is independent, confidential and free



## ADOPTION

SSAFA Forces Help  
Adoption Agency

### ARE YOU THINKING OF ADOPTION?



### WE CAN HELP

FOR MORE INFORMATION please contact us:  
19 Queen Elizabeth Street, London SE1 2LP  
Telephone: +44 (0)20 7463 9326  
Email: [adoption@ssafa.org.uk](mailto:adoption@ssafa.org.uk)

[www.ssafa.org.uk](http://www.ssafa.org.uk)



## Coping with Christmas

**It may be the Season of Goodwill, but for some people, the bright lights of Christmas can highlight any relationship problems they may have.**

Money is one of the main causes of arguments in relationships and the temptation to overspend on food, drink and presents is great at this time of year. Try to agree a budget and stick to it, however tempted you are.

By the time the holiday arrives, you may feel exhausted and the combination of rich food, alcohol and lazy days can kill the mood for sex. If your relationship is fine, then don't give each other a hard time for a lack of intimacy over the holiday. Instead, support each other so that when you feel less exhausted, the passion will return. If your relationship is rocky, your lack of sex may be a major wake up call - a session with a Relate therapist could help sort things out.

Big issues can get buried if the two of you have busy lives. The holidays mean extra time off and if your relationship is already under pressure, having to spend more time together could widen the cracks. The Christmas break gives you the opportunity to talk things through, but if you spend most of the holiday arguing and can't resolve matters alone, you might want to consider relationship counselling.

Holidays are about family, food and fun, especially enjoying the season with that special someone. But what do you do when the one you love is deployed or about to leave? Coping with increased multiple deployments can take its toll and wreak havoc on relationships. Your family and friends can help support you through deployment and the holidays can be the perfect time to ask for help, but if you want to talk to one of our professional relationship Counsellors in complete confidence, call or email to make an appointment.

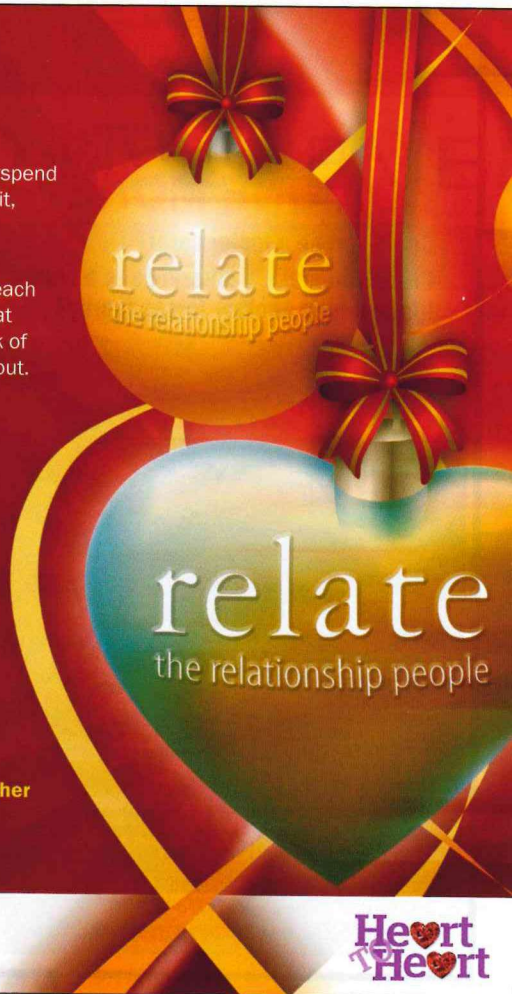
**We can offer face to face counselling or, if you prefer, counselling by phone, Skype or email.**

**To arrange a free, confidential appointment or for further information, email us at [office.relatebfg@gmail.com](mailto:office.relatebfg@gmail.com) or call +49 2161 472 2826 (JHQ Mii 2826)**

Relate BFG offers free and confidential relationship counselling to those attached to the British military in Western Europe

Relationship counselling (individuals, couples, same sex)  
Mediation • Sex therapy • Family counselling • Relationship advice

Heart  
Heart



## Health and Safety Seminar

By Jörg Melling Photos by Dominic King



For the first time ever, a joint Health and Safety at Work Expert Exchange of Experience Seminar, was held in JHQ recently, organised by Headquarters Rhine Garrison and the Catering Trade Association, (Berufsgenossenschaft für Nahrungsmittel und Gastgewerbe – BGN)

Health and Safety at Work is a subject that knows no borders. Nowadays, it has a very high priority throughout the European Union and, therefore, within our working environments. The presentations were restricted to the trade topics concerning hand and skin protection, as well as the current actual changes in legislation of hazardous substances. The HSWE Exchange of Experience Seminar ended after an excursion to the NATO Bunker Complex in Castlegate. Here, the ranges of safety technical aspects were explained to all the participants on site.

The day concluded with positive feedback from all participants, having gained a lot of new information.

The Rhine 14 – 19 Partnership Centre was launched officially on 28 January 2010. Its primary aim is to provide bespoke vocational training opportunities for young people in the Rhine area.

Since its launch, the Rhine 14-19 Partnership staff have worked to develop and coordinate opportunities offered by a number of training providers and organisations willing to offer a work placement within BFG. Young people have been supported in finding an appropriate placement in a work environment to gain experience and/or complete an accredited qualification. A range of opportunities are available, including Apprenticeships, National Vocational Qualifications and Key Skills Qualifications, whilst working full-time, part-time or, occasionally, whilst still attending school. Links between all members of the Rhine 14-19 Partnership (including the Careers Advisory Service) are well-established, making it possible to tailor training programmes to match the requirements of each learner.



Recent changes in legislation relating to Raising the Participation Age will soon come into force. This legislation makes it compulsory for young people who started in Year 7 in September 2008 to remain in learning until they are 17. Young people who started Year 7 in September 2009 or after will need to remain in learning until they are 18.

"The Education and Skills Act 2008 increases the minimum age at which young people in England can leave learning, requiring them to continue in education or training until the end of the academic year in which they turn 17 from 2013 and until their 18th birthday from 2015.

Raising the participation age (RPA) does not mean young people must stay in school; they will be able to choose one of the following options:

- Full-time education, such as school, college or home education
- Work-based learning, such as an Apprenticeship
- Part-time education or training if they are employed, self-employed or volunteering for more than 20 hours a week.

Successfully achieving RPA will require all sections of the education system to play their part, and in particular local authorities will have a key role to champion the needs of young people in their areas and work with local partners to achieve full participation." (DFE 2011)

The Rhine 14-19 Partnership is working strategically, continually developing the work-based infrastructure young people may choose to access in the future.

From September 2011, the full-time role of local Partnership Manager has been taken by Sharon Samy who has lived and worked in this area for a number of years. Sharon shares a base with the Awards Centre to the rear of the Rhine Garrison Youth Centre Building. Access is through the car parking area to the left of the main entrance. The Partnership Centre is open during normal working hours Monday to Friday. Young people and parents/carers are welcome to call in for advice about current opportunities at any time. Bearing in mind that the office may be closed if a client or partner is being visited, appointments can be made by telephone (02161 4952576 or 01722 175501) or by e-mail ([rhine14-19partnership@scschools.com](mailto:rhine14-19partnership@scschools.com)).

## Anne Joins Jigsaw

Hi my name is Anne Smith and I have recently taken over as coordinator of Jigsaw, BFG's cancer support group. Jigsaw is here to support both patients and/or their families, in fact, anyone who may be affected by cancer. We aim to restart the monthly meetings in January, details of which will be posted in the Sixth Sense. I work as a welfare officer for Defence Medical Welfare Service in the hospitals and so know how valuable Jigsaw can be, so please make that first call, that's the hardest bit.

Jan Jones, the previous coordinator has now gone back to UK after doing a sterling job since the birth of Jigsaw. Army Welfare Worker, Sgt Darren Smith said "Jan has been a great ambassador for Jigsaw and has given so much of her own time to helping others. Her



dedication and commitment to the cause has ensured that our community has benefited from an invaluable service, offering personal and practical support to families where Cancer has affected their lives. She will be sadly missed by all who know her and everyone at AWS would like to wish her the very best for whatever her future holds."



If you or someone you know has been affected by cancer please contact me anytime by phone 015207638572 or e-mail [jigsawbfg@hotmail.co.uk](mailto:jigsawbfg@hotmail.co.uk). New web site will be announced at a later date.



## Closing Ceremony At Villa Spiritus By Lt Col Richard Collins Photos by Dominic King

On 4 Nov 11, GOC UKSC Major General Nick Caplin led a short but moving closing ceremony at the Villa Spiritus in Bonn.

