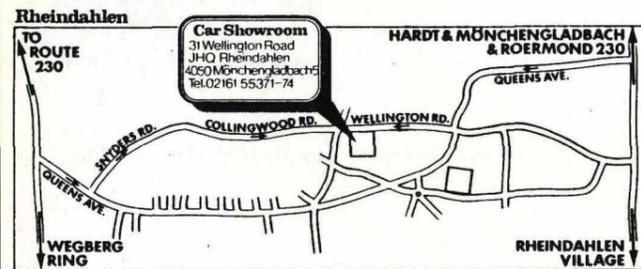


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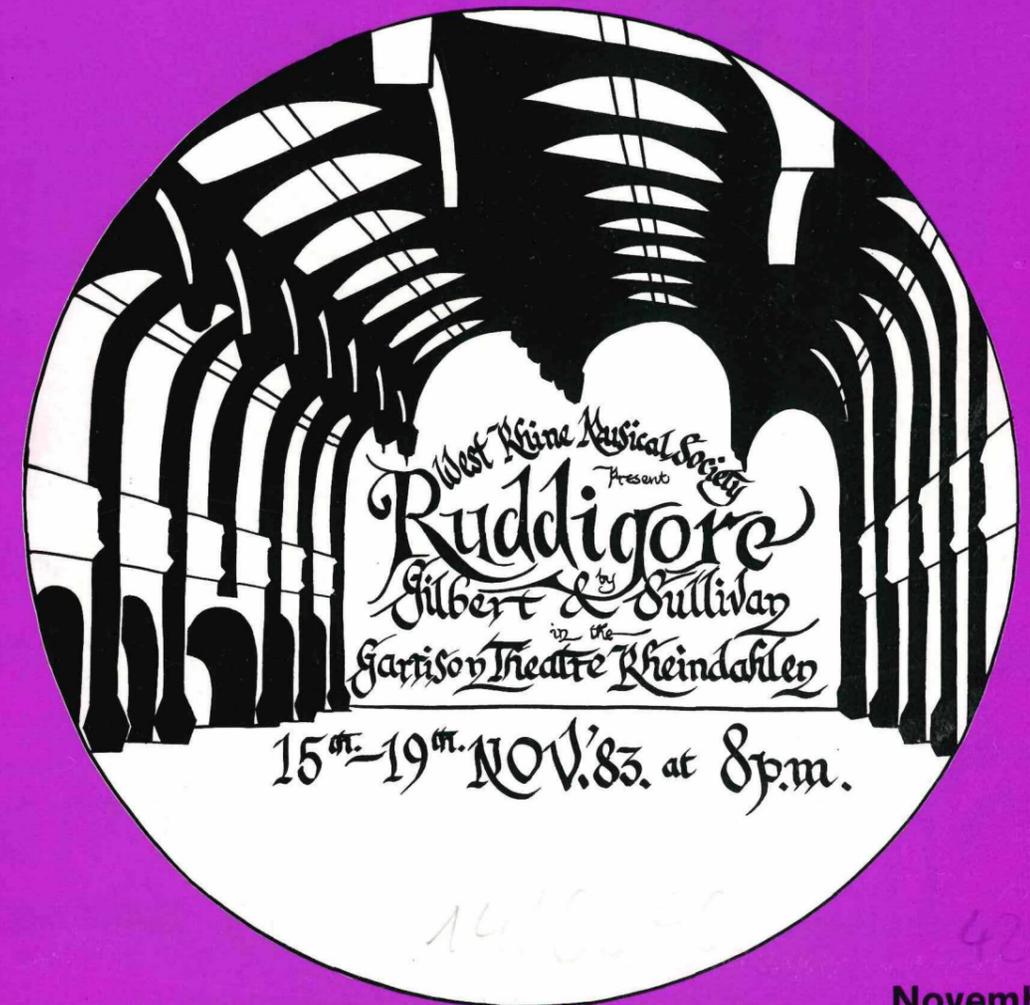
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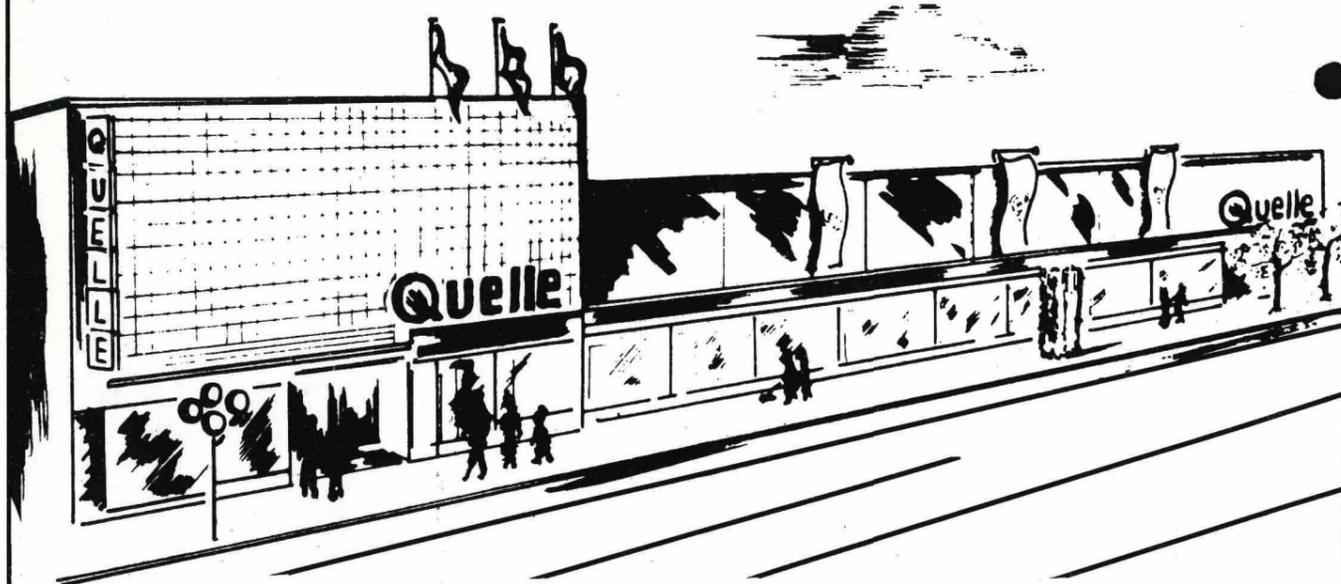
The Rheindahlen Bulletin



