

Welcome...

It's hard to believe that the festive season is upon us already, and it certainly seems that we are going to be entertained right up until Christmas with the number of events and parties going on, including the JHQ Christmas Bazaar and the Elmpt Christmas Fayre.

We have another busy edition for you, as we look back at all the charity walks, Oktoberfests and Big Brew Ups. Check out the double page spread on page 38, listing all the regular activities around the Garrison with dates and times.

There are quite a few notices in our 'you need to know section' that you should check out, particularly the rules here in Germany about winter tyres and driving in winter and we also have useful information such as posting dates for Christmas and discount for the Armed Forces.

Katy, Erika and I thought that we would pose for a special, festive photo on this page with our pooches, Molly, Joey and Gypsy. We are holding crackers to make the photo Christmassy, but actually, it's looking a little bit more Autumnal!

We hope that you have a fun time leading up to Christmas and enjoy all the entertainment on offer. As the RMP posters within suggest, have fun, but be sensible and lets make this a cracking Christmas - the last one in JHQ for many of us.

Merry Christmas and a Happy New year from all the team!

Judith



In This Edition...

- 06 Race for life**
JHQ residents, babies and dogs get running for Cancer Research
- 09 Plan for Christmas Post**
Take note of those important dates for posting Christmas presents and cards
- 16 Prepare for Winter**
An important check list for preparing your SFA for the cold snap
- 38 Garrison activities**
Your up-to-date list of everything going on in JHQ and Elmpt
- 49 SSAFA's annual Brew-Up**
An impressive amount raised as people enjoy *the* annual breakfast
- 51 Windsor's politicians**
Students at Windsor attend the last Model Houses of Parliament

ELMPT STATION CHRISTMAS FAYRE 2012

IN AID OF SSAFA

Sunday 2nd December in Shannons Ballroom 13:00hrs - 16:00hrs

Large Variety of Stalls

SSAFA RAFFLE
SSAFA's Tea, Coffee & Cake Stall
Santa's Grotto

...and much, much more....

For Further Information Contact:
WO1 (SWO) Atkinson on Mil.: 3076 or Nicola Hodgskins on Civ.: 01722521014
Ssafa-Elmpt-Station@hotmail.com



Please note that the deadline for articles and advertisements is 10th December

Contact Details: teambulletin@yahoo.com

Address: Garrison Information Office, Grattan Building, BFPO 140

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

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

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

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

Front cover: Christmas lights

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

Proof reading by 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.

the bulletin November/December 2012 | 1

community

Major General John Henderson GOC

Shona and I are delighted to be back in Germany. This is our first time in Rheindahlen, and, in collector's terms, living here completes our set of garrisons. As a long time Germany soldier, it is not without a deal of sadness that I now find myself responsible for bringing the British military presence to an end, after what will be over 70 years. This has been the Army's longest overseas posting since India, and is a story of reconciliation and integration. It has been our great privilege to live in Germany as it has risen from the ashes of a totalitarian dictatorship to become a beacon of democracy and economic development. If we can claim to have played a small part in this process, and I think that we can, we can leave with a sense of pride.

More locally, I am very impressed with the work that is being done by Lt Col Andy Thorne and the team in the Rhein Support Unit to keep the services going at full tilt right to the end. This is exactly what is required of us. Many of you will know that this is not a trivial task, but it essential that we maintain Germany as a place in which soldiers, civil servants and their families want to serve. We also need to keep the excellent relationship that we have built up with the German authorities and the wider population. Part of that is working with those people, soldiers, UK based civilians and locally employed civilians, who will not be coming to Bielefeld, to ensure that their transition into their next career goes as smoothly as possible.

I regard the move to Bielefeld as an opportunity. We will be closer to our customers, and, living in a more integrated manner in a German city, we will be better able to undertake the Garrison closures as required under the Army Basing Plan. But we must also remember to bring with us that which is good from Rheindahlen. There is a strong community spirit and identity that we should not lose in the move. Although we are seeing the final events of many of the excellent societies and groups in Rheindahlen, it is my hope that we will see the same level of engagement in Bielefeld.

We look forward to meeting many more of you in the coming weeks and months.



bulletin

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

Would you like to advertise with the bulletin?

If so, then please let us know.
Email: teambulletin@yahoo.com
Tel: 02161 472 4789 or
JHQ Mil (72) 4789

The deadline for the next edition is 10th October

Foreword

Lt Col Andy Thorne Deputy Garrison Commander

One of the things Debs and I get most frustrated by is that every time we leave the camp gales to go to other garrisons we get told "JHQ is dead". Well, if that really was the case, as a couple we wouldn't be doing, nightly, what I guess most of you are doing: sitting here trying to work out how to get three children to three different events between the two of us. To the "naysayers", I say this: JHQ might have a village population now, but it still has a town's worth of facilities. And this hasn't happened by osmosis. Far from it. As each club has reached a point wondering if they can go on, so many of you have stepped up to the mark, and dug in deep, giving up your free time to ensure we have the best problem in the world: how do we fit it all in?

This last month is a case in point. The Rheindahlen Rhinos Rugby Club, having accepted inevitable closure last season, is now busier than ever, as is the football club. Ark School are throwing so much energy into their extracurricular activities, with all their clubs and Children's University Activities (which are all so well supported by the parents) we almost need a spread sheet to keep up. Windsor School are being as equally proactive. Among many other things, they are driving a partnership with the Globe Theatre through the arts council to mark the closure of JHQ through the medium of performing arts.

CATS are also going out in style with two huge final productions: "Oliver" seems to be the perfect choice for the last performance from the Little Theatre. The highlight of the month, though, for me, has to be the Race for Life. 200 people turned up: they ran, they cycled, they pushed babies around in push chairs, and raised over €2000. The lady that organised it was inspired by earlier charity events here. So can you be too, if you have the idea, the RSU will help. Let's keep making a difference.

The Race for Life really highlighted today how well the two communities of JHQ and Elmpt are inter-acting. Elmpt has absorbed so many changes of people and units over the last six months, and I am proud of the spirit with which they are accepting those challenges, and the links that they are not merely maintaining, but strengthening. It was a very sad day handing over Wildenrath, knowing the memories that are left there, but I am comforted knowing how much work the Elmpt community are doing to help the new people from JHQ and Wildenrath settle in.

As you read this, your children will hopefully still be on a huge sugar high, if last year's fantastic Halloween celebrations are anything to go by. We haven't even begun with the Bonfire Night or the Christmas Season yet. Let's enjoy every second and thank you so much to everyone for keeping our community so much more than alive.... still vibrant.



From this month you will now be able to access the Bulletin on line by going to :
digit.dshh.rhein-publikations.kit.tu

Sadly, we just have one more double edition for you early next year before we put the magazine to rest after nearly 50 years. But to commemorate the Bulletin, we will be producing a commemorative edition around March where we will look back at the developments and changes of the Rhine Garrison over the years. To that end, you could help us by sending us, in the new year, any archive photos you may have of your clubs and work places to teambulletin@yahoo.com

West Rhine Golf Club - Poppy Appeal 2012 By Charlie Brown

On Sunday 30th September, West Rhine Golf Club played host to its annual Poppy Appeal Competition with all monies raised going to The Royal British Legion. A total of 70 competitors turned out for the shotgun start at noon and were treated to a course in excellent condition along with a cloudless sky.

After a relaxing round of golf, players returned to the clubhouse to register their scores, have a bite to eat and a few refreshments from the bar. Once all the scores were in and checked, prizes were presented to the winners by the Club President, Brigadier Jim Richardson. The title of Poppy Appeal Champion for 2012 went to Marlene Cremers with a score of 40 net points, surpassing Gary Hutchinson who had been the long-time leader in the clubhouse on 39. The scratch winner was Ruaridh McIntyre who scored a very respectable 30 gross points.

After prize-giving, a presentation to West Rhine Golf Club took place from Mr Steve Reid, the Chairman of the Rheindahlen Branch of The Royal British Legion in recognition of the club's fundraising efforts across the years. The day was complete following the raffle when a large selection of prizes was donated by West Rhine Golf Club, Charlie Brown the Club Captain and NAAFI, JHQ. A special mention went to the latter, who did not disappoint following a last-minute request – thanks John and Tim. The day raised over €500 for The Royal British Legion.



Marlene Cremers receiving the Poppy Appeal Trophy from Brigadier Jim Richardson.



Gary Hutchinson and Steve Partridge, proving that looking the part doesn't improve your game.

HAVING A CLEAR OUT? PLEASE DONATE YOUR UNWANTED CLOTHES AND HELP FOUR WORTHWHILE CAUSES

We are collecting clothes, paired shoes, blankets and bags, all can be donated to help raise funds for the following charities:

COMBAT STRESS
JAMIE INGLIS APPEAL
NEPALI ORPHANAGE (ISN)
Acacia tree Baby Home, Uganda



COLLECTION POINTS ARE:

THE HIVE & LIBRARY AT JHQ AND THE HIVE AT
ELMPT

FOR FURTHER INFORMATION OR TO ARRANGE A PICK UP PLEASE CALL
01609178382 OR EMAIL AT Diana.Belding@fmail.net or message FB.
Thank you.



Would you like to donate something for our
Christmas Tombola/Raffle?
Do you have any unwanted gifts or unopened bottles
that we can use for prizes?



CCF Christmas Bazaar
in the Rheindahlen Rooms JHQ
Saturday 17 November 2012

Date of collection for Tombola
07 & 08 November 2012

Please attach this flyer to the bagged donation for identification and leave
on your doorstep. Alternatively you can drop off your donation at the
RSU Welfare Centre before 15 November 2012.

Many thanks for your support



230 Signal Squadron Half Marathon

By W02 Sean Wedge

On Sunday 23rd September, 230 Signal Squadron, 16 Regiment, (currently the Helmand ICS Signal Squadron on Op HERRICK 16), had organised the Camp Bastion Half Marathon with the aim of raising as much money as possible to support BLESMA (British Limbless Ex Service Man Association).

Planning had gone really well and there were close to 200 runners who had already registered prior to the event being cancelled due to issues beyond their control.

Not to be outdone and to continue to push forward and make as much money as possible for BLESMA it was decided that the Squadron would get soldiers to complete a Half Marathon inside the gym instead. Different soldiers chose different exercises, choosing from the Treadmill, Rower, Cross Trainer and Static Bike.

The event started at 9am, with the cyclists all finishing by 1000 hrs. The biggest achievement of the day was Sig "Yorkshire Pud" Hutchinson who managed to do the entire distance on the rower which is no mean feat and anyone who has been on a rowing machine will understand the pain he went through to complete the distance in 1 hr 45 mins.

Money is still coming in and hopefully the event will get over the £1000 mark. If anyone wants to donate please go to www.virginmoneygiving.com/team/half-mar.



Javelin Superheroes Raise Money For Charity By Paula Bentley

Childminders and their young 'superheroes' put their best feet forward as the Big Tiddle got under way at Javelin Barracks.

Dressed in colourful costumes, they toddled their way through the barracks for the annual sponsored walk to raise cash for children's charity, Barnardo's.

Organiser Paula Bentley, who is the Childminding co-ordinator for Rhine, said "everybody had a great time. We had lots of super heroes such as Spiderman, Superwoman and Buzz Lightyear. The weather held out, which was really good".

This is the first time that Rhine Childminders have taken part in the event and have raised a grand total of £250.

Paula would like to say a huge thank you to all of those who supported them and the parents and grandparents who joined in with the walk. The money helps Barnardo's by supporting 26,000 children, young

people and their families affected by poverty, abuse, disability and serious illness.

If anyone would like information about becoming a registered Childminder in Rhine area, contact Paula on JHQ mil. 72 4939 or civ. 02161 4724939.



charity

Cancer Research UK Race For Life



The sun shone down on runners at JHQ who came out in their droves to walk, jog or run either 5 or 10 km, to raise money for Cancer Research UK.

The sunshine was an added bonus with temperatures reaching 22 degrees as people gathered outside the NAAFI doing their stretching routine before the race started. Many were dressed in the popular pink, and some even in fancy dress costume.

Organiser, Lynne Hughes, planned the day because she wanted to do something positive for the charity. She said, "I'd say over 200 people have turned up today with skate boards, dogs and prams, which is brilliant, and the weather hasn't let us down, so it couldn't be more perfect".

And it would seem that an impressive amount of money was raised. Lynne said, "I think that we've got about €1,500 plus sponsorship money".

And while everyone managed to cross the finish line, it was Cpl Hamilton Nickles who was the first to finish 10 kms, so congratulations to him.



6 | the bulletin November/December 2012

Drawdown Of Rhine Garrison - What Does It Mean For NAAFI Customers?



By Tim Clark

As Rhine Garrison prepares to draw down and people start to leave, NAAFI would like to give all our valued customers the assurance that we will continue to offer the best possible service right up until the time that the Garrison closes.

You will see some changes in your NAAFI Max over the next few weeks and months as we prepare to ensure that your store continues to reflect the very best that we can offer you.

At the moment the shop is too big in size for the smaller community and takes too much stock to fill it. Over the coming months, the NAAFI Max will become smaller in size with less stock being held in store. This does not mean the range of goods on offer will decrease. The range will still remain the same and we will still continue to provide the same level of service and meet the needs of the forces and your families based on JHQ.

Head of Operations David Jones said "We will make absolutely sure that the customers in JHQ continue to have access to the whole NAAFI range throughout the drawdown process".



If there are any items that you notice are missing which the NAAFI Max used to stock before the change, please contact NAAFI's Rhine & Elmpt Trading Manager, Tim Clark on 0162 2409251 who will be able to help you.

Stadtsparkasse Closure

By Alistair Clark

To All Members of the RMC and Elmpt Communities:

It is with regret that we have been informed that the Stadtsparkasse Mönchengladbach intends to cease the provision of on site, personal banking services to our community in JHQ with effect from 31 January 2013.

We had hoped to keep this going until 31 August 2013, but this change has been forced on the bank by falling customer numbers and the consequences this brings with it, for the efficient and meaningful employment of the bank's staff.

To this end, it is intended to transfer all existing accounts to the Stadtsparkasse Branch at Mühlenortplatz 1-9, 41179 Rheindahlen (see map attached) and to move the staff, with whom we are used to dealing, to that branch as well. In this way you will still be served, in English, by the people you are used to dealing with.

The reason the Rheindahlen branch has been chosen, rather than the Hardt one for example, is the simple one that there are better parking facilities directly in front of the Stadtsparkasse branch in Rheindahlen, than in Hardt. The drive time to Rheindahlen is approximately 10 minutes from entrance Alpha. The bank will be writing personally to every customer, in the next month or so, to explain how the move of your account is going to be managed.

Furthermore, the bank is making arrangements to keep a cash withdrawal machine and an account

statement printer, on site, in JHQ. Where these will be located is not yet certain but we are working with the bank to find a solution and this will be publicised as soon as possible.

Should you have any questions concerning this information, please do not hesitate to contact the Bank Manager, Herr Quack, or any of his staff. They will be pleased to help you.



the bulletin November/December | 7

The Community Charity Fund
Christmas
Bazaar
Saturday 17th Nov '12
10am - 4pm
At
The Rheindahlen Rooms
JHQ
Stalls, Refreshments, Santa's Grotto and
much, much more
Entry by donation




**Posting Dates
For Christmas 2012**

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

United Kingdom:

Parcels - 05 December
Letters - 17 December

Western European Countries (Civilian Address):

Letter (Airmail) - 10 December
Packet/Parcels (Surface) - 18 November

Fiji:

Letter (Airmail) 3 Dec
Packets (Surface) 26 Sept
For Parcels please ask at the counter

Other Countries (Civilian Addresses):

Economy Parcels (Surface) - Various Dates (ask at counter)
Standard Parcels (Air) - Various Dates (ask at counter)
Airmail Letters and Packets - 03 December

BFPOs Outside Europe:

Letters and Packets:
Op Herrick - 30 November
Other BFPOs - 11 December

Parcels:

BFPO	Latest day of posting
2 - 150 & 200 - 490 (less North-West Europe)	05 December
651	05 December
655/677	17 October
801 - 825	11 December

For dates of other BFPOs please ask at the counter

BFPO NOTICE
PRE-CHRISTMAS FREE MAIL SERVICE TO OPERATIONAL THEATRES

In addition to the continuous Royal Mail/MOD free mail service to OP HERRICK and HM Ships in Support, the MOD has authorised a Pre-Christmas free mail service which will run from 4th Nov - 2nd Dec to the following operational locations and HM Ships.

Op TOSCA	BFPO 567
Op VERITAS	BFPO 651
Falkland Islands	BFPO 655
Falkland Islands	BFPO 492
Falkland Islands	BFPO 494
Ascension Island	BFPO 677
Diego Garcia	BFPO 485
HMS Astute	BFPO 214
HMS Clyde	BFPO 255
HMS Montrose	BFPO 339
RFA Gold Rover	BFPO 443

Relatives and friends in the UK and at BFPO addresses worldwide can send letters and packets up to 2 kg in weight to named Service personnel or entitled MOD deployed civilians (not CONDO personnel) who are located at any of the above-named authorised operational locations.

