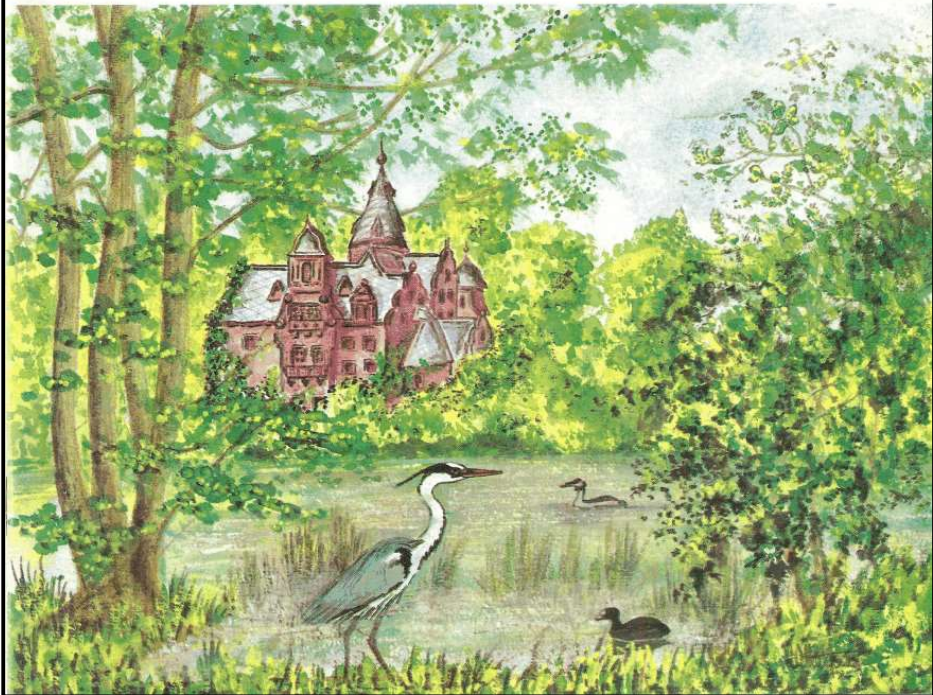


The Rheindahlen Bulletin

No. 168

June 1984



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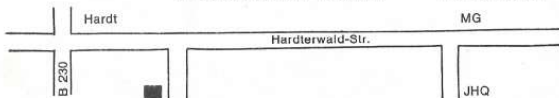
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Editorial

Now that I have finally put my second edition of the Bulletin "to bed" I must do the same for myself to recover from the ordeal! I am afraid that on behalf of the co-editors I must, yet again, appeal to all contributors to send in their articles TYPED, preferably in double spacing. It is a hectic job editing the Bulletin made only more difficult if there is typing to be done, especially if like me you have a typewriter that sticks every time you press the "A" key! Also please, please put a contact telephone number on all your contributions. I have spent a considerable time this week trying to track people down. Finally if you are looking for somewhere to go this month why not visit Karin Hewlett's photographic exhibition at the City-Haus, Rheydt, Mühlenstraße 2-4. Karin has often supplied us with photographs for the Bulletin and we hope her exhibition, which is on until the 22nd June, is a huge success.

The Rheindahlen Bulletin, a monthly publication, is published jointly by the Commander Rheindahlen Garrison and the Station Commander RAF Rheindahlen.

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All businesses are invited to advertise in the Bulletin, which has a circulation of over 3,000 copies a month. Details can be obtained from FLT LT OLARK.

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RECOGNIZE THIS?



Taken 32 years ago this was the main entrance to the JHQ complex in the summer of 1952. The photograph shows Colonel Grattan, Chief engineer of the building project, standing at the eastern end of what is now Queens Avenue near to the traffic lights on Hardter Straße. Although this was the beginning of its modern military association, the area has a long military pedigree. Indeed, during the excavation of the main JHQ building, a 5th century Frankish axe was found, which gave rise to the current NORTHAG badge. The complex took just over two years to complete, and replaced the previous separate sites of the Army and RAF HQs in Bad Oeynhausen and Bad Elisen near Minden. Other items found included a Cossack cutlass bearing the initial and crown of Alexander of Russia, who in 1813 sent a token force of 300 to assist Wellington against Napoleon. Somewhat earlier, the Duke of Marlborough billeted his army of 19000 redcoats in the forest during the march from the Maas to the seige of Bonn.

Earlier still, the village of Peel was mentioned in Roman records, its name, Paludus, being Latin for swamp! Just remember that when you are bitten by a Roman mosquito this summer!

JHQ and its transient population have been the guests of Stadt Mönchengladbach since 1954, and the 30th anniversary of this association is celebrated on the 21st June, a German public holiday. The principal aim is to invite local German inhabitants to visit the JHQ area and to see and meet members of the military community. There will be a Volksmarsch over 5 or 10 kilometers; the Oberbürgermeister of Mönchengladbach will present an oak tree, several marquees will depict the nationalities which comprise the four headquarters, HQ BAOR, RAFG, NORTHAG and 2 ATAF, and naturally there will be refreshment tents. An active programme of sporting fixtures and games will all contribute to what we hope will be a truly memorable day.

+ Chaplain's Corner

Trinity Sunday — 17 June

The old story of the young Curate having difficulty in preaching on the Trinity. The Parish Priest said to him: "I never have any difficulty. I begin my sermon: Today is Trinity Sunday. If there is one thing the Trinity doesn't like it's stealing. Now about stealing . . ." It is difficult. It is the most fundamental mystery of Christian Faith. Three Persons in one God. Not three persons equal three Gods. But there is a danger in getting caught up in the numbers game and forgetting that the Trinity is about God. And who is our God? Do we sometimes make God to our own image and likeness? Is he an old man with a beard, distant and remote beyond the clouds? Is he a Judge, easily offended, who watches all our actions, anxious to notice our failings and faults?

Trinity Sunday reminds us of the poverty of these images. It tells us that the God we believe in is overflowing with life, rich and vibrant life. Each of us participates in that life: in that community of life that is not turned in on itself. A poet describes a visit to a friend in a psychiatric hospital. On walking into the ward the impression he got was of separateness . . . unrelateness was the skin on every face".

Life in the Trinity is the opposite. It calls us to live not as solitary individuals but as a community. Life in the Trinity (our life in God) gives us a mission. That mission is to all those with whom we live and work. It is a mission of building a community, of living honestly and of struggling to be just.

In the name of the Father and the Son and the Holy Spirit.

M. Cassidy, Senior Roman Catholic Chaplain

Guild of St. Helena — Mönchengladbach and Rheindahlen Branch

The quilt is now being raffled for Muscular Dystrophy. Tickets from Mrs Brook — JHQ 4163. The draw will take place at the Rheindahlen Fete on July 7th.

May 15th	0930 1000	Holy Mass/Holy Communion Sister Marie Therese talks on her trip to Zaire
June 5th	0930 1000	Holy Mass/Holy Communion Chaplain Davidson (U.S. Army) talks on Martin Luther
June 8th	1000	Cake Stall — Naafi Foyer
June 19th	0930 1000 2000	Holy Mass/Holy Communion Working Morning Presidents farewell party Ayrshire Barracks
July 3rd	0930	Holy Mass/Holy Communion
	1030	Visit to St. Helena Church
July 17th	0930	Holy Mass/Holy Communion RMP talk on Security of Quarters and Crime Prevention

Guide Shop Opening Hours

Tuesday & Thursday: 0930 — 1130 hrs
Wednesday: 1530 — 1800 hrs
Saturday (1st in month): 1030 — 1230 hrs

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GUIDES



Guiding in Rheindahlen District

It is hard to believe, writing in this latest wintry spell, that the St. George's Day Parade really happened on such a glorious day. We very much enjoyed taking part on that occasion, and it was marvellous to see so many Guides and Brownies from the Divisions near Rheindahlen join the Scouts, along with representatives from the Independent Brownie Pack in Bonn, who come "under our wing".

Since then, Guiders have met the Scouting movement when a Joint Entertainments and Handicrafts course was held on 5th May. Our Arts and Crafts Advisor, Mrs Shirley Bulmer, was one of the organisers of this most successful day which was enjoyed by everyone — and exhausted them too, by all accounts.

As we have so many girls here who wish to be Guides and so many Brownies who need to move up to Guides, we have decided to open another Guide Company. The inaugural meeting will take place on Thursday, 5th June at Guide HQ, St. Christopher's School, Auckland Crescent from 6.30 — 8.30 pm. The Guider will be Miss Glenda Davies, whose contact address appears on page 4, and she will welcome girls who wish to be members of the new 2nd Rheindahlen Guide Company. If you have any queries about joining the Guide Company, please contact the District Commissioner. Girls may become Guides from the age of ten, and there is no requirement for them to have been Brownies first.

In the April Bulletin, the Brownies were asked to keep a date in July free for the celebration of their 70th birthday. Unfortunately the date was the wrong one! The correct date is Saturday, 14th July, so make sure that you have it in your diaries; we hope to have a special day here at Guide HQ with the other packs from our Division.