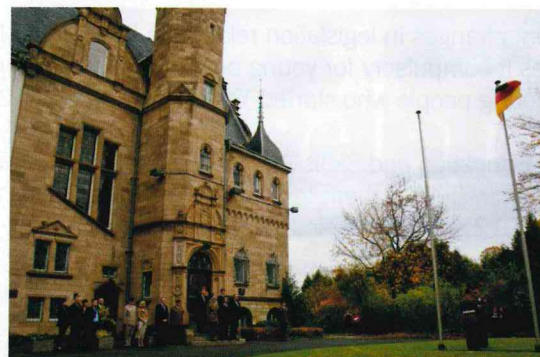
To the sound of a mournful lament played by Pipe Sergeant David Moir, the Union Flag was lowered for the last time to be folded and then handed over to the mayor of Bonn, Oberbürgermeister Jürgen Nimptsch, who accepted it as a symbol of the close relationship which has developed between British Forces Germany and the City of Bonn over a number of decades. To further signify the occasion, a ceremonial key was presented to Herr Andre Gregarek of the German Federal Property Agency representing the locking of the Villa and the end of 56 years of continued usage by British Forces in Germany.



**The Union Flag at Villa Spiritus is lowered for the final time. The dignitaries watch on from the steps of the Villa.**

forced the reluctant decision to hand the Villa back to the German authorities.

In his response to Major General Caplin, Oberbürgermeister Nimptsch agreed that handing back the Villa was a rather sad event but that he was very confident that the friendship and co-operation which had been such a feature in the past would continue throughout the next decade as both the German and the British authorities dealt with the complex issues surrounding the British Forces rebasing out of Germany.



**The Union Flag being folded prior to handover.**



**Major General Nick Caplin handing over a ceremonial key for Villa Spiritus to Herr Andre Gregarek, a Board member from the German Federal Property Agency**

In recent years, Villa Spiritus has been used as a British Forces Conference Centre hosting many important meetings and briefings throughout the year. It has also been used as the venue for UKSC's annual Queen's Birthday reception and, sitting directly on the banks of the Rhine, has provided a magnificent and impressive backdrop for German guests to the Villa.

The departure of HQ ARRC to the UK last summer and a reduced requirement to hold meetings in Bonn

## New WRVS Lady Representative

The new Womans Royal Voluntary Service (WRVS) Representative, Babs Major, has been working in and out of the Military environment for many years.

She has come over from working with 2 Mercian Infantry Regiment in Northern Ireland, and before that she was in the Infantry Training Centre at Catterick.

She said "I'm here to work closely with the chain of command and other welfare agencies and to provide practical and emotional support.

Babs started working at Elmpt in November. and can be contacted on Elmpt mil: ext (68) 2668 ) from 1000-1.30 and then 18.00-21.00.



## CONCERTS AND SHOWS

**Jedward**  
22nd January,  
Stahlwerk , Germany

**Example**  
24th February  
Luxor, Köln

**LMFAO**  
4th March  
Luxor, Kohn

**3 Doors Down**  
7th March  
Mitsubishi Electric Halle  
Düsseldorf

**Kim Wilde**  
9th March  
E-Werk, Köln

**Jason Derulo**  
11th March  
Grugahalle Essen

**Bryan Adams**  
21st March  
LANXESS Arena, Köln

[www.eventim.de](http://www.eventim.de)

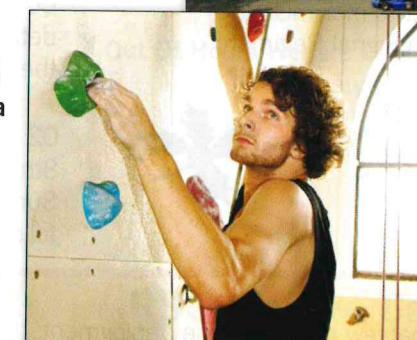


## LOCAL ATTRACTIONS

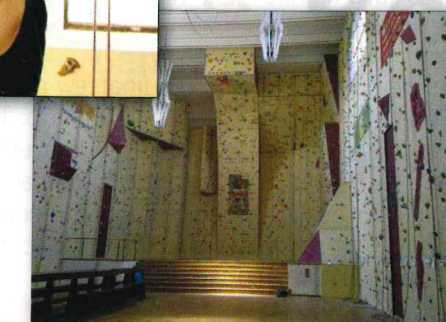
**Go-Karting, Schwalmtal**  
Outdoor Go-Karting on your doorstep!  
Opening Times: Daily 10:00-21:00  
Raderberg 2, 41366 Schwalmtal  
Tel. 02163-45400  
[www.kuka-kart.de](http://www.kuka-kart.de)



**Indoor Climbing, Mönchengladbach**  
'The Climbing Church' (kletterkirche) offers a total area of 1300 square meters, with wall heights up to 13m. There's something for everyone, whether you're a beginner or a pro. The main hall offers wall areas with multiple slopes and a large overhang of varying difficulty for the professionals.



Opening Times:  
Mon-Fri – 15:00-22:00 /  
Sat, Sun, BH – 10:00-21:00  
KletterKirche, Nicodemstr. 36, 41068 MG  
Tel. +49 2161 4613960  
[www.kletterkirche.de](http://www.kletterkirche.de)





# Elmpt & Wildenrath Community and Welfare Support

## 7th Signal Regiment

WO2 Stuart Reynolds – Ext 2227  
 Father Daniel Hernandez – Ext 4410  
 SSgt Steve Munro – Ext 4746  
 Sgt Mick Case – Ext 4746  
 Miss Julia Mantle – Ext 4746



## Centre Opening Times

Monday - Thursday 0830 - 1630  
 Friday 0830 - 1300

## 16 Signal Regiment

WO2 Don Garner - Jav Ext (68) 3759  
 SSgt Jelly Smith - Jav Ext (68) 4208  
 Sgt Paul Lomas - Jav Ext (68) 3854  
 Mrs Dallene Lowes - Jav Ext (68) 3760  
 Miss Natalie Guttmann - Jav Ext (68) 3760



## Centre Opening Hours

Monday to Thursday 0830 – 1630 hrs  
 Friday 0830 – 1330 hrs

### CHAPLAIN'S OFFICE

Chaplain - **Father Daniel Hernandez**  
 Contact:  
 Office 02163 974410  
 Mobile 0172 2068960

### Services & Hire

Fax Service  
 Power Washer €10 per day  
 Carpet Cleaner €10 per day  
 Bouncy Castle €15 per da  
 (+ €15 deposit)

### Free Services

TV  
 Camcorder  
 Camera  
 Tom Tom

### Administrative Services

Passport & ID Card Applications  
 Housing Applications  
 Temporary Visitors Passes  
 Shopping Permits  
 Birth Certificates  
 Kindergeld Application Forms

### KINDERGELD REMINDERS

Kindergeld is German Child Benefit.  
 Most dependant spouses will be eligible to make a claim.  
 The children for whom this is claimed must be resident in the family home in Germany.  
 Any changes in circumstance must be declared i.e. new baby, child moved to UK, Family posting.  
 There are heavy fines for those making false claims.

Free Broadband internet available for research and communication

## HOME SEVEN Update

### Our Mission

To provide a comprehensive and confidential primary welfare support service in order to maximise the operational effectiveness of 7th Signal Regiment

### Our Team

WO2 Stuart Reynolds – Ext 2227  
 Father Daniel Hernandez – Ext 4410  
 SSgt Steve Munro – Ext 4746  
 Sgt Mick Case – Ext 4746  
 Miss Julia Mantle – Ext 4746

### Tuesday Coffee & Questions

Tuesday Coffee, & Questions  
 Coffee afternoons will continue to be provided, details of locations and timings will follow from the Welfare Office.

### Future Events

02 Dec – Home Seven Kids Xmas Party in Windmills Club  
 8th Jan - Home-coming briefings and Family Sunday carvery in Wall & Willow. More details to follow from Welfare Office.

## End-of-Tour Anxiety Health Warning

As we commence with our final few months of the deployment, there may be a few cases of End-of-Tour anxieties within the group. This condition is recognised by the Welfare Support Community and while there is no vaccine available there are a few preventative measures which can be taken.

- Never react to rumours, contact the Welfare Office with any rumours and we will quash or confirm.
- Use your existing support mechanisms to discuss any concerns you may have about homecoming.
- Ensure you attend the Homecoming Briefing on 8 Jan 12, at this briefing you will receive further advice on how to combat End-of-Tour anxieties.

# Rheindahlen Community Newsletter



## RSU Welfare Centre - Dec 11/Jan 12

### Regular Events

Certain trips or events may be available to "entitled personnel" only, please check before booking by contacting the Welfare Centre.

### Station Welcome

At the RSU Welfare Centre on the 1st Wednesday of every month (except August) from 10:00. Refreshments will be provided, please come along.

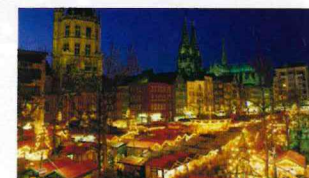
### RSU Walking Group

Meets every Tuesday & Thursday at 09:30 outside the RSU Welfare Centre.  
 Come and meet some new people, bring dogs/buggies or just yourself and have a cup of tea or coffee in the Welfare Centre afterwards.

## Forthcoming Events

### Dortmund Christmas Market

Trip Saturday 3rd Dec, Costs €5 per person Leaves JHQ at 11.00  
 Leaves Dortmund at 17.00



### Mince Pies and Gluhwein

7th December from 12.30-15.00.  
 Please pop in.



