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City Life Bulletin April 2012
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the **bulletin**

April 2012

- Voice Of The Community

teambulletin@yahoo.com



Farewell
7 Signals

Final Fling at
Windmills Club

Ark Pupils
Welcome Heroes



Are your relationships a bit like this Easter Egg - fragile and about to crack?

Talking about a problem can be the first step to solving

it, so why not make an appointment to speak to one of our Counsellors? Call Relate BFG on +49 2161 472 2826 or email us at office.relatebfg@gmail.com

relate
the relationship people



Whether you are currently in a relationship (including same sex) or single, Relate BFG is here to help.

Welcome...



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While we are about to get immersed in Easter festivities, (it only seems like yesterday we were putting up our Christmas trees!) we bit a sad farewell to 7 Signals Regiment who recently disbanded. In this edition we look back on page 6 at the poignant service of farewell that was held at Javelin Barracks and we provide you with a little bit of history on the regiment.

We also take a look at the history of the HIVE in our Community and Support section. Check out the dodgy haircuts on page 8!

If you are heading to France by car any time this year then you should have a look at page 18 and find out about the toughening of the road traffic laws there.

I couldn't resist featuring the Rainbows, Guides and Brownies on the front cover since it was such a colourful picture and they clearly enjoyed their recent activities, including a giant sleepover. I'm not sure how many were in charge of them that night, but I believe that they didn't get much sleep!

Quite a few activities have been organised over the Easter period, so, whatever you're up to, have fun.....and don't eat too much chocolate! And if you do, then we have a double page spread on pages 52 and 53 providing you with all the information you need on the various Garrison keep classes and general sport's facilities.

Happy Easter from the Bulletin Team.

Judith

Please note that the deadline for articles and advertisements is 12th April

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Thinking Service for Guides, Brownies and Rainbows at St Boniface Church, JHQ.
Photo by
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The Editor reserves the right to omit, amend or edit any advertisement, article or picture, at her sole discretion, without liability.

Brigadier Jim Richardson Garrison Commander

It has been a strange experience returning to JHQ in my appointment as Commander Germany Garrisons and Deputy Commander British Forces Germany. Strange because like many of you I have clear memories of when JHQ was full to bursting, a hive of multi national activity and the community was colourful and vibrant, celebrating all of the diversity of the population.

I first lived in JHQ in 1972 as the son of an RAF family. I went what is now the Ark School and also my first year of senior schooling at Windsor (although it was called Queen's School at the time). I was a Boy Scout, swam all summer in the swimming pool, enjoyed matinees at the cinema (but we had 2 for such a large population) and ran errands to the NAAFI for my mother. So nothing has changed at all has it? Even though the population is perhaps only 20% of its peak we still have all of these facilities.

JHQ has all of the opportunity, and perhaps more than offered in its heyday. And for me as the new and last Garrison Commander this is a key and important fact; we must continue to provide as much as we possibly can to our community, the military, the civilian, the dependents, children and visitors for as long as we can sustain them. Some solutions will be novel, we might even teach Prime Minister Cameron about the 'Big Society' as we pull together in our big village.

I would like to thank those of our community who already give of themselves unselfishly running Brownies, Scouts, Guides, Cadets or running clubs and societies, for it is these people who already glue us together. But I would also like to encourage

more people to become involved; the canvas as described is large and we would all benefit from your enthusiasm.

2012 is a busy year for us with much change happening around us all of the time. This change can be unsettling but I seek to provide a happy, vibrant and well established community to provide the stability we all need.

I hope you all find time to celebrate the great national occasion that is the Diamond Jubilee and perhaps play your part in the Olympics. Also enjoy what the local area has to offer and make use of BFG's wider sporting and recreation facilities.

So, after 40 years, I have found everything and then nothing has changed. Our community is us and through us we have the ability to look after each other and continue to thrive. I hope you can help me achieve this.



**Emergency
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Civilian 112
Military 4444**

Lt Col Andy Thorne Deputy Garrison Commander

A snap shot of life on the Garrison last weekend shows what a diverse place we have the pleasure of living in. Our children thoroughly enjoyed the futuristic dioramas in the War Gaming convention; and as the whole camp watched the climax of the 6 Nations rugby the sound of the Crossed Swords Pipe Band's rehearsals were ringing in our ears from the JHQ NAAFI car park as they prepared for their Moscow trip. To follow this, Mothering Sunday was celebrated in style with local events and meals across the Garrison and there were lots of soldiers around, all contributing to 16 Signal Regiment's pre-deployment training.

Last week Ark School's Heroes Week was equally inspiring. I had the privilege to be invited into the school and to meet the people that the children had nominated who have and continue to inspire them. We attended a very special assembly where the children were asked to thank their heroes by reading out a letter that they had written explaining why they were special – what more could a volunteer ask for? If you have the time you should see the display board that they have made.

Continuing with the community support theme of the Bulletin since Christmas, this issue will be taking a closer look at the HIVE and the service it provides. As both Javelin and JHQ continue to shrink, we need to generate more of a 'one Garrison' feel to what we do; future events should be aimed at all in the Garrison. It is already routine for some of the JHQ services, such as BFG testing, to be delivered in Elmpt and this will become the norm as we move towards the final closure of JHQ. I am fully committed to making sure that our community enjoys the same level of events, entertainments and clubs as our predecessors and by joining Javelin and RMC together for all of our events, we can even raise the bar.

We have been working hard over the winter to sort out the problems that we had with the grass cutting contract last year. We have now agreed that all empty Married Quarters will have their front lawns cut twice in the year to keep them looking tidy – occupiers of houses, however, are still the responsible for cutting their own front lawns.

On a final note, the Sport Relief mile will be run from the JHQ sports pitches this year and we are hope that it is this kind of event that maintains our community spirit. It is for a really good cause and we would love to see everybody taking part - I have even heard that there might be a camel running! As we march on into the Easter holiday please be aware that lots of people are working very hard to provide things for our children – so please keep an eye out for all of the activities that are being arranged by Unit Welfare Offices and AWS.

Debs and I wish you a very happy Easter. -rw



Do you have any articles or information that you would like to see in the bulletin magazine?

**If so, then please
let us know.**

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Tutors Wanted

34 AEC and Elmpt ALC are looking for new tutors.

Do you have a hobby or skill that you could pass on to others?

French, German, Wine tasting, Arts and Crafts, Flower Arranging, Cake Decorating, Crochet, Knitting, Yoga or Pilates, anything you feel may be of interest to others.

Not all courses require you to have qualifications, just a willingness to teach others your skill/craft.

If you would be prepared to put your skills into practice call into 34 AEC for an informal chat or call the PCDL Coordinator for more details.

JHQ Mil 72 3279
Civ 02161 472 3279
Email: pcdl@34aec.detsa.co.uk

34 AEC Group offer flexible working hours and an attractive hourly rate starting at €18.50 per hour.

DEPENDANT EMPLOYEE COUNCIL REPRESENTATIVE ELECTIONS

The Dependant Employee Council (DepEC) is holding elections for DepEC Representatives in all stations in BFG. If you would like to stand as a candidate to be a Station Representative in the DepEC elections on 20th April 2012, please submit your portfolios (A4 size paper) by Friday 30th March 2012 to:



Petra Graham
DepEC
Wentworth Bks Block C
BFPO 15

Potential candidates must be a Dependant employee past their probationary period. GLSUs will be publishing nominees on Unit Notice Boards.

For further information please contact Petra Graham on Herford Mil (82) 3137 or your local GLSU/RALSU.

Army Wives and Daughters "Walk the Walk"

By Julie Wright

"Walk the Walk" began 15 years ago when a few ladies decided to walk the New York City Marathon in their bras to raise awareness and money for Cancer research. This fundraising idea has now spread to the United Kingdom and blossomed into a multi-million pound Charity. The Charity was founded by Nina Barough, who herself has suffered with Breast Cancer. Those friends and family members nearest her and aware of her illness, felt that they could best show their support by assembling a team to walk the London Marathon.

that the Forces have been very supportive when the cause is a worth while one. We have all started training hard as a



A couple of years have passed and now we feel that the time has come to join in with the thousands who are supporting the Charity. Each year the walk has a theme and this years theme is "rocking around the world" in honour of all the visitors that will be coming together in 2012.

Marathon isn't easy on the feet. Getting sponsors is never easy either but the local Thrift shop has already given us a donation which was greatly received. I have also put letters out asking for help in raising as much as possible. If anyone would like to help us with a donation, no matter how big or small, it would be greatly appreciated !!! If you have any questions about participating in the event or if you would like to make a donation, I can be contacted at Rheindahlen HIVE on 02161 472 2519 or by email tjwright437@hotmail.com

This year, on the 12th May, me and my daughter and two great friends who are all connected to the army through our husbands, will be travelling to London to take part in the Moon Walk. We have always found

FAREWELL TO A REMARKABLE REGIMENT

By Gill Robinson Photos by Dominic Kling and Charlie Booker

Disbandment Service Honours Proud History



A poignant service of farewell to mark the disbandment of 7th Signal Regiment, and to celebrate 53 years of exceptional service, has been held at the Regiment's home in Javelin Barracks, within the Rhine Garrison.

The understandably emotional service, presided over by Father Danny Hernandez, was attended by current and past members of the Regiment and their families, plus dignitaries from local host-nation towns. The Regiment's current Commanding Officer Lt Col Al Long, and previous Commanding Officers were present.

During the service, the feelings of those in the congregation were accurately expressed during an address that was delivered by the Reverend WG Ashton, QHC CF, Assistant Chaplain General 1st Armoured Division. Speaking of the understandable loss felt by the Regiment's closure he told the congregation, "Whatever happens to the name of 7th Signal Regiment in the future, you will still be around as a member of what this proud unit has been, of what it has done, and your bonds of friendship will remain."

Reverend Ashton continued speaking of the future of the Royal Signals Corp, "The disbandment of 7th Signal Regiment is the end of this particular chapter in the history of the Royal Corps of Signals. However, the Corps goes on, as vital as ever, to the Army and our nation; probably more so in this age of digital information and communication. So that although this chapter is closed you all need to continue, taking with you your professional reputation and the lessons

that you have learned."

Also present was the Mayor of Niederkrüchten, Herr Herbert Winzen, who explained that he enjoyed the service very much. Herr Herbert said that he was impressed with the Andrew Humphrey School pupil's rendition of their own Leavers' Song. Herr Winzen was also saddened about the slow downsizing of the British Forces in the region. Over the years they had become good neighbours and were part of the local community; it would be hard to imagine the town without them.

The moment of disbandment was marked formally during the service by the lowering of the Regiment's flag for the very last time, by Sgt Lee Jolly, who has been a member of Support Squadron for approximately three years and who deployed on Op Eagle in January 2011. "I have been involved with a lot of the drill for parades marking Squadron's returning from Afghanistan, so I wanted to lower the flag today as it is the last time. It was emotional. I have absolutely enjoyed my time at 7th Signal Regiment, there has been a new challenge every day," Sgt Jolly explained.

7th Signal Regiment's unfortunate closure comes as a result of the Government's Strategic Defence and Security Review (SDSR), published in October 2010. And the disbandment service marks the end-stages of a closure process that started in November 2011 with the closure of 231 Squadron, and will see the Regiment finally close its doors at the end of July this year.



Speaking after the service Lt Col Al Long, as the final Commanding Officer of 7th Signal Regiment, spoke of his time with the Regiment, "It has been a fantastic Regiment and the sadness of disbandment has been felt by us all, but we are looking forward to the next challenge. It has been very busy throughout my time in command, with operations continuing almost to the end and I am very proud to have been the last CO of this Regiment."

Speaking about the future of Elmpt Station, which is itself scheduled to close under the BORONA Programme by the end of 2016, Lt Col Long continued, "Of course 16th Signal Regiment will continue the strong tradition of the Royal Corps of Signals in Elmpt. Elmpt will definitely remain a fantastic place to be."

Plans are already being made to ensure that the buildings that 7th Signal Regiment continue to withdraw from, leading up to the final closure of 7th Signal Regiment on July 31st 2012, do not go to waste. The space will be taken over by 1 Military Intelligence Battalion, who will move from their current location in the Rheindahlen Military Complex to Javelin Barracks between April and July this year. A historically symbolic figure who attended the service was Brig James Richardson, the new Commander Germany Garrisons.

Brig Richardson's presence closes the circle on 7th Signal Regiment's time at Elmpt Station, because he

was the Regiment's Commanding Officer at the time when it moved from their previous home in Krefeld to Elmpt.

"In the era of massive changes to the Army it is a poignant and reflective moment when any regiment disbands particularly so when you were once the Commanding Officer. I have particular fond memories of Commanding 7th Signal Regiment, who I moved from Krefeld into Elmpt in 2002, and I am grateful to the current regiment for the style, manner and sensitivity in coordinating the disbandment function. Three of the previous COs, dating back to the 1980s, stayed with me during the ceremonies and concurred their admiration for the way the Mighty 7th era closed," Brig Richardson said.



In 2002 7 Sigs arrive in Bruggen. Wing Commander Julian Andrews (the last Station Commander of RAF Bruggen) hands over to Lt. Col Richardson, CO 7 Sigs.

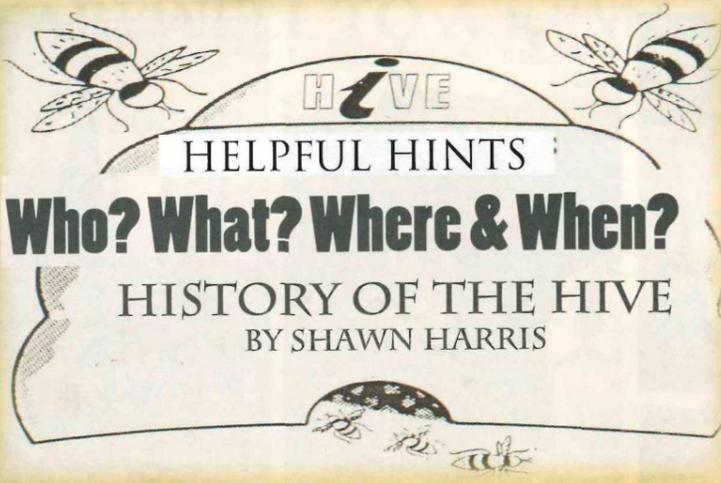


WELFARE AND COMMUNITY SUPPORT



WELFARE AND COMMUNITY SUPPORT

The HIVE Today



From its humble beginnings and with much due to the hard work and devotion of hundreds of staff members and volunteers throughout the years, the HIVE has never stopped growing.

The face of the HIVE is a new one and is constantly adapting and challenging itself to keep up with the times. HIVEs today are recognised as highly professional and reliable information centres, providing an invaluable resource to the military communities that they serve.

World wide there are over 100 of these HIVE offices spread across 11 different countries. They are staffed by a professionally trained team of HIVE Information Officers and Volunteers, who do what they do because they love helping people. Headquartered here at Rheindahlen, HIVE Europe alone operates 20 of these information centres in 5 countries. They have adopted their corporate colour of "purple" to represent our tri-service communities.

You can now contact your local HIVE through their website or you can even communicate with them on facebook. Hive Europe has also developed a weekly newsletter that is delivered electronically and provides a direct link to your local HIVE Information Office. Important information such as warnings and stop presses are distributed almost immediately through the network of HIVE offices from an information HUB run by a dedicated and well informed HIVE support team.

This past year HIVE Europe has dealt with 38,055 of your enquiries.

Emailed over 52,120 customers their weekly E-Newsletter.

Successfully relocated their Website to www.bfgnet.de/hive-europe.co.uk

Provided an informative website that you have accessed well over 2 million times.

Delivered 3,619 Welcome packs to all New Arrivals

Introduced HIVE Pick-up-points in all NAAFI JB's within Germany.

Sent 597 E Fax Blueys

Continued to support you during deployments.

And provided mobile HIVEs where needed.

What's next for HIVE Europe?.....HIVE's Special Edition Single Soldiers Survival Guide, packed full of everything you need to know to make the most of your time in Germany. It will soon be available to download from our website and hard copies will be available later this year for all single soldiers.

Although the HIVE has continually adapted its methods of sharing information to pace the growth of technology and the ever-changing needs of the Chain of Command and its tri-service communities, it has never strayed far from its early roots. For evidence of this, just pop in for a visit to your local HIVE office. You will find yourself being greeted by a smiling face and the same heart-felt compassion, dedication and willingness to serve that drove the development of the original HIVEs.

The Hive is an organization that is thankful for the service of the armed forces and is extremely proud to support them and their families. For more information about HIVE or the services that they provide, feel free to contact them locally by phone 02161 472 2519 or via their website www.bfgnet.de/hive-europe.co.uk



HIVE originally stood for Help, Information, Volunteer, Exchange. Many people might ask, what is the "HIVE" and what can it do for me?

