

IT'S COFFEE TIME

**TAX FREE
FORM ACCEPTED IN
HÜCKELHOVEN**

High quality ceramic grinder

Automatic clean-system



713.44

MEDIA MARKT TAX FREE PRICE*

***Price including Tax € 849,-**

SIEMENS TE 506501 DE SILBER TITANIUM Fully Automatic Coffee Machine

Espresso, Cappuccino or Latte Machiato at your fingertips, automatic clean-system, Capacity of bean container: 300 g, Height-adjustable coffee spout, 5 preset cup sizes for espresso (2 sizes) and café crème (3 sizes), Art.-No.: 1314994



P Over 2200 free-parking-areas in Hückelhoven P

HÜCKELHOVEN Am Landabsatz 5 • Hückelhoven-Center • Tel.: 02433/9040

Keine Mitnahmegarantie. Alles Abholpreise.

Media Markt®

www.jhq-rheindahlen.de www.mediamarkt.de

Ich bin doch nicht blöd.

the bulletin

Aug / Sep 2011

- Voice Of The Community



teambulletin@yahoo.com

Clubs Galore

A double-page spread with a terrific choice of clubs to join

Armed Forces Day Party in the Park

The community gets together for a fun day

Bulletin Photo Competition

Get your winning photo on the front cover

NAAFI Car Sales Executive Required



A unique vacancy has arisen for a Car Sales Executive in the Rhine area to provide cover at both our Elmpt Showroom and JHQ Sales Office

With over forty years experience NAAFI Car Sales remains the number one provider of motor vehicles to the British Forces.

Following the opening of the Elmpt Car Showroom and with plans to relocate and expand the existing JHQ Sales Office, we are looking to recruit an additional Car Sales Executive to strengthen our Rhine area team.

We are looking for a personable and enthusiastic team player who is also capable of using their own initiative to achieve the desired results.

Awaiting the successful candidate is a great package that includes:

- Basic pay
- Commission
- Bonus
- Staff discount

This position can be for a Dependant or offered on a NAAFI UKBC contract.

Although a car sales background is not essential as full training will be given, a full driving licence is a must.

Knowledge of the BFG regulations is an advantage, but again not essential as full training will be provided.

For further information and an application form please contact our Head Office on **05254 804184** or e-mail naaficsu@naafcarsales.com

DISCLAIMER - The Editor declares that the publication of an advert, article or picture in 'the bulletin' does not necessarily reflect the views of the British Army or the Ministry of Defence.

Welcome...



Welcome to our second double edition of the Bulletin for the year, and what an action-packed one it is.

We all had a terrific time at Veteran's Day Party in the Park and we have some great snaps capturing the mood of the day on pages 6 & 7.

Volunteers within the community were recognised at a garden party held recently in their honour. Many also got the chance to showcase the clubs they run and you can read more about that on page 8. The Garrison always needs volunteers, so why not have a think about it, if you're not committed already.

We have a fantastic choice of clubs for your kids to join within the Garrison, so have a look on pages 4 & 5. On page 33 you can see that many of you have been putting your stamina to the test; the ladies taking part in Exercise Pink Javelin and the many who took part in the annual Mosel Marathon too.

And, calling all budding photographers! it's that time of year again when you need to take care with your holiday snaps, since we're launching our summer photo competition. The winning picture will be displayed on the front cover of the next edition of the Bulletin. So send us in your best snaps, and don't forget to read the rules carefully on page 11.

Enjoy your summer, whatever you're up to.

Judith

Please note that the deadline for articles and advertisements is Monday 12 September

In This Edition...

- 04 Club Focus**
A list of clubs for your kids to join.
- 06 Party Time**
A look back at all the activities on Armed Forces' Day Party in the Park.
- 08 Volunteers Recognised**
Those who work voluntarily are recognised for their achievements, and showcase their work.
- 11 Photo Competition**
Get your best snap in, and it could be on a future front cover of the Bulletin.
- 33 Exercise Pink Javelin**
Wannabe female soldiers are shown the ropes.
- 52 Gym For Heroes**
Many take to the gym and pool to raise money for Help for Heroes.

Contact Details: teambulletin@yahoo.com

Address: Garrison Information Office, Grattan Building, BFPO 140

Editor
Judith Wake
JHQ Mil (72) 4789
Civ: 02161 472 4789
teambulletin@yahoo.com

Deputy Editor
Gill Robinson
JHQ Mil (72) 4795
Civ: 02161 472 4795
teambulletin@yahoo.com

Advertising Manager
Katy Clark
JHQ Mil (72) 3284
Civ: 02161 472 3284
teambulletinads@yahoo.com

Elmpt Information Officer
Erika Taylor
Elmpt Mil (68) 3635
Civ: 02163 97 3635
elmptstn-station-information-officer-translator@mod.uk

Charlie Booker
Elmpt Mil (68) 3146
Civ: 02163 97 3146
Mob: 0172 6032926
charlie.booker214@mod.uk *FW

Front cover
Fun At The Fair
Photo by Dominic King

Printed By
ARS Grafisch
Slachthuisstraat 111, Roermond,
The Netherlands
Tel. 0031 - 475 - 317652

Proof Reading by Jane Warren &
Rosemary Hill

The Editor declares that the publication of an advert, article or picture in 'the bulletin' does not necessarily reflect the views of the British Army or the Ministry of Defence.

The Editor reserves the right to omit, amend or edit any advertisement, article or picture, at her sole discretion, without liability.

Have Your Say About Your Health Service!

Recent findings of the Armed Forces Continuous Attitude Survey, published in the Service Complaints Commissioner's Annual Report, suggests that there remains a culture of not wanting to complain for fear of being labelled a "trouble maker" or it having an adverse affect on promotion. This is not the case – all concerns raised will be dealt with in a confidential manner. BFG Health Service is keen to encourage a more open and patient friendly complaints procedure to ensure we can make any changes necessary to provide a better service for our patients.

We hope that most problems can be resolved locally and informally. If you have any concerns about the care you have received, it is best to sort it out straight away by speaking to a member of staff.

If the issue you wish to make is about Primary or Community Care (from your local medical centre) you can ask any member of staff to direct you to the person responsible for complaints – usually the Practice Administrator.

If you are an inpatient in a hospital, the best person to speak to is the Hospital Liaison Officer (HLO). The HLOs are fluent in English and German and can help resolve the matter, on your behalf.

If you are a hospital outpatient, you should speak to the hospital staff. We have arrangements in place for the HLO to be made aware of the complaint and take immediate action to resolve it.

Taking It Further

If you still have concerns, and feel your concerns have not been dealt with adequately, you can raise your issues in writing.

For Primary or Community Care, you should write to the Regional Group Practices Manager, BFG Health Service, JHQ Medical Centre, BFPO 40.

For Hospital care, you should write to the Guy's and St Thomas (GSTT) Hospital Operations Manager, 3rd Floor Personalwohnheim, AKH Viersen, Hoserkirchweg 63, 41747 Viersen.

You may find the following advice helpful if you are making a formal written complaint:

Write to us as soon as possible after the event. This makes it easier for everyone involved to remember what happened, and helps us answer your complaint quickly.

Give as much information as you can, including your name, the name of the nurse or doctor caring for you, the ward name. This will ensure we can investigate your complaint more effectively. Do not forget to include your telephone number so we can contact you again and your address so a written reply can be sent to you directly.

If you are raising more than one concern, it helps to number each of the different points you are making. This will ensure we understand all of your concerns.

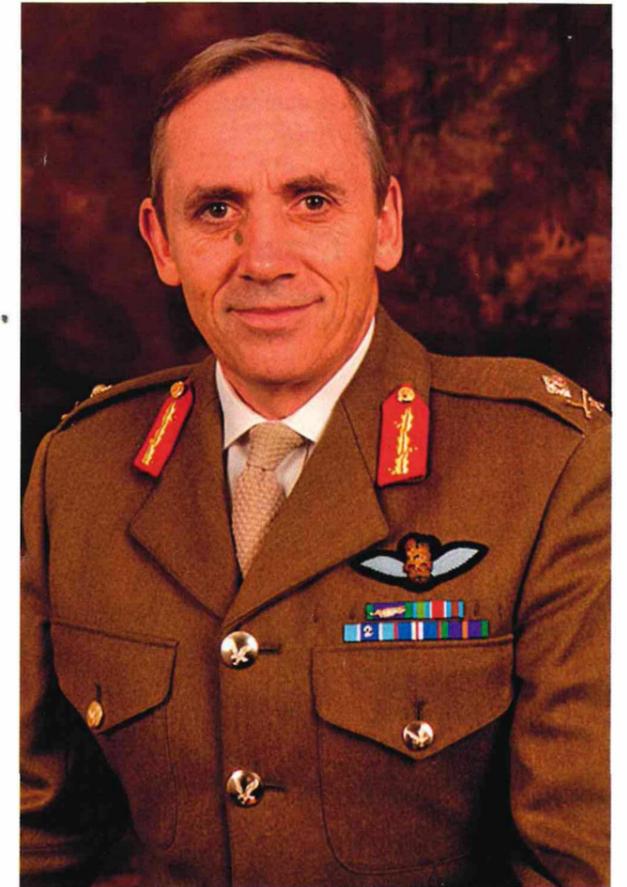
Maj Gen Nick Caplin GOC, UKSC

The last time I wrote in the Bulletin there was massive speculation and uncertainty regarding the future plans for Germany and, although there has been a lot of progress, I have to tell you that there is still no concrete plan. That is not to say that work has not been done, or that the staff in the MOD have sat back waiting for political direction, quite the opposite. The problem is that the work is largely invisible to us and while options are being examined it would be wrong to expose them to us, as many will fall by the wayside as the plan is refined.

In the same way, the final plan for Germany relies on many other moving parts, and what happens in the UK (decisions about bases) will have a direct bearing on us; we must wait for that part of the plan to become firm before we know where we are to fit in. Having said that, many of you know that only a few weeks ago a decision was made to close Celle station, once 2 RRF depart next summer. This was seen by the MOD as an opportunity to close a single unit station, and make an Infantry Regiment available for other tasks. The MOD will maintain flexibility in its planning and, rightly, will always be on the lookout for opportunities to make best use of resources in this time of austerity.

So, where does this leave us now? We are waiting for the announcement about the UK part of the re-basing plan. I don't expect a huge amount of detail concerning the Army (and especially units based in Germany) at this stage, but the announcement will nevertheless mark the start of a much anticipated move of troops from BFG. We do, however, know that the closure of Rhine Garrison remains a certainty. Although this sadly marks the end of an era, we still need good people to step up to the mark and contribute to making the Garrison a happy place to serve for the next two years. And, in closing, we should use the opportunity to celebrate in style everything good about the Garrison; the Stables Closure Beating Retreat is but one example.

You will see Defence featuring regularly in the news right now. Inevitably, there will be more announcements on all facets of our lives, linked to the Strategic Defence and Security Review.



Closest to home is redundancies for both military and civilian personnel. It is a difficult time for many, but others see it as an opportunity to start a new career. Whatever the situation, it is important to stay in touch; if you are not sure then ask your line manager.

In summary, I realise for many this is a slow process which only serves to increase the uncertainty. I ask you to remain patient and I promise you that when we know of anything my staff will disseminate it quickly through the chain of command and to all families within BFG. You have all shown a remarkable understanding so far and I ask you to remain so until we know more. Until then please continue to enjoy the many positive aspects of the life we have here in Germany, and hopefully better weather for the summer!

Security Awareness in Rhine Garrison



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

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

Your eyes are our best defence

THE THREAT

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



GOOD NEIGHBOUR SCHEME

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



BICYCLES

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

SUSPECT PERSONS OR VEHICLES

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



BULK RUBBISH

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

Garrison Junior Clubs And Activities

Rheindahlen Youth Football Club

Team for all ages between 5 and 16.
Boys and Girls welcome.



Registration & Training for
2011- 12 Season
Saturday 3 and 10 September
10.00, JHQ Football pitches, Next to
Iron Duke.

For more information please contact:
Simon Fuller - JHQ Ext 2970 OR
Stuart Howard - JHQ 3720
Email: ryfc@hotmail.co.uk

Rheindahlen & Elmpt Swimming Club

Age 5+, Boys & Girls welcome
Apply online <http://www.swim-jhq.org/>
Euro 30 per school term
Wednesday Evenings
Each class 30 mins between 18.00-20.00
Email: jhq.swimclub@googlemail.com
Location: Rheindahlen Swimming Pool
(Directions on website)



Air Training Corps - Air Cadets

Age 13 -18, Boys & Girls
Mondays & Thursdays
18.30 - 20.30



8 Overseas (Rheindahlen) Sqn
Air Training Corps
Bldg 8 & 10 York Drive (Nr Fitness Centre)
RMC, BFPO 40
02161 472 2085 (On Sqn parade evenings)

Rheindahlen Karate Club

Age 8 and over, Boys & Girls Welcome
Mondays & Wednesdays 18.00 - 19.30
Windsor School Gymnasium, JHQ
€1.50 per session



To register or for more information please contact:
Sarah Parkin 02161 4763314 / 0151 40456432
Mark Parkin 02161 4958674

St John Ambulance

Tuesdays (Term Time Only)
18.00 - 19.45
Elmpt Scout Hut (Opp Guard Room)
Contact Joy
0151 51256820
elmpt.stjohn@gmail.com



Mini Rhinos Rugby

Boys & Girls aged 5 -17
Sundays 10.30
JHQ Rugby pitches
Roberts Road
JHQ
BFPO 40



Paul Melton 02161 472 2637 or 495864
Henry Dixon 0173 8873607

Rheindahlen Sub Aqua Club - Junior Section

Tue Evenings - 17.00-21.00
The Blue Pool, JHQ
Sat mornings at dive sites for planned dives.
Restrictions - Age 14-16. Need to be
physically fit.
Military Members require Military Medical. The local
community must have civilian insurance.
Contact: SSgt Richie Savage Ext 2220, WO1 Keith
Atkinson Ext 3076, WO2 Dave Duncan Ext 2383
Facebook Rsac.



Open to Garrison members, also offers membership to
the Local Community.

