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No. 304 October 1996

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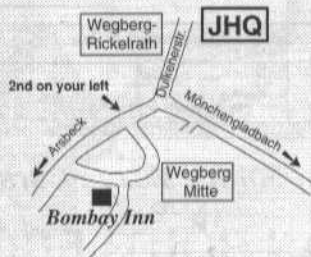
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RH236P

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Editor:
Mrs L. Butterworth - 3284

Advertising:
Connie Coogan
02436/1072
or contact her through the Bulletin office JHQ Mil 3284

Fax No. JHQ Mil 4029 or Civ. 02161/474029 marked Attn. Rh. Bulletin

Typesetting:
Jane-Anne Ladd-Jones

Illustrator:
Charles Wilson

Printer:
ARS [grafische producties & communicatie).
Slachthuisstraat 111,
Roermond, the Netherlands,
tel. 0031 - 475 - 317652

All advertisements must be received by the 8th for inclusion in the next Bulletin, Rheindahlen Education Centre, BFPO 40.

Contributions must reach us by the 10th of each month, unless otherwise notified.

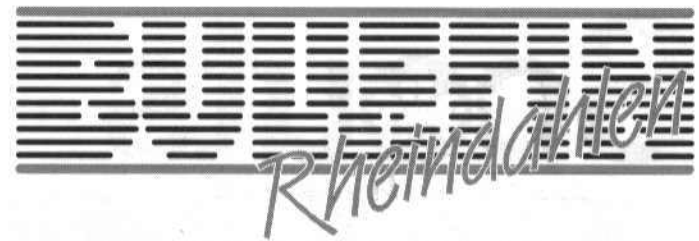
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All businesses are invited to advertise in the Bulletin, which has a circulation of over 3.000 copies a month. Details can be obtained from the Business Manager. The Editor hereby declares that the publication of an advertisement in the Bulletin in no way indicates or implies sponsorship by MOD or by any Service establishments or Unit, of the advertiser or of his product or service advertised, nor will the Editor, Staff or any Service Authority become involved in any dispute arising out of any advertisement appearing in this magazine. Furthermore, the Editor reserves the right to omit, amend or edit any advertisement or article at her sole discretion, without liability.

Front Cover

Winners of the Skills medals on the final day of the Youth Summer Programme.



A PLEA FROM THE RHEINDAHLEN BULLETIN TYPIST....

Very many thanks to everyone who sends in contributions, either regularly or 'one-offs', to the Rheindahlen Bulletin. You will see from the black column what the deadline is for receiving material each month.

However, it really would be greatly appreciated if, wherever possible, articles and other material could be sent to us **as early as possible**. Please use the deadline date given as your very last chance to submit material. All articles have to be typed (by me!) and copied onto a disc which will then be translated at the printer and will emerge, eventually, as the Bulletin. It is the printer who sets our deadline - if we miss our 'slot' that's it.!

Many of you do send in your contributions early, but there have been times when the amount of material arriving on the deadline day makes it virtually impossible for me to get it typed and onto disc in time for the Editor to go off to the printer in Roermond in time to meet his deadline.

We are always grateful if material can be sent to us on disc - **but please note that we work on Word Perfect 5.1**. Our machine isn't able to convert some discs we are sent where people use different word processing packages and we have to chase the contributors to send us a typed copy. We will always return your disc if you give us an address.

We do work to a very tight deadline, and would appreciate material being

sent by fax rather than waiting for someone finding the time to deliver it in person. Don't worry about getting contributions typed up either - handwritten is fine - but **please** don't write (or type) everything in capital letters; at times, particularly with unfamiliar places being mentioned, it makes life very difficult and mistakes can happen. Please ensure that

places and names are written clearly. Also, if using a WP, please don't got to any trouble using fancy print or centring headings etc, all these commands have to be deleted before the disc goes to the printers.

Very many thanks for reading this.

Jane-Anne

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Scouts



At the end of July, Cubs and Scouts from 1st Rheindahlen Scout Group spent an evening presenting a camp fire entertainment to the visitors who were enjoying a holiday in Germany based at JHQ, arranged by the Across Trust. The programme of songs and comic sketches around the camp fire was enjoyed by all the visitors. This is the second year running that 1st Rheindahlen have organised a camp fire, led by ACSL Dawn Ball, for the Across Trust visitors.

Members of the Rheindahlen Group discovered that two of the visiting helpers were also members of the movement, and one of them, Tim Hough of 2nd Middlewich Scout Group, had brought along their Beaver Colony's 10th Birthday banner. The photograph shows members of 1st Rheindahlen Group, visiting leaders T Hough (2nd

Middlewich) and M White (6th Colchester), and four of the unabled holidaymakers, with the Middlewich Beavers' banner adorning the Across Trust's specially equipped "Jumbulance".

This year has marked the 10th anniversary of Beaver Scouting, and the Rheindahlen Group's own Beaver banner has also been travelling the world in celebration. The Group's three colonies also had a combined birthday party before the start of the school holidays with a Beaver cake specially made by the departing Beaver leader from the Tuesday colony, Justine Sullivan.

Further details on Scouting from Veronica Davies, GSL, 1st Rheindahlen, Comms/IS(SSG), HQ UKSC(G), BFPO 140. FW

RHEINDAHLEN YOUTH CENTRE



YOUTH SERVICES BRITISH FORCES GERMANY

SAILING DAY

A group of 8 young people from Rheindahlen Youth Centre recently took part in a Sailing Day organised by the Army Sailing Association at the British Roermond Sailing Club. Although the young people had no experience of sailing, they all mastered the technique quickly and were

able to handle their boat after only a couple of hours instruction. Our thanks for a superb day go to Maj Alan Cook, the chief instructor, Harry and Paul who crewed the safety boat, Peugeot Export and Sportsmatch who kindly sponsored the event. Without their help and assistance the day would not have been possible.



CANOE INSTRUCTION

A group of up to twelve young people have been enjoying some expert canoe instruction in the "Blue Pool" at Rheindahlen. The sessions are held regularly on a Tuesday evening and are coordinated by instructor Ian Price, the Area Youth

Worker and volunteer Jon Buckle. It is hoped that the young people will achieve their Star Awards through the British Canoe Union and some will be able to use them towards their Duke of Edinburgh Award.

Dave Donaldson
Youth Worker Rheindahlen

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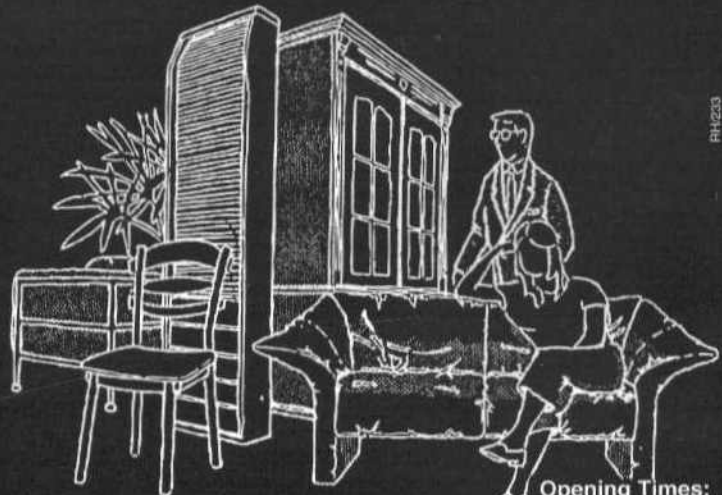
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RH233



RAF P&SS(G) - CHARITY DONATIONS

The RAF P&SS(G) Charity Committee recently donated monies they had raised during the last 12 months to the following organisations:

Dusseldorf Primary School	£500
Rutland Community Trust	£500

BFG Children With Special Needs Holiday	£3000
Macmillan Nurses	£2000
Breast Cancer Care	£2000
Children of Chernobyl	£1000
Paul Moor Schule for Handicapped Children	£1000

The photograph shows cheque recipients, together with Sqn Ldr Ivan Carey, OC RAF P&SS(G) and members of the Charity Committee.



PRESENTATION

FS Pamela Ramshaw of RAF P&SS(G) was recently presented with the Commendation of the Air Officer Commanding Personnel and Training Command, Directly Administered Units, for her outstanding contribution towards child related projects. Pamela, whose

SNCO husband also serves at RAF P&SS(G) is 37 years of age and joined the RAF in 1977.

The photograph shows FS Ramshaw being presented with her Commendation by OC RAF P&SS(G) Sqn Ldr I Carey.

WINDSOR SCHOOL



TEACHER TRAINING IN SERVICE SCHOOLS

The picture shows Mrs Deborah Judge and Dr Angela Lawn being congratulated on the completion of their Open University Post-Graduate Certificate in Education (PGCE) at Windsor School, Rheindahlen. Mrs Judge and Dr Lawn are married to serving officers and are part of a group of students just completing their PGCE in Service Children's Schools in Germany. Mrs Judge graduated from the University of Southampton in 1985 with BA(Hons) in Modern History and Politics. She has spent the intervening years raising a family and working as a nurse. Dr Lawn graduated from University College London with a BSc(Hons) in Genetics and went on to do a PhD in Human Genetics at the Imperial Cancer Research Fund. She recently left Germany to start her first teaching job in Bedfordshire. In 1994, the Open University launched a scheme whereby graduates living in Germany could undertake an 18 month distance learning programme leading to the award of a PGCE. Service Children's Education have provided placements for students to undertake 18 weeks of school experience and classroom practice in three main blocks, including a block of three weeks in a second school. On the course, students are supported by a University appointed tutor in Germany and a school-based mentor who provides support, guidance and assessment during the school placements. Students have a range of assignments to produce that form part of their overall professional assessment for teaching.

Materials for the course are provided by the Open University and include study guides, resource packs, set books, video and audio cassettes, school experience

guides and a computer with printer. The computer comes with a modem and the course incorporates advanced information technology to enable students to "conference" with tutors and fellow students throughout the UK and Germany through local telephone access. This is combined with the Open University's now familiar distance learning methods. The course is particularly suited to those associated with the forces as students who move to new locations in Germany, Cyprus, Northern Ireland, Wales or England can continue with the course. Students can begin their studies in the knowledge that they can continue after a posting. The PGCE is now running with a further group of students who expect to qualify next summer. Recruitment for 1997 is taking place now and entry is open to all graduates. Graduates of the Open University might be particularly interested.

Further details of the Open University PGCE in Germany can be obtained from:

Secondary: Peter Mingay 02161 472539
Primary: Jan Fisher 02161 472954

Potential students in the UK should contact the nearest Regional Office of the Open University. Details are in the phone book.

In the picture, from left to right:

Mrs Karen Jenkins (school-based mentor - Science)
Mr Harley Green (school-based mentor - History)
Dr Angela Lawn - Science
Mrs Deborah Judge - History
Mr Peter Mingay (secondary OU tutor for Germany)
Mrs Ann Haydock (school training co-ordinator)

ARRC FAMILIES CENTRE DOES IT AGAIN



Marion Cocker, wife of Commanding Officer, Support Battalion, HQ ARRC presents Mrs Ferguson with the cheque. From left to right Marion Cocker, Joe Wigley, Ian Hall, June Mouat, Mandy Ferguson and Annie Macmillan-Davies (below).

SSgt Vic Ferguson of HQ ARRC in Sarajevo, who initiated the appeal 'Hope for Humija', realised that there were many other children in similar situations all over the world. So, he decided to start another appeal for Kids In Desperate Situations (KIDS). The funds will be used towards the evacuation for treatment of a child that could not otherwise be saved in Bosnia. There are currently four children that they are trying to raise funds for:

Ema, 3 years old, congenital heart disease
Suada, 5 years old, congenital heart disease
Husein, 10 years old, congenital heart disease
Haris, 13 years old, severe scoliosis (twisted spine) who is urgent.
Approximately £14,000 is

needed for each child so you can see how difficult it is for SSgt Ferguson to carry on his work. Every penny counts. KIDS are carrying out projects in Bosnia and Croatia at present in Kindergartens, schools and orphanages, providing aid, educational equipment, food, clothing and other items to children in need of help. As SSgt Ferguson is one of our soldiers, the ARRC Families Centre thought it would be appropriate to assist him in this cause. A charity Car Boot Sale was therefore held on Sunday 23 June 1996. This resulted in DM 877 being raised. Many thanks to all those who helped and donated towards it.

KIDS can be contacted through the ARRC Families Centre, BFPO 40.

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CHANGES TO THE CHILDHOOD IMMUNISATION PROGRAMME

The Department of Health in London has recently announced that there will be a change to the immunisation programme for pre-school children. Currently the Measles, Mumps and Rubella vaccine (MMR) is given at approximately 12 to 15 months of age. The Department of Health is now recommending that a second additional dose of MMR be given as part of the pre-school booster, which currently consists of immunisations against Diphtheria, Tetanus and Polio.

Measles infection is very infectious and causes a high fever and rash. About one in fifteen children are at risk of complications which may include chest infections, fits and brain damage. **Mumps** virus causes swollen glands in the face, and before the immunisation was introduced, was the commonest cause of viral meningitis in children under the age of 15. It can also cause deafness and swelling of the testicles in boys and ovaries in girls. **Rubella** (German Measles), is usually mild, however, if a pregnant woman catches it early in pregnancy, it can harm the unborn baby. Recent evidence has shown that the current single injection of MMR is sufficient to prevent Rubella and Measles later in life. The German Measles immunisation is particularly important due to the effect that the disease has upon an unborn child.