The Hive is an organization that supports the Chain of Command and tri-service communities through the provision of up to date and relevant information, and has continued to develop over the past 28 years.

The History of HIVE began back in May of 1984 when, through the Adjutant General's Conference, attention was drawn to the need to improve provision of welfare support for army families. The following year, pilot schemes for a "voluntary Bureau" opened at Munster and Hohne in Germany. Military wives donated their time to help new soldiers and families adjust to their new communities. These became known as the original HIVEs.

By May of 1987 and the implementation of Colonel Mike Gaffney's Army Wives Study, it was recommended that the MOD fund future development of such HIVEs as they became known for their tremendous support to their communities. The MOD responded very quickly and in July of that same year, funding was made available for a limited number of new HIVEs in Great Britain and Northern Ireland.

Through continued recognition of the HIVEs' service to its military communities and due to the support of other organisations such as the Federation of Army Wives, UK CAST and SSAFA, the HIVE footprint continued to grow during the 1980's and early 1990's. HIVEs were established throughout the world in locations such as Cyprus, Gibraltar and even Hong Kong. In January of 1997 HIVE launched a new image and a logo based on the HIVE "name" signalling the demise of the "bee".

In October of 2000, HIVEs across the world went online and the growth of the HIVE and its ability to serve was accelerated through the availability and implementation of new information technologies

34 AEC / ELMPT ALC



ADULT LEARNING DAY

34 AEC Group will hold two Adult Learners' Day events across Rhine Garrison in April. The Adult Learners' Day event will involve all departments from the Education Centre providing first-hand information to all military personnel, dependants and entitled civilians. Come along and see for yourself the wide range of learning opportunities available through the Education Centre.

1000-1400; Tue 24 Apr 12 – Naafi Max, JHQ
 1000-1400; Wed 25 Apr 12 – The Bistro, Javelin Bks, Elmpt

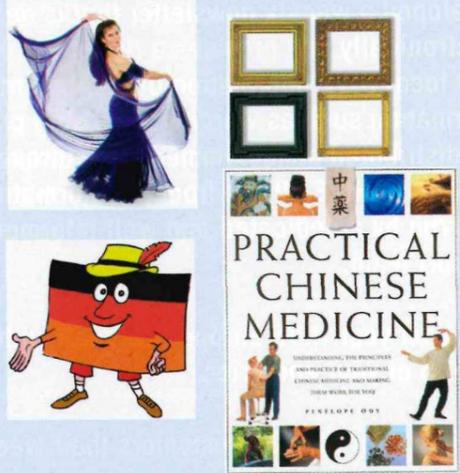
For further information about the events please contact either centre:
 34 AEC on Mil (72) 3303 or Civ 02161 472 3303 / Elmpt AEC on Mil (68) 2460 or Civ 02163 97 2460

4 AEC / ELMPT ALC

PCDL SUMMER ENROLMENTS

Summer Term Runs May – Jul 2012
 Enrol at 34 AEC or Elmpt ALC during working hours, From Monday 02 Apr to Friday 04 May 2012.

- Courses on offer include:
- Introduction to Digital Photography
 - Digital Photography Skills
 - Chinese Medicine
 - German
 - Patchwork Quilting
 - Jewellery Making courses and workshops
 - Indian Cookery
 - Picture Framing Beginners and Advanced
 - Painting with Oils and Acrylics
 - Belly Dancing Beginners and Intermediate



34 AEC Group is ramping up to the next term of Adult Learning classes. One of the new courses which started in January 2012 was Introduction to Traditional Chinese Medicine. The feedback was extremely positive, with all of the students enjoying the experience. Responses from the participants included, "the course was really interesting, there was a good mixture of theory and practice. Shelagh is an engaging tutor who shares her knowledge and experience throughout a fascinating course." The Chinese medicine course will run again this term and looks to become a firm favourite.



ELC Opening Times

Elmpt ALC

Monday	0900-1700
Tuesday	0900-1700
Wednesday	0900-1700
Thursday	0900-1700
Friday	0930-1330

Tutor support available - Tue, Wed, Thu

34 AEC, JHQ

Monday	0930-1700
Tuesday	0930-1700
Wednesday	0930-1700
Thursday	0930-1700
Friday	0900-1400

Tutor support available - Mon, Wed, Fri

ELMPT MUSIC CLUB

presents

&

ALL WELCOME

At No4 Civilian Staff Club
 Saturday 21st April
 1930 hrs 'til late

SERVICES WELFARE

(Formerly WRVS)

Monday - Friday (Day): 10.00-13.30
 Monday - Thursday (Eve): 18.00-21.30
 Friday Evening - CLOSED
 Saturday - CLOSED
 Sunday Evening - 18.00-22.00

Babs Major, Services Welfare, would like to welcome you to your recreation & leisure centre, situated Next to JB's and opposite SSVC. Come and enjoy the following facilities, in an alcohol free environment:

Internet - TV - DVD's - Wii - Pool Table - Tennis Table - Board Games - Tea & Coffee - Comfy Zones

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Helping Service Personnel maintain links with family and friends

Empowering Service Personnel to find solutions for themselves

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Call Babs on Civ. 02163 97 2668 or Elmpt Mil. Ext. 2668 for more information

BRITISH ROERMOND SAILING CLUB



Points of contact:

Lt Col Aidan Hoey Tel 02161 472 2300



BRSC is a sailing club that offers sailing facilities to UK and NATO Service personnel, UKBCs, dependants and some civilians living in the Rhine area. The club is self-funding and runs on a self-help basis. For more information and to download a copy of our membership form see the web site: www.brsailingclub.co.uk

Facilities

Boats available on site this year:

- Laser Pico
- RS 400
- RS Vision
- Laser 1
- Bosun
- 1 x RIB (power/safety boat)

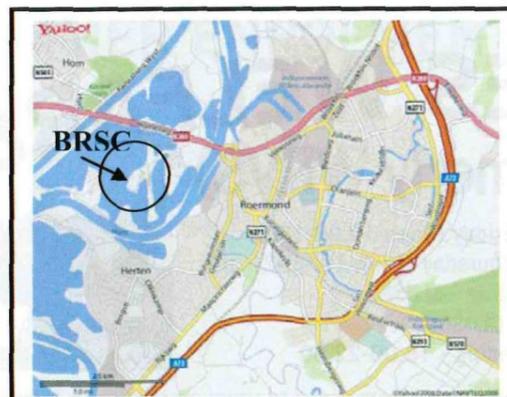


- Use of all safety equipment including; wet suits & buoyancy aids and mast flotation.
- Free parking facilities within 200m of the club.
- Shower and toilet facilities on site.
- Restaurant on site (run by Maas en Roer Club)
- Qualified members sail unsupervised, training available.

Directions

The club is located in the 100 yr old Maas and Roer Sailing Club.

We are only 25 mins from JHQ, 15 mins from Javelin Bks –and 5 mins beyond the Designer outlet shopping centre



Fees 2012

Membership fees:

Family membership: €100 per year.

Individual membership: €55 per year.

(Pay ½ fees for a ½ year - up to or after 31 Jul 2012)

Course fees:

Sailing €15/day, Power €20/day



Membership & Course fees are to be paid into the RAO accounts office, Grenville Road, JHQ (the rear of the building where you purchase your Fuel coupons) or direct to the Club Secretary.

Fostering in BFG

By Kerry Brady

British Forces Social Work Service is contracted to provide a statutory childcare service to military personnel and their families in BFG. This includes the provision of foster care for families who are experiencing difficulties. Postings have left a gap in the list of foster parents available, and the Social Work Service is hoping to find more families over the next 12 months able to replace those who are leaving.

Fostering can be challenging; children who come into foster care are usually confused and anxious about being separated from their families. BFSWS makes sure that prospective foster parents are properly trained to help them understand more fully what is expected of them and to equip them to meet the needs of the children placed with them.

In BFG, foster carers are likely to be used on an occasional basis, usually only for a few days or sometimes a few weeks. It is important to have a pool of foster carers throughout BFG who are available and willing to look after a child at short notice, so a child can be placed as near to their home and community as possible.

Foster carers find their role very rewarding. One carer commented, "we enjoy finding ways to help children cope with loss, anger and how they can make things better for themselves, and being able to offer a safe bed for a night or two". Another carer explained why they had chosen to foster: "We felt that we had the patience to listen to a child and that we were non-judgemental people."



Fostering is an important service in BFG and what's more, this is a wonderful opportunity to help others in the Forces community. The qualities BFSWS is looking for in foster carers are knowledge and experience of child care, flexibility, resourcefulness and a desire to help children and their families in times of crisis. BFSWS offers support, training and planning in the foster placement; they also provide a fostering allowance for the period the child is with the foster carers. BFSWS social workers are always there to help and support the foster carers who undertake this very important role in our community. Our next preparation training is the weekend of 20th – 22nd April 2012 at Church House, Lubbecke (near Herford). We are particularly interested in hearing from members of the Foreign and Commonwealth Community.

For more information about fostering, talk to Kate Heffernan, FSSWP, on 05221 178366 or Kerry Brady, PA, on 05221 6944260. Alternatively you could email kate.h@ssafa.org.uk or kerry.b@ssafa.org.uk.



British Forces Social Work Service – Western Europe By Cathy Dobson

This contracted social work service (provided by SSAFA FH) is delivered to the military community in Western Europe (British Forces Germany and European Support Group) and provides world wide telephone support 'out of hours' for any safeguarding issues in isolated commands.

BFSWS services are provided in the spirit of the Children Act 1989 and 2004 and in line with best practice in the UK.

The services we provide include services for children and young people, families and people with a disability or other additional need.

There are two Family Support Teams based in 8 locations, covering British Forces Germany area as well as the smaller military communities in other European countries.

In addition to the Family Support Teams, there is a Central

Referral and Joint Response Team. The Central Referral Team is the central point of contact for BFSWS and deals with all the referrals, consultations and questions to the service. The Joint Response Team is a child-protection investigation team consisting of the Royal Military Police and Senior Social Work Practitioners. The Joint Response Team also provides an 'out of hours' service for the emergency protection and safeguarding of children.

There are also Senior Social Work Practitioners, Social Workers with expertise in:

- Adoption
- Fostering
- Additional Needs and Disability.

BFSWS Central Referral Team can be reached on 05241-84-3039/3040 where senior social work practitioners are available to discuss possible or actual referrals with you and offer advice about whether the referral is for BFSWS or another agency.

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- Preparation for BFG including Exhaust EmissionTest
- All repairs more than EUR 50,00 - Tax Free by paying through your Military Mess

- English spoken -

Your Way to us
 From JHQ: Queens Av. to Hardt Landstr., turn left to Hardt, at the main Traffic-Lights turn right, after 700m you'll see us on the right hand side.
 From Elmpt: A 52 to Düsseldorf, leave A 52 by MG-Hardt, turn left to Hardt, at the main Traffic-Lights turn left, after 700m you'll see us on the right hand side.

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Price-list
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pieces of wood ready to put it in your fireplace- m ³	
33 cm, cut and chopped	79,00 €
25 cm, cut and chopped	84,00 €
1 big sack	10,00 €
1 big sack barbecue wood	11,00 €
1 big sack of small pieces to light the fire	6,00 €
delivery charge	13,00 €

	6-8 Seater Solid Wood Table	190 - 300,00 €
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MILITARY TO CIVILIAN TRANSITION ROADSHOW

	→	
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Date	Time	Location	Venue
25/04/12	10:30-15:30	Bovington, Dorset	Memorial Hall, BH20 6JQ
16/05/12	10:30-15:30	Aylesford, Kent	Royal British Legion Village, ME20 7NL
30/05/12	10:30-15:30	Colchester, Essex	The Musket Club, CO2 9ND

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COME ALONG AND FIND YOUR FUTURE.

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- **Free workshops.** Improve your CV, start your own business, earn new qualifications, and more.
- **Expert advice.** Meet professionals and entrepreneurs who successfully made the transition from Military to Civilian careers.

To find out more and register visit
www.bfrsevents.co.uk

If you wish to exhibit at the event, contact BFRS on 0845 308 2406 or info@bfrs.org.uk

Media partner:
BFRS radio

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Brüggen Thrift Shop

Volunteers Urgently Required

Do you have a few hours free to help?

If so please tel Rachel Gibbs: 01707 048342

Thrift Shop Opening Hours:

Mon 1700 - 1900
Wed 1000 - 1215
Fri 1000 - 1212



the Bistros

The Bistro - Javelin, Elmpt



Opening Times: Mon-Sat 0900-1800; Sun 1000-1600
Hot food served from opening until 1400
Toasties & snacks available after 1400

NAAFI Max Store, JHQ opening hours: Mon-Sat 0800 - 2100, Sun 0900 - 1900
Coffee Forum: Mon-Sat 0800 - 1800 Sun 0900 - 1800
NAAFI Express, Elmpt, opening hours: Mon-Sun 07.00-21.00.
NAAFI Express - Mon-Fri-08.00-20.00, Sat 09.00-18.00 & Sun-10.00-16.00

Sunday Roast Carvery

Cassel's House

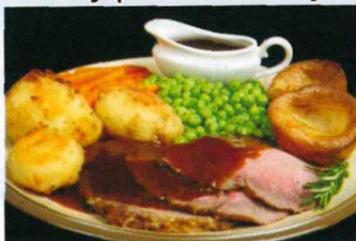
3 course meal

Adults €6.50

Children (under 12) €4.50

Book now on 02161 472 4234

Bookings should be placed by Friday prior to Sunday



Javelin Bowl NEWLY REFURBISHED

Opening Times

Wed & Thu 1700-2100
Fri 1500-2100
Sat & Sun 1200-1900
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Toasties & Hot Snacks Available
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We accept bookings for functions (Inc Out of Hours)
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FREEMASONRY – IT'S NOT A SECRET

MASONIC LODGE IN RHEINDAHLEN

In 1958 Freemasons serving with the RAF formed The Star of Saxony Lodge at Hanger No.1 at RAF JEVER.

There is a long relationship with servicemen and Freemasons and many Lodges were formed shortly after the War. With the closure of the airfield the Lodge moved to it's present rooms in Rheindahlen village. The aim of the Lodge is to celebrate bonds of friendship and raise money for worthy charities.

LODGE ROOMS IN RHEINDAHLEN

The Lodge has raised many thousands of pounds for local and UK charities. There are in fact 15 English/Scottish Lodges throughout Germany, most based around Garrisons from Berlin to Munich. There are hundreds of German and Dutch Lodges that are visited by our members, it is a great way to meet and form friendships all over the world.

With the closure of JHQ, joining a Lodge is an ideal way to stay in touch with ex military and civilians who will remain in the area and help raise funds for charitable

work within the community. If you would like more information about Freemasons or are thinking of joining a Lodge and would like further information please email: saxony853@hotmail.com.



Re-Action

The Rheindahlen Wargames Club has organised and hosted their annual international gaming and trading convention for 2012. The convention was named Re-Action for this year, as originally last year's gathering was supposed to be the last. However, as the club was in such a good position this year, it was decided it could be held one more time.

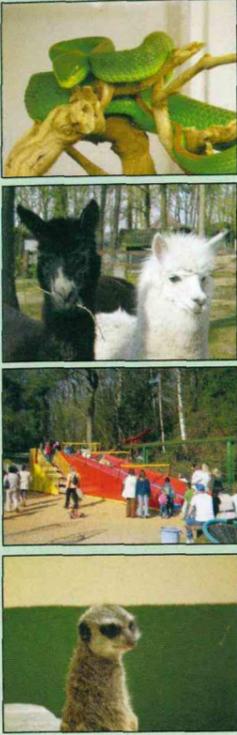


The weekend convention was held at the Rheindahlen Rooms, JHQ, and involved war gamers from a number of countries within North-West Europe, who staging battles in various scales, periods and genres including skirmish, large scale, RPG, board and card games.

There were also a number of traders present selling new and previously owned items, and there was also a bring-and-buy sale happening throughout the weekend.

Rheindahlen War Games Club continues to meet weekly on a Wednesday Evening from 18.45 at 10 Reading Way, JHQ. If you are interested in joining The Rheindahlen Wargames Club you can find more information at www.rheindahlen-wargames.com or by emailing adie@rheindahlen-wargames.com.





Reopens 1 April

Let's go to the Children's paradises!

Natur- und Tierpark Brüggen
 Brachter Straße 98 - 41379 Brüggen
 Tel.: 021 63/54 47 · Fax: 588 36
www.natur-und-tierpark-brueggen.de

Opening Times: 1 April - 31 October - Daily from 9am - 6pm
Electrical rides & snacks 10am - 5pm
Timings might vary with very bad weather

COUPON



By presenting this coupon you will have a

FREE ENTRY FOR A CHILD

accompanied by an adult!