Javelin Youth Club

Steve Cook 02163 97 4667

Monday
18.30 - 20.30
Internet Café - Yrs 7+

Tuesday
17.30 - 19.30
Junior Youth Club - Yrs 4 - 7

Wednesday
18.30 - 20.30
Internet Café - Yrs 7+

Thursday
17.30 - 19.30
Junior Youth Club - Yrs 4 - 7

Friday
18.00 - 21.30
Drop In JHQ - Yrs 7+

Wildenrath Youth Club

Youth Worker TBC
Sessions Start 19th Sep

Monday
1800 - 2000
Junior Youth Club - Yrs 4 - 6

Tuesday
1900 - 2100
Senior Youth Club - Yrs 7+

Wednesday
1800 - 2000
Junior Youth Club - Yrs 4 - 6

Thursday
1730 - 1900 Yrs 1 - 3
1900 - 2030 Drop In Yrs 7+

Friday
1800 - 2130
Drop In JHQ - Yrs 7+

1st Elmpt Rainbows

Tuesdays 16.00-17.15
Elmpt Scout Hut
Girls aged 5-7 years
Waiting List - Please telephone Maria Johnson
02163 5722562



4th Rheindahlen Rainbows

Monday 17.30-18.30
Guide Hut, Naim Walk (Near Royal British Legion)
Girls aged 5-7yrs
Waiting list forms available from JHQ HIVE

1st Elmpt Brownies

Tuesdays 17.45-19.00
Elmpt Scout Hut
Girls aged 7-10 years
Waiting List - Please telephone:
Maria Johnson 02163 5722562



3rd Rheindahlen Brownies

Mondays 17.30-19.00
Guide Hut, Naim Walk (Nr Royal British Legion)
Girls aged 7-10yrs
Waiting list forms available from JHQ HIVE

1st Wildenrath Brownies

Denise Munro
02432 8912310

1st Rheindahlen Guides

Mondays 17.00-18.30hrs
Guide Hut, Naim Walk (Nr Royal British Legion)
Girls aged 10 - 14 yrs
Waiting list forms available from JHQ HIVE



Rheindahlen Youth Club

Andy Williams 02161 472 4483

Monday
1630 - 1900 - Boxing Session
1830 - 2100 - Senior Youth Club - Yrs 7+

Tuesday
1730 - 1930 - Junior Youth Club - Yrs 3 - 6

Wednesday
1630 - 1900 - Boxing Session
1830 - 2100 - Senior Youth Club - Yrs 7 +

Thursday
1730 - 1930 - Junior Youth Club - Yrs 4 - 6

Friday
1830 - 2100 - Senior Youth Club - Yrs 7 +

Sunday
1300 - 1500 - Music Workshop - Juniors
1500 - 1700 - Music Workshop - Seniors



1st Brüngen Beavers

Mondays 16.15-17.30
Elmpt Scout Hut
Boys & Girls 6-8 years
To join contact Emma Dell
02163 5725031
elmptbeavers@yahoo.com



1st Brüngen Cubs

Mondays 17.45-19.15
Elmpt Scout Hut
Boys & Girls 8-10½ years
To join contact Clare Beardwood
02163 5715158
bruggencubs@yahoo.co.uk



1st Rheindahlen Cubs

Mondays 18.30-20.00
Rheindahlen Scout Hut
Boys & Girls 8-10½
To join contact David Haigh
02161 550824
skip2399@aol.com

1st Rheindahlen Scouts

Mondays 18.30-20.00
Rheindahlen Scout Hut, York Drive
To join contact David Haigh
02161 550824
skip2399@aol.com



Awards And Projects

Grant Davis 02161 472 4009

Monday - Friday
1240 - 1340 - Info Shop Windsor School - Yr 7+
(School Term)

Monday
1600 - Gold D Of E Yr 12 + 13

Tuesday
1800 - 2000 - Bronze D Of E - Yr 9 +10

Wednesday
1800 - 2000 - Silver D Of E - Yr 10

Friday
1800 - 2200 - Drop In - Yr 10 +

Saturday
1600 - 2200 - Drop In - Yr 10 +

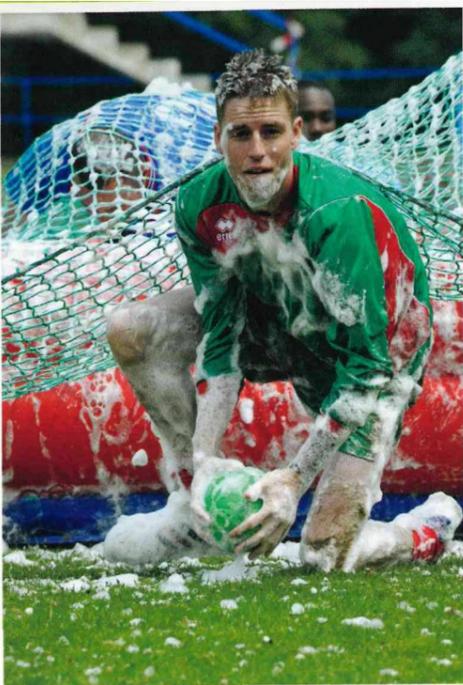


NEW VOLUNTEERS ALWAYS REQUIRED AND WELCOMED

Sponsored by:



RANGE ROVER



Armed Forces Day Party In The Park

Rhine Garrison has enjoyed a great day of summer fun at this year's Armed Forces Day - Party In The Park.

The Garrison community, and veterans enjoyed all the fun-of-the fair, including dodgems and other fairground attractions, clay- pigeon shooting, unit static displays and clubs and traders side stalls.

The event started off with an It's A Knockout tournament including 19 plucky teams. Congratulations to the winning team from 7 Signal Regiment.

The organised entertainment also included a spectacular parachute display by the Joint Service Parachute Centre (Bad Lippspringe), followed by a performance from the Band of the Royal Electrical and Mechanical Engineers.

The mood moved up a gear towards evening time, with a range of bands getting the crowd on their feet including CSE ACTS The Neons, The Lettuce Heads and Electric Mayhem.

The event was sponsored by Land Rover, Range Rover and Jaguar, and Coordinated by RSS with assistance from Garrison units.



BFG Veterans' Day

This year Veterans' Day at JHQ was combined with the annual Party in the Park to allow armed-forces veterans ,from the surrounding area, to meet each other and have their questions answered.

With plans for the drawdown of Germany increasing, there is a lack of current information for ex-service men and women that have settled locally. The morning event was a chance for questions to be answered as Brigadier Jon Watson, Commander of the Germany Support Group, gave a detailed presentation to around 40 veterans from the local area. "My key message today was about change" he said, "For most veterans the only information they get is from the headlines with talk about budget cuts or not enough equipment on the front line. Hopefully today we managed to put them right and get their questions answered."

Key topics raised were about savings and defence cuts, the TA, change over of Defence Estates in Germany to Babcock's and a particularly emotional topic – NAAFI remaining open with access for Veterans. After the presentation the bar was opened and a carvery meal took place before the veterans were given the opportunity to enjoy the rest of Party in the Park.



Volunteers' Week

Photos Dominic King

Volunteers' Garden Party

Words Sophie Fallows

As part of Rheindahlen Volunteers' Week, a garden party took place to celebrate the hard work and effort of the community.

Representatives from sixty different charities, along with military leaders, attended the garden party held at Cassels House on JHQ. It was a chance to pay tribute to all the volunteers that help the Garrison be the best it can be.

CO RSU Lt Col Bedding highlighted the important role the charities play in the community. He said, "Without them, we would not have the same quality of life." He concluded that the Garrison would be a lesser place without their hard work.

Special mention was given to key volunteers across the Garrison including Sharon Tyrell from Elmpt who was awarded a Certificate Of Appreciation for her hard work as a volunteer over the years.



Volunteer Showcase - Could You Help?

During Volunteers' Week, which ran from 11th - 15th July, many of the agencies, organisations and charities, which benefit from the hard work of willing volunteers were involved in a Volunteer Showcase, highlighting the services that they provide, and the roles of the volunteers who lend them a hand. They also took the opportunity to appeal to all the community to give a little bit of their time and become a volunteer.

The Showcase took place each afternoon and evening, in the JHQ NAAFI store, with representatives of the organisations providing displays and distributing information.

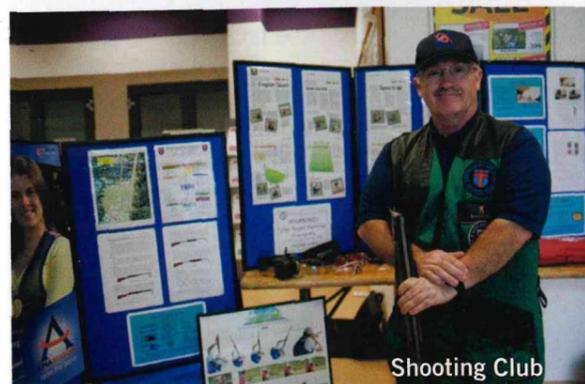
Among the welfare agencies advertising the service, which they provide to the Garrison was SSAFA Forces Help Victim Support.

Victim Support volunteers provide support for anyone within the Garrison who has been the victim of any type of crime. Volunteers receive training, and then provide practical advice and support to victims of crime, no matter how minor or serious.

If you would like to volunteer Tel: 02161 472 2272



Rheindahlen Youth Football Club



Shooting Club

Could You Be A Volunteer?



Home-Start provides support and friendship to families. The volunteer role is very varied and can include anything from home visits, helping out with organised group activities and outings, and trips.



If you are interested in volunteering then please call in to the **Home-Start office** in your camp. For information about Home-Start visit the website:

www.home-start.org.uk

Jigsaw BFG is a cancer-support group aiming to help those who have received a diagnosis of cancer, or are undergoing treatment. It also provides support for the family of the sufferer.



Jan Jones founded the group in 2006, after she successfully battled with cancer herself, to offer practical and emotional support, and a signposting service.

Volunteers are always welcome either to get involved in the support group or to carry out fundraising activities. Please Tel: 01520 7638572, Email: jigsawbfg@hotmail.co.uk or visit www.jigsawbfg.co.uk



Just Turn Up And Help... SSAFA Forces Help

... is the message that the SSAFA Forces Help Committee is spreading. Their aim is to get our community involved in volunteering, and to commit just the amount of time that they can spare. They realise that not everyone wants to be on a committee, but may be able to support community or fundraising events.

To get involved with SSAFA community events Tel: Ailsa on 02161 4723392 or Email: bfgvpo@ssafa.org.uk

Rheindahlen & Elmpt Swimming Club



Wednesday evenings during school terms, up to 150 children are taught how to swim by a group of about 25 volunteers. From learning the very basics right up to refining stroke technique, there is something for everyone. Each class is taken by a qualified ASA instructor and the Club is always on the lookout for support staff.

For details e-mail: jhq.swimclub@googlemail.com



The Volunteer Staff



Community Music Night At The Rheindahlen Rooms

On Friday 23rd September, 19.30 - 01.30

Great evening with Live Music from local band 'Halfcut', plus Disco, Cash Bar and Money Tree.

€10 entry fee -
Includes food -
Curry and Pasta

In support of SSAFA **FORCES**
Help

School Transport From South West Extension To Ark School

Following the closure of St George's School, **starting on Tuesday 6 September** a daily school bus will run in term time between the South West Extension and the Ark School. The timetable for this bus is as follows:

Pick up/Drop off Point	Time AM	Time PM
Junction Dorset Drive/Douglas Way	0830 hrs	1535 hrs
Buschhof NAAFI Car Park	0835 hrs	1530 hrs
Junction Devonshire Ave/Auckland Cres	0837 hrs	1528 hrs
Junction Devonshire Ave/Auckland Cres	0840 hrs	1525 hrs
Ark School	0845 hrs	1520 hrs

On those days that After School Clubs are run a minibus will also be available to allow parents to get from the South West Extension to the Ark School to pick up their children at the end of the clubs and then return them to the South West Extension. The timings for this minibus will be as follows:

1600 hrs	Pick up parents at the Devonshire Ave/Cambridge Drive lay-by
1605 hrs	Arrive at Ark School
1615 hrs	Depart Ark School
1620 hrs	Drop of parents and children at the Devonshire Ave/Cambridge Drive lay-by

Parents will be notified in due course by the school when After School Clubs will run and therefore when this minibus service will operate for the South West Extension. Please note that there will be no escort for the minibus and therefore it is the responsibility of parents to accompany their children on the minibus or to ensure that they accompanied by a nominated responsible adult.

Bulletin Photo Competition 2011

It is time to dig out your fantastic snaps for the *Bulletin Summer Photo Competition 2011*.

The photo can have been taken anywhere in the world, it can be of family, friends, military, work, holiday or from a hobby or interest.

Your photograph could appear on the **FRONT COVER** of the October edition of the Bulletin.

Your entry will also appear in the Photography Exhibition at Rheindhlen Library in September.

You can send up to 10 entries. Make sure they are a PORTRAIT lay out, and a JPEG, BITMAP, or TIFF format. The closing date for the competition is Friday 9 September.

Please email all entries to:
teambulletin@yahoo.com



Winner 2010

Smoking Room Available

Private Room for Parties

Tarantella
Ristorante & Pizzeria

In the heart of Brügggen - enjoy the view of the Burg from our lovely Terrace.

Authentic Sicilian Homestyle Specialities

Served All Day • Families Welcome

Lunch Menu

Pizza - Pasta - Salad only €6,00 (Apart from Sundays and Bank Holidays)

Daily Specials

Tuesday - 1 Meat dish with fresh side dishes only €9,90
Wednesday - Pasta Day - Pasta with Salad and 1 drink only €10,95
Thursday - Pizza Day - Pizza with Salad and 1 drink only €10,95
Friday - 1 Fish dish with fresh side dishes only €9,90

Coffee & Cake • Different Fish Dish Every Day
Spend Over €50 & Receive 10% Off Your Bill

Summer Opening Times: Tuesday - Sunday 11am - 11pm
Klosterstraße 14 • 41379 Brügggen • Tel. 02163-7585 • www.tarantella-brueggen.com



Army Library
and Information
Service



NATIONAL POETRY DAY 6TH OCTOBER 2011



WRITE A POEM AND HAVE IT PUBLISHED!

We are looking for creative writers to contribute poems for national poetry day. Poems will be displayed within the library and published in an anthology.

CLOSING DATE – 20TH September.

Submit poems to:

Rheindahlen library-rhelib@alibs.detsa.co.uk
or Library HQ, JHQ BFPO 40.
Wildenrath library- wildlib@alibs.detsa.co.uk
Elmpt library – elmplib@alibs.detsa.co.uk



- Have you recently moved into the Rhine area and are aged **16 – 19**?
- Are you currently **not** engaged in **Education, Employment or Training**?
- Would you like to find out about **Employment, Training or Education** opportunities locally or elsewhere?

If the answer is **“YES”** to any of these questions, please contact the **Rhine 14 – 19 Centre**.

We are contactable during summer on:
Email: rhinepartnership@hotmail.com
Mobile: 01722 175 501

Kit Insurance

From £7.14 per month

www.jbionline.com

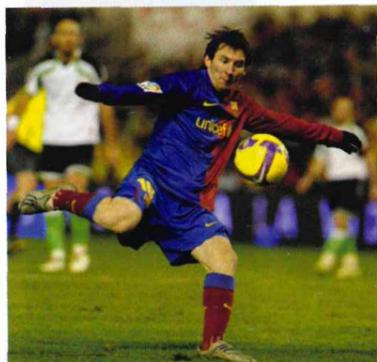


Rheindahlen Youth Football Club

REGISTRATION

Teams for all ages between 5 and 16 - boys and girls welcome

- Club Saturdays -
3 & 10 September from 10am at the pitches next to the Iron Duke.
Registration and pre-season training for all ages.



Contact: Simon Fuller - JHQ x 2980
Stuart Howard - JHQ x 3720
or Email ryfc@hotmail.co.uk



RSU WELFARE CENTER TRIP KINDERSTAD HEERLEN



Kinderstad, located approximately 50 minutes from JHQ in Holland, is one of the largest indoor play parks in Europe.

Kinderstad caters for all ages and allows you take your own picnic.

SATURDAY 20th AUGUST

Transport leaves JHQ at 10.00
Leaves Heerlen at 16.00

Costs pre person €7.50
FREE TRANSPORT

AS KINDERSTAD IS LOCATED IN HOLLAND PASSPORTS AND EHIC CARDS WILL BE REQUIRED ON THE DAY



For further information please contact the RSU Welfare Centre on 021 61 472 4092

THE BIG BREW UP

Tea for Troops - Support our Armed Forces

As a nation of tea lovers we'll use any excuse to put the kettle on, so why not raise a cuppa for a good cause and support the troops. The Soldiers, Sailors, Airmen and Families Association (SSAFA)- Forces Help has launched its annual Big Brew Up campaign, taking place 3rd - 9th October, where we ask the whole country and overseas operations to organise tea parties, raising vital funds for the Armed Forces, veterans and their families.