### Ahrweiler Midnight Christmas Market Trip

Saturday 10th Dec,  
 Costs €10 per person  
 Leaves JHQ at 18.30  
 Leaves Ahrweiler at 00.30



### Coffee and cake morning

Thursday 5th January  
 From 9.15 -11.45  
 Everyone welcome



## Important Information Pet Registration

With immediate effect, Pet Registration has been re-located to the Housing Office at the Horseshoe Building on Queen's Avenue.  
 All enquiries to 02161 4722499.



### Tick Test

We provide the facility for dependants to take their European Matrix Test. Mondays and Wednesdays only 10:00 - 12:00 and 13:00 - 15:00.  
 Tel: 472 2488 to book an appointment.

### Contact House

The Contact House is available to entitled personnel and their close relatives. Welfare cases and single service personnel who wish to exercise contact rights with their children will be given priority, but when available it can be used during transit, R & R, and for visits by close relatives.

### Items Available For Hire

Carpet Cleaner Power Washer  
 Sat Nav Unit Giant Games



### Temporary Passes For Visitors

ALL visitors who are staying in Service Families Accommodation (SFA) must carry the above pass and their passport at all times. In order for a Pass to be issued the paperwork must be completed by Head of Household, countersigned and stamped by your Line Manager, then presented to the RSU Welfare Centre one week prior to arrival.

Forms can be collected from the RSU Welfare Centre. Please ensure all visitors have a current EHIC card and appropriate travel insurance.

### Out Of Hours Welfare Contact

Telephone JHQ Military 2082/2854 (RSF Guardroom). Please leave your name and telephone number and the Unit Welfare Officer will return your call.

## RSU Welfare Centre CONTACT NUMBERS

Unit Welfare Officer: 02161 472 2681  
 Assistant Welfare Officer: 02161 472 6198  
 Out of Hours: 02161 472 2082 / 2854 (Your call will be returned)  
 General Enquiries: 02161 472 4268 / 2488 / 3106 / 4854



**Wegberger Winterzauber**  
**OPEN UNTIL 8TH JANUARY**  
**FOOD & DRINK STALLS**  
**ICE RINK**  
**LIVE ENTERTAINMENT & COMPETITIONS**



# Christmas Markets

- Aachen 18 Nov-23 Dec
- Ahrweiler 25 Nov-18 Dec
- Arsbeck 11 Dec
- Berlin 21 Nov-24 Dec
- Bonn 18 Nov-23 Dec
- Brüggen 10-11 Nov & 17-18 Dec
- Burg Satzvey 26-27 Nov, 3, 4, 10, 11, 17, 18 Dec
- Centro oberhausen 17 Nov-23 Dec
- Cuchem 24 Nov-18 Dec
- Dortmund 17 Nov-23 Dec
- Duisburg 17 Nov-23 Dec
- Essen 17 Nov-23 Dec
- Erkelenz 10-11 Dec
- Heidelberg 23 Nov-22 Dec
- Heinsberg 21 Nov-20th Dec
- Grefrath 25-27 Nov & 2-4 Dec
- Kempen 25th Nov-18 Dec
- Kevelaer 19 Nov - 22 Dec
- Kleve 25 Nov & 4-12 Dec
- Koblenz 18 Nov-22 Dec

- Köln 21 Nov-23 Dec
- Krefeld 17 Nov-23 Dec
- MG Hindenburgstr TBC
- MG Rheindahlen 3 & 4 Dec
- MG Rheydt TBC
- MG Schloss Wickrath 4 Dec
- Wiesbaden 22 Nov-23 Dec
- Monschau 28 Nov-18 Dec
- Nuremberg 25 Nov-24 Dec
- Schloss Dyck 25 Nov-10 Dec
- Trier 21 Nov-22 Dec
- Valkenburg 18 Nov-23 Dec
- Viersen 26-27 Nov
- Viersen Dulken 10-11 Dec
- Waldniel TBC
- Wassenberg 10-11 Dec
- Wegberg 26-27 Nov
- Xanten 28 Nov-22 Dec
- Zons 10-11 Dec



RHEINDAHLEN HIVE  
**Tel: 02161 472 2519**  
 rheindahlen@hive-europe.co.uk

Opening Hours:  
 Monday to Friday  
 0900 - 1500

ELMPT HIVE  
**Tel: 02163 97 3183**  
 elmpt@hive-europe.co.uk

Opening Hours:  
 Mon, Wed, Thurs & Fri  
 0930 - 1330  
 Thursday 0900 - 1300

WILDENRATH HIVE

Opening Hours:  
 Mon, Wed, Thurs & Fri  
 0900 - 1500 (unmanned)  
 Tuesday 0900 - 1300 (manned)

Christmas time is almost here, preparations all in hand. All of us from the HIVE would like to take this opportunity to wish you all a very safe and happy Christmas.

On that note we would also like to welcome you all into 2012. The New Year for most of us is a time for making New Year's resolutions. The HIVE is in a unique position to help you find the facilities needed to help you achieve your New Year's resolution, whether it is to lose weight, stop smoking, improve your health, learn something new or just get off the couch. All of these will help give you that new zest for life. The HIVE is here to provide information for single soldiers, UKBC's, dependants and everyone in between.



Come into your HIVE to find out what is available to help you succeed with this year's resolutions. If your resolution was to stop smoking, your local HIVE holds information on when and where the next smoking cessation clinic will be. Your resolution may be to lose weight; we hold information on slimming classes. Maybe your resolution is to get into shape; we can help you discover the possibilities of enjoyable exercise to tackle those excess pounds. We hold information on exercise classes on and off camp. If you want to broaden your knowledge and develop better skills we can help point you in the right direction, maybe improve your computer skills or take up a hobby. We hold information on what's available locally. We hold information on a variety of winter sports including indoor and outdoor skiing and ice skating.

You may want to pamper yourself instead. Having survived the Christmas holidays, your resolution could be something as simple as chill out and treat yourself, to a massage or mud bath. Maybe you just want to begin preparation for summer and think of the warmer days to come. The HIVE holds information on beauty salons, health spas, tanning parlours or even thermal baths for the day.

There is no reason to be a couch potato this year so come on – improve your health, join a club, take up a sport, learn something or just participate! Your local HIVE will help you find what you need to make this your best year, whatever your resolution in 2012. HAPPY NEW YEAR

**Our website has moved.**  
 Come and visit us at our new online home.  
[www.bfgnet.de/hive-europe](http://www.bfgnet.de/hive-europe)

## Rheindahlen And Elmpt Rags

Do you want to keep updated with events and news for Wildenrath and Elmpt? Then why not sign up for the HIVE POST? This is our weekly newsletter that provides up to date information about upcoming events. Please visit our website [www.hive-europe.co.uk](http://www.hive-europe.co.uk) and follow the link for Elmpt and Wildenrath.



**Marion's TIER-PARADIES**

Hotel for dogs, cats & smaller animals

Peaceful...

Roomy...

...for 400 years

47929 Grefrath  
Tel.: 0 21 58 / 21 76  
www.marionstierparadies.de

Only the best for your four-legged friend in a relaxing environment!

Are you receiving your bulletin regularly?  
If not please let us know  
Call JHQ Mil 3284

The deadline for all articles is the 10th of the month. If you feel that you can't make the deadline or if your event is happening after this date, then please let us know to reserve a space. We don't want to turn anyone away or cause any disappointment

**China Restaurant 蒙古城**  
**Mongolei**

Am Bahnhof 5 · 41844 Wegberg  
Tel.: 02434 - 80 80 628

Opening times  
Daily from 11.30 - 15.00 and 17.30 - 23.00  
(Closed Monday evenings - except public holidays)

**CHINESE BUFFET**  
**JAPANESE SUSHI**  
**MONGOLIAN GRILL**  
Good - Fast - Value

Daily Lunch & Evening

**Lunch Buffet**  
Mon-sun from 11.30-14.30  
(Except for public holidays)  
Euros **6.50** per person

**Evening Buffet**  
Tues-Thurs from 17.30-21.30  
(Except for public holidays)  
Euros **7.50** per person

Children up to 11 years, euros **3.80** & under 5 years **FREE**

**Large Evening Buffet**  
Friday - Sunday from 17.30 - 22.00  
(including public holidays)  
Euros **10.80** per person

Children up to 11 years Euros **5.80**  
and under 5 years **FREE** of charge

10% discount on €20 minimum spend. All dishes available to take away.

**British Forces Resettlement Services**  
The International Armed Forces Network

**Job Opportunities**

The British Forces Resettlement Services, known as BFRS, provides Armed Forces leavers with tailored opportunities for their next steps:

- Seek out your **next job** at the BFRS Virtual Career Environment
- Ask the **experts** for advice on all your careers questions
- Choose from a **wide range of courses** on the BFRS Course Directory

The BFRS is a Community Interest Company, which ensures we are working for the benefit of the Armed Forces community.