Farewell

In June, Mrs Janette Grant will be leaving Rheindahlen after spending four years with the 6th Rheindahlen Brownie Pack, first of all as a Unit Helper and for the past three years as a uniformed Assistant Guider. She has been a stalwart assistant to both Mrs Gilpen and Mrs Armstrong and much loved by all the Brownies who have known her.

Mrs Grant decided to relinquish her appointment as Assistant Brownie Guider at the March half term but she continued to help as a Badge Tester. On Wednesday 28th March she was invited to come to a Pack meeting to test some Hostess badges. However, when she arrived there were no Brownies to be tested but a great party spread prepared by the Brownies themselves. As well as the party a presentation was made to Mrs Grant by the Brownies to show their appreciation. Two Guides who had been Brownies during Mrs Grant's time also came along.

Mrs Grant will be sadly missed by the 6th Pack; we wish her well and hope she will continue to use her talents to teach and entertain Brownies in Cambridge.

5th and 8th Rheindahlen Brownie Pack Holiday

On the weekend of 6—8 April, the 5th and 8th Brownies went to Brüggen on a joint pack holiday. As our theme was "Easter", we decided to call the house "The Meadow". The sixes and Guiders were named after spring flowers.

On Saturday we went on a shopping trip to the Malcolm Club shop — I think the staff were glad to see us leave! We bought icecream for lunch on our way back. After lunch, washing up and rest hour we made Easter bonnets. Brown Owl had brought lots of tissue paper, ribbons, coloured foil, material and doilies. First Aider and Mrs Earle, who was a visitor, judged the Easter parade and presented the winners with a chocolate bunny each.



Easter bonnets at the Brownie pack holiday

We made other things as well. Easter baskets with chicks in them and an Easter hen. When we got up next morning, our hens had all laid chocolate eggs!

We had a quiz, and one of the questions took ages to work out. "What animal flies over Brüggen?" Answer: "A Jaguar".

One of the Brownies fell ill at the last moment and couldn't come, but her Mum sent us an Easter bonnet cake, and so we had it for tea and it was lovely. Another Brownie had a less pleasant "meal". She forgot to bring her cuddly toy and substituted a tube of toothpaste which was empty by morning!

When we had done all our packing and cleaning, Brown Owl read us a story about mousekin, and just as she finished, the bus came. We loaded all our things on board and waved goodbye to Brüggen. We were all very tired but very happy Brownies. Thank you, Guiders, for taking us.

4th Rheindahlen Brownie Pack



April 3rd was a very special day for the 4th Rheindahlen Brownies. Thanks to the help and kindness of the parents, enough money was raised last year at a bring and buy sale to enable us to buy a new flag. On April 3rd Padre Clemett (who is one of our Dads) kindly came along to dedicate the flag for us. All our Mums and Dads were invited to attend the short service, and afterwards we used the flag in a promise ceremony for a new Brownie. When the official part of the evening was complete, the Brownies entertained everyone with songs getting them to join in. Coffee and biscuits were served by two Guides from 1st Rheindahlen Guides to round off the evening.

To celebrate a good year and welcome our Brownies back after Easter, we held a Brownie Day on 1st May. 24 girls attended and, although the weather was not too good, we still managed to have a barbeque lunch. We spent the morning making hats and mice. Mrs E Hales, our Divisional Commissioner, joined us for lunch and also joined in the songs and games. A walk in the woods had been planned but, due to the weather, this was postponed and all the girls took part in putting their ideas of Spring, Summer, Autumn and Winter down on paper in the form of a picture some six feet long! Many thanks to all the girls and the helpers for making the day a big success.

Meeting Places and times amendments

2nd Rheindahlen Guides:
Thursdays, beginning 7 June, 6.30-8.30 pm, Guide HQ, St Christopher's.
Guider: Miss Glenda Davies, Queens School, Tel. JHQ 2349 (9am-4pm)

1st Rheindahlen Brownies:
Tuesdays 5.30 - 7.30 pm, St Patricks School.
Guider: Mrs E. Eaton, 5 Colchester Walk



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Birds in and around Rheindahlen

Summer Visitors

This month we will discuss four of our Summer visitors who will, by now, be well on their way to rearing their new families before returning South for the Winter. The Wheatear, Redstart, Stonechat and White

spotted Bluethroat belong to the same general family as the more common Blackbird and Robin but tend to have more selective habitats; therefore, you are more likely to see them when you are out for a walk, rather than in your garden.

Wheatear

The Wheatear is nearly half-an-inch larger than the Robin and spends the Winter in North-Africa. If you are on holiday around the Mediterranean then you should watch out for up to a dozen different species of Wheatear. The breeding male has a grey crown and back, white eye stripe and black cheeks; the breast is a warm buff colour fading to a pale belly and the wings are black. The most distinguishing feature, as with all Wheatears, is the black "T" on the tail which stands out against the white rump. They are normally seen in open country such as grassy downs and moorland. The German name for the Wheatear is Steinschmätzer.



Redstart

The Redstart is the same size as the Robin and also spends its Winter in Africa. The male is a particularly attractive bird with its grey forehead mantle, white forehead, black throat and orange breast; but it is the fiery chestnut tail which is often first noticed and from which it derives its name. The Redstart is usually seen in woodland and parks but its close relative - the Black Redstart is all black except for white wingpatches and a similar rufous tail, and is also seen regularly in this area. The German name for Redstart is Gartenrotschwanz (Garden red tail) and the Black Redstart is Hausrotschwanz (House red tail).

Stonechat

The Stonechat is half-an-inch shorter than the Robin and can usually be seen perched on weeds such as thistles on heathland or open farmland. This perky little bird spends its Winter just north of the Mediterranean and the male can easily be recognised in Summer with its black head and throat, chestnut breast, and dark back and wings; it has contrasting white patches on its neck, rump and wings. The German name for Stonechat is Schwarzkehlchen and the Robin is a Rotkehlchen.



White-spotted Bluethroat

The White-spotted Bluethroat is the same size as the Robin but is rather shy and is normally seen in swampy and marshy thickets by fresh water. The male is the most spectacular of the four species discussed here and in Summer the white spot stands out on the bright blue throat which is bordered by a black and red band on the breast. It also has a pale eyestripe and a rufous base to the tail. The Bluethroat is not often seen in UK, therefore it is worth making the effort to see it whilst in Germany or Holland. The German name for Bluethroat is Blauekehlchen.

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Local Fairs and Festivals

If you are looking for somewhere to go this month why not visit one of the local fairs or festivals listed below:

Mönchengladb.-Giesenkirchen	Frühkirmes	2. 6. - 5. 6.
Mönchengladb.-Giesenkirchen	Schützen- und Heimatfest	2. 6. - 5. 6.
Mönchengladbach-Neuwerk Platz am Gathersweg	Frühkirmes	2. 6. - 5. 6.
Mönchengladbach-Hardt Marktplatz an der Vorster Str.	Frühkirmes	2. 6. - 5. 6.
Mönchengladbach-Wanlo Platz an der Kuckumer Straße	Frühkirmes	2. 6. - 4. 6.
Mönchengladbach-Wanlo	Schützenfest	2. 6. - 4. 6.
Mönchengladbach-Buchholz	Frühkirmes	9. 6. - 11. 6.
Mönchengladbach-Stadtmitte Alter Markt/Kapuzinerplatz, Geroanlagen	Frühkirmes	16. 6. - 19. 6.
Mönchengladbach-Broich-Peel, Rochusstr. neben Haus Nr. 169	Schützen- und Heimatfest	16. 6. - 19. 6.
Mönchengladbach-Hardterbroich	Prunk- und Heimatfest	21. 6. - 25. 6.
Mönchengladbach-Rheindahlen Mühlentorplatz	Frühkirmes	23. 6. - 26. 6.
Mönchengladbach-Odenkirchen Am Kreuzwehler	Frühkirmes	23. 6. - 26. 6.
Mönchengladbach-Waldhausen	Prunkfeier	23. 6. - 26. 6.
Mönchengladbach-Hehn	Frühkirmes	30. 6. - 3. 7.
Mönchengladbach-Hehn	Schützenfest	30. 6. - 3. 7.
Mönchengladbach-Wickrath Marktplatz	Frühkirmes	30. 6. - 3. 7.
Mönchengladbach-Wickrath	Schützenfest	30. 6. - 3. 7.
Mönchengladbach-Dahl, Platz an der Brunnenstraße	Volks- und Heimatfest	30. 6. - 2. 7.
Mönchengladbach-Mülfort	Frühkirmes	30. 6. - 2. 7.
Mönchengladbach-Lürrip	Patronatsfest	30. 6. - 3. 7.

ARE YOU GETTING IT



If you aren't receiving your copy of the Bulletin, please contact the GSM on JHQ 3351 without delay.

Where can we go today?

Krickenbecker Seen: illustrated on front cover.

Less than half-an-hour drive from Rheindahlen is the Krickenbecker Seen nature reserve. This is an ideal spot for a family day-out and is approximately 5 kms South-East of Venlo. Four lakes surround Schloss Krickenbeck (which is not open to the public) and the lakes are set amongst mature woodland with odd stretches of marsh and reed beds.