With so many of our servicemen and women currently on active service, the Big Brew Up is a vital fundraiser

For more information on how to host a Big Brew Up and to apply for a pack containing posters, invitations and everything you'll need for your event, visit www.ssafa.org.uk/TheBigBrewUP, call +44 (0)20 7463 9310 or email thebigbrewup@ssafa

The Volunteer Projects Office in Rheindahlen is also happy to help with any enquiries, please email bfgvpo or call 02161 472 3392 or Mil 72 3392.

for the charity. Last year's campaign raised over £100,000 and a Big Brew Up was held in nearly every British military base - from Bastion to Brunei. In Western Europe, tens of thousands of euros were raised to support troops and families across British Forces Germany and SHAPE.



Elmpt Health Fair

By Allison Moran

Elmpt Station's gymnasium was filled with a range of healthcare professionals on July 14th to share advice with soldiers and their families. This year's fair was very much focusing on combat fitness and looking after equipment issued for operational environments.

David Jacklin an audiologist showed a film of a young soldier who wasn't keen on wearing his ear defenders and consequently his hearing suffered and he was no longer eligible for promotion. David also demonstrated the audio equipment and hearing protection that is currently being used in operations.

Advice was given on more sensitive subjects such as mental health and sexually transmitted diseases. Pete Loader was there from Bielefeld GU clinic, to give confidential support, and to offer confidential Chlamydia testing. He said "Sometimes soldiers don't want to go through their medical centre. The med centres are bound by a duty of care to keep their confidentiality, but we offer something outside the med centre. We have satellite clinics that are run fortnightly in Hohne and JHQ; the timings are on posters in med centres."



INTIMIDATED BY ANTI-SOCIAL BEHAVIOUR?

FIND THE STRENGTH
CALL US TODAY



IF YOU'VE BEEN AFFECTED BY ANTI-SOCIAL BEHAVIOUR
Tel: JHQ Mil - 72 2272
Civ: 02161 472 2272
ssafa.victimsupport1@ssafa.org.uk
www.victimsupport.bfgnet.de



Approved by
victim support
find the strength

Pet Insurance

From: Dog £18.78 per month / Cat £12.22 per month

www.jbionline.com

Ford AUTO Vennen GmbH
 Your lokal Dealer in M'gladbach - Hardt
 Auto Vennen GmbH • Vorster Str. 329 • 41169 Mönchengladbach - Hardt
 Telefon 021 61 / 5 54 75 + 5 54 76

Our Services are:

- Car Service and Warranty
- Windscreens
- Accident Repair
- Air conditioning Service
- Exhaust - Brakes - Tyres and Engine Repair
- Preparation for BFG including Exhaust EmissionTest
- All repairs more than EUR 50,00 - Tax Free by paying through your Military Mess

- English spoken -

Viersen-Dülken

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 Elmpf: 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.

Pop in and see us
 Ford Auto Vennen GmbH
 Vorster Str. 329
 41169 Mönchengladbach-Hardt
 Telefon: 0 21 61 / 5 54 75 + 5 54 76

KFZ - MEISTERBETRIEB
EH
KFZ - Meisterbetrieb
 KFZ - Sachverständiger
Erich Hamm

All kinds of car repairs.
Body repair and spraying.
Specialist garage for Daihatsu and Peugeot.

- Air Conditioning
- Tyre Service
- Car Tuning
- Car Electrics
- Car Service
- Tracking Service
- Car Accident Damage Assess

Hardterstr. 543
 41179 Mönchengladbach
 Phone & Fax: 02161-580288
 Only 2 mins from JHQ

Sunday Roast Carvery
Cassel's House
3 course meal
Adults 7.50 euros
Children (under 12) 4.50 euros

Book now on 02161 472 4234
 Bookings should be placed by
 Friday prior to Sunday

Onkel Gustav

Kitchen Opening Times

Mon	Closed
Tue - Sat	1200 - 2130
Sun	1200 - 2030
Daily, Homemade Cakes	1400 - 1700

Waldrestaurant . Reinhold Rettkowsky
 Brahmstrasse 142 . 41169 Mönchengladbach
 Tel. 02161 / 55 96 36 . www.waldrestaurant-onkel-gustav.de

Low Cost
 UK Landlords Insurance
www.limeonline.co.uk

Matthias Jackels
 qualified-forester
 Harbecker Straße 68 · 41844 Wegberg
 Tel.: 024 34/7106
 Fax: 02434/240273

more than 20 Years
 Your specialist for
 fireplace and heating
 wood every winter

The tip for environmental protection:
 energy production with wood – environment-friendly-wood grows again-CO₂- neutral

Price-list
 acacia · alder · ash · birch · maple · oak · pine

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 €
	3 Seater Solid Wood Bench	190 - 250,00 €
	Flowerbox Solid Wood	45,00 €

www.Kaminholz-Jackels.de

Performance Bikes
 Owner is Ex-Services

TAX FREE SALES OF NEW MOTORBIKES

10 mins away from JHQ
 Winter & Spring Service

Pick up and delivery service · Accident repair
 · Tyre service · Service and repair on all motorbikes ·
 Original spares · Laser frame alignment · Accessories

Mon - Fri 0900 to 1300 & 1400 to 1830
 Sat - 0900 to 1300

Tilburger Str 4
 41751 Viersen
 Tel: 02162 2660498

www.performance-bikes.de

Optik Alte Post

Inh. Karola Hilger formerly Maternus Hilger MBE / Optometrist RAF
 Bahnhofstr. 29 (across from Kreissparkasse), 41844 Wegberg
 Tel: 02434 - 25666
www.optik-alte-post.de

Opening Times:
 Monday - Friday
 9.00 - 13.00
 and 14.00 - 18.30
 Saturday
 9.00 - 13.00
 Urgent appointments available

For all your Eye-Care needs - Eye tests, glasses, contact lenses and advice on sight problems.
 10-15 mins from JHQ - We are happy to help and look forward to your visit!

'VisuReal' Ensures Superior Varifocal Lenses!

Using Hoya's latest VisuReal technology we can offer you the very best in Varifocal lenses.
 Visit Optik Alte Post for high quality Varifocal lenses tailor made to your specific needs.

Lens Options: Standard Comfort Premium

Health Alliance Complex partner for more than 30 years
 VAT FORMS ACCEPTED

HOYA
 We Care For Your Eyes

VISITORS' SPONSORSHIP

All visitors to families in BFG need to be sponsored by the family with whom they are staying.

The sponsor should obtain a Visit Of A Close Relative form from their Unit Welfare Office (UWO) for each of the visitors. This form should be carried by the visitor at all times, as well as their passport during their stay in BFG. The form entitles them to come and go around the station/garrison facilities, and also to shop for non-rationed goods in NAAFI retail outlets on behalf of the sponsor.

Visitors should ensure that they take out full medical insurance and obtain an European Health Insurance Card (EHIC) before travelling, as Service Medical Centres are not mandated to provide treatment. Where possible, free urgent treatment may be carried out on a privilege basis, but visitors will not be covered if onward or specialist treatment is needed, even if they are sponsored.

The same rule applies for medication. All visitors should carry enough medication with them as some drugs and medicines are not available through Service Medical Centres.



EHIC application forms are available from post offices or online at www.ehic.org.uk. The combination of EHIC and travel insurance should cover medical treatment (including hospital treatment) and MEDEVAC if necessary. Visitors who do not have appropriate cover may be liable for all medical costs.

LOA Review Visit

The first comprehensive review of LOA since 2005 took place in July 2011, when the LOA Review Team paid a visit to Germany.

The purpose of the review was to ensure the allowance considers all relevant aspects of a service person's (and their dependants) expenditure, and to physically compare the cost of living in LOA areas across Germany with the cost of living in the UK.

All 3 separate LOA areas were reviewed; BFG Main (centred on Gutersloh), the US Zone (Ramstein) and an isolated detachment (Obertsdorf in Bavaria).



SCHOOL SHOE FITTING SERVICE
NAAFI Max JHQ
23rd August '11
CHILDREN'S BLACK SCHOOL SHOES AVAILABLE

- ♦ 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.

ALSO
Pre-walkers
First Shoes
Infant Shoes
Plimsolls

**Book your child's
'BACK TO SCHOOL'
SHOE FITTING
APPOINTMENT**
Appointments available 23rd Aug '11

0151 1943 4988
www.bfgshoes.com
Sennelager NAAFI Max

BFGshoes
your no.1 choice for fitted children's shoes

UNDER NEW OWNERSHIP

Find us on Facebook Search for BFG Shoes **start-rite**

Enjoy and relax!
Leave your worries behind and enjoy a delicious meal
- or a cold beer or a glass of wine.

**Restaurant
Fischerstübchen**

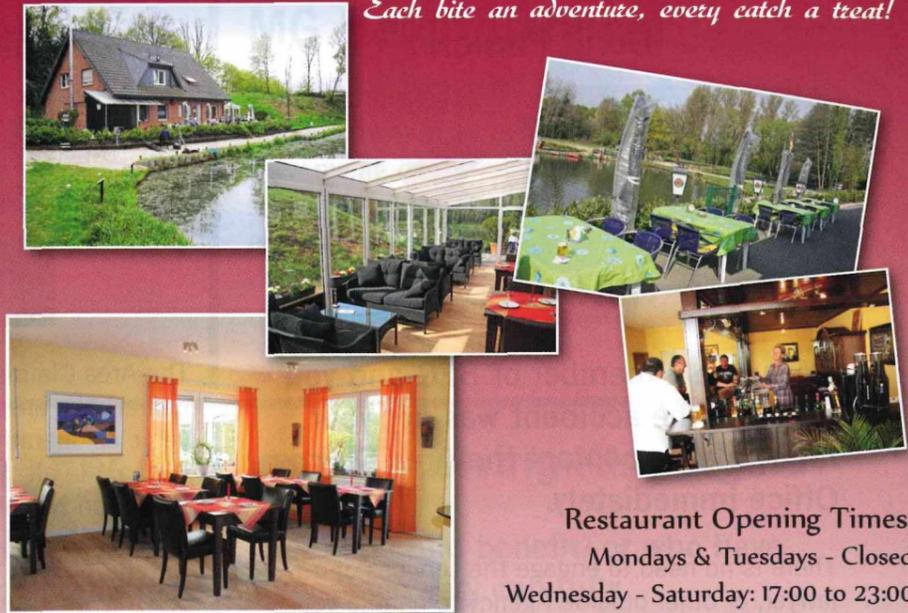


Each bite an adventure, every catch a treat!

The Fischerstübchen welcomes parties up to 30 people. We also have a cosy smoking lounge and sun terrace for up to 40 people overlooking our lakes.

Top quality fresh food served by friendly English-speaking staff.

Juicy grilled steaks, homemade noodles with young vegetables, crisp salads, fresh fish dishes and much more...



Restaurant Opening Times:
Mondays & Tuesdays - Closed
Wednesday - Saturday: 17:00 to 23:00
Meals served 17:30 to 22:00
Sundays & Public Holidays 12:00 to 22:00
Hot meals served all day

How to find us:
A52 exit - Niederkrüchten Brempt near Hariksee



**Angelpark
Klein-Sibirien**



Each bite an adventure, every catch a treat!



Fish and enjoy!

Treat yourself to a relaxing day in a pleasant atmosphere at our fishing lakes.

We look forward to your visit!
Steve & Donat

Families & group bookings welcome.
Equipment rental & competitive fishing prices.
Catch rainbow and brown trout of any size - also sturgeon, catfish, eel & carp.
No catch limit for trout!
UK or German Fishing License required.
Fresh & Smoked Fish for sale - from our lakes

Angelpark Klein-Sibirien
An den Tonwerken 49
41372 Niederkrüchten
Tel. (Eve): 02163 / 57 22 848
Tel. (day): 02163 / 49 95 372
www.klein-sibirien.de

Lakes Open Daily - 6am to 10pm
Closed Tuesdays
(Nov - March 7am to 10pm)



If You Are Involved In A Traffic Accident With A Vehicle Operated By The MOD In Germany...

Don't Panic!!



If you are a member of BFG and you feel that the accident was not your fault, please contact the Area Claims Office immediately.

There is no need to engage the services of a lawyer, or other outside Agency to handle your claim at this stage.

We make the necessary arrangements for you.

- We will arrange for you to have your vehicle repaired at a garage of your choice and pay the bills directly.
- We will arrange for your vehicle to be inspected by an independent assessor if necessary and pay his fees.
- We will arrange a replacement vehicle/ hire car, if this is required.
- We will pay Loss of Use if a replacement vehicle is not required.
- We will pay depreciation to cover loss in resale value, where applicable.
- We can arrange for recovery of your vehicle.
- We will meet claims for injury compensation.
- We will consider claims for items lost or damaged as a result of the accident, together with costs which you feel may have necessarily been incurred as a consequence of the accident.

MOD Vehicles Are Self Insured



The Area Claims Office is the MoD's Liability bearer. We are the "insurers" of all Military vehicles operating in Germany and Europe. We handle all claims from German and other European Nationals and members of the BFG community and operate in English, German and Dutch.

If you have a question, please ring us.

If you engage an outside Agency, they will only contact us. This incurs additional cost to you, the tax-payer, and it could result in additional expense to you directly as the claimant. It makes sense, therefore, to talk with us personally. We are not an insurance company but we do ensure that all claims are settled quickly and fairly.

TO FIND OUT MORE RING US:

02161 472 3019
OR JHQ MIL 72 3019



Contact Us

ESSO AUTOBAHN SERVICE STATION ROHNETAL SÜD

For complex commercial reasons, the ESSO Autobahn Service Station, Rohnetal Süd located on Autobahn A38 in the direction of Leipzig will not accept BFG fuel coupons with effect from 4 Jul 11.

Please be aware that any BFG motorist who inadvertently refuels and intends to use fuel coupons at this station will have to pay the full pump price and will not be reimbursed for subsequent costs.

Driver Theory Test

Did you know you can take your UK driver theory test here in Germany?

Entitled personnel can take a self-funded Car, Motorcycle, LGV, or PCV theory test, through the Defence Licensing and Testing Authority (DELTA). To request an application form for the UK Driver Theory Test contact UKSC : Mil Tel: 72 2982 Civ Tel:02161 472 2982 or obtain from your local HIVE.

Practical testing is not available on a self funded basis using the UK testing system in Germany.

Changes To Number 23 Bus Route - From JHQ - MG Haupt Bahnhof

To find changes to the bus route visit: www.nw.ag.de, select **Möbus**, and **Fahrplan 2011/12**.



Important Message For All Those Receiving Kindergeld

All those who are receiving Kindergeld (German child benefit) or who have applied for it, should read this message very carefully.

The German office administering Kindergeld for members of BFG, the **Kindergeldkasse in Nürnberg**, have informed BFG that the number of fraudulent claims and families receiving payments in error is steadily increasing. This is not only giving members of BFG a bad name, it also holds up the speedy administration of claims from all honest applicants.

In order **not** to put the **Kindergeld payments at risk** for everybody, it is very important that you follow the rules as set out in Standing Instruction British Forces (Germany) no 3231 (known as SIBF(G) 3231). If you do not, and you receive Kindergeld in error, you run the risk of a) having to pay back the money, b) being prosecuted for fraud and c) possibly not receiving any future UK Child Benefit until the Kindergeld overpayment has been offset against the Child Benefit entitlement in UK. You should know that the **Child Benefit Office in UK and the Kindergeldkasse in Nürnberg work closely together**. So make sure you are honest at all times and answer all questions to the best of your knowledge.

In particular you should inform the Kindergeldkasse of:

The correct arrival date (i.e. the date when the applicant and the child or children were physically present in Germany) on the application form.

Any change of address (Annex H of SIBF(G) 3231) within BFG.