From the beginning of October 1996, **all children are recommended to have two doses of MMR vaccine**, these are recommended to be given shortly after the first birthday and as part of the pre-school booster. The MMR vaccine can be given



irrespective of a history of measles, mumps or rubella, and can be given to a child of any age.

Unimmunised children in the following groups are at particular risk from measles infections and **should** be vaccinated with the MMR vaccine:

- * Children with chronic conditions such as cystic fibrosis, congenital heart or kidney disease, failure to thrive or Downs Syndrome

- * Children from the age of one year upwards in residential or day care, including playgroups and nursery schools

In order to immunise as many children as possible, the Department of Health has recommended that a "catch up" immunisation programme takes place. Children born on or after 1 January 1990 will have already had their pre-school booster by the time the second MMR vaccine is introduced - it is recommended that they also be given a second dose of MMR as soon as is possible. They will be invited to attend the medical centre for special vaccination clinics run by the doctors, nurses and health visitors, by appointment.

SUMMARY OF CHILDHOOD IMMUNISATIONS

When is the immunisation due?	Which immunisation	Type
At two months	Polio	By mouth
	Hib Diphtheria Tetanus Whooping Cough	One injection
At three months	Polio	By mouth
	Hib Diphtheria Tetanus Whooping Cough	One injection
At four months	Polio	By mouth
	Hib Diphtheria Tetanus Whooping Cough	One injection
At 12- 15 months	Measles Mumps Rubella	One injection
3-5 years (Pre-school booster)	Measles Mumps Rubella	One injection
	Polio	By mouth
10-13 years	Diphtheria Tetanus	One injection
	Tuberculosis	Skin test plus one vaccine (BCG) if needed
School leavers (14-19 years)	Diphtheria Tetanus	One injection
	Polio	By mouth

The **MMR vaccine** is very safe and the risk of side effects is considerably less with the second dose. Sometimes there can be a mild fever, but this can be treated with fluids and paracetamol.

Please note that the risk from complications from Measles outweighs any small risk with the vaccine. All children should be vaccinated unless they are unwell with fever or have specific conditions such as reduced immunity.

If you would like advice on whether your child is

recommended to be vaccinated, please speak to a doctor or health visitor. If parents have any other questions or are concerned, they are invited to discuss them with one of the doctors or health visitors. Please make an appointment on JHQ 2969 or 2955 or Mönchengladbach Civil 472969 or 472955. If you are registered at the Ayrshire Barracks Medical Centre please dial 02161 597382 or Mil 88 2382 for an appointment.

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ROAD SAFETY

WHAT MAKES A GOOD DRIVER ?

An ability to be self-critical and learn from experience is one of the key attributes of a good driver.

Good drivers have a quiet efficiency in their actions and this derives from:

A good level of attention;

Accurate observation;

Matching the vehicle's speed and direction to the situation;

Awareness of the risk inherent in particular road and traffic situations;

Acting to keep identified risks to a minimum;

Awareness of their own limitations and those of the vehicle and the roads;

Skilful use of vehicle controls.

It is not simply the speed of your reactions that determines whether you are a safe driver but your ability to identify and respond to hazards. Being able to respond quickly to simple stimuli such as noise and light does not in itself reduce accident risk. Young, inexperienced drivers typically have very fast reactions to simple stimuli but slow reactions to traffic hazards.

The ability to detect hazards is learned like any other skill and depends partly on experience. More experienced drivers develop a sensitivity to the early indications of possible trouble. When risks arrive they monitor them at a subconscious level in readiness to respond quickly if the situation develops dangerously. Because they are more aware of potential danger they are more alert while driving, and this helps to sustain their concentration.

Studies have shown that driver's attitudes to other road users, speed and risk taking are a good guide to their likelihood of having an accident.



ATTITUDES TO OTHER ROAD USERS

Good driving depends on constructive attitudes and consideration for other road users. There is already a great deal of potential conflict on the roads without adding to it by selfish and aggressive behaviour. Such behaviour increases the stress levels of other drivers and increases the risk of accidents. Many drivers become unnecessarily angry when other road users interrupt their progress. You can reduce the risk of accidents for yourself and everyone else by being more tolerant (refer to article on Road Rage) and by avoiding actions which create unnecessary stress.

ATTITUDES TO SPEED

The speed at which you drive is one of the most important factors in determining your risk of having an accident. The faster you drive, the less chance you have of taking avoiding action, and the greater your risk of having a traffic accident. Speed is largely a matter of choice - the occasions when it is absolutely necessary to drive fast are fairly limited (except for Emergency vehicles). Good driving requires you to drive at a speed that is safe for the conditions.

RISK TAKING (YOUNG DRIVERS)

There is always some degree of risk associated with driving because it involves moving a large heavy object at relatively high speeds, but a driver's attitudes can greatly influence the risk involved.

WINTER LIGHTING CHECKS

The German "Licht Test 96" campaign will be held over the period 1 - 31 Oct 96.

Once again BFG Testing Stations have been included in the campaign and will be providing **FREE** winter lighting and headlamp alignment checks. "Licht Test" stickers, as appropriate, will be issued by the Testing Stations.

REMEMBER, as the driver, it is **your responsibility** to ensure that **all** your lights are working correctly.

Make use of this free facility, and make sure that you don't



pick up any unwanted fines this year.

For further details contact your local BFG Testing Station.

Attitudes which predispose you to risk are:

Enjoying the thrill of danger;

Enjoying impressing passengers or other drivers;

Disregarding personal safety;

The illusion of control, or overestimating your ability;

Justifying the risks because they are taken in a noble cause.

Young, inexperienced drivers run the greatest risk of accidents because they have a tendency to seek risk and disregard danger. They also see less risk in many traffic situations than more experience drivers.

Many drivers take risks to impress other people - for example, young male drivers tend to drive faster when they have young male passengers than when they are alone or

with female passengers.

Drivers tend to suffer from the illusion of control, which is a tendency to overestimate their ability to cope with the demands of traffic when they are driving. This undermines the accurate perception of the risk factor.

REMEMBER: Always drive so that you can stop within the distance you can see to be clear, by day or by night.

If you double your speed then you must quadruple your braking distance. (Only a fool breaks the two second rule.)

What is RED MIST? How does it affect you?

How do your emotions affect how you drive?

.....more next month.

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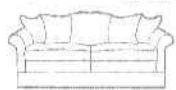
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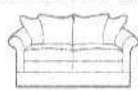


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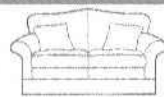
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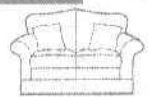
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STANDARD CHAIR
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3 SEATER STANDARD SOFA
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2,5 SEATER STANDARD SOFA
 H 106 W 186 D 98

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CAREERS

1996 CAREERS FAIRS

RHEINDAHLEN

Windsor School Tuesday 22
October 1996

Session 1 - 0900 to 1400 hrs
Session 2 - 1500 to 1700 hrs

RINTELN

Prince Rupert School
Thursday 24 October 1996

Session 1 - 0900 to 1400 hrs
Session 2 - 1500 to 1700 hrs

Session 1 has been aimed at
and organised for young
people.

Session 2 is aimed at young
people and adults, including
parents.

Many UK employers, training
providers and Colleges of
Further and Higher Education
will be available to discuss
individual queries.

This event has been
organised by VT Southern
Careers Limited.

For further information
contact:

Gutersloh Careers Centre on
05241 842331 or Gut Mil
2331
Rheindahlen Careers Centre
on 02161 492585/492838 or
JHQ Mil 2585 or 2838.
Rinteln Careers Centre on
Rinteln Mil 2372
Hohne Careers Centre on
05051 962533

CAREERS FAIR 1996

SCE in partnership with VT
Southern Careers Ltd are
organising a Careers Fair in
BFG. This is an annual event
and gives all members of the
BFG Community the
opportunity to discuss and
research their employment,
education or training plans.

VT Southern Careers Ltd
have invited a selection of
leading UK employers,
training providers and
colleges to visit Germany on
what has been heralded the
largest Careers event ever to
take place in BFG. The
individual representatives
have been specially selected
and invited in order to cover
the widest possible range of
occupational areas and
distribute extensive,
comprehensive and up-to-
date information. An
example of the occupational
areas covered include
Police, Construction, Art and
Design, Hotel and Catering,
Law and many more. There
will also be a representative
from the local German
Arbeitsamt who will be happy
to discuss the opportunities
and practicalities of settling
in Germany.

During the event, visiting
speakers will hold seminars
and will offer information and
advice on such topics as job-
search techniques, youth
and adult training, further
and higher education.



The 1996 Careers Fair is a
two centre event. The first
event will take place at
Windsor School in
Rheindahlen on **Tuesday 22
October 1996** between 0900
and 1400 hours and 1500 to
1700 hours. The second
event will be held at Prince
Rupert School in Rinteln on
Thursday 24 October 1996
between 0900 and 1400
hours, and 1500 to 1700
hours. The first session at
each venue has been
especially arranged in order
to meet the needs of young
people, the second session
will have a particular
emphasis aimed at the adult
community throughout BFG.

All Year 10, 11, 12 and 13
pupils of SCE Schools are
invited to the Careers Fair
and transport has been
arranged for pupils who
require it. Careers Education
and Guidance programmes
in SCE Schools are presently
dedicated to helping pupils
prepare for their visit to the

Careers Fair and the SCE
Careers Service has
provided each pupil with a
workbook. Pupils have been
actively encouraged to
discuss their ideas and plans
at home. Pupils attending
boarding schools in UK or
participating in training
programmes are also very
welcome to attend the event.

So, whether you are about to
embark on your first step on
the employment, education
or training ladder, or whether
you are looking for a second
career, re-training or more
education, the SCE Careers
Fair 1996 has something for
you. Everyone is welcome.
For more information please
contact your local Careers
Centre on the following
number:
Gutersloh Mil 2331
Rheindahlen Mil 2585
Rinteln Mil 2372
Hohne 05051 962533

Office hours are Monday to
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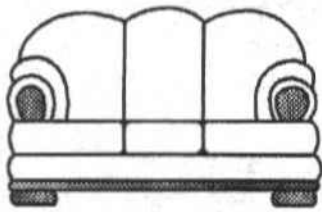
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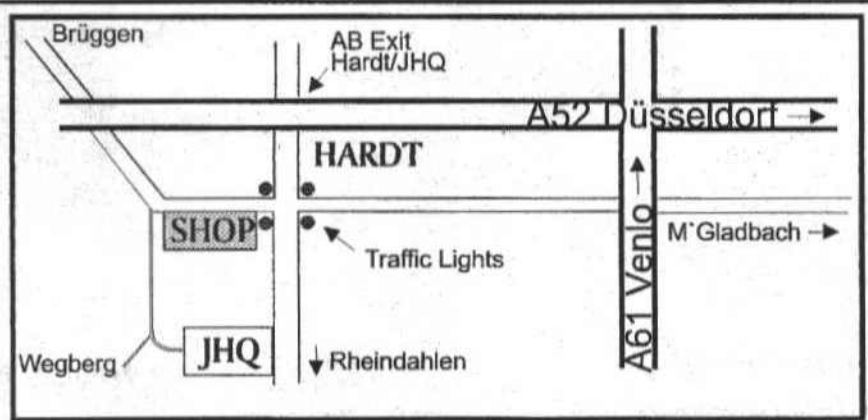
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- * Always wear an approved helmet

Need more information? Contact your local
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JHQ Mil 2982.

ANIMAL HELP MONCHENGLADBACH

Each year there are a number of cats abandoned within the Rheindahlen Military Complex. Some, it is assumed, have been left behind when families are posted and find the cost of quarantine prohibitive. Other cats may just have been given to new families and then wandered off. Whatever the reasons, there is an organisation which is currently endeavouring to help both families and pets.

Animal Help has two main aims; firstly, to catch wild cats, neuter them and then release them to the wild. Also, if a cat is in need of a home or help, Animal Help will take the cat in and find a foster home. Such cats are only given foster homes once they are fully fit and neutered.

The operation being run by Animal Help is costly in both time and money. The main costs revolve around vets' fees, food and cat litter,



accommodation sundries and administrative charges. Consequently, Animal Help is looking for two kinds of assistance from the Rheindahlen community - monetary donations and families willing to foster cats.

If you are able to assist in any way please contact Micky Rohde Ext 2477 or 02432 20335.

Please remember that if you are leaving Rheindahlen and you are having problems finding a home for your cat and you do not intend to take the cat back to the UK, please speak to Animal Help.

Star house furnishings



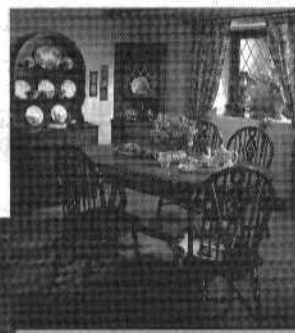
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9.00 am
Get lifted
out of bed.

10.00 am
Get fed
breakfast.

12.00 pm
Get
fed lunch.

2.00 pm
Get taken to
the toilet.

5.00 pm
Get
fed tea.

7.00 pm
Get given
a bath.

8.00 pm
Get
put to bed.


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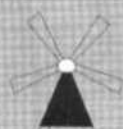
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SPOTLIGHT

THE EDUCATIONAL PSYCHOLOGY AND CHILD GUIDANCE SERVICE

What sort of service is it?