COUPON

teamb

BFG Coupon Price Shock

Amid ongoing uncertainty in Iran and the weakening of the European economies, there has been a increase in the cost of crude oil over the past few months. This has resulted in price hikes at the pumps for both petrol and diesel. The problem has been exacerbated by the relative weakness of the Euro, which affects consumers as oil products are typically paid for in US \$.

Prices in Europe have risen significantly and despite being free of tax the BFG coupon prices have also been hit hard. This means that the BFG motorist will have to bear the same pain as their civilian counterparts. Careful consideration and effort is used when assessing the monthly coupon selling prices and BFG motorists can rest assure that everything is done in order to obtain the best possible deal. Contrary to popular belief, the non-Public BFG Coupon Account only generates sufficient income to cover the cost of the BFG Coupon and the BFG Vehicle Licensing System. No profit is made.

The article below provides a clear insight into how coupon prices are assessed and how funds are generated to finance the two systems.

BFG Coupon Pricing

The BFG motorist will have observed that fuel coupon prices have increased significantly this month. A brief explanation of why and how the price of BFG fuel coupons is arrived at follows below:

BFG fuel coupons are fixed for a month at a time, unlike the pump prices at local service stations which might fluctuate as much as fifteen times a month. Favourable contract conditions with our suppliers, ARAL, SHELL and ESSO, provide us with this price stability.

Monthly coupon prices are based upon an average of all service station prices within these suppliers' networks. These prices are then reduced by the Mehrwertsteuer (VAT) element, oil taxes and compulsory stockpile fees. A mandatory administrative charge to cover the costs of the coupon scheme is then added and the coupon price is set. This charge is assessed annually by Management Accountant, HQ BFG.

More observant motorists will have noticed that BFG coupon prices seem to be out of sync with commercial prices; this is because cost prices between the 20th and 26th of the previous month are used in setting coupon prices. Consequently, BFG motorists can pay more (or less) than the current commercial market price in any one month. However, overall experience has shown that the BFG motorist is never disadvantaged as short term price variations are always corrected, albeit in retrospect.

150,000 petrol coupons are purchased and used each month. Additionally, another 300,000 coupons remain unredeemed in BFG motorists' possession from one month to the next. This "back-log" of coupons has to be re-valued and the new value taken into account when assessing the next month's selling prices

Another situation that may appear puzzling is the apparent disparity between BFG coupon prices and commercial pump prices, particularly regarding diesel prices. This is largely due to the differing tax levels on petrol and diesel; the table below illustrates how a lower tax on a cheaper fuel renders it more expensive in its untaxed form which BFG motorists are entitled to.

	DIESEL	PETROL
Pump Price	€0.90	€1.00
Less Mineral Oil Tax	€0.47	€0.65
Untaxed Cost	€0.43	€0.35

The fuel coupon pricing system may appear complicated and at times seems to be working against market trends, but any changes in market prices are passed on to the BFG motorist in as fair and prompt a way as possible.



WHATCAR? CAR OF THE YEAR 2009

The new volvo XC60. The first suv with self-stopping technology as standard and now available with an additional £2,000 Scrappage Bonus!

ON THE ROAD UK BASIC PRICE (XC60 2.0 D3 DRIVe ES)	£26,795
TAX-FREE PRICE	£22,170
MILITARY PERSONNEL DISCOUNT	£19,288
ADDITIONAL 'SCRAPPAGE BONUS' (MINIMUM)	£2,000
TOTAL PRICE OF CAR, INCLUDING REGISTRATION & DELIVERY	£17,695

AWARD WINNING FOR ONLY £ 17.695,- DELIVERED!

Volvo. for life



When purchasing your next volvo, trade in any car and get a minimum £2,000 Scrappage equivalent bonus – meaning if you qualify for tax-free status you can drive away a brand new award winning XC60 2.0 D3 DRIVe ES from just £17,695 – saving you 33% off the UK on-the-road basic price. We are also able to tailor a specific finance package to your individual requirements.

FUNDS FOR THIS ADDITIONAL SCRAPPAGE EQUIVALENT BONUS ARE AVAILABLE ACROSS THE VOLVO RANGE BUT ARE LIMITED, SO DON'T MISS OUT- CALL US TODAY.

VOLVOCENTRUM
MÖNCHENGLADBACH

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Krefelder Straße 674 • 41066 MG • (Opposite Realkauf, next to McDonalds)
 Tel. +49(0)2161/9699973 • Email: jbird@vc.fsoc.de • www.vcmg.de

Rules For Carriage Of Civilians & Dependants ID Cards In BFG

Policy. Standing Instructions for British Forces Germany Number 3217 – Families Administration provide the policy and guidance regarding the requirement to carry Civilian and Dependant Identity Cards for personnel stationed in Germany. Serving personnel are already in possession of a military ID Card and are therefore unaffected by these rules.

Control and Entitlement.

HQ BFG G1 Casualty & Compassionate are the department responsible for the policy and issue of civilian and dependant ID cards across Germany. There are four categories of Civilian and Dependant ID Card:

- **Green** 'Head of Household' Civilian ID Card – issued to all entitled MOD Civil Servants (including SCE) and Sponsored organisations' employees including SSAFA, WRVS and DMWS.
- **Blue** 'Dependant' ID Card - issued to dependant spouses and children of serving personnel, MOD Civil Servants (including SCE) and Sponsored organisations' employees.
- **Red** 'Head of Household' Civilian ID Card – issued to all entitled Contractor Staff.
- **Yellow** 'Dependant ID' Card – issued to dependant spouses and children of entitled Contractor Staff.

Both the Green and Blue ID Cards identify the bearer as holding full BFG Status including entitlement to medical and dental treatment under British Forces Germany Health Service (BFGHS). The Red and Yellow ID Cards confirms limited BFG Status has been granted by HQ BFG Civil Secretariat, which does not include entitlement to medical and dental treatment from BFGHS.

Dependant Children.

All dependant children are required to carry a Civilian ID card from the age of 8 until they reach their 25th birthday, the point at which BFG Status ceases. This applies also to children who attend schools and universities outside Germany and who visit their parents under the School Children's Visits scheme.

Application Process.

All initial and renewal applications for Civilian and Dependant ID Cards are to be made through Unit Welfare Offices, who are mandated to maintain a local register of applications, replacements and withdrawal of ID cards, ie for when families leave Germany. Unit Welfare Offices will advise on the correct procedure for applications thus ensuring the correct supporting documentation and appropriate photographs are provided in accordance with SI BFG 3217.

De-registration.

Civilian and Dependant ID Cards are to be cancelled when the holder leaves BFG permanently or when BFG Dependant Status ceases. It is essential that all ID cards are handed back to Unit Welfare Offices for return to HQ BFG G1 Casualty & Compassionate.

Temporary Identity Certificates

These are issued through Unit Welfare Offices for circumstances such as; pending initial or replacement of lost or damaged cards; to cover the withdrawal of ID cards prior to the holders departure from BFG or for any family visits. Temporary ID Cards are normally valid for one month from the date of issue.

BFG Vehicles Travelling to Northern Ireland

All BFG personnel travelling to Northern Ireland on leave and taking their RHD BFG registered vehicle with them are to remove the 'Emission Sticker' attached to their windscreen before they arrive in Northern Ireland.

On return to BFG they are to apply for a new 'Emission Sticker' using Annex H to Section 4 to SOBFG 3213. The application is to be signed and stamped by the unit admin office confirming travel had been for leave. The 'Emission Sticker' will then be replaced free of charge.



New Tougher Road Traffic Laws in France

By W01 Des Lynham

The French authorities have recently introduced a series of tougher measures which will apply to all drivers on French roads.



Whilst it has been an offence in France for a number of years, under article R413-15 of the French 'Code de la Route' (highway code) to use equipment that can detect a radar signal, the new laws take matters a step further by banning 'driver aids' which incorporates data, giving a warning of where speed cameras are located. Any device e.g. Satellite Navigation System (Satnav) or GPS systems which is able to warn or show the location of speed camera sites, is banned from use on French roads. Be aware, this also include Smartphones which have this function included. Anyone found to be in possession of such items may be punished and the penalty for the new offence is steep – a fine of up to €1500 and the loss of up to 6 points on the drivers' license. The police have also been granted powers of seizure, which can include the vehicle itself, if the device cannot be removed from the vehicle.

As a result of the changes, the French government has installed hundreds of new speed cameras and is said to be slowly removing all road signs indicating the location of existing fixed speed camera sites. Public information about the location of fixed radars will also no longer be

available and the map indicating the location of speed cameras has been withdrawn from the Government website. In most cases, it seems the speed camera warning signs are being replaced by speed warning signs, which simply signal your speed. These signs may be placed at any distance from the speed trap itself, contrary to previous practice when warning signs were placed several hundred metres from it. Police are being vigilant in their enforcement of the law.

By way of dispensation, the use of warning devices that signal 'accident black spots' (where there may or may not be speed cameras), will continue to be permitted. The accident black spots have yet to be defined by the government.

Those with existing speed camera detection systems are required to bring them into conformity with the regulations, a process which can be done over the internet, by simple deactivation of the function, or by a visit to the garage for those devices built integrally into the car.



Older versions not capable of being altered will need to be removed from the vehicle.

For those with GPS via a Smartphone, then it will be necessary to charge a new version available over the internet e.g. App Store, Android Market.

Don't Lose Your Vote!

Thousands of members of the Armed Forces could lose their chance to vote this year if they do not fill in a voter registration form.

Each year Service personnel at home, overseas or on deployed operations cannot have their say in elections because they do not register to vote by the deadline. Now, Armed Forces personnel are being encouraged to go along to a unit registration day, to be held at units throughout February 2012, or download and fill in a registration form - see Related Links.

Local government elections will take place in many parts of England, Wales and Scotland on Thursday 3rd May 2012. There will also be elections for the Greater London Assembly and Mayor of London on the same day.

Service personnel who know they will be abroad on Thursday 3 May 2012, or who can't make it to a polling station in person for another reason, can apply to vote by post or by choosing a proxy - a person they trust to vote on their behalf.



Garrison Libraries & Information Centres By Teresa Hoey

Elmpt Library and Information Centre

Opening Times

Monday 09:00-17:00
 Tuesday 09:00-17:00
 Wednesday CLOSED
 Thursday 09:00-17:00
 Friday 09:00-15:00
 Saturday 09:00-13:00 (21st April only)
 Email: elmplib@alibs.detsa.co.uk
 Tel: 02163 973331 Mil: 94868 3331

Rheindahlen Library & Information Centre

Opening Times

Mon & Tues 09.00-17.00*
 Wednesday 13.30-17.00
 Thursday 09.00-17.00*
 Friday 09.00-12.30

Email: rheilib@alibs.detsa.co.uk
 Tel: 02161 472 2616 or Mil 9482616
 * Closed for lunch

World Book Day

Throughout the week (27th Feb -2nd Mar), Rheindahlen Library welcomed children from Ark and Andrew Humphries Schools to celebrate World Book Day 2012. Library staff organised a range of activities for the children to enjoy and learn. Young children enjoyed stories and designed their own bookmarks, whilst the older age group participated in quizzes, designed their own book covers and learnt about the Dewey Decimal Classification System.

At the end of their visit, the children were invited to choose a 'withdrawn' book to take away with them as a token and to reinforce World Book Day's message that books and reading are important.



Easter Stories and Competition

This month enter Rheindahlen Library's Easter colouring competition; the last day for entries will be 10 April. Book in for Easter story time for under five's and join in our Easter Egg Hunt.

Storybook Soldiers Recordings

Storybook Soldiers recordings can now be made in Rheindahlen Library.

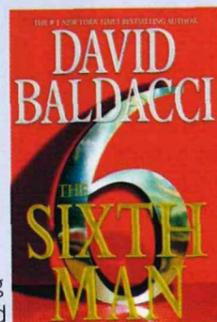
For information or to arrange to make a recording then please contact: Jayne Bowen, JHQ Civ (021161) 472 8592 or JHQ Mil (72) 8592



New Books Coming Soon

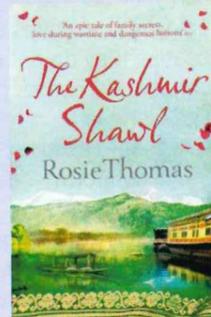
DAVID BALDACCI - Sixth Man

When alleged serial killer, Edgar Roy, is locked away in Cutter's Rock psychiatric unit, private investigators, Sean King and Michelle Maxwell, are called in by Roy's lawyer, Ted Begin. The investigation gets derailed before it begins when Bergin is found murdered in his car on the highway. A sinister trail of terrifying events begins to unfold as King and Maxwell attempt to determine Roy's guilt or innocence.



ROSIE THOMAS - The Kashmir Shawl

Newlywed, Nerys Watkins, leaves Wales for the first time in her life, to accompany her husband on a missionary posting to India. But the battles draw ever closer, and life in Srinagar becomes less frivolous when the men are sent away to fight. By the time she is reunited with her husband, the innocent Welsh bride has become a different woman.



Home-Start BFG



Home-Start Contact Details

Home - Start Elmpt
 Building 88 (Above Noah's Ark)
 Organiser Julie Johnson
 Monday - Friday 09:00 - 12:00
 Tel: 02163 972473

Home - Start Rheindahlen
 Trenchard Road JHQ
 Organiser Claire Webber
 Monday - Friday 09:00 - 13:00
 Telephone 02161 4723570

Home - Start Wildenrath
 Building 88 (Above Noah's Ark)
 Organiser Julie Johnson
 Monday - Friday 09:00 - 12:00
 Tel: 02163 972473

Home-Start Elmpt

(Groups open to the whole Garrison)

Easter Activities (2nd -13th April)
 Struggling with ideas to keep the children amused over the holiday?

We are offering the following fun days for your family.

- Cake and Biscuit decorating-03/04/12
- Easter Egg Hunt-05/04/12
- Alpimaro Jungle Gym (own transport)-10/04/12
- Scavenger Hunt-12/04/12

Pop into the scheme to secure your place. Spaces are limited and a small charge is also required to cover the cost of materials. or call 02163 97 2473.

Additional Groups

Every Monday, Thursday and Friday- Drop-Ins. Meet friends and let the children play in a safe environment. Arts and Crafts, Music fun and other activities available for little fingers.

Every Tuesday - Baby Talk, Support group for parents and carers of children 0-1yrs. Offers advice and support from your local Health Visitor and other Health Care professionals.

Every Wednesday - "New Spring" Coffee and Cake Come and have a slice or two of cake, whilst the children play in a safe environment. Arts and Crafts, Music, fun and other activities available for little fingers.

Self-Weigh Drop-In

We are pleased to offer a self weigh facility for you to come and weigh your baby. Please pop into Home-Start any time between 9:30-11:30 Mon -Fri.

For further info on all this and more Please contact Julie or Jane on 02163 972473 or pop into Home-Start (above Noah's Ark crèche)

Regular Drop In

- Mon-Drop in 09.30-11.30
- Tues Baby Talk (Antenatal support) 09.30-11.30
- Wed Tea and Toast 09.30-11.30
- Thu Drop-In 09.30-11.30
- Fri Drop-In 09.30-11.30

Relax in a safe environment for children to play and meet new friends. **WE LOOK FORWARD TO MEETING YOU!**

Home-Start Rheindahlen

EASTER ACTIVITIES 2012

Tuesday 3rd April 10.00-13.00

Trip to ALPIMARO'S PLAY ARENA, WEGBERG
 Meet at Alpimaro's 10.00. Subsidised entrance cost.
 Please register your name with Home - Start Rheindahlen Office if you wish to join us.

Wednesday 4th April 10.00-11.30

Easter Coffee Morning in St Andrew's Annex

Regular Activities

First Steps - Fridays 10.00-11.30
 Drop-In for new mums and new babies, up to 1Yr

Little Darlings - Wednesday 09.45-11.30
 An interactive toddler group

Music, Mummies & Me - Thursday 10.30-12.00
 Little ones' music group - please book your place

Bigger Darlings - Thursdays 13.15-1500
 An interactive preschool group

Everybody welcome! Parent & Child Groups meet in the St Andrew's Church Annex (Thrift Shop)

Home-Start Wildenrath

Wednesday 9.30am - 11.30am tea, toast & tots

Friday 9.30am - Drop-in - Play group rooms

Make A Stand For Thomas...

Members of the Rhine Garrison are supporting a campaign to raise £25,000 to fund a life-changing operation for Thomas Arnett, a 13 year old boy suffering from cerebral palsy.



Home-Start Wildenrath will be collecting cans and bottles during the month of April and collecting the pfand money on them. All money will go towards the campaign.

Please bring your clean bottles and cans in bags to the Home-Start office.

Together we will make a difference for Thomas!