To use BFRS's free services visit:  
[www.bfrss.org.uk](http://www.bfrss.org.uk)

# Garrison Libraries & Information Centres

By Teresa Hoey

Elmpt Library and Information Centre	Rheindahlen Library & Information Centre	Wildenrath Library and Information Centre
Christmas closure will be from: 28 November and OPEN on 3 January 2012	Christmas closures will be from: 19 December and OPEN on: 3 January 2012	Christmas closure will be from: 7 December and OPEN on 4 January 2012
Monday 09:00-17:00 (Closed for Dec)	Monday 09:00 - 17:00	Monday 09:00 - 17:00
Tuesday 09:00-17:00 (Closed for Dec)	Tuesday 09:00 - 17:00	Tuesday 09:00 - 17:00
Wednesday 13:30-17:00 (Closed for Dec)	Wednesday 09:00 - 13:00	Wednesday 10:00-16:00
Thursday 09:00-17:00 (Closed for Dec)	Thursday 09:00 - 13:00 (3 Dec)	Friday 09:30-12:00 (Closed for Dec)
Friday CLOSED	Friday 09:00 - 13:00	Friday 09:30-12:00 (Closed for Dec)
Email: <a href="mailto:elmplib@alibs.detsa.co.uk">elmplib@alibs.detsa.co.uk</a>	Email: <a href="mailto:rheilib@alibs.detsa.co.uk">rheilib@alibs.detsa.co.uk</a>	Library return book box is available in the café next to the Naafi
Tel: 02163 973331 Mil: 94868 3331	Mil: 72 2616 Civ: 02161 472 2616	Email: <a href="mailto:wildlib@alibs.detsa.co.uk">wildlib@alibs.detsa.co.uk</a> Tel: 02432 492602

Fiction and non-fiction books  
Garrison Libraries and Information Centres have an up-to-date selection of fiction and non-fiction books as well as titles for younger readers. If you have an interest in a particular author, gardening, cooking or sport there are plenty of books for you to choose from.

Do you need internet access?  
Internet Computers are available with a printer in all the libraries. Come in and use the computers during opening times, or you can book a time slot in advance by telephone.

Are you studying a course or for a degree?  
Bring your reading list to us in advance and we will request the titles for you. We can search for any titles and contact other libraries in Germany and the UK to support your requirements.

Photography Exhibition  
We would like to thank Clive Smith for donating his photographs to raise money for charity, we raised €50 for Help for Heroes.



The Garrison Libraries and Information Centres would like to thank their customers and everyone who has kindly supported events organised over the year.

We would like to wish you all very Happy Christmas and New Year

**Storybook Soldiers Recordings**

Storybook Soldiers recordings can now be made in Rheindahlen Library.

Contact: Jayne Bowen, Civ 472 2741 or Mil 8592

## New Books Coming Soon

### JOHANNA LINDSEY - That perfect someone

Nine years ago, Richard Allen fled England and his controlling father. Determined to live his own life, he took to the sea and settled in the Caribbean, joining a band of treasure-hunting pirates and adopting the persona of a carefree, seductive Frenchman named Jean Paul to guard the secrets of his past. When he slips back into England to carry out an urgent task, Richard becomes infatuated with a married woman, Georgina Malory. But his reckless attempt to woo Georgina at a masked ball turns out to be the worst mistake of his life because it brings him face to face with another beautiful woman.

### SIMON TOYNE - Sanctus

An explosive apocalyptic conspiracy thriller from a major new British talent that will set the world alight. A figure dressed in a hooded green cloth stands resolute, a thousand feet above the fictional city of Ruin, Turkey. Precariously poised on the edge of a savage precipice he opens his arms in the shape of a cross and waits, and waits and waits – the wind picks up and a decision is made. Then, with the eyes of the world's press and gathering crowd of curious onlookers below, he jumps. And so begins a tale of action, conspiracy, religious curiosity and a story of trust and finality – "Sanctus" has it all.



# The Point Acupuncture Clinic

Based in the Fitness Centre JHQ  
Offers Traditional Chinese Medicine -  
including acupuncture, Tui Na (Chinese  
massage), auriculotherapy (ear treatments  
with or without needles), baby massage and a  
weight loss programme.

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E-mail: info@acupuncture-thepoint.com  
Website: www.acupuncture-thepoint.com

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## MIKE'S WINDOW CLEANING SERVICE - INSIDE JHQ.

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- Darts • Buttons & Zips replaced & more....

Please Call or Email for an appointment

8 Dingwall Way, JHQ  
02161 4761406

alterationsbynikki@hotmail.co.uk  
Registered Business Ref. No. 54/11

**Closed for business throughout December.  
Resuming January 2012.**



## SLIMMING WORLD

Tuesday - Iron Duke JHQ @ 1730.  
Contact: Stephanie Johns 02432 892357

Wednesday - Windmill Club Wildenrath, 1800.  
Contact: Lorraine Holmes 01525 7303019

Thursday - Village Green Elmpt, 1730.  
Contact: Adele Butler 02436 380014



The Cafe am See at Holtmühle  
Revised Winter opening hours:

Closing from 12.30 - 14.30 until  
March/ April - depending on when  
the weather improves.

Tel 02434 809006

## GNOMES FROM HOME

by Carole Williams

Any Regimental cap badge/military uniform.  
Any Football/Rugby team - personalized with  
number and name on back of shirt.  
Other themed gnomes available on request.




35 Roberts Road (JHQ)  
41179 Mönchengladbach  
Tel. 02161 478895  
Mob. 01722490724  
Email: lfc1892\_gerrard@hotmail.com

## H ENTERPRISES

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Need a PC? Laptop? Mobile Phone? I have a large  
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Or contact me on 0178 1857769 or 02157 9070467  
E-mail: info@h-enterprise.biz



## SMALL ADS

Do you want to advertise a  
business or service?

Call Katy on JHQ Mil 3284  
(Adverts on the board  
cost from €15)

## REPAIR MAN

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machine, tumble  
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Ref. 39/11

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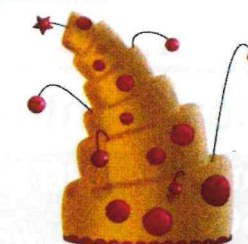


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Gift Wrap • Stationery  
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Contact Susie Barber  
Tel. 01726252472 • 9 Shrewsbury Way JHQ  
www.phoenix-trading.eu/web/susiebarber

## The Cake Lady JHQ Bespoke Cakes for every occasion

Michelle Matthew  
Hehler, Hardt  
michjimmatt@yahoo.com  
02161 8212580





## WHAT TO KEEP IN YOUR MEDICINE CABINET



Here is a list of useful medicines and dressings, with a description of their uses, that we recommend you keep in your medicine cabinet at home. All are quite cheap and worth stocking in readiness for minor illnesses.

Remember: Keep them in a box or cupboard with a lock and store them well out of reach of children

- Paracetamol and Ibuprofen: for adults and children over 16 years old. Good for headaches, colds, sore throats and painful bruises.
- Paracetamol Suspension (liquid form): for the relief of pain or fever in young children.
- Sedative Cough Linctus: for dry or painful coughs, but not coughs caused by common colds.
- 'Over the counter' cough medicines: there is no good evidence on the effectiveness of 'over the counter' cough medicines and they can be expensive; as such their use is not recommended. However, they can be used at your discretion. Warning; they should not be used for children two years old or younger.
- Vapour Rub: for steam inhalations or to rub onto chest or nose. Useful for children with stuffy noses or dry coughs.
- Antiseptic solution: one teaspoon diluted in warm water for cleaning cuts and grazes.
- Antiseptic cream: for treating spots, sores and grazes.
- Calamine Lotion: for dabbing (not rubbing) on insect bites, stings and sunburn.
- Dressing strips: for minor cuts
- Sterile Gauze squares: for cleaning cuts and grazes.
- Thermometer: to measure fevers and enable appropriate treatment
- Tweezers: for removing splinters and ticks

Remember that our Pharmacist can give you advice about medicines.

### Disposal of Unwanted Medicine

The Pharmacy can also dispose of any unwanted medicines which you may have in your home or accommodation. Remember - be safe and keep all medicines out of reach of children.



### IMPORTANT STUFF!

#### Cancelling appointments

If you don't need your medical appointment or can't make it for whatever reason, it is really important you phone up and let us know, rather than just not turning up. There are only a certain number of appointments available each day, and not turning up wastes both the doctors' and nurses' time when they could be seeing other patients.

#### Contact details

Please remember to notify your Medical Centre if you change your telephone contact details.

#### De-registering

If you are being posted, please don't forget to de-register at your Medical Centre before you go. If you don't, it will delay your medical records being sent to your new GP practice.

If you would like to come to the next Patient Participation Group (PPG) to give feedback directly to medical staff on our health service, the next meeting is on Wednesday 11 January 2012 at 1000 hrs at the RSU Welfare Centre.