The Educational Psychology and Child Guidance Service is part of Service Children's Education (SCE). There are five Child Guidance Centres staffed by Educational Psychologists and Senior Social Workers who offer a service world-wide from bases in JHQ, Paderborn, Osnabruck, Fallingbostal and Cyprus.

What sort of things do they deal with?

Parents, teachers or other professionals can contact our Service if they are worried about:

- * a child's development
- * educational progress or any learning difficulty
- * behaviour at home or at school
- * social or emotional development

or if a child:

- * is being bullied
- * has been bereaved or separated
- * is socially isolated

or if he or she:

- * seems particularly able or gifted

We offer a service which includes full discussion of a child's needs or difficulties, working with his/her parents as partners.

What do they do?

We operate an open referral system in that any professional person concerned with the child can, with parental permission to do so, discuss these concerns with us. Following discussion, referral to the Service may be agreed, details are recorded and an appointment will be offered. We may remain involved with a family for several months, or for only one or two sessions,

depending upon the nature of the problem. We work with children and their parents or caregivers, teachers and social workers. Sometimes we can offer direct treatment for the child, at other times we offer advice to the adults in their lives. We offer a wide range of professional skills in assessing children through psychometric measures (tests), observation, discussion, interview and treatment through behavioural intervention and counselling.

We work under the auspices of the Education Act (1993) and the Code of Practice; the Children Act (1989), the Army Act (1991) and the Policies of Service Children's Education.

Who are they?

The Child Guidance Centre at JHQ is staffed by the following personnel:
Anne Ballinger, Area Educational Psychologist
David Bowdler, Senior Educational Psychologist (Children Act)
Len Dean, Senior Social Worker
Carol Wallis, Principal Educational Psychologist

Where are they?

The JHQ Child Guidance Centre is based at 138 Queens Avenue. Staff can be contacted on the following numbers:

JHQ Mil 3355 - Civil 02161 473355
JHQ Mil 2273 - Civil 02161 472273
JHQ Mil 3360 - Civil 02161 473360 (answerphone)

Fax JHQ Mil 3035 - Civil 02161 3035

A telephone consultation service is offered on Monday mornings

From the Editor's Postbag

I am writing to alleviate anyone's fears should they find themselves having to stay for any length of time at Allegemaine Krankenhaus, Viersen.

I, myself, was a patient in the hospital from 31 July to 9 August 1996. Having terrified myself into thinking I would be treated any differently due to my being British and, through my own ignorance speaking very little German, I was very surprised and pleased with every aspect of care given to me during my stay. Nearly all of the doctors spoke a moderate amount of English, they were very pleasant, efficient and explained everything which would happen to me both before, during, and after my operation.

The nurses (although their English wasn't as good), were easily understood and treated me with as much care as any German inpatient. I

was even given a mud bath to heal my wounds and although the water looked like mud, it had a very pleasant smell and I found it quite therapeutic.

The food, I found, was quite good as an Alternative English Menu was available from 5th August 1996.

To anyone who has any apprehensions about being admitted to the hospital, I would like to say to them "Don't listen to any horror stories, make up your own mind as to how your stay goes, and don't be afraid". I can confirm that the care given in this hospital is as good, if not better, than any you would receive in any British Military or Civilian Hospital.

A big thank-you to all the staff (liaison officers included) and especially Sister Edith in Station F2.

Mrs S Allsopp, BFPO 140.



SSAFA RHEINDAHLEN
LOCAL SERVICES COMMITTEE PRESENTS

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GARRISON THEATRE RMC
SATURDAY 19 OCTOBER 1996
7.30pm**

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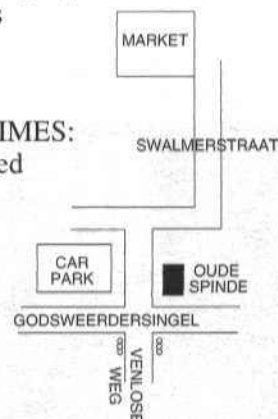


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Take the neutral road S15 (N 274) Roermond to Brunssum HQ Afcent,
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RH133p

INFORMATION

CHARITY BRIDGE TOURNAMENT



Saturday 30 November 1996
in aid of the

BANJA LUKA ORPHANAGE

The British Forces in Rheindahlen will be hosting a Charity Bridge Tournament in aid of the Banja Luka Orphanage on Saturday 30 November 1996, starting at 14.00 hours.

The Tournament is open to military and civilian personnel of all nationalities and all ranks, and will be held in the Officers' Mess of the Allied Rapid Reaction Corps. It will be followed by dinner and a charity raffle to various prizes.

The cost of the Tournament will be DM45 per person, which will include the dinner and wine, plus coffee and tea during the tournament. Non-playing spouses are invited to join the players for dinner at 19.00 hrs., at a cost of DM20.

The first charity tournament held last year was very well attended, and succeeded in raising over DM2,200 in aid of the Children's Playroom at Viersen Hospital.

Anyone wishing to play is asked to register before 20 November with Karin Barnard, Banff Walk 3, 4117 Mönchengladbach. Telephone 02161 558581.

INTERNATIONAL DRAMA AT WINDSOR SCHOOL

A group of Windsor School drama students performed part of their GCSE exam for German students at the Gesamtschule in Hardt as part of Mönchengladbach's Kulturwoche.

The Windsor students were warmly received and something of a novelty since drama, as a subject, does not exist in German schools. The students performed work they had devised as part of the 'Theatre in Education' component of their exam, on such themes as Anorexia and Bullying.

The audience was very appreciative and responded well to such sensitive issues.

The German staff were impressed by the Drama students' composure and professional performance in front of such a large number of their contemporaries.

The group was accompanied by Mr Chris Scholl from the Modern Languages Department, and Mrs Anne Wannet, Head of Drama.

The same group of thespians entertained Dutch students from Roermond with extracts from various plays, which provided them with an excellent opportunity for some GCSE exam practice.

The Dutch group was very interested to see such performances since, once again, Drama is not part of their curriculum - some even expressed an interest in trying their hand on the next visit to Windsor School!

BRITISH FORCES HEADMASTER LEAVES MÖNCHENGLADBACH

After 11 years as Headmaster of Windsor School, JHQ, Mr Tim Kilbride returned to the United Kingdom at the end of August.

During the past 11 years, Mr Kilbride has done much to foster good relations with the German community in general and schools in the Mönchengladbach area in particular. Over this time, Windsor School has had close working relationships in sport, culture and language exchanges with various schools and colleges in the Mönchengladbach area.

For example, students from the Hardter Gesamtschule have just completed a successful nature study of Hardt Woods in conjunction with students from Windsor School and this project is a good example of what can be achieved between schools from different cultures and systems, in order to foster good relationships built on mutual understanding.

Mr Kilbride has returned to the headship of an independent school in the UK and hopes to continue his relationship with Mönchengladbach schools by seeking exchange partners for his new school, Ratcliffe College in Leicestershire.

"I shall miss the friendship and support of my colleagues in Windsor and the Mönchengladbach schools" said Mr Kilbride, "and I shall also miss Germany. I am most fortunate in having had the opportunity to live and work in Germany throughout one of the most exciting periods of its history."

BEST 'A' LEVEL RESULTS EVER!

Windsor Schools's Upper Sixth students had great cause for celebration when their A-Level results arrived in mid-August. The overall pass rate reached record levels with the number of pupils achieving an A to E pass rising to 91% - a six per cent increase on last year!

Even more pleasing to note was that this figure outstripped the UK national average for A-level passes by 5%. Within the overall figure there were some exceptional successes with no fewer than ten subjects recording a 100% pass rate.

Several individual performances are worthy of note, not least one of Windsor's Japanese students - Nozomi Fukuzawa - who passed 'A' Levels in five subjects - German, Dutch, Japanese, Mathematics and Economics. Best grades were achieved by Emma Taylor A/A/B and Mark Napp A/B/B.

By contrast, results at GCSE were rather disappointing in view of the excellent upward curve achieved over the past few years. Nonetheless, just under 50% of the grades awarded fell into the A-C category with the overall A-G pass rate reaching 98.7%.

Once again there were tremendous results by individual pupils, Ben Potts (A* - 5; A - 3; B - 2) and Bryony Flint (A* - 3; A - 5; B - 2) achieving the best grades amongst the seven students achieving ten passes in the A-C category. Robert Young achieved the highest number of A* passes with six.

Windsor School Sixth Form has again received over a hundred new members, swelling the post-16 section to around 210 students who have now selected their courses from the 20 A-level, 4 GNVQ and 13 GCSE courses on offer.

ON Germany

in the HIVE, opposite the main JHQ NAAFI complex.

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0900 - 1400 hrs
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0900 - 1500 hrs

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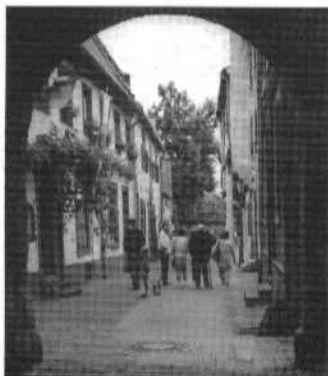
October is an "inbetween" month. The summer is coming to an end (has it ever started?) and winter is slowly creeping up on us.

Germany is definitely a country to be enjoyed just as much in the winter as in the summer. A taste of this can be found in the new Information Booklet, now on sale for DM5 at the Information Room. It is packed with lots of ideas of where to go and what to do. For example: ski regions, ice-skating, sledging, Christmas Markets, Indoor Swimming Pools, Spa-Health resorts and lots more). But before we embark into the Winter Wonderland of Germany, let us still enjoy the fine sunshine and warm weather which we find so often in October.

Hopefully the two towns below will help you to enjoy the remainder of the sunshine.

ZONS-Dormagen

On the left bank of the Rhine between Cologne and Dusseldorf you find the former town of Zons. Approximately 44km (30 minutes drive) from Mönchengladbach. Take the A52 towards Dusseldorf. At the motorway junction Kaarst take the A57 towards Dusseldorf/Neuss. Exit Dormagen Zons - Zons.



In Rhineland Zons is a unique and well-preserved fortification from the middle ages. The fortifications built at that time have remained unchanged and Paul Clemen, the first investigator of monuments in Rhineland, called Zons "the Rothenburg of Rhineland". (Rothenburg is a Bavarian town from the middle ages.) The settlement emerged during the Stone Age and the time of the Romans, as supported by archaeological findings in the Zons region. The name of the town is probably of Celtic origin. For political, economic and geographical reasons, the Archbishop Friedrich III von Saarwerden (1370 - 1414) ordered that the Rhine toll should be taken in Zons instead of Neuss, near Dusseldorf. In connection with the change, the Archbishop built Burg Friedenstrom for defence and fortification. On 20 December 1373, the village of Zons was declared a town. For safety and to secure his rights, he made the citizens build a wall for defence around the town with gates, towers, walls and trenches for protection. This ensured the Archbishop's safety during numerous feuds, especially against the Counts of Berg. Burg Friedestorm was meant to be a small residence to guarantee absolute

independence outside the walls of Cologne. Moreover, the residence ensured the security of the main part of his revenues, namely Rhine toll. That was the beginning of the town's prosperous period, which lasted until the 18th Century, with the abolition of the Rhine toll. Zons has been involved in numerous quarrels and feuds. The Burgundian War (1474/75) and when Karl the Daring besieged Zons, Cologne War (1582-1589) in the dispute between the Clergy and Archbishop Gehard II; the Thirty Years War (1618-1648); the raiding Wars of Ludwig XIV (1688-1697) and many others. In 1784 Zons experienced its greatest flood disaster. The floodmark can still be seen on house number 20, Rheinstrasse. Parts of the East Wall and the middle Watch Tower caved in when the last major flooding took place in 1926. The Zons dike for protection against flooding was finished in 1929.

Despite sieges, bombardments, fires and flood disasters, Zons remains with its richness of gates, towers, walls and trenches and all kinds of tradition - the best kept example of a fortified town of the middle ages on the Lower Rhine. After exploring the town, why not take a boat-trip along the Rhine to Benrath. The Landing bridge is only a short distance from the parking area. Outside the season, boats will travel only on Saturday and Sunday.

You will have plenty of chances to rest and refresh at the numerous cafes and restaurants in Zons.

BENSHEIM

Bensheim is located at the crossroads of two pre-Roman roads known as the Bergstrasse and the Nibelungen Road. The impressive landscape between Darmstadt and Heidelberg - with Bensheim about half way between the two - is enhanced by a backdrop of a range of hills and the area known as the Odenwald. The hills are dotted with 10 castles and ruins within a distance of only 60 kms. The present road, known as the B-3, was originally a Roman supply route called the "Strat Montana". But the Romans gave us more than just roads - they were also the first to plant grapes providing Bensheim with vineyards and famous, prize-winning wines. With over 1,225 years of recorded history, Bensheim remains the largest city in the region of the Bergstrasse, boasting a population of more than 36,000 inhabitants.

Guided Tours

A walking tour will take you through the heart of Bensheim

showing the market place where markets have been held for over 1,000 years, numerous half-timber houses - including one of the oldest buildings in Southern Hesse, fountains, towers and parts of the old fortification walls which once enclosed the old town. Tours all year round, about one hour long, cost DM4 per person.

Auerbach Castle

The Auerbach Castle has a turbulent past from its construction in the 13th Century to its destruction in 1674. Learn a little of its history and importance over the years. It is worth climbing the circular observation tower stairs for a startling view of the Bergstrasse and the ancient Rhine Valley. On a clear day you can see Mannheim, Ludwigshafen and Worms and in the opposite direction into the rolling hills of the Oldenwald. Don't forget your camera! Tours all year round, about one hour long, cost DM4 per person.