For Children's Birthdays

Panorama-Bistro mit Seeterrasse
Inselchloessen am Hariksee

1 Rundfahrt auf dem Hariksee*
with Charlotte (the little boat)

Every Child receives
1 x Alcohol-free drink 0,2 l
1 x Chicken Nuggets & Chips mayo/ketchup
1 x Captain's License
Birthday Child Free! (max. 15 Children)

8,50 € per child

Advance Bookings Only

Inselchloessen am Hariksee
Harikseeweg 78 · 41372 Niederkrüchten
For GPS: Wiesenstraße 47, Niederkrüchten/Brempt
Tel. 0 21 63-57 56 133 · Fax 0 21 63-57 56 135
info@insel-schloessen.de · www.insel-schloessen.de

* 1 Trip around the Lake at Hariksee

VERBAND DER OSTEOPATHEN
DEUTSCHLAND e.V.

**CHIROPRACTIS
NILS HANSEN**
CHIROPRACTOR & OSTEOPATH



MANUAL TREATMENT OF
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CHILDREN ALSO TREATED.

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TEL. 02434-92 91 99
PLEASE CALL TO MAKE AN APPOINTMENT

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NEW: Tax Free Shopping NOW Available

ALSO Pre-walkers First Shoes Infant Shoes Plimsolls

- Walk away with fitted **black** school shoes
- Professional shoe fittings carried out in English
- School shoes up to an **adult Start-rite size 6**
- Shoes in half sizes and width fittings

We recommend you call early as we do get fully booked.

Call 0151 1943 4988
By appointment only.

Find us on Facebook Search for: Thebfgshoelady

start rite

For 1 year of loyalty we are offering 15% off all meals on Fri 20th, Sat 21st and Sun 22nd April 2012

China Restaurant 蒙古城 Mongolei
Am Bahnhof 5 · 41844 Wegberg
Tel.: 02434 - 80 80 628

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

Daily Lunch & Evening

CHINESE BUFFET
JAPANESE SUSHI
MONGOLIAN GRILL
Good - Fast - Value

Lunch Buffet
Mon-sun from 11.30-14.30
(Except for public holidays)
Euros **6.50** per person
Children up to 11 years, euros **3.80** and under 5 years **FREE** of charge

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

Large Evening Buffet
Friday - Sunday from 17.30 - 22.00
(including public holidays) Euros **10.80** per person
Children up to 11 years Euros **5.80** and under 5 years **FREE** of charge
All dishes are also available to take away

Fun weekend for Rainbows, Brownies and Guides

Maxine White/Hedgehog, 1st Rheindahlen Guides

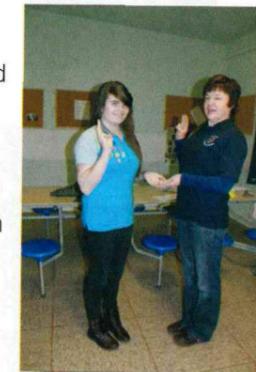
All the Rainbows, Brownies and Guides from Rheindahlen and Elmpt met up at the Guide Hut on JHQ for a fun weekend and giant sleepover together.

We met up on the Saturday nearest to Thinking Day (22nd February), because that's when we think of our members all over the world. This date was originally chosen due to it being the birthdays of both our founder Robert Baden-Powell, and his wife Olave.

We did lots of activities, "slept" on roll mats in sleeping bags, and had a special Thinking Day service at St Boniface church (a big THANKS to Padre Craven for this). Leaders often wonder why it's called a 'sleepover' when there's so little sleep involved... surely it should just be called an 'over'!

Guides - Emily becomes a Young Leader

Congratulations to Emily, who has just taken her Promise and has become a Young Leader with 1st Rheindahlen Guides!



Emily now assists the adult leaders and helps the girls with their activities.

Rainbows - Buttercup gets Award

Rainbows - Buttercup gets 5 Year Award Buttercup of 4th Rheindahlen Rainbows has now been a Leader for five years. Well done, Buttercup!



District Commissioner gets Award

Girl Guides' District Commissioner gets 30 Year Award

Kerry has been a leader for THIRTY YEARS and she doesn't look a day older than 29-ish! Kerry has run Rainbow, Brownie, Guide and Senior Section units, all on a voluntary (unpaid) basis and has made a positive difference to so many girls' lives. She has spent countless hours preparing and running meetings, taking the girls to camp, taking them on days out and taking them on international trips. She also ran the Guide Shop until its recent closure due to drawdown and is our Outdoor Activities Adviser. THANK YOU KERRY, from all in British Guides In Germany.



RESPECT meet Lt Col Thorne

By Grant Davis

RESPECT is the Rhine Garrison Youth Forum which champions the rights of young people, bringing into focus the effects that policy can have on young people, their rights and quality of living.

Each year the group holds a formal meeting to which significant members of the community are invited. This gives the RESPECT members a chance to voice the concerns of the Garrison's young community to the people that can make a difference.

Traditionally this meeting is well supported and this year was no different with Col Thorne (Dep Garrison CO), Brian Davies (Windsor School Head Teacher), Keith Atkins HSSO Elmpt representative, Sharron Samy (14 - 19 Partnership) and Brian Howarth (AWS) in attendance. All were very supportive and answered the group's questions. Col Thorne was able to allay their fears over the closure of facilities whilst Mr Davies gave advice to the group concerning careers fairs.

Each year RESPECT is given €5000 to distribute to local youth groups and organisations. All of the groups

who applied for funding received the amount they had applied for which included the Elmpt Junior Football Club, Rhein Rhinos, 1st Nord Park Scouts, Rheindahlen Scouts, RG Gold DofE Group, Rheindahlen Sharks Swimming Club, 14 - 19 Pathways and the Rheindahlen Youth Club. Due to an over-subscription to this fund, the RESPECT group donated a further €100 from their own funds.

REPSECT would like to thank everyone who attended the meeting and for their continued support.



Wildenrath Farewell Party At Windmills Club

By Erika Taylor

The Royal Air Force closed RAF Wildenrath in 1992 after 40 years, but that was not the end of the Wildenrath Families Housing Estate.



Twenty years after becoming a housing estate for families of British Forces personnel, based in Javelin Barracks and JHQ, the final big farewell was a successful celebration of all that the Wildenrath community stands for. Spirits were as high as they could ever be, as they partied one last time before the imminent closure of the estate and the Windmills Club later this year.



About 120 residents, past and present, came to help celebrate this great farewell of, not only a housing community, but also the last all ranks club. It is a venue where all are made welcome and where so many have had a good time over the past two decades. The Club is the celebration hub for all Wildenrath residents, solely run and financed by the local community.



The final farewell was organised by WO1 Richie Birch, supported by WO2 Guy Davis, SSgt Steve Perry, WO1 Austin Rodway and not forgetting Sgt Andy Drummond, who arranged the buffet.



It was a star studded evening of entertainment, headed by 'Miss Cookie', introduced as the alternative forces sweetheart, the popular duo 'Cherry Fresh', all the way from the Netherlands and, of course, DJ Ash Turley, who kept everyone on their toes, before, during and after the entertainers, rounding off the evening perfectly in the early hours of the next day.



Joining in the celebrations were Lt Col Al Long, CO 7th Signal Regiment, and Maj Matt Nuttall, Royal Signals, Elmpt Stn QM. The atmosphere was electric with the spirit of the community bringing the celebration to an all time high for the very last time.

Elmpt car boot sale



What a fantastic turn out, 27 cars from across the Garrison took part in the car boot sale in Hangar 3, in Javelin Barracks.

It was great to see so many from JHQ joining in the community spirit, both with their cars- selling their wares and also coming to find a bargain to buy.

Mother's Day Card Competition

Home-Start Elmpt asked the pupils of Bruggen School to create Mother's Day cards. The best cards from each year won a prize for both Mum and the child. We received lots of lovely cards and it was hard to choose the best ones. NAAFI kindly donated Easter Eggs and boxes of chocolates for each winner.

The lucky winners were:

- Alex Russell
- Augustus Shrestha
- Scarlett Johnson
- Saul Johnson
- Charlie Del
- Tegan Aplin
- Katherine Davies.



Well Done to everyone who took part.

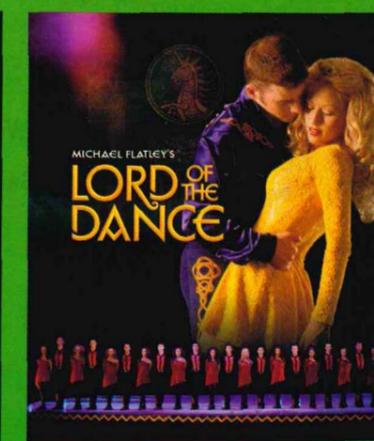
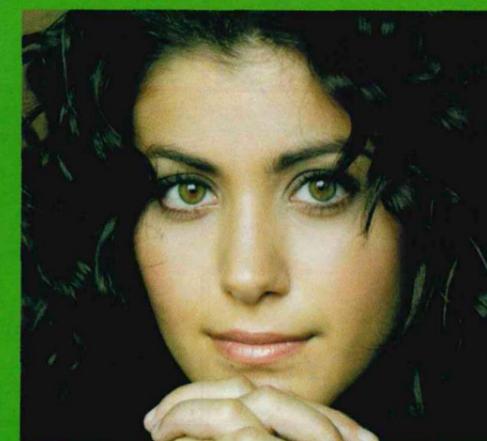


CONCERTS AND SHOWS

The Beach Boys
Warsteiner Hockey Park,
Moenchengladbach
5th August
Tickets 52.00 euros
www.eventim.de/beach-boys

Katie Melua
Mitsubishi electric Halle
Siegburger Straße 15
40591 Düsseldorf
24th October
Ticket hotline: 0211775057

Michael Flatley's Lord of the Dance
Königs Pilsner Arena
Oberhausen
31st May
Tickets 52.65 euros - 81.40 euros
Ticket Hotline: 0208-82000



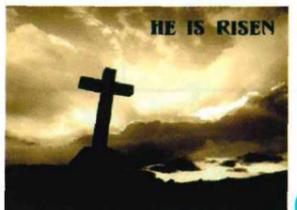
Your Garrison Guide

April 2012



Your Garrison Guide

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Regular Events
<p>SCE School Holidays Week 1 2nd - 13 Elmpt coffee morning in Village Green Closure of BFPO post boxes</p> <p>34 AEC & Elmpt enrolment day until 4th May</p> <p style="text-align: right;">02</p>	<p>Holy Tuesday St Thomas More @18.00</p> <p>Homestart Elmpt cake and biscuit decorating</p> <p style="text-align: right;">03</p>	<p>RSU Welfare Brief RSU Welfare Centre from 10.00-12.00</p> <p>Home Start Easter Coffee monrnng, St Andrew's Annex</p> <p style="text-align: right;">04</p>	<p>Maundy Thursday GOC Quarterly Brief</p> <p>No RSU Coffee Morning</p> <p>Homestart Elmpt Easter Egg Hunt</p> <p style="text-align: right;">05</p>	<p>Good Friday</p> <p style="text-align: right;">06</p>	<p>Rheindahlen Library Open 0900-1300</p> <p>AWS Ski Trip 7th - 13th Austria</p> <p style="text-align: right;">07</p>	<p>Easter Sunday</p>  <p style="text-align: right;">08</p>	<p>Regular Events Elmpt</p> <p>Elmpt Coffee Morning Every Monday in the Village Green</p>
<p>Elmpt coffee morning in Village Green</p> <p>SCE School Holidays Week 2 2nd - 13</p> <p style="text-align: right;">09</p>	<p>Deadline For Bulletin Articles & Ads Ex Closing Gambit Final pre-deploy 10-20</p> <p>Alpimaro Jungle gym (own transport)</p>  <p style="text-align: right;">10</p>	<p>Fire Service Long Service Certificates presentation from 14.00-16.00.</p> <p style="text-align: right;">11</p>	<p>Homestart Scavenger Hunt</p> <p style="text-align: right;">12</p>	<p style="text-align: right;">13</p>	<p>RSU trip to Duisburg Zoo Adults 8 euros, kids under 13 4 euros</p> <p>DFRS Exercise in Elmpt from 09.00-14.00</p> <p style="text-align: right;">14</p>	<p style="text-align: right;">15</p>	<p>Bingo - Elmpt Bistro - Javelin 12th & 26th April. Doors open 19.00 Eyes Down 20.00. All welcome. Cash prizes. raffle, buffet and bar</p> 
<p>Elmpt coffee morning in Village Green</p> <p style="text-align: right;">16</p>	<p style="text-align: right;">17</p>	<p style="text-align: right;">18</p>	<p style="text-align: right;">19</p>	<p style="text-align: right;">20</p>	<p>Rheindahlen Library Open 0900-1300</p> <p>16 Signal Regiment Deployment period Starts</p> <p>Elmpt Music Club presents live music and karaoke at the No 4 Civilian Club from 19.30</p> <p style="text-align: right;">21</p>	<p>Mini Rhinos Rugby Tournament Solingen</p> <p style="text-align: right;">22</p>	<p>RMC</p> <p>RSU Walking Group Tue & Thu Meet 09.30 Welfare Office All welcome.</p> 
<p>St George's Day</p>  <p>Elmpt coffee morning in Village Green</p> <p style="text-align: right;">23</p>	<p>Raleigh For Heroes at JHQ NAAFI from .9.00-16.00</p> <p style="text-align: right;">24</p>	<p>Driving School information evening at Village Green at 18.30</p> <p style="text-align: right;">25</p>	<p>Raleigh For Heroes at Officers v WOs & Sgts' Messes Golf Elmpt NAAFI from 9.00-16.00</p> <p>Officers v WOs & Sgts' Messes Golf at Elmpt</p> <p style="text-align: right;">26</p>	<p>BFG Test Centre - JHQ Last Appointment</p> <p>Scout Camp 27-29</p> <p>Globe Cinemas showing 'Avengers Assemble' in 2D</p> <p>Quiz night at Village Green at 19.00</p> <p style="text-align: right;">27</p>	<p>Mini Rhinos U13 Rugby Tournament Luxembourg</p> <p style="text-align: right;">28</p>	<p>Elmpt/Wildenrath Community Trip to Toverland</p> <p style="text-align: right;">29</p>	<p>Coffee & Cakes RSU Welfare Centre First Thurs of month 09.15 -11.45 All welcome</p> 
<p>Elmpt coffee morning in Village Green</p> <p style="text-align: right;">30</p>	<p>World Asthma Day German Public Holiday</p> <p style="text-align: right;">1st May</p>	<p style="text-align: right;">2nd May</p>	<p style="text-align: right;">3rd May</p>	<p style="text-align: right;">4th May</p>	<p style="text-align: right;">5th May</p>	<p style="text-align: right;">6th May</p>	<p>Children's Storytime Every Tue 14.15 - 14.45 Children's Room Rheindahlen Library</p>  <p>RBL Bingo - Lion's Head Wednesdays 1900 - 2200</p>

**Know any events happening soon?
Please let us know.
Phone us on 02161 472 4789
Email: teambulletin@yahoo.com**

RSU Welfare trip to Amsterdam



GLOBE CINEMA JHQ - APRIL

Friday 6th April	Saturday 7th April	Sunday 8th April	Tuesday 10th April	Wednesday 11th April
CLOSED	CLOSED	CLOSED	<i>Show starts 19:00</i> THE HUNGER GAMES (12A) 142 mins Sci-Fi Thriller Jennifer Lawrence Josh Hutcherson	<i>Show starts 19:00</i> CORIOLANUS (15) 122 mins Thriller Ralph Fiennes Gerard Butler

Friday 13th April	Saturday 14th April	Sunday 15th April	Tuesday 17th April
<i>Show starts 19:00</i> WRATH OF THE TITANS (12A) 99 mins Action Sam Worthington Liam Neeson	<i>Show starts 19:00</i> SAFE HOUSE (15) 115 mins Action/Thriller Denzel Washington Ryan Reynolds	<i>Show starts 15:30</i> WRATH OF THE TITANS (12A) 99 mins Action Sam Worthington Liam Neeson	<i>Show starts 19:00</i> SAFE HOUSE (15) 115 mins Action/Thriller Denzel Washington Ryan Reynolds

Friday 20th April	Saturday 21st April	Sunday 22nd April	Tuesday 24th April
<i>Show starts 19:00</i> THE WOMAN IN BLACK (12A) 95 mins Thriller Daniel Radcliffe Janet McTeer	<i>Show starts 15:30</i> JOURNEY 2 - THE MYSTERIOUS ISLAND (PG) 94 mins Family Dwayne Johnson Michael Caine	<i>Show starts 15:30</i> THE WOMAN IN BLACK (12A) 95 mins Thriller Daniel Radcliffe Janet McTeer	<i>Show starts 19:00</i> WRATH OF THE TITANS (12A) 99 mins Action Sam Worthington Liam Neeson

Friday 27th April	Saturday 28th April	Sunday 29th April	Tuesday 1st May
<i>Show starts 19:00</i> AVENGERS ASSEMBLE (TBC) Action Robert Downey Jr. Scarlett Johansson ON WORLDWIDE RELEASE DATE!!	<i>Show starts 15:30</i> A MONSTER IN PARIS (U) 90 mins Animation Mathieu Chedid Vanessa Paradis	<i>Show starts 15:30</i> AVENGERS ASSEMBLE (TBC) Action Robert Downey Jr. Scarlett Johansson	<i>Show starts 19:00</i> ONE FOR THE MONEY (12A) 91 mins Comedy Katherine Heigl Jason O'Mara

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

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

For information Tel: 02161 559518 or Mil: 2146

Visit website: www.ssvc.com/cinemas

Let Us Know What You Think....