This service is for letters and packets, with a maximum weight limit of 2 kg. All Royal Mail Post Offices and BFPOs have been instructed not to accept any item over this weight.

Please be aware, in accordance with MOD policy unsolicited packets from commercial firms and those recognised as coming from unit welfare/support groups will not be accepted. This is to ensure timely delivery of personal mail from family and friends and to avoid the supply chain being overwhelmed, causing an adverse impact on personnel serving in these locations.

Customers using this free service are advised that the sending of aerosols of any kind is prohibited. To find out what other items are prohibited visit the BFPO website www.mod.uk/DefenceInternet/DefenceFor/ServiceCommunity/BFPO/MailProhibitionsAndRestrictions.htm or ask at your local Forces Post Office.



UPCOMING EVENTS!!!

Sat 10th Nov Quiz Night



1930 hrs 'til late Prizes
Max Team Size is 6
Book Out Now In The Club Foyer

Sat 1st Dec Anniversary Party



(Details to follow)

Club Opening Times:
Every Last Saturday of the month 1600-2400
Wed 1800-2100, Fri 1800-2400, Sat 1600-2000, Sun 1500-1900

EVERY SLEEP MATTERS

Ensuring you make safe choices lowers the risk of Sudden Infant Death (SID).



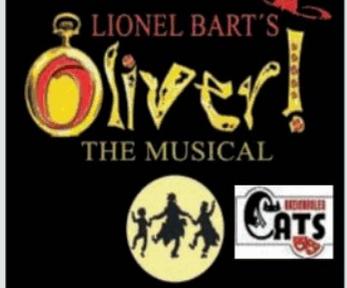

1. Choose a safe place for me to sleep...the safest place is in a cot, in a room with you for the first six months.
2. Never sleep with me on the sofa or armchair.
3. Don't let me get too hot.
4. Don't smoke or drink around me...cigarette smoke affects me.
5. Put me on my back to sleep.
6. Remember to follow this advice **at ALL times:**
 - Holidays, including Christmas, birthdays and celebrations
 - Sick days or when you are ill
 - Cold winters or hot summer nights
 - When taking drugs, alcohol or any medication.

Speak to your Midwife or Health Visitor for further advice.



CATS theatre is proud to present its **FINAL SHOW**

LIONEL BART'S **Oliver!** THE MUSICAL



Coming soon in early 2013 To the Little Theatre, JHQ See press for details

Find us on Facebook - Oliver 2013 - CATS Rheindahlen

CATS Comedy Cracker By Judith Wake

While residents of JHQ are preparing for closure next summer, there are still loads and loads of clubs as busy as ever here, and the award winning Combined Amateur Theatre Society, which we fondly call CATS, is no exception.

The club is in the midst of performing yet another production, a comedy, "Inspector Drake's Last Case" by David Tristram. This is a hilarious "Who Dunnit" – the ultimate Agatha Christie spoof, packed with amusing characters as Inspector Drake, ably hampered by Sergeant Plod, interviews a colourful infusion of characters about a murder. There's Guest the butler, Butler the guest, Cook the gardener and Gardener the cook. Confused? You will be!

The play is being performed, as always, at the Little Theatre, JHQ. Director, Richard Shuttlewood, had no problems selecting the cast and finding plenty of help back stage although member numbers have somewhat decreased, particularly in the last few months. Richard loved the play when he first read it and said, "It will keep you on your toes and you can't help but laugh all the way through. It's been great for me to be able to put it together".

And the show still goes on with thoughts already turning to a post Christmas performance, which is to be the last production from CATS before closure in April. Chairman of the club, Steve Bridgewater said, "It doesn't end here since we're organising a nice big finale with a huge musical, Oliver, and we'd really love loads of people to come down and audition because it's a going to be a big production and we're going to go out in style with a big party at the end and invite all past members to attend".

Oliver is likely to be presented in March and there are still 3 night's Performances of Inspector Drake on the 8th, 9th and 10th November. Tickets are now on sale at the Little Theatre in JHQ.



Gates Close On Wildenrath Photo by Dominic King

The gates of the Wildenrath Estate were finally closed as the Deputy Garrison Commander, Lt Col Andy Thorne, handed over the keys to Frau Simone Hebbinghaus from the federal Authority (BImA).



Also present were Bob Lorimer (DIOLMS) and Mark Pritchard, who was overseeing the closure.

Christmas Church Services

- St Boniface**
2nd December 0930 A service of Communion
9th December 1600 The British German Carol service
12th December 1100 Garrison Carol Service
19th December 1100 Windsor School Carol service
19th December 1330 Ark School Carol service
23rd December 1100 Sunday service of Communion
24th December 2330 Midnight Mass
25th December 1100 Christmas Day service
- St Nicholas & St Andrew Elmpt**
2nd December 1100 All Age worship for Advent
23rd December 0930 Sunday service of Communion
24th December 1800 Crib service followed by a short service of Communion
25th December 0930 Christmas Day service

The normal services during December other than above are 1100 at St Boniface and 0930 at Elmpt St Nicholas and St Andrew

St Thomas More JHQ & St Paul & Boniface, Elmpt
For times, please contact Rev Anthony Paris on 01735112080 or check notices at the back of the churches.



Military

Mönchengladbach Military Competition

By Lt Col Geoff Hinton Photos by Dominic King



The 29th International Mönchengladbach Military Competition (IMM) took place on Saturday 8th September.

A total of 44 teams took part; made up from reservist and regular military units, emergency services and civilians. It lived up to its international billing with 10 countries being represented; even an Army team from Greece who received sponsorship in order to take part. The majority were German and British teams, but Slovenia, Estonia and Switzerland were represented, along-side mixed NATO teams.

Starting at 7 in the morning, the first 4 person team (there were male, female and mixed teams) set off on an 18 kilometre route. The teams had to use rough sketches and short descriptions of the route, making getting from sland to sland a task in itself. Along the route, which started at JHQ, were 16 stands at which the teams completed tasks against the clock. The stands included first aid, dealing with fires, use of inflatable boats, throwing grenades, shooting, obstacle courses and recognizing which foods it is safe or not to eat.

The route took the teams from JHQ into the surrounding villages ending up close to the football stadium for the last task; a confidence course. Temperatures of over 20 degrees dogged those starting later in the day.

British teams came from UK and Germany, were made up of male and female, reservist and regular, Army and Air Force and potential officers currently at university.

Visitors to the event included the Mayor of Mönchengladbach, Herr Bude. It was his donated trophy for the "International Soldier" category that was won by a British Team, from the RMP SIB based at JHQ.

The competition will take place again next year, but the use of JHQ will depend on the date it is run.



Military

Near And Far

By Bryan Ledger



On a bright and sunny morning, RAFA members and their friends met at St Boniface's Church, JHQ, to celebrate the Battle of Britain. Some had come from as far as the North of Holland, Belgium and the North of Germany.

This service was a special but sad occasion as it was the last of its kind to be held in JHQ. St Boniface is due to close in May 2013 and the local Branch of the RAFA have held their services here for the past 30 years.

The affair tended to be a tri-service one, with Padre Colin Craven RN (Ret) taking the service. Lt Col Andy Thorne (Dep Cmdr) read a lesson, as did Wg Cdr Rex Flint.

Cadets from 8 Overseas (Rheindahlen) Sqn paraded their Standard and organised the collection.

The day was rounded off with a superb Buffet in Cassels House.

Our thanks go to everybody involved in making this a 'Day to Remember'.



Cpl (Cadet) Howard; Cpl (Cadet) Bridgewater - Standard Bearer and Cpl (Cadet) Dale



Sqn Ldr Achilles with her Cadets and Padre Craven



Peter Baldwin (RAFA Chairman) with Lt Col Thorne.



some of those who attended

Light Table Exhibited At Laarbruch Museum

By LCpl Gaz Squire Photos by Dominic King

In the world of imagery analysis, the light table was a critical tool during the cold war. Thanks to the few remaining Imagery Analysis in British Forces Germany, attached to 1 Military Intelligence Battalion at Javelin Barracks Elmpt, this influential piece of equipment is now exhibited in working order at RAF Laarbruch museum.

Visitors to the museum will now have the chance to view historical photographic film of military sites and equipment in 3D and experience the working practices of a cold war Photographic Interpreter.

The museum is located at Düsseldorf Weeze Airport. Opening hours are from 1400hrs to 1700hrs every Wednesday, Saturday and Sunday with additional opening times in July, August and September: Thursday and Friday: 1400 to 1700 hrs. Entrance costs just €2 with free entry to under 15s. Further information can be found at www.laarbruch-museum.net



Military

WELCOME BACK 628 SIGNAL TROOP

By SSgt Nicholas Trethewey photos by Charlie Booker

In the early hours of the 19th September, 27 members from 628 Signal Troop returned to Elmpt Station from Afghanistan where they were greeted by the Rear Op's Group and where told to Parade at 1300hrs the next day.



SSgt Sluman – Op Ellamy Medal (Libya)
Sgt Grills – Accumulated Service Medal
Cpl Roberts – Op Ellamy & Diamond Jubilee Medal
Cpl James – Accumulated Service Medal & Op Ellamy
Cpl Milton – Op Ellamy
LCpl Devaney – Op Ellamy
Sig Taylor – Op Ellamy
Sig McLauchlan – OSM Afghanistan

On the Afternoon of the 20th the 26 soldiers took part in rehearsals for the Medal Parade that was happening that afternoon and the following personnel were presented with medals by the Battalion Commander, Lt Col Hunke. Also in attendance was Major Whittaker, the Battalion 2IC and the Officer Commanding Captain EA Moore :



PARTY TIME

On the evening of the 20th September the Rear Op's Group for 628 Signal Troop organised a Welcome Home for the 27 Personnel that had returned from Afghanistan the day before.

The theme for the evening was Hawaiian so everyone dug out their bright and sparkly Hawaiian shirts, grass skirts and coconut's. The organisers of the do, Cpl Gritt and Yuille, ensured the venue the Wall and Willow was decorated with blow up Palm Trees, garlands and all things Hawaiian. They also laid on an excellent buffet that was enjoyed by all the lads and lasses and their loved ones and there where some excellent outfits on display such as a full Parrot outfit worn by the UWSNCO SSgt Trethewey to LCpl Beaven, who came as a hula girl.

A great night was had by all that attended and we also had our Commanding Officer in attendance, Lt Col Hunke, as well as Major Dave Whittaker, the Battalion second in command, who also enjoyed the evening.

A big thanks goes out to all the Rear Op's Group and SSgt Trethewey as well as Cpl Yuille and Gritt for organising a fantastic evening.



community

Army Wives Shape Up For Soldiers' Return

By Kendra Hulbert

Since the last of the men left Elmpt for Afghanistan for the gyms and sunshine, us ladies have wasted no time in making sure that we're going to be in shape too for their return.

We have already seen some dramatic results with our indoor and outdoor fat burning, boxercise, circuit training, resistance work and much, much more and there are no signs of letting up.

We all want to make our men as proud of us as we are of them when they return in November. Plus it will give us an excuse to spend some of their Op Bonus on a new wardrobe.



Miriam's Outstanding Contribution

By Shawn Harris

The Rheindahlen HIVE, and the entire community in which it serves, would like to take this opportunity to thank Miriam Melton for her time and dedication as a HIVE Volunteer. HIVE is an information Service Centre that supports the Chain of Command and Tri-service communities through the provision of up to date and relevant information.

Due to re-posting, Miriam and her family will soon be returning to the UK. Miriam began volunteering at the HIVE, on a weekly basis, in September of 2008. As a HIVE volunteer she assisted HIVE Information Officers with computer tasks such as collecting and organizing helpful and relevant information to be distributed by the HIVE. Miriam would also assist community members visiting the Rheindahlen HIVE to acquire information. During these times Miriam was always friendly, polite and professional. Her warm smile and cheerful personality put visitors at ease while she worked efficiently to provide the information they needed. The support that she has so generously provided to the HIVE, the Chain Of Command and the Rheindahlen community is greatly appreciated. "Thank you Miriam for all you have done. Best wishes to you and your family".



For her outstanding contribution as a HIVE Volunteer Miriam Melton is thoroughly deserving of the Garrison Commanders' Certificate of Appreciation.



Lt Col Andy Thome with Miriam Melton and the HIVE team

you need to know

Are You Ready For Winter? Preparing Your SFA

Frost Precautions - Occupants of SFA's and hiring's with individual boilers equipped with automatic heating controls, are responsible for ensuring that the heating system is left in operation and that all radiators are set on a minimum of number 2. This will allow the heat to penetrate the wall and protect the pipes. Attempting to reduce costs by having heating systems set to an absolute minimum is a dangerous risk and could lead to greater individual expense and inconvenience due to burst pipes. If leaving your house for prolonged periods you may consider leaving a key with a friend or neighbour for emergency access.

Outside Taps - External taps should have the residue water drained off by turning the supply tap off in the cellar, opening the external tap and opening the drain valve situated adjacent to the supply tap. The external tap can be left open until the reverse procedure restores the water in the spring.

Works Services - Babcock are directly responsible for all work services within SFA's.

Time Scales: Emergency - within 3 hours, Urgent - within 1 week, Routine - within 4 weeks.
Report Faults: Daytime - German freephone 0800 888 4242

Emergency: Silent Hours - German freephone 0800 888 4242 e.g gas leak, complete electrical failure, no hot water or heating.

Snow Clearance

In accordance with German law, married quarter occupants are responsible for clearing snow, ice and leaves from all pavements, cycle tracks and footpaths adjoining their property. Occupants who live on a corner are also responsible for the side pavement, where present. Failure to do so could result in spot fines.

The snow should be cleared prior to leaving for work and also on your return. You are not responsible for clearing any snow fall whilst away from your property.

Building custodians of Military establishments are similarly responsible for clearing their areas.

Monchengladbach Stadt will clear the main road route, Queens Avenue on RMC and Estate and Works are in charge of all minor and side roads on the camp. The Warrant Officer In Charge WO2 Nobby Boswell can be contacted on JHQ Mil 2097.



In Elmpt the snow and ice contingency plan will clear

the main routes through the housing estate. The HCISO Administrator Mr Jeff Steeley can be contacted on Elmpt Mil (02163 97) Ext 2514 if you require any assistance.

Legionella Winter Checks

To ensure that the hot water system in your SFA is well maintained and operating safely and correctly, it is vital that you adhere to Rhine Garrison's: SFA Water System Maintenance Guidelines.

It is required that, in line with the License to Occupy your SFA, you carry out the simple maintenance tasks in your Service Family Accommodation listed in the guidelines below.

Regular Maintenance Guidelines - Flushing

- * Flush all water outlets through weekly. Run both the hot and then the cold taps for at least 2 minutes (Including taps in the cellar or bedrooms).
- * Clean shower heads, and any removable tap ends monthly with disinfectant or hot water above 60 degrees Celsius.
- * If you are away from your accommodation for less than 1 month. Prior to reusing the domestic water supply run all taps and showers for at least 5 minutes.
- * If you are away from your accommodation for over 1 month but less than 6 months. Your hot water system will need to be flushed by running the taps and shower for 5 minutes.
- * If you are away from your accommodation for over 6 months but less than 12 months. Should your quarter be empty for this length of time you should contact the HEM at least 10 working days before your return in order to arrange with Babcock to have you hot water system treated.
- * To minimise and prevent water conditions which allow the bacteria to grow you should:
- * Avoid water stagnation by following these guidelines carefully.
- * Your boiler temperature is set to the correct temperature, 60 degrees Celsius, please do not change this temperature.



you need to know

Revised UK Passport Application Procedures

In April of this year the government announced that responsibility for issuing UK passports overseas would transfer from the FCO to the Home Office - Identity & Passport Service (IPS). As a consequence, the Regional Passport Processing Centre (RPPC) at the British Consulate General at Düsseldorf has now been earmarked for closure which will affect service families based in Germany as well as the European Joint Support Units in Norway, Denmark and Turkey and the British Military Team in the Czech Republic.

The existing procedures for applying for UK passports through the RPPC Düsseldorf will cease with effect from 1 October 2012. All applications received by RPPC after 28 September will be returned. From 24 September the new UK application forms should be used and will need to be submitted via unit admin offices to the IPS Armed Forces Team in UK.

The requirement to apply for UK passports through unit admin offices remain unchanged. Service families will therefore still need to visit/contact their local unit admin office to pick up a copy of the correct UK passport application form, a set of guidance notes as well as to receive advice on matters such as entitlement, procedures and payment.

It is imperative that all completed UK passport application forms are then passed back to the admin office for a final check before they are forwarded under unit covering letter and payment mandate slip.



Online Engagement – Social Media

All Service, MOD civilian personnel and their partners are encouraged to talk about what they do but are reminded that there are certain guidelines laid down when communicating on Social Media. These are in place to help protect security, reputation and privacy and should be adhered to.

When using online social networks such as Facebook, Twitter, etc personnel should always:

Follow the same high standards of conduct and behaviour online as would be expected elsewhere.