Fuerstenlager

The Fuerstenlager was built between 1790 and 1795 and was, up until 1918, the summer residence of the Grad Duke of Hesse-Darmstadt. All the buildings essential for a comfortable summer stay for a Duke and his family, like the nobleman's and prince's buildings, plus the kitchen, wash-house and bakery are still standing, many having recently been renovated. The 25 hectare park boasts many exotic plants and trees including Germany's largest Sequoia tree. Tours all year round, about one hour long, cost DM4 per person.

Bensheim Museum

Bensheim's museum offers a look at the early history of the city and area with emphasis naturally given to wine growing, farming and local trade and handicrafts. The permanent exhibition shows a blacksmith's corner, a shoe-maker's workshop, a smaller grocer's shop, as well as the long traditions of spinning and weaving. Of special interest are also different displays. Through dedicated efforts of local residents, the old working techniques are shown in near original settings. Many graphics complement the exhibitions, giving a living picture of life in historic Bensheim. Entrance is free. Opening hours are: Friday 1600 - 1800 hrs Saturday 1400 - 1600 hrs Sunday 1000 - 1200 hrs and 1400 - 1600 hrs

Bensheim is also known for its climate

There is a good reason why the Bergstrasse is known as "the

(continued on page 26)



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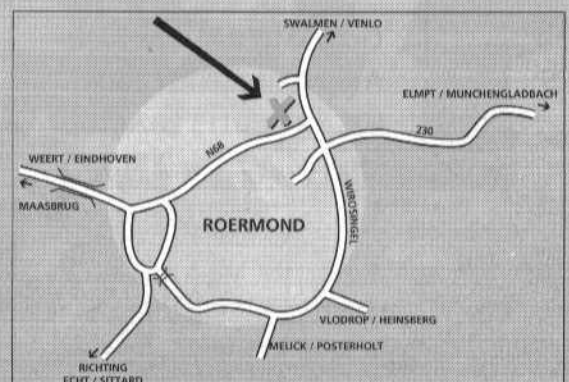
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RH/105p

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RH4005p



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Capt Bartlett, Cpl Bull and Sgt Dale (instructors) and Wg Comdr Milne with the recipients of the Cycling Proficiency Awards

YOUTH SUMMER PROGRAMME

This year the programme for 10-16 year olds took place from 29 July to 23 August.

A wide range of activities including Ball, Stick and Racquet skills, cycling proficiency, small bore shooting, sub-aqua, canoeing make over, kaffee und kuchen to name but a few were on offer.

The activities were organised by Capt Keith Bartlett of 34 Army Education Centre with a team of volunteer helpers including Sandra Vallender and Emma Hix recruited from UK. Fiona Coogan and Matthew Shepherdson recruited locally and part-time helpers, Tracey Bartlett, Sue Burton and Cpl Jacki Bull.

A special thank you goes to all the members of staff from No 1 Gym for all their efforts in running the skills morning and the "knock-outs".

In the final week, medals were awarded for Ball, Stick and Racquet skills in senior and junior age groups.

Seven youngsters also obtained their cycling proficiency awards during the programme.

Our thanks go to all the individuals and agencies involved in making the programme a success. But, most important, to the youngsters who took part and had a fun summer!

KB



A Sub-Aqua "taster" run by members of Rheindahlen Sub-Aqua Club



Budding "Damon Hills" at Schwalmtal Go-kart track ↑

Volunteers with children prior to Treasure Hunt ↓





The HIVE is open:

Monday	09.00 - 15.00
Tuesday	09.00 - 15.00
Wednesday	09.00 - 14.00
Thursday	09.00 - 15.00
Friday	09.00 - 15.00

Phone: 02161 47 2519
Fax: 02161 55 1489

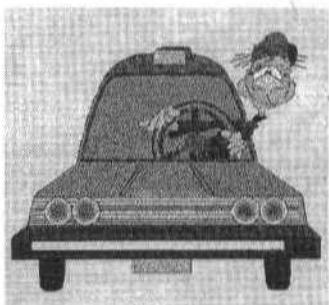
We are situated in the Church Centre, Trenchard Road, opposite the BP Garage. The HIVE is normally closed on Public and Privilege holidays and we would ask that you make your plans in advance, and do not disturb the Padres in the Church Office. Thank you.

CLUBS AND SOCIETIES

We hope to update our 'Clubs and Societies' list in the Autumn, but we need **your** help! If you have recently taken over the responsibility for organising or co-ordinating a sport or social activity, then please let us know the details and we will publish them at the HIVE. We regularly have enquiries about activities available for younger children, so if you run a 'little league' football team, rugby side or other activity aimed at our younger residents, then please contact us and we can help to find you some new members!

ROUTE PLANNERS

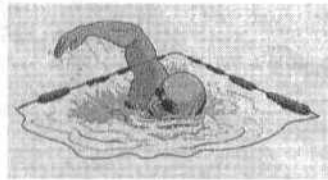
We are always grateful to receive clear and accurate descriptions of the routes to and from ports, airports, etc. (Have you been to Euro-Disney this Summer?) Also, if you have 'discovered' a



local place of interest such as an animal park, beautiful gardens or village market, then we would like to share your 'find' with our customers. If you can pick up a leaflet, or jot down a telephone number, then we can ensure that the venue is added to our mailing list.

SWIMMING POOLS

Further to the information in the last issue of the Rheindahlen Bulletin, we have another local swimming pool to add to the list.



(With thanks to Mrs Maudsley for providing directions!)

Viersener Hallenbäder - Dulken
Sportzentrum Ransberg
Heesstrasse, 41751 Viersen
Tel: 02162 371401

Monday	13.00 - 17.00
Tuesday	07.00 - 21.00
Wednesday	07.00 - 21.00
Thursday	07.00 - 20.00
Friday	07.00 - 21.00
Saturday	07.00 - 20.00
Sunday	09.00 - 20.00
(Ladies only Thursday)	20.00 - 21.00

To reach this pool, follow the A.61 towards Venlo and take the **Viersen/Dulken** exit. (Junction 7) At the bottom of the slip road is a set of traffic lights, turn **right** towards Viersen/Dulken. At the next set of traffic lights, turn **left**. (It is sign-posted Sportzentrum Ransberg) The car park is 200m along this road, on your right.

WINDOW DISPLAYS

We have 2 large window areas available for hire if you wish to use them for display purposes. Perhaps you produce handicraft items, such as knitted woollens, dried flower arrangements, jewellery, ceramics, candles etc. For the fee of DM.25 you can arrange a selection of your goods in one of our windows for a two week period. Please contact the HIVE for further details, or to make a booking for the busy period leading up to Christmas.

PET MICRO-CHIPPING

The HIVE are compiling a list of pet owners who wish to have their animals micro-chipped, and



we will be arranging for the vet to come to JHQ when we have 100 names on the list. We are over halfway, but if you have not yet added your details to the list, then please contact the HIVE this week, as we hope to get the job completed before Christmas.

RAMSTEIN PX AND BX

The information we gave about this base given in the last Bulletin was **incorrect**, and we apologise for any inconvenience caused.

The route to **Ramstein** is as follows:

Take the **A.61** South. Continue to the Autobahn Kreuz - ALZEY Take the **A.63** South towards KAISERSLAUTERN. Join the **N40** when the A.63 ends, direction KAISERSLAUTERN. Join the **A.6** at Kaiserslautern, direction SAABRUCKEN.

For Vogelweh:
Take the first **A.6** exit marked KAISERSLAUTERN WEST. Turn left at the end of the slip road.
At the first set of traffic lights turn right.

Vogelweh is on the left after a few hundred metres.
For Ramstein:
Take the third **A.6** exit marked LANDSTUHL. Turn right towards RAMSTEIN AIR BASE. Follow the signs onto the base.

There are many other functions undertaken by your local HIVE. Perhaps the list on page 27 will give you a few ideas about what we can do for **you**.

NOTICE

THESE DOORS MUST BE KEPT CLOSED

EARLY CLOSURE

For two weeks, from Monday 14th to Friday 25th October, the HIVE will be closing at the earlier time of 13.00 to allow a major overhaul of the filing and information storage systems. We apologise for any inconvenience this may cause, but rest assured, we will be open every weekday from **09.00 to 13.00** to deal with all your requests and enquiries.

END OF SUMMERTIME

It's official! The clocks 'fall' back one hour on Sunday 27th October. (This year the change is taking place on the same day as the UK)



TRAVEL INFORMATION

Over recent weeks there seems to have been some confusion about the role of the HIVE.

We are **not** a Travel Agents, and we do **not** have the facilities to make bookings for holiday travel or accommodation. Ute Heward, at the 'Information on Germany' room, can provide this service for destinations **within** Germany. Please contact her on 47 4482, or call in to see her at the HIVE.

The HIVE **does** hold information on theme parks, zoos, gardens, aqua-parks and local places of interest for half-day and full-day outings.

Although the theme parks will be closing in October, we will still be able to provide inspiration for your day trips with the family or visiting relatives! We have a selection of leaflets about cities and towns within Germany and the neighbouring countries.

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Dear Viewer,
as a result of various changes in satellite viewing we have following a very
strong demand agreed to change the cable offer to include

- a further film channel English
- a new sports channel English

This will be effective appx. 1st of October 1996

No retuning is required.

In view of recent military withdrawals and the imminent closure of further
military units additional expansion of the system is not viable at the present
time. However in response to popular demand we will be adding the channels
above and the following channels will be discontinued:

- *Eurosport*
- *Childrens / Family programme*

The full programme list giving you films, documentaries, news, cartoons, cur-
rent affairs, English, German, Dutch programmes, SSVC etc. are obtainable
from your local reps, Families Offices or direct from my office.

The price remains the same and includes insurance, connection, 24 hour servic-
ing, Pay TV fees complete. No strings attached.

Where possible special Pay as you view programmes will be made available
without extra charge as we did with the Bruno / Tyson fight.

To all our non-viewers:

We offer any new customer switching on during the month of October on comple-
tion of a contract one month free viewing.

For information please contact me or your unit rep.

Good viewing
John Burke

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John Burke
General Manager
Gladbacherstr. 162

41179 Mönchengladbach
Tel. 02161/570286
Fax 02161/571348

(continued from page 20)

Riviera of Germany" - the mild climate is evident especially in springtime when hundreds of fruit trees explode in a ray of colours. Even almond and fig trees, so common in Southern Europe, do well on the Bergstrasse. Even the grapes ripen well under an average of 1600 hours of sunshine a year. Protected from the cool east winds by the hills of the Oldenwald, temperatures on the Bergstrasse are well above average for Germany.

Rainbow of colours

Spring generally arrives on the Bergstrasse before any other area of Germany. There may be snow in the south, and rain in the north, but the sun shines on the Bergstrasse bringing blossoms even before the calendar says spring.

The yellow forsythias and pink almond trees pave the streets into Bensheim for weeks, starting in March. In April, the apricot, peach, cherry, pear and apple trees provide a colourful backdrop to an already impressive landscape. Ornamental cherry and magnolia trees give May a mantle all its own.

Path of Flowers

It is possible to hike the well-

known bluetenweg, or path of flowers, which stretches from Darmstadt through Bensheim to Heidelberg, a distance of about 60 kilometers, in its entirety, or in part.

There are also many leisure activities available which guarantee to keep you amused during the day. You can play golf, tennis, mini golf, go for a swim in the indoor or open-air pool, go gliding, see the fairs and celebrate the festivals.

For the evening Bensheim has many restaurants, pubs, bistros and clubs near to the town centre. Theatrical performances are offered in the local theatre and during the summer-time in the ruins of Auerbach castle. Accommodation is available in Bensheim and its neighbouring towns. Costs for a double room range from DM105 to DM190. Costs for a single room range from DM70 to DM150. For more information please come and see me in the Information Room Germany. I hope you enjoyed the read, until next month.

Ute Heward

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*
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→ Australia	DM -,72	→ Hong Kong	DM -,93
→ Canada	DM -,54	→ Philippines	DM 1,50
→ France	DM -,75	→ Singapore	DM -,75
→ India	DM 1,41	→ South Africa	DM 1,23
→ USA	DM -,50	→ Saudi Arabia	DM 1,64
→ Vietnam	DM 2,41	→ Virgin Islands	DM -,50
→ Thailand	DM 1,73	→ Venezuela	DM 1,05

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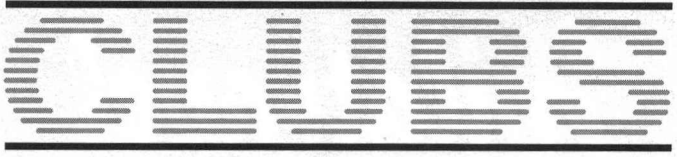
Come and have a chat with our friendly, experienced staff
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Mon-Fri 8.45 - 16.45

The A to Z of Rheindahlen HIVE.