No. 161

November 1983

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Editorial

It's about this time of year that I start making lists. What can Granny send the children for Christmas? Who shall we send cards to this year? What do I need to get to make the Christmas pudding and cake? And so on - I seem to end up with so many bits of paper that I invariably lose one and have to start again.

By the end of the month, the first of the decorations will have been dug out of the cellar and we will light our first Advent candle. The children will hang up their calendars while eagerly anticipating the chocolates that lie hidden behind the windows, and I will have stirred my pudding and made my wish.

From then on, it's all downhill to the Big Day. I sometimes wonder if I'll have the energy left to enjoy it as I traipse from shop to shop. But then that's all part of the 'fun'. You'll probably be far more organised than me. If so, spare me a thought - what do you think Great Aunt Lil would like this year?

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

CO-EDITORS: Mrs. C. West (JHQ 4575)
Mrs. L. Butterworth (MG 559165)
Mrs J. Hooton (MG 550638)

BUSINESS & ADVERTISING MANAGER: Flt Lt R.E.V. Clark, (JHQ 4511/4771)

SERVICE ADVISORS TO THE EDITORS: Squadron Leader
B. R. Garner (JHQ 4748), Major D. A. Harrison (JHQ 2842) FW

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

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Blooming Fantastic - A new Shop for the JHQ Garden Centre



Colonel Saunders presenting "The Fleming Hut" plaque to Mr Fleming.

Photo by PR HQBAOR

On Friday, 23 September, a small group gathered at the JHQ Garden Centre to witness the opening of the new nursery shop. The shop is a much-needed asset to the nursery, its purpose being to provide a better service to customers, and to help increase sales. The building is self-financing - the DM 17,000 needed to build it was raised from the income of the garden centre.

The Garden Centre was taken over in 1969, by the manager, Mr Stan Fleming, who worked for the British Army for 22 years. He has five staff working under him, who are responsible for all the gardening work on the Garrison. At the centre, they grow flowers and vegetables to sell to the servicemen and their wives on Garrison, and sometimes they make special wreaths for remembrance day services.

The shop will be called 'The Fleming Hut', after the manager and his wife. Colonel Saunders presented the name plaque to Mr Fleming, and commented that it would be a much pleasanter place for them to work. Mr Fleming agreed, saying it would be far more comfortable than the garden shed, where they were used to doing business.

After the presentation, an inside inspection of the shop was carried out by Colonel Saunders. Insecticides and inexpensive plant pots were on sale, as well as bulbs and plants. Mr Fleming said that soon he would be selling gardening equipment for people who moved into quarters which did not provide any.

The shop also included a small office where the paper work could be done more efficiently, and a bathroom for cleaning up after a hard day in the garden.

During the inspection, the first customer of the new shop arrived. She was Mrs Leoné Wright, who wanted to buy a rose bush. Mr Fleming advised her that it was too early to plant a bush, but he would show her a catalogue so she could choose which blooms she would like when it was time to plant them. This shows the excellent service 'The Fleming Hut' will be providing.

+ Chaplain's Corner

Once again, and very soon the petals of poppies in their thousands will fall like large snowflakes from the high domed ceiling of the Royal Albert Hall in London. We are once again in the wistful season of Remembering. The Poppy, as a symbol, goes back quite a way in this century of ours, but sadly it has still a purpose to serve in these present days. Now in the 'nineteen-eighties' tears still flow for those struck down in the course of duty for Queen and Country. The South Atlantic is still very fresh in our minds, and, at the very time of my writing this, the radio has just reported the death of a twenty-two year old soldier by explosion in Northern Ireland.