Be careful about the information that they share online so as to maintain personal information and personal security. Images, posted in jest will sit on the internet indefinitely and could rebound against soldiers, their families, units or the Army's reputation.

If anybody has any further questions or require guidance regarding this matter they should contact Media & Comms British Forces Germany on x4528/3400 or read the Online guidance at:

<http://www.mod.uk/NR/rdonlyres/D2AC8314-3B15-4DEB-A769-6C85AF4BDA80/0/20090805UMODOnlineEngagementGuidelinesVersion10.pdf>

BFPO NOTICE – OVERSIZE AND OVERWEIGHT PARCELS

BFG-based BFPO customers are asked to note that the decision to enforce the size and weight limits of parcels being sent and returned through commercial companies to BFPOs has now been postponed until Jan 13. This relates to a notice in Forces' Media in mid-September which was effectively postponed.

Further information will be published later in the year.



you need to know

Protecting Children Is Your Responsibility Too

What can you do?

Most children enjoy happy childhood experiences within their own family. Unfortunately, for some this is not the case. During difficult family times everyone has a responsibility to protect children from harm.

What is harm?

Harm is ill treatment or child abuse. Here are some examples:

Emotional abuse – may involve making a child constantly feel worthless or unloved, frightened or in danger.

Sexual abuse – is when a child is made to take part in or watch sexual activities: or they may be around when someone is looking at pornographic material.

Neglect – a child is left alone, not fed or clothed properly, the home is cold or dirty or a child is not protected from danger.

Physical abuse – could be any physical injury like cuts, bruises, scalds or broken bones that have not happened by accident.

What should I do if I think a child is being harmed?

Telephone British Forces Social Work Services straight away on Tel: 05241 84 3039 or 3040 or RMP BFG CRIMELINE on Tel: 08001 84 2222 – they will listen.

Do I have to give my name?

As a member of the public you will be asked for your name for social work use. However if you decide you want to remain anonymous from the family you are referring, that decision will be respected.

What happens next?

Social workers will follow up every report where they believe a child may be at risk of harm. They will talk to anyone who knows the child and may be able to provide a clearer picture. This includes Teachers, Health Visitors and members of the children's family.

After this several things could happen:

- No further action
- Help & support may be offered to the family
- An investigation may take place

Are children taken away from home?

Very rarely – social workers cannot remove a child from their family without a legal order. This only happens when there are serious concerns and then consideration is always given to the child being looked after by a relative or friend.

Will I be told what has happened?

Unfortunately as a member of the public you are not entitled to know what action will be taken. However you should be informed that your referral has been received and will be dealt with as soon as possible, unless you have not provided your name and contact details.

Contact numbers
BFSWS Central Referral Team:
Germany 05241 84 3039
05241 84 3040
RMP BFG CRIMELINE:
Germany 08001 84 2222



Tree Felling In JHQ

By Alistair Clark

The Bundesforstamt (BFA) in the person of the Forstmeister, Herr Martin Wingerszahn is, in conjunction with Babcock and on behalf of BFG and the Federal Authorities, currently, as he does every year, conducting a programme of tree felling on the RMC estate.

The work is carried out to meet the duty of care BFG has under Health and Safety legislation, towards our community. This duty of care is termed "Verkehrssicherheit" in German, which is two words, "Verkehr", meaning 'traffic' and "Sicherheit" meaning in this case 'safety'. However it is not just the 'traffic' which needs to be made safe, which is why the work is not limited just to the sides of roads or cycle paths, but extends into all the wooded areas or areas where the public moves around. This is why the felling of trees seems to be so extensive.

The work is carried out between 0700hrs and 1600hrs during the working week and will continue throughout the winter. Whilst every effort is made to remove the fallen wood and cuttings as quickly as possible, the volume of wood is such that there is often delay.

Parents are advised to warn their children not to play on or around the felled trees in case of injury. Any queries or comments about this programme should be addressed to the SLO's office on JHQ 4685/4686.



you need to know

Telephone Contracts - Watch Out

On posting to Germany most members of BFG will take out a contract for a home telephone (and home Internet service) as well as a mobile phone. What most people do not know is that there are often extra costs when it comes to terminating contracts early on posting outside Germany. Most companies these days do not allow service families to cancel a contract on posting outside Germany without paying for the unused contract months. So what can you do?

Taking out a contract

Contrary to the position in the UK, telephone and other contracts in Germany have a fixed running period and are renewed automatically when this runs out. You must give notice a number of months (normally 1 to 3) before the day and month when you look out the contract. Example: If you took out a contract on 10 Apr 11 for 2 years (ending on 9 Apr 13) and you have a 1-months-notice period, your notice must reach the company no later than 9 Mar 13 – otherwise it runs on for another year.

Questions to ask before you sign a telephone contract:

- What is the minimum running period? Can it be changed?
- What is the automatic extension period after that?
- What is the notice period, i.e. how many months notice do I have to give?

If I cancel the contract early on posting to UK, do I have to pay for unused months?
If you are not happy with the answers, look for another company.

Make sure what you have been promised by the company is set out in writing in English.

There are also companies that offer more flexible cancellation conditions on contracts. One example is TKS, who on their website offer an English speaking service, and for their TKS home telephone/Internet service (landline) "no minimum contract duration/ same day cancellation". Check what is best for you and tell us about companies offering favourable conditions for members of BFG.

TIP – Beware of contract amendments:

If your provider offers you a "better" or "cheaper" contract some time after you look out your contract – beware! A new contract means a new minimum running period, which could be 2 years, and if you give notice earlier, you have to pay for all or half of the remaining months!! Check before you agree!



Cancelling a contract

Contracts must be cancelled in writing, giving details like name, address, contract number, customer number, effective date etc. Examples of cancellation letters in English and German are available from the HIVE and can be found on the HIVE websites. For most contracts you are likely to have to pay half the cost for the unused months before the contract ends.

TIP 1 – Cancellation:

This applies to contracts with companies that do not allow early termination of the contract without paying for the unused months. When it comes to cancelling your contract on posting outside Germany and your end-of-contract date is a few weeks or months after the end-of-contract date, give notice in time for the end-of-contract date and ask if you can extend the contract for those weeks or months. If they agree, you have saved the cost of the unused contract period!

TIP 2 – Get ready for cancellation:

Check your end-of-contract date NOW, write it on your contract together with the last date for termination without paying for any unused months, so it is to hand when you get your posting notice. Alternatively check online or by telephone to get those details.

If the company writes back after your cancellation demanding half the payment for the remaining months, DO NOT IGNORE it. If you do, they may sell your debt to a debt collector in Germany or in UK, and if/when they find you, you will have to pay much more than the original debt.

LOA Review

The outcome of the Local Overseas Allowance (LOA) review for Germany which took place in July was announced by the MoD on 17th Sep.

The review, which compared the cost of a basket of items in the UK and Germany, has resulted in a very small decrease in rates for married accompanied personnel with children and a similarly small increase for all single and unaccompanied personnel.

The increases took effect on the 1st Oct and the decreases on 1st Nov. Detailed rates, broken down by rank and the number of children where appropriate, are available now from Unit and Garrison administrative offices.

you need to know



HEADQUARTERS BRITISH FORCES GERMANY (HQ BFG) WINTER DRIVING GUIDE

This guide provides sensible, pragmatic advice to assist drivers in coping with the challenges of winter driving. It is in your best interests to familiarise yourself with the suggestions and, if you require further advice or have any specific questions or observations, assistance can be gained from unit MT representatives. Start the season right by ensuring your vehicle is in optimal condition.

SAFE WINTER DRIVING - GET YOUR CAR SERVICED!

- Visit a mechanic for a check now.
- Check your vehicle thoroughly for any obvious signs of damage or wear and tear which would potentially place you at risk whilst driving.

PLAN YOUR TRAVEL AND ROUTE

Keep yourself and others safe by planning ahead before you venture out into bad weather.

Do you have breakdown/recovery cover?

- Check the weather, road conditions, and traffic; plan to leave early if necessary (local radio, TV and internet).
- Don't rush! Allow plenty of time to get to your destination safely.
- Familiarise yourself with directions and maps before you go, and let others know your route and anticipated arrival time.
- Keep your fuel tank as close to full as possible.
- If road conditions are hazardous, avoid driving if possible. Wait until road and weather conditions improve before venturing out in your vehicle.

SNOW ON YOUR CAR

It is a legal requirement to completely remove all snow from your vehicle prior to embarking on your journey.

CHECK YOUR BATTERY

When the temperature drops, so does battery power. Find out if your battery is up to the challenges of winter. Inspect the battery, alternator and belts. If necessary, replace the battery and/or make system repairs.

CHECK YOUR COOLING SYSTEM

When coolant freezes it expands. Such expansion can potentially damage your vehicle's engine beyond repair and leaving you an awkward position. Make sure you have enough coolant in your vehicle and that it's designed to withstand the winter temperatures you might experience in your area. Consult your vehicle user handbook.

WINDOWS, WIPERS AND WASHERS

You can go through a lot of windscreen washer fluid fairly quickly in a single snowstorm, so be prepared. Completely fill your vehicle's reservoir before the first snow hits.

Use high-quality, "no-freeze" fluid. Buy extra to keep on hand in your vehicle.

Make sure your wipers work and replace worn blades.

If you live in an area that gets a lot of snow and ice, consider installing heavy-duty winter wipers. Check to see that your window defrosters (front and rear) work properly.

INSPECT YOUR TYRES

Regardless of season, you should inspect your tyres at least once a month and always before embarking on a long road trip. It takes about five minutes. If you find yourself driving under less-than-optimal road conditions this winter, you will be glad you took the time!

Check tyre pressures and make sure each tyre is filled to the vehicle suggested PSI (pounds per square inch) of air pressure.

Look closely at your tread and replace tyres with uneven wear or insufficient tread. Tread should be at least 1/16 of an inch or greater on all tyres. Most modern tyres have tread depth indicators.

you need to know

WINTER TYRES

When there is snow, slush or ice on the roads private cars and goods vehicles up to 3.5 tonnes must be equipped for winter driving conditions. The tyres that are to be used are all season tyres or Winter tyres. All season tyres can be identified by the markings "M+S und Schnee" ("German for mud/slush and snow") commonly abbreviated to: M+S M.S or M&S. Winter tyres can either have the words 'winter tyres' marked on them or bear the symbol of a snowflake both of which can be seen on the outer wall of the tyre.

KNOW YOUR CAR

Every vehicle handles somewhat differently; this is particularly true when driving on wet, icy, or snowy roads. Take time now to learn how to best handle your vehicle under winter weather driving conditions.

Practice cold weather driving when your area gets snow — but not on a main road!

Drive slowly. It's harder to control or stop your vehicle on a slick or snow-covered surface.

A word of caution about braking: know what kind of brakes your vehicle has and how to use them properly. In general, if you have anti-lock brakes, (ABS) apply firm pressure, if you have non anti-lock brakes, pump the brakes gently. (CADENCE BRAKING)

If you find yourself in a skid, stay calm and ease your foot off the accelerator while carefully steering in the direction you want the front of your vehicle to go.

STOCK YOUR VEHICLE

Carry items in your vehicle to handle common winter driving tasks

Snow shovel, broom, and ice scraper.

Abrasive material, such as sand etc, should your vehicle get stuck in the snow.

Jump cables, torch and warning devices.

Blankets for protection from the cold.

A mobile phone, water/hot drink, food (for longer trips or when driving in lightly populated areas).

LEARN WHAT TO DO IN AN EMERGENCY

If you are stopped or stalled in wintry weather, follow these safety tips:

Stay with your car and don't over exert yourself. If the vehicle driver and passengers feel threatened in any way they should remain in the vehicle, where safe to do so.

Put your hazard lights on to warn other road users and place out your warning triangle.

Contact recovery i.e. ADAC/AA.

Call police, ambulance or fire brigade for car accidents.

Pre-programme these emergency numbers in your mobile phone or have them handy in the car.

CHECKLIST FOR WINTER JOURNEYS

The following table gives you a list of items that you are required by law to carry in your vehicle and items that you may wish to take with you.

ITEM	REQ	ADVISED	REMARKS
Hi-vis vest		X	Each passenger
Warning triangle	X		
First aid kit	X		
De-icer		X	
Showel		X	
Broom		X	
Sand/salt		X	
Ice scraper		X	
Blanket		X	
Torch		X	
Mobile phone		X	
Sustenance		X	
5 ltrs of fuel		X	Approved container

There are a large number of websites related to driving in all weathers. Listed below are a number you may wish to view.

www.germany-tourism.co.uk/EGB/practical_information/13597_9859.htm

www.safecar.gov

www.direct.gov.uk/en/NI1/Newsroom/ChristmasHolidays/DG_173375

www.drivingfast.net/techniques/winter-driving-techniques.htm

you need to know

UK Nationality Applications

The following information relating to UK Nationality Applications was recently distributed by HQ Army:

Serving Foreign and Commonwealth citizens submitting UK Nationality applications should be aware that after discharge, unlike settlement applications, those waiting for a UK Citizenship application decision do not automatically have any right to remain in UK once their 28 days leave runs out. This can leave some individuals without permission to remain in the UK and could prejudice their UK Nationality application.

To avoid this situation, those planning to make UK Nationality applications prior to discharge should do so, where possible, at least 6 months prior to their discharge date (the Home Office normally decides on 95% of applications within 6 months). Those about to discharge, or who have already discharged and have

not been notified about their UK Nationality application, should seek qualified immigration advice about what can be done whilst awaiting a decision.

Due to the uncertainty in the processing timeframe and the potential adverse impact which delays in this process can have on assignments or deployments, all Non EEA passport holders with less than 6 months remaining in BFG and all Non EEA soldiers who are expecting to be deployed within a similar period, are advised not to engage in this process until they are better placed to do so and can afford to be without their passports for an indefinite period.

Link for Nationality contact centre is here:
<http://www.ukba.homeoffice.gov.uk/aboutus/contact/contactspage/nationality/>



DON'T PUT YOUR FAMILY AND FRIENDS AT RISK - Think! Be safe, not sorry

November the 5th is not far away so you may already be thinking of how to celebrate this occasion. Organised events are recommended as all aspects of health and safety are considered to ensure a safe and fun time! If you intend to hold your own firework displays at home follow the safety advice below.

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

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

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

Don't forget to consider your pets and other animals that have very acute hearing. Loud bangs and whistles may cause actual pain in their ears.



Never give sparklers to a child under 5
Never throw fireworks
Never go back to a lit firework
Never put fireworks in your pocket
Keep an eye on Christmas candles & lights too



you need to know

TOP COMPANIES SUPPORT NEW ARMED FORCES DISCOUNT SERVICE

Some of the biggest names on the High Street and internet have given their support to a new discount service for the Armed Forces and veterans.

Companies including Vodafone, KFC, Vision Express, Austin Reed and Vue Cinemas have pledged to offer generous discounts for personnel and their families in recognition of military service, in the new Defence Discount Service (DDS) announced by the Defence Secretary Philip Hammond on October 7th.

The DDS launched with a website offering online discounts from High Street companies and businesses who wish to give their support to the Armed Forces community. In the near future, we will launch a privilege card making it even easier to access discounts in stores and online. Hundreds of companies have already signed up with offers on everything from shopping and holidays to cars and restaurants.

The scheme is available to both serving personnel and veterans and is being launched in time for the

Christmas shopping period. It is free for companies to offer a discount and the MOD encourages any, including local and small businesses, to come forward and make a difference to their Armed Forces community.



Defence Secretary Philip Hammond said: "We owe a great debt to the members of the Armed Forces and this new Defence Discount Service is an opportunity for businesses to show their gratitude and support. This is just the start and I urge companies large and small, national or local, to come forward over the coming months."

Members of the Armed Forces community can be kept up to date on new offers via the website www.defencediscountservice.com, Facebook (www.facebook.com/defencediscountservice) and Twitter (https://twitter.com/discounts_mod)

JHQ Amenities Bus To Javelin

Route 2 JHQ - Javelin Bks, Elmpt - Roermond (weekdays)

Main NAAFI Bus Stop JHQ	Dep.	09:00	10:50	12:40	14:30	
Medical Centre Javelin Bks. Elmpt	Arr.	09:25	11:15	13:05	14:55	
Main NAAFI Car Park Javelin Bks. Elmpt	Arr.	09:30	11:20	13:10	15:00	
Roermond Shopping Centre	Arr.	09:50	11:40	13:30	15:20	
Roermond Shopping Centre	Dep.	10:00	11:50	13:40	15:30	
Main NAAFI Car Park Javelin Bks. Elmpt	Dep.	10:20	12:10	14:00	15:50	
Main NAAFI Bus Stop JHQ	Arr.	10:45	12:35	14:25	16:15	

Route 3 Javelin Bks, Elmpt - Wegberg - JHQ (weekdays)

Main Naafi Car Park Javelin Bks Elmpt	Dep.	09:00	10:35	12:00	13:30	
Wegberg Shopping Complex	Dep.		10:50	12:20	13:50	
Devonshire Avenue/Auckland Crescent JHQ	Arr.	09:30	11:00	12:30	14:00	
Main NAAFI Bus Stop JHQ	Arr.	09:35	11:05	12:35	14:05	
Main NAAFI Bus Stop JHQ	Dep.	09:45	11:15	12:45	14:15	
Devonshire Avenue/Auckland Crescent JHQ	Dep.	09:50	11:20	12:50	14:20	
Wegberg Shopping Complex	Dep.	10:00	11:30	13:00	14:30	
Main Naafi Car Park Javelin Bks Elmpt	Arr.	10:20	11:50	13:20	14:50	

Info In Brief

Pet Registration

Pet registration has now moved to the Housing Office down at the Horseshoe building on JHQ. Telephone number: 02161 472 4771.