A is for **A**dventure parks, we've leaflets by the score
B is for **B**us from JHQ, we've timetables and more
C is for **C**ake tins, something special on a plate
D is for **D**eutsche Telecom, your bills we can translate
E is for **E**ating out? We've restaurant lists to guide
F is for **F**axes received and sent, from JHQ - world-wide
G is for **G**erman forms to translate? We tackle them with flair
H is for **H**ire of SSAFA kit, a booster seat or pushchair
I is for **I**mport and export of pets, we'll help you get it sorted
J is for **J**ob spot has the list of all vacancies reported
K is for **K**nowledge you give us, will keep lists up-to-date
L is for **L**ocal shops, and the times for opening late
M is for **M**aps of BFG and cities by the hoard
N is for **N**oticeboard, we'll exchange your German/UK
O is for **O**pen daily, from 9am 'til three
P is for **P**lugs, one-for-one, for free
Q is for **Q**uestions we will answer, referrals we pass over
R is for **R**oute planner will get you from JHQ to Dover
S is for **S**ports clubs and **S**ocial groups, we know what's on each week
T is for **T**hompson local directories, you'll find it if you seek
U is for **U**K leaflets on pensions, benefits and pay
V is for **V**ideo camera to capture that special day
W is for **W**illing staff are here to serve, to **W**elcome you is a pleasure
X is for **X**mas markets, Rhine in flames, we'll help you plan your leisure
Y is for **Y**our local HIVE has all you need, the customer is **Y**ou
Z is for **Z**oo! our **A** to **Z** will take you from adventure park to Zoo!

Happy reading!

Bridgette
Assistant HIVE Co-ordinator.



RHINOS MINI RUGBY CLUB



Rhino Mini Rugby Club recommences on **Sunday 8 September** from 1030 until 1200 hrs at Roberts Road Pavillion (behind the Blue Pool). All girls and boys aged 6 to 10 are welcome. Contact Ash Clare on 02161 559122 or turn up on a Sunday. Come along and have some fun!



WEGBERG PLAYGROUP

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 Wednesday lunchtime
 12.30 - 13.30 hrs

The shop remains open an extra half hour for selling each morning and afternoon. Please note that the shop will be closed during the half term period **28 October - 1 November** and will be open for business as usual on **Tuesday 5 November**. The Thrift Shop is always looking for volunteer helpers, so anyone who has a morning or afternoon to spare, please come along.

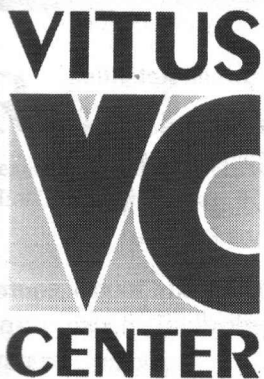
RHEINDAHLEN MULTI-NATIONAL CLUB

Our next meeting will be held on **Thursday 10 October** at 10.00 hrs in the Queensway Club, JHQ. There will be a flower demonstration, coffee, a raffle and stalls. Everyone is very welcome. Entrance is DM2. Children are free.

LADIES BRIDGE CLUB

Every Wednesday 1400 hrs at Churchill Officers' Mess.

All standards welcome. We are a very friendly group. A morning session is also possible, depending on demand. Please join us. Tel: Sybille Ross on 02161 551680.



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FH051P

FIRST

for October 1996

Sunday Services

0800 hrs Holy Communion
1000 hrs Sung Eucharist and Sunday School

Mon, Tue, Wed, Fri

0800 hrs Morning Prayer
Tuesday
1715 hrs Holy Communion
Wednesday
1230 hrs Prayers for the Ill and Anxious

Thursday

0800 hrs Holy Communion
1800 hrs Junior Choir Practice
1830 hrs Senior Choir Practice

New choir members always welcome. For further details contact the Choirmaster or the Church Centre on JHQ Mil 2770.

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1100 hrs Holy Mass

Holy Mass - Weekdays

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Mon, Wed, Thur, Fri 17.15 hrs
Tuesday 10.00 hrs
Saturday 09.30 hrs

Sacrament of Reconciliation

Saturday 1000-1030 hrs

Other Activities

Tuesday 1800 hrs
Choir Practice
Wednesday 1930 hrs
Bible Study in the Bungalow -
St Thomas More House

ST ANDREW'S CHURCH -
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Sunday Services

1100 hrs Morning Worship
(with Sunday School and
Creche)
1830 hrs Informal Evening
Worship

Holy Communion

Morning Service - 1st Sunday
of the month
Evening Service - 3rd
Sunday of the month

Midweek Activities

Tuesday 0945 hrs
Ladies Fellowship

Wednesday 1830 hrs
Choir Practice

Wednesday 2000 hrs
Bible Study Group

Friday 1900 hrs
Compass Youth Group

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RH/271

from the Padre's pen 

St Thomas More, pointing at himself, said "This is not the stuff of martyrs". I like that. Here is a man who loved God, but loved life also and hung on tenaciously to life as long as he could; that is, as long as his principles were not compromised. But when they were in danger of compromise he faced death bravely. He knew the truth, that to live life without honour, without truth, is no life as all, but a mere existence.

The 17th October is the feast of another martyr, St Ignatius of Antioch. He is a very different kind of martyr, the reckless kind. He seems to have run eagerly to meet death whereas Thomas More dodged it for as long as honesty and integrity allowed.

Ignatius was a Syrian and became Bishop of Antioch in the year 69. In the persecution of the Church, by the Roman Emperor Trajan, Ignatius was arrested and sentenced to death. He was then sent on to Rome to provide a spectacle for the citizens of that great city by being fed to the lions in the Colosseum.

Ignatius used his time on the long journey to Rome writing letters (he seems to have written seven in all, at least only seven have come down to us) to the various local churches he passed by on his journey; letters to such places as Smyrna, Ephesus and, of course, to the mother Church itself in Rome.

Ignatius' letters are shot through with his love of the Lord Jesus and strongly emphasise his faith in the Divinity of the Lord and in the Resurrection of the Lord from the dead - surely the central belief of the Christian faith. Ignatius also laid great emphasis on the unity of the local church gathered around its Bishop as well as unity at the Holy Eucharist or Mass.

Ignatius spoke enthusiastically, indeed eagerly, of his impending fate



with the lions in Rome, and, in fact, urges the church not to try to use its influence, if it has any, to save him.

Ignatius is a wonderful example to all Christians of a vigorous and courageous faith. Whilst I deeply admire Ignatius, he is just a little too brave for me. I can identify more with the reluctant courage of St Thomas More.

They are both wonderful examples to us of the richness and variety of Christian commitment in times of testing and trial. Please God you and I will not have to bear such spectacular witness. After all, we do pray in the Our Father 'lead us not into temptation' which is rightly translated more recently as 'do not put us to the test.' Amen to that.

Ignatius got his way and died with the lions in Rome in the year 107. Here is his Collect prayer for the Mass of his feast.

All-powerful and ever-living God, you ennoble your Church with the heroic witness of all who give their lives for Christ. Grant that the victory of Saint Ignatius of Antioch may bring us your constant help as it brought him eternal glory.

Reverend Father Michael Masterson
Catholic Chaplain
JHQ

GUIDING

A welcome visitor to 4th Rheindahlen Brownies and 1st Guide Company in the summer was wheelchair athlete Paul Guest, who was hosted by SSAFA and came to open the Rheindahlen Show. The Guides and Brownies asked Paul lots of delving questions and he had a great rapport with the children. It was good for them to know that even though they may be confined to a wheelchair as a result of an accident, someone like



Paul can still live life to the full. He told them how he plays football with his sons as well as enjoying competitive basketball and other sports - he has even jumped out of aeroplanes! Pictured here is Kerstin Olliffe who proudly gained her Hostess badge because she looked after Paul during his visit to the Guide hut.

If you'd like to find out more about Guiding at Rheindahlen or Mönchengladbach please ring the local District Commissioner on ext 4445 (for JHQ) or 02161 87567 (for MG).



ADOPTING "SHUGGIE"

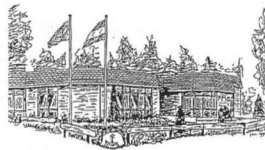
The photograph shows Mönchengladbach Rainbows and Brownies at the RAF

Police Dog Compound where they have adopted police dog "Shuggie".

OPENING HOURS PMC SHOP

Mon - Fri 9.30 - 14.30 hrs
15.00 - 17.00 hrs

WEEKEND CLOSED



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- * watches, jewels, etc.

RH/0011ap

PMC Shop also provides a good and inexpensive photoservice!!



Rainbows, Brownies and Guides have been taking a break during the Summer, but before the holidays, everyone was very busy (as usual).

5th Rheindahlen Brownies held a Tea Party in the Guide Hut after having a 'sleep over' with a BBQ and 'It's a Knockout' type competition.

They raised DM70 for MENCAP. Also raising money for MENCAP were 1st Rheindahlen Brownies who raised DM 150.

All groups still need helpers willing to give a couple of hours a week to Guiding.

It is great fun and very rewarding. Especially in need of help are 3rd Rheindahlen Brownies who meet on Thursdays at St Andrews School from 5.30 to 7pm.

If you can help, please ring Ann Skehel on 559891.

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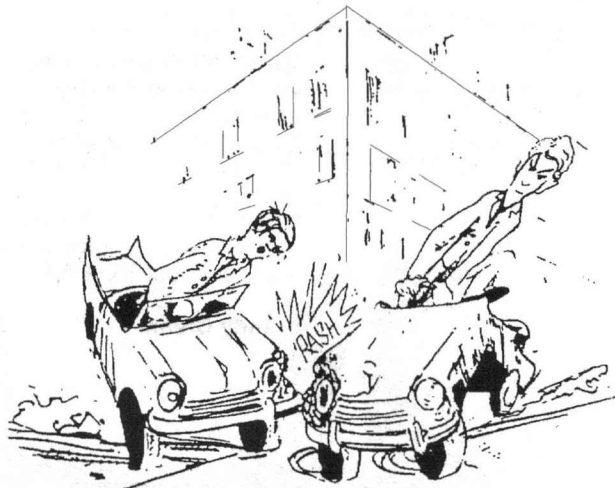
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RH/161a

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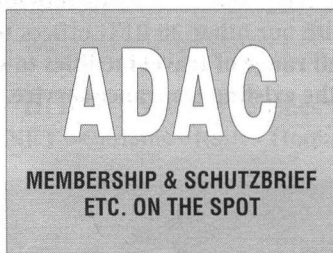
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OFFICE HOURS: MONDAYS TO FRIDAYS
09.00 - 17.00 HOURS

RH1026P

CRIME

TOGETHER WE'LL CRACK IT

Young Boozers

There have been cases in JHQ where young persons have been caught drinking. Some of these youngsters were found with bottles of hard spirits like vodka and whisky. Whilst it is normal for children to emulate their parents and indeed it is not illegal for children over the age of 8 years to consume beer and wine in their own homes, it is disturbing that children should wish to drink hard spirits at all, let alone whilst out in public which is illegal.

Parents are asked to keep an eye on this problem as apart from the danger to health that can follow boozing sessions, children are even more vulnerable to approaches from undesirable characters when the influence of alcohol decreases their awareness that they may be stepping into danger. The law in Germany concerning children and alcohol is quite complex and is aimed at the protection of children. Here are some regulations.

* Children of any age may enter pubs, restaurants etc, however, they may not consume alcohol and must be in care of their parents or legal guardian. If the child is travelling alone, he/she may enter such an establishment only to eat and must leave as soon as the meal is finished.

* Young persons over the age of 16 may enter a pub etc, in the company or a person over the age of 18 years and may drink beer and wine (unfortified). They must vacate the pub after 2200 hrs unless they are with their parents or legal guardian.

* A person over the age of 16 years may purchase spirits for an adult but can not drink it.

* Any establishment that is considered by the Police as an 'at risk' premises is out of bounds to any children under the age of 18 years. This includes any establishment frequented by the military of any Nation.

* Persons over the age of 16 years may consume beer out of doors, however, if the quantity of beer that is at hand is considered to be excessive it can be confiscated by the Police and taken to the Police Station, where it can be collected later if this is considered appropriate.

* All licensed establishments on the RMC and in any British base are subject to the UK licensing laws which means that no-one under the age of 18 years may consume alcohol of any description. It is also an offence to purchase alcohol for consumption by anyone under 16 years.

For further information on this subject or any other Crime Prevention matter please contact 101 Pro Coy RMP at JHQ Police Station.

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FRI 9.00 - 18.00

SAT 8.30 - 13.00

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RH1003P

COMPANION

A YEAR OF SQUARES

By Caronia Ritter

Back to school, back to routine, and so also back to the classic American chocolate brownie - this time with a thin layer of cheesecake on the top (as if it isn't rich enough already!). Don't be surprised if they disappear rapidly.

Layered Cheesecake Brownies

For brownie layer:

190g butter, melted
450g sugar
100g cocoa (unsweetened chocolate powder)
4 eggs
1 teaspoon vanilla extract
150g flour
half teaspoon baking soda

For cheesecake layer:

60g butter, softened
200g package of cream cheese
2 eggs
125g sugar
40g flour
1 teaspoon vanilla extract

Prepare a 9x12 inch pan either by greasing or lining with baking paper.

Combine brownie ingredients in the order given, adding flour and soda together all at once. Mix well and pour batter evenly into the prepared baking pan. Allow

this layer a little time to solidify before adding cheesecake layer.

Beat together cream cheese and butter, then beat in eggs, one at a time. Add sugar, flour and vanilla all together. Spread evenly over the brownie batter.