Suggestion box in the foyer, please place your comments in the box.

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

Long-Service Certificate

Jorg Meling has recently been presented with a 'Long Service Award', having completed 35 years of service in BFG.

Jorg started work as a Vehicle Mechanic Apprentice at the 37 Rhine Reme Workshops back in 1976 before becoming a full Auto Mechanic three years later.

In 1987 he became a Vehicle Inspector, and then 2 years later took on the role as Technical Inspector of the Inspectorate of Engineer Resources in Willich, a role that he kept for 8 years before joining RALSU at JHQ in 1997 as Garrison Health and Safety at Work Expert.



Getting Your Book Published

As the saying goes 'everyone has a book in them' and many have the aspiration to put pen to paper and more importantly get published.

However, while there are many sites available on the internet, it is difficult to know who can offer the best advice. Martina Hercus is a self confessed bookworm and has dabbled in writing for years. She says, "One useful site is www.publishyourownebooks.com. This is sub divided into different categories like publish, formats and marketing and gives a step by step direction in how to self publish. Also, you can sign up to their e-book publishing newsletter for free".



way for people to access it. If you would like further information, then google ebook publishing.

Different guidelines are offered if you want to publish children's books. Librarian, Carol Yates, has a great knowledge of books and has written some stories herself. She says, "It's important to do some thorough research if you want to sell your book. One book I would recommend is 'Writers and Artists Year Book' that has got information on everything you could possibly want to know about writing. It gives you all the rules that you need to follow".



Martina also recommends www.reviews.cnet.com. This site belongs to David Carnoy and he advises you how to self publish an ebook. He gives very detailed advice on other sites that will help you decide where to go for further advice. He also gives a detailed breakdown on how much individual companies charge and brief advice on Amazon Kindle.

www.Scribd.com aspires to be the literary equivalent of youtube. So getting your book on this site is a good

One definite rule is that a children's book should be 32 pages long exactly including illustrations – a point that is worth knowing. Also, many publishers don't necessarily want to read your script initially, but would rather you send a letter telling them a bit about yourself and the book. There is also the chance that a specific publisher is just looking for a certain style of book.

Whatever book you want to write, just follow the guidelines - and good luck.

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L FAHRSCHULE

Get your German and european driving licence!



Information and Theory lessons every wednesday from 6:30pm till 8:00pm in room No: 2, Javelin Barracks, Education Center, Elmpt, Building 77



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30% Profit From Work Skills Enterprise Event

Alexander Fleming, a BTEC Work Skills student, successfully undertook his own enterprise event at Windsor School in February. He developed the idea of opening a Pizza Shop over breaktime at Windsor School, researched and then planned an event which required elements of budgeting, marketing and sales.

Alexander surveyed students at the school to make informed choices about whether his enterprise idea was likely to be successful and learnt which pizzas would be most popular. Salami, Ham & Mushroom and Vegetarian Pizzas were top of the list. Alexander designed his own advertising poster which was displayed around the school. He bought ingredients, keeping account of his spending and planned to make the pizzas himself under the watchful eye of Sharon Rigg who works in the Food Technology Department at Windsor School.

On the day, Alexander reminded students that Pizzas were on sale by making announcements over the tannoy system. Alexander served his pizzas to over 50 customers and, at the end of lunchtime had only one pizza left. Karen Clark (Deputy Headteacher at Windsor School) commented that, having taken into account expenditure and income, 30% profit was a clear indication that Alexander's Enterprise Event had been a

success. Alexander has understood and demonstrated the responsibility, commitment and skills required in business. He will be leaving Windsor School in March, to begin his army training. We hope he will continue to be successful in his chosen career.

Having this opportunity to explore enterprise within an educational framework enables students to acquire skills and experience which will be valued in the world of work. Four more students are planning their own Enterprise Event before Easter - a Disco for Windsor Pupils aged 11-14 - which will be taking place on 22 March. Here's hoping that this event will be equally profitable all round!





16 Signal Regiment Community Support Office



Days Out

13th May - Families Sunday Lunch in Wall and Willow

20th May - Families Trip to Irrland.

Returns are available for the above trips in the Community Support Office, the need to be returned by 27th April and 6th May respectively.

There will be a coffee morning held at The Village Green every Thursday at 09.30 starting on 10th May.

16 Signal Regiment

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

Centre Opening Hours

Monday to Thursday 0830 – 1630, Friday 0830 – 1300

Rental Services -

Power Washer €10 a day, Carpet Cleaner €10 a day
Bouncy Castle €15 a day, Tom Tom (charge tbc)

Free Services - TV, Camcorder, Camera

Administrative Services -

Fax Service Passport & ID Card Applications,
Housing Applications, Temporary Visitors Passes
Shopping Permits, Kindergeld Application Forms
Free broadband internet for research & communication



7 Signal Regiment Welfare Office



Welfare Office Mission - "To provide a comprehensive and confidential primary welfare support service in order to maximise the operational effectiveness of 7th Signal Regiment".

Advice on Assignment

Upon receipt of Assignment Order, the SERVICE PERSON is to complete the following actions.

- Report to the Welfare Office to:
 - Submit a request for Service Accommodation at the receiving unit.
 - Complete the required paperwork pertaining to Kindergeld.
 - Submission of request for Furniture Removals Service. (Upon receipt of address at receiving unit)
- Report to the Station Housing Office to arrange a Pre-March Out Advisory Visit. (PMOAV)
- Vehicle Owners are to report to the BFG office to commence the vehicle de-registration process.
- Parents are to advise the school office of their child's last date of attendance at school.
- The SERVICE PERSON is responsible for:
 - Cancellation of Cable TV contract.
 - Cancellation of telephone contracts.
 - Return of dependants ID & Ration cards to the Welfare Office.

7th Signal Regiment Welfare Team

WO2 Stuart Reynolds – 02163 97 2227
Father Daniel Hernandez – 02163 97 4410
SSgt Steve Munro – 02163 97 4746
Sgt Mick Case – 02163 97 4746
Miss Julia Mantle – 02163 97 4746
Welfare Fax - 02163 97 4747
Out Of Hours (via Guardroom) 02163 97 2535

Centre Opening Times

Monday - Thursday 0830 - 1630, Friday 0830 - 1300

Rentals - Bouncy Castle €15 a day

Free Services - TV, Camcorder, Camera, Tom Tom

Administrative Services - Fax Service, Passport & ID Card Applications, Housing Applications, Temporary Visitors Passes Shopping Permits, Kindergeld Application Forms
Free broadband internet - research & communication

RUMOUR CONTROL

In this period of change due to the closure of 7th Signal Regiment, please do not react to any circulating rumours. If in doubt contact the Welfare Office for verification. Please direct any housing matters to the housing office at the earliest opportunity

Rheindahlen Community Newsletter



RSU Welfare Centre - April 12



Regular Events

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

RSU Station Families Welcome Brief

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

RSU Walking Group

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

Forthcoming Events

Coffee and Cake Mornings

The Coffee Morning on 4th April has been postponed and the next one is on the 3rd May



Important Information Pet Registration

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

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

Tick Test

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

Contact House

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

Items Available For Hire

Carpet Cleaner Power Washer
Sat Nav Unit Giant Games

Temporary Passes For Visitors

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

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

Out Of Hours Welfare Contact

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

1 Military Intelligence Battalion



1MI Welfare Office

WO2 Dave McQuair
Mil Tel: JHQ 72 5754
Civ Tel: 02161 472 5754
1mi-bnhq-uwo@mod.uk
Office Hours: Mon-Thu 1000-1600
Fri 1000-1300
Out Of Hours Contact: 1MI Duty Officer

Equipment Available For Loan - Contact Welfare Officer for details

Laptops with Internet Dongles
WIN TV Dongle - Free deployment loan
Digital Cameras
Video Cameras
Combined printer and scanner
Combined TV & DVD player (22" flat screen)

1 MI Welfare Centre

1st Friday of month - Family Friday - Bar, Food & Socialise
Other Fridays 1700 - 2300 Battalion social evening - Bar, TV, Lounge, Inside & Outside Children's play area
The 1MI Bn Welfare Centre facility is available for hire to Battalion members for private events.

Regular Events

Battalion Coffee 1MI Welfare Centre
1st Wednesday of month 1230-1500, 3rd Wednesday of month 1000-1230



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

Opening Hours:
Monday to Friday
0900 - 1500

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

Opening Hours:
Mon - Fri 0900 - 1300
Closed 1st Tue of each month

WILDENRATH HIVE

Opening Hours:
Mon - Fri
(Unmanned pick up)
1st Tue of each month
0900 - 1300 (manned)

Days Out

Written by Julie Wright and Lynn Aitken

A selection of ideas for days out within easy reach of JHQ and Elmpt. This is not intended as an all-inclusive list, rather a selection of places that you have visit and enjoy. The HIVE holds leaflets with more details about many different locations.



Ideas for Families

Amsterdam - Amsterdam is more suited for a weekend visit, best seen by boat on one of the many canals which circle the heart of the city. Recommended sights; Queen's Palace, the Old Mint Tower, Diamond factories and Portuguese Synagogue. North of the city – Volendam, Edam and Marken give a glimpse of the "Old Holland" – quaint villages with traditional dykes and decorated wooden houses, where the locals wear native costumes. Trains are available every two hours from Roermond. An Amsterdam guide is available from The HIVE.

www.iamsterdam.com/en/visiting

Köln - Köln is a modern, largely rebuilt city with a wonderful 13th century Cathedral (Dom) with magnificent stained glass windows. Boat trips are available along the Rhine. Top attractions are the museums, Zoo, Chocolate Factory and Aqualand swimming pool. Easily accessible by train, the station is by the Cathedral. Leaflets from the HIVE.

www.koelntourismus.de

Valkenburg - The area around is sometimes called the Dutch Alps since it is the only part of Holland with any hills. Situated just north-east of Maastricht it is essentially a holiday center with grotto's, gardens etc. There is also a short chairlift and rodel bahn, underground caves, a wild animal training school, facilities for swimming and boating, castle ruins, mini-golf, karting, museums, bob-sleigh track, deer park and aquarium, all adding up to make this a truly delightful town. The many Gasthauses with their pavement tables and chairs all blend in and just walking around the town is a joy itself. Visit the Velvet Caves, Sprookjesbos, a theme park set in restful woody surroundings, and Valkanier theme park. Thermae 2000 is a wonderful thermal pool next to a Casino. Nearby is Drielandenpunt, where the borders of Belgium, Germany and the Netherlands meet. You can climb up to a viewing point from which you can survey the three countries. www.vvzuidlimburg.nl

Ideas for Couples

Düsseldorf - Düsseldorf, a pulsating city, is sometimes called the "Paris of the North". It has a very fine Opera House and is excellent for shopping, with all the designer shops along the Kö. The Altstadt and the Rhine promenade with their Boulevard cafés and traditional beer cellars are recommended both by day and by night. The Rheinturm (tower) has a panorama restaurant and a viewing area at the top from which you can see the whole of the city and the river. Schloss Benrath, along the Rhine, is easily visited by one of the many boat trips available. The Aqua Zoo is also worth visiting, especially on a wet day.

Ideas for Single and more adventurous

Arcen - Adventure in Arcen with Avontuur www.avontuurinarcen.nl

Jeeps - Even in bad weather! Fancy an adventure ride? In the field cars with convertible top you follow the experienced guides through the beautiful natural surroundings! There is also a site with water that we regularly visit. This is for all ages and anyone with a driver's license may drive themselves.

Sharp Shooter - The special Lasersniper detector detects the laser beam on the screen and is accurate to 1 pixel. Using the most accurate detector available for shooting simulators and "shoot" with realistic guns and realistic sound.

Potty Paintball - Teambuilding and fun, that's Paintball! The "die-hards" have normal markers. Mixed groups have markers and lighter balls that shoot just as far.

Kick Bikes For young and old - The kick-biking, a good sporting activity for young and old. The size of the wheels and the clever construction of this kick bike scooter is suddenly just as relaxing as bikes! For someone in reasonable condition 25 km steppes is no problem.

The Programme		Please read the following before registering NB. SY = School year e.g. SY3 = School Year 3, i.e. the year group the applicant was in last term, ending March 12						
Activity	Information	Age	Date	Cost	Venue	Timings		
						Start	Finish	
Activity Week	An energetic programme of themed indoor & outdoor activities including Table Tennis, Cricket, Art & Craft, Hockey, Rounders, Table Football, Bowling, Pool, Play Station, Air Hockey. Wednesday activities will include a trip to Toverland Theme Park. Participants will require a valid Passport and EHICard for the trip. On the trip day return transport will arrive at: JYC 17:00, WYC 17:15 and RYC 17:45. Participants may either go home for lunch or bring a packed lunch and drinks with them. Suitable sports clothing should be worn.	SY 3+	2 - 5 April	€50	Javelin YC (JYC)	RYC 09:15 WYC 09:45 JYC 10:00	JYC 16:00 WYC 16:15 RYC 16:45	
School of Rock	Be a star on Electric guitar, bass guitar, drums, or keyboards as you prepare for a concert performance on Friday afternoon. No previous experience is required. A packed lunch is recommended but light refreshments are available at the venue at an additional cost. No transport provided.	SY 5+	10 - 13 April	€50	RMC YC (RYC)	10:00	16:00	
Ski & Snowboarding 2012	Ski 2012 will offer young people a chance to take part in an action packed week of Skiing or Snowboarding under expert instruction. They will also be taking part in a exciting evening programme. The week will be based at the Club Kitzsteinhorn in Zell am See, Austria. Contact AWS for more details.	SY 7+	07 - 13 Ap ril	€400	Zell am See, Austria	TBC	TBC	

ALL FINISHING TIMES ARE APPROXIMATE

For more information regarding the Easter Activity Programme please contact your local AWS office or Youth Centre. JHQ – Ex 3562, 3240, 4009. Javelin Ex 4657

Please register at your local Youth Centre. Complete the attached form and return it with the payment.

AWS Childminding Co-Ordinator

Paula Bentley has recently taken up post with AWS as the Childminding Co-Ordinator. Paula has lived on Javelin Barracks for 7 years and is also self-employed as a registered childminder.

After being graded 'Outstanding' by BFEYS, Paula is very keen to promote and highlight the deserving work of the profession, often overlooked by many as 'just' a childminder! 'My job as a co-ordinator is to provide advice, support and mentoring to Childminders and those in the process of registering, as well as trying to recruit potential childminders. Childminding services are in great demand on the garrisons as they provide a valuable service to the children, parents and the community'.

If you are interested in starting your own childminding business then contact Paula on Mil JHQ 4939

In next month's issue: The rewards of being a registered childminder and the advantages of using their services.



WEST RHINE GOLF CLUB CAPTAIN'S DRIVE-IN

By Charlie Brown

Following an exceptionally mild winter that has treated the course very well, the first competition of the new season at West Rhine Golf Club took place on Saturday 17th March.

The event was organised by Charlie Brown, the new Club Captain, designed to blow away any cobwebs in a relaxed atmosphere and to allow the Members to welcome him into his new role along with the new Lady Captain, Mrs Lesley Pritchard.

The Texas Scramble format attracted 80 players who were split into teams for a shotgun start at 12 noon. After just over 4 hours play, the results were in and it soon became clear that a good organiser will beat a good player any day! The winning team contained both new Captains, ably assisted by Herbert Hartkopf and Jochen Rebell. They pipped the team of Tony Wright, Bernard Sedgwick, Ernst Vranken and Gudrun Rebell by one shot with a former Club Member, Mark Davidson returning to lead his team of Marlene Wright, Don Bowen and Helga Vranken to 3rd spot. Nearest the pins went to Helga Vranken, Doug Glennie, Russ Kilhams and Gaby Partridge.

The prizes, donated by Charlie were presented by the new Club President and Garrison Commander, Brigadier Jim Richardson. The event raised over €400 towards the Captain's Charities for 2012, the Royal British Legion, Mönchengladbach Homeless Drop-In Centre and the Royal Orthopaedic Hospital League of Friends. Thanks for the day went to the greens staff, the catering and bar staff, Dave and Noel in the office and above all to the Members for such a strong turnout.

If you would like details on membership of West Rhine Golf Club or details on sponsoring any of the Club events, please contact the Club Manager, Dave Hampson, on Elmpt Mil 4463 or Civ 02163 974463.