Foster Carers Needed Across BFG

If you are interested in becoming an approved foster carer with SSAFA Forces Help then please contact Kate Heffernan, Fostering Senior Supervising Social Worker (FSSWP), to express your interest and you will be sent an information pack. Tel: 05221 178366 or E-mail: Kate.h@ssafa.org.uk

Moving to Bielefeld?

For those of you who are on the move to Bielefeld and want a little more information on what's on in Bielefeld, you can now receive your weekly copy of Bielefeld Bulletin e-newsletter on-line, just follow the 4 simple steps below to subscribe today.

1. Visit www.bfgnet.de/hive-europe
2. Under the tab "Hive Mainland Europe Locations" select Bielefeld.
3. On the Left hand side you will see the Bielefeld Bulletin tab, place your cursor over this and click on the Subscribe Online.
4. Fill in your details and hit the Submit button.



Community Notice Board

Brüggen Thrift Shop

Volunteers Urgently Required
Do you have a few hours free to help?
If so please tel Rachel Gibbs: 01707 048342
Thrift Shop Opening Hours:
Mon 17.00 - 19.00
Wed 10.00 - 12.15
Fri 10.00 - 12.12

JHQ Thrift Shop

Opening Times - During Term Time Only
(Subject to sufficient volunteers)
Mon - Closed
Tues - Thurs 0915-1500
Friday 0915-1500
Tel. 02161 4724506
We always welcome more Volunteers !!!

Rheindahlen Thrift Shop Saturday Opening

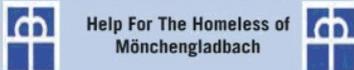
The Thrift Shop will be open for purchase of items
only on Saturday 24th November
10am - 2pm
St Andrew's Church, Oakham Way, JHQ
(behind the NAAFI)
02161 472 4506



Javelin Youth Club

Time to spare on an evening?
Why not try volunteering at the
We are looking for all types of people to help out
at various opening times and for various activities.
Contact Steve Cook on Mil x 4667 or Mob. 0173 887 3610
Email steven.cook596@land.mod.uk

Diakonisches Werk Mönchengladbach



Help For The Homeless of Mönchengladbach

The homeless are DESPERATE for:
Jeans, T-Shirts, Jumpers, Socks,
Shoes, Boots and Jackets.
(We no longer take furniture)

To arrange collection please call:

Monika on 02161 4726458 or 02161 4722460

Looking To Book A Function Or Children's Party?

Why not book the Village Green!
Ideal Children's Play Area

Hire Cost €20 - For booking & further
information please contact Nicola
Hodgskins on Elmpt Mil (68) 2752 or
Elmpt Civ (02163) 972752

NEW OPENING TIMES



The Club is open on the first and third Tuesday
of each month.

All members and future members are welcome.

If you are in the Rheindahlen area, why not pop
in.

Further details from Peter (Chairman):-
tollesburyboy@msn.com

Tutors Wanted!

34 AEC and Elmpt ALC are looking for new
tutors. Do you have a hobby or skill that
you could pass on to others?

Not all courses require you to have
qualifications, just a willingness to teach
others your skill/craft. If you would be
prepared to put your skills into practice call
into 34 AEC for an informal chat or call the
PCDL Coordinator for more details.

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

How can I contact Relate?

If you would like to make an appointment or find out
more, simply call us on 02161 472 2826 (JHQ Mil
72 2826) or email us at office.relatebfg@gmail.com

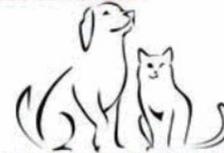


Book your
Christmas
Boarding ASAP

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

10 Reading Way, JHQ
Mil 4768
Civ 02161 4724768
madogmail@free.net.de
www.bfgnet.de/Community/aact/aact.html

DOG CENTER ELMPT



PET CARE & TRAINING FACILITY

Kennels
Doggie Day Care
Cattery
Small Animal Care

Building 264, Javelin Barracks
(Past BFG Test Centre, opposite 1MI)
Call Martina for more information:
02163 97 2233 · 0160-950-21261

dogcenterelmpt@live.de

Book your Christmas Boarding ASAP

If you have a community group or facility you would like to advertise here
please contact Katy on JHQ Mil x 3284

The Lion's Head



10 Reading Way, JHQ
(Behind the Rheindahlen Bowl)

Opening Hours

Tuesday 13.00-16.00
Wednesday 16.00-18.00 hrs
Friday 11.00-16.00hrs

The facilities that are available are as follows:
Fax and copying facilities (1)
Scanning of documents (1)
Assistance in writing important letters (1)
Countersigning and official stamping of British Passport
applications (2)
Royal British Legion Membership Applications
Applications for Veterans passes and badges (2)
Welfare assistance
Library Book Swap Scheme
Assistance with British Pensions (1)
Assistance with Injury claims
Bookings for functions within the premises

NOTES:

- (1) Only where the facilities cannot be provided by the Military.
- (2) For Veterans only

Contact details for the Office are:
Tel Civil Line: 02161 557346 (also Fax)
Military: JHQ 2551
Mobile: 01748919003

Both the above telephones have answering machines.
When the Office is unmanned messages should be left with
your telephone number and you will be contacted. Email:
RBLRheind@hotmail.com

JHQ Wives' Choir

Meet every Thursday
in the Guide Hut
(behind the British Legion)
between 5 and 7pm
Enthusiasm more important
than ability, with no
experience necessary
If interested ring Jay on
07816857797.

WELFARE AND COMMUNITY SUPPORT

The Defence Medical Welfare Service



The DMWS works for the Ministry of Defence and with other charitable partners to provide practical and emotional support to military personnel, their families and other entitled civilians in hospital. Welfare Officers of the DMWS work with patients from all the Armed Forces, wherever they serve, including working within Field Hospitals during times of conflict such as Iraq and Afghanistan. Service personnel in the UK are treated in NHS hospitals and Ministry of Defence Hospital Units (MDHUs); in Germany services are contracted from Designated German Provider (DGP) hospitals and Cyprus, based at RAF Akrotiri.



DMWS delivers an independent and impartial 24 hour specialist welfare service with crucial practical and emotional support provided at times when it is most needed, bound by a code of confidentiality. Our Welfare Officers are self-assured and confident with excellent communications skills, who are able to use their initiative and display good judgement in solving problems as they arise. They are people who like people.

Hospital Liaison Officers Support in Secondary Healthcare By Monique Jones

Guy's and St. Thomas' NHS Foundation Trust employs Hospital Liaison Officers (HLOs) who are bi-lingual (English-German) speaking staff, experienced in working in German hospitals. They provide a linguistic support service for all patients who need secondary healthcare as an inpatient, outpatient or in A&E.

The HLOs are based in the contract hospitals (called the Designated German Provider or DGP): AKH Viersen, Children's hospital St. Nikolaus in Viersen and St. Cornelius hospital in Dolken. The HLO service is available on a 24/7 basis. Core hours are Monday to Friday 8am to 4.30pm.

If a patient is admitted to a Non-Contract hospital (not in Viersen, Dolken or the Children's Hospital) the Patient Support Service (PSS) will provide help. The PSS is available on a 24/7 basis and can be contacted from anywhere in Germany via the Hospital Hotline 24/7 on 0800 5889936. Put this number in your mobile phone now as you never know when you may need it! (Free phone from a German landline, but if you use your mobile phone your provider may charge for the call).

The HLO and PSS provide a linguistic bridge between the German hospital and the British patient. Their role

Our Welfare Officers are 'uniform attached' working, living and deploying wherever the Armed Forces are based alongside their Military colleagues. Each officer has a deep-rooted understanding of Armed Forces Culture and the unique nature of Military Service. Most importantly, our Welfare Officers provide total and holistic care, practical and emotional support when it is most needed by service personnel or their families. They are drawn from a wide variety of backgrounds including health professionals, dependents and former military personnel.

The DMWS is unique. Servicemen and women and their families rely on us. They place their faith and trust in the care we give and the help we



bring. In the uncertainties and upheavals that face the Armed Forces – the biggest changes to be made in a generation – DMWS is a rock of dependability.

For further information, visit <http://dmws.org.uk/>

includes: translation during your pre-admission and admission, information on ward routine and cultural differences.

Information leaflets on all services are also available and these can be found in Primary and Community Care prior to admission. If you have any questions regarding the HLO or PSS please contact the HLO during core hours or via the Hospital Hotline.

Contact details for the HLOs are:
AKH Viersen 02162 104 2457
St. Nikolaus Children's Hospital 02162 104 2457
St. Cornelius Hospital Dolken 02162 482 1457

For further information go to www.patient-wise.de



New Location!

community



The Rhine 14-19 Partnership now has a second office on Javelin Barracks. This office has been established to meet the Work Related Learning needs of young people living on the camp. It is located in the 43 Army Learning Centre, Room 14.

Initially this office will be manned on Wednesday each week but appointments can be made at other times as requested by clients and their families. In the long term, this service will continue after the closure of the Rhine Military Complex next summer.

Contact details for the Rhine Partnership Manager, Mrs Sharon Samy, are as follows:

Email: rhine14-19partnership@scschools
Telephone: Elmpt Military 3366/Civilian 02163 973366/JHQ 02161 4952576
Mobile/Text: 01722 175501



Collections for the Homeless of Mönchengladbach

By Monika Cleland

Now JHQ is closing I would like to express my sincere gratitude for the thoughtfulness of the residents here.

I have been collecting for the Homeless and people in need for the past 6 Years. Right from the start I was overwhelmed by the generosity of the people stationed here in JHQ. I believe that the JHQ Community has made a great difference to the People living on the Street. I did not just collect clothes and furniture, but there was also quite a bit of money donated on different occasions which was handed to the Diakonie in support of the "Cafe Pfister". And we can't forget hard work that is put into the Christmas Lunches hosted by the Army. To all of you - thank You!

I must mention my Bosses Eddie Grant and Sean Chancellor "I could not have done what I did without your support."

I am still collecting – until the very last day! So if you think that you can help, you can contact me on 02161 4726458 or Mobile: 0173 878 1343.



The team at Cafe Pfister

Long Service Awards

Major Matt Nuttall, on his last day as Station Quartermaster Elmpt, presented Leonardus Scott and Ingeborg Muller with their Long Service certificates. Leonardus for 25 years and Ingeborg for 12 years.



the bulletin November/December 1 27



34 AEC Group

The new term begins on 21st January.
Enrolment opens on 5th November
Below is a provisional list of courses

- Intensive German Level 1
- German Level 1
- German Level 2
- German Level 3
- French Level 1
- Spanish Level 1
- PTLLS (Preparing to teach the Lifelong Learning Sector)
- AVA (Assessing Vocational Achievement)
- Picture Framing
- Belly Dancing
- Patchwork Quilting
- Indian Cookery
- Digital Photography



Please phone the PCDL Coordinator for more information on
Elmpt mil 2712, civilian 02163 972712



TUTORS WANTED

Would you like to earn €18.50 per hour sharing your skills and hobbies with others?

- The hours are flexible so you can fit teaching around your work and family life.
- Not all courses require you to have qualifications, just a willingness to teach others your skill.
- The subject matter could be anything from sewing/needlework, dress making, arts and crafts, painting, salsa or ballroom dancing, cake decorating, flower arranging, reflexology, languages etc.

34 AEC Group, JHQ and Elmpt offer flexible working hours in a friendly environment and an attractive hourly rate starting at €18.50 per hour. Classes can be held in the local schools and gymnasiums, not only at the Education Centre.

For further details please contact the PCDL Coordinator on

Elmpt – Mil 682712 or Civ 02163 682712
Email – pcdl@34aec.detsa.co.uk



Do you have room for one more?

Could you be a foster carer?

Could you make a difference to a child's life and help another Forces family in distress?

We all know Forces families face extra pressure and sometimes a child needs a caring foster home.

The British Forces Social Work Service is looking for caring families who could foster a child.

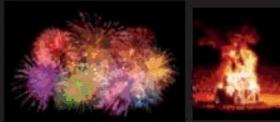
bfsws

For more information about fostering in BFG contact Kate Heffernan on 05221 178366 or email kate.heffernan@bfg.org.uk

JHQ Bonfire Night Saturday 3rd November

17.30 Stalls open
18.00 Best Guy Competition
18.30 Bonfire Lighting
18.45 Fireworks
20.00 Stalls close

Food & Drink on sale



On the sports field
adjacent to St Boniface
church

If you are interested in setting up a stall, please contact W02
Joe Rushbrook on 02161 472 3505/RSU-HQ.OPS@mod.uk

This event is provided with the support from NAAFI



CATS Present
Inspector Drake's Last Case
At The Little Theatre, JHQ
On 8th, 9th & 10th November
THE CLASSIC WHODUNIT SPOOF...
David Tristram
A Flying Ducks Publication
Tickets £8 from the Little Theatre Tues & Thurs from 7.30 pm

Elmpt Station Bonfire Night 2012

Hot & Cold Snacks
Firework display
Bouncy Castles
Kids Entertainment
Bar service

Hangar 2
Starts at 17:30hrs
On Friday 2nd November



This event is provided
with the support of NAAFI.



For more information contact: SSgt Chris Craven on 02163 97 3706

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 Elmpt

(Groups open to the whole Garrison)

New Organiser

My name is Jane Sluman and I am delighted to introduce myself as the newly appointed Organiser at Home-Start Elmpt. If you have never been to Home-Start before please pop up for a coffee and a chat, whilst the children play in a safe environment. It is always lovely to meet new faces.

Christmas Closure

Please check local boards for details.

Elmpt Scheme - weekly sessions (term time only)

Tues 9.30-11.30am Bumps & Babies
Antenatal & postnatal support group for babies under 1. Baby weighing facility available. Come along and make new friends!

Wed - 9.30-11.30
Parent Lead drop in session. Come along and meet new friends whilst the children play in a safe environment.

Wed - 13.30-14.30 - coffee & cake
Parent Lead drop in session. Come along and meet new friends whilst the children play in a safe environment.

Thurs & Fri 9.30-11.30am Drop in
Pop in for a cuppa, whilst the children play in a safe environment. Meet new friends!
We also offer Parent and child interactive craft session during these days where possible.

- Self Baby Weigh available
Monday - Friday

Volunteer Training at Home-start

Do you have a few hours a week to spare? Would you like to help others and give something back to the community? Don't know where to start? Then why not consider becoming a Home-Start Volunteer.

Home-Start's simple approach is to offer the support of one trained volunteer to a parent who is facing difficulties and usually has one child under five. The friendship, practical and emotional support provided by a volunteer in the family's own home, enables parents to cope with the pressures they are facing and reduces the potential for family crisis and breakdown.

For further info on all this and more. Please contact Jane on 02163 972473

or pop into Home-Start (above Noah's Ark crèche)

Home-Start Rheindahlen

Welcome to our Autumn newsletter. Although our Community has become smaller, new families have been posted in. Home-start is happy to be able to offer our families the same help and support as always, within the home with a trained volunteer on a 1:1 basis, and also within the parent and children groups.

We are offering a week of subsidised activities during the October half term - to a movie afternoon in the Globe Cinema, and trips to Aljamaro's and Kids Planet. If you would like to come along please call into the Home-start Office and book your places.

Bigger Darlings
Interactive preschool group
Thursdays 13.30-14.45
Hoping to restart this group in November

Half Term Activities
Friday 2nd November 10.00-11.30 - Coffee Morning

We are planning 4 Christmas Craft mornings for parents/carers on Fridays in November and December, on the following dates:

Friday 23rd November - Decorated boxes
Friday 30th November - Christmas Cards
Friday 7th December - simple Knitting
Friday 14th December - Decoupage
A chance to learn how to make gifts, in time for Christmas!

If you are interested please enquire in the Home-Start Office

Community Group News

Call into the Rheindahlen Home-Start Office for more details, to book your place or telephone 02161 4723570

Help us keep our Garrison Guide up to date by letting us know what events are happening in the future. Phone us on 02161 472 4789

Keep me smiling The Jamie Inglis Appeal

This is me, Jamie Inglis. I am 6 years old and have relapsed neuroblastoma. I have been fighting this aggressive childhood cancer since I was a 1/2 years old. I am a fighter and have beaten the disease once already. Sadly the cancer has come back.