Bake 35-40 minutes at 170C (350F)

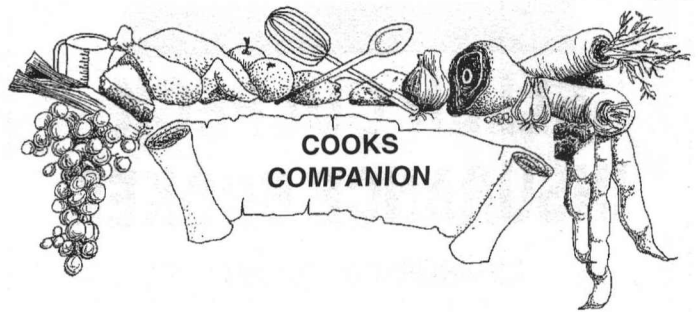
Remove from pan only after cooling completely.

AN OLD TIME FAVOURITE

From Patricia Petty

This is the real thing - proper bread pudding made with plump, juicy sultanas with brandy cream - equally good with custard.

110g sultanas
25g currants
25g raisins
50g whole candied peel, chopped
3 tablespoons brandy
225g bread (white or brown - but remove crusts)
275mls milk
50g melted butter
75g soft brown sugar
grated zest of half an orange
grated zest of one lemon
2 level teaspoons of mixed spice
1 egg (size 1) beaten
freshly grated nutmeg
1 tablespoon demerara sugar to scatter over top.



Pre-heat oven to gas mark 4 (350F/180C)
You will need a baking dish buttered with a base measurement of 8x6 (20x15cm) and depth of 4.5 cms.

Put the sultanas, currants, raisins and candied peel in a bowl. Pour over the brandy and leave aside. In a large bowl break the bread into suitable-sized pieces. Add the milk then give the mixture a good stir and leave for 30 mins so that the bread becomes well soaked with milk.

Add the melted butter, sugar, mixed spice and beaten egg. Using a fork, beat the mixture well, making sure that no lumps remain, then stir in the

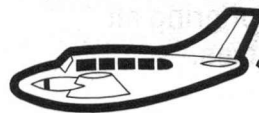
marinated fruits with any brandy remaining and the orange and lemon zest. Next spread the mixture in the prepared baking dish and sprinkle over some freshly grated nutmeg and scatter the demerara sugar over. Bake in the pre-heated oven for about 75 minutes.

Brandy Cream

1 teaspoon brandy
25g caster sugar
150ml double cream

Whisk the ingredients together

Serve the pudding warm with the brandy cream poured over.



O. Girke's
Good News

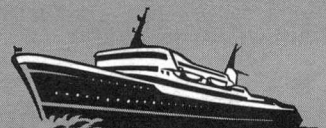
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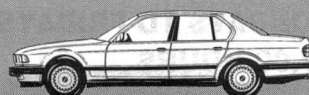
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Holidays



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RH/192P

RH/157



Figaro-Salons

RH/143P

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HALLOWEEN

HALLOWEEN

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RH/260P

NEW - Dry Cleaning Service

REPORT

RDFAS News October 1996



After a long summer break, our new season of lectures starts on **9 October** with a lecture from Miss Hilary Williams. Miss Williams is no stranger to Rheindahlen.

On **6 December** the talk will be on the Gardens of Gertrude Jekyll and Edwin Lutyens. Miss Barbara Oakley is a trained Landscape Architect, who has her own practice and lectures on gardens around the world.

Two years ago she talked to us about Venice; this time she will tell us all about Reubens and Antwerp. Miss Williams was formerly a Superintendent of the Print Room at the British Museum; she now lectures for the British Museum, London University and the Wallace Collection. She was a founder Member of the North Kent DFAS and she guides tours at home and abroad for NADFAS societies and for the British Museum.

She will be telling us of the lives of these two famous people, whose ideas that a garden should be the continuation of the structure of the house, have dominated garden design for over half a century - we may even get some ideas for our own gardens but this talk shall surely serve to cheer us up on a cold winter evening.

Antwerp is not just a driver's nightmare on the way back to England! Perhaps a little inside knowledge of this old port city might inspire us to make a visit. As well as boasting the famous 'Rubens House', a reconstruction of Rubens house and studio, Antwerp is the world's most important diamond centre. A visit to one of the industries' workshops is well worthwhile and a time spent at the National Maritime Museum will benefit large and small boys alike!

Our monthly meetings take place on the published dates at 8pm in the Dutch PMC, Chazal Road (behind the Garrison Theatre). Entrance costs DM12 (DM5 for students under 23 years). We also run a Membership scheme, which costs DM50 for single and DM90 for double.

On **6 November** our guest speaker will be Wellesley Clinton, who has also lectured to us in the past. On this occasion his subject will be 'Cloisonne and Champleve Enamels', which will include the work of Faberge and Lalique.

For 8 lectures in the year this is very good value. Everyone is welcome to these informal and relaxed meetings, so why not come and join us. Posters are distributed around the Garrison, giving advanced notice of the meetings.

Look out for the banner by the Queen's Avenue traffic lights.

For further information on RDFAS please call Siobhan Nunn on MG 558605.

NCT Coffee Mornings

He will also discuss the fantastic Calouste Gulbenkian Collection in Lisbon. Mr Clinton is an experienced speaker who has taught at the Wallace Collection, the Victoria and Albert Museum and Apsley House.

These are held weekly in JHQ. Come along for an informal chat with other mothers. We are always keen to meet new faces. For further information contact Claire on 02161 557390

BOOKSHELF

FICTION

Her own rules

BRADFORD, Barbara Taylor

Meredith Stratton has always lived by her own rules, and when she's struck down by a mysterious illness, she needs all her strength and courage to survive - and to unlock her forgotten past.

Ticktock

KOONTZ, Dean

Another gripping tale from the number one international bestseller. Tommy finds a ragdoll on his doorstep one day which gradually comes to life...

The Solitaire Mystery

GAARNER, Jostein

From the author of the runaway bestseller 'Sophie's World' a story within a story where fantasy and reality merge, and the past and present are inextricably mixed.

Sacramento

BARKER, Clive

A famous photographer is driven back to his childhood in the search for his soul. His quest becomes a battle not just for himself, but for the soul of the planet. A novel for anyone who has ever had a secret.

Ruins

ANDERSON, Kevin J

A novel based on the hit TV series 'The X-Files'. Agents Mulder and Scully are called in to investigate when an archaeologist disappears in the jungles of Yucatan.

NON-FICTION

Sharpe's Story

MURRELL, Rachel

Behind the scenes of the award winning show - packed with photos and the secrets behind Sean Bean's daredevil stunts.

The Internet Golden Directory

HAHN, H

The essential companion for all would-be Net surfers.

Brave Heart

Mackay, James

The definitive biography of Sir William Wallace - until now one of history's greatest heroes, but also one of its greatest enigmas.

Best Plants for Your Garden

BERRY, Susan & BRADLEY, Steve

Help in choosing the best plants whatever the problem is in your garden.

JUNIOR FICTION

The Pearls of Lutra

JACQUES, Brian

A thrilling adventure, the ninth in the REDWALL series sees the inhabitants of Redwall Abbey race against time as the Emperor Mad Eyes' murderous lizards approach.

The Body

ELLIS, Carol

Point Horror's latest offering. Lisa Randolph is left mute and paralysed after falling from a cliff, but somehow she must pass on her gruesome secret ... before it's too late.



Library Opening Times

Monday	13.00 - 20.00 hrs
Tuesday	10.00 - 17.00 hrs
Wednesday	Closed
Thursday	13.00 - 20.00 hrs
Friday	10.00 - 13.00 hrs
Saturday	10.00 - 13.00 hrs

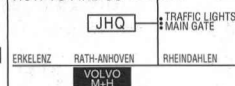
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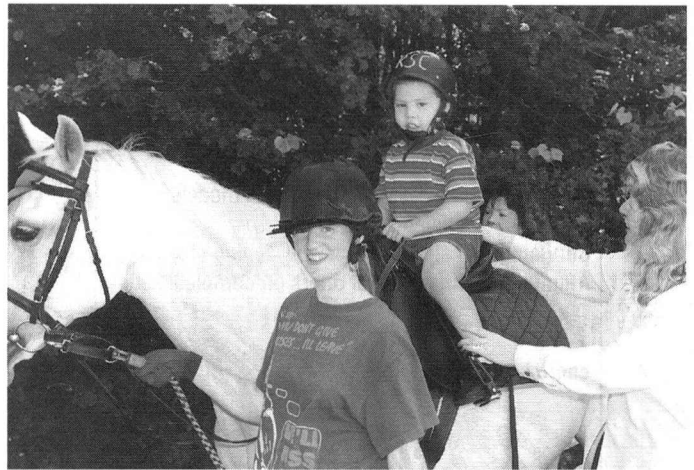


Ask for details and free expert advice.

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Am Wickrather Tor 15 • 41179 MG Rheindahlen • Tel. 58 35 00

RH/220P



Kerry Gill leads Cessie with young reader Nathan watched by Lin Gill and Mum!

STORYTIME WITH A DIFFERENCE

Storytime at Rheindahlen Library was even more exciting than usual recently when Cessie the horse dropped by to help out.

The regular Tuesday afternoon reading session was just ending when Cessie arrived with her owner Kerry Gill.

Delighted children were given the chance to stroke Cessie - a lucky few rode her too.

Storytime is held every Tuesday afternoon between 14.15 and 14.45 during termtime for pre-school children.

Acting Senior Library Assistant, Lin Gill said "We try to show the children that reading and books can be fun. Hopefully Cessie's visit will help them to remember that."

BRÜGGEN GINGERBREAD Single Parents

Are you in the position of having to care for children alone?

Don't be alone any longer. At RAF Brüggen there is a growing single parent group who would like to welcome you in.

Join us for committee meetings or social gatherings. We organise events for the group such as a very successful barbeque held recently, and a fully subsidised trip to Bobbejaanland.

If you are interested in joining the group to help organise things, or just want to come along for a bit of company contact

Karen Shooter - Brüggen 2304
Joan Martin - Brüggen 2694
Carl Househam - Brüggen 2268



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RH/120p

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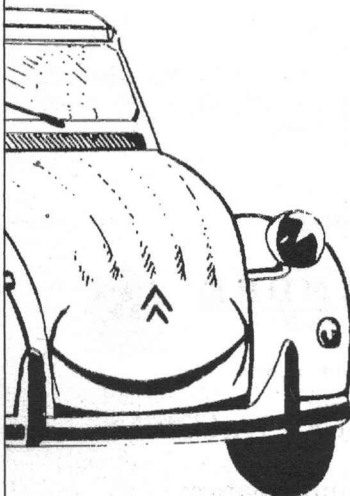
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RH/038p



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RH/055P



Are you good enough to complete the EXERCISE MINI MAGNUM 96 ?

Exercise Magnum Spirit has been cancelled. However, a challenging 3 day Land Rover driver training exercise, Exercise Mini Magnum 96 will take place over the period **15-17 November 1996.**

Entry for this exercise is open to all ranks of all Services in UK and Germany with invitation being extended to other NATO forces.

The aim of this exercise is to test the driving skill, map reading ability, endurance and self reliance of all participants.

The event will be based in Mönchengladbach and will consist of two nights of detailed navigation totalling approximately 350 miles with the intervening day set aside for cross country driving tests, vehicle maintenance and rest.

The planned average speed for each section does not exceed 50 kph/30mph, nevertheless, many crews do not survive the course because they get lost, break down, or just give up!

There are separate classes and prizes, kindly donated by Land Rover Tax Free Sales and BFG Road Safety for Experts, Novices and Beginners, with special awards for the best foreign NATO crew and Best Team.

So, if you think you have what it takes to map read your way through a maze of dark forest tracks at night, the ability to keep your vehicle going through some difficult terrain and can make decisions whilst tired and under pressure, why not give it a try? No previous experience is necessary.

Further details concerning the exercise, plus entry

details can be obtained by contacting any of the following:

WO1 (SSM) S W Nock RLC
Log Sp Branch (Mat Svcs)
HQ UKSC(G)
BFPO 40

JHQ 2017

Sgt N I Harvey RLC
MT Sect
12 Regt RA Wksp REME
BFPO 16

Sennelager 2235

Mr Simon Wiles
GTO
Rhine Area
BFPO 40

JHQ 2208



This event is going to be as challenging, demanding and entertaining as past Magnum Spirits, the only major difference is that the entry limit has been restricted to 60 crews/vehicles. It is recommended that interested personnel bid early to avoid disappointment.

BULLETIN DELIVERY

If your Bulletin has not been delivered by the end of the first week of the month, please ring JHQ Ext 4284 and one will be sent to you.

CATERHAM SEVEN 1.6 SUPERSPORT

For anybody who has driven one of the go-karts at Niederkruchten and ever wondered what it might be like to drive one on the road, the answer could possibly be found by renting a Caterham Seven from Seven Cars and Parts in Düsseldorf (Tel: Herr Adams 0211-453424). Be warned however, that driving a Seven can become very addictive.

The Caterham is the direct descendant of the Lotus Seven first introduced in 1957. Lotus founder Colin Chapman, had been building "specials" for trails and circuit racing and saw a gap in the market place for a road going sportscar which would allow competitors to drive to the race track, remove the hub caps, race competitively and then drive home. The concept and the Seven were so successful, that by 1982 the Seven was banned from Club racing and Caterham had to set up their own one make race series to satisfy owners.