Any change in circumstances (e.g. a child attending a boarding school, losing dependent status etc). **Children at boarding school are not entitled to Kindergeld and you must inform the Familienkasse as soon as possible, otherwise you may be accused of fraud!**

Any change of the end-of-tour date (use Annex I of SIBF(G) 3231).

The date of leaving Germany on posting (Annex G of SIBF(G) 3231).

Please be aware that the staff at the Kindergeldkasse do not speak English on the telephone, but if you put your question in writing, keep it as simple as possible and e-mail it to them, you will receive a reply in due course (in German). Make sure that you quote your "Kindergeldnummer" as well as your name and address and the date of any letter you are replying to or have a question on. The e-mail address is: 'Familienkasse-Nuernberg@arbeitsagentur.de'.

Most of all, **make sure you inform the Kindergeldkasse of all changes in your circumstances, in particular your leaving date on posting!** If you need any help, contact your local HIVE or the Kindergeldkasse.

Future Ground Maintenance in BFG Married Quarters' Areas

There will be changes to the grounds maintenance arrangements in married quarters' areas across British Forces Germany (BFG), which will take effect from 08 August 2011. This is not linked in any way to the award of the Facilities Management contract to Babcock Support Services on 8 August 2011, but is a measure to bring BFG in line with the level of service provided in the UK. Against the background of severe financial pressures this change has been introduced as a cost-saving measure.

The major change will be that SFA occupants across Germany will be required to cut the grass and clear leaves in front of their house. In the UK, occupants have been required to maintain the areas in front of their own SFA for some time. As far as Rhine Garrison is concerned, with so many empty houses there was always the potential that the drawdown would have a particular impact. Therefore time has been taken to look at the problems related to drawdown in order to minimise the effect on the quality of life.

The following will probably answer the main questions that you may have:

Q As the License Holder for my SFA, what will I be required to do from 08 Aug 11?

A - The License Holder will be required to keep the garden tidy and free from weeds, with the front and back lawns and grassed areas cut, and hedges trimmed.

Q Will the grass be cut in front of empty houses?

A - Yes; the grass will be cut and leaves collected from in front of empty houses, whether they have been de-commissioned or if they remain in use.

Q What about the back gardens? The back gardens of empty houses near me have not been cut for some time.

A - The grass will be cut, leaves cleared and hedges trimmed in back gardens of houses that are empty awaiting new occupants, although this will not be done on a regular basis. Grass and hedges will not be cut or trimmed, or the leaves collected in the back gardens where the house is to be left empty until handback.

Q If the grass isn't cut regularly in a back garden then what happens when people move in?

A - Grass will be cut in back gardens before new occupants move in - they will not be expected to take on a jungle.

Q If the grass isn't going to be cut in some back gardens before the house is handed back, will the German authorities accept them?

A - The standard of gardens required on handback depends to a degree on the plans for the follow-on use. This will be discussed with the Federal Authorities prior to handback; however the likelihood is that a one-off cut will be carried out in most gardens before the houses are handed back.

Q My husband has/will deploy on operations, I have young children and I just won't be able to manage the grass and leaves myself. What am I to do?

A - As now, where a family genuinely needs help as a result of an operational deployment the grass will be cut and leaves cleared for them, both at the front of the house and in the back garden. In order for this to happen however they must report that they need help to their Unit Welfare Officer, who in turn will notify the HCSO Department.

Q Apart from the grass in front of my house there are other grassed areas near where I live such as the play parks. Surely the occupants on the estate won't have to cut those areas?

A - No. The grass, bushes and trees in the communal areas will continue to be managed, where appropriate cut, and leaves cleared by the Garrison.

It is appreciated that some will be disappointed with this change and may be concerned that the quarters areas will start to look untidy, however if everybody does their bit then there is no reason that this should be the case. If anybody does have a particular concern, or are not clear on exactly what they are required to do, then they should contact their Housing Estate Manager.

Defence Infrastructure Organisation (Germany) And Babcock Support Services GmbH



Defence Infrastructure Organisation

The Defence Infrastructure Organisation (DIO) awarded the direct facilities management

contract to Babcock Support Services GmbH on 8 February 2011. Babcock will take over direct maintenance of the British Forces Estate in Germany from the In-House Team and our current sub contractors on Monday 8th August.

Babcock will focus on planned maintenance and repair and will respond to calls made to the helpdesk in addition to providing a grounds maintenance service. There is no change to higher value maintenance activity and new work which will continue to be delivered by the Host Nation.

As a result of Babcock's appointment, DIO will be able to improve upon the current high standard of estate maintenance achieved in Germany at lower cost to the MoD. The standard of service commended at the recent AFF conference in Herford will continue, with improvements such as reduced routine response times from 40 to 20 days.

Much of the effort required in making the change associated with Babcock's appointment is going on behind the scenes. Babcock has extensive experience in providing facilities management services to the Ministry of Defence and looks forward to extending this service to the British Forces Germany.

How will this affect me?

The only adjustment the estate users will need to make from 8 August 2011 is to call a different Helpdesk phone number and to note the alternative means of contacting the helpdesk set out below. In addition to this article, a leaflet drop leading up to 8th August 2011 will serve as a timely reminder of this small but important change.

Local arrangements for out of hours reporting, building custodians etc will continue as at present unless and until the Garrison notifies you to the contrary.

The facilities management Offices are due to remain where they are in both Rheindahlen and Elmpt and after 8 August 2011 will be populated by a mix of DIO and Babcock staff. The role of the Garrison Facilities Management Team will change significantly as a result of bringing Babcock into the team. In recognition of this change and to align with DIO arrangements in the UK, the facilities management staff will be known as the Site Estate Authority Team.

In the meantime please continue to report faults, in the barracks or at your married quarter, to the current Helpdesk as soon as you become aware of them and this will assist in providing a smooth transition for the Babcock team.

Contact Details After Monday 8th August 2011

Call the Babcock Technical Service Centre on German free phone **0800 888 4242**. The centre will be open for all calls from 07:00hrs to 19:00hrs and will respond to out of hours emergencies via the duty officer.



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

Report via web chat, an interactive instant messaging service that will let you interact with an agent; again this can be found at <http://bssghelp.babcock.co.uk>

Via e mail, mail us at bssghelp@babcock.co.uk

Via Fax **05254 - 9573499**

A 'drop in' facility for the personal reporting of faults etc will also be available on each Station during normal working hours. Details of this will be published in due course.

Army Family Federation Conference

If you have any questions for the Army Families Federation then please contact Branch Office.

Tel - 05221 9953180, Email - info@affgermany.org,
Website - www.aff.org.uk



Elmpt Music Club Open Day

The Elmpt Station Music club hosted an open afternoon on the 17th July 2011. The purpose of the event was to raise awareness of the club and to allow members to play and sing in front of an audience.

The intention was to hold the event outside the music club, but a decision was made early in the day to move inside the music club, as high winds and the chance of rain threatened.

Although the turnout was low there were enough people to create a warm friendly atmosphere. The afternoon went very well, with a mixture of live performances and performers singing to karaoke tracks.



The audience had a great time, listening and singing along. A big thanks to all who came to support the event, and a special thanks to the performers.

Elmpt Station Music Club



The Elmpt Station Music Club is situated in the old air traffic control building in Javelin Barracks. The club is open to service personnel, UKBC's and dependants. If you already play an instrument and would like to play with others, or would like to learn to play, then why not come along.

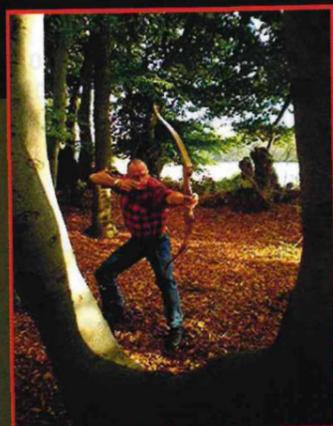
Club Nights
Tuesdays & Thursdays
19.00 hrs to 21.00hrs



The club supports a singing group on Wednesdays 19:00hrs to 21:00hrs. If you are interested in just singing then come along. All abilities welcome, a great way to unwind. For info contact Malcolm Littlefair, Work 72 2954, Mobile 0044 7731 641 292, Home 02163 9878 455

The club is currently looking for drummer and lead guitarist to support the singing group and other projects.

Archery in the Hardter Forest



- Group Events or Single Bookings
- Children's Birthdays
- Beginners or Advanced Archers
- Instruction & Bow Rental
- Mobile Sessions Available



More Info at: www.bogenschiessen-im-hardter-wald

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
The Community Centre
Robertson Drive
Organiser Ruth Cleminson
Monday - Friday 0900 - 11.30
Telephone 02432 81018

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

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



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

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

Coffee Morning - Wednesdays 09:30 - 11:30
Come and have a cup of coffee whilst the children play in a safe environment.

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

Home-Start Rheindahlen



Summer Activities

Tues 2nd August - Alpomira's Trip (See Wildenrath box)
Thur 4th August - Teddy Bears' Picnic at Wildenrath
Thur 11th August - Coffee Morning with story time arts and crafts 10.00 - 12.00
Tue 16th August - Fun and play at Rheindahlen Childcare Centre, Time TBC
Thu 18th August - Musical Coffee Morning- 10.00 - 11.30
Thu 25th August - Coffee Morning with story time, arts and crafts - 10.00 - 12.00

Community Groups -

All Groups start week beginning 12th September

Little Darlings Interactive Toddler Group
Wednesday 09:45-11:30

Music, Mummies and Me
Thursday 10:30 - 11:20, €5 per child / €7 per family

Bigger Darlings Interactive Pre-School Group
Thursday 13:15 - 15:00

Home-Start Wildenrath



The office will be closed on 25th & 26th July, 8th Aug - 12th Aug due to annual leave.

Summer Holiday Activities

Tuesday 2nd August - Alpermiro's Trip - Booking needed. Timings TBC. Meet at venue, if you need transport, call the office and we will try to find a lift.

Thursday 4th Aug - Teddy Bears' Picnic (weather permitting) 10.30 - 12.30. Bring packed lunch.

Home-Start Community News

Pushy Mums' Fitness Group - (4 Week Course)
Mums and Tots Pushchair Fitness Group, all abilities. No pushchair? Come along anyway! Prior Registration needed, next course starts 6th Sep - 10 euro's

Wed 14.00 - Mini Musicians starts 7th Sep
A structured music and movement session 1 euro per child or 2 euro's per family. Held in Play group rooms.

Barnardo's Big Toddlers

Home-Start Elmpt and Bruggen Primary School has organised a joint Barnardo's Big Toddler for the school's FS2 pupils. The youngsters dressed as animals to parade around the grounds. Bruggen School's head of foundation stage said of the joint project, "Working with Home-Start has been lovely; it is nice to have contact with the organisation on camp."

Rheindahlen Childcare Centre also held their own Big Toddler. Children and parents braved the elements to take part.





TIDWORTH ARMED FORCES JOB FAIR & NETWORKING EVENT

6th October 2011
1030 hrs to 1500 hrs

Tidworth Leisure Centre
Nadder Road, Tidworth, Wiltshire SP9 7QN

Get yourself seen - come along and find your future

BFRS has been established to provide help, advice and support to members of the Armed Forces and former members of the Armed Forces and their families.



For more information on attending the BFRS Job Fair & Networking Event or if you wish to exhibit contact **Joanne Pickard:**

E: j.pickard@bfrss.org.uk T: 0845 308 2406 W: www.bfrss.org.uk



THE INTERNATIONAL ARMED FORCES NETWORK

7 Sig Chefs Cook Up Award

The RLC Chefs of Javelin Barracks have a lot to be proud of this year after winning the prestigious competition NAAFI Rhino Caterer 2011.

The four-man team, captained by Sgt Andy Stoneley of 7 Sig Regt, cooked their way through fatigue and little equipment to impress the judges.

Andy said "All the teams were under extreme pressure to perform well in all the events; the lack of sleep and physical endurance needed made this a very difficult competition, but I just knew our team was at the top of their game and that showed in their skills".



It took just 3 weeks of training and preparation for the team to get to the standard needed to win. Andy says "I am so proud of the team; I have captained 7 Sig Regt in this competition two years before now and lost out by a very narrow margin. I am overwhelmed by the huge margin of 158 points that we won by this year. We have exceptional chefs and I can't thank the team enough, I am proud to say that I am part of Elmpt Stations catering department."

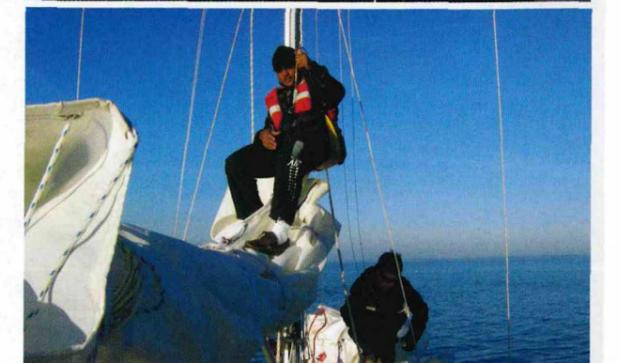
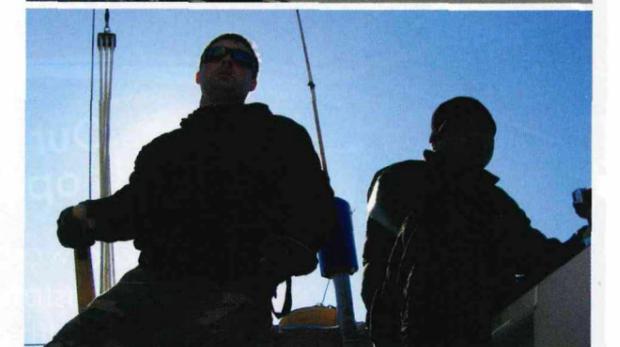
Exercise Baltic Diamond

Three members of Rhine Security Forces (RSF) and two members of the European Support Group (ESG) have taken part in a sailing expedition around the Baltic Sea. Lt Col 'Bill Busby, Flt Lt Dave Lusk, Pte 'Fish' Herring and Pte 'Ricardo' Dicks sailed from Kiel in a modern ocean going Hallberg Rassy 342 made in Sweden.

Their journey took them past Faarborg, Aeroskobing, Svendborg, Maasholm and Mommark. It was a relatively inexperienced crew, 2 novices, 2 competent crew who last sailed many moons ago and a skipper on his first charter, so there was plenty of scope for things to get interesting. This was demonstrated when they sailed into Maasholm and experienced a few difficulties in mooring for the first time, but apparently it kept the locals amused.

One of the crew, Flt Lt David Lusk, said, "The weather made the trip very enjoyable, especially from a training perspective, allowing us to bond as a team yet improve our skills dramatically. You could see the huge difference in the crew after a few days sailing. Reefing sails (making them smaller), tacking (a zig zag course), changing canvas and sailing in a busy channel was becoming easier as the crew's confidence in their abilities and the yacht grew. Travelling over 170 nautical miles and only using the engine for five hours was no mean feat, especially in the Baltic area as wind can be very temperamental.