Finally, the club is running Basic and Intermediate Golf Skills Courses throughout 2012 for anyone who would like to learn the game or for those who would like to improve. Further details are available from Charlie Brown on JHQ Mil 3027 or Civ 02161 4723027.



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SLIMMING WORLD

Tuesday - Cassels House, Cumberland
Lounge, JHQ @ 1715.
Contact: Stephanie Johns 02432 892357

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

Thursday - Village Green Elmpt, 1730.
Contact: Stephanie Johns 02432 892357

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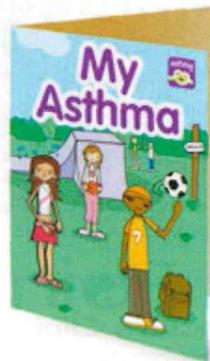




Free Asthma Guide For Children

World Asthma Day is on 1 May and a UK Asthma charity is currently offering a free 'My Asthma' pack for children.

'My Asthma' is a free self-management resource designed for children aged around 6-11. By using My Asthma, your child will be able to understand more about their asthma, their medicines and how to better control their asthma.



The "My Asthma" pack contains:

My Asthma Plan – similar to our Personal Asthma Action Plan but designed specifically for children ensuring it's engaging and accessible for the age group. It lists the medicines your child is on and what to do if their asthma gets worse.

89% of parents surveyed said they felt My Asthma Plan helped their child understand their asthma better.

My Asthma Calendar – a wall calendar with stickers for children to log how their asthma is each day and the medicines they have taken.

80% of parents surveyed thought the calendar helped their child understand their asthma symptoms better.

My Child's Asthma Medicines Postcard – a postcard for parents and other carers which records the medicines the child is on and what to do if their asthma gets worse.

Half of parents surveyed found the medicines postcard useful, with many giving them to their child's school. For a copy of the free pack – go to: www.asthma.org.uk and click on the My Asthma publication link on the right hand side of the front page.

Waiting for a Doctor's appointment?

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

Did you know that in February 2012, JHQ and Elmpt medical centres had:

- **73 missed appointments (ie. not cancelled, just no shows)**
- **53 were doctor's appointments**
- **20 were nurse appointments**
- **A total of 18 hours wasted clinician's time**
 - **42 were dependants, UKBCs, UKSCs, NAAFI**
 - **31 were military**

Contact details

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

De-registering

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

Patients Participation Group Meeting

JHQ Patient Participation Group held its latest meeting on 7th March at the Rheindahlen Support Unit Welfare Centre. Chaired by Maureen Nielsen March, the meetings allow Garrison health-care users to comment and provide feedback on their personal experiences, and also to make suggestions about improving elements of the service.

The next meeting is scheduled for Wednesday 16 May at 10.00, again in the RSU Welfare Centre. However, if you are unable to attend the meeting, then you may drop your ideas into the PPG Suggestion Box situated in the Rheindahlen Medical Centre waiting Room, or email them to jhqppg@hotmail.co.uk.

Suffering With Hay Fever?

Hay fever is a common allergic condition that affects up to 1 in 5 people at some point in their life.

Symptoms of hay fever include:

- sneezing
- a runny nose
- itchy eyes



The symptoms of hay fever are caused when a person has an allergic reaction to pollen, a fine powder released by plants as part of their reproductive cycle. Pollen contains proteins that can cause the nose, eyes, throat and sinuses (small air-filled cavities behind your cheekbones and forehead) to become swollen, irritated and inflamed.

You can have an allergy to:

- tree pollen, released during spring
- grass pollen, released during the end of spring and beginning of summer
- weed pollen, released any time from early spring to late autumn

Many people find that their symptoms improve as they get older. Around half of people report some improvement in symptoms after several years. In around 10%-20% of people symptoms go away completely.

Treatment

There is currently no cure for hay fever but most people are able to relieve symptoms with treatment, at least to a certain extent.

In an ideal world, the most effective way to control hay fever would be to avoid exposure to pollen. However, it's very difficult to avoid pollen, particularly during the summer months when you want to spend more time outdoors. Treatment options for hay fever include antihistamines, which can help prevent an allergic reaction from happening and corticosteroids (steroids), which help reduce levels of inflammation and swelling.

Many cases of hay fever can be controlled using over-the-counter medication available from your pharmacist. But if your symptoms are more troublesome it's worth speaking to your GP as you may require prescription medication.

For persistent and severe hay fever there is also a type of treatment called immunotherapy where you are exposed to small amounts of pollen over time in order to build up a resistance to its allergic effects. However, this can take many months or even years to be effective.

Self-help tips

It is sometimes possible to prevent the symptoms of hay fever by taking some basic precautions, such as:

- wearing wraparound sunglasses to stop pollen getting in your eyes when you are outdoors
- changing your clothes and taking a shower after being outdoors to remove the pollen on your body
- trying to stay indoors when the pollen count is high (over 50).

Garrison Medical Centres Telephone Numbers -

Elmpt Medical Centre

Civ: 02163 97 2600
Mil: 68 2600

JHQ Medical Centre

Civ: 02161 472 2969
Mil: 72 2969



How Will You Remember JHQ?

By Gill Robinson Photos by Callum Kelly



A Windsor School student completing his Gold Arts Award project has created a striking photography exhibition that takes the viewer on a journey through 'a history of the personal and the communal' elements of JHQ.

The photos from the 'Closure' exhibition were taken by Callum Kelly, a Year 13 student at Windsor. They were displayed in his school throughout March, with each of the images representing aspects of JHQ that trigger strong memories for him, and the memories of the community at large.

Speaking at the preview evening of the exhibition Callum described to invited guests his feelings about the closure of JHQ, and also the aims of his exhibition,

"... what I have not witnessed is the death of JHQ. In the twilight days of the camp, it is a testament to the solidarity of the community that we see the children play in the grounds of Ark School, that the November nights are still illuminated by the warm glow of the bonfire, and that, when walking home at night, the familiar plate windows of Joe's Pizzeria are still marked by the silhouettes of the customers within.

These are snapshots into the mundane world of JHQ, sights which I am sure are familiar to all who have known JHQ for even a short while. I can tie my own memories to each image, and so, I hope, can you. This is what I have attempted to achieve through 'Closure'; a history of the personal and the communal, as this is what truly makes up the JHQ that lives on today... Perhaps the most iconic photograph for me is the 'cover image' of Closure, the empty Marlborough Club sign. That, for me, is the perfect metaphor for JHQ; although the core of it has gone, the framework still remains."

If you would like to own a little piece of JHQ history for yourself, then you can bid for them in a charity auction that will be held in May; with all proceeds from the auction going towards the Afghan Appeal Fund. Details of the auction, which will be held at Windsor School, will be released in the next couple of weeks. If you would like more information about the images or the auction, or would like to place a silent bid, then please email Joy Harris: joy.harris@scschools.com.



Ark Pupils Welcome Their Heroes

Pupils at Ark School recently held a 'Heroes Day' which was part of the Children's University Project where teachers look at the learning opportunities that the children have outside of school hours.

The day was organised by Teacher, Simone Walsh, and the idea of the project was to get all the pupils at the school to nominate someone who has influenced their lives. Each child wrote a letter to their 'Hero' explaining why they had been chosen them. All the letters were collected and a random draw took place choosing around 15 nominations, and then Simone had the task of tracking down the nominees and inviting them to a special lunch and assembly held at the school.

Not all of the nominees were able to make the special day due to work commitments, but those that did were given a special tour of the school by the pupils and then an assembly where the children read out their thank you letters. Some of the heroes even gave a little talk during assembly about their jobs which was of great interest to the children.

Toby Thorne nominated his Swimming Instructor, Dave McQuair. He said, "When I first arrived at JHQ I found swimming really hard. Mr McQuair has never given up on me and I have now lost my fear of the deep end and can now swim 59 metres. I feel really proud of myself and really proud of Mr McQuair too".

Elise Busby nominated her Hand Surgeon, Dr Denks. She said, "I chose him because he made my hand get better after I had an accident, so he's my hero."

Florence Fielding nominated Rita Otten who is a local Vet. She said "She looks after the school TierpArk animals at the school which I think is really good".

And the heroes of the day were very happy to have been chosen. SSgt Gillian Duncan was nominated by Zach Drapier for her swimming coaching. She said, "I was very chuffed to be nominated. I haven't got any children myself, so this was very nice."

Andy Williams received 2 nominations from Kayleigh Smith and Terry Jeeves for his work at JHQ Youth Club. He said, "I'd like to think that I've made a good impression on these kids, so it's nice to be appreciated."

Rachel Moores was nominated by Molly Dunnin who teaches her dancing. She said, "I think that she enjoys it so much and I think that it's a great idea what the children have done."

All in all, a good day was had by all. Organiser, Simone Walsh, who supports literacy throughout the school, said that it was a day of celebration. "The whole purpose of Heroes Day is to look at the community and in particular those whom we consider to be heroes who influence the children's lives, be it a baby sitter or a mentor. It has turned out to be a lovely day, and a big thanks to everyone that came along today and to Della at the NAAFI who has organised the catering".



Know What Fiji's Capital Is?

Pupils from Windsor visiting their school library have been set the challenge of completing a fun quiz all about Fiji, as part of a Celebrating Our Cultural Diversity project. The quiz was designed by Mili Tamaidrisi and Mere Rokomaqisa with help from Brenda Rokomaqisa, Noel Tamaidrisi and Sela Vunimoko.

The girls decided to write the questions all about their own country in order to introduce other pupils at their school to the culture, history and sporting interests of the country. Well done to Daniel Davies and Dayna Howard who earned the highest marks in the quiz.

The Fijian quiz proved so popular that the school librarian Tracy Davis has now decided to continue the Quiz Of The Week, and to cover a series of different topics.



By the way....the capital of Fiji is Suva.

You're not alone



Community Volunteers for SSAFA (Soldiers, Sailors, Airmen and Families Association) Forces Help support people in the Service Community by offering practical help during periods of isolation and loneliness, illness, bereavement, depression and other difficulties.

They can help with the ordinary things that can be so hard to deal with sometimes, such as providing transport, helping with the shopping or childcare, or simply providing a listening ear.

Please get in touch if you, or somebody you know, could do with some support during a difficult time.

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SSAFA VOLUNTEERS SUPPORT THE BFG COMMUNITY

When a member of the family is deployed on operations, those left behind at home face a challenging time as they learn to adapt to new family dynamics and increased responsibilities, all the while coping with constant and increased levels of tension and anxiety. This can sometimes be even more challenging for those posted overseas, far away from the friends and family they would normally turn to in times of need.

SSAFA Forces Help is working hard to meet the extra demand for support caused by increased deployments across British Forces Germany, and to continue the regular and enduring help it gives to servicemen, women and their families, year in year out.

SSAFA's Community Volunteers are trained to befriend and support those going through periods of isolation or difficulty. As well as providing a listening ear, they offer practical help such as providing transport to a hospital appointment or emergency childcare, and they are able to give advice on what other agencies and organisations can offer.

Some volunteers have undertaken comprehensive and specialist training to be able to offer support to families with more specific needs, for example adoptive families and those with an additional need or disability.

The Carer Support Scheme began in Germany in September 2007 as an offshoot of the highly successful Children's Short Breaks, for children with an additional need or disability, their siblings and young carers. Parents and Holiday Volunteers asked if SSAFA Forces Help could provide regular help throughout the year that would give occasional respite to parents and allow for time to be spent with siblings whilst volunteers engaged with the child with an additional need or disability.

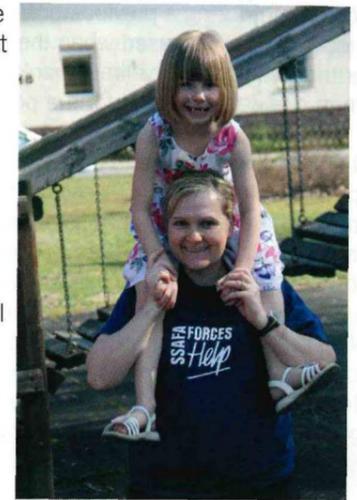
Volunteer Karen has been spending time with Tilly, aged 6, once a week for the past two years. Tilly has been diagnosed autistic and her family is currently based in Germany, far away from extended family, so the two hours that Tilly and Karen, whom Tilly affectionately calls "my lady", spend together at the playground gives the rest of the family a much-needed break. As elder sibling Dominic, aged 13, said; "We had time to play a board game out in the sun". Mum Claire added, "We're able to relax knowing that Karen is fully trained and knows how to deal with Tilly, and that Tilly is safe".

Before Karen was introduced to Tilly, the family found it difficult going to places where there were a lot of people because Tilly would become upset and agitated and want to come home. When Karen first took Tilly to the park, she tried to run all the way home. Now she will play happily and confidently alongside other children.

A family may self-refer to the Scheme or, with the consent of the family, be referred by any agency,

including British Forces Social Work Service, SSAFA Health Service, AWS, Education and Post-Adoptive Social Services or Educational psychologists.

Trained volunteers are then matched with children and families. Working on a one-to-one basis, the volunteer will support the child for a few hours each week, fortnight or month, as agreed by the volunteer and family.



"SSAFA Forces Help works with and supports professional and lead agencies such as British Forces Germany Health Service (BFG HS), British Forces Social Work Service (BF SWS) and the AWS to provide realistic and robust support", said Eric Manca, Volunteer Development Manager for SSAFA Forces Help in Western Europe.

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Elmpt Community Coordinator

By Erika Taylor

Nicola Hodgskins, the new Elmpt Community Coordinator, has been in Elmpt since November 2010, working with 7th Signal Regiment's leave & movements and also in the training wing.

Having worked as a Community Coordinator in Wildenrath during a previous posting 6 years ago, Nicola was very pleased when the opportunity arose for this position in Javelin Barracks, and even more so when she was accepted for the post.

She said, "I would like to improve the community spirit, by taking ideas and establishing them, enhancing the many facilities already in place and bringing out the best in them". Nichola feels that obviously she cannot do this on her own, but she is working closely with Mia Stainforth, the current Wildenrath Community Coordinator and the local volunteers, bringing them together and helping to steer them in a joint direction. She feels it is all about meeting requirements by bringing more structure and directive to the fore.

Nicola has already been very busy organising events and entertainment, to which the response has been very good, after a somewhat slow start. She said, "It was great to see the Garrison spirit coming together for the car boot sale with JHQ joining in."

By reviving the Grapevine, a monthly info pack, and by using all the information channels open to her, like the Bulletin, Sixth Sense, cable info and the electronic boards, no one is left out of the loop. Nicola said "It is very important that the whole community takes ownership and I think that there will be an even better opportunity to make Javelin Barracks the best it can be. with the Wildenrath community, who have a very strong connection, moving over to Javelin Barracks".



Introducing 'Harmonise Me'

Another successful business venture by a British Forces Dependat.

While based out in Cyprus, Emma Brotherston had a baby and one year on decided to get back into shape. Emma said "I enjoyed this so much that I wanted to share this experience with others".

After moving to Germany and completing her on-line courses to become a recognised trainer in August last year, Emma decided to register her own business, 'Harmonize Me', in November 2011. "Registering the business was easy" said Emma, "because I was guided through the procedures by WO1 Keith Atkinson, SWO Elmpt Station".

Having started with Dancercise, Emma now offers Zumba fitness twice a week, after completing the Zumba training program and she also runs a Combat Fit class once a week. She hopes that everyone coming to her fitness classes gets as much enjoyment out of them as she does. She said, "It is both rewarding and worthwhile".

Wanting to give something back to the community, Emma has decided that during the deployment of 16th

Signal Regiment to Afghanistan' she is offering FREE Zumba classes to all spouses of deployed personnel on Friday evenings from 18:30 to 19:30. Anyone interested should register with the 16 Signals Regiment Welfare Office, from where the information will be passed on to Emma, guaranteeing their free place. A most generous offer which many will find hard not to accept.



Padre's Pen...

By Father Danny Hernandez

One either discovers God or gives in to despair

Some years ago I went on a pilgrimage to the Holy Land. For nearly two weeks I followed with the other pilgrims in the footsteps of Christ. We visited Bethlehem, Nazareth and Jerusalem. We climbed the Mount of Beatitudes and Mount Tabor where Jesus was transfigured. I swam in the Dead Sea (or rather I floated!). I travelled from Galilee through Jericho to Jerusalem. At Jericho I looked into Jacob's Well. I prayed at the Garden of Gethsemane where Jesus agonized before his approaching death and climbed Calvary where he was crucified. Everywhere we went, we took our gospel with us and read the appropriate passage. It was a moving experience. I still have vivid memories of it all. The Bible and the Gospel became alive! But the strongest impression I have retained is that of the desert where Christ spent forty days before starting his public life.