I am sure most of us have heard the comment - and maybe reflected on it ourselves - that Remembrance after all these years since its inception, is wearing rather thin! Maybe its origins have come to mean less and less and maybe the old emotive associations have faded, but the Poppy with all the accompanying ceremonies still has a real and meaningful place in our national life. This month it will yet again remind us of those of today's young generation who will "grow not old". May we continue to thank Almighty God for the spirit of loyalty, courage and devotion to duty which not only has shown itself in the past but does so too in the present.

John Jenkyns RAF Rheindahlen

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1830 Evening Service

OTHERS SUNDAYS

1100 Creche
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1100 Morning Service
1830 Evening Service

CHURCH OF ST THOMAS MORE ROMAN CATHOLIC

SUNDAYS

0830 Holy Mass
1100 Holy Mass
1830 Holy Mass

MONDAY - FRIDAY

1715 Holy Mass

SATURDAYS

0930 Holy Mass
1000 - 1030 Confession
1830 - 1850 Confession
1900 Holy Mass

CHAPLAINS

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	Rev P T Clement CF	Office Ext 2770 House 3188
	Reverend J Jenkyns RAF	Office Ext 4707 House 4080
St Thomas More	Father John Williams CF (RC)	Office Ext 2808 Residence 2738
	Father Michael Cassidy RAF (RC)	Office Ext 4057 Residence 4478

For further details call or ring Church Centre, Extension Number 2770. *FW

Guild of St Helena

At the Annual General Meeting of the Guild which was held on October 4th it was decided that members of the Mönchengladbach Churches should join the Rheindahlen Branch rather than stay as one of their own. This Branch will therefore in future be known as the Mönchengladbach and Rheindahlen Branch.

Letters have been received from the Deputy Warden of the Guild and the Matron of Cambridge House saying how delighted our befriended widow, Mrs Adams, was with her birthday present, and how much she appreciates all the letters and postcards she receives from us during the year.

On November 15th we have been fortunate to arrange for Rev Heydon Jones to come and give us a Film and Talk on the Dead Sea Scrolls. This will take place in the Church Centre at 7.30 pm and will be followed by refreshments. Anyone is welcome but please inform the Church Centre (JHQ 2770) for catering purposes.

November 1st will be a working and planning meeting for the film and talk.

Church Information

HOLY DAYS

0730 Holy Mass
1245 Holy Mass
1830 Holy Mass

CHURCH OF ST BONIFACE CHURCH OF ENGLAND

SUNDAYS

0800 Holy Communion
0930 Creche & Sunday School
0930 Parish Communion
1100 Matins
1200 Holy Communion (First Sunday Only)
1830 Evensong

TUESDAYS

0930 Holy Communion

THURSDAYS AND HOLY DAYS

0800 Holy Communion

Rheindahlen Flower Club



The committee members of the Rheindahlen Flower Club with Mrs Jane Attlee.

The Rheindahlen Flower Club's Annual Show took place on Thursday 6 October 1983 in the Marlborough Club. This year saw a record number of entries, and the standard was quite exceptional. The event was well supported by spectators too, who were treated to a magnificent display of colour and ingenuity. The event was judged by Mrs Jane Attlee, NAFAS National Judge and Hon. Vice President and Founder Member of the Rheindahlen Flower Club.

COFFEE TABLE (The Hazelwood Cup)

1st Mrs Jane Lawrence
2nd Mrs Maureen Bennett
3rd Mrs Bobby Smith

THE HALL (Silver Salver)

1st Mrs Pauline Sandison
2nd Mrs Evelyn Crowhurst
3rd Mrs Tricia Piper

THE STUDY (The Martindale Cup)

1st Mrs Florence Coxon
2nd Mrs Dorothy Deane
3rd Mrs Jean Davies

KITCHEN PARTY (The Horsefield Trophy)

1st Mrs Nan Rogers
2nd Mrs Carol Rawlings
3rd Mrs Jenny Whiteman

MODERN DECOR (The Lutwyche Cup)

1st Mrs Evelyn Crowhurst
2nd Mrs Dorothy Deane
3rd Mrs Thea Marshall

PERIOD DRAWING ROOM (The Elliman Cup)

1st Mrs Nan Rogers
2nd Mrs Tricia Piper
3rd Mrs Elizabeth Morgan

THE GUEST ROOM (The Wade Cup)

1st Mrs Jill Purves Jume
2nd Mrs Maureen Bennett
3rd Mrs Jane Lawrence

BUFFET SUPPER (The Williams Rose Cup)

1st Mrs Tina Howe
2nd Mrs Maureen Bennett
3rd Mrs Pauline Sandison

OKTOBER FEST (Men Only)

1st Lt Col Guy Rogers
2nd Air Marshal P Hine
3rd Mr C Fleming
Mrs Evelyn Crowhurst