Kiel is the home of the British Kiel Yacht Club (BKYC). It has over 1500 servicemen use its facilities each year on a mix of official courses, Adventure Training and yacht charters. All sailing courses, i.e. Competent Crew, Day Skipper are free of charge. AT and charter courses do have fees. Anyone interested in having a go, or advancing their qualifications, should contact BKYC. Their website is: <http://www.bkyc.de>



CHINESE RESTAURANT

蒙古城

MONGOLEI

Lunch Buffet
Daily 11:30-14:30 €6,20 pp

Evening Buffet
Tues – Thurs 17:30-21:30 €6,90pp
Children 5 - 11 years only €3,80

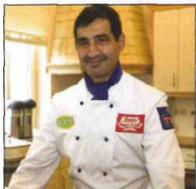
Large Evening Buffet
Chinese, Mongolian and Japanese Specialities
Fri - Sun 17:30 – 22:00 €11,90 pp
and public holidays Children 5 - 11 years only €6,80

Meals for children under 5 are free at all times
All dishes available to takeaway

Tel. 02434 8080 628 Open daily from
Am Bahnhof 5, 11:30 – 15:00 and 17:30 – 23:00hrs
41844 Wegberg Closed on Monday evenings
(Just before Aldi & Lidl on the left)
Fax 02424 9922 674

Curry Guru

All Fresh Ingredients - No Boil In The Bag or Compo!



Party Services: Indian, Chinese, BBQ, Indo-Caribbean & Indo-Chinese meals cooked and served by Curry Guru himself!

Quality Catering: Group & Private Functions, Dinner Parties, Cooking Demos & Charity Events

What's New!!

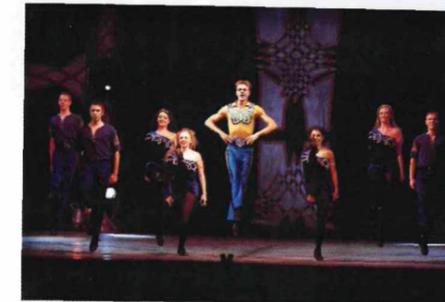
- Cookery Classes
- Herbs & Spices for sale online
- Private Tuition
- H's Recipe Book - 50% off!

Call me or visit my website for more information:
Call: 02157 9070467 • 0178 1857769 •
www.curryguru-bfg.de •
Email: curryguru-bfg@hotmail.com



CONCERTS AND SHOWS

James Blunt
'Some Kind of Trouble' Tour
10th October
Phillipshalle
Düsseldorf
Ticket Hotline: 0211775057



Lenny Kravitz
2nd November
Phillipshalle
Düsseldorf
Ticket Hotline: 0211775057



Jamiroquai
Rock Light Star Dust Tour 2011
20th November
önig Pilsner Arena
Oberhausen
Ticket Hotline: 0208 82000



Lord of the Dance
4th December
Phillipshalle
Düsseldorf
Ticket Hotline:
0211775057



LOCAL ATTRACTIONS

Altstadtfest
Festival at the Castle
Live music and food
5th-7th August
Bruggen



Ritterfest Schloss Rheydt
Medieval Jousting
MG
12th-14th August
info@www.ritterfest-schloss-rheydt.de

British Day & Country Fair
Burg Linn
9th - 11th September




Die Lüttelforster Mühle

Restaurant · Wirtshaus · Biergarten · Scheune

Our Hotel is opened!

Look forward to a special living experience in our tasteful rooms, situated within old walls, paired with contemporary interior. Large windows which afford an even greater source of light, enable an unhindered view of nature at its zenith. Pamper yourself to a night of trusted care.

No pleasure is transitory, as the impression which it leaves behind remains.

Lüttelforst 303 · 41366 Schwalmatal · Tel.: 02163 / 57 10 40 · Fax: 02163 / 57 10 429
info@luettelforster-muehle.de · www.luettelforster-muehle.de

Your Garrison Guide

Aug 2011



Your Garrison Guide

Sep 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bryan Ferry in concert at Westfalenhalle. Tickets at Tickets az-web.de				Alstadtfest, Festival at the Castle at Brüggem all day. Live music and food. From 5th-7th	Stadtfest in Xanten 6th & 7th August: Burgfest (Castle Fete): Reichsburg Cochem	
01	02	03	04	05	06	07
				Ritterfest Schloss Reydt (Medieval Jousting) at Schloss Rheydt from 12th-14th. info@www.ritterfest-schloss-reydt.de	Irish Night... Irish Festival at Burg Satzvey	
08	09	10	11	12	13	14
7 Sigs Ex Junior Javelin at Elmpt					Men's European Hockey Championships at Warsteiner Hockey Park, MG. 20th-28th	
15	16	17	18	19	20	21
22	23	24	25	26	27	28
		Skeet Range closes on JHQ				
29	30	31				

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Ritterfestspiele at Burg Satzvey	
			01	02	03	04
SCE Teacher Training Day	SCE Term Starts		Wedgewood Golf at West Rhine Golf Club		Ritterfestspiele at Burg Satzvey	
				British Day & County Fair at Burg Linn with Last Night of the Proms on 10th		
05	06	07	08	09	10	11
12th - 23rd Photography Exhibition for you to enjoy.					RSU Rhine in Flames trip	Sunday shopping in Krefeld City Centre from 1-6pm
					Craft market at Burg Satzvey from 11:00hrs, dancing & music from 18:00hrs	
12	13	14	15	16	17	18
		MTB Race 6 (Individual league)		Community Music Gig from 7.30-00.30 in Rheindahlen Rooms. Half Cut perform, disco, money tree. Tickets 10 euros which includes food.	Potato Festival - Merbeck 24-25	Sep Historical machinery, farmers' market and farm animals and lots of other treats.
19	20	21	22	23	24	25
				30.09.-03.10 Herbstfestival	Help us keep our Garrison Guide up to date by letting us know what events are happening next month. Phone us on: 02161 4724789	
26	27	28	29	30		

GLOBE CINEMA JHQ - AUGUST

Sunday 31st July	Tuesday 2nd August	Friday 5th August	Saturday 6th August
<p>Show starts 19:00 BAD TEACHER (15) 92 mins Comedy Cameron Diaz Justin Timberlake</p>	<p>Show starts 19:00 X-MEN: FIRST CLASS (12A) 131 mins Action James McAvoy Michael Fassbender</p>	<p>Show starts 19:00 BAD TEACHER (15) 92 mins Comedy Cameron Diaz Justin Timberlake</p>	<p>Show starts 19:00 HORRIBLE BOSSES (15) 98 mins Comedy Jennifer Aniston Jason Bateman</p>
Sunday 7th August	Tuesday 9th August	Friday 12th August	Saturday 13th August
<p>Show starts 15:30 MR POPPER'S PENGUINS (PG) 94 mins Comedy Jim Carrey Carla Gugino</p>	<p>Show starts 19:00 BAD TEACHER (15) 92 mins Comedy Cameron Diaz Justin Timberlake</p>	<p>Show starts 19:00 HORRIBLE BOSSES (15) 98 mins Comedy Jennifer Aniston Jason Bateman</p>	<p>Show starts 15:30 MR POPPER'S PENGUINS (PG) 94 mins Comedy Jim Carrey Carla Gugino</p>
Sunday 14th August	Tuesday 16th August	Friday 19th August	Saturday 20th August
<p>Show starts 15:30 KUNG FU PANDA 2 (PG) 90 mins Family Jack Black Angelina Jolie</p>	<p>Show starts 19:00 HORRIBLE BOSSES (15) 98 mins Comedy Jennifer Aniston Jason Bateman</p>	<p>Show starts 19:00 BRIDESMAIDS (15) 125 mins Comedy Kristen Wiig Maya Rudolph</p>	<p>Show starts 15:30 KUNG FU PANDA 2 (PG) 90 mins Family Jack Black Angelina Jolie</p>
Sunday 21st August	Tuesday 23rd August	Friday 26th August	Saturday 27th August
<p>Show starts 15:30 DIARY OF A WIMPY KID: RODRICK RULES (U) 99 mins Family Zachary Gordon Devon Bostick</p>	<p>Show starts 19:00 BRIDESMAIDS (15) 125 mins Comedy Kristen Wiig Maya Rudolph</p>	<p>Show starts 19:00 RISE OF THE PLANET OF THE APES (TBC) Action James Franco Freida Pinto</p>	<p>Show starts 19:00 BRIDESMAIDS (15) 125 mins Comedy Kristen Wiig Maya Rudolph</p>
Sunday 28th August	Tuesday 30th August	Fri 2nd September	Sat 3rd September
<p>Show starts 15:30 TRANSFORMERS: DARK OF THE MOON (12A) 154 mins Action Shia LaBeouf Rosie Huntington-Whiteley</p>	<p>Show starts 19:00 RISE OF THE PLANET OF THE APES (TBC) Action James Franco Freida Pinto</p>	<p>Show starts 19:00 TRANSFORMERS: DARK OF THE MOON (12A) 154 mins Action Shia LaBeouf Rosie Huntington-Whiteley</p>	<p>Show starts 15:30 CARS 2 (U) 112 mins Animation Owen Wilson Michael Caine</p>

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

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

Visit website: www.ssvc.com/cinemas
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.



I Shall Say this Only Once....

By Gina Clarke



'Allo 'Allo might as well be titled LOL – for laugh out loud was all the audience could do at the play recently performed by CATS in JHQ. Based in a small French café during World War 2, the owner Rene, finds himself in a love triangle both with the Germans and the Resistance. Poor Rene not only has the threat of being shot, but he's also dealing with three women after his heart. Two of them are his beautiful waitresses, the other his not-so-beautiful wife.

There were gasps from the audience as the curtain went up revealing Rene's café; a set shipped from the UK, that looked so genuine I felt like ordering a cognac myself.

"Now I shall say this only once..." you might remember is the catch phrase of the character Michelle.

Michelle was played by Joanna Thorn, who pulled off a confident performance with an impeccable accent, matched only by Lieutenant Gruber, played by Francs Murphy-Thomas, who was an absolute joy to watch. The entire cast were superb, and even the last minute substitution of Ian Rowles as General Von Schmelling, for an injured Keith Galvin, simply wasn't noticed. A fantastic 'adult' evening out, the show was labelled over 16's only and it seems that this was well appreciated as the Little Theatre in Rhine Garrison was full over the six nights the show aired.

Many congratulations to Director Richard Shuttlewood, who had been wanting to put the play on for a few years now. Also to the star of the show, Ken Stanway, who played Rene with such aplomb. A wonderful production.

Farewell To The Saddle Club

On a sunny evening on 4th July the stables at JHQ was finally closed. Crowds turned out to say goodbye to the Saddle Club and enjoy a BBQ and refreshments. They also had the chance to purchase riding equipment at the stall there.

The Band of the Royal Regiment of Artillery played various tunes, followed by a Beating of the Retreat.

Chairman of the Stables, Padre Nick Cook, said of the closure "We are not celebrating the Saddle Club's

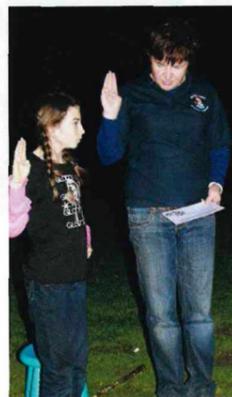


closure; tonight is a celebration of achievement and success. We close it in good order, on a high, and as friends. May all your memories of the yard be good ones".

Helen Woolley has been Manager of the Saddle Club for two and a half years. She said, "It's ever so sad but it has been just the most wonderful evening. It's lovely to see so many members here and so many members of the public who have come to watch the band. It's also great to leave here on such a positive note".

Girlguiding Guides Receive Top Award

Congratulations to Emily and Olivia of 1st Rheindahlen Guides on completing their Baden-Powell Challenge Awards. This is the highest award a Guide can receive.



To start the Baden-Powell Challenge Award, a Guide needs to have been a member for two years, have gained two Challenge badges and two interest badges. She then needs to complete 10 clauses from five Award zones, which can take up to two more years.

To celebrate their achievements, Emily chose to go on a trip to Cologne with her Patrol, and Olivia chose to go to Toverland with hers.

Well done to Emily and Olivia, from Kerry, Max and all at 1st Rheindahlen Guides.



Elmpt Beavers – Exercise Camouflage



13 Elmpt Beavers have been taken through their paces on Exercise Camouflage by Sgt Ian Ashcroft and Sigma Daniel Steele, both of 16 Signal Regiment Training Wing.

To start, the Beavers marched out onto the terrain, where they tried to find the soldier hiding in the bushes. A bit of an unsuccessful start!

Afterwards the Beavers tried using cam cream, and then camouflaged themselves and hid in the bushes for a camouflage competition. All of the youngsters were unearthed except Mara Mitocaru, aged 7, who won a camouflage net for her efforts.

For information about the Beavers for your child, or about volunteering, please Tel Emma Dell: 02163 772 5031 or Email: elmptbeavers@yahoo.com



Photo Charlie Booker

Exercise Pink Javelin

Elmpt Station Training Wing was set upon by 24 wannabe female soldiers recently, and with everyone kitted out with chest webbing on back to front, wonky helmets and wrong-size uniforms Exercise Pink Javelin was under way.

The activities included a military swim test, drill, weapons firing and cammed up hide and seek. All in all the weekend was a great success and effort from all the ladies was excellent and I hope everyone enjoyed themselves as much as 16 Signal Training Wing did. Well Done Ladies.

The weekend exercise gave the ladies the opportunity to have a small taste of what their spouses get up to at

By Cpl Ian Ashcroft, 16 Signal Regiment, Training Wing

This year's Ex Mosel Marathon was a great success, with 47 budding cyclists covering 240 km in four days. The first day started well, in Trier, with sunshine and breathtaking scenery making it seem more of a "bimble" down a beautiful river than a marathon! The day ended in Neumagen-Drohn, with the majority opting for a coach ride back to the hotel rather than brave a further 20km cycle up hill!

Day two began with an early start before heading for Neumagen-Drohn on the coach. The weather was slightly overcast but still no rain, and spirits were high.

On any Mosel Marathon it's the done thing to sample the local wine. Some stopped at Wolf, and one pub in particular seemed to enjoy giving 'free' samples. Luckily there was only 5km to go to the finish line to Traban-Trabach, and again anyone wanting a more physical challenge could cycle up the long winding road to the hotel.

Day three, and due to 'Happy Mosel' Day the normal route of Krov to Cochem was reversed. This is normally an easy route, however due to rain and strong head winds, blizzards and hailstones (slight exaggeration) the 80km felt like cycling through treacle.

On the final day, only some of the group decided

to finish the journey because of the wind and rain. Departing from Cochem, although it rained all the scenery was beautiful, spirits were a little higher and everyone pulled together and had a good day, crossing the finish line in Koblenz.

All in all, a good experience. Despite the horrible weather conditions we pulled together as a group and conquered the Mosel once again. The support crew and organisers were absolutely amazing, as always. Roll on next year!



Goodbye St George's !

Pupils, parents (past and present), and staff gathered at St George's school, on its last official day, to say a fitting and fond farewell to this much-loved SCE primary school, and to make sure the children had a memorable day the staff pulled out all the stops.

The day started with a Celebration assembly, which included a look back at some of the great times that have been had at St George's. After this, the whole school enjoyed a goodbye party, complete with BBQ, music from the Rheindahlen Music Centre, a treasure hunt and children's entertainer.

When it was time for the pupils to walk through the school gates for the last time, they were lead out to the sound of bagpipes by P/Sgt David Moir of 28 Engr Regt, who is a parent of pupils at the school. One of the tunes that David played is an old Gaelic Air called " Soraidh Leis An Ait " composed by Mary

MacPherson of Skye, which translates as "Farewell to the place", where the 'place' refers to "The place of my childhood..." which is the first line of the song.

Majorie Dean has been filling the role of Acting Head Teacher since January, and has been preparing the pupils for the move to Ark School in September. "The transition preparation has run very smoothly. We have consulted closely with Ark; there has been a range of joint events and the children have made visits to the school, so that they are now happy with the idea of making the move. Obviously it will be a wrench but they have thoroughly enjoyed their experiences of the new school," Majorie said.