There are numerous footpaths through the woods and around the lakes where a good variety of birds can be seen throughout the year. Birds seen in the last few weeks have included Nighthingale, Kingfisher, Great-Crested Grebe with young, Lesser-Spotted Woodpecker, Nuthatch, Short-toed Treecreeper and many Grey Heron. If you do not wish to walk you can always hire the German equivalent of a Tri-Shaw and pedal around the area in comfort!

Other facilities include miniature golf, rowing boats, swimming pool, fishing and horse-riding. It almost goes without saying that there are several Gaststätte and Speise-Restaurants in the vicinity where you can get a cup of coffee and a cake, an ice cream, or a very substantial meal. The following have been sampled and can be recommended - Gaststätte Seehof, Hotel-Restaurant Strandbad, Secretis Speise-Restaurant, but our favourite is still the Gaststätte Restaurant Leuther Mühle!

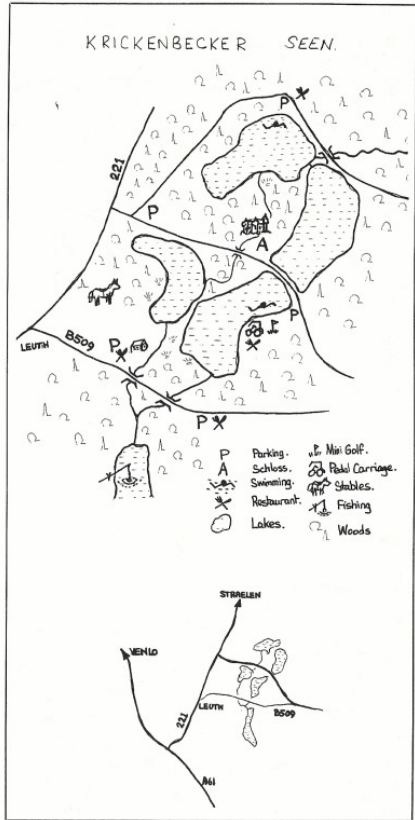
If you have not yet explored this 'Naturschutzgebiet' why not try it the next weekend you are wondering where to go, or even drop in on your way home after your next shopping trip to Venlo.

Peter Montgomery



Fleamarkets

Saturday 2 June	town centre Burgplatz Ice Stadium	Heinsberg Kempen Düsseldorf
Sunday 3 June	Ulenbergstr. Ice Stadium Alter Markt Grenzland Markt	Düsseldorf Düsseldorf Mönchengladbach Rheydt
Saturday 9 June	town centre Ice Stadium	Heinsberg Wegberg Aachen
Sunday 10 June	Burg Ulenbergstr. IKEA Markt Alter Markt Hariksee	Brüggen Düsseldorf Kaarst Mönchengladbach Brempt
Monday 11 June	Burg Brückenkopfplatz	Brüggen Brempt Brüggen Jülich
Saturday 16 June	Altstadt	Cologne
Sunday 17 June	Altkauf Massa Geistmarkt	Grevenbroich Tönisvorst Emmerich
Thursday 21 June	Montanus Shopping Centre Famka Shopping Centre Wirichs Shopping Centre	Grevenbroich Rheydt Hückelhoven
Saturday 23 June	Vorst	Tönisvorst
Sunday 24 June	Vorst	Tönisvorst
Saturday 30 June	Marktplatz	Hückelhoven
Sunday 1 July	Eicken Pedestrian Zone Eicken Massa	Mönchengladbach Mönchengladbach Mönchengladbach



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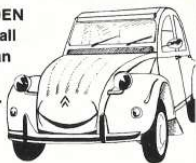
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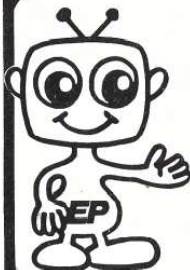
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CLUBS AND SOCIETIES

Rheindahlen Flower Club

The next meeting of the Rheindahlen Flower Club will be held on **7th June**, in the Marlborough Club Ballroom.
Demonstrator: Mrs Peari Frost
Theme: "Inspirations"
The doors open for sales at 12.30 pm and the demonstration begins at 1.45 pm.

Allied Officers' Wives Club

You are cordially invited to a

Traditional British Garden Party at 2pm on Thursday, June 14

Lady Hine has kindly opened the gardens of Air House where tea will be served on the lawn and the RAF Band, Germany will entertain us. There will be stalls, raffles and a competition for the prettiest Garden Party Hat!

As the surroundings of Air House are unsuitable for young children (for example, the open swimming pool,) it will not be possible to provide a creche so parents must make their own arrangements for this occasion.

BUSES will leave for Air House from opposite the YWCA Bookshop from 1.30 pm, calling at the Blue Pool car park, and returning from 3 pm onwards. (No private cars except for helpers.)

Do REMEMBER your ID card.

Wegberg Area Group of the NCT

If you have just arrived in the area and have a new baby, why not give us a call and come along to our coffee mornings. We are all mothers of young children and meet every second Wednesday morning, to discuss our worries and problems of having small children; and enjoy getting out of our homes and meeting other mums with kids of the same age. We try to give support to each other through this sometimes 'difficult' phase, and would welcome your help. If you would like details call Linda Shepherd on Wegberg Mil 7357 (from JHQ call 47 7357).

On June 12 we have invited Frau Böhme to give a hairdressing demonstration and give us some tips on what to do with hair during pregnancy and afterwards, when it starts to fall out in handfuls or just will not do what you want it to. This will be held in the Church Centre on June 12th at 8 pm, and there will be coffee and wine served afterwards. Do come along, you never know, you might be picked to have your hair done!

MOD Civilians Ladies Club

Come along and see the old craft of spinning at our next **Coffee Morning on Monday 25 June**. Mrs Geraldine Mitchell will be given a little talk and demonstration which I know will be very interesting.

We shall also have our Sales Table and a display of craft items from the Rheindahlen Wool and Craft Shop.

We hope to see you there - together with your friends and children.

RAF Rheindahlen Wives Club

We meet alternate Monday nights at 20.00 hrs at the RAF Sports and Social Club, off Antrim Drive. All Army, RAF and civilian wives are welcome to attend. On **Monday, 4th June** we will be having a Microwave Demonstration, plus the usual raffle and bingo. On **Monday 18th June**, there will be an Open University Talk given by Sue Wall and of course, there will be the usual raffle and bingo.

Free transport is provided and collects at the following places and times:

Feldstraße 19.05; Webschulstraße 19.10; Burggrafenstraße 19.15; Dorthausen 19.30; St. Andrews School 19.45; St. Christophers School 19.50 hrs.

For further information, please contact Mrs. Pat Birch (MG 551389).

PSA Wives Club

The monthly Coffee Morning will be on **Wednesday 6th June** from 10 am in the Church Centre. All PSA Wives and their friends will be most welcome. Our guest will be Mrs Joyce McCrimmon who will give a demonstration of Ikebana, Japanese flower arranging.

Our Annual Barbecue will be held on **Friday 29th June** at 7.30 pm at the home of Mr and Mrs M Baggott, 6 Hereford Walk. Tickets DM 15,- may be obtained from either your Committee Member or from Ticket Secretary Mrs Rita Price Tel. MG 551126.

SCS Ladies' Club

Thurs. June 14th: Coffee Morning in the Church Centre 10-12 noon. All members, friends, neighbours and children are welcome to join us and chat over coffee. Once again we will hold our popular Cake Raffle.

Sat June 23rd 10 am - 5 pm: Mystery Tour, including shopping trip or zoo visit, picnic lunch stop, then up into the mountains where you can either climb or take a chairlift to a picturesque castle where you can enjoy your 'kaffee und kuchen'. Returns are required by 12th June.

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CLUBS AND SOCIETIES

RAF Rheindahlen Thrift Shop

Opening times:

Monday	Closed all day
Tuesday	9.30 - 12.00 noon & 2.00 pm - 3.45 pm Selling, taking in & paying out
Wednesday	9.30 - 12.00 noon & 2.00 - 3.45 pm Selling only
Thursday	9.30 - 12.00 noon & 2.00 - 3.45 pm Selling, taking in & paying out
Friday	9.30 - 12.00 noon & 2.00 - 3.45 pm Selling only

The shop is situated opposite the side entrance to Cassels house.

Rheindahlen Army Thrift Shop

Opening hours:

Selling - Tuesday, Wednesday, Thursday	9.30 - 11.30 am and 2.30 - 4.00 pm
Friday	9.30 - 11.30 am
Saturday (provided sufficient helpers available)	10.00 - 12.00 noon
Taking in - Tuesday, Thursday	9.30 - 11.00 am and 2.30 - 3.30 pm
Paying out - Wednesday, Friday	9.30 - 11.00 am and 2.30 - 3.30 pm

The Army Thrift Shop will re-open on Tuesday 5th June, after the half-term break.

JHQ Judo Club

The 'JHQ Judo Club' is situated in the gymnasium Ayreshire Barracks (near Hampshire School) Dorthausen.