Graham Hill was one of many racing drivers who started his career in a Lotus Seven, which he did in 1959, the same year that Caterham Cars Ltd became the UK's first Lotus dealer. Caterham Cars' association was to continue closely with the Seven and in 1967 they became the sole Lotus agent selling the car and then in 1973, when Lotus decided that the vehicle no longer fitted their company profile, bought the production rights and became manufacturers in their own right. Although the 1957 Lotus and the 1996 Caterham appear little changed, Caterham Cars have continually updated and revised the Seven, so that today, none of the original 1957 parts would fit the modern day equivalent. The Caterham I tried was the latest model fitted with

Rover's 1.6 all aluminium K-series engine in Supersport specification. This involves a slight modified exhaust system, revised cylinder head work and a new engine management system which altogether liberates an extra few horsepower so that the Caterham produces 138 bhp at 7000 rpm and 115 lb f torque at 5000 rpm. These modifications meet current and future noise and omissions levels, the car comes with a standard catalytic converter, and whilst these figures might seem modest for a sportscar, when combined with the Seven's minimal weight (550 kg) lead to explosive performance. The 1.6 Caterham will out accelerate all GTIs and performance saloon cars and even humble sportscars such as the Honda NSX in its 5.5 seconds dash to 60 mph. (If this is not fast enough and you want to humble Ferraris and Porsches, Caterham can supply Sevens which will accelerate from 0 to 60 mph in 3.5 seconds.) However, past 90 mph the Seven's 1957 aerodynamics, or rather the lack of them, curtails acceleration and the car I drove only had a top speed of just over 110 mph, although the wind buffeting did make driving at this speed very uncomfortable. The Caterham is a car for blasting down narrow country roads and is not particularly suited to the motorway and while you might feel that you are thrashing your way down the back roads to the Nürburgring, the light weight aids not just acceleration, but also fuel consumption. I got an average of 30 mpg on my test, despite enthusiastic driving. The car's light weight also adds to the car's inherent safety, allowing the driver to experience a magical combination of grip and balance. Until you have driven a car as small and as light as a Seven, it is difficult to explain the responsiveness of the chassis and the steering, but it is possible to get the back end of the car to step out on tight second gear corners



and then to control and adjust the car on the accelerator. Not that the Rheindahlen Bulletin condones this sort of behaviour of course. The ride quality is excellent, the car wears 195/55 VR Michelins on standard alloys and the modern cars have a De Dion axle, rather than the old fashion live "cart" axle. My only slight criticism of the car I drove, was the Rover derived five speed gear box (straight out of a Metro), although I understand that the ratio problems are transformed if you buy Caterham's six speed racing 'box.

The downside to the Caterham is its lack of creature comforts. Chapman designed the car around his 5'8" frame and although Caterham have been able to modify the chassis slightly, the car is still a squeeze for a six footer like myself. Careful choice needs to be made over foot ware because the peddles are closely positioned for heel and toe action. However, once installed the driving position is good, with all instruments falling closely to hand, although being perhaps a little confusing at first - they all look the same. Included as standard on modern Sevens are luxuries such as a heater, although the transmission tunnel and engine does generate enough warmth for all but the coldest days; and a heated windscreen, to stop the car misting up.

The hood is a fiddle and time consuming to put up and then makes access to the car difficult. Once up it is however waterproof and does offer good headroom and luggage space for two for a weekend away. However, in a light drizzle, keeping the car above 30 mph tends to divert the rain over the occupants heads

and negate the need to erect the hood. With the hood down, all-round visibility is excellent, although the wing mirrors are attached to the removable doors. It is however possible to use the backs of the chrome headlights to see what is behind and the chances of something overtaking a Seven on a twisting road are slim to non-existent.

Seven ownership would therefore be a compromise between the highs on a good day when you would be able to exploit the car's handling and performance; combined with the lows, I would not fancy driving back to UK to see the relations, although it would be fun when you got there. The ride quality is acceptable, but the lack of space would be uncomfortable - unless I was changing gear regularly, my left leg started to get cramp; this occurred on the short-ish journeys from JHQ to Düsseldorf. (I personally would be willing to live with the compromise if anybody out there wants to buy me a car.)

Seven ownership is also surprisingly affordable with models ranging in price between £7700 and £33000. Caterham offer a number of interesting finance schemes and seem willing to offer a buy back guarantee for the serviceman. Because there is virtually no depreciation on a Caterham Seven, it should in theory be possible to make a small profit after six months/ six thousand kilometres - cake and eat it! However, I started this article by saying the car was addictive and I think anybody buying a Seven would perhaps want to keep it and possibly modify it for racing. The German dealers do have their own race series for anybody who is interested.

Backstreet

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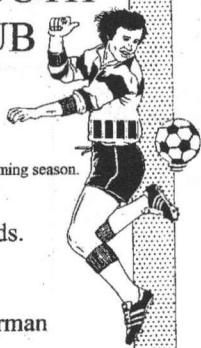
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you can go on the Ski Safari for "Extreme Skiing", guided tours by a certified Austrian ski instructor with over 180 ski-lifts covering runs which will include off piste- powder snow (conditions allowing) and mogule fields, no ski lessons but fine tuning!

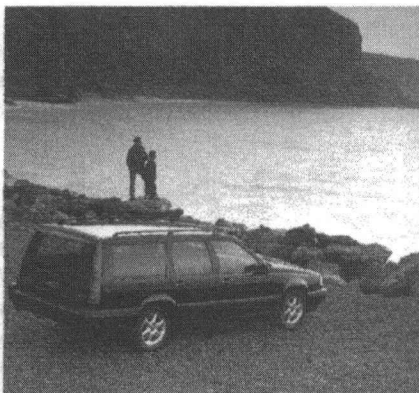
There is also an opportunity to try cross-country skiing (for the more energetic, or even if you just want to take it as a slow pace and take in the beautiful scenery), night skiing and, of course, snow boarding.

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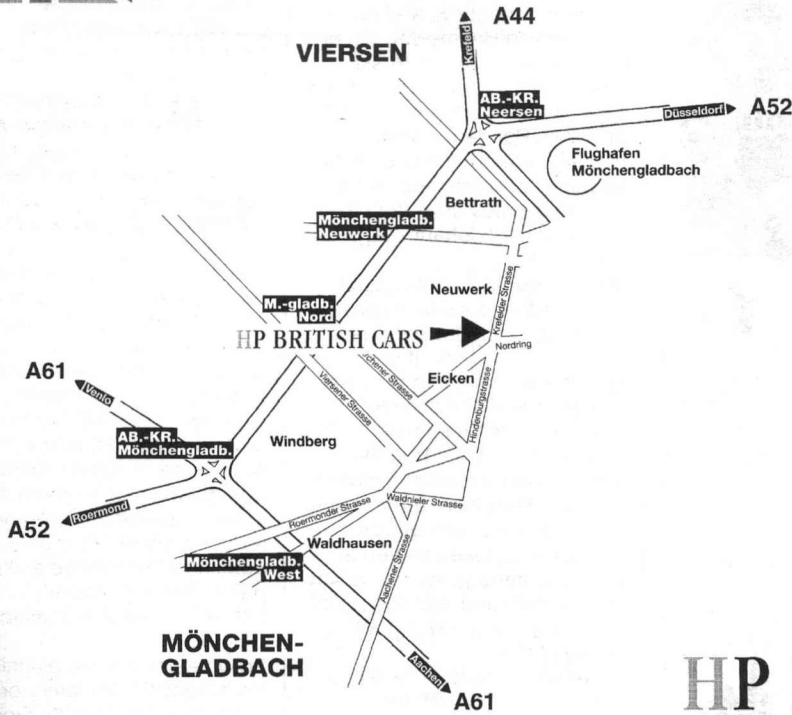
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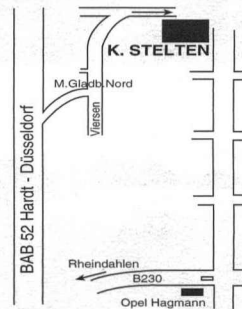


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BORUSSIA

The main activity pre-season revolved around the transfer market in terms of who was to replace Martin Dahlin, now at AS Roma. First came Andrej



Juskowiak from Olympiakos Piraeus via Sevilla, the current Polish Footballer of the Year (from his performances in August I can only assume that there are no other players in Poland and that he won this honour by default) and then we were told Pavel Kuka of the Czech Republic and recently relegated Kaiserslautern (ha ha!) who had expressed a desire not to play in the Zweite Liga. He changed his mind after the boredom of Euro '96 when it transpired that Otto Rehalg was taking over at Onkel Helmut's favourite club. In retrospect, Gladbach missed out here, but through no fault of their own.

A pleasant surprise was the signing of the solid and reliable defensive midfielder player Ion Lupescu from Alka Selzer Leverkusen, presumably to take over from Hochstätter in the long run (September). Also new are Robert Enke, a teenage 'keeper from a bunch of failing microscope manufacturers in Thuringen, and Stefan Passlack, the only decent player left at Krefelder 'Football' Club Uerdingen 05. Originally, the 05 was thought to refer to their year of formation, but recent research shows that it is, in fact, a reference to their average scoreline over the past few seasons.

Possibly the best signing is Hubert Fournier, a centre back from EA Guingamp (pronounced as though you are trying to say 'where?' with a mouthful of treacle). It is, apparently, a village in Brittany, nearest point of civilisation - the Eddystone Lighthouse, who were promoted to the French First Division a couple of years ago by winning a raffle. This is just the position that Borussia need to strengthen to reduce the possibility of Joachim Stadler getting a game. The warm-up games started in Bregenz with a game against the semi-locals of **Austria Salzburg**. This excellent game in front of a good crowd (500 Gladbachers) finished 2-2 with Juskowiak getting both, the first well tucked away when put through by Kastenmaier, and the second, a tap in after the ball was deflected to him in the 5 metre box. Gladbach won 3-0 on penalties to progress to the final to face **HSV** who had beaten **Sturm Graz** 6-5 - also on penalties. In this game they

came back from one down (Breitenreiter) to win 2-1 through Andersson, and an excellent free kick from Huiberts, now looking fully fit and very skilful. Now it was back to Germany for a week for a game at the Rhein-Neckar against **VfR Mannheim**, curious opponents as the two teams are to meet again in August in the Cup. It is probably better to gloss over the homesters 2-1 win to avoid embarrassing certain players - Kastenmaier excepted - he got the goal. Next came a game against the might of **Teutonia Kleinenbroich** - result 2-14 (Wynhoff 4, Pettersson 3, etc etc) What was the point of this game?

Borussia were invited to spend the next weekend on Merseyside at the Sir John Moores Centenary tournament celebrating the birth of the founder of the Littlewoods empire. The tournament was divided into two days first at the onion patch and then the finals at Goodison Park. In the first game **Everton** and Gladbach drew 2-2. Ferguson opened the scoring when he lost his marker, Fournier, on the far post and gave Kamps no chance with a powerful header. Borussia continued to move forward and Fournier redeemed his error by stabbing the ball home from close range when a left wing corner wasn't properly cleared. Pettersson then put Gladbach 2-1 up in the 69th minute with an excellent near post header. In a furious finish to an excellent game for a pre-season friendly, Speed levelled for Everton to give the game a fair scoreline. Then in the penalty shoot-out that wasn't taken too seriously, Borussia won 3-2 with Kamps and Southall saving more than they conceded.

In the following game the Ugliers v FC Porto, the remains of the crowd, Borussia's 150, a few Evertonians, and the Chronic Moaning Society of North West England were treated to an outstanding display of football. In the first 15 minutes the Portuguese scored twice and missed a penalty as Collyflower, McTear, Jonah and their mates chased shadows. To avoid the score becoming embarrassing to the hosts, Porto then substituted their strikers and played keep-ball for the rest of the game. Result 0-2. So to the final at the School of Science. Porto started like a house on fire and were soon one up with Gladbach nowhere, but unlike the day before, their opponents didn't give up and start arguing amongst themselves. Pettersson equalised on the half hour and Pflipsen gave Borussia a

deserved lead after the break. Unfortunately, they relaxed and Porto got back on level terms shortly afterwards. Pettersson however restored the lead and this time Borussia hung on to win. The sporting attitude of the largely Evertonian crowd to the two continental teams was a pleasure to witness. Gladbach came back as far as Holland for their next game, a largely uninspiring 3-2 win at Roda JC Kerkrade. Then came disaster and humiliation. The Fuji Cup is a pre-season tournament for the top 4 teams in the land. In the first game before a sell-out crowd in Ulm, Borussia were destroyed 4-0 by **FC Bayern**, with Fournier sent off into the bargain. The performance was as bad as the scoreline suggests. Rizzitelli tore Gladbach's defence apart on his own.

And so, eventually, the real matches began with a cup tie against the Regionalliga Süd club, **VfR Mannheim**, in the new Carl Benz Stadion. An excellent crowd of 11,000 saw Gladbach just do enough to justify their 2-0 win, both goals by Pettersson, on the half hour and the final whistle, but in between, the home side had a couple of reasonable penalty claims turned down and both sides had a man sent off - Fournier again for Borussia. The draw for the next round is FC Bayern at home. The best result that day was Dortmund being well beaten 4-3 by Wattenscheid 09 after being in front early on.

The league season began on a Friday night with a home game against the newcomers of **Armina Bielefeld**. The game was totally one-way traffic towards the goal tended by the pension book wielding Uli Stein. Christian Hochstätter wasted a few good opportunities early on and it became more and more inevitable that the game would end 0-0. It did.