I am now having radiotherapy and chemotherapy to try and get the disease under control. Without any relief treatment in the UK, my best chance of beating the cancer is to travel abroad for treatment.

My best hope for survival lies in Germany. The treatment I need costs £250,000 and will not be funded by the NHS. This is why I need your support. My friends and family aim to raise as much money as possible for the life saving treatment.

Please go to: www.justgiving.com/jamiesappeal

Text **JAMY99** and your amount **£3, £4, £5 or £10 to 70070**

"if everybody who saw this gave just £1, it could save my life"

Please make cheques payable to 'The Neuroblastoma Alliance - Jamie Inglis Appeal' Fundraising in aid of the

IF YOU WANT TO HOLD AN EVENT FOR JAMIE call Nikki on 020 8202 9065 for fundraising advice and support.

The Neuroblastoma Alliance UK, 3-4 Sentinel Square, London, NW4 2EL
info@nballiance.org.uk www.childrenscancer.org.uk registered charity no 1136801

My Daddy Is A Soldier
 The original and only British military welfare book for children aged 0 - 6 years old.
www.mydaddyisasoldier.co.uk

"My Daddy is a soldier is an excellent book which made a real and tangible difference for the 7th Armoured Brigades tour to Afghanistan. It helped parents explain to their children in simplistic terms the realities of deployment, separation and reuniting and would thoroughly recommend the book to any family who is about to go through the deployment process."
 - Capt Richard Newman, Unit Welfare Officer 7 Armd Bde & Sig Sqn.

My Daddy Is A Soldier written by the author Gerry Waters after a lifetime association with the Army for the youngest members of that military community. A touching picture book aimed at those who small lives are inevitable turned upside down when Daddy disappears on duty.

All profits to the Afghan Appeal Fund, a charity founded by forces families and friends to raise awareness and improve the plight of children in Afghanistan through education and the building of schools. www.afghanappealfund.org.uk

FREE BOWLING*

From Friday 6th July the Javelin Bowl will be offering FREE bowling.

Wednesday - Thursday
 5pm - 9pm

Friday
 3pm - 9pm

Saturday & Sunday
 12pm - 9pm

BOOK EARLY TO AVOID DISAPPOINTMENT
 TEL: 02163 577 530 / 81882

*To entitled personnel only. All persons under the age of 18 must be accompanied by a responsible adult. Subject to availability.

FREE BOWLING*

From Friday 6th July the JHQ Bowl will be offering FREE bowling.

Wednesday - Friday
 5pm - 10pm

Saturday & Sunday
 12pm - 9pm

BOOK EARLY TO AVOID DISAPPOINTMENT
 TEL: 02161 551 388

*To entitled personnel only. All persons under the age of 18 must be accompanied by a responsible adult. Subject to availability.



COMMUNITY ENGAGEMENT TEAM
 101 Provost Company
 5th Regiment, Royal Military Police
 BF PO 40

HOW SAFE ARE YOUR VALUABLES?

Each year countless thefts are reported to RMP by service personnel. Most of the property has been left insecure. Almost all of it is not marked in any way which enables the owner could identify it as his/her own.

Even if we recover property which seems to match a description given by a victim of theft, we are not permitted to hand it over without proof of ownership.

If you own anything which would cost more than approx £500 to replace, then you should:

1. Ensure that you have adequate insurance, some policies allow specific items to be insured separately against theft or loss.
2. Mark your property with a unique identifying mark.

Service personnel may wish to use their service number as this is unchanging and will not be reissued to anyone else upon termination of colour service. Civilians may wish to use their national insurance number in similar style.

Serving personnel : MODUK 30000000

UKBC/Dependants 16+ : CIVUK AA000000A

Property can be marked by the simplest means; a standard permanent marker pen is ideal. UV pens are available at the Military Police Station.

For further information contact Community Engagement Team
 Civ: 02161 472 2019
 Mil: 72 2019



Big Salute Fund Raising For BFBS

This year's BFBS Big Salute UK on air auction raised £8,381.48 for BLEMSA, Blind Veterans UK, Combat Stress, FAB Families' Activity Breaks (FAB) and Veterans Aid. It will be added to the annual target of more than £100,000 raised by BFBS stations worldwide for the Big Salute.

Nine hours of live radio coverage from BFBS HQ in Buckinghamshire and the station's studios in Afghanistan, were broadcast to the forces world and on DAB digital radio in the UK.

The star item – an Olympic torch – went for a whopping £2,300. Cpl Lee Hale was a bearer during the 2012 relay and donated his torch to the Big Salute. He's currently serving in Afghanistan and was interviewed during the auction by BFBS Presenter Gini Carlin in Camp Bastion.

The Big Salute went live on air at 10am UK time and bids came in from around the globe – one was placed in Japan, where a Tom Jones fan was keen to own a signed CD and photo of the singer. Bidders based in the UK, Germany, Cyprus and Afghanistan were also quick to clinch the lots online as they closed throughout the day.

Representatives and beneficiaries from the five charities were also invited to the BFBS studios for live interviews on auction day. They explained how each organisation can have a positive impact on people's lives. Glyn Strong, Media and Communications Manager for Veterans Aid, said: "It was great to be a beneficiary once again and thanks from all at Veterans Aid - every penny that comes to us helps a veteran somewhere, somehow." Several last minute bidding wars pushed

the One Direction Signed Limited Edition Yearbook up to £252 and the tickets to watch Status Quo, plus meet and greet with the band, added a huge chunk to the fundraising pot as it went for £620.

Nicky Ness, Controller of BFBS Radio said: "The whole team at BFBS UK was really delighted with the day's output on the 5th of October as part of our year-round, worldwide programme of fundraising for the Big Salute on all of our radio stations.

"There was a real buzz around the office and studios, an opportunity to meet organisers and beneficiaries of the five charities and first hand understanding of the difference this initiative makes to those we support. That buzz is still in evidence several days later as, with the assistance of colleagues throughout the forces world, we made some great radio content, an added benefit on top of the money raised."

BFBS and the five charities are hugely grateful to everyone who took part and placed bids in the 2012 Big Salute charity auction, as well as all of those companies and individuals who kindly donated items for the event.



Upgrade Of Set Top Boxes For BFBS SateLite Viewers in BFG

During November BFBS TV viewers in Germany will be able to swap their old satellite set top box for a brand new one.

The more advanced satellite receivers will continue to have the nine BFBS TV channels but new features include the pause and rewind of live TV – with the addition of a memory stick – and the ability to record programmes or series by adding a hard drive.

Customers are advised to buy a completely separate hard drive or USB stick to use with this new box to avoid the possibility of overwriting favourite family photos or videos.

The Pace satellite boxes are being phased out as they are 12 years old and the card reader system has not been completely secure. They're being replaced by new satellite boxes with modern styling and an up-to-date

card encryption system. Customers with Humax 'cable' boxes that do not require a card are unaffected.

The 'Swap Your Box' scheme will be rolled out in phases across BFG through the local SSVc Retail shops, where staff will be able answer any questions.

Listen for more details about the roll out of the new set top boxes on BFBS Radio and TV, or for more information on when the roll out is taking place in your area please go online to www.bfbs.com/swapyourbox/germany



Globe Cinema JHQ - Nov

Friday 2nd Nov	Saturday 3rd Nov	Sunday 4th Nov	Tuesday 6th Nov
Show starts 10.00 THE POSESSION (15) 92 Mins Horror Natasha Callis Jeffrey Dean Morgan	CLOSED	Show starts 15.30 PARANORMAN (PG) 93 mins Family Kodi Smit McPhee Ana Kendrick	Show starts 19:00 THE POSESSION (15) 92 Mins Horror Natasha Callis Jeffrey Dean Morgan

Friday 9th Nov	Saturday 10th Nov	Sunday 11th Nov	Tuesday 13th Nov
Show starts 19.00 NOW IS GOOD (12A) 103 mins Drama Dakota Fanning Kaya Scodelario	Show starts 19.00 ANNA KARENINA (12A) 129 mins Drama Keira Knightly Jude Law	CLOSED	Show starts at 19.00 NOW IS GOOD (12A) 103 mins Drama Dakota Fanning Kaya Scodelario

Friday 16th Nov	Saturday 17th Nov	Sunday 18th Nov	Tuesday 20th Nov
Show starts 19.00 TWILIGHT SAGA: BREAKING DAWN PART 2 TBC Drama Kristen Stewart	Show starts 19:00 ANNA KARENINA (12A) 129 mins Drama Keira Knightly Jude Law	Show starts 15.30 TWILIGHT SAGA: BREAKING DAWN PART 2 TBC Drama Kristen Stewart	Show starts 19:00 TWILIGHT SAGA: BREAKING DAWN PART 2 TBC Drama Kristen Stewart

Friday 23rd Nov	Saturday 24th Nov	Sunday 25th Nov	Tuesday 27th Nov
Show starts 19.00 THE SWEENEY (15) 112 mins Action Ray Winstone Damian Lewis	Show starts 15.30 PARANORMAN (PG) 93 mins Family Kodi Smit McPhee Ana Kendrick	Show starts 19:00 LOOPER (15) 118 mins Sci-Fi Emily Blunt Joseph Gordon-Levitt	Show starts 19:00 THE SWEENEY (15) 112 mins Action Ray Winstone Damian Lewis

Friday 30th Nov	Saturday 1st Dec	Sunday 2nd Dec	Tuesday 4th Dec
Show starts 19:00 LOOPER (15) 118 mins Sci-Fi Emily Blunt Joseph Gordon-Levitt	Show starts 19:00 THE SWEENEY (15) 112 mins Action Ray Winstone Damian Lewis	Show starts 19:00 NOW IS GOOD (12A) 103 mins Drama Dakota Fanning Kaya Scodelario	Show starts 19:00 TOTAL RECALL (12A) 118 mins Sci-Fi Colin Farrell Bokeem Woodbine

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

Visit the website for further information www.ssvc.com/cinemas

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.

Daily Activities Around The Garrison

Monday

9.30 village Green at Elmpt, station coffee morning all welcome
 9.45 – 10.45 spinning, JHQ Fitness Centre. Book your place on 02161 472 4731
 18.00 – 19.00, spinning, JHQ Fitness Centre. Book your place on 02161 472 4731
 18.30 – 19.30 BoxFit, boxing gym Elmpt. 4 euros per session (until 2nd Dec)
 18.30 – 21.00 Seniors (Yr 7 Plus), Elmpt Youth Club. 1.50 to enter. Registration form for all young people MUST be completed first.



Tuesday

9.20 – RSU walking group, all levels of fitness welcome for a walk around camp and a coffee on the return. Meet at the RSU Welfare Centre, JHQ.
 9.30– 11.30 – Homestart in Elmpt, Baby Talk, open for coffee and a chat, baby weigh-in available
 13.00 – 15.00, Buzzy Bee's in the village green. Bring your little one's along for some fun.
 14.15 – 14.45 Kids Story Time, Rheindahlen library JHQ
 17.30 – 18.30, Cross spin, a mixture of spinning and crossfit in JHQ Fitness Centre. Booking essential on 02161 472 4731
 18.30 – 20.30 – Zumba, boxing gym, Elmpt (until 2nd Dec)
 17.15 – Slimming World, Cassels house Cumberland suite JHQ
 17.30 – 19.30 Juniors (Yr 3 – 6) Elmpt Youth Club. 1.50 to enter. Registration form for all young people MUST be completed first.
 19.00 – Diving club at the Blue Pool JHQ, everyone welcome to come along or enjoy a drink at the bar. All other agencies welcome and there is also a junior section for those ages 12-16 years.



Wednesday

9.00 – 11.15 Cheeky Monkeys Toddler group, same building as the Thrift Shop and Hairdressers on Elmpt station
 9.30 – 11.30 – Homestart in Elmpt open for coffee and cake, baby weigh-in available
 9.30 Buggy Go-Go, meet at Elmpt gym. All welcome with or without buggies for a power walking and toning session. 4 euros.
 9.45 – 10.45 Spinning, JHQ Fitness Centre. Book your place on 02161 472 4731
 9.30 – 10.30 Zumba, boxing gym, Elmpt (until 2nd Dec)
 10.00 – 11.30 Homestart group Little Darlings interactive toddler group meet in St Andrew's annex next to the Thrift Shop.
 13.0 Music Makers in Homestart above the nursery
 18.00 – 19.00, Spinning, JHQ Fitness Centre. Book your place on 02161 472 4731
 18.30 – 21.00 Seniors (yr 7 plus) Elmpt Youth Club. 1.50 to enter. Registration form for all young people MUST be completed first.
 19.00 – 22.00 Bingo at the Royal British Legion JHQ.
 18.30 – 19.30, Fat burn weight circuit. Elmpt boxing gym. 4 euros per session (until 2nd Dec)



Thursday

9.20 – RSU Walking Group, all levels of fitness welcome for a walk around camp and a coffee on the return. Meet at the RSU Welfare Centre, JHQ.
 9.30 – 11.30 – Homestart in Elmpt Messy Play Time, 1 euro per child.
 10.30– 12.00 Homestart Group: Music, Mummies and Me held in the St Andrew's Annex next to Thriftshop JHQ.
 13.30 – 15.00 16 Sigs coffee afternoon in the Village Green
 17.00 JHQ Wives' Choir, all welcome, meet in the guide hut behind Royal British Legion between 5 – 7, Enthusiasm is more important than ability.
 17.30 – 18.30, Cross spin, a mixture of spinning and crossfit in JHQ Fitness Centre. Booking essential on 02161 472 4731



Friday

9.30 – 11.30 – Homestart in Elmpt open for coffee and a chat, baby weigh-in available
 9.30 Buggy Go-Go, meet at Elmpt gym. All welcome with or without buggies for a power walking and toning session. 4 euros.
 9.30 – 10.30 50/50 Aerobics; boxing gym, Elmpt (until 2nd Dec)
 12.45 – 13.45 Spinning, JHQ Fitness Centre. Book your place on 02161 472 4731
 17.30 – 19.30 Juniors (Yr 3 – 6) Elmpt Youth Club. 1.50 to enter. Registration form for all young people MUST be completed first.
 18.00 – 19.00 Spinning, JHQ Fitness Centre. Book your place on 02161 472 4731
 18.30 – 19.30 Zumba, boxing gym Elmpt (until 2nd Dec)



Saturday

NEW Amenities bus, from JHQ and Elmpt to Roermond Shopping Centre, Saturdays, depart 0900 JHQ, 0930 Elmpt arrive Roermond 10.00. Later bus departs JHQ 11.00, departs Elmpt 12.00 arrives in Roermond 12.30. Returns 13.30 and 17.00.

Sunday

11.00 – 12.00, Spinning at JHQ Fitness Centre. Book your place on 02161 472 4731

Coming up:

9 Nov, Pamper Evening at Elmpt station, 20.00 in the Wall and the Willow. Call in at the SSO's office to book your place and treatments now. 5 euro per person. Not to be missed girls!
 17 Nov, Xmas Bazaar, Rheindahlen rooms JHQ 10.00 – 16.00
 17 Nov, Elmpt Station, Valkenburg Spa Trip, 19 euros per person but bookable treatments extra. Check out therma.nl for more info. Not for children. Book in at the SSO office before 9th Oct.
 1 Dec – Bus to Dortmund Xmas Market leaves JHQ at 11.00 hours, returns at 17.00 hours. Book your place in the RSU Welfare Centre. 2 euros per person.
 2 Dec, Elmpt SSAFA Xmas Fayre. Timings TBC
 8 Dec, Trip to Valkenburg caves and their Xmas market. Bus leaves JHQ at 11.00 returns 17.00. Book your place at the RSU Welfare Centre. 2 euros per person.
 8 Dec, Köln Xmas Market trip, bus leaves Elmpt station at 1030, 2 euros per person. Book your place at the SSO office before 1st December.
 15 Dec, Ahrweiler Midnight Market, bus leaves JHQ at 18.30 and returns at 00.30. Book your place at the RSU Welfare Centre. 2 euros per person.



Miscellaneous:

Freaky Friday, family afternoon for 1 Military Intelligence Battalion, the first Friday of the month, 17.00 onwards with bar, food and indoor and outdoor play areas for children at the Eagles Nest, Elmpt

1 Military Intelligence Battalion coffee. The first Monday of the month 12.30 – 14.30 and the third Tuesday of the month 10.00 – 12.00 at the Village Green on Elmpt.

FREE BOWLING – Elmpt, Javelin bowl. Wed/Thurs, 5-9pm. Friday 3-9pm, Sat&Sun 12 – 9pm.

FREE BOWLING – JHQ bowl, Wed – Fri 5-10pm, Sat&Sun 12-9pm.

Texan Hold'em poker tournament, 1st Sat of each month 18.00 hrs in aid of Poppy Appeal. Royal British Legion JHQ

Royal Air Force Association. Club open every first and third Tuesday of the month. All members and future members are welcome @ RBI

CATS Theatre presents Inspector Drake's Last Case at the Little Theatre JHQ. Running on the 8/9/10 Nov. Classic whodunit spoof. Tickets 8 euros each and available from the Little Theatre Tues & Thurs evening from 19.30.