Sessions are held:
SUNDAYS: Juniors (8-15 years) 1000-1115; Seniors (16 plus) 1115-1215
THURSDAYS: Juniors 1830-1930; Seniors 1930-2030

You are under no obligation to join. Come along for a session and see if you like it first. Parents are welcome to watch their children.

Further information can be obtained from either the O/i/c WO 2 Boyd Ext 2541 or Sgt Bob Mann Ext 4482 (Secretary).

Rheindahlen Wool and Craft Club

(Garrison Parade Ground near International Restaurant)

Shop opening hours are:

Monday	4.00 - 6.00 pm
Tuesday	2.00 - 4.30 pm
Wednesday	2.00 - 4.30 pm
Friday	10.00 am - 1.00 pm

The order of Capri cotton is due in August. It is in great demand both here and in the UK and there is a twelve week delay on orders. We apologise to customers who have been disappointed.

However, our usual wide range of wools, needles and patterns is available as well as craft items such as crochet, embroideries and tapestries.

Do visit the shop where our staff, who are all volunteers, will be happy to help or advise you.

St. Christophers Mother and Toddler Group

If you feel like a change of 'destruction zone' then come along any Thursday afternoon to St Christophers School, Auckland Crescent. We have lots of space, climbing apparatus, paints and toys to suit your child.

Also it is a good opportunity to meet other mums with children of the same age group - 'a communal mess is better to clear up than a private one'. All pre-school children are welcome. During the summer we meet on Thursdays only, from 1.30-3.45.

We always need wheeled toys, cars and tricycles so if you are clearing out please contact one of us and we will collect any items before 'bulk rubbish'. (We do have a small amount of funds).

Paddy Kemp, 1 Durham Walk, 550358; Mary Rushmore, Waldniel, 02163/3943; Anne Reason, 7 Dorchester, 558406; Ruth Stein, 13 Cornwall Drive, 558501.

Militaria Club

Interested in militaria, cap badges, medals, books, model soldiers etc? Major Jim Condon would like to hear from you with a view to forming a club in Rheindahlen. Contact him on JHQ 2515 or 2854.

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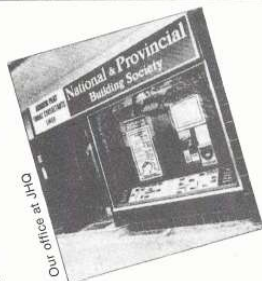


Pictured above are the Bodmin Singers (and friends) who gave a most enjoyable and well attended concert in St. Boniface Church on Saturday 5th May. Also taking part was an excellent brass ensemble from the Band of the Royal Air Force, Germany, Sarah Weidon (cello) and Pat Hooper (organ). The music performed was subsequently recorded by BFBS.



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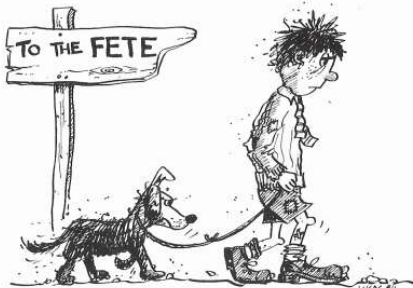
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APFC Homefinder Service also available at JHQ office. If you want details of Houses in the UK or advice on mortgages, call in and see us.

Rheindahlen Fete

The Annual Rheindahlen Fete is to be held on July 7th this year, and we very much hope that all roads will lead to the Parade Square off Bersersford Road on that Saturday. Just to help, we will of course be arranging for the location to be signed from all entrances to the Garrison. The Fete will be open throughout the afternoon, from 2 pm when it is officially opened by Lady Hine, until the end of the Retreat played by the Band of the Queen's Royal Irish Hussars.

There will, as always, be a number of Displays and more details of these will be published shortly; suffice to say, there will be plenty both to see and do. In particular we will have Morris Dancers, a Kite Display, a Model Railway Display, Rides, not only in the Sugar Puff Train, but also in an Army Fire Service Tender and in the Town News Horse and Buggy. There will be Cake Stalls, a Rifle Shooting Gallery; Hot Food, Bratties, Fish and Chips if it is cold, and ice cream, beer tent and popcorn if it is hot.

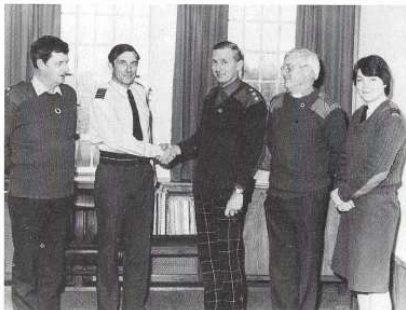


We shall be running a Grand Raffle in conjunction with the Event, and there will be some excellent prizes. There will also be a chance to meet some of your favourite BFBS personalities and to buy their wares; we await details of their attendance but will be publicising them in the next edition of the Bulletin.

What is the idea of the Fete and what is its aim? The idea is simple, it is to allow as many people as possible from the local area to have a good afternoon out, to meet old friends and to spend a little money in a good cause, or in this case, a number of good causes. Each year there has been a magnificent tradition of giving support to the ACROSS Trust. They will be participating in the Fete and will be running their own Fund Raising as well. This year, the profits from the Fete will be devoted to Childrens Charities. They range from the support of an Orphanage, to the NSPCC and to helping Muscular Dystrophy. You will be able to help a lot of other very deserving children by supporting

the Fete. We aim to raise at least 28000 DM. Come along and help us out; have a Tune played specially for your family or friends by the Ensemble of the Band of the Royal Air Force, Germany, enter the Treasure Hunt, Score 180 on the Darts, Win a Giant Teddy Bear, see the winning (and runners up) posters painted by the local children to publicise the Fete, meet your BFBS Birthday Time Presenter, you may even be able to get a request played live from the Fete over the BFBS always. All in all, a day not to be missed; look out for further publicity soon!

Inter-Church Senate



Our picture shows Colonel Allan Ailestad, the retiring Chairman of the Rheindahlen Inter-Church Senate, handing over to his successor, Group Captain Gordon Tripp, in company with some of the other members.

The Senate was formed almost 8 years ago to encourage Christian Unity and bring together the members of all the Churches in Rheindahlen. Joint services are held periodically in the various Churches and there are regular fellowship meetings to further understanding within the different denominations and to discuss topics of interest to all Christians.

Activities within the Community are also sponsored by the Senate. Most notable are the Summer Fete - 7th July this year - and the Christmas Carol Concert. Funds raised go to both local and national charities. In addition there are schemes for visiting new arrivals, a Church Army run summer Holiday Camp, Christian Aid Week collection and so on. More details will appear in the future issues of the Bulletin. Watch out especially for details of the Church Army Holiday Camp Ed 7.

If you would like to know more about Senate activities do contact either the Chairman on Ext 4220 or the Secretary, Fit LI Hannah Watts, on Ext 4716.

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Central locking - Increased front headroom
New 5 speed manual gearbox with economy 5th gear
Electronic ignition - New grille - Rear seat belts



Saab 900 GLI

New for 1984
Electronic ignition - Increased front headroom
New grille - New bumper extensions
Rear seat belts

Saab 900 GL



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Rheindahlen People



Scouting Honour for RAF Youth Leader

Sergeant Kim Allen, 26 years in the Royal Air Force and 36 years in Scouting, was awarded the Chief Scouts Commendation for good services recently for outstanding efforts in excess of his normal duties as Group Scout Leader of the Rheindahlen Scouts.

Kim was a Scout and Senior Scout for ten years before joining the RAF in 1959, then on being posted to Jever in Northern Germany he became a Cub Scout Master and has continued ever since as a Scout Master, Group Scout Leader or Assistant District Commissioner as well as helping as a Youth Club Leader at various stations.

Highlights of his scouting career were in Aiden 1964-1965 where, as the Senior Scoutmaster he looked after 1st Khormaksar troop which included Indian and Pakistani sections, as well as helping with the Arabic Section of the Theilley Blind School. Two years later in Singapore as the Assistant District Commissioner in the Changi area he had ten multiracial groups which included Singaporean, Malaysian, Indian and Japanese as well as British Scouts from the Service Families. He also initiated the group scouts into starting a handicapped group for children at the Cheshire Homes in Singapore. On his return to RAF Waddington, Kim became the Group Scout Leader for 7th Lincoln Scouts, having previously been with 10th Lincoln.

Kim, a Sergeant in the Provost and Security Services at HQ RAF Rheindahlen, leaves the Royal Air Force next month and will rejoin his wife Jeanette and son Marcus at Brace-bridge Heath where they have a house. His daughter, also known as Kim, is a Senior Aircraftwoman in the WRAF at Rheindahlen. In fact they are an Air Force family as Jeanette was in the WRAF at Wildenrath before they were married.

VISIT OF HRH THE DUTCHESS OF GLOUCESTER



Melitta Huxtable, the youngest pupil at Queens School, presents HRH with a posy.