For the first away trip it would have been nice to go to a place renowned for sportsmanship, racial harmony, financial rectitude and good football. Unfortunately the fixture computer decreed that Gladbach must visit

Gelsenkirchen. This match was excruciatingly boring. Apart from periodic saves by Kamps and strikes by Max and Anderbrugge against Borussia's aluminium, nothing happened very slowly. Juskowiak was so bad that Kicker 'awarded' him a '6' for his 'efforts'. To put it mildly, this translates as 'would look like a cart-horse in an F-Jugend match at SpVgg Unterhaching.' Fortunately, I had had the foresight to bring a book with me, originally for the journey on the special, but if proved useful during the game. If the editor will allow a plug, it is without

doubt the best book ever written by an English footballer, at only £ 5.99 'Left Foot Forward' by Garry Nelson deserves to be better known than 'Fever Pitch'.

So, two games, two 0-0 draws. Worse was to follow in the shape of bogey side **Karlsruher SC**. This time Borussia actually got into the lead through an Andersson header, but then a cross from Häftler wasn't stopped by Kamps until it had already crossed the line. This seemed to demoralise Gladbach and Sean Dundee (again!) gave KSC an interval lead. The best change for an equaliser came just before the end when Huiberts missed from a distance of 0.1nm. Keller sank Gladbach to the bottom with a last minute clincher, after most of the crowd had gone due to a violent thunderstorm. I'm glad to say I missed this game, deciding that FC Augsburg v Wacker Burghausen in the Regionalliga Süd looked a better bet for entertainment and dry weather.

It wasn't, but I hope Graham and Gareth have dried out by now.

Werder Bremen away was worse. The home side were poor but just to make sure that Gladbach didn't pick up any points, they went self-destruct mode. First Schultz, looking like a Neanderthaller with bad dress sense was allowed to head SVW had and then Katenmaier was rightly sent off for striking an opponent - a four match ban ensues. Then late on, with an understrength team dominating, Patrick Andersson - that most fair of defenders - was sent off for a challenge that wouldn't have incapacitated a limping crane. Even so, Borussia nearly got a point, so awful were Werder.

As this is my last attempt at a column in the Bulletin, I'd like to thank the Editor for printing my copy verbatim and being tolerant with the deadlines. I'd also like to send no apologies at all to all the people I've been rude to, 1 FC Köln, Joachim Stadler, Scheisse 04, etc and, most of all, Dr Markus Merk.

Nick Evans

Fixtures for October

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Saturday 5th 1860 München (Home) 1530
Friday 11th SC Freiburg (Away) 1930
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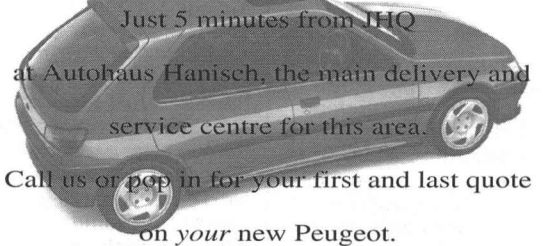
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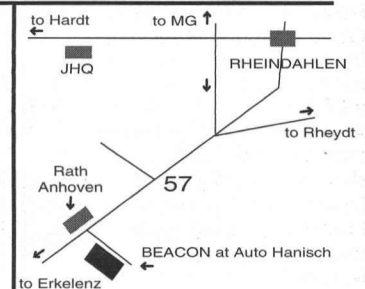


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DESERT RATS LOOK EAST TO POLAND

In a move that would have been unthinkable just a few years ago, British soldiers from the 7th Armoured Brigade in Germany - **The Desert Rats** - have been arriving in Poland for a major field training exercise. Exercise "Ulan Eagle 96" is the largest deployment of British Troops into a former Warsaw Pact country since the collapse of the Berlin Wall, and the first time that NATO tanks have crossed the alliance's eastern border. The Drawsko-Pomorskie Training Area, about 80 miles each of Szczecin, is set amidst the stunning panorama of lakes and forests within the Drawa National Park. At just over 400 square kilometres, it is larger than anything the British Army can currently train on in Britain or Germany. Only the British Army Training Unit Suffield (BATUS) training area in Canada is larger. During the Cold War, Drawsko was used to train Polish, Soviet and other Warsaw Pact armoured formations for a possible push west. During the exercise, it will be home to some 3,500 British troops and 450 armoured vehicles including task and the Warrior armoured infantry fighting vehicles in what is set to be a massive display of warfighting capability. Although there will be some training with Polish Engineers, the exercise is not part of the 'Partnership for Peace' process. Rather the aim is to practise high intensity combined arms combat at brigade level - the first time that this has been achieved by the British Army since the Gulf War. The exercise will also practise river and obstacle crossing, operating in woods and forests and will include a large logistic capability to sustain the brigade group more than 600 kms from home.

The Desert Rats are commanded by Brigadier David Montgomery and he and his headquarters staff are clearly determined that Ulan Eagle is a major success. With increasing

restrictions on field training both in Germany and the UK, coupled with ever reducing budgets, the need to find suitable alternatives is more pressing than ever. More positively, however, there are many training advantages and with Poland pushing hard for membership of NATO it is hoped that this will be the start of a long term relationship. Armed Forces Minister, Nicholas Soames, visited the training area. He was clearly impressed with what he saw and had no doubt as to the value of this joint initiative: "We are very lucky to have the chance to come and train here. It's a fantastic place which has everything the soldiers could want - size, features and a varied and challenging terrain. We are extremely grateful to our Polish friends and we value very much all they have done to make this venture possible.." Asked whether the cooperation from the Polish Government had been fuelled by their desire to join NATO, the Minister was quite clear: "We are not just here because Poland are a candidate member for NATO. We have very long-standing and strong ties with the Poles - their government have invited us to take advantage of this fantastic facility and it is in everyone's interest we do so." The Poles appear very keen to welcome the British troops and have obtained assurances that strict environmental controls will be maintained. The Minister added his endorsement to this: "It is not in our interests to be anything other than very careful with the environment and we shall take as much care with the ground here as we do anywhere. We have a reputation which is second to none and many people from around the world have come to see how we look after our training areas, many of which are famous wildlife reserves." Earlier, the Minister was invited to witness the Brigade in action along with the

Polish and Ukrainian Defence Minister with whom he had flown in earlier. Following a brief in Brigade Headquarters, the party visited the 2nd Royal Tank Regiment where they saw a spectacular demonstration of Challenger and Warrior armoured fighting vehicles. Then it was on to 35 Engineer Regiment who were training with Engineers from the 5th Polish Brigade. The party were able to watch explosive demolition, anti-tank mine laying and specialist engineer equipment. By any standards, it was an impressive display of British military hardware. The visit was rounded off with a press conference hosted by the Polish Defence Minister, Stanislaw Dobrzanski. He was joined on the platform by Mr Nicholas Soames, Brigadier Montgomery and the Ukrainian Defence Minister, Lt Gen Oleksandr Kuzmuk. As expected, a formal announcement was made of a Tri-partite agreement between the British, Polish and Ukrainian Armed Forces which will provide for an exchange of training facilities and expertise. Indeed, Mr Soames was due to fly to the Ukraine to witness a Company of British soldiers training immediately following his trip to Poland.

In return, Britain could offer considerable expertise in the area of peace keeping operations amongst others. Mr Soames added "The better we know each other, the less chance we have for misunderstanding." Many of the journalists present were interested to know how much the British had paid to use the Drawsko training area and indeed whether the Poles saw it as a good source of foreign revenue. Polish Defence Minister Dobrzanski: "We do not measure the extent of our relationship in financial terms. Rather by the extent to which we can cooperate to the mutual benefit of our armed forces." Mr Soames concluded on a positive note about the continued stationing of British troops in Germany, the home base of the 7th Armoured Brigade: "In the foreseeable future, there are no circumstances in which we would withdraw our forces from Germany. We need to have them there as part of our commitment to NATO and to the forward defence of Europe. We have the best trained Army in the world and I intend to ensure that we have ready access to the high quality formation and manoeuvre training that will be required into the 21st century."

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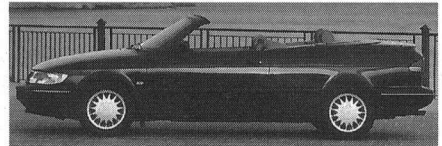
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8, 10	TWELVE MONKEY'S	15
12 Matinee	TOY STORY	PG
13, 15, 17	THE TRUTH ABOUT CATS AND DOGS	15
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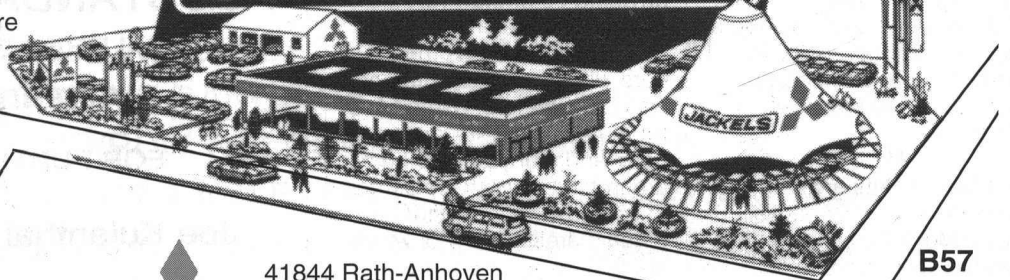
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Reasonable rates per hour, will also do a march out. Very good service offered - very reliable. Contact Gary JHQ 556490.

GERMAN CLASSES FOR CHILDREN

Held in JHQ, small classes for 8 year olds and upwards. Beginners and advanced welcome. Contact Sybille Ross 551680.

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Takes care of all your gardening needs. Give us a call. Contact Steve on 02161-87804.

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Children's classes (4 years upwards) - Windsor School, JHQ. Wednesday 4pm. For information telephone May McBain (WEATD) JHQ 2923

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No time to cook for friends or family? Simply want something different? Menus at affordable prices. Call Emma 558939.

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In Waldniel market square: Excellent Greek 'Gyros'. Chicken, fish and chips. Tender pork Schnitzel. Spring rolls etc. Watch out for our weekly special offers. Open daily from 1130 to 2200 hrs. Sunday 1600 to 2100 hrs. Tel. 02163-45484.

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Bored? Want to have some fun with friends? Book your Ann Summers party now! Contact Michelle 02161 556998

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Call Jan (Yan) Huijbers. Telephone and fax 0031 - 475 - 582622 (English spoken).

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Grenville Road (opp PRI Shop). Open Mon - Fri 1200-1400hrs for all your motoring consumable and spares at very competitive prices. Snow Chains for hire. Tel MG 557409

STEP CLASSES

Held every Monday and Wednesday evening at No 2 Gym, JHQ. 7-8pm. Phone Louise on MG 550004.

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Lovely climate, sparkling sea, beautiful area. Large mobile homes near St. Tropez in the South France. For information and brochure ring Chris on 02434 91888.

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Waldniel International 10km Road Race

Saturday 12th October 1996

This event is organised by OSC Waldniel, a local German club. Start and finish are close to the sportshall in the German school centre, Dulkener Strasse, Schwalmthal-Waldniel.

500m (Bambini) race

For boys and girls up to and including 6 years of age. Start: 1400 hrs.

1km race

For boys and girls of 7, 8 and 9 years of age. Start: 1410 hrs.

5km race

For boys and girls between 10 and 15 years of age, youths, men and women. Start: 1420 hrs.

10km race

For youths 16 years and older, men and women by five-year

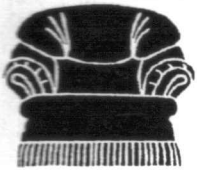
age groups. There is also a fun run category without separate classification. Start: 1515 hrs.

Entry Fees are as follows:

Adults - DM10
Young people - DM5

Closing date for entries is 9th October but registration can be made on the day of the event 30 minutes prior to the start of a race with an increased entry fee for adults.

Race brochures containing conditions of entry and entry forms are available from Mr John Crisp, Markt 36, Schwalmthal-Waldniel (Tel 02163-30598) or Rolf and Maria Strickling, Schubertstrasse 16, Schwalmthal-Waldniel (Tel 02163-47469). Participants can register by phone and pay their entry fee at the time of collecting race numbers.



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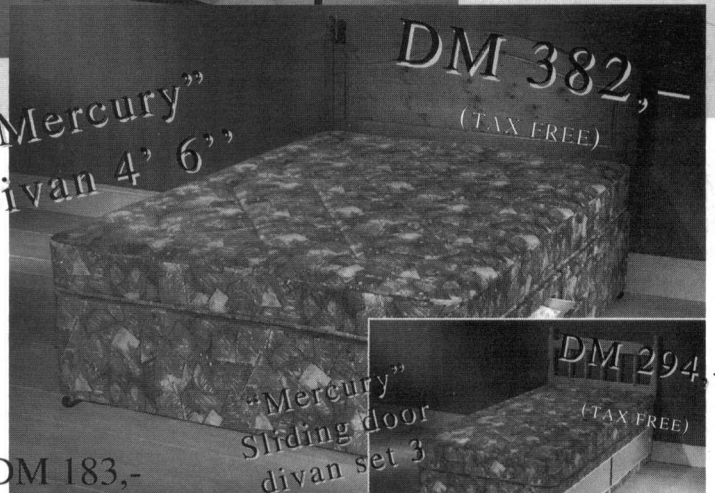


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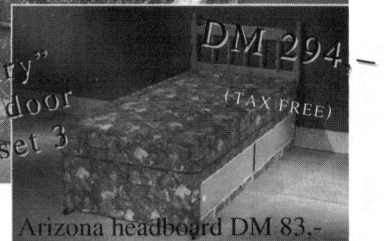
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divan set 3



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