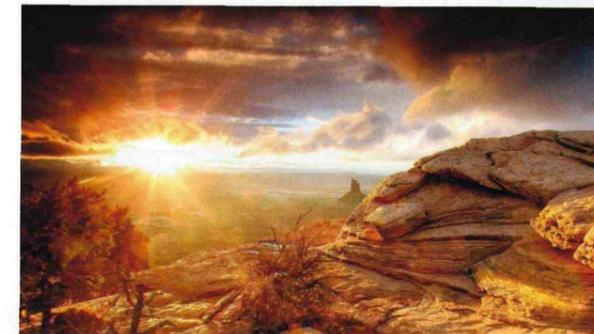
What is impressive about the desert is its sheer aridness. There is no vegetation, no bird life and, apart from the odd tiny lizard, almost no animals. After my visit there, I came to realise the significance of the desert. The desert is a purgatory man must pass through to reach paradise.

The silence is almost total. In that bleak landscape, nothing comes between man and his God. One either discovers God or gives in to despair. It is no wonder that those Bedouins who ply the salt trade following their caravans across the desert are deeply religious. No life thrives here except the inner life. It is not surprising

that it was the Desert Fathers who created that great institution dedicated to fostering the inner life, Western monasticism

Living now as many of us do, in built-up areas, constantly bombarded with the roar of traffic and the blare of electronic music, we are in danger of failing to listen to our deepest yearnings and with that our inner life. Today, I do believe, we need to create a time and a space to nurture an important aspect of our lives – our spirituality.

Lent could be such a time, to begin. The Spirit drove Jesus out into the wilderness and he remained there for forty days. Let the Holy Spirit lead us out into the desert this Lent where we can confront the devils that haunt our lives, and like him too, triumph over them. That is the freedom, dignity, and gift that faith offers us. Should you require someone to talk to, we chaplains are here to help you. Don't be afraid!



Easter Garrison Church Services

Catholic

Holy Tuesday 3rd April
A service of reconciliation - An opportunity to celebrate the Sacrament of Reconciliation (Confession)
18.00 at St Thomas More, JHQ

Maundy Thursday - 5th April
Mass of the Lord's Supper.
19.00 at St Thomas More, JHQ. The church will remain open until 22.00 for prayer.

Good Friday - 6th April. Day of fasting and abstinence.
Stations of the Cross for children.
11.00 at St Thomas More, JHQ.

Easter Saturday - 7th April
The Easter Vigil and Mass of the Resurrection.
21.00 at St Thomas More, JHQ.

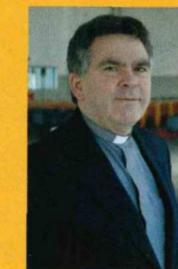
Easter Sunday - 8th April
Easter Mass at 9.30 at St Paul and St Bonifacer, Elmpt.
Easter Mass at St Thomas More, JHQ.

Church of England

Maundy Thursday - 5th April
19.00 at St Boniface, JHQ.

Good Friday - 6th April
10.00 at St Nicholas & St Andrew, Elmpt.

East Sunday - 8th April
09.30 at St Nicholas & St Andrew, Elmpt.
11.00 at St Boniface, JHQ



JHQ Ceramic Club

Thursday evening 1900 - 2100 hrs

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

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

Diving Club

Every Tuesday at 19.00 @ the Rhine Blue Pool JHQ

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

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



RBL POKER TOURNAMENT

Texas Hold'em

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

THE LION'S HEAD



Opening Hours:

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

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

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

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

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

Diakonisches Werk Mönchengladbach

Help For The Homeless of Mönchengladbach

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

(We no longer take furniture)

To arrange collection please call:

Monika Clealand
on
02161 4726458
or
02161 4722460



Ladies' Netball

All standards
Welcome!

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

Mandy - 02434 20891
Trudy - 02161 570808
See you there!



THE DOG WHISPERER..

The Dog Centre Elmpt welcomed its very first customer, Abbey a black Labrador, on 15th March, when it reopened under new private management following a refurbishment and a spruce up.

Abbey was the first guest through the door of the Centre, which will offer dog kennel facilities for both large and small dogs, in exactly the same location on Javelin Barracks that it used to be, opposite 7th Signal Regiments' Head Quarters' building.

The services on offer at the centre currently include Doggy Day Care, Overnight Care, Weekend Care and Holiday Care. The plan though is to extend the services to also include puppy training, dog obedience and agility, in the future. There could also be a Pick-Up from home and Drop-Off service.

The new owner of the Dog Centre Elmpt is Martina Jokesch, who has had plenty of experience working with dogs in the past. Martina has a large amount of experience working with and looking after dogs. She has helped rescue dogs for 20 years in Germany, and her own dog Bika, a Leonberger breed, has been a swimming-rescue dog at a local lake.

The co-manager of the Centre is Dave Mair, who is also the current manager of JHQ Dog Centre. The Centre at JHQ continues to run as normal.

Martina told Sixth Sense just what the dogs at the Centre would experience, "The dogs can play outdoors, and socialise with other dogs, if they want to. There are also comfortable, large individual kennels for them to rest and to go when the weather is wet. Smaller dogs can be kept in a separate area, and there are two fully heated, very comfortable isolation kennels, when that is required".

All dogs staying at the kennels must be fully vaccinated and insured. For more information about using the Dog Centre Elmpt telephone Martina on 02163 972233, or 0160 950 21261.



Marion's TIER-PARADIES

Hotel for dogs, cats & smaller animals

Peaceful...

Roomy...

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

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

...for 400 years

If you have any questions for Dave regarding your dog, then email us at teambulletin@yahoo.com



RENAULT
minute



RENAULT
minute Karosserie

Autohaus W. Schouren oHG



Minor and Major Servicing
Accident and Insurance Repairs
Paintwork
Air Conditioning Service
Tyres Exhausts
Winter Tyres
Continental Lights

Same day service

DROP OFF AND COLLECTION
BP PETROL STATION JHQ

Tel:
02161 3081088
02157 8753960

Tax Free Forms Welcome
All Work Undertaken
Guaranteed Service
English Staff
BFG Repairs/Tests

Address
 Katers Feld 6
 41379 Brüggen - Bracht
 Tel. 02157 - 7164
 Fax 02157 - 90592

Opening times
 Monday - Friday 8am - 6pm
 Saturday 9am - 1pm



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

Do you have a business you would like to advertise? Call JHQ Mil 3284

Useful Opening Times

RMC

British Post Office (Oakham Way)	Mon-Fri 0830-1600	JHQ Ext (72) 2475 02161 5737447
Refuse Depot	Mon-Thu 0730-1600, Fri 0730-1230	
BFG Vehicle Documentation	Mon-Fri 0830-1400	JHQ (72) 2934
RSU Cashiers (BFG Petrol Coupons)	Mon-Fri 0830-1400	JHQ (72) 2908

Elmpt Station

British Post Office	Mon, Tue, Wed & Thu 0800 - 1230 1300-1500	Javelin (68) 2415
Javelin Refuse Depot	Mon-Fri 0800-1700, Sat 0900-1200	
BFG Vehicle Documentation	Mon-Thu 0900-1500, Fri 0900-1400	Javelin (68) 4489
Elmpt Cashiers (Fuel Coupons)	Mon-Fri 0900-1230	Javelin (68) 3661



VOLUNTEERS NEEDED

Time to spare on an evening?
 Why not try volunteering at the

Javelin Youth Club

We are looking for all types of people to help out at various opening times and for various activities.

Contact Steve Cook on Mil x 4667 or Mob. 0173 887 3610
 Email steven.cook596@land.mod.uk

Looking To Book A Function Or Children's Party?

Why not book the Village Green!



Ideal Children's Play Area

Hire Cost €20 - For booking & further information please contact Nicola Hodskins:

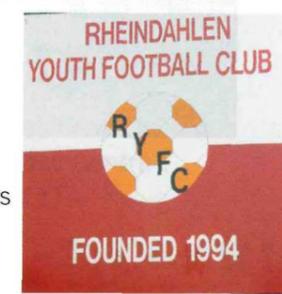
Elmpt Mil (68) 2752
 Elmpt Civ (02163) 972752

Locked yourself out? Emergency call out for the local locksmith in Elmpt is Herr Mertens on 02163 8686. The callout is not free.

Know any events happening soon? Please let us know. Phone us on 02161 472 4789 Email: teambulletin@yahoo.com

RYFC Finds A New Home By Barry Doig

The Rheindahlen Youth Football Club has recently moved from their clubhouse at York Drive to a new clubhouse in the building formally known as the Iron Duke.

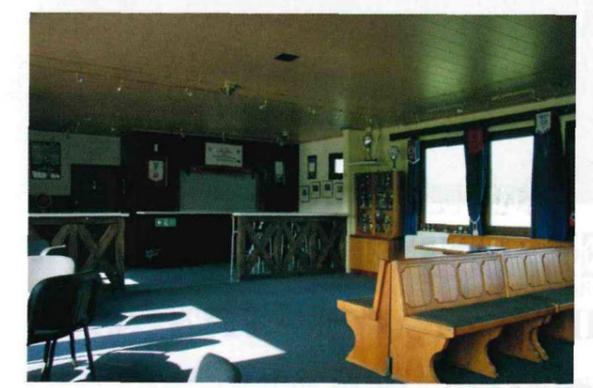


The new clubhouse is now located at Antrim drive where the club carries out its training sessions and where home matches are played.

The children have worked hard to decorate the building with memorabilia from York Drive and it is now in an ideal location for hosting the visiting German teams.

Rheindahlen Youth Football Club is always looking for new players so if you are interested in playing football please come down to Antrim Drive on a Thursday evening at 17:00hrs or email ryfc@hotmail.co.uk.

The club welcomes both boys and girls and we currently have teams for 5 to 16 year olds.





GARRISON SPORTS AND FITNESS FACILITIES



The fitness centre has evolved over the last few months with an influx of new equipment. The new items include a suspension training system, 'TRX', which is an excellent method of training. Please contact your RAPTCI/AAPTI and fitness centre supervisors who can introduce you to this new method of training.

Cross-fit is another area that has taken off, with the introduction of kettle bells and Olympic lifting training.

The fitness centre is an excellent facility that is second to none in BFG. Remember that even if you only have a short window to train the staff can advise on training methods to suit all. The QMSI has set an array of challenges, so try something different and give it a go, if you don't change your training your body will adjust to the same thing and you won't see any improvements. If you have any questions or queries, please do not hesitate to contact us. Remember Be fit, be fit.



ELMPT GYM

MILBOOTCAMP - FITNESS FOR ALL

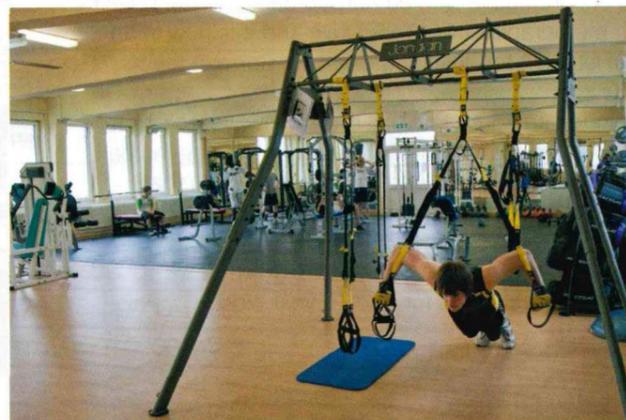
Mon - 17.30 - 18.30
Thurs - 17.30 - 18.30

COMBAT FITNESS

Tue - 17.30 - 18.30

ZUMBA

Wed - 08.30 - 09.30
Fri - 17.30 - 18.30



BLUE POOL, JHQ
ELMPT SWIMMING POOL
BOTH OPENING AT THE
BEGINNING OF JUNE

JHQ GYM

CIRCUIT TRAINING

Mon 12-15 -13.00 Fitness Centre
Tues 12.15 -13.00 at No 1 Gym
Thurs - 12.15 -13.00 at No 1 Gym

RHEINDAHLEN SPINNING CLASSES

Mon - Thurs 18.00 -19.00 - Fitness Centre
Thurs - 17.00 -18.00 - Fitness Centre
Fri - 12.45 -13.45 - Fitness Centre
Sun - 12.45 -13.45 - Fitness Centre
Spinning bookings: Ext 4731

MILBOOTCAMP - FITNESS FOR ALL

Session	Details
Boxercise	Mon 18.30 - 19.30
Fatburn	Thu 18.30 - 19.30
Buggy Go-Go	09.30 - 10.30

€4 per session

www.milbootcamp.vpweb.co.uk

Garrison Fitness Centre Times

Elmpt Station Gymnasium		Elmpt (68) 3082		RMC Fitness Centre		JHQ (72) 4731	
Mon - Thu	08.00 - 21.00			Mon-Thu	07.00 - 20.00		
Fri	08.00 - 18.00			Fri	07.00 - 18.00		
Sat & Sun	10.00 - 14.00			Sat	Closed		
				Sun	09.00 - 14.00		



Fitness Centre Supervisors

Jo Ford
Nick Rice
Donna Howe

COMPLETE BODY BLITZ

Monday in No 1 Gym - 17.30-18.30
Wednesday in No 1 Gym 17.30-19.00

This is a mixture of Strength, Cardio and Abs. A complete workout for the body! All standards are welcome and the cost is €4.00

No need to book, just come along and have a blast!
For more information contact Ann on JHQ 3603

NETBALL

Wed - 17.00 in No 1 Gym

Rhine Garrison Clubs And Activities

Youth Clubs

AWS Javelin Youth Club
Steve Cook, 02163 97 4667
Mon 1830-2100, Snr Youth Club - Sch Yrs 7+
Tue 1730-1930, Jnr Youth Club - Sch Yrs 4-6
Wed 1830-2100, Snr Youth Club - Sch Yrs 7+
Thu 1730-1930, Jnr Youth Club - Sch Yrs 4-6

AWS Rheindahlen Youth Club

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

AWS Wildenrath Youth Club

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

AWS Projects & Awards - Duke Of Edinburgh

Grant Davis, 02161 472 4009
aws-projects@hotmail.co.uk
Mon-Fri 1245-1345, Info Shop Windsor School
Mon 1800-2000, Silver DofE - Yrs 10+
Tue 1600 onwards Gold DofE - 16yrs +
Wed 1800-2000 Bronze DofE - Yrs 9+
Fri 1800-2200 Drop in - Yrs 10+
Sat 1600-2200 Drop in - Yr 10+
Mon to Fri 0900-1500 14-19 Partnership

Home-Start

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

Home-Start Elmpt

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

Home-Start Wildenrath

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

Garrison Guiding

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

Rheindahlen

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

1st Wildenrath Brownies

Denise Munro, 02432 8912310

Garrison Scout Groups

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

1st Rheindahlen (RMC)

David Haigh, 02161 550824
Groups Meet Mon, 1830-2000
Cubs age 8-10 1/2, Scouts 10 1/2-14

1st Bruggen (Javelin)

Emma Dell, 02163 5725031
Groups Meet Mon
Beavers 1615-1730, Cubs 1745-1915

1st Nord Park (Ayrshire)

www.TamjPearce, 02154-2647

Fri - Scouts, Explorers 1730-1900

ATC - Air Cadets

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

Youth Football

Rheindahlen Youth Football Club

Stuart Howard 02161 472 3720
Simon Fuller 02161 472 2970
ryfc@hotmail.co.uk

Wildenrath Youth Football Club

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

Elmpt Station Youth FC

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

Rheindahlen Sharks Swimming Club

Lt Col Andy Thorne, 02161 472 2088
jhq.swimclub@googlemail.com
Classes Wed, Between 1800-2000
Rheindahlen Swimming Pool

Rheindahlen Crusaders Cricket Club

WO Dave Richards, 02161 472 2561
richardsn330@mod.uk
Training Session Times TBC Jan 2012

Ladies Netball, RMC

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

Mini Rhinos Rugby

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

Rheindahlen Sub Aqua Club

Tue 1700-2100, The Blue Pool, JHQ
Jnrs 4-16, Adults 16+ WO1 Keith Atkinson,
02163 973076 elmptstn-swo@mod.uk

Fitness Classes For Women - RMC

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

Harmonise Me Fitness

Emma, 0171 3821736
Facebook: Harmonise Me Fitness

Wildenrath - Contact Emma for times, Pegasus Building. Fitness Classes - Dancercise, Combat Fit, Step 'n' Tone, Body Blast

Javelin, Dancercise Classes

Wed 0930-1030, Elmpt Gymnasium

West Rhine Golf Club

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

British Roermond Sailing Club - Season Apr-Oct

www.bsailinbclub.co.uk - Visit website for info.