## Garrison Medical Centres Telephone Numbers -

**Elmpt Medical Centre**  
Civ: 02163 97 2600  
Mil: 68 2600

**JHQ Medical Centre**  
Civ: 02161 472 2969  
Mil: 72 2969



## MEDICAL CENTRE SERVICE OVER CHRISTMAS AND NEW YEAR - REMEMBER, CALL FIRST

Please be advised that all medical centres are closed on the Christmas and New Year Public Holidays - 24 (pm), 25, 26, 27 and 31 December 2011 and 1 January 2012.

If you are unwell on a Public Holiday, please telephone your local medical centre number. The centre will be unmanned, but you will automatically be diverted to the 24 hour telephone advisory service offering a nurse consultation and if required, arrangements will be made for you to be seen by our on-call doctor in Rheindahlen. If you need an emergency ambulance, you should call 112. Emergency services operate normally on Public Holidays.

On the other days between Christmas and New Year medical centres in JHQ and SHAPE will be offering

routine appointments in the mornings.

With a little help from patients we can make sure we're there for those who need medical care the most eg. those caring for young children or the acutely ill. Please help us by: Making sure you have everything you might need in your medicine cabinet or first aid kit, so that you can manage simple illnesses quickly and easily.

Checking you have enough medication to last over weekends and Public Holidays.

Booking routine doctors' appointments before the Public Holiday.



## WORLD'S AIDS DAY

World AIDS Day is on 1 December each year and the key purpose of highlighting this serious sexually transmitted infection (STI) is to stress the importance of getting tested. AIDS is not about being gay - heterosexuals can get HIV. In the absence of a 'cure' for AIDS, prevention remains the first line of defence. Condoms are the only proven barrier method available that protect against both unintended pregnancies and sexually transmitted infections, including HIV.

HIV stands for the Human Immunodeficiency Virus. It is a virus which attacks the body's immune system - the body's defence against diseases. It can be passed on through infected bodily fluids, most commonly via sex without a condom or by sharing infected needles, syringes or other injecting drug equipment. There are now more people than ever living with HIV in the UK - more than 90,000 - with around a quarter of those unaware they have the virus.

Here are a few more facts about HIV in the UK:

Over 90% of people with HIV were infected through sexual contact

You can now get tested for HIV using a saliva sample not available in BFG GUM Clinics

HIV is not passed on through spitting, biting or sharing utensils

Only 1% of babies born to HIV positive mothers have HIV (in the UK AND OTHER DEVELOPED COUNTRIES)  
There is still no vaccine and no cure for HIV.

If you know you're HIV positive then you can start treatment which is very effective now and prolongs life. The earlier you start treatment the more it affects your long term life chances.

HIV is now a treatable condition, people are now living with HIV not dying from it, however treatment is most effective when started early before people become unwell, starting treatment late has poorer outcomes than when started early.

If you are worrying about the impact of an HIV positive test on your military career, you have got your priorities wrong. Your life is far more important than any career. Testing for HIV is now routinely part of our Genito-Urinary-Medicine (GUM) services and the vast majority tested are negative, but please don't assume you are.

Red ribbons, badges and leaflets have been distributed to Medical Centres around BFG, but for more information online, go to: [www.tht.org.uk](http://www.tht.org.uk) (Terrence Higgins Trust) [www.worldaidsday.org](http://www.worldaidsday.org)





# SCHOOLS' UPDATE

## JHQ Through The Lens

17 year old Callum Kelly, a pupil at Windsor School, is currently working on his Arts Award Gold project where he has to study something outside his comfort zone. He decided to try photography, which involved capturing the essence of JHQ's drawdown through pictures.

Callum is the son of SCE teachers and he has lived in Germany all his life and at JHQ for seven years. He has never really tried photography before and his task will be to put together a portfolio for an exhibition and an auction to be held at the school in March. This will consist of photographs expressing the imminent closure of JHQ, but also reflecting the community which is still very much alive and kicking. He has taken photos of interest to him and the community which he will sell off, with the proceeds going to the Afghan appeal.

Callum enjoyed this experience under professional direction from photographer David Crosby. He said, "It was quite interesting to take a photo of the old St Andrews church since I remember going to carol services there as a primary school pupil and it has now changed from being a place of worship to a thrift shop".

David Crausby used to be an English teacher but is now a professional photographer based in Bunde, his wife works for SCE. He said, "I was surprised at how

prepared Callum was and thought that I'd have to give him a lot of direction but he knew exactly what he wanted to do. He was thinking on a high, conceptual level about the closure of JHQ and I think he is a very intelligent young man".



Callum photographing teacher, Philip Oakley, posing in his sports car

Callum has proved that he has a keen eye for a good picture too. "I took a very interesting picture of an old empty hut at Windsor School very early this morning. It doesn't serve much of a purpose but it's a landmark that I think a lot of pupils will know. It just proves that when you walk around taking photos, it's a very special experience from every day life.

Callum hopes that those who go to his exhibition and possibly bid for his photos will be impressed. "I would like to think that people will look at my photos and relate them to their own experiences of JHQ. I've enjoyed taking the photos and have learnt a lot from David and it's certainly something that I would like to continue doing.

By Di Edwards

Back to school was not all about back to work at Brügggen School as the children enjoyed a Halloween Disco. It was attended by a host of ghouls, witches, pumpkins, ghosts, vampires and Draculas as well as a sprinkling of fairy princesses. The children made a spectacular effort with their costumes and had fun playing games, singing and dancing. Some very scary screams were heard! Many thanks to the DJ and the staff for supporting the event and to the parents who stayed to supervise the very youngest children.



## Brügggen Pupils Tackle Finance

The children at Brügggen School used their maths skills in practical ways during a recent special week - Money Week. As well as learning about the value of coins; buying; selling and giving change in KS1 and working out household budgets; discounts and interest on loans in KS2 the children in each class worked on special projects: making cakes and then buying and selling them using plastic money (much to the disappointment of the shop keepers!); making and selling Halloween sweets; organising parties on a given budget and taking part in challenges and games – all for a price!

All the children joined in and showed a great aptitude for buying and selling! The week's work was then shared with parents who came in to school to see what had been going on.

## Ark Pupils' Festive Baking

The Ark Newshounds would like to report about the Ark Cookery Club, who are baking fantastic cakes and biscuits for the school Christmas Fair.

"I have enjoyed Cookery Club this term; it is not like any other club, as we get to make things to take home. We have decided to make cakes and biscuits for the Christmas Fair because we want to raise money for the school. We have also produced a cookery book full of our delicious recipes." announced a Year Six member.



The Newshounds would like to encourage everyone to come along and join in the fun, on the 2nd of December at 13-30! A Jolly VIP will be making a surprise visit.



By Hazel Aitken & Racheal Hardy Photo David Talbot

On the 21<sup>st</sup> of October, Army fever took over Windsor School. Soldiers from a wide variety of trades within the Army, from Guardsmen to Riflemen, shared their abilities with children from years 10 and 11, as a range of different team-building activities, requiring a number of different skills such as leadership, teamwork and confidence, were set up in the sports hall.

The children were separated into four groups and operated on a rota, as they switched tasks alongside army personnel to guide them. These activities tested their skills and discovered that all the expertise they had learnt was not only applicable to the army, but other career paths they may choose to follow. The children found one rule in particular hard to avoid, as they were punished with 10 press-ups every time they were caught with their hands crossed, or in their pockets. This gave them an insight into the discipline they would be expected to follow if they chose to go to an Army college.

Jacob Vickers, year 11, said "I was thinking about the Army before, and I enjoyed this a lot, and gained a lot of skills like teamwork". But for those who weren't, and still aren't thinking about the Army as a career, it proved to be an enjoyable day and great experience outside the classroom.

Another year 11 student, Micheal Hardy, found the morning "inspiring" and stated that "it helped with

other things you can take on throughout life".

Being from a military background, many of the children not only in these specific age groups, have had first hand experiences with the Army lifestyle, finding different reasons all the time to simply join up. Gurardsman, Anthony Sial, said that he found the military children to be more "grounded" in comparison to those who receive the same courses in the UK.

The final task of the day was an obstacle course, which saw all of the students converge in 'the ultimate team-building exercise'. After this had been completed the Team Commander de-briefed the students with an inspiring speech about what they had learnt and his hopes for their futures. He finished by saying "You now have the fundamental skills that the army is looking for."



## Windsor Cultural Diversity Day

By Gina Clarke

SCE and Windsor school have been working together to help year 7 student's transition back to multi-cultural UK once their time in Germany comes to an end.

Joy Harris is the Performing Arts Consultant for SCE. She says, "We've given three groups the opportunity to explore cultural diversity through poetry with a professional published poet Levi Tafari, and through dance with a professional dancer Corrie Lunghi and drama with myself."

The day was structured for the children to explore the topics through performance and the technique seemed

to work quite well. Joy said "I can feel the impact already and we've been learning what cultural diversity means to us and other people and I really think it has encouraged students to reform their thoughts and views."