The school year actually finished one week early at the school, so some of the children from St George's then attended a very successful, professionally led educational programme at Cassels' House.

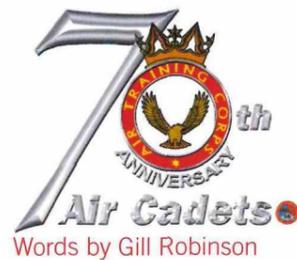
Fond Memories

One of the longest serving members of staff at the school has been Cheryl Rickard (2nd from right), who has taught there since 1988. Cheryl has taught in every year group, and held a range of positions outside of the classroom.

"St George's has been a lovely, family-centred school, so the abiding memory that I will take away from the school will be of all the children that have gone through the school over the years, and everything we have tried to do to enrich their school life.

Debbie Roache (right) has lived on JHQ since 1991, and has seen two generations of her family attend St George's School in that time.

"It was lovely having my two children attend here, and then my grandson Leo as well. They were all very happy, this is a lovely school. They have loved the Karnevals, little fetes, the wonderful teachers, and just that happy and close atmosphere. I will miss hearing the children playing at lunch-time.



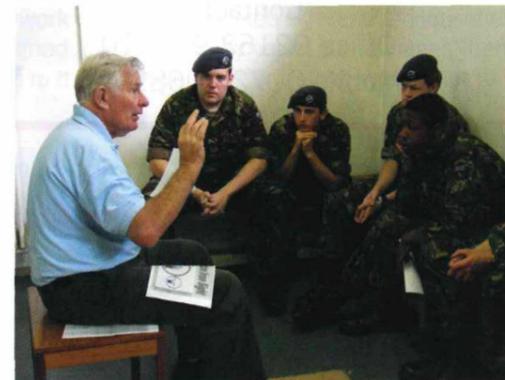
Words by Gill Robinson

The No 8 Overseas (Rheindahlen) Squadron of the Air Training Corps (ATC) is again hosting cadets from the six regions of the Corps as part of the ATC Summer Camps. The six week rolling programme sees each of the regions visit JHQ for one week to receive a flavour of military life outside of the UK; and with the Air Training Corps celebrating its 70th anniversary this year, the camps take on a special significance.

I caught up with the Cadets, and their Camp Commandant, Flt Lt John Bristow, from the London and South East Region, who were visiting during the second week. Flt Lt Bristow explained that the programme they were following was excellent, with a little extra military input provided by a visit to the Dismounted Close Combat Trainer. During the week the cadets would experience military and cultural visits, including a trip to RAF Norvenich, Arnhem, and a visit to Koblenz. They would also face physical and mental challenges at the outdoor adventure centre Breakout, and have the chance to have some fun and meet new friends.

Having spoken to some of the cadets, during a break from the DCCT programme, they clearly expressed their opinion that, as well as experiencing military life abroad and culture, the factor that they had enjoyed the most was getting to know one another, and that from being strangers at the beginning of the week they now felt that they "were becoming best friends".

Visiting the camp for one day this year was Grp Capt Leslie Hakin, who is responsible for 7,000 cadets in the London and South East Region. Grp Capt Hakin told me that he was, "visiting to say thank you to all those from the Garrison who are providing the Cadets with this valuable experience, and helping us deliver our motto - Venture, Adventure for the Cadets."



PETAIR GMBH

Worldwide Pet Shipping

60549 Frankfurt-Airport www.petair.de

Phone: 069-71 37 45 90 or 069-69 47 50

Elmpt & Wildenrath Community and Welfare Support

7th Signal Regiment

Capt Dean Whitworth – Jav Ext (68) 2227
SSgt Jackie Herbert – Jav Ext (68) 4746
SSgt Steve Munro - Jav Ext 684746
Sgt Mick Case – Jav Ext (68) 4746
Miss Julia Mantle – Jav Ext (68) 4746



Centre Opening Times

Monday - Thursday 0830 - 1630
Friday 0830 - 1300

16th Signal Regiment

SSgt Jelly Smith - Jav Ext (68) 4208
Dallene Lowes – Jav Ext (68) 3760
Sgt Paul Lomas - Jav Ext (68) 3854



Centre Opening Hours

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

Services & Hire

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

Free Services

TV
Camcorder
Camera
Tom Tom

Administrative Services

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

KINDERGELD REMINDERS

Kindergeld is German Child Benefit.

Most dependant spouses will be eligible to make a claim.
The children for whom this is claimed must be resident in the family home in Germany.

Any changes in circumstance must be declared
i.e. new baby, child moved to UK, Family posting.
There are heavy fines for those making false claims.

Free Broadband internet available
for research and communication

CHAPLAIN'S OFFICE

Chaplain - Father Paschal Hanrahan
Contact:
Office 02163 974410
Mobile 0172 2068960

HOME SEVEN Update

Our Mission

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

Our Team

Capt Dean Whitworth – Jav Ext 2227
Father Pascal Hanrahan - Ext 4410
SSgt Steve Munro - Jav Ext 4746
Sgt Mick Case - Ext 4746
Sig Chris Butler - Jav Ext 4746
Miss Julia Mantle - Ext 4746

Tuesday Coffee & Questions

Wildenrath Café 0900 – 10.30 hrs
Elmpt Village Green 1330 – 1500 hrs
(Please note the locations and timings will alternate on a weekly basis, details will be included in the monthly forecast of events)



Rheindahlen Community Newsletter



RSU Welfare Centre - August/September 2011

Regular Events

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



Station Welcome

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

RSU Walking Group

Meets every Tuesday & Thursday at 09:30 outside the RSU Welfare Centre.

Come and meet some new people, bring dogs/buggies or just yourself and have a cup of tea or coffee in the Welfare Centre afterwards.

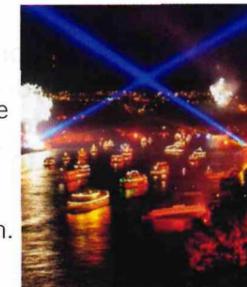
Community Coffee And Cakes

First Thursday of every month the RSU Welfare Conference Room. Please pop in anytime between 09:15 and 11:45. All welcome.

Forthcoming Events

Rhine in Flames at St Goar

Saturday 17th September
A wonderful fire-work display along the Rhine. Enjoy traditional food & wine & music amongst breathtaking scenery. Transport and ferry package €50. Transport only €15. Booking now open.



Bus Trip to Kinderstad in Holland

Saturday 20th August, 50 mins from JHQ, this is one of the largest indoor play parks in Europe. Kinderstad caters for all ages and allows you take your own picnic. Transport and entrance €7.50 per person.

Important Information Pet Registration

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

Tick Test

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

Contact House

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

Items Available For Hire

Carpet Cleaner Power Washer
Sat Nav Unit Giant Games

Temporary Passes For Visitors

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

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

Out Of Hours Welfare Contact

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

RSU Welfare Centre CONTACT NUMBERS

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

Glass Half Full?

There are two types of people: those who will, and those who won't. Even those who 'can't' seem to find time...

What am I on about? Volunteering! Rhine Garrison has a wealth of people who, through considerable effort and selflessness, make living here a really rich and rewarding experience. I'm amazed at just how much people will do for others with little or no thought for themselves or for reward.

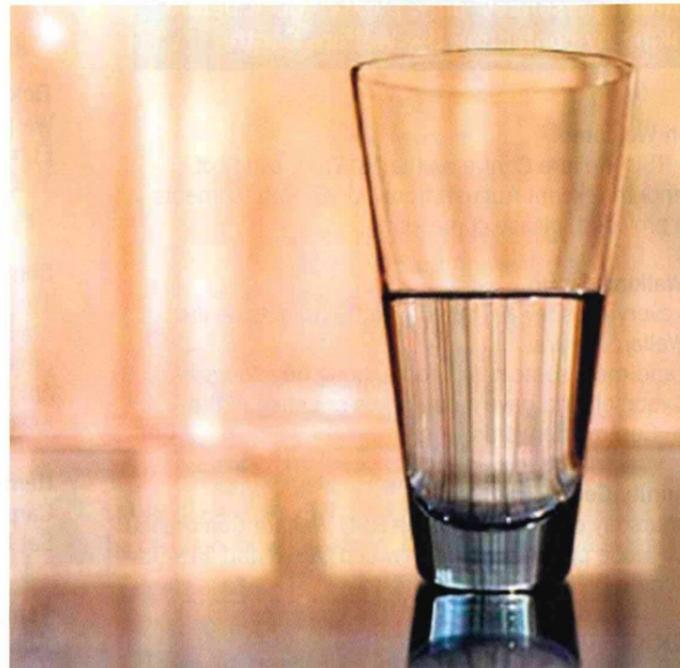
There are also, sadly, others for whom "can't" or "won't" seems to be the response when voluntary activity or contributing to community life is sought.

I've not critically analysed this nor sought evidence-based proof but I'd be willing to venture that those who can and will are reconciled to the closure of the Garrison and change, and those who can't or won't are least satisfied and most negative about change.

As this would, therefore, be an attitude and mind-set it could be said to be a 'spiritual' issue in so far as spirits are either balanced and positive or disturbed and negative.

Christianity rejoices in the gifts of the Holy Spirit. Tolerance, forbearance, kindness, generosity, charity, love, peace, joy, fellowship; all characterise the expectation of people from that faith.

A great prayer for volunteering and selflessness is often a feature of our military services. Written by St Ignatius of Loyola it captures that 'spirit' that is a test of our community:



**Teach us, good Lord,
to serve you as you deserve,
to give and not to count the cost,
to fight and not to heed the wounds,
to toil and not to seek for rest,
to labour and not to ask for any reward,
save that of knowing that we do your will.**

God Bless You!
Padre Nick Cook
Deputy Assistant Chaplain
General (G), HQ GSG



Regular Garrison Church Services

<p>St Thomas More Catholic Church JHQ</p> <p>Sunday 11:00 - Mass</p>	<p>St Boniface Church of England, JHQ</p> <p>Thursday 18:30 - Church Choir Practice</p> <p>Sunday 11:00 - Sung Eucharist</p>	<p>St Andrew & St Nicholas Church of England, Javelin</p> <p>Sunday 09.30 - Sung Eucharist</p>	<p>St Paul & St Boniface Catholic Church, Javelin Barracks</p> <p>Sunday 09:30 - Mass</p>
---	---	---	--



<p>RHEINDAHLEN HIVE Tel: 02161 472 2519 rheindahlen@hive-europe.co.uk</p> <p>Opening Hours: Monday to Friday 0900 - 1500</p>	<p>ELMPT HIVE Tel: 02163 97 3183 elmpt@hive-europe.co.uk</p> <p>Opening Hours: Mon, Wed, Thurs & Fri 0930 - 1330 Thursday 0900 - 1300</p>	<p>WILDENRATH HIVE</p> <p>Opening Hours: Mon, Wed, Thurs & Fri 0900 - 1500 (unmanned) Tuesday 0900 - 1300 (manned)</p>
---	--	---

Communications

Staying in touch with family and friends back home is much easier today. The HIVE hold lots of information to help all individuals and families keep in touch with loved ones. There are communication guides so that you will be able to choose the best one for you.

Paradigm provides the WelCome (welfare Communications everywhere) the service is part of the Skynet 5 private Finance Initiative (PFI) contract with the UK MoD. Their telephone services provide round the clock telephone access, 30 minutes of publicly funded calls per week, Private top-up service and free message retrieval service, round the clock internet access and instant email.

The **FAX2EMAIL** combines speed and privacy. Letters will be sent straight to a valid email account anywhere in the world. FAX-BLUEY system plays a major part in the MoD's welfare package to the Armed Forces

allowing personal contact with family and friends. **ArmyNET** provides a secure free of charge, career-long e-mail address for every British Soldier: it is also a one-stop shop for British Army information. ArmyNET allows soldiers and their families to communicate from any internet-enabled PC – worldwide.

Storybook Soldiers was set up at the beginning of 2007 and provides a link between parents who are deployed and their children. Soldiers can be recorded reading a bedtime story for their children. Music and sound effects are added by trained volunteer editors. For more information contact Rheindahlen (Mil) 72 2616 or (civ) 02161 472 2616.

Come into the HIVE for more information. We are also happy to answer any questions over the telephone or you can e-mail. rheindahlen@hive-europe.co.uk or Tel:- 02161 472 2519.

Volunteers' Day

This year HIVE and Home-Start joined together in celebrating their volunteers. We invited the volunteers to come and enjoy a morning of Home made scones, Jam, Fresh strawberries and cream with a glass of bucks fizz to wash it down. We would like to take this opportunity to again thank our volunteers for their commitment, hard work and help all throughout the year. They are a great support to us and the community.



Rheindahlen and Elmpt Rags

Do you want to keep up with 'what's happening' in The Garrison but can't get into your HIVE? Then why not sign up for the Rheindahlen and Elmpt Rags, your regular E-newsletter, keeping you up to date with upcoming events!

Visit our website www.hive-europe.co.uk and follow the links for Rheindahlen and/or Elmpt.



Nepali Community Charity Fundraising

The Nepali Community based in Germany set up a Nepali Cultural Stall during the Elmpt Station Fete 2011 within Javelin Barracks on Saturday, 14 May 2011. The Station Fete was held on the same day as Bruggen Ten 2011.

The main aims of the Nepali Cultural Stall were to extend cultural awareness and raise some money in support of Nepal Kinderhilfe e.V. by selling Gurkha food items. Nepalese ladies prepared and sold delicious varieties of home-made Nepali desert sweets and ready-made curry spices. The NAAFI, reinforced by Gurkha chefs, laid Gurkha curry buffet during the day and donated 250 Euros contributing to the Community's overall effort for charity support. In addition, three special Khukuri Rums were also auctioned through BFBS Radio announcement on the day, for which the

winning bidders offered astonishing prices of 65 Euros each!

Nepal Kinderhilfe e.V. is a non-profit making charity organisation based in Niederkruchten. Any local communities wishing to support the great cause of helping homeless children in Nepal should contact Mr Jürgen Richterich via email to info@nepalkinderhilfe.de. For more information, please visit: www.nepalkinderhilfe.de.

The Nepali Community greatly appreciates the huge work and enduring selfless commitment shown by Mr Richterich, the Chairman of Nepal Kinderhilfe, in helping the needy children. Big 'thank you' to all the supporters, and for their kind donations to help raise 721.77 Euros in support of homeless children in Nepal.

Charities Benefit From Dive Challenge

Cheques were recently presented to three different charities following the 24 hour Charity Dive event at JHQ's Blue Pool back in June.

The Royal British Legion, Hephata, (disabled person's workshop) and Kein Kind Ohne Mahlzeit (No child without a meal) each received a cheque for €358 from SSgt Richie Savage who organised the event.

SSgt Savage also took the opportunity to thank all the members of the Sub Aqua Club who were involved in the event, NAAFI's Pay as you Dine who assisted on the day, local Dive Shops who contributed prizes, and the Defence Fire Service who were on stand-by in case any accidents occurred.



Help for Heroes

During Party in the Park, Rheindahlen, Elmpt and Brunssum dental centre staff held a charity bicycle ride in aid of Help for Heroes. Director Primary Dental Services (Germany), Col Sheelagh McComb, set the wheels spinning. A of €230 was raised. Thank you to all who donated. Brig Nick Young, Lt Col Paul Reynolds, WO2 Amanda Drapier, SSgt Main, Sgt Tracey Protheroe, Flt Sgt Paul Burke and Cpl Brian Goss all took a turn.

Money Raised For French Charity

Jo Barrass-Short recently organised a community viewing of the comedy movie, The Full Monty at the Globe cinema at JHQ to raise money for the French charity, Assistance Toit Du Monde.