Rheindahlen Community Newsletter

RSU Welfare Centre - Nov/Dec 12

Regular Events

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

RSU Station Families Welcome Brief

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

RSU Walking Group

Do you fancy getting active and meeting new people? We have a Walking Group that meets at the RSU Welfare Centre on Tuesdays and Thursdays at 09.30. It is open to anyone on the Garrison. Buggies and dogs welcome also.



Just Arrived?

Newcomers to the Garrison are cordially invited to the Families Welcome Brief held at the Welfare Centre on the first Wednesday of every month. Refreshments are provided.

Forthcoming Events

RSU trip to Dortmund Xmas market on 1st December. leaves JHQ at 11.00 hours, returns at 17.00 hours.

RSU trip to Valkenburg Caves and their Xmas market on 8th December. Bus leaves JHQ at 11.00 returns 17.00.

RSU trip to Ahrweiler Midnight Market on 15th December. Bus leaves JHQ at 18.30 and returns at 00.30

Book your place in the RSU Welfare Centre. 2 euros per person.

For further information about any of these events please contact:
 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

RSU Welfare Centre, Building 44, Trenchard Road



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.

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.

New Opening Times

Monday-Thursday from 8.30-12.30 & 13.15-16.30
 Friday from 8.30-12.30

Out Of Hours

You can contact the Unit Welfare Office on 02161 4722082 via the Guard Room and they will take your name and telephone number and the UWU will contact you.



16 Signal Regiment Community Support Office

Days Out



November

4th November
Final Sunday Lunch
at Shannons from
12.00-3.00pm

15th November
Final coffee
afternoon

Coffee - The Village Green
Thursdays at 13.30-15.00

December

9th December
Station Kid's Party
at Shannons from
12.00-3.00pm

16 Signal Regiment

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

Centre Opening Hours

Monday to Thursday 08.30 - 16.30, Friday 0830 - 1300

Rental Services -

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

Free Services - TV, Camcorder, Camera

Administrative Services -

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



1 Military Intelligence Battalion Welfare Office



Office Hours: Mon-Thurs 10.00-16.00 • Fri 10.00-13.00

Out Of Hours Contact: 1 MI Duty Officer via the Elmpt guardroom 02163 97 2535



Unit Welfare Officer

WO2 Dave McQuair
Mil Tel: 9 4868 2227
Civ Tel: 02163 97 2227
Fax: 02163 97 4747
1MI-BNHQ-UWWO@mod.uk



Unit Welfare Assistant

LCpl Sara Dixon
Mil Tel: 9 4868 4746
Civ Tel: 02163 97 4746
Fax: 92163 97 4747
1MI-BNHQ-UWA@mod.uk

Equipment available for loan

Laptops with Internet Dongles • WIN TV Dongle • Digital & Video Cameras
Combined Printer & Scanner • Combined TV/DVD Player



1 MI Welfare Facility - The Eagle's Nest

1st Friday of the month - Freaky Friday Family night, 17.00 onwards. Bar, food
for children, indoor & outdoor play areas for children and socialise.

Other Fridays 17.00-23.00 Battalion Social evening - bar, TV, projector screen, lounge, pool table &
darts board.

The welfare facility is available for hire to Battalion
members for private events - Contact Sara Dixon

Upcoming Events

Carol Service in Hangar 2 1/2 on 3rd
December at 4pm

Regular Events - Battalion Coffee

1 MI Welfare Community Support Centre.

1st Monday of the month 12.30-14.30,

3rd Tuesday of the month 10.00-12.00 - The Village Green, Elmpt. Children very welcome.

Army Families Federation

Your Rhine Garrison Co-ordinator is

Sally Clifford

who is based on Javelin Barracks
within the Padre's building

and can be contacted on

01744 946 209

or

rhine@affgermany.org

Facebook: 'AFF Rheindahlen'

www.aff.org.uk



Oktoberfest

Lederhosen and puffed sleeved dresses got their annual airing over the last few weeks as the Oktoberfest celebrations across Elmpt and JHQ kicked off at various venues around the Garrison.

As you can see from the photos, a good time was had by all.





RHEINDAHLEN HIVE
Tel: 02161 472 2519
rheindahlen@hive-europe.co.uk
Opening Hours:
Monday to Friday
0900 - 1500

ELMPT HIVE
Tel: 02163 97 3183
elmpt@hive-europe.co.uk
Opening Hours:
Mon - Fri 0900 - 1300
Closed 1st Tue of
each month

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.

GERMANY, A CHRISTMAS WONDERLAND!

Festive traditions, magical memories.....

Towns and city centres throughout Germany are transformed into glittering spectacles during the festive season. Explore the enchanting Christmas Markets with their festively decorated stalls laden with handcrafted gifts, arts and not to forget the seasonal food and drink! You will be tempted by the aroma of Glühwein (mulled wine), a perfect drink to enjoy among friends at the Christmas Market. Tuck into hearty traditional fare such as Lebkuchen (gingerbread) and Reibekuchen (made out of grated potatoes).

Experience the magic of the smaller local Christmas Markets such as the one in Rheindahlen on the 4th and 5th December, a great one for the children. Or, if you'd like to visit the larger markets, the markets in Cologne or Düsseldorf are both well worth a visit. Cologne has an amazing seven Christmas Markets including the famous floating market with over forty stalls inviting you to a magical view of the Cologne Old Town and the Cathedral. Düsseldorf, a stroll through the pedestrian precinct will bring you to many charming squares crammed with stalls and lit up with fairy lights.

One of the best ways to visit the Christmas Markets is by train. The markets are usually set in the heart of the town and therefore near the stations. For more information on rail travel, just go to www.bahn.de

The HIVE holds a wealth of information on the Christmas Markets in the form of a handy booklet. You'll find the dates of many of the Christmas Markets, local and further a field. The guide also includes useful information on the traditions of Christmas in Germany and some handy websites. Pop into the HIVE and collect yours. As well as Christmas Markets, the HIVE has lots of information on other exciting things to do in Germany during the winter.

Do you want to find out what's happening in Rheindahlen and locally but can't get into your HIVE? Then why not sign up for the Rheindahlen RAG, your regular E-Newsletter keeping you up to date with upcoming events! Just visit our website www.hive-europe.co.uk and follow the link for Rheindahlen to register.

We look forward to hearing from you!

CHRISTMAS MARKETS - TAKE YOUR PICK

Aachen 23rd Nov-23rd Dec
Ahrweiler 30th Nov-23rd Dec
Arsbeck 16th Dec
Berlin 26th Nov-31st Dec
Bonn 23rd Nov - 23rd Dec
Brüsseln 15th /16th 22nd 23rd Dec
Burg Satzvey TBC
Centro Oberhausen 22nd Nov - 23rd Dec
Cochem 22nd Nov - 16th Dec
Dortmund 22nd Nov - 23rd Dec
Duisburg 22nd Nov - 23rd Dec
Düsseldorf 22nd Nov - 23rd Dec
Essen 23rd Nov - 23rd Dec
Heidelberg 21st Nov - 22nd Dec
Heinsberg TBC
Grefrath 30th Nov - 2nd Dec & 7/8th Dec
Kempen 30th Nov-18th Dec
Kevelaer 1st Dec - 16th Dec
Kleve 30th Nov - 9th Dec
Köln (And chocolate museum) 26th Nov - 23rd Dec

MG Hindenburgstr TBC
MG Rheindahlen 8th -9th Dec
MG Schloss Wickrath 1st -2nd Dec
MG Rheindahlen 8th Dec 9th Dec
Monschau 30th Nov - 23rd Dec
Nuremberg 30th Nov - 24th Dec
Oberhausen 30th Nov - 23rd Dec
Schloss Dyck 1st Dec-2nd Dec
Schloss Moyland TBC
Schloss Rheydt 3rd/4th Dec
Trier 26th Nov - 22nd Dec
Valkenburg 16th Nov - 23rd Dec
Viersen TBC
Viersen Dülken 15th Dec /16th Dec
Waldniel TBC
Wassenberg 15th /16th Dec
Weiberg 26th/27th Nov
Wiesbaden TBC
Xanten 28th Nov - 22nd Dec
Zons 10/11 Advent Markt in Museum

BFG Students Dance Their Way To Success

By Rachel Moores



Young people in BFG are following in the footsteps of many famous dancers and pop stars.

39 students from Studio 1A recently took dance exams in ISTD Ballet. The ISTD is a world wide recognised dance organisation based in London. Once again the school had a 100% pass rate.

I would like to congratulate the following students:

Ballet:
Grade 1: Margaretha Bark, Adriana Broker, Açelya Feigenspan, Kendra Gier, Phoebe Goddard, Lea Goertz,

Lauren Goss, Jana Günther, Amelie Hallaschka, Sarah Hallaschka, Paula Hagedorn, Amilia Heidberger, Stella Horbach, Emma Jennings, Charlotte Kemp, Adele Mock, Sophia Otto, Kira Partridge, Alia Peeters, Isabel Rose, Sarina Tigges, Louisa Waßenhoven;

Grade 2: Theresa Balles, Isabella Ehler, Julia Gerards, Marie Hofer, Laura Kappes, Barbara Klaps, Carmen Latus, Maybritt Meding, Eva Ullendahl; Grade 4: Daria Bilecka, Laura Bojcum, Liana Ix, Hannah Jennings, Anika Meuser, Jessie Platzer; Grade 6: Johanna Barwinski, Anja Samy

Success At 39th Berlin Marathon

Photo by Charlie Booker



Keen participants from JHQ and Elmpt who recently took part in the 39th Berlin Marathon.

Opening Times **community**

Monday 09:00-17:00
 Tuesday 09:00-13:00

Garrison Libraries & Information Centres By Teresa Hoey

Elmpt Library and Information Centre

New Opening Times:
From: 12th November From: December

Monday 09:00-17:00 13:00-17:00
 Tuesday 09:00-17:00 09:00-13:00
 Wednesday 09:00-17:00 09:00-13:00
 Thursday 09:00-17:00 13:00-17:00
 Friday 09:00-12:30 09:00-13:00

Closed: Mon 10th Dec & Tues 11th Dec

Last day open: 21st Dec 2012
Reopens: 7th January 2013

Email: elmplib@alibs.detsa.co.uk
 Tel: 02163 973331 Mil: 94868 3331

Rheindahlen Library and Information Centre

Opening Times:

Monday 09:00-17:00
 Tuesday 09:00-17:00
 Wednesday Closed
 Thursday 09:00-17:00
 Friday 09:00-13:00
 Saturday 09:00-13:00

Open Sat: 10 Nov & 1st Dec

Last day open: 21st Dec 2012
Reopens: 7th January 2013

Email: rheilib@alibs.detsa.co.uk Tel: 02161 472 2616 or Mil: 947 2616

Elmpt Library

Due to changes in staff, temporary opening times will apply, please see above.*

Dates for your diary from Rheindahlen Library

Children's story time – 14:15 – 14:45 (every Tuesday term time only)

'Christmas' stories for the under 5's - Tuesday, 18 December – 14:15 – 14:45

Festive Book evening – Thursday, 6th December 18:30 – 20:30

Come along and enjoy a relaxed evening sharing your views on books you have read, meet new friends while enjoying mince pies, coffee and some festive spirit! There will also be a special appearance by a 'Dickens' character! Tickets cost 2 euros, available from the library, surplus money goes to charity.

Storybook Soldier – Mrs Jayne Bowen

Tel: Mil:72 8592 or Civ: 02161 472 8592

Deploying Soldiers are encouraged to phone and book a time slot to make a recording for their children. Read a story which will be edited, adding sound effects and music. This professional CD is a free service and can be enjoyed by soldier's children while their parent is deployed on tour.

Elmpt Library

Christmas Story time, 22 November at 15:30.

Summer Reading Challenge

Congratulations and well done to all the children who participated in this year's Summer Reading Challenge. We would also like to congratulate the winners of the four 'Children's Competition' organised throughout the summer. The winners include: Emily Forge, Bethany Goss, Phoebe Goddard, Lauren Goss, Ben Thorne, Tyler Arnold & Giovanna Addo.

Wednesday Closed
 Thursday 09:00-17:00
 Friday 09:00-13:00
 Saturday 09:00-13:00

Open Sat: 10 Nov & 1st Dec

Last day open: 21st Dec 2012
Reopens: 7th January 2013



All the Staff at Rheindahlen and Elmpt Libraries would like to wish you all a Happy Christmas and New Year

Inventory Of Plants & Trees In JHQ

Stephanie Lügges-Von-Ascheberg works for the Environment Protection section of the Local Authorities and she has been surveying the plants and trees at JHQ for many years creating a photographic inventory of all the areas which are considered worthy of nature protection.

Stephanie is taking a general look at the landscape, noting all the interesting areas for plants and animals, and she said, "There are many, many trees in JHQ, particularly Oaks, but I am trying to establish which of them could be inhabited by animals".

Stephanie had an old map from 1970 detailing plant life in JHQ and she is currently working on a more up-to-date one. Back then, areas were officially categorised as "Naturschutzgebiete" (nature protection areas) and thus worthy of protection. However, given the ban then in force, on photographing on military estates, it was not possible to complete the inventory.

Due to the drawdown and the need to establish this record before JHQ 'decays' to the point of being an eyesore, special permission was granted to the Stadt for Frau Lügges-von-Ascheberg to remedy this gap in the Stadt's records.



New Courses On Offer For DELs

Trish Osmond is the Volkshochschule (Further Education College) Mönchengladbach Project Coordinator for further education courses for DELs. This is a new post and Trish will now be the person to whom those facing redundancy can turn to for information and help concerning courses available.

Trish says, "It is important that those who are facing redundancy know where to turn to to receive information on the special courses we are able to offer and we can maybe establish the type of courses people will be looking to study that would meet their future requirements".

An example of the type of help that could be on offer would be a course for British DELs who have lived in the community for many years who maybe speak colloquial German but need to learn more grammar in order to speak and write it better. They may be able to offer courses in Dutch and also Business Studies, tailored to specific needs.

With the cooperation of RALSU and JLSU, from the beginning of November, Trish will have a helpdesk at an office in Building 3, Bedford Walk on JHQ, next to the Works Council Offices. She will be there every Tuesday from 9.00-16.00 so that she can meet with people and collate details of the exact requirements.

Trish says, " If people turn up on the Tuesdays I will then be able to design courses specially adapted to

the particular DEL needs. At the moment, people are contacting the Volkshochschule individually and are not always receiving the support which may be necessary for them".

The good news is that there will be the opportunity leading up to redundancies for DELs to study these courses during working hours, possibly at the AEC. As soon as Trish has an idea of the courses required, they will be arranged and will probably start at the beginning of January.

For more information, go to vhs.jhq@gmail.com



SSAFA

Fancy A Cuppa?

Photos by Charlie Booker, Dominic King, Geri Hames & Judith Wake

Four SSAFA Big Brew Ups have been held across JHQ and Elmpt enticing people to ignore any ongoing diets and partake of bacon and sausage butties.

The first was run by 16 Signal Regiment, the second at JHQ, the third at Brüggen School and the 4th at Elmpt Station. There was a great turn-out as people gathered for the annual charity breakfasts.

Both the Elmpt and JHQ in service committees have merged now and WO1 Keith Atkinson, who is the Elmpt SSAFA Committee Chair, said, "The Big Brews have been a great success and our plan is just to make as much money as we can for SSAFA."

Keith also explained that they were always looking for new members, so if you are interested, you can contact him on 02163 97 3076 or Collette Keenan on 02163 97 2540

Money Raised

16 Sigs Big Brew	€314.67
JHQ	€372.10
Bruggen Sch	€335.00
Elmpt Stn	€493.00
Berlin Marathon & Nijmegen Marches	€475.00

Grand Total - €1,989.77



SSAFA

16 Sigs Soldiers Brew Up In Nicosia

By Mark Taylor

RLC Chefs from Elmpt are currently deployed on Op Tosca Cyprus 17 with 101 Battalion REME Group. Although the tour is still very much in its infancy the chefs have wasted no time in getting to work and supporting the much publicised SSAFA Big Brew.

The main Dining Room within Ledra Palace Hotel "the old ballroom" was the setting for the event which was incredibly well supported by all the troops and staff within Ledra Palace.

The Masterchef Mark Taylor from 16 Signal Regiment Elmpt said, "It is great to be able to deploy on tour and still keep up old traditions regardless of your situation. The support has been tremendous and we



have managed to raise a respectable €329.08. When you consider we only had a window of an hour to get everyone through I consider that a great achievement. SSAFA is a great cause and we look forward with relish now to supporting the SSAFA Big Curry in the very near future."



Surprise at the SSAFA Big Brew in Elmpt

Photo by Charlie Booker



Liesje Toatubun, who ran the Berlin Marathon of 42 Km and her partner Mark Scheper, who walked the 200 Km Nijmegen March, decided to donate the € 475.00 they amassed this year to SSAFA. Tim Sluman was very surprised and more than happy to accept this unexpected donation

Helping them, by making sure all promised funds were collected, were Sig Georgina Reid and PI Hayley Newman, of 16th Signal Regiment, supported by Patrick Gubbels of the QM Stores in Javelin Barracks.