Rheindahlen Karate Club - Sarah Parkin

02161 4763314, smparkin@msn.com
Mon & Wed, 1800-1930,
Windsor School Gym, JHQ, 8+

British Army (Germany) Gliding Centre

Andy Gardiner, 0172 6004706, www.baggc.com
Wed Afternoons, & Sat, Javelin Barracks

Rhine Garrison Angling Club

WO2 (SSM) Scott Barrie, 02163 97 3747
elmptfishing@hotmail.co.uk
Fishing Lake, Javelin Barracks

Hash House Harriers Running Club

Maj Mike Hepburn, 02161 472 4624
mike.hepburn513@mod.uk
Facebook: Rheindahlen Hash House
(Winter Season Times) Running Mon 1800
NAAFI JHQ, Car Park, All standards

RMC Fitness Classes

WO2 (QMSI) Rowan Mills
RMC Fitness Centre
Spinning Classes - Mon & Fri 0710-0750,
Mon-Thu 1800-1845, Fri 1245-1345
No 1 Gym

Circuit Training - Mon, Tue & Thu 1215-1300

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

Rheindahlen & Elmpt Shooting Club - Steve Slater

02161 472 2231, www.resclub.de

Slimming World

Elmpt - Adele Butler, 02436 380014
Thu 1730 onwards, Village Green
Rheindahlen - Stephanie Johns, 02432 892357
Tue 1730 onwards, Iron Duke
Wildenrath - Lorraine Holmes, 01525 7303019
Wed 1800, Windmill Club

Combined Amateur Theatrical Society (CATS)

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

JHQ Ceramic Club - Gisela, 02161 472 4740

0151 17049611, rsu-qm-dgsa-do@mood.uk
€10 a month

Rheindahlen Music Centre

Frank Gillett, 02161 472 2837
www.rheindahlenmusiccentre.org
Weekly Music Lessons, and Sat Music School

Elmpt Station Music Club

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

Javelin Motor Club

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

RMC Motor Club

WO2 Phil Guest, 02161 472 4255

Rheindahlen War Games Club

Adrian Russell - 02161 472 4218
adrian.russell@scs.schools.com
1830-Late, Age 12+, (Under 12s with adult)

Bingo

Javelin Bistro - Every 2nd Thu, Eyes Down 2030

JHQ Royal British Legion - 02161 3086071

Wed 1900-2200, The Lion's Head

Wildenrath Windmill Club - Thu Bar Opens 1930,

Eyes Down 2030, Windmill Club

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

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

Garrison Telephone Numbers

For JHQ See Next Page

Elmpt Station Telephone Numbers Inc. Javelin Barracks & Wildenrath

Codes: Civ +49 (0) 2163 97 + ext
or mil 948 68 + ext unless full number is given

FIRE & MEDICAL

Elmpt **Emergency - 4444**
Elmpt Civ 02163 97 4444
Enquiries 4319
Station Fire Officer 3149

POLICE

RMP **Emergency - 2222**
Enquiries 2653
German Police 110 (German Freephone)
BFG Crimeline 0800 184 2222

HEALTH

Elmpt Medical Centre 2600
Rehabilitation Facility (Physio) 2388
Elmpt Dental Centre 2524
Germany Hospital Hot Line*
(German Freephone) 0800 588 9936

HOUSING

Estate Managers Javelin 2496/2729
Estate Managers Wildenrath 02432 81547
Housing Office Admin Clerk 2530/2613
Dog Registration 3168

WELFARE

7 Sig Regt UWO 4746
16 Sig Regt UWO 3759
ABF - Soldiers' Charity
0800 888 4242 (German Freephone)
abfgermany@hotmail.com

Army Family Federation 0174 494 6209
Army Welfare Service Office Mgr

3603 / Ann.tuck-brown616@mod.uk
Community Charity Fund (CCF) JHQ 2488

rsu-welfare-om@mod.uk
Forces Children's Trust JHQ 3377

Mob. 01738953511
eddievine@hotmail.com

Home Start Elmpt 2473
Home Start Wildenrath 02432 81018

Relate BFG JHQ 2826
office.relatebfg@gmail.com

Royal British Legion 02161 3086071
Mob. 0174 8919003

WRVS 02163 97 2668

EMPLOYMENT

RALSU Tues/Thurs Am 2723/2280
(At other times Contact JHQ 2306/4281/3253)
Dependant Employee Council JHQ 3603

EDUCATION

Andrew Humphrey 02432 8520
Army Education Centre 2460
Bruggen School 2681
Cheeky Monkeys Toddler Group 2232
Noahs Ark Nursery 2430
Neptune Nursery 02432 9859747
14-19 Partnership 02161 4952576
Vocational Training Services (VTS)JHQ 4086

INFORMATION & MEDIA

Elmpt Information Officer 3635
BFBS Radio 02161 9010614
01725 83 2596
BFBS TV 02161 9010658

Sixth Sense Newspaper JHQ 4006
rheindahlen@sixth-sense-newspaper.de

Elmpt Library 3331
Wildenrath Library 02432 492602
HIVE Elmpt & Wildenrath Elmpt 3183

MAINTENANCE

Babcocks Technical Service Centre
0800 888 4242 (German Freephone)
http://bssghelp.babcock.co.uk

Javelin Refuse Depot 4613
Mon-Fri 0800-1700

YOUTH SERVICES

Elmpt Youth Centre 4667
Wildenrath Youth Centre 02432 492684
AWS Awards And Projects JHQ 4009

CHAPLAINS & CHURCHES

Chaplaincy Centre Elmpt 4410
Mob. 01722068906
St Nicholas - CofE 2516
St Boniface Catholic 2518

LEISURE & FITNESS

Elmpt Stn Gymnasium 3083
Bowling Alley 02163 577530
Golf Club 4463

SHOPPING

NAAFI Local Elmpt 02163 81870
NAAFI Express Elmpt 02163 990186
NAAFI Local Wildenrath 02432 6065
SSVC Elmpt 02163 984308
Thrift Shop 01707048342
Post Office Counter 2415

HEALTH & BEAUTY

Haircraft 2677
Body Beautiful 01783880456
The Point Acupuncture 015121084503
Shapes Hairdresser 02432 9346272

MOTORING

BFG Vehicle Documentation 4489/2450
BFG Test Booking Line 2300
BFG VLO Helpline JHQ 4100
Elmpt Tax Free Car Sales 02163 5768833
Mob. 0031652303151

Fuel Coupons 3661/3379
NAAFI Car Sales Elmpt 02163 5711241

MESSES & ENTERTAINMENT

Bistro 02163 5751954
W'rath Community Centre 01738873911
Officers' Mess 4372
JB's Javelin 02163 5713863

Shannon's Bar 02163 81882
Wall & Willow 4474
Windmill Club 02432 933447
WOs' & Sgts' Mess 4369

FINANCIAL SERVICES AND INSURANCE

Cashier 3661
Tax Free Services (Mwst) 2282
George Bull Insurance AXA 02163 81358
0160 1137198

PETS

Dog Registration 3168
Dog Centre/Kennels 2233
(Elmpt Kennels under new management)

SERVICES LIAISON OFFICE

Services Liaison Officer JHQ 4683
Liaison Assistant JHQ 4684
Liaison Clerks JHQ 4685/4686
Fax JHQ 4505

SSAFA Forces Help

SSAFA Confidential Support Line 0800 182 7395 (Freephone)
SSAFA BFG Social Work Services 02161 472 4751
SSAFA Victim Support JHQ Mil 2272

For Clubs and Activities Info see p. 56

*If you or a member of your family needs to go to hospital in an emergency anywhere in Germany, this Hospital Helpline is open 24 hrs a day and will liaise with the hospital on your behalf - DON'T GET STUCK WITHOUT IT.

Call 112 or military line 4444, the National Emergency for an Ambulance.
If you call outside of these hours, you will either be diverted or given another number to contact.

**If your number is missing or incorrect or you have any queries please let us know.
Tel: 02161 472 4789 (GIO) or email teambulletin@yahoo.com**

Garrison Telephone Numbers

For Elmpt & Wildenrath See Previous Page

Rheindahlen Military Complex (RMC) Numbers

Codes: Civ +49 (0) 2161 472 + ext
or mil 948 72 + ext unless full number is given

FIRE & MEDICAL

Emergency - 4444
JHQ Civ 02161 472 4444
Enquiries 2345

POLICE

Emergency - 2222
RMP 4000/2333
Enquiries 110 (German Freephone)
BFG Crimeline 0800 184 2222
Detention Rooms/RSF 2082

HEALTH

Dental Centre 2495
Medical Centre 2969
Rehabilitation Facility (Physio) Elmpt 2388
Germany Hospital Hot Line*
(German Freephone) 0800 588 9936

HOUSING

Estate Manager North 1 02161 4958017
Estate Manager North 2 02161 4958624
Estate Manager Central 1 02161 5192331
Estate Manager Central 2 02161 4958674
Estate Manager South 1 02161 5612583
Estate Manager South 2 02161 5612737
Housing & Community Officer 2390
Housing Administrator 2499

WELFARE

ABF - Soldiers' Charity
abfgermany@hotmail.com
Army Family Federation 0174 494 6209
rhine@affgermany.org
Army Welfare Service Office Mgr
3603 / Ann.tuck-brown616@mod.uk
Community Charity Fund (CCF) 2488
rsu-welfare-om@mod.uk
Forces Children's Trust 3377
Mob. 01738953511/eddiedevine@hotmail.com
Home Start 3570
Relate BFG 2826
office.relatebfg@gmail.com
Royal British Legion 02161 3086071
Mob. 0174 8919003
RSU Pass & Permits 2098
RSU Welfare Office 2488/4268
WRVS 02163 97 2668

EMPLOYMENT

RALSU 4281/3253
Dependant Employee Council 3603

EDUCATION

34 AEC 3303
Ark School Green Site 3151
Blue Site 2344
Rheindahlen Childcare Centre 4069
Windsor School 2466
14-19 Partnership 02161 4952576
Vocational Training Services (VTS) 4086

SHOPPING

NAAFI Max 02161 901110/801112
SSVC 02161 955975
Thrift Shop 4506
Post Office Counter 2475
Deutsche Post 5737447

INFORMATION & MEDIA

Garrison Information Office (GIO) & Bulletin
Magazine 4789 or teambulletin@yahoo.com
BFBS Radio 02161 9010614
Mob. 01725832596
BFBS TV 02161 9010658
Sixth Sense Newspaper 4006
rheindahlen@sixth-sense-newspaper.de
Library 2616
HIVE 2519
www.bfgnet.de/hive-europe/Rheindahlen.htm

YOUTH SERVICES

Rheindahlen Youth Centre 4483
Awards and Projects 4009

CHAPLAINS & CHURCHES

Chaplain's Office 2770
Padre Craven Mob. 01722385468
St Thomas More - Catholic 3665
St Boniface - CoE 2405

LEISURE & FITNESS

Bowling Alley 02161 551388
Fitness Centre 4731
Globe Cinema 2146 or 02161 559518

HEALTH & BEAUTY

Figaro Hairdressers 559568/556139
Holistic Health & Beauty 01783880456
Marianne's Hair Salon (Cassels) 550550
The Point - Acupuncture Clinic
0151 21084503

MOTORING

BFG Vehicle Documentation 2934
BFG Test Booking Line Elmpt 2300
BFG VLO Helpline JHQ 4100
Fuel Coupons 2908
NAAFI Car Sales JHQ 562960
JHQ Tax Free Car Sales 8287343
jhtaxfree@yahoo.co.uk

MAINTENANCE

Babcocks Technical Service Centre
0800 888 4242 (German Freephone)
http://bssghelp.babcock.co.uk
Refuse Depot Mon-Thur 0730-1600
Fri 0730-1230

FINANCIAL SERVICES & INSURANCE

Cashier/Tax Free Services (Mwst) 2832
Sparkasse Bank 279180
Santander/Forces Financial 02161 955160
Culpeck Insurance 02161 559655
O'Girke Insurance 02161 55317
Head Office: 02941 96720

MESSES & ENTERTAINMENT

Sanctuary Café 559684
Cassels House 2183
Churchill Officers' Mess (Reception) 4297
(Accounts) 4251
Encounters (For hire - contact JB's)
JB's Restaurant 4408
No 4 Civilian Staff Club 3544
mel.goodall651@mod.uk
Rheindahlen Rooms 4187
RMC WOs' & Sgts (Reception) 4048
(Mess Manager) 6174

PETS

Dog Registration 2499
Rhine Garrison Animal Care & Training Facility
4768 or maddogmair@yahoo.com

SERVICES LIAISON OFFICE

Services Liaison Officer 4683
Liaison Assistant 4684
Liaison Clerks 4685/4686
Fax 4505

SSAFA Forces Help

SSAFA Confidential Support Line 0800 182 7395 (Freephone)
SSAFA BFG Social Work Services 02161 472 4751
SSAFA Victim Support JHQ Mil 2272

**For Clubs and
Activities Info
see p. 56**

If you or a member of your family needs to go to hospital in an emergency anywhere in Germany,
this Hospital Helpline is open 24 hrs a day and will liaise with the hospital on your behalf - DON'T GET STUCK WITHOUT IT.

Call 112 or military line 4444, the National Emergency for an Ambulance.
If you call outside of these hours, you will either be diverted or given another number to contact.

If your number is missing or incorrect, or you have any queries please let us know.

Tel: 02161 472 4789 (GIO) or email teambulletin@yahoo.com

Army Family Federation

Helen O'Neill



I have had a busy few weeks getting out and about round the Rhine area meeting with families and the chain of command. I also had an interesting visit to Brunssum in Holland where I learned about life in Holland.

Over the coming months I will be attending lots of coffee mornings and meetings in Elmpt, JHQ, Wildenwrath and in Brunssum. We are getting ever closer to the summer of 2013 when JHQ will close and this will bring with it concerns and issues from many families. This summer we will see the closure of Wildenwrath and the moving of families to Javelin Barracks in Elmpt. The one thing that we are sure of in Rhine is that there is a large amount of change going on. I am here to listen to your concerns and be your voice to the chain of command to ensure that the impacts of these changes are lessened as much as possible.

In June, AFF Germany will be hosting an Ask AFF road show in the Corporals Club in Elmpt on Tuesday 26th June at 09.30am. This will be a great opportunity for

BFG Driving Permit (BFG 57)

BFG European Regulations Test (The European Highway Code)

BFG, has undertaken that anyone driving in Germany, The Netherlands and Belgium should have an adequate knowledge of the Road traffic Laws and has subsequently therefore produced the BFG European Traffic Regulations test (Highway Code) All drivers of any rank, whether Soldier, civilian or dependant, are to pass the BFG European Traffic Regulations test (Highway Code) before they are issued with a permit to drive BFG Driving Permit (BFG Form 57).

The BFG European Traffic Regulation Test (sometimes referred to as the Tick Test) can be taken at the following centres within JHQ:

Garrison Transport Office (Snyder's Road)
RSU Welfare Office (Oakham Way)

The GTO is providing the option for BFG European Traffic Regulation Test on an appointment based service, commencing from: Mon - Thurs 08.00 - 16.00 and Fri 08.00 - 12.00. All appointments are monitored through the Admin Section on 02161 4722274

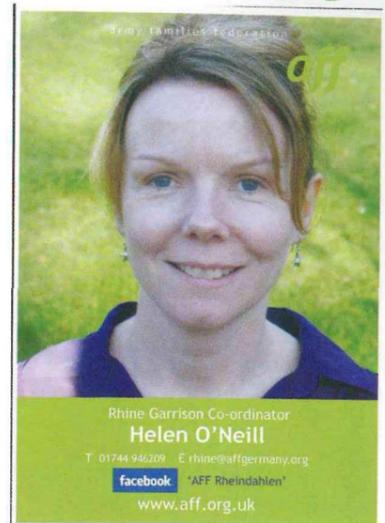
Testing Process:

Revise the test by use of BFG Publication B6 (A Guide to Driving in Germany, Belgium and Holland). Go to one of the test centres and sit the test, this is a computer generated test. You will have the facility to practice first if required. If you are unsuccessful you will be allowed to attempt the test again a maximum of 2 tests can be sat in a day. Once the test has been completed and passed the test invigilator will print off your pass certificate and fill out a BFG 9a (Application for a BFG Driving Permit). All personnel must acquaint themselves with Standing Orders (Posters within centres). Once the BFG Form 9a has been completed take this form to the RSU BFG office and a BFG Driving Permit (BFG Form 57) will be issued.

All drivers are on the initial issue of a BFG Driving Permit to undertake the European Traffic Regulation test (Highway Code). There is no requirement to re-take this test on the renewal of this permit (BFG Driving Permit BFG 57) at the 5-year point.

Ministry of Defence MT Driver's Permit (FMT 600)

The process for obtaining an FMT 600 for dependants who are required to drive MoD vehicles as part of their employment are to report to their Line Manager in the first instance and then to the Driver Training office within the GTO complex Snyder's Road JHQ. This will involve a driving assessment prior to the issue of an FMT 600.



Rhine Garrison Co-ordinator
Helen O'Neill
T 01744 946209 E rhine@affgermany.org
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