Jo is a member of CATS, and the theatre group decided to donate some of the proceeds from their recent production of 'Allo 'Allo to the charity, which brings Jo's total for the charity to 1000 euros.

After the first performance at the Little Theatre, she was presented with a cheque for €250.



Garrison Libraries & Information Centres

By Teresa Hoey

Elmpt Opening Hours:	Rheindahlen Opening Hours:	Wildenrath Opening Hours:
Mon - Thu CLOSED Fri 0930 - 1230	Mon 0900 - 1700 Tue 0900 - 1700 Wed CLOSED Thu 0900 - 1700 Fri 0900 - 1300 Sat 0900 - 1300 (2nd & 16th only)	Mon 0900 - 1300 Tue 0900 - 1300 Wed 0900 - 1300 Thu 1230 - 1700 Fri 0900 - 1300
Due to unforeseen circumstances Elmpt Library is operating reduced hours. For library services outside these hours please contact Rheindahlen Library. Elmpt Civ: 02163 973331 Elmpt Mil: 94868 3331 Email: elmplib@alibs.detsa.co.uk	JHQ CIV: 02161 472 2616 JHQ MIL: 472 2616 Email: rheilib@alibs.detsa.co.uk	Tel: 02432 492602 Email: wildlib@alibs.detsa.co.uk



THE SUMMER READING CHALLENGE
www.circus-stars.org.uk

Register Now for this year's Summer Reading Challenge - **Circus Stars**

Starts Monday 18 July until Monday 5 September register at your local Army Library And Information Centre.

Roll Up Roll Up For The Greatest Show On Earth!

National Poetry Day - 6th October 2011 Write a poem and get it published!

Write a poem and have it published!
Open to adults and children. Closing date 20 September
We are looking for creative writers to contribute poems to celebrate National Poetry Day. Poems will be displayed in all libraries across BF(G) and published in an anthology. Whilst this year's theme is 'The Games,' to tie in with the 2012 Olympics, we would welcome poems on any theme to give you plenty of options for creativity. Poems must be submitted before Friday 20th September 2011. For more information contact your local Army Library.

Photography Exhibition 12 - 23 September



Would you like to see your photos displayed in a Community Photography Exhibition?

The Rheindahlen Library is organising an Exhibition to display photos from Charlie Booker, Clive Smith and from members of the Rhine Garrison.

To have some of your pics displayed in the Exhibition, please contact Rheindahlen Library.

Storybook Soldiers Recordings



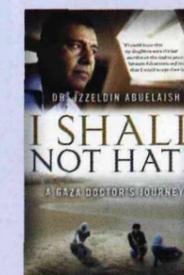
Storybook Soldiers recordings can now be made in Rheindahlen Library.

Contact: Jayne Bowen,
Civ 472 2741 or Mil 8592

New Books This Month

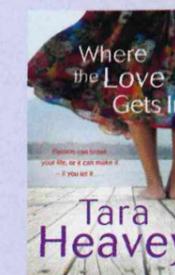
I Shall Not Hate By Izzeldin Abuelaish

An autobiography examining the life and philosophy of a Palestinian doctor, born and raised in the Jabalia refugee camp, whose life long devotion to medicine and reconciliation between Israelis and Palestinians has brought him international humanitarian awards.



Where The Love Gets In by Tara Hearvey

In any normal situation Fiona and Sarah would be friends, but when Sarah arrives in Fiona's small seaside town, it's not a normal situation. Sarah is on a mission and, before they know it that single-minded vision has turned both their worlds upside-down. A moving, addictive story.





CAKE LADY JHQ
Quality Celebration Cakes
MICHELLE MATTHEW
Bespoke Wedding Cakes

TELEPHONE: 02163 30359

Cakes for every occasion - Wedding, Birthday, Christening, Anniversary

Gift Box of 12 Cupcakes - Pastel, Chocolate, Lemon

The Point
Acupuncture Clinic

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

Tel: 0151 21084503

E-mail: info@acupuncture-thepoint.com

Website: www.acupuncture-thepoint.com

THE GARDEN DOCTOR AND DIY GURU

Grass cutting, Hedges, Flower Beds, Leaves,
Patios and Footpaths. March out Guaranteed
100%.

Jack of all trades, master of none! Good at DIY.
Give me a call to see if I can help.

Excellent Rates and Friendly Service.
English and German Spoken.

Contact: 02436 1880 or 0173
5391219
thegardendoctor@hotmail.de



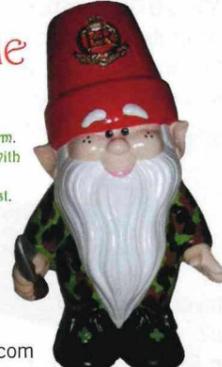
SMALL ADS



GNOMES FROM HOME
by Carole Williams

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

35 Roberts Road (JHQ)
41179 Mönchengladbach
Tel. 02161 478895
Mob. 01722490724
Email: lfc1892_gerrard@hotmail.com



Tai Chi Plus...

Learn **Tai Chi & Qi Gong** at our
Anglo-German Tai Chi Club:
Kiefernweg 91, 41844 Wegberg-Beeck



**Beginners Classes held
Tuesdays 1830-2000 hrs**

For info please contact
Rosemarie Burke, Tai Chi Chuan Master

Tel: 02434-800 377
Email: taichiplus@freenet.de
Web: www.taichiplus.de

SLIMMING WORLD

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

Wednesday - Windmill Club Wildenrath, 1800.
Contact: Adele Butler 02436 380014

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

H ENTERPRISES

Mobile phones/Computer/Repairs

Need a PC? Laptop? Mobile Phone? I have a large
selection of items for your every need. I also carry out
repairs on laptops and desktops and can help you if you
need to submit an insurance claim.

Visit my website:
www.h-enterprise.biz



Or contact me on 0178 1857769 or 02157 9070467
E-mail: info@h-enterprise.biz

REPAIR MAN

For your washing
machine, tumble
dryer or dishwasher.
Does your TV/ radio/ video need
repairing or do you need a
satellite dish fitted or repaired?
Look no further. Call Sam to solve
your problems.



For a quote call: 02161 582458
or 01747087183

Clothing Alterations By Nikki

- Skirt/Dress Shortening/Lengthening
- Trouser Shortening/Lengthening
- Straps sewn in, removed or shortening
- Darts • Buttons & Zips replaced & more....

Please Call or Email for an appointment

8 Dingwall Way, JHQ
02161 4761406

alterationsbynikki@hotmail.co.uk



Sally Halsall
Hair Stylist

01703 253682
13 Dolgelly Walk, JHQ

sally.halsall@gmail.com

Mandy's Fashion Jewellery
Coffee morning's and
evening party's available

contact me on
Home 02434 20891
Mobile 01636922654 Hand made Jewellery



MIKE'S WINDOW CLEANING SERVICE
- INSIDE JHQ.

Registered, reliable and friendly team regularly
clean JHQ MQ on request. For more info Contact:
MG 551073.

MORE SERVICE!

MASTERCHECK

Tyres
Brakes
Shock Absorbers
Axle Geometry
Brake Fluid
German MOT
Windscreen Wipers
Motor Oil
Battery

FREE



Tax Free Form Accepted
English Spoken

www.euromaster.de



Your local Service Centre: Alte Landstraße 293
41844 Wegberg • Phone: 02434 46 34

Had Your Ears Checked?

Pre and post deployment hearing tests

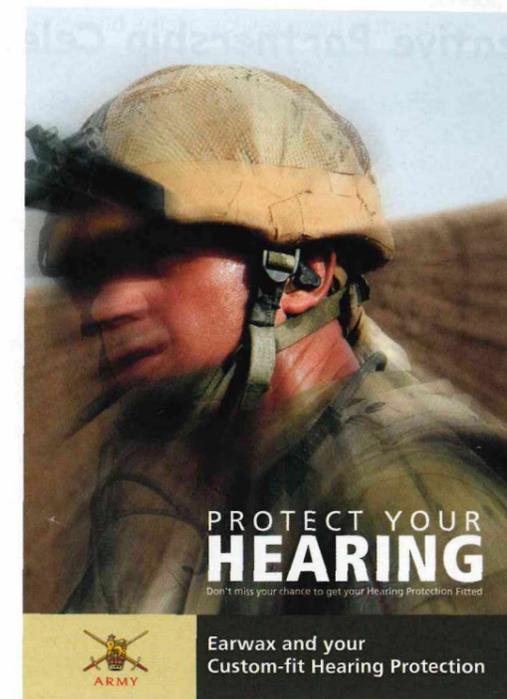
One of the important health checks soldiers need is a hearing test pre and post deployment. This is for your own protection. You may not be aware that you have a hearing problem, but it needs to be checked with a hearing test by a nurse or medic, as any additional damage caused by loud noise could **permanently damage your hearing.**

Earwax

If you are soon to be deployed, many of you will be getting a visit from a RACAL professional whose job is to take an impression of your ear to make sure the hearing protection kit provided to you is a good fit. However, for the impression to be accurate, and the hearing kit to be effective, your ears need to be clear of earwax. Therefore, it is important that you get a nurse or a medic to check your ears now, to ensure you are ready to have your hearing protection kit fitted.

Many troops who are soon to be deployed will be issued with Personal Interfaced Hearing Protection (PIHP) with the RACAL Frontier Talk Through System (linked into the Personal Role Radio) and this process is often delayed due to earwax not being cleared prior to the fitting.

Earwax is normal and has nothing to do with poor hygiene. It is produced naturally to protect the ear canal. However, some of us need help removing it,



PROTECT YOUR HEARING

Don't miss your chance to get your Hearing Protection Fitted



Earwax and your Custom-fit Hearing Protection

which can be done easily and painlessly. Eardrops (in the form of olive oil) can be obtained from your QM's department or from a Medic and will normally soften the earwax and allow it to fall out naturally over a few days. Some of the more stubborn cases call for ear irrigation, which uses a flow of water to remove the wax. Never use cotton buds as this can push the wax further into your ear canal and damage your eardrum.

Stamp Out Mental Health Stigma - Army Campaign

The Army has launched a campaign called 'Don't Bottle it up' which is targeted at all serving personnel (both regular and reserve) and focuses on the stigma surrounding Mental Health. The campaign, which will run over several months, aims to reduce the stigma associated with mental ill health, signpost the support and care services already available, and to encourage personnel to seek help if they need it, formally or informally.



Symptoms -

Physical

Rapid heartbeat, headaches, tearful tired, fatigued, tightness of chest, stiff neck/shoulders, trouble sleeping (walking during the night or too early, oversleeping, trouble getting to sleep or not sleeping), upset stomach, nausea, diarrhoea, sweating or rashes.

Mental

Agitation, irritability, mood swings, nightmares, flashbacks, sadness, loss of sense of humour, poor concentration, over-worry and recurrent unpleasant thoughts or memories, easily discouraged, low self esteem, feeling useless, and suicidal thoughts.

Behavioural

Argumentative, irritable, aggressive, angry, intolerant, impatient, withdrawn, isolated, continuous avoidance, constantly on edge, excessive drinker or smoker, fast driver, no sex driver, under or over eating.

Don't Bottle It Up - Talk to someone you can trust!

life long learning

Creative Partnership Celebrated

SCE pupils from across BFG have gathered to celebrate the end of a year long, government-funded arts project called Creative Partnerships.

The project, this year based upon the Olympic Values, is aimed at unlocking creativity in youngsters, and raising their aspirations for the future.

Pupils from Ark, Bielefeld, Prince Rupert and St David's SCE schools all performed dance pieces, as part of the Celebration Day event, at Windsor School. The dances had been developed with the support of two creative workers, Corrie Lunghi or Denzel Barnes, over the last few months. A professional dance group, Connecting Vibes, also performed two contemporary pieces on the day.

Attending the Celebration Day were representatives from Creativity Culture and Education, and A New Direction, companies involved in the delivery of Creative Partnerships. The day was organised by Joy Harris, Performing Arts Consultant, SCE.



Pupils Round Off Musical Year

Pupils from the Rhine Garrison SCE primary schools came together at Windsor to round off a successful year taking part in a Government initiative - Wider Opportunities Programme. Members of the Rheindahlen Music Centre have been responsible for providing the budding musicians with the experience in each of the primary schools.



The programme allows KS2 youngsters to experience a variety of instruments, and the Garrison pupils have learned brass instruments, guitars, and string instruments, including cello. Some classes have learning on Saxonetts – instruments that look like a recorder but are played like a clarinet.

The "Lorelei" Story Inspires Primary Children

Y5 and 6 pupils from Andrew Humphrey, Ark and Brüggem SCE Primary Schools gathered at Windsor school to participate in a day of themed German-language activities.

The children, all keen German learners, had the opportunity to create and perform activities based on the tragic tale of Lorelei, a brokenhearted maiden who throws herself to her death from the cliffs above the Rhine. Lorelei then returns later as a siren to lure unwary sailors to disaster on the rocks.

SCE Primary German Coordinator Mrs Shirley Meijer commented, "It is amazing how the children have thrown themselves into the day with such enthusiasm. Their level of German is so advanced."



More German Language activities are planned for the coming school year.

Windsor Arts 2011

The 20th Annual Windsor Arts Festival has taken place at Windsor School, demonstrating the creative energy and artistic achievement of the pupils.



Rheindahlen Schools Take To The Floor

Rheindahlen schools were invited to take part in a Strictly Come Dancing Competition.

The pupils spent several hours learning the Cha Cha Cha and Waltz, from Dance Instructor, Marc Reinke from Tanz Schule Kruger in Celle.

As all the pupils danced, couples were eliminated and the final three couples were then given points by the 4 judges.

After an hour of dancing, it was 11 year old Daniel Collins and Ella Northey from Ark school who were finally crowned the winners and

awarded the SCE Trophy.

The runners up were also from Ark school, 2nd place was awarded to pupils from local German School, Klinkum and the third place went to pupils from Windsor School.

Instructor, Mark Reinkes, said "It was very hard to judge today and I'm very excited about how much the children have learnt".

The winning pair both agreed that they had really enjoyed learning the new dances.



Marion's TIER-PARADIES

Hotel for dogs, cats & smaller animals

Peaceful...

Roomy...

...for 400 years

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

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

Make time for yourself...

XXL Lashes - Eyelash Extension

Treatment lasting 120 min. €120,-
 Refill after 3 weeks €55,-
 Refill after 4 weeks €65,-
 Refill after 5-6 weeks €80,-
 Party Eyelash extension lasts 1 week €45,-

Endermology - Cellulite & Fat Reducing Body Treatment

Free trial possible

Before After

Drop 1-2 dress sizes
 Tone/Tighten Skin e.g. stretch marks

1 Treatment of 35 min. €49,-
 10 + 1 Treatment of 35 min. €490,-
 1 Treatment of 45 min. €55,-
 10 + 1 Treatment of 45 min. €550,-

Call Now & Get 20% Off Your Treatment
 Offer Valid August & September

Schönheit & Pflege Institut
 Daniela Jansen
 Südwall 18 • 41179 Mönchengladbach
 Tel.: 02161 / 467 28 98
 Mob.: 0160 / 91 222 064

The new volvo XC60. The first suv with self-stopping technology as standard and now available with an additional £1,500 Scrapage Bonus!

ON THE ROAD UK BASIC PRICE (XC60 2.0 D3 DRiVe ES)	£27,620
TAX-FREE PRICE	£22,872
MILITARY PERSONNEL DISCOUNT	£2,973
ADDITIONAL 'SCRAPPAGE BONUS' (MINIMUM)	£1,500
TOTAL PRICE OF CAR, INCLUDING REGISTRATION & DELIVERY	£18,795

AWARD WINNING FOR ONLY £ 18.795,- DELIVERED!