# Beauty Therapy Training

*I am an Army Wife and have recently qualified and set up a very lucrative Beauty Therapy business. I am now providing training courses that will enable you to do the same.*

*All trainers come from a highly respected UK Beauty Academy and all courses will provide you with a certificate that is accredited by The Guild of Beauty Therapists and will enable you to secure professional indemnity insurance.*

*The first courses will be held over the weekend of the 4th & 5th Feb and will include Eyelash Extensions, Threading, Lash & Brow Tinting, Waxing & Tanning.... other courses will follow...Facials, manicure, pedicure & nails....*



*All courses are held centrally in BFG*

*www.aligriffithsbeautytherapy.com*

*Email: aligriff999@hotmail.com*

*Facebook: Ali Griffiths BeautyTherapy*

## Beauty Therapist Ali Griffiths

Ali Griffiths is a Soldier's wife based at 200 Sigs in Paderborn and while she is currently an MOD UKBC, she will be made redundant on 30 Dec this year. When Ali found out she started looking into careers that would be flexible enough to suit moving on. She had an interest in the subject but she had no formal qualifications or training, so she investigated the possibility of undertaking training.

She found this difficult here in Germany because she doesn't speak the language and also there was a danger that the qualifications that she gained wouldn't be recognised when she returned back to the UK, so she had to look at UK courses.

She studied over weekends and she is now qualified to perform various beauty treatments. Ali said, "The courses were great but the cost and inconvenience of going back to UK was not so good. This is clearly not an option for many Army wives, particularly if they have to add on childcare costs as well".

This gave Ali the idea to run courses here in Germany. She said, "I am based in Paderborn and it is fairly central for the whole of BFG, so I have set up the first courses in Paderborn in February and after that I will continue to run courses on a monthly \ six weekly basis so that the girls can become fully qualified beauty therapists.

## Army Family Federation

# aff

If you have any questions for the Army Families Federation, please contact the Branch Coordinator for Rhine Region, Helen O'Neill.

Tel: 01744 946209

Email: rhine@affgermany.org

Website: www.aff.org.uk



## DMWS

The DMWS are the welfare service for military personnel, registered dependants and entitled civilians who become hospitalised. Qualified Welfare Officers are located in MOD Hospital Units across the UK, Germany, Cyprus and Afghanistan to provide support.



### How we can help:

- 24 hour personal response to crisis
- Practical and emotional support for hospital in-patients and dependants
- Assistance coming to terms with serious illness
- Liaison with Services Units, Stations and Ships
- Liaison with and referral to support groups and charitable organisations
- Accommodation and information for relatives visiting seriously ill patients
- Practical assistance and emotional support in the event of death or bereavement

### For further information telephone:

Bielefeld	0521 772 77899
Hannover	0511 289 2337
Osnabrück	0541 405 4316
Paderborn	0525 186 1008
Viersen/Dulken	02162 104 2279

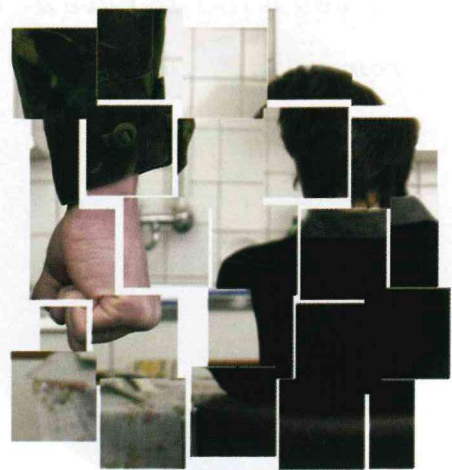
www.dmws.org.uk



*If you'd like to have a romantic Valentine's message printed in February's edition of the Bulletin, then email us at teambulletin@yahoo.com*



**FEEL LIKE A PRISONER IN YOUR OWN HOME? FIND THE STRENGTH CALL US TODAY**

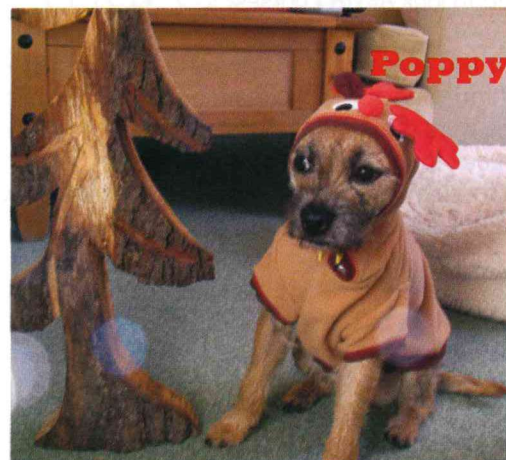
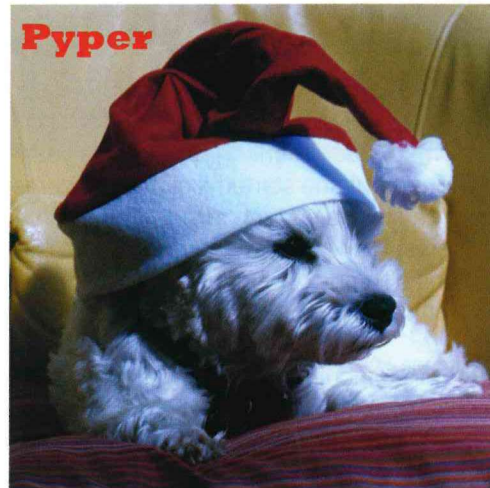


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[www.bfgnet.de/victimsupport](http://www.bfgnet.de/victimsupport)



## Festive Pooches



## CATS Theatre Panto Treat

Members of CATS Theatre Club at JHQ are half way through rehearsals for their forthcoming panto 'Cinderella'.

The show will be a classic treat for everyone, whatever age you are and promises to provide the usual laughs and shenanigans with your favourite characters including the boisterous Ugly sisters, the beautiful but badly treated Cinderella and Buttons who is suffering from unrequited love, plus many, many more.

The show runs over the last two weeks in January, so it is a perfect theatrical treat to look forward to after the excitement of the Christmas festivities.

Tickets will be on sale from 1<sup>st</sup> December at the Little Theatre, JHQ.

So come along and support your local theatre group. We promise that you'll have a fantastic time. Oh yes you will!

**Proudly presents the Panto**

# Cinderella

At  
**The Little Theatre**  
**19th - 22nd January**  
&  
**26th - 28th January**  
**2012**

Tickets cost 8 euros, on sale at  
**The Little Theatre, JHQ, from December.**

## Security Awareness in Rhine Garrison



**If you see something suspicious...report it to the RMP**

Tel. Civil: 02161 472 4000 or 472 2333 • Tel. JHQ Mil: ext 4000 or 2333

**Your eyes are our best defence**

### THE THREAT

Be aware of the Terrorist threat and report anything you find suspicious no matter how trivial it may appear.



### GOOD NEIGHBOUR SCHEME

You do not have to have an official scheme just look after those around you and keep an eye on empty houses in your street



### BICYCLES

Don't leave them outside the house or ensure they are locked to something solid. Hundreds are lost or stolen each year in BFG.

### SUSPECT PERSONS OR VEHICLES

Do they look like they belong on camp? Do they have a good reason for being in your area? Are they behaving suspiciously?



### BULK RUBBISH

Discourage scavengers, what they take is not always bulk rubbish.

## Windsor School Thespians Take To The Stage

Staff and students from Windsor School are currently deep into rehearsals for an autumn-term production of the much-loved family musical, Annie. The musical play describes what happens when a good-hearted orphan goes to live with a cantankerous, rich business man.

Mr Adrian Brind, as musical director and Mrs Hayley Lister, as stage director are leading the cast and technical team in producing this very entertaining musical, which is set to run just before Christmas.

"We have invited our local primary schools to watch the show, and will also be running one evening production to let parents, friends and guests see our talented students, on Friday 9<sup>th</sup> December," explained Hayley, who works as Head of Drama at Windsor School.

The atmosphere in rehearsals for Annie is very different to that of previous productions, because Hayley has handed over a lot of the responsibility for the rehearsals, set production, lighting and costumes to the pupils involved, "Usually there is a lot more staff involvement, this time there has been a lot more respect for each other, and a lot more excitement about what's going on. I am really enjoying watching them work," she said.

The cast and crew are from a range of school years, including a number from Year 10 and Year 11, whose work on the production will go towards their Drama GCSE. The pupils undertaking their GCSEs had the

choice of taking on an acting or a production role. Elle Harris is a Year 11 pupil who has performed in productions and has taken on the technical role of stage manager for the first time, "I have enjoyed the technical side a lot more than I thought I would. It has given me a different perspective to performing. It is fun getting to know each of the cast members individually, and you definitely have to be organised," Elle explained.

Claudia White has decided to take on a performing role as part of the course, and she will be tackling her first major part in a production, as Grace Farrell, Daddy Warbuck's assistant, "I have never been a main character in a play, so it is a good experience. I will use this performance for my GCSE, so I must explore Grace's character, and develop it. I like the character, and when I am performing I feel like I am that character, so that helps me to not be nervous."





# SPOOKY STORY TIME

The Rheindahlen Library and Information Centre's regular Story Time took on a ghostly feel last month to coincide with Halloween.