Schools' Update

Windsor Pupils Enjoy Paralympic Trip

By Brian Davies



A small group of SCE pupils and staff from BFG schools, including Windsor, recently visited the Paralympic Games in London.

The group spent a day at the Olympic Park and watched swimming events in the Aquatics Centre. The tickets were provided by A New Direction, one of the arts agencies that SCE schools continue to work with in order to broaden and extend creative opportunities. It was a tremendous experience.

Brüggen School Space Party

By Zoe Fogg aged 6

Key Stage 1 pupils recently came to school dressed as aliens and spacemen because we were launching off our new topic. First we went outside to have our picture taken but in the afternoon we were in for a real surprise!!!! A space party! At the space party we played space statues and coloured planets and we had space juice and space jelly.



Evie-Joy Davies aged 6

Yesterday Key stage 1 had a space day and it was amazing!!! First we had our picture. Mrs Opie had 4 legs, it was funny. Next we went out to play. I was a Martian rocker!!!! On Monday we did it because we were blasting off a new topic. It was the best day ever.



Windsor Pupils Raise Money For Indian Orphanage



Pupils at Windsor School recently presented a cheque to Dr Hella Mundhra, the founder of the Shishu Mandir Charity, with the money going towards a new Children's Home in Bangalore in India.

The €1,500 was raised by the pupils when they completed a sponsored walk and Dr Mundra was impressed with the donation. "I am delighted with the sum of money that you have raised, particularly as it was raised by children for children". Dr Mundra was also specific about how the money would be spent. "We need lots more library books, we need to repair equipment and the money will also help buy uniforms for the children too".



Schools' Update



Last Model Houses Of Parliament Goes Out With A Bang

By Monica Kurl (Head of Press at MHoP) and the appreciated help of Melissa Kinne (Party Leader of Greens at MHoP).



Windsor School recently hosted its fifth and final annual Model Houses of Parliament (MHOP) at the Rheindahlen Rooms.

Delegates from across Germany arrived smartly dressed and ready to debate an array of topics from 'maintaining the attraction of UK universities' to 'solving the euro zone crisis'.

The delegates set the committee rooms alight with their passionate and sometimes controversial debates, anyone observing would not have thought that this was a government simulation event, because it was so realistic. Even newcomers Nathan Taylor and Callum Elder got fully immersed into the action of live debate, saying that it "surpassed their expectations" and "the whole experience was enjoyable".

Performing Arts Consultant, Joy Harris, found the event enthralling as well. Though not a big fan of politics she thought "Politics had been brought alive today" and she was overwhelmed by the fact that many delegates for

whom English was not their first language, could speak with such fluency.

To commemorate the fifth and final event, Windsor School was privileged to have the Chief Executive Officer of SCE schools, Kathryn Forsyth and Mr Mick Brookes, National Educational Consultant, to provide a keynote speech inspiring the delegates before proceedings started. Many participants used this inspiration to provide powerful and persuasive speeches of their own, some coming out of the event with 'Best Speaker Award' certificates in their hands.

The 5th MHOP was truly an achievement, bringing to the forefront issues that we still face today and, perhaps, prospective prime ministers. Let's hope that next year's 'Model United Nations' event on 2nd March 2013 is just as successful.

By Monica Kurl (Head of Press at MHoP) and the appreciated help of Melissa Kinne (Party Leader of Greens at MHoP).



The Model European Parliament takes place at the Rolduc conference centre, Kerkrade in the Netherlands from 2nd to 4th November this year.

Six Windsor School students will be attending this event in a variety of roles. Jack Turner and Teri Willie will go as student officers, heading up two of the party groups, Jasmine Kelley and Emily McMullan as delegates and Holly Crompton and Georgina Berriman as members of the admin team.



All members of the Windsor School team are once again looking forward to maximising their knowledge and practising all the management and leadership skills that their roles entail, having already done so once very successfully at the Model Houses of Parliament last weekend.

We wish them good luck and a great time in the famous and historic setting that is Rolduc.

CLEANING OF MARRIED QUARTERS By Peter Davies

As the drawdown progresses and the number of empty married quarters across the Garrison increases, some have questioned the standard to which occupants need to clean quarters on march-out.

All of the married quarters in Rhine Garrison belong to the German Federal Authorities and are handed back by DIO Disposals once the Garrison has no further requirement for them. Following handback, a large number of the houses on the Mönchengladbach estates have been sold on. The future of others however, including those recently handed back at Wildenrath and those on the RMC, is less certain. Nonetheless, regardless of future plans we are under a clear obligation to completely clear and hand all properties back in a safe and "swept clean" condition. The term "swept clean" is misleading; it is a German legal term not to be taken in its literal sense - the fact is that we are obliged to hand back the houses having done rather more than a quick sweep out. A team from the Federal Authorities inspects every building prior to handback to assess standards of maintenance and cleanliness - on the RMC that process is underway for the technical buildings and is about to start for the empty married quarters.

Cleaning standards for married quarters were reviewed in detail prior to the new Married Quarter Cleaning Scheme (MQCS) contract taking effect in 2010. The review was carried out in close consultation with the Garrison and DIO Disposals and as a result a lower standard was set specifically for quarters which are to be handed back. This is the agreed minimum standard that needs to be met and it is reflected in reduced

charges for the MQCS and a reduction in the number of things that need to be done by those who choose to self clean.

It is of course true that there could be some deterioration in cleanliness of quarters where they are drained for some time before handback. In fact experience to date is that deterioration is relatively slight. In any case, before handback the Garrison team is stood by to complete any additional cleaning needed in the few cases where paint has peeled off or pieces of plaster have fallen.

The bottom line therefore is that there is a minimum standard for all houses that are to be handed back and we are obliged to meet this both to comply with the requirements of the German Federal Authorities and to maintain the reputation of British Forces.



Beavers Learn History Of Javelin By Emma Dell

1st Brüggen Beaver Colony took a trip around their Garrison to learn the history of what is right outside their front door.

Charlie Booker, who used to belong to the RAF, took the group around Javelin Barracks starting at the old air traffic control tower, explaining how the RAF were stationed here until 1992. The children were impressed when Charlie pointed out that from the tower you could actually see some 17 KM away.

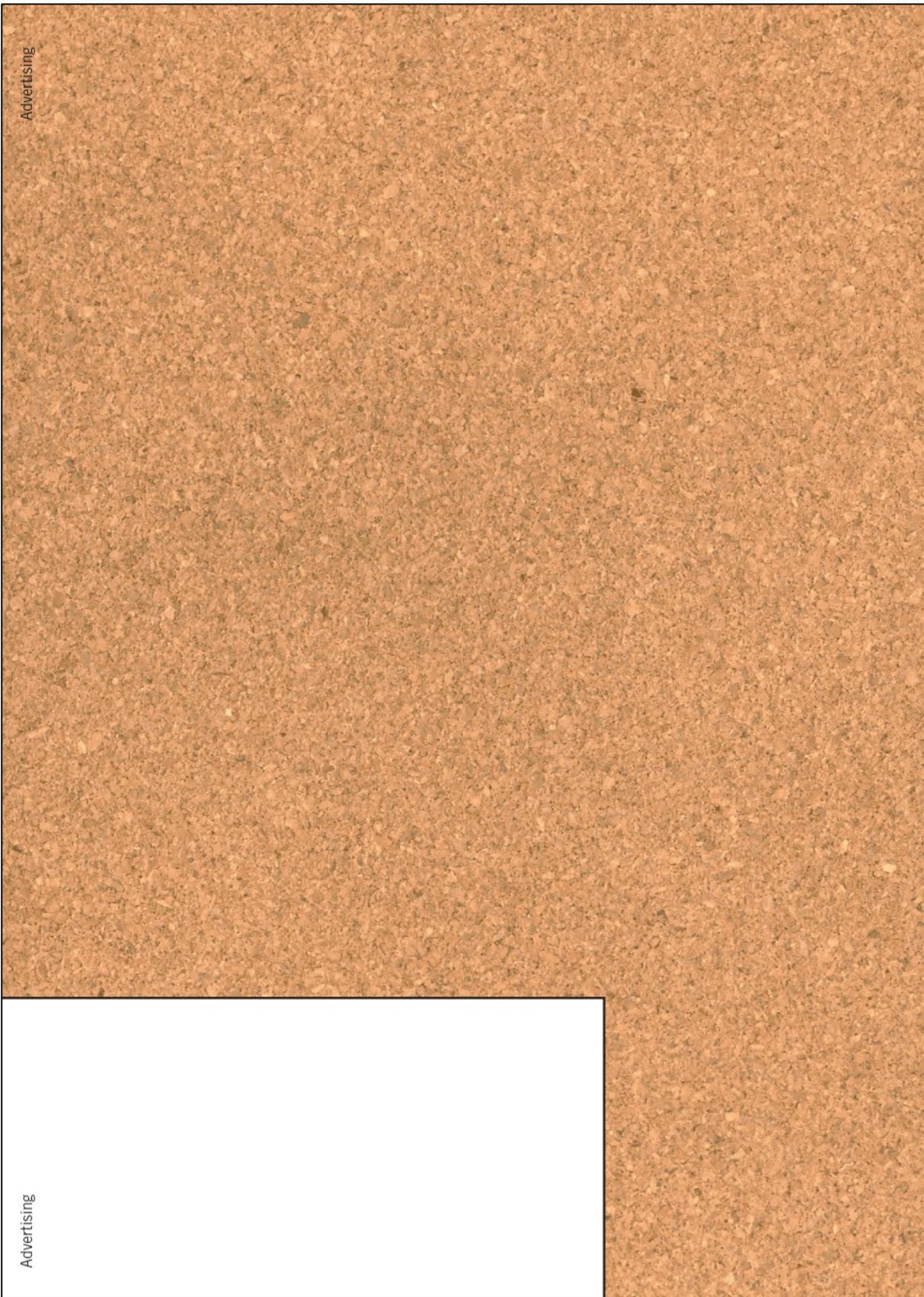
Emma Dell, one of the current Beaver leaders said "It's great to see the children take an interest in something that is right on our doorstep, without Charlie's knowledge we would be none the wiser about what went on here and how busy the airfield here was during Elmpt Station's hay days."



The children were taken around an old hangar and shown where fuel and spares were kept, then they all went to an engine testing tunnel where they all had a great time playing at being in an aeroplane. It is clear that the now named Javelin Barracks is steeped in avionic history through the RAF right up to now where the army are now resident.

All of 1st Brüggen Beaver Colony had a great time and all wished to thank Charlie for his time and vast knowledge of the RAF's days here on Javelin Barracks.





Advertising

Advertising

NHS

Whooping cough and pregnancy

Help protect your baby

There is a lot of whooping cough around at the moment and babies who are too young to start their vaccinations are at greatest risk. Expectant mothers can help protect their babies by getting vaccinated against whooping cough from week 28 of their pregnancy.



Don't take the risk. Act now to protect your baby from whooping cough from birth. Contact your GP or midwife to get the vaccination.

Immunisation
The safest way to protect yourself and your baby

Pregnant women to be offered whooping cough vaccination in BFG

Whooping cough is highly contagious and newborns are particularly vulnerable. Across the UK over the last year we have seen a large rise in the number of whooping cough cases with the most serious cases being in children too young to be protected by routine vaccinations. 9 infants have died as a result of whooping cough this year and there have been 302 cases of the disease in children under 3 months old.

It is vital that babies are protected from the day they are born – that's why we are following the Department of Health advice and offering the vaccine to all pregnant women who have reached the 28th week of pregnancy. If you are pregnant, getting vaccinated is the best way you can protect your baby against whooping cough. This is a temporary vaccination programme which aims to boost whooping cough immunity that is passed on by pregnant mothers to their newborn babies. This provides short – term protection for babies until they

can be routinely vaccinated themselves at 2 months old.

The vaccine we are offering to pregnant women is the same vaccine that will be used in

UK and has been recommended by experts; a similar vaccine is already given to pregnant women in the US. We currently use this vaccine as a pre-school booster for children age 3 and a half. Extra supplies have been ordered and we intend to be in a position to start vaccination in BFG by next week. Your Named Midwife will discuss local arrangements and is ready to answer any questions about the vaccine and the risks and benefits you may have.



Seasonal Flu

The flu vaccine was made available in BFG in October. People identified in the 'at risk' group listed below, should have received a letter from their medical centre inviting them to attend for vaccination. If you did receive a letter, we strongly encourage you to call the medical centre and book an appointment to attend the clinic. If you haven't received a letter and you think you should have, please contact your medical centre and ask to talk to a Primary Care Nurse. Extra clinics are being run at the medical centres in JHQ and Elmpt.

In the UK, about 600 people a year die from a complication of seasonal flu. This rises to around 13,000 during an epidemic. Flu is a highly infectious and very common viral illness that is spread by coughs and sneezes.

Flu is not the same as the common cold. Flu is caused by a different group of viruses and symptoms tend to be more severe and last for longer. You can catch flu – short for influenza – all year round, but it is especially common in winter, which is why it is also known as 'seasonal flu'.

Flu causes a sudden high temperature, headache and general aches and pains, tiredness and sore throat. You can also lose your appetite, feel nauseous and have a

cough. Flu symptoms can make you feel so exhausted and unwell that you have to stay in bed and rest until you feel better.



The flu jab

A flu vaccine is available in BFG via your medical centre if you:

- Are deploying to Op HERRICK at any time during the flu season (October – March)
- Are pregnant
- Are 65 or older
- Have a serious medical condition
- Are a healthcare worker or carer

Despite popular belief, the flu vaccine cannot give you flu as it doesn't contain the active virus needed to do this.

Garrison Medical Centres Telephone Numbers -

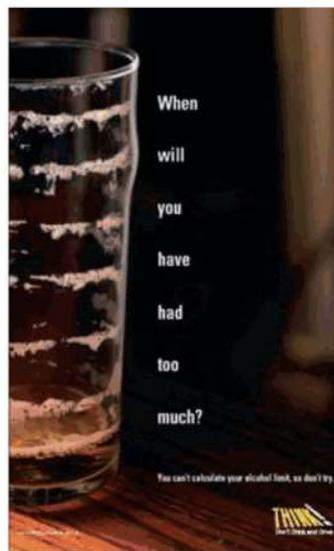
Elmpt Medical Centre

**Civ: 02163 97 2600
Mil: 68 2600**

JHQ Medical Centre

**Civ: 02161 472 2969
Mil: 72 2969**





X-Box Reviews Final Fantasies

By David McDougall

Set three years after the previous incarnation of Final Fantasy, this iteration follows on with the usual supply of colourful characters, encounters and a combat system that many of us have come to love. But this game is significantly different when compared to its predecessor. The paths you choose are nowhere near as linear as before – a major failing with the last game. Instead you are provided with choices and various paths to take during your quest to find Lightning, the protagonist of the previous Final Fantasy.

Final Fantasy XIII-2 is a beautiful game, and the improvements are there for all to see. But it does have one major failing, the story. Unfortunately, the game is surprisingly flat when it comes to narrative. And because of this, there isn't much in the way of closure at the end. But despite this single, sour grape, there is still plenty to savour.



Batman: Arkham City

Set one year after Arkham Asylum, Batman faces off against a plethora of unsavoury characters such as Bane, the Joker, and Penguin. To those unfamiliar with this iteration of the caped crusader or discouraged by the prospect of playing as a comic book hero, do not be put off by the title. The previous game was superb and the sequel is even better.

The number of missions is enough to satisfy any fan and anyone who isn't, and there is a plentiful cast of enemies to introduce to Batman's unsympathetic version of justice. But it's not all combat.

In Arkham City you have crimes to solve, mysteries and riddles to unravel and enemies to outthink, especially when it comes to the Riddler. But if problem solving isn't your thing and you just like jumping around in the night beating criminals to a pulp then you are very well catered for.



Bodycount

Up front, Bodycount looks like a promising title, and coming from the studio that brought us Operation: Flashpoint, I was expecting a finely polished gem. What I experienced wasn't so shiny.

The graphics are fairly decent and the gameplay itself is considerably action-heavy, with a lot of destruction and chaos. But Bodycount falls squarely on its face when it comes to the story, or lack of it. And it's very repetitive. All of the environments, despite claiming to be different, look distinctly similar, and the enemies you face may as well have been created in a vast cloning facility just off-screen. It appears Codemasters have tried to recreate and then combine the likes of Modern Warfare and Gears of War and squeeze the outcome into a single game. The result is ugly, cumbersome, tedious, lacky and about as attractive and comfortable as a pair of maggot socks. Avoid.



Diamond Backstop Ultimo 2012

By Cpl Dan Griffiths



It was that time of year again for Rhine Support Unit (RSU) to venture down to southern Germany for their annual Adventure Training package. This year, places were slightly harder to fill due to the number of soldiers within RSU slowly depleting, however, no effort was spared in organizing an enjoyable experience.