Volvo. for life

When purchasing your next volvo, trade in any car and get a minimum £1,500 Scrapage 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 £18,795 – 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 FOR MOST OF THE VOLVO RANGE BUT ARE LIMITED, SO DON'T MISS OUT – CALL US TODAY.

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

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

The Frauen Haus Viersen - Catholic Women's Refuge

WANTED household goods and kids clothing also **URGENTLY** require any unwanted or outgrown Highchairs, buggies and prams.

A garage sale takes place every fortnight from
 Brassel Str 29, VIERSEN
 2nd & 4th Friday and Saturday
 Fri 1500-1800 Sat 1000-1400

If you have items to donate contact
 Manfred on 02162 5301795

RBL POKER TOURNAMENT

Texas Hold'em

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

THE LION'S HEAD

THE ROYAL BRITISH LEGION

Opening Hours:
 Wednesday (Bingo) 1900 - 2200 hrs
 Friday 1600 - 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, Socks, Shoes, Sandals, Summer Jackets.

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

Call **Monika** on JHQ 6458

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!



Get your German and european driving licence!

Information and Theory lessons **every wednesday** in room Nr. 21, from 6.30 PM till 8.00 PM in Cambridge House, 40 AEC, JHQ




Phone: 02161/45685
0174/9051640 www.fahrschule-ismar.de

Service for every car:

- Maintenance Service • Inspection
- Oil change • Tyre & wheel Service
- Air-conditioning

Opening times
Mo-Sa 6.30-20 h
So 9-20 h

We accept tax free forms!



Shell Station Wilms & Rudolph GmbH
Hardter Str. 133, 41179 MG-Rheindahlen
Tel.: 021 61/58 02 68, Fax: 021 61/58 18 10
www.shellwilms.de



Discover the Opel Service



Wir leben Autos.

We provide the highest quality Service at a reasonable price - benefiting you and your OPEL.

! Our Offer:
Basic Inspection from €49,-*

* Valid for at least one model. Basic Service from €49,- plus materials and additional works. For all Opel vehicles three years and older. Contact us for further information.



UNDER NEW MANAGEMENT!

Kennels
Doggie Day Care
Dog Grooming
Dog Training
Cattery
Small Animal Care

10 Reading Way, JHQ
Mil 4768
Civil 02161 4724768
maddogmail@freenet.de
www.bfgnet.de/Community/actf/actf.html



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



dohmen

Gerhard Dohmen Automobile
Kaldenkirchener Straße 6
41379 Brüggen
Telefon 02157 / 87850
Fax 02157 / 90038
info@opel-dohmen.de
www.opel-Dohmen.de

Opel Service

Travel Insurance
Europe up to 10 days from £15.94

www.jbionline.com



**CHIROPRAxis
NILS HANSEN**
CHIROPRACTOR & OSTEOPATH




MANUAL TREATMENT OF SPINE, JOINT & JAW PROBLEMS, POSTURE THERAPY, HEADACHES, DIZZINESS & INDIGESTION.

CHILDREN ALSO TREATED.



IN GERICHHAUSEN 64 · 41844 WEGBERG
TEL. 02434-92 91 99
PLEASE CALL TO MAKE AN APPOINTMENT



Gym for Heroes

A huge well done to around 30 personnel, who have taken up the Gym For Heroes challenge in the Rheindahlen Fitness Centre, raising money for Help for Heroes. The determined souls have raised around €1,000 so far, and have completed over 1,000 km by combining running, swimming, static rowing and cycling.

Below are some of the participants, who we were able to catch up with. Well done to the others who took part!!!



A well done to WO2 QMSI Rowan Mills who was responsible for registering the Fitness Centre as an official centre for the Gym for Heroes, and arranged for RMC community members to complete the challenge. He was also one of a three-man RSU team, with Sgt (SI) Dave Parish and WO2 Dave Bird, who raised approximately €440 over 12 hours, as they completed the three disciplines of a triathlon. This amount represents around €1 raised for each km the trio clocked up.



Sgt Emma Simmons, WO2 Al Bond and Cpl Del Brooke raised €300 from a three hour challenge. The challenge consisted of one hour on the cross trainer, one hour running and one hour static rowing.



The 'Tedworth Challengers', captained by Laura Moir set themselves the challenge to run, cycle and row 666km in 12

hours. The amount represents the distance from JHQ to Tedworth House, the Personnel Recovery and Assessment Centre (PRAC) taken over by Help For Heroes. They hope to match the distance in sponsorship.



Henry Hoey raised approximately £100 by completing 12 hours on the bike, cross trainer and rowing machine.



West Rhine Golf Club - Ladies Club Championship

By Ann Ferguson

The West Rhine Ladies Club Championship took place in June, and the 20 ladies who took part enjoyed the event, despite torrential rain on the first day. Their dedication was rewarded when the sun came out on day two.

This year's Champion was Becky McGeehan, aged 16, who finished with a par round of 72 on day two, which resulted in her handicap being reduced to 1. Last year's winner, Barbara Moran, finished second, and expressed her delight at Becky's achievement, saying what a pleasure it is to play with Becky.

The ladies then gathered for the prize-giving, and evening buffet. Ladies Captain, Margaret Fonseca explained that the Ladies Club Championship was one of the most important events of the Club year and, although

she was disappointed by the reduced turn-out, she confirmed that it had been a most enjoyable tournament.

Margaret was keen to praise the work of the Yapp and the other green-keepers, saying how well the course played and how beautiful it looked; West Rhine Golf Club has a course to be proud of. She went on to thank her Committee, who had worked so hard to make the event such a success, especially her Vice-Captain, Barbara Moran.

She had a special word of thanks for Club Manager, Dave Hampson, for his help and cooperation, and that of his staff, Noel and Yvette. Margaret thanked Irene, Anna and Danny for the splendid catering, and Ernst for taking the photographs. She offered special thanks to Don Bowen who took care of registration and provided refreshments.

The sponsors had been as munificent as ever, and Margaret said how grateful she was to Heinz-Willi Bonzels from Volvo, and Christiana Roth, for their continued support and generous donations. In the unavoidable absence of the Club Captain and Vice-Captain, Margaret thanked Herbert Hartkopf for his help with the prize-giving and other behind-the-scenes tasks, which ensured the smooth-running of the tournament.

Finally, Margaret expressed her own admiration of Becky, and warmly congratulated her on becoming Ladies Club Champion for the second time. Becky undoubtedly enjoys the admiration and support of her fellow members, as well as her family, both of which she will find invaluable in what looks like a very bright future playing golf.



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



Personal Accident Insurance

£100,000 - £7.05 per month / £200,000 - £11.93 per month

www.jbionline.com

Rhinos Mini Rugby Success In German Championships



The Rheindahlen Rhinos Mini Rugby Club qualified for the German Championships this year, as representatives of the Nordrhein-Westfalen Rugby Landesverband.

The Under 14s team travelled to Hannover, where a tough draw awaited them, with their first match being against the eventual tournament winners, Berlin. The Rhinos finished in 5th place, and the quality of the Rhinos team was confirmed with Luke Korba, Scott Matthews, Roland Kossler and Tim Kania being selected for the Germany National U16s squad for next season. Congratulations to players and coaches.

On the 11th/12th June the Under 12 and Under 10 teams made the trip to Frankfurt enhanced by accommodation in the picturesque location of Weilburg.

With a number of key players unavailable the Under 10 team were unable to find their rhythm against well-drilled and very large teams from Handschuhsheim, Germania Hannover and Hohen-Neuendorf. Things weren't any easier on the second day against Berlin with the Rhinos ending up in a credible 8th place in a national competition, which was in reality their first real test of the season. A very well deserved Players' Player Award went to Dominic Bourne.

The Under 12s got off to a flying start with spectacular running and high-intensity rugby, which saw them qualify easily for the semi-final with an impressive tally of 19 tries from three matches. In the semi-final, the Rhinos and their opponents, a strong Frankfurt team, were just too close to separate. After the score at full time was level at 2-2, neither two periods of extra time, plus a sudden death play off could split the teams. Unfortunately the spot in the final was awarded to Frankfurt on the outcome of a cruel coin toss.

Frankfurt eventually finished 2nd, after being beaten in the final by Berlin. An exhausted and rightly disappointed Rhinos team took third place, after a play-off victory against Hannover '78. Adam McCann's outstanding performance on the wing secured him the Players' Player Award.

The Rhinos hope to build on this success next season with participation in all the NRW tournaments, possible trips to Luxembourg and Frankfurt and a repeat appearance in the German Championships, hopefully with even greater success.

Interested players and parents in all age categories, under 18s down to under 8s, should contact Henry Dixon on tel: +49 (0)173 8873607.



The Dog Whisperer... By Dave Mair Help Your Dog Avoid Summertime Dangers!



I am always surprised to see owners of pets that they say they adore and love, riding down the street for a 5 Mile session with pooch. Beware of the potential dangers!

Summer is here and I wanted to remind you of the importance of your pets' needs during hot weather. This month I will comment on dog summertime dangers and touch on symptoms of heat exhaustion, as well as treatments for affected dogs and preventative measures you should take.

Overheating - Overheating can become very serious during very hot weather. It is not only uncomfortable for your dog, it can lead to serious [health problems](#).

Prevention: During hot weather, make sure your pet is in an area that is well-ventilated with good air flow. Supply plenty of fresh water. You can use a fan aimed on the dog's crate to create better airflow. Never take a dog out in a car on a hot day if you don't have to. Also, if your pet is outside, make sure they have adequate shade to keep out of the sun.

Symptoms: Swollen tongue, cloudy eyes, excessive panting and white or gray gums are all signs of heat exhaustion. A dog left in a car for only Five minutes can suffer heat stroke. If left untreated, the dog will die.

Treatment: If your dog is showing signs of over-heating, take the pet into a shaded area and ventilate with a fan. Run cool water over the pet, not cold water. Use a cool tub or hose to cool him down. Also run cool water over his ears since this will also help cool him down. Pay close attention to the abdomen and the area where the legs connect to the body. This will help cool the dog faster. While you are trying to cool him down, please do not offer drinking water in large amounts because this can make him vomit. Offer small amounts of water, or offer ice chips until he has cooled down enough, and then he can drink safely.

Dehydration - Dehydration can happen as a result of overheating. Be sure your dog has access to plenty of water, whether you are out playing with him or if he is alone outside while you are away.

Prevention: Be sure to hydrate your dog before exercise! Never go out between 11:00 a.m. and 3:00 p.m., and stay out of the heat and sun at the height of the day. I would limit running with your dog during the heat of the day. I would also limit hiking, and throwing a ball or other toys.

Symptoms: Dehydrated dogs display a dry nose and mouth, eyes that are sunken and dry, and loose, flabby [skin](#) that doesn't snap back into place when gently tugged.

Treatment: Get the dog re-hydrated as soon as possible. Water can be used, but must be offered in small amounts at short intervals. If a severely dehydrated dog is offered too much water, he will begin to vomit, and this can cause further dehydration. Electrolyte solutions can be used for dehydration. If you suspect severe dehydration, rush the pet to the vet.

Sunburn - Dogs can get sunburn, even though they have fur. Lighter haired pets can suffer sunburn more than darker pets.

Prevention: Pet breeds that are susceptible to cancer should be protected from sun even more since they could develop [cancer](#) from prolonged exposure. Sun block is recommended as a preventative, or you can use a body suit that uses fabric that blocks UV rays. You can also avoid the hours between 11:00 a.m. and 3:00 p.m. to help prevent your pets from becoming sunburned.

Symptoms: Signs of sunburn include redness and hair loss from ear tips, abdomen and the bridge of the nose. While most pet sunburns may be minor and heal with time, repeated exposure can lead to cancer in pets, just like people.

Treatment: Spray the area with cool water at 30 minute intervals, or use a cold compress held over the burn. Witch hazel applied every few hours will take away the heat of the burn, and skin conditioners can be used as well. You can also give your pet a bath in lukewarm water with colloidal oatmeal mixed in the water. Aloe gel can also be added; this will cool the sunburn and help it heal faster.

Prevent Summertime Dangers

Never leave your dog in an unattended car, not even for five minutes in the shade. The car can get 30-50° hotter inside within five minutes and cause heat stroke. It is against the law to leave a dog unattended in a hot car in nearly all communities.

If you have a swimming pool and your dog loves to swim, that is fine. However, don't just throw the dog in the pool; let him enter it at his own pace. If you throw him in, he can ingest pool water with chlorine in it, and that can make him sick. If you are allowing your dog to go swimming, make sure that you bathe him after his dip, so you can get all the chlorine-laced water out of his hair coat and body.

Living In Germany...

Caravan And Camping Sites Germany

Heide Camp

St Barara Strasse, 43, 41379, Brüggen
Approximately 30 minutes from Elmpt Wildenrath and JHQ. It is open to visitors all year round and dogs are welcome on the site.

Tel: 02157 873622

Email: www.heidecamp.de

Campingplatz Goldene Meile.

1 hour and 30 mins away this site is situated on the banks of the Rhine between Bonn and Koblenz, with a cosy restaurant with terrace and kiosk. Open all year.

Simrockweg 9-13, 53424 Remagen

Tel: 02642 22222

Email: info@camping-goldene-meile.de

Campingplatz Der Stadt Köln

About an hour away and is situated beside the Rhine and public park. A good site for visiting Köln.

Open Easter to October

Weidenweg 35, 51105 Köln

Tel: 0221 831966

The Netherlands

Elfenmeer

35 minutes away, this is a large, professionally managed site in a good woodland setting with heated outdoor pools, swimming, boating, fishing, supermarket, restaurants and sports facilities. It has a big pitch with hook up and includes cable TV. Open late March to October.

Address: Meinweg 1, 6075 NA, Herkenbosch.

Tel: 0031 475531387

Email: info@haldert.nl

Website: www.haldert.nl/camping

Safari Camping Beekes Bergen

1 hour and 30 minutes away, this camp has a large, impressive leisure complex with many amenities including a safari park, restaurant, supermarket, playground and indoor pool. Open April to early November.

Address: Beekse Bergen 1, 5081 NJ

Hilvarenbeek

Tel: 0900 2335732

info@libema.nl, www.eurocamp.co.uk



Landal Greenparks Wirftal

1 hour and 40 minutes from JHQ. Situated in the middle of the beautiful Eifel countryside on the banks of the reservoir, with free fishing, but no swimming. An excellent area for cross country skiers in the winter months and it's open all year round.

Address: Landal Green Parks Wirftal, 54589

Stadtkyll. Eifel

Tel: 06597 92920

Email: wirftal@landal.de

Kampeercentrum Klein Canada

Just over an hour away, this is a pretty site with a Canadian theme including an indoor and outdoor pool, restaurant, playground and good facilities close to River Maas. It's situated between Nijmegen and Venlo and is open all year.

Address: Dorpsstraat 1, 585d1 AG, Afferden

(Limburg)

Tel: 0031 485531223

Email: info@kleincanada.nl



Your Insurance & Travel needs all under one roof!



Motor Insurance & Recovery



Kit & Home Insurance



Ferry & Flight Bookings



Holidays & Short Breaks

Take advantage of our
great savings & discounts.
Why pay more?

www.girke.com

BFG Freephone: 0800 6447530



O.Girke Insurance & Travel

Oakham Way 3,
Opp. BP Station
41179 Mönchengladbach

Tel: 02161 558417

Mon-Fri 9am-5pm Sat 10am-2pm

Commercial Centre,
Block 356, Grandy Road
Tel: 02163 571167

Mon-Fri 9am-3pm