On the day, the young visitors to the library were greeted with a ghostly gallery in the Children's Room, including a host of Halloween pictures drawn by pupils from Ark School. There was also a range of themed activities including a word search, skeleton hunt and puzzles.

Among those attending with their parents were Princess Witch (for a day) Ffion Larwood aged 5, and Henry and Mary Dixon aged 8 and 10.

The spooky stories were read to the children by Fran Kendall, who regularly volunteers to read during Story Time. The activities had been devised by Teresa Hoey,

Rachel Tresider, Linda Thompson and Marie Caldwell; all members of the Rheindahlen Library team.

A Halloween colouring competition also closed on the day. The winners were, 3-5 Yrs Evie Smith, 6-8 Yrs Ben Thorne, 9-10 Yrs Mary Dixon, +12 Erin Dixon.

Story Time is held at Rheindahlen Library every Tuesday during term time, from 14:15 – 14:45 in the Children's Room. For details about regular Story Time sessions at Rheindahlen Library, please contact any of the Library Assistants.

Rheindahlen Library will hold a Christmas Story Time on Tuesday 13<sup>th</sup> December.



## Check It Out Kids!!!

Combat-Kidz is a website set up by two Army wives to help all British Army service children cope with a deployed parent. The pair, Vickie Harrison and Emma Hall, decided to set up the site when their husbands were deployed with 5 Rifles and 1PWRR respectively.

The site provides lots of things to make and do, and regular competitions. It also has maps and facts about the places that their parents are deployed.

**COMBAT-Kidz website aims to 'keep children busy while their loved ones are away'.**

## JHQ Ceramic Club

Thursday evening 1900 - 2100 hrs

Come along and get stuck into making garden ornaments, seasonal decorations and kitchenware.

For more info call Gisela on JHQ Mil 4740 or mobile 0151 2238 2030

## Diving Club

Every Tuesday at 19.00 @ the Rhine Blue Pool JHQ

All other agencies welcome. Junior Section 12-16 yrs.

Contact - W01 Keith Atkinson on Elmpt Mil 68 3076 or civ 02163 973076



## Diakonisches Werk Mönchengladbach Help For The Homeless of Mönchengladbach

The homeless are DESPERATE for: Jeans, T-Shirts, Jumpers, Socks, Shoes, Boots and Jackets.

We are always in need of: Small items of furniture (Single Beds, Wardrobes, Nest of Tables, Lamps) Household goods

To arrange collection please call **Katy** on JHQ 3284 • 02161 472 3284



# RBL

## POKER TOURNAMENT

### Texas Hold'em

Every first Saturday of the month at 1800 Hrs  
In Aid of the Poppy Appeal

## THE LION'S HEAD



THE ROYAL BRITISH LEGION

Opening Hours:

Wednesday (Bingo) 1900 - 2200 hrs  
Friday 1800 - 0100 hrs

Dates/Times for private parties by arrangement with the Bar Manager, Steve Reid.

Steve can be contacted on:  
02161 - 3086071 or  
0174 - 8919003

Did you know that the Rheindahlen Branch has a full size billiard table and a table tennis set?

The Lion's Head:  
10 Reading Way, JHQ  
(Behind the Rheindahlen Bowl)



## Ladies' Netball

All standards Welcome!

Wed Evenings 19:00 - 20:30  
Great Exercise.  
Come along or call:

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# Padre's Pen... By Rev Fr Danny Hernandez

A few years ago the son of a relative of mine, wrote a Christmas poem, which was reproduced on his school's Christmas cards. The poem entitled 'The Day the Son returns' goes like this:

Life is just a long  
And endless mystery  
The reasons of life  
Will not be uncovered  
Until the Son returns  
Many people try to find out  
What lies beyond this beautiful world  
But no-one knows the meaning of it all  
Until the day the Son returns

Even if you search  
Far beneath the layer of  
Adorable earthly ground  
The answer will not yet be uncovered  
Not until the day the Son returns

When the Son returns  
Men will not need to pray and beg  
For wars and mutinies to end  
For he will save everyone  
The day the Son returns

He makes us  
Kind, good and loving  
Which are the most  
Important things in life  
The Son will complete his mission  
On the day the Son returns.

The amazing thing is that Philip was only 11 years old when he composed this poem! His profound and reflective words opens us to appreciate the beauty of life and links the God who became a child for us at Christmas, with the mystery of creation and life and the wonder of it all.

And so may the God of Christmas fill us with all joy and peace in believing, and help us celebrate this joyful season with renewed hope. The hope, which as we sing in one of the Christmas Songs – you and I will live forever more because of Christmas Day!

Happy Christmas



<b>Christmas Eve</b> 24 December	18.00 Holy Communion with carols at Elmpt church (CoE)
	23.30 Midnight Mass at St Boniface JHQ
	17.30 Family mass at St Thomas More, JHQ
	23.00 Mass at St Thomas More, JHQ
<b>Christmas Day</b> 25 December	09.30 Christmas Day service at Elmpt church (CoE)
	11.00 Christmas Day Mass at St Boniface, Elmpt
	11.00 Parish Communion for Christmas Day at St Boniface JHQ
	09.30 Christmas Day Mass at St Thomas More JHQ

## Regular Garrison Church Services

<b>St Thomas More Catholic Church JHQ</b> Sunday 11:00 Mass	<b>St Boniface Church of England, JHQ</b> Thursday 18:30 Church Choir Practice Sunday 11:00 Sung Eucharist	<b>St Andrew &amp; St Nicholas Church of England, Javelin</b> Sunday 09:30 Sung Eucharist	<b>St Paul &amp; St Boniface Catholic Church, Javelin Barracks</b> Sunday 09:30 Mass
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## U10 Tips to aid 'Safe Cycling'

- 1. Have a roadworthy bike that fits you** - Regularly check the brakes and tyre pressure, and don't ignore any strange noises, vibrations, or jumping gears - they probably indicate a problem. A new bike bought from a traditional, local bike shop should be safe.
- 2. Use the road** - If you are nervous about cycling on the road do get training. Cycling in parks and cycle paths is fine but you are missing out on the freedom to cycle, quickly and safely to wherever you want to go. Cycling on the pavement, even considerate cycling, is against the law (although the police will show discretion to younger children cycling on the pavement).
- 3. Think positioning** - Ride away from the kerb, never in the gutter, at least a door's width away from parked cars. Be aware that drivers tend to leave you the same room on your left as the room you leave for yourself on the right. Ride in the stream of traffic when you can match its speed. At times when you have to ride close to slower moving traffic or parked cars (i.e. on a narrow road) do so slowly so you have time to react to hazards such as an opening door.
- 4. Check behind frequently** - especially before changing position on the road. Looking behind attracts the attention of drivers as well as ensuring that you know what is happening around you.
- 5. See, be seen, and communicate!** - Communicate your intentions with hand signals and by correct road positioning. Don't signal without looking behind first - it may be unsafe to signal if someone is overtaking at that moment or it may be unnecessary to signal if no one is there. A driver is more likely to see your signal if you have looked behind first.
- 6. Be HGV/large vehicle/bus aware** - You are particularly at risk if cycling on the passenger side of an HGV as it turns right because of the poor right view from the cab (many have 'blind spots'). Do not 'hug the kerb' to undertake a large-sided vehicle (particularly when on approach to traffic lights/junctions). Ensure that you are positioned with enough space behind or in front of any large vehicle so the driver in the cabin can see you. Make sure you can see the vehicle's mirrors. If you can't see the mirror the driver probably can't see you.
- 7. Be seen** - It's so obvious yet is ignored by many cyclists. It's your responsibility to make sure you are visible. You can buy good high vis cycling jackets for a small price or high visibility cycling shirts. Use flashing lights on the back of your bike in the dark. These are a real attention grabber.
- 8. Pot Holes** - Watch out for these. If you make a regular commute you will get to know where they are. These are another reason why you should not hug the kerb. Study the road ahead all the time. Under no circumstance suddenly swerve out to avoid a pot hole on a road full of traffic. If you've been surprised by one and there's traffic behind you you'll have to ride through it. Stand up on your peddles to reduce the weight if you're forced to go over a pot hole. This is safer than swerving out into the road. Ideally though, if you keep away from the kerb and are paying attention, you should be able to avoid them. Being aware of everything going on around you is essential to cycling safely.
- 9. MP3 Players** - If you're listening to an mp3 player or radio when cycling then you are reducing your sensory perception drastically. A chunk of your concentration will be targeted to the music or radio whether you admit it or not. You need all your concentration focused on your ride. It may be ok to have music blasting from your car stereo, but for a cyclist your ears are a crucial part of your defence mechanism. You will hear the traffic behind you rather than see it.
- 10. Drop the 'Right Of Way' Attitude** - Having an inflexible 'I've got the right of way' attitude can get you into trouble. Let's get real here. You're a cyclist; a human being on a small piece of metal, the average car weighs in at between one and two tons. Technically, in certain situations, you may have the right of way, but if a selfish or inattentive driver pulls out on you, maybe he hasn't seen you, then stop or slow down, you can't argue with a car. Be alert for cars pulling out on you. Many drivers underestimate the speed cyclists can do and think they have time to pull out when in reality an experienced cyclist on a good bike will easily reach speeds of between 20 and thirty miles an hour on city roads and are moving faster than non-cycling drivers realise. Approach every junction with extreme caution even if you have the right of way.