On the day of the High Ropes course, there were a few glum faces at breakfast due to the word "HIGH" being mentioned. After the initial instruction from the safety staff everybody was let loose on the course for around 3 hours. There were lots of different routes to be negotiated starting with some confidence builders ranging up to some very high and technical routes.

Soldiers from RSU, 14 GEO Sqn and TFSU made up the nominal role of 20 student places and made the long journey down to Wertach, Bavaria early morning Mon 27th August.

The last 2 days were the choice days where the students could pick activities that they had enjoyed to do again, these days also included river trips for the canoeing activity.

The activities that had been arranged were Canoeing, Hill Walking, Mountain Biking and Rock Climbing. Also there was the opportunity to have a cultural day out and a day on a High Ropes course followed by a solo ride down Germany's longest Toboggan Run (which some people suggested that they didn't use their brakes on?).

Wednesday 5th September came around and it was time to make the long journey back to family and friends at JHQ after a fun but demanding 9 days of Adventure Training.

The weather started out brilliantly with 3 days of hot sunshine but then, unfortunately, it took a little turn for the worse, but this didn't hold any of the students back and they gave it their all and made the most of the activity they were doing.

The Unit would like to say a big thank you to all of the students and instructors who attended the package and made it a memorable experience.



KNOCKOUT VIOLENCE



Enjoy Responsibly

Nearly half of all violent incidents are alcohol related

Rhine Garrison Clubs And Activities

Youth Clubs

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

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

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

Home-Start

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

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

Caravan Clubbing

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

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

Garrison Scout Groups

P Worth, Chairman Rhine Garrison Scouts,
02161 472 2589. Volunteers as helpers or
leaders are required for all three locations.
1st Rheindahlen (RMC)
David Haigh, 02161 550824
Groups Meet Mon, 1830-2000
Cubs age 8-10 112, Scouts 10 1/2-14

1st Bruggen (Javelin)
Emma Dall, 02163 5725031
Groups Meet Mon
Beavers 1615-1730, Cubs 1745-1915

1st Nord Park (Ayrshire)
Iain Pearce, 02154 2647
Fri - Scouts, Explorers 1730-1900

ATC - Air Cadets
8 Overseas (Rheindahlen) Sgt. Lana Achilles,
02161 472 2085 or 0171 3629561
Mon & Thu 1830-2030, Age 13-18, Boys & Girls

Sport

Rheindahlen Youth Football Club
Simon Fuller 02161 472 2980
ryl@hotmail.co.uk

Elmpt Station Youth FC
Sgt Ian Shaw, Work 02163 97 4514
Home 02163 5714552
16SR-ELH-AD-VRS@mod.uk
Sat 1000-1130, Boys & Girls, Age 4-10

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

Ladies Netball, RMC
Mandy Jones 02434 20891,
Debbie McEwan 02161 4722517
Wed 1900-2030, No 1 Gym, RMC

Mini Rhinos Rugby
Henry Dixon 01738 873607
rheindahlenrugby@hotmail.co.uk
Training: Sun 1030-1200, RMC Rugby Pitches,
6+

Rheindahlen Sub Aqua Club
Tue 1700-2100, The Blue Pool, JHQ
Jhrs 4-16, Adults 16+ WO1 Keith Alkinson,
02163 973076 elmpstn-sw@mod.uk

Fitness Classes For Women - RMC
Ann-Tuck Brown, 02161 472 3603
Body Conditioning No 1 Gym, All standards, Cost
64, Mon 1730-1830, Wed 1730-1900
Spinning RMC Fitness Centre, Thu 1700-1800

Harmonise Me Fitness
Emma, 0171 3821736
Facebook: Harmonise Me Fitness

Javelin, Dancercise Classes
Wed 0930-1030, Elmpt Gymnasium

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

British Roermond Sailing Club - Season Apr-Oct
www.bsainclub.co.uk - Visit website for info.

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

Rhine Garrison Angling Club
Rob Tuck-Brown 02161 472 4731
Fishing Lake, Javelin Barracks

Hash House Harriers Running Club
Maj Mike Hepburn, 02161 472 4624
mike.hepburn@136mod.uk
Facebook: Rheindahlen Hash House
(Winter Season Times) Running Mon 1800
NAAF JHQ, Car Park, All standards

RMC Fitness Classes

WO2 (QMS) Rowan Mills
RMC Fitness Centre
Spinning Classes - Mon & Fri 0710-0750,
Mon-Thu 1800-1845, Fri 1245-1345
No 1 Gym
Circuit Training - Mon, Tue & Thu 1215-1300

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

Rheindahlen & Elmpt Shooting Club - Steve Staler
02161 472 2231, www.resclub.de

Other

JHQ Military Wives Choir
Jay Joyce 07815867797
Thursday 1700-1900,
Guide Hut behind the British Legion

Stimming World
Stephanie Johns, 02432 892357
Tue 1715 onwards, Cassels House,
Cumberland Lounge, JHQ.

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

JHQ Ceramic Club
Thursday evenings 19.00 - 21.00 hrs, 0151
17049611, rsu-qm-dgsa-do@mod.uk
£10 a month

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

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

Javelin Motor Club
WO2 Das Pullman 02163 974808
Mike Vinco 0172 3907956
South side of Javelin Airfield

RMC Motor Club
WO2 Phil Guest, 02161 472 4255

Rheindahlen War Games Club
Adrian Russell - 02161 472 4218
adrian.russell@scschools.com
1830-Late, Age 12+, (Under 12s with adult)

Bingo
Javelin Bisto - Every 2nd Thu, Eyes Down 2030
JHQ Royal British Legion - 02161 3086071
Wed 1900-2200, The Lion's Head

Quilting Club
Karin Clark 02161 660744

Parentcraft & Antenatal
Rhine Midwifery Team 02161 4722968

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

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

Garrison Telephone Numbers

For JHQ See Next Page

Elmpt Station Telephone Numbers Javelin Barracks

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

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

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

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

HOUSING
Estate Managers Javelin 2496/2729
Housing Office Admin Clerk 2530/2613
Dog Registration 3168

WELFARE
7 Sig Regt UWO 4746
16 Sig Regt UWO 3759
ABF - Soldiers' Charity
abfgermany@hotmail.com

WO2 Das Pullman 02163 974808
Mike Vinco 0172 3907956
South side of Javelin Airfield

RMC Motor Club
WO2 Phil Guest, 02161 472 4255

Rheindahlen War Games Club
Adrian Russell - 02161 472 4218
adrian.russell@scschools.com
1830-Late, Age 12+, (Under 12s with adult)

Bingo
Javelin Bisto - Every 2nd Thu, Eyes Down 2030
JHQ Royal British Legion - 02161 3086071
Wed 1900-2200, The Lion's Head

Quilting Club
Karin Clark 02161 660744

Parentcraft & Antenatal
Rhine Midwifery Team 02161 4722968

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

EDUCATION
Army Education Centre 2460
Brüggen School 2681
Cheeky Monkeys Toddler Group 2232
Noahs Ark Nursery 2430
14-19 Partnership

Weds - Elmpt 02163 973366
Mon/Tues, Thurs/Fri - JHQ 02161 4952576
Vocational Training Services (VTS)JHQ 4086

INFORMATION & MEDIA
Elmpt Information Officer 3635
BFBS Radio 02161 9010614
01725 83 2596

BFBS TV 02161 9010658
Sixth Sense Newspaper JHQ 4006
news@sixth-sense-newspaper.de

Elmpt Library 3331
HVE Elmpt Elmpt 3183

MAINTENANCE
Babcooks Technical Service Centre
0800 888 4242 (German Freephone)
<http://bbsgshelp.babcock.co.uk>
Javelin Refuse Depot 4613
Mon-Fri 0800-1700

YOUTH SERVICES
Elmpt Youth Centre 4657
AWS Awards And Projects JHQ 4009

CHAPLAINS & CHURCHES
Elmpt Youth Centre 4410
Chaplaincy Centre Elmpt Mob. 01722068906

St Nicholas - CofE 2516
St Boniface Catholic 2518

LEISURE & FITNESS
Elmpt Sin Gymnasium 3083
Bowling Alley 02163 577530
Golf Club 4463

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

HEALTH & BEAUTY
Haircraft 2677
Holistic Health & Beauty 01783880456
Shapes Hairdresser 02432 9346272

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

Fuel Coupons 3661/3379
NAAFI Car Sales Elmpt 02163 5711241

MESSES & ENTERTAINMENT
Bistro 02163 5751954
Officers' Mess 4372
JB's Javelin 2537
Shannon's Bar 02163 818882
Wall & Willow 4474
WO's & Sgts' Mess 4369

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

PETS
Dog Registration 3168
Dog Centre/Kennels 2233
0160-950-21261
dogcentreimpl@live.de

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

SSAFA Forces Help
SSAFA Confidential Support Line 0800 182 7395 (Freephone)
SSAFA BFG Social Work Services 02161 472 4751
SSAFA Victim Support 05251 20806443

For Clubs and Activities Info see p. 62

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

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

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

Garrison Telephone Numbers

For Elmpt See Previous Page

Rheindahlen Military Complex (RMC) Numbers

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

FIRE & MEDICAL	EMPLOYMENT	HEALTH & BEAUTY
Emergency - 4444	RALSU 4281/3253	Figaro Hairdressers 559568/556139
JHQ Civ 02161 472 4444	Dependant Employee Council 3603	Holistic Health & Beauty 01783880456
Enquiries 2345		Marianne's Hair Salon (Cassels) 550550
POLICE	EDUCATION	MOTORING
RMP Emergency - 2222	34 AEC 3303	BFG Vehicle Documentation 2934
Enquiries 4000/2333	Ark School Green Site 3151	BFG Test Booking Line Elmpt 2300
German Police 110 (German Freephone)	Blue Site 2344	BFG VLO Helpline JHQ 4100
BFG Crimeline 0800 184 2222	Rheindahlen Childcare Centre 4069	Fuel Coupons 2908
Detention Rooms/RSF 2082	Windsor School 2466	NAAFI Car Sales JHQ 562960
	14-19 Partnership	JHQ Tax Free Car Sales 8287343
	Weds - Elmpt 02163 973366	jhqtaxfree@yahoo.co.uk
HEALTH	Mon/Tues, Thurs/Fri - JHQ 02161 4952576	
Dental Centre 2495	Vocational Training Services (VTS) 4086	
Medical Centre 2969		
Rehabilitation Facility (Physio) Elmpt 2388		
Germany Hospital Hot Line*		
(German Freephone) 0800 588 9936		
HOUSING	SHOPPING	MAINTENANCE
Estate Manager North 1 02161 4958017	NAAFI Max 02161 901110/801112	Babcocks Technical Service Centre
Estate Manager North 2 02161 4958624	SSVC 02161 955975	0800 888 4242 (German Freephone)
Estate Manager Central 1 02161 5192331	Thruff Shop 4506	http://bssghelp.babcock.co.uk
Estate Manager Central 2 02161 4958674	Post Office Counter 2475	Refuse Depot Mon-Thur 0730-1600
Estate Manager South 1 02161 5612583	Deutsche Post 5737447	Fri 0730-1230
Estate Manager South 2 02161 5612737	TKS Shop 02161 477688	
Housing & Community Officer 2390		FINANCIAL SERVICES & INSURANCE
Housing Admin Office 4771/2425		Cashier/Tax Free Services (Mwst) 2832
		Sparkasse Bank 2791080
		Santander/Forces Financial 02161 955160
		Culpeck Insurance 02161 559655
		O'Girke Insurance 02161 55317
		Head Office: 02941 96720
		MESSES & ENTERTAINMENT
		Sanctuary Café 559684
		Cassels House 2183
		Churchill Officers' Mess (Reception) 4297
		(Accounts) 4251
		Encounters (For hire - contact JB's)
		JB's Restaurant 4408
		No 4 Civilian Staff Club 3544
		mel.goodall651@mod.uk
		Rheindahlen Rooms 4187
		RMC WO's & Sgts (Reception) 4048
		(Mess Manager) 6174
		PETS
		Dog Registration 2499
		Rhine Garrison Animal Care & Training Facility
		4768 or maddogmair@yahoo.com
		SERVICES LIAISON OFFICE
		Services Liaison Officer 4683
		Liaison Assistant 4684
		Liaison Clerks 4685/4686
		Fax 4505
WELFARE	YOUTH SERVICES	
ABF - Soldiers' Charity	Rheindahlen Youth Centre 4483	
abfgermany@hotmail.com	Awards and Projects 4009	
Army Family Federation 0174 494 6209		
rhine@affgermany.org		
Army Welfare Service Office Mgr	CHAPLAINS & CHURCHES	
3603 / Ann.tuck-brown6.16@mod.uk	Chaplain's Office 2770	
Community Charity Fund (CCF) 2488	St Thomas More - Catholic 3665	
rsu-welfare-om@mod.uk	St Boniface - CoE 2405	
Forces Children's Trust 3377		
Mob. 01738953511/eddielevine@hotmail.com	LEISURE & FITNESS	
Home Start 3570	Bowling Alley 02161 551388	
Relate BFG 2826	Fitness Centre 4731	
office.relatebfg@gmail.com	Globe Cinema 2146 or 02161 559518	
Royal British Legion 02161 3086071		
Mob. 0174 8919003		
RSU Pass & Permits 2098		
RSU Welfare Office 2488/4268		
WRVS 02163 97 2668		

SSAFA Forces Help

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

For Clubs and
Activities Info
see p. 62

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

Call 112 or military line 4444, the National Emergency for an Ambulance.

If you call outside of these hours, you will either be diverted or given another number to contact.

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

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

Garrison NAAFI Facilities - Opening Times

ELMPT

NAAFI Local
02163 81870
Monday-Friday 08.00-20.00
Saturday 0830-1800
Sunday 1000-1600

NAAFI Express
Elmpt 02163 990186
Mon-Sun 08.00-18.00

JB's Javelin
02163 5713863
(Meal Timings)
Monday - Friday
Breakfast 06.45-07.45
Baps & Breakfasts 09.00-11.00
Lunch 12.30-13.30
Dinner 17.00-18.00
Saturday
Breakfast 08.00-08.30
Lunch 12.30-13.15
Dinner 17.00-18.00
Sunday
Breakfast 08.00-08.30
Core Roast Lunch 12.30-13.15
Families Lunch 13.30-14.30
Dinner 17.00-18.00

Shannon's Bar
02163 81882
Friday 19.00-02.00
Saturday 19.00-00.00
Sunday - Thursday 19.00-23.00

Javelin Bowl
02163 577530 / 81882 /
01609 3886456
Monday & Tuesday CLOSED
Wednesday & Thursday 17.00-21.00
Friday 17.00-23.00
Saturday & Sunday 12.00-18.00
NEWLY REFURBISHED

Toasties & Hot Snacks Available Bar Upstairs. Available for functions (Inc Out of Hours)

Bistro
02163 5751954
Monday - Friday 09.00-17.00
Saturday 10.00-17.00
Sunday CLOSED

JHQ

NAAFI Max
02161 901110/901112
Monday-Saturday 08.00-21.00
Sunday 09.00-19.00

JB's JHQ
02161 472 4523
(Meal Timings)

Monday-Friday
Breakfast 06.30-08.15
Lunch 11.45-13.30
Dinner 16.45-18.15
Saturday
Breakfast 09.00-10.00
Lunch 10.30-13.00
Dinner 16.30-17.30
Sunday
Breakfast 09.00-10.00
Lunch 10.30-13.00
Dinner 16.30-17.30

JB's Café & Shop
02161 472 4408
Monday - Thursday 09.00-20.00
Friday & Saturday 09.00-22.00
Sunday 09.00-19.00

JB's Takeaway
02161 472 4408
Friday (Fish & Chips) 17.00-22.00
Saturday (Curry) 17.00-22.00
Sunday - Thursday N/A

Encounters Bar
(contact JB's office 02161 3084214)
Monday - Thursday 19.00-23.00
Friday & Saturday 15.00-00.00
Sunday 12.00-23.00

Encounters Café
(contact JB's office 02161 3084214)
Monday - Friday 09.00-15.00
Saturday & Sunday CLOSED

Cassels House, JHQ
02161 472 2183

Monday - Friday
Breakfast 07.00-09.00
Lunch 12.30-13.30
Dinner 18.00-19.00

Saturday
Breakfast 07.30-10.00
Brunch 11.00-13.30
Dinner 17.00-18.00

Sunday
Breakfast 07.30-10.00
Lunch - See Roast Carvey Below
Dinner 17.00-18.00
Roast Carvey
12.30-13.30 3 course meal
Adults €6.50 Children (under 12) €4.50. Bookings should be placed & paid for by Friday prior to Sunday. Book now!

Ultra Bowl
02161 551388
Monday & Tuesday CLOSED
Wednesday - Friday 17.00-22.00
Saturday & Sunday 10.00-22.00



the bulletin November/December | Cii

Look out for the Christmas opening times flyer in December

Advertising