HRH The Duchess of Gloucester, in her capacity as Colonel in Chief of the Royal Army Educational Corps, visited JHQ on the afternoon of Wednesday 16th May. During her visit she went to Queens School, 34 AEC and the Command Library. In the evening she was the guest of Brigadier J S Lee MBE, Commander Education BAOR, and the officers of the RAEC, at a Ladies Dinner Night in A Mess.



HRH signing the Golden Book of Mönchengladbach in A Officers Mess. Brigadier J S Lee MBE, the Oberbürgermeister, Herr Bolzenius, the Oberstadtdirektor, Herr Freuen and their wives look on.



HRH with junior boarders at Queens School.



Miss Kathy Riddell talking to HRH during her visit to the Command Library.

BFG Marriage Counselling Service

To make an appointment with the local BFG Marriage Counselling Service you may telephone JHQ 2826 or Civil 02161 - 47 - 2826 between 0930 and 1430 hrs. At other times leave a message on the Ansaphone and your call will be answered by the Appointments Secretary.

Alcoholics Anonymous

Need help? Then telephone: Becky on 02101 - 604601 or Bob on 02166 38836.

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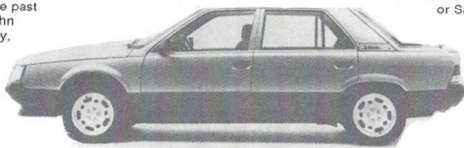
Contact: Margret Grunert, Schillerstraße 9
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The BFG Youth Training Scheme Vacancy - Co-Ordinator

A vacancy will shortly occur in the BFG Youth Training Scheme in Rheindahlen for the post of Co-ordinator, for the YTS Area covering Mönchengladbach, RAF Brüggel, RAF Wegberg, Wulfen, Recklinghausen. The post is part-time, 30 hours/week, grade C6A.

Applications are invited from BFG Dependents. Applicants must have at least a year to serve in BFG from the date of appointment. A good knowledge of the Service community is essential, as well as the ability to get on with people. Previous experience in administration and management would be invaluable. Applicants must be able to drive, since a great deal of travelling is involved.

Those interested should ring JHQ 2358 as soon as possible for an Application Form. The closing date for applications is 8 June 1984.

Selection will be made on the basis of an interview. (Depending on the number of applicants, it may be necessary to draw up a short list for interviews).

Vacancy - Tutor

A vacancy will be occurring in due course for a full-time tutor, based in Rheindahlen, who will be responsible for managing all 'Off-the-job' training in their own YTS Area and will be expected to instruct in some elements of the 'Off-the-job' training themselves.

Applicants must have BFG Dependant Status, be able to drive and have at least a year to serve in BFG from the date of appointment.

Previous experience in teaching/further education/secondary schools and/or Industrial Training would be highly desirable. Anyone interested should ring JHQ 2358 for further information.



SIF Launderette Vacancy

A post as part time assistant in the SIF Launderette will shortly become vacant and applications are invited from dependants of military personnel and sponsored civilians.

The successful applicant will be required to work approximately 14 hours per week and the ability to work flexible hours is essential.

For further information please write to OC GD AV, RAF Rheindahlen, BFPO 40.



Summer is rapidly approaching and with it the 1984 Across visit to Rheindahlen. The fund raising has gone well, but a lot more money is still needed. In view of this, your donations will be gratefully received.

Enclosed in this month's Bulletin is a leaflet with details about contributions to the Cake Stall at the Church Senate Fete. Please keep this to hand as your contributions to the stall or your attendance at the fete will be most welcome.

Finally, please remember to keep the 4-12 August free for Across. Helpers are desperately needed. Thank you for your concern.

Can You Help?

Have you been anywhere interesting, enjoyable, or out of the ordinary, which is within easy reach of JHQ? Can you recommend a holiday area or accommodation or handy en route stop over place? Why not give others the benefit of your knowledge?

At the Information Room we are keeping a register of recommended places of interest, holidays and accommodation. If you have information such as where you have been, what in particular you liked, how to get there, what it cost etc. which you would like to pass on, please contact us at:

Rheindahlen Information Service
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Volunteers are required to donate blood to the German Red Cross. This is a very worthwhile cause. You never know when you may need to make use of it yourself. The German Red Cross provides blood to military hospitals in BFG when requested.

The next session will take place in the Marlborough Club Collingwood Road on Monday 4th June between 1400-1800 hrs. Make a note in your diary now, and come along and help your fellow men and women.

Command Voluntary Band

The Command Voluntary Band is made up of amateur musicians from the 'clutch' stations throughout RAF Germany.

Members consist of servicemen, dependants and civilians who have the ability to play brass or reed instruments.

A cheerful, dedicated group of enthusiasts we are always eager to welcome new members both with or without experience. Instruments for brass players can be supplied and we also cater for percussion.

For beginners personal instruction is given by the Voluntary Band Instructor who is a member of the Royal Air Force Music Services.

The band is based at RAF Brüggen and rehearses weekly in St Andrews Church rooms on Tuesdays from 19.30 until 21.30.

The CVB has in the past performed at many and varied functions both at RAF Brüggen and at stations in the 'clutch' area, at times merging with the station Voluntary Band at RAF Gütersloh.

Personnel with problems of shift work can often be released from a particular duty to enable them to play at official functions after applying to the VB Instructor.

Instrumentalists who play clarinet, saxophone or flute can still become members although we cannot supply woodwind instruments.

Whether you are a serviceman, dependant or civilian you are most welcome to come and join in 'making music'.

If you are interested why not contact the VBI, Chf Tech Geddes on RAF Brüggen Ext 457 or just turn up at rehearsal and introduce yourself.

Rheindahlen Fund Raising Committee

The next meeting of the Rheindahlen Fund Raising Committee will take place in mid June 84. All readers are reminded that the purpose of this committee, chaired jointly by the Garrison and Station Commanders, is to coordinate and control the frequency of fund raising in the Rheindahlen Military Complex so that the population is not overwhelmed with requests for money.

Applications for the period Jul - Sep 84 have already been considered. Those wishing to undertake any form of fund raising from the public from Oct 84 onwards should apply to Garrison or Station HQ as appropriate by 7 June 84.

Rheindahlen Combined Services Naafi Customer Relations Committee

The next meeting of the Rheindahlen Combined Services Naafi Customer Relations Committee will be held on 3 Jul 84. Points for inclusion in the agenda should be forwarded to representatives by 22 Jun 84. The representatives are:

Representing	Member	Address
HQ Northag	Vacant	
HQ BAOR (Staff)	Mrs A Alstead	c/o Col A Alstead HQ BAOR (G1/4/5) (Log Plans) (Office JHQ 2460)
R Signals	Mrs L Bayfield	c/o Lt Col Bayfield HQ 4 Signal Gp (Office JHQ 2366)
RAOC	Mrs P Lawrence	c/o WO1 F Lawrence HQ BAOR (Supply)
Rheindah. Garrison	Mrs ME Ayres	c/o Lt Col BW Ayres HQ Rheindahlen Garrison (Office 2786)
Int & Sy Gp (G)	Mrs S Springfield	c/o Lt Col Springfield HQ Int & Sy Gp (G) (Off. JHQ 2318)
68 Sqn RCT	Sgt B Smith WRAC	68 Sqn RCT (Office JHQ 2550)
HQ 2 ATAF	Mrs J Morley	c/o Fl Lt E Morley Comsec/HQ 2 ATAF (Off. JHQ 5487)
HQ RAFG Air Staff	Mrs J Shaw	c/o Gp Capt M Shaw DEF OPS/PL HQ RAFG (Home JHQ 4120)
HQ RAFG Admin Staff	Mrs M Martin	c/o Gp Capt J Martin PDO, HQ RAFG (JHQ 4505)
HQ RAFG Engr & Sup. Staffs	Mrs GA Brown	c/o Sqn Ldr WA Brown Air Eng 3A, HQ RAFG (JHQ 2195)
HQ RAFG PSI Rep	Cpl (W) Smittwick	c/o WRAF Admin RAF Rheindahlen
RAF Hospital Wegberg	Mrs Wilson	c/o Gp Capt JM Wilson RAF(H) Wegberg (JHQ 4678)
RAF Rheindahlen	Mrs Melville	c/o FIT Sgt Melville PSF RAF Rheindahlen (JHQ 4143)
Civil Sec BFG	Mrs H Reeves	c/o Mr A Reeves Civ Sec, HQ BAOR
SCS (NWE)	Mrs P Maguire	c/o Mr M Maguire Kent School (Office Hostert Mil 27) (Home - 9/590771)
PSA	Mrs K Wright	c/o Mr R Wright DWO Rheindahlen
SSAFA	Mrs Green	Stn Med Centre RAF Rheindahlen

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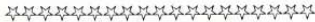
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The latest motto is **"LOCK IT OR LOSE IT! IF IT'S WORTH KEEPING, LOCK IT UP!"**

You leave your car possibly not for long, you think it will be safe enough and don't bother to lock it up. When you return there's an empty space where your car ought to be.

It's a shattering experience, particularly if your personal property has gone with it. You may be miles from home and stranded. It's almost as bad to find the car still there but valuable personal possessions gone. Much better to lock the car always, not just when you think of it.

Useful advice when leaving your car:

1. Lock all doors and windows including quarter lights.
2. Always remove the ignition key when the car's not in use, even when its garaged.
3. Don't leave the car with valuables on view. Remove them, or at least put them out of sight.
4. Never leave your car unattended with luggage on the roof rack.
5. If you have to leave anything in your car, the boot is the best place. But make sure you remember to lock it.
6. When leaving your car at night, park in a well-lit-place.

Help the police to help you.

Your police force needs your help in beating crime. They can't do their job without it.

You can help best by reporting at once anything that strikes you as suspicious.

If you saw someone being attacked, or robbing a shop, you would, naturally, call the police. But ring them just the same if you see someone lurking around your neighbour's side door or trying car doors. The police won't mind if you're wrong: PREVENTION IS BETTER THAN CURE!

If you require any advice on protecting your property, don't hesitate to call your local RMP Crime Prevention Officer on JHQ 2333.

ADAC

Local Agent: The "Culpeck" Offices,
JHQ Shopping Centre
(opposite BP garage)

**Membership & Schutzbrief etc.
on the spot.**

Obscene Telephone calls

The number of obscene and nuisance telephone calls reported to the RMP is increasing and is giving serious cause for concern. Part of the problem is that they are extremely difficult to trace. The Bundespost will fit tracing devices to the subscribers phone, but only at a cost.

The receivers of these calls are mainly women on their own. These calls, when persistent, cause strain, stress and undoubtedly fear.

The calls are received in different ways:

1. The caller who dials the number and hangs up as the phone is lifted.
 2. The heavy breather who says nothing and hangs up after several seconds.
 3. The obscene caller who uses obscene language and phrases.
 4. Finally, the threatening caller who threatens the receiver with acts of violence.
- What to do if you receive an obscene or nuisance call: hang up gently without showing emotion. In most cases the caller won't ring back. Make sure that children (or babysitters) answer the phone correctly, without innocently giving away private information such as: "Daddy is away on exercise and won't be back until ..."

If someone phones whilst you are out they should be asked to leave their number for you to ring back later, if you wish.

Ladies who have entries in the directory are advised to use only their initials, and not Miss or Mrs.

If nuisance calls persist, a change of number or going ex-directory may be warranted.

We hope this advice will help you if the situation ever arises.

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Rheindahlen Record and Video Library

Whatever your taste in music, our boast is that you will find a wealth of good listening in our Record Library, there are over 3000 LP in our regularly up dated stock: recent additions include:

Lionel Richie - Can't slow down
Rick Springfield - Living on Oz
Howard Jones - Human Lib
Thomson Twins - Into the gap

Our library of VHS video films continues to grow and currently we have up to 300 titles in stock including:

Blue Thunder Octopussy The Toy The Dark Crystal
Merry Xmas Mr Lawrence Firefox

Membership which is open to servicemen, UK based civilians and their dependants costs a mere DM 5 for a whole tour. Records can be borrowed for up to 3 days at DM 1.50 per disc. Videos are charged at DM 5 per film per day.

The library is open from 10.00 hrs - 19.00 hrs from Monday - Friday. You'll find us in the RAF Education Centre on Grenville Road. Why not come and see us.



Visiting JHQ Rheindahlen?

Then stay at

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Tel.021634134



BOOK SHELF



Some recent additions to Command Library stock:

Fiction

Cookson, C	-	The Black Velvet Gown
Cornwell, B	-	Sharpe's Enemy
Daily, J	-	Calder born, Calder bred
Fuller, J	-	Fragments
Greenberg, J	-	The Far Side of Victory
Haines, P	-	The Diamond Waterfall
Hemingway, A	-	Tantalus
Herbert, F	-	Heretics of Dune
Hogan D,	-	A Curious Street
King, S	-	Pet Sematary
Logan, L	-	Marie Joseph
Neumann, F	-	Manoeuvres
Niven, L	-	Ringworld
Stewart, J	-	An Open Prison
Tranter, N	-	Unicorn Rampant
Whitnell, B	-	The Song of the Rainbird

Non-Fiction

The Living Plant, by David Attenborough

Based on his BBC television series, the author's unflinching curiosity and enthusiasm illuminates the adaptations of a single species or even whole communities.

Life in Russia, by Michael Binyon

Looks at a society now having to tackle problems long familiar in the west. Based on the authors four and a half years as the Times correspondent in Moscow.

The Arab-Israeli Wars, by Chaim Herzog

Revised edition of the Israeli President's acclaimed history now updated to include the Lebanon invasion.

The Practical Motorcaravaner, by John Hunt

Editor of Motorcaravan and Motorhome Monthly, the author explains how to select a motorcaravan and then use it to its fullest possible advantage all year round.

A Jobbing Actor, by John Le Mesurier

Reminiscences which are by turn touching and hilarious.

Command Lending Library - Whitsun Opening Times

Friday, 8 June	-	10.00 - 12.00
Saturday, 9 June to 11 June, inclusive	-	closed
Tuesday, 12 June	-	14.00 - 17.00
Wednesday, 13 June	-	10.00 - 17.00
Thursday, 14 June	-	Normal hours resumed

The Diary of Anne Frank

If you are reading this in the comfort of your own home then take careful note of the dimensions of the room in which you are sitting. Now discard the furniture and replace it with "basic", well-worn cheap chairs, a table and a tawdry bed-settee and find yourself incarcerated with two families with teenage children and an inflexible bachelor who will live with you indefinitely and you will begin to appreciate the conditions in which Anne Frank spend her formative teenage years.

To exacerbate the problems of living in very close confinement, there must be no movement or conversation during the working hours of the factory over which you live; the sitting room functions also as a bedroom and there is a constant fear of discovery.

Such was the setting in which Anne Frank lived and wrote her diary, dramatised by Frances Goodrich and Albert Hackett, which was the Ariel Theatre Guild submission to this year's BFG Drama Festival.

For the production the Guild returned to the Main Theatre at Rheindahlen where the stage, lighting and sound effects were all used to their maximum advantage. Particularly pleasing was the clarity and accuracy of the sound effects which rendered a very authentic Dutch-town atmosphere of traffic, carillon and steam organ.

The cast were excellent with an outstanding performance by Wendy Grimmer who portrayed not only the young authoress but also the narrator. Her ability to "grow" on stage from a young 13 year old to a mature 15 was truly impressive.

This was a memorable production, excellent in every respect - cast, props and set. It soon became obvious that Ariel were inspired to honour the memory of Anne Frank and those who shared her horrendous experience. It would have been easy for the frequent periods of tension to have reduced the play to a melodrama but all was held firmly under control and the touches of humour and humanity which punctuated the script, effectively lowered the theatrical temperature. It was particularly apt that there was no curtain call, only the spotlight diary standing alone and desolate in that awesome room.

It was an emotive evening after which there were disturbed nights for many of us who witnessed the performance. In this respect it was not only a tribute to Anne Frank but also to the many thousands who, even today, live under a constant threat. Such was the standard of this production!

Janus

Ariel Theatre Guild

Now that our BFG Festival production of 'The Diary of Anne Frank' is over, and everybody has had a rest, we are heavily involved with more productions. Before these are mentioned though, it should not go unrecorded how much we appreciated the kind remarks made about 'Anne Frank' by so many people. It is always gratifying to know that our efforts have been enjoyed, but in this case it has been quite overwhelming! Thank you.

By the time you read this, we shall have presented one-act plays in two different competitions over the last weekend in May. One will have been 'Phillip Hotz's Fury' by Max Frisch in the 1984 FEATS (Festival of European Anglophonic Theatrical Societies) at Brussels. The other is our entry of 'A Slight Accident' by James Saunders in the RAF Theatrical Association's Festival at Brize Norton.

Our future programme involves another revue on the lines of last year's successful 'Mixed Spice'. This will be in mid-July, and for it we are co-operating with WRMS. After that comes a full-length play in October, and then of course there is the Panto at Christmas. There are jobs galore in all of these shows, and we are always delighted to see new members whether they are experienced or not; just come along to our Club Nights in the Little Theatre, which are Tuesdays at 8.00 pm or phone the Chairman of Ariel Wing Commander Noel James on JHQ Ext 4206.

Rhine Army Theatre Society

June is the time for outdoor activities and entertainments. Unfortunately we have not yet developed an amphitheatre in the Garrison, nor did our Roman ancestors bequeath one to us amongst the remains of their villas, so you will have to come to the Garrison Theatre from the 27th to the 30th June to see our next production.

The play is 'Once a Rake' a comedy in three acts by Harold Brooke and Kay Bannerman which exposes the difficulties involved in obtaining a divorce under civilised British Law.

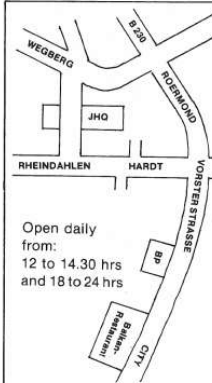
Tickets will be available from the Box Office which opens from 16 June 84 in the main NAAFI foyer from 9 am to noon on Saturdays and noon to 2 pm in the Garrison Theatre, Mondays to Fridays. Telephone bookings are possible on JHQ 2262 Box Office opening times, or JHQ 2903/2303 during working hours.

This is a light and very amusing comedy which is a complete contrast to the Shavian Comedy of 'Heartbreak House', our last production in the BFG Festival.

Our next production will be in the autumn after our, and your, summer holiday, when we will look forward to seeing you and hearing you once again.

Strange Birds sighted in JHQ

Some observant members of the Rheindahlen community have had an interesting few weeks trying to identify a pair of thrush with black throats, white cheeks, long tails and a very pronounced "zebedee" hop! They were flying quite freely and were seen in gardens at Canberra Crescent, Cornwall Drive and Durham Walk. The birds were Black-throated Laughing Thrush (*Garrulax chinensis*) from South-East Asia, but I am afraid they were almost certainly escapees from a local aviary. However, they are most attractive birds and any other reports, particularly if they breed, would be most welcome.



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Let's go on a picnic and forget all those sandwiches! The Earl of Sandwich may have inspired the first sandwich, but I am sure that hunter's loaf was invented by a woman faced with the task of making scores of sandwiches. So here are a few suggestions for your 'Picnic Basket'.

Hunter's Loaf

1 French Slick
50 g/2 ozs butter
1-2 teaspoons of made mustard
2 tablespoons tomato ketchup
(or other savoury sauce)

1 tablespoon of chopped gherkins
1-2 tablespoons chopped spring onions
or chives
350 g/12 ozs liver sauce or cooked ham
(The ingredients can be varied according to taste)

Cut both ends off the French loaf and scoop out all the fresh crumb. This is not as difficult as it sounds but it does require a little patience. If the French loaf is very long cut it in two pieces. Cream the butter with 1-2 teaspoons of made mustard and tomato ketchup. Add the chopped gherkins, spring onions or chives. Gradually mix with the liver sausage or cooked ham. Split the loaf lengthways and spread with butter and filling. It is best made the night before. Wrap in tin foil and chill overnight. Just before leaving for your picnic, cut into slices and re-wrap in foil for transportation. Pack a few pickled cucumbers to eat with it -or some crunchy celery stalks.

Stuffed Eggs

6 hard-boiled eggs
75 g/3 ozs butter
pinch salt, pepper, paprika
a dash of wine vinegar

1 teaspoon French mustard
a little cream
chopped chives

Halve the eggs, scoop out the yolks. Cream the butter with salt, pepper and paprika. Beat in the egg yolks and the French mustard. Add a dash of wine vinegar and just enough cream to give a thick smooth consistency. Taste and adjust seasoning if necessary. Pile the mixture into the halved whites and set them side by side in a container. Sprinkle with plenty of chopped chives. Cover container with a lid or foil and leave to chill until required.

Herby Beef Loaf - Serves 4-6

1 kg/ 2 lbs Minced beef
1/2 kg/1 lb pork sausage meat
1 cup of fresh white breadcrumbs
1 onion finely chopped
1 tablespoon chopped parsley

1 tablespoon chopped chives
1/2 tablespoon fresh or dried sage
2 teaspoons Worcestershire sauce
salt and freshly milled pepper
2 eggs beaten

Mix all the ingredients together and bind with the beaten eggs. Turn this into a well-greased 2 lb loaf tin and cover with foil. Now put the tin into a large baking tin or dish, which contains about an inch of cold water. Bake in a moderate oven, Gas mark 4, 180°, for 1 1/2 hours.

Either turn out and serve hot with a tomato sauce or allow it to cool in the tin, turn out and serve with thick mayonnaise. This meat loaf freezes very well.

The next recipe is quite delicious if you like anything curried. It is best made the night before in order to let the ingredients infuse.

Curried Rice with Mango Chutney

275 g/10 ozs rice
2 tablespoons of mayonnaise
1 onion (chopped finely)

2 dessertspoons curry powder (to taste)
1-2 teaspoons curry powder (to taste)
1 banana (optional)

Boil the rice. Wait until the rice has cooled and then add the ingredients together. Put in an airtight container and store in the refrigerator until required.

Chocolate Fruit Fingers

100 g/4 ozs plain flour
100 g/4 ozs caster sugar
100 g/4 ozs butter or margarine
2 eggs
a few drops of vanilla essence

50 g/2 ozs plain chocolate
50 g/2 ozs raisins
50 g/2 ozs chopped walnuts or peanuts
or cherries
a sprinkling of caster sugar

Beat the butter or margarine to a soft cream. Add the caster sugar and continue beating until the mixture is soft and light. Sift the flour. Break the eggs one at a time in a cup to make sure they are fresh. Then beat them well together. Add a little of the egg at a time to the creamed mixture, beating well after each addition. Stir in the vanilla essence, the flour and the melted chocolate. Finally add the chopped nuts and raisins (or cherries) and stir them evenly through the mixture. Bake in a moderately hot oven about Gas Mark 4, 375°F, 180°C for 35 minutes or until it is cooked. Turn onto a wire tray to cool. Cut into 12 fingers when it is cold and sprinkle with caster sugar. These fingers keep very well in an airtight tin.



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NAAFI NOTE BOOK

On the drinks front during June you will have the opportunity to taste and try Bacardi Rum on the 1st and 2nd, Californian wines on the 8th and 9th, and Potte Rum 54 on the 29th and 30th, all in the foodhall.

There will be a display of seasonal produce in the foyer from the 18th to the 30th, which will include cut flowers and pot plants. The foyer will also feature a Pioneer Hi Fi display at the end of the month. Other special events are the visits of Hoover demonstrator Erica Burns from the 5th to the 8th, and Sylvia Hill on the 29th and 30th demonstrating Panasonic microwave ovens. They will be delighted to show you how to get the best out of their products.

The leisure and camping display remains open all through the summer, and the clothing department has a full range of summer clothes to kit you out for that holiday in the sun. Don't forget your insurance before you go; Max Barrett, in the new JHQ office, will be happy to arrange this and all your other insurance needs. Once your holidays are over, remember that our colourtrent and express photographic service are available to develop your prints.

Finally, don't forget Fathers Day on the 17th and remember that all your NAAFI Shops will be closed on Whit Monday, the 11th June.



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MILATRAVEL is the only official DER (Deutsches Reisebüro) recognized Travel Agency in JHQ for all Travel by Rail, Boat and Europa-Bus, Lührmann's Luxury-Bus, Car Ferry and commercial Flights to and from the UK and world wide.

Summer '84 brochures for package tours organized by the biggest German Companies (Touropa, Scharnow, Hummel, Dr. Tigges, Air Tours, Dr. Wulf etc.) are available free of charge in our office.

Please book your passages to the UK for Summer period as soon as possible.

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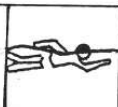
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SPORTS-PAGE



Rheindahlen Allied Marches 1984

The Rheindahlen Allied Marches first held in 1967, is now a well established international event with participants from many Allied Nations.

The date selected for 1984 in Wed 4 July.

The March which is a one day event is open to all members of Allied nations whether Servicemen, civilians, men, women or children. Participation is by team, of a minimum of 5 members, or by individuals. Service teams and youth organisations are especially welcomed. Regrettably there is no transit accommodation available in Rheindahlen Garrison. Children under the age of 16 may only enter if accompanied by an adult who assumes responsibility.

The March starts and finishes in Rheindahlen Garrison and includes distances of 40 km, 30 km and 15 km. Start times are 40 km - 0730 hrs, 30 km - 0900 hrs and 15 km - 1030 hrs. Personnel must book in between 15 mins and 1 hour prior to start.

Further details are available from:

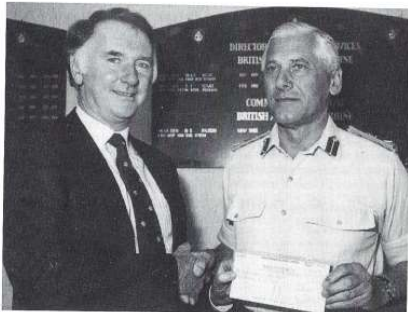
C Company, HQ Rheindahlen Garrison, British Forces Post Office 40, Tel. JHQ 2026, or civilian address:
C Company, 4050 Mönchengladbach 5 - JHQ, Collingwood Road 27, Tel. 02161/47 2026

RAF Rheindahlen Table Tennis - 1983/84 Season

The first RAF Rheindahlen team were runners-up for the second year in succession to PSA in the 1st Division of the Rheindahlen Area Table Tennis League - a notable achievement which can, we hope, be improved upon next year. The second team won the 2nd division of the league. This was a splendid achievement and the team are to be congratulated on gaining promotion to the 1st Division at the first attempt - and on winning the 2nd Division by such a convincing margin.

In this year's RAFG Championships our players won 2 events and were runners-up in 3 events. Congratulations to all concerned. As in 1983 members of the RAF Rheindahlen team were again chosen to represent RAFG in the 1984 Inter-Services Match, which the RAF won for the second year in succession.

Cpls English and Rogers travelled to UK to play in the RAF Table Tennis Championships - both reached Round 3 of the Individual Singles Competition before falling to seeded players. In the Open Doubles Competition Cpl English and his partner Cpl Denton, from Brüggen, reached the semi-finals.



Major General D S Paton CBE, QHP, Commander Medical Services BAOR receives a cheque for £ 500 from Mr David McLachlan of the Save and Prosper Group.

This donation will help to defray the cost of the winners of some Army Medical Services BAOR sports competitions travelling to the UK to challenge their counterparts.

Ladybirds Hockey Club

On behalf of our supporters and members we would like to take this opportunity to thank the owners of the BP Petrol Station JHQ for their recent offer of sponsorship. Herr and Frau Mölder were more than happy to sponsor Ladybirds and we are very grateful to accept.

The Ladybirds Hockey Club has been running for 3 years. During that time we have enjoyed success in the Rhine Area League and in individual tournaments.

The AGM of the club will be held on Thursday 28th June 1984 at 1930 hrs in the Police Social Club behind JHQ Police Station.

We would welcome any new members to the club even if you haven't played hockey for a while.

For further information please contact Penny Littlefair on JHQ 4732 or MG 551131 or Chris Gemmill on MG 551391.

Sport Fixtures June 1984

Sporting fixtures booked to take place in Rheindahlen Garrison during June 1984 are as follows:

Cricket

2 Jun	BAOR (U25) v Barclays Bank	A Wkt	1030 hrs
3 Jun	BAOR v Barclays Bank	A Wkt	1130 hrs
3 Jun	NAAFI HQ v 28 Sig Regt	B Wkt	1400 hrs
5 Jun	Garrison v Barclays Bank	A Wkt	1100 hrs
9 Jun	Garrison v Tongeren (F)	A Wkt	1400 hrs
10 Jun	Garrison v Frste CC (F)	A Wkt	1400 hrs
13 Jun	Garrison v 21 Sig Regt (L)	A Wkt	1400 hrs
16 Jun	BAOR (U25) v Tunbridge Wells	A Wkt	1030 hrs
17 Jun	BAOR v Tunbridge Wells	A Wkt	1130 hrs
17 Jun	Garrison v 28 Sig Regt	B Wkt	1400 hrs
24 Jun	Garrison v Pakistan Internat. Airways Frankfurt	A Wkt	1130 hrs
24 Jun	Royal Signal Regiment Birthday Match	B Wkt	1400 hrs
27 Jun	Garrison v 21 Sig Regt	A Wkt	1400 hrs
30 Jun	BAOR v Holland	A Wkt	1030 hrs
31 Jun	Garrison v Embassies Bonn	A Wkt	1130 hrs

Tennis

13-15 Jun	RAOC (BAOR) Championships	CTS 1 to 5-9-10	0800-1800
16 Jun	Husband & Wife Tny	CTS 1 to 12	1400-1800

Athletics

5 & 6 Jun	Northeg Championships	R Track	0000 Daily
28 Jun	SCS NWE (Southern)	R Track	1230 hrs

Swimming

14 Jun	NSSG Gala	Blue Pool	0930 hrs
15 Jun	Rhine Area Gala	Blue Pool	0930 hrs
27 Jun	Northag Gala	Blue Pool	0930 hrs

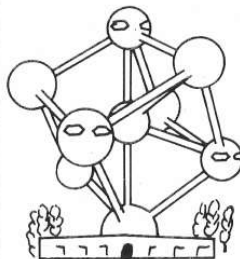
Rounders

23 Jun	BAOR (ws) Inter Unit Championships	Snyders Road	0930 hrs
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St. John Ambulance

The Wildenrath Division of the St John Ambulance are willing to give first aid cover at any sporting and station events. Clubs and organisations wanting first aid cover at their proposed events should contact either of the following, confirming in writing to the Divisional Superintendent two weeks prior to the event.

Mrs K Speakman Divisional Superintendent, 26/4 Bauhof Erkelenz,
Tel. 02431/71165
Cpl A Speakman, SMC, RAF Wildenrath, Tel. Wildenrath MII 5525



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CINEMA PROGRAMME

IN VIEW - IN VIEW - IN VIEW - IN VIEW

1	SSVC BINGO	
2	Matinee: ESCAPE FROM THE SEA	U
2/3/4	NEVER SAY NEVER AGAIN James Bond (Sean Connery, Barbara Carrera)	PG
5	CODENAME THE SOLDIER - terrorist drama (Clint Eastwood, Sondra Locke)	18
8	SSVC BINGO	
9	Matinee: AVALANCHE	U
9/10	MERRY CHRISTMAS MR LAWRENCE - World War II drama (David Bowie, Tom Conti)	15
11/12	BAD BOYS - crime drama	18
13/14	WORLD ACCORDING TO GARP - drama-comedy (Robin William, Mary Beth Hurt)	15
15	SSVC BINGO	
16	Matinee: HIJACK	U
16/17	KRULL - sci-fantasy adventure	PG
18/19	EDUCATING RITA - comedy (Michael Caine, Julie Walters)	15
20/21	SCARFACE - gangster thriller (Al Pacino, Steven Bauer)	18
22	SSVC BINGO	
23	Matinee: FLASH THE SHEEPDOG	U
23/24	TRADING PLACES - farical comedy (Eddie Murphy)	15
25	HALLOWEEN III - SEASON OF THE WITCH - horror	15
26	LOCAL HERO - comedy (Burt Lancaster, Peter Riegert)	PG
27/28	BEST FRIENDS - drama (Burt Reynolds, Goldie Hawn)	PG
29	SSVC BINGO	
30	Matinee: EGGHEADS ROBOT	U
30/1	SAVAGE ISLANDS - adventure (Tommy Lee Jones, Michael O Keefe)	PG



Caption Competition

The winner of the competition was Mrs Helen Thorpe with the following caption: "Who was it that said "Pigs might fly?" I can't even get over this blasted fence!"

The prize is on its way.

TERRALERT 3333

I hardly need to review the first film of the month. Whatever I say the fans will rush to see the new James Bond film **Never say never again**. I should of course say **one** of the new James Bonds films since last year saw the arrival of two! Given the choice this month's has to be preferred to **Octopussy**, for the simple reason that it has Sean Connery as Bond. The Roger Moore Bond films are sheer absurd fun but Connery some how manages to inject some reality into the action and make a person of our superhero.

Another big draw at the box office is the impassive Mr. Eastwood. A pity that his latest offering **Sudden impact** should be more noteworthy for violence and cynicism than for acting or plot!

Yet another male superstar, (whatever happened to female superstars?) David Bowie, makes a reappearance this month. Bowie has never been afraid of unusual or difficult subjects and **Merry Christmas Mr Lawrence** is no exception. Set in a Japanese POW camp this film is distinguished from the common run by the fact that it has a Japanese director, NAGISA OSHIMA, and a British producer; and the cast is led by two rock stars from East and West, an English actor and a Japanese comedian. The film is a genuine and partly successful attempt to explain the Japanese to the world and vice versa through the story of the clash between two radically different cultures. Not a perfect film but a very interesting one.

Among the other new films this month, **Krull** is a sort of Sci Fi Fairy tale which is mainly notable for a plethora of special effects. **Trading Places** is a splendid American comedy based on the simple idea of a bet between two elderly money men that they can make a financial genius out of a bum and push a man with all the advantages into the gutter. The brilliant Eddie Murphy is the bum who becomes the sharp Wall Street man and Dan Ackroyd is the self satisfied Ivy Leaguer who comes down to earth hard. An excellent supporting role from Denholm Elliott as the butler who has a rather surprising change of masters! **Scarface** is an overlong and very violent gangster film but it is also full of talent and tension.

We have done well for new films this month, over half are fairly recent and new to Rhinodahlen. But of course repeats are not always a bad thing, not when they give the opportunity to catch up with, or even see again, films of the calibre of **Educating Rita** and **Local Hero**. Apart from being two of the films I most enjoyed last year, these are two films which show the excellence of the British film industry (when it can find any money!). **Educating Rita** is a sort of modern day "Pygmalion" with Julie Walters as the working class girl who decides to improve her mind instead of doing what family and friends want, settling down and having kids. It is a very funny film but also a sharp and bitter one. No romantic views of working class solidarity here! **Local Hero**, also a comedy, tells of an American Oil company's attempt to buy a chunk of Scottish coastline and the local determination to make as much out of the deal as possible. It is humorous (once you can cope with the accents!) and beautifully cast; and even so simple a plot can have some marvellous twists to it! Repeat or not it is certainly my film of the month!

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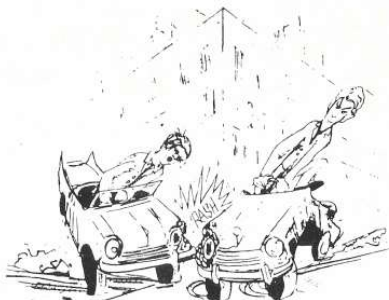
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