## THE DOG WHISPERER... By Dave Mair

### WHY DO DOGS CHASE CATS AND CATS CHASE DOGS?

This month's question is from Reece Clarke

I have a 2 year old chocolate labrador and a year old golden labrador that I've had since they were puppies, before I got them I also had a Tabby cat (who's now 4 years old) and I was just wondering how I can get my dogs and cat to get on because they stop my cat from roaming around the house like she used to be able to and whenever she comes in through the cellar door, she has to run straight up into the attic otherwise the dogs chase her.

I listened to Cesar Milan recently as he explained about a lady who had just lost her dog. She was upset and decided that she would jump back on the bike and go to the animal shelter and get herself a new dog. She walked past many dogs till she came up to the dog that she knew was for her, a black and tan Rottweiler. She felt so much sadness as she saw the dog cowering in the corner, she knew then that she had found her new pooch. So off they went.

Now picture this, the lady was driving the car with the dog on the back seat and phone in one hand (that's the lady) steering wheel in the other telling all her friends that she had just got a new dog, tears rolling down her face.

As she arrives home somebody wakes up and stretches and looks out of the window. Yep it's a Cat. He jumps down, walks to the door, as he always does, waiting to meet his owner. As the owner opens the door this poor Rottweiler is about to face this bundle of fluff. Within seconds the cat has given this large dog a swipe across the face sending the dog into sheer panic. But the dog didn't run away as you might think he did - something which we can all learn from! He followed the cat around. The cat showed the dog where it could not sit as these areas were his territory; the window-sill, the couch, the bed and so it went on. For the first time the dog had found a strong leader which it could follow. The lady was not in the right state of mind to be a strong pack leader.

So back to this month's question. We all follow rules, we all have boundaries and limitations, and the animal world is no different. They also rely on strong leadership. So start applying these rules. The dogs should have been taught that there are rules. Do not approach the cat, in other words. Should they start to try to play with the cat or worse, then they should be sent to their beds.

Boundaries are simple. If the cat has entered the living room and is happy being around its family and the dogs when they are quiet, then fine. But should they approach the cat at speed or in a manner which worries the cat, then you will need to enforce your leadership and apply the above rule. 'Bed' or any other command like 'sit', or 'down' will hopefully get their attention back on to you and away from the cat. Use treats since labradors love food.

Limitations are that you will not always be there or you may be busy doing something else. I'm not sure to what extent they try to get the cat, but apply your rules fairly with a certain amount of consequence and this should be followed by the whole family otherwise it sends mixed signals to the dogs. Should you have further problems with the dogs then phone the kennels and arrange a home visit.






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If you have any questions for Dave regarding your dog, then email us at:  
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## Royal Corps of Signals Corps Convention Football Match

By WO1 (FoS) Austin Rodway Photos by Charlie Booker

Every year the Royal Corps of Signals holds a convention for all members of the Warrant Officers' & Sergeants' Mess. Units from across the globe support this event as an opportunity to be briefed on current Corps and wider Army and Defence issues, as well as catch up with some old friends. This year the event was held, possibly for the last time, in Elmpt, hosted by 16 Signal Regiment.

As part of the convention it is traditional for units based in Germany to take on a team comprising of the 'Rest of the World' and this year was no different. Sgt Tom Unthank had the unenviable job of piecing together a team from the Units that remained in Germany and weren't currently on tour. WO1 (RSM) Daz Kidd likewise for the 'Rest of the World'. Daz Kidd's goalkeeper was predetermined as it always is, as the Corps RSM, Tony McBean, who played the second half for the Germany team.

A surprisingly fast paced start to the game, considering the average age of those on the pitch, eventually led to a goal for the Germany Unit, a sublime overhead kick, scored by SSgt Marc Murphy. The realisation of all on the pitch that they were no longer in their early twenties led to a slowing of the pace somewhat and halftime was much appreciated. Unfortunately due to a lack of water bottles we had to make do with Port as our halftime refreshment.

An equaliser for the Rest of the World, that was so magnificent no one can even remember it being scored or who scored it, was then superseded by a goal for Germany by SSgt (YofS) Andy 'Simmo' Simpson. With

## Exercise Roys Boom

A team of 6 soldiers from 14 GEO recently went on an Adventure Training Course sailing from Kiel to the Baltic.

The trip almost didn't go ahead due to various commitments, but the lads got there in the end and the Competent Crew Course allowed the lads to tackle something a little bit different and develop some new skills.

The biggest thrill for the soldiers was that they got to sail in a German wooden Windfall yacht called Flamingo that was built in 1936 for the Olympics. Operations Officer, Captain R Collins, said, "It was a real honour to be on board that yacht and it was such a thrilling experience".

He stressed that a very challenging, interesting and rewarding time was had by all. "We had covered 189nm and each novice came away with a well earned Comp Crew ticket. BKYC is certainly a centre of sailing

the score at 2-1 to Germany, a penalty was awarded to the 'Rest of the World' after WO2 (SSM) Sean Wedge tried his best to remove one of the opposition's head with his studs. In spite of the efforts of the Germany keeper, by this stage Tony McBean, the penalty was despatched by Daz Kidd.

Despite some goalkeeping heroics by their second half goalkeeper, WO1 (CFoS) Gordon Tibbetts, the Germany contingent scored a decisive third goal, once again scored by Simmo, to take the game 3-2. Before the final whistle there was however still time for Tony McBean to have a run out of goal; which just resulted in him getting booked for what can only be described as a rugby tackle on Daz Kidd. That though was, like the rest of the game, all part of some very good humoured



and occasionally even decent football. Thanks go to Tom and Daz for getting the teams together, and LCpl Scotty Devaney for refereeing the match in the spirit in which it was played.

excellence. Their facilities, equipment and quality of instruction are first class. Get your name down for RB12 now!"



## Exercise Rhino Soldier

By WO2 Sean Wedge

For the second year 1 (UK) Armd Div held Exercise RHINO SOLDIER which is a charitable competition based on the 'Tough Guy' concept from the UK.

This year the event was held on 9th Nov at Hohne and was hosted by 3 RHA. The intention of the event is to have as many BA(G) based personnel as possible of both genders taking part in what is an arduous, challenging but fun competition.

It was decided that 230 Sig Sqn would enter as many 5 man teams as possible which finally turned out to be 5 (1 team of racing snakes, 1 team from the Squadron hierarchy and 1 from team from each of the troops). Of the 25 competitors there were 24 volunteers and one pressed man, Sig Hutchinson, who after telling the SSM that he was a machine, finally proved to be the casting vote on getting him the remaining place.

The area chosen for the event was the driver training area in Hohne which needless to say had plenty of rough terrain, water obstacles and steep climbs. The event was 12 Km in distance and there were over 40 obstacles for the teams to negotiate.

All 25 soldiers finished the event and enjoyed the competition and the talk at the end was about if we would be back in time from Afghanistan next year to compete in the 2012 event.

After a shower and a clean set of clothes we attended

## GOC Swimming and Clay Pigeon Competition Results

The first event for this year's GOC's Sports Competition took place on Wed 14 Sep 11, the results of the Swimming Competition were as follows:

1st place	HQ UKSC & Secretariat	5 points
2nd place	ESG & BFGHS	3 points
3rd place	GSG	2 points

The second event that took place on Wed 12 Oct 11, was the Clay Pigeon and the results were as follows:

1st place	HQ UKSC & Secretariat
2nd place	GSG
3rd place	ESG & BFGHS

The third event for this year's GOC's Sports Competition took place on Wed 16 Nov 11, the results of the Basketball Competition were as follows:

1st place	GSG
2nd place	HQ UKSC & Secretariat
3rd place	ESG & BFGHS

The next event will be the Bowling Competition which will take place on Wed 1 Feb 12.

Due to the re-structure of HQ UKSC and GSG to form the new HQ BFG, the format for the teams will change in due course.

the presentations parade to award the fastest individual Male and Female and the best Team, which sadly didn't involve any members from the Sqn.

It was then decided that since we were in the area we would go and visit the museum, at what was the WW2 concentration camp of Bergen-Belsen. This proved to be a very worthwhile visit and certainly made the soldiers think about what the prisoners had to endure, which was very apt in the build up to Remembrance Day.

All in all it was a great competition and it won't be the last time that 230 Signal Squadron take part. And for those of you that didn't have a go this year, take the opportunity next year to have a good day out and go along.





# Rainbows, Brownies and Guides

Photography by Gruffydd Thomas



4<sup>th</sup> Rheindahlen Rainbows 5.30-6.30  
 3<sup>rd</sup> Rheindahlen Brownies 5.30-7.00  
 1<sup>st</sup> Rheindahlen Guides 5.00-6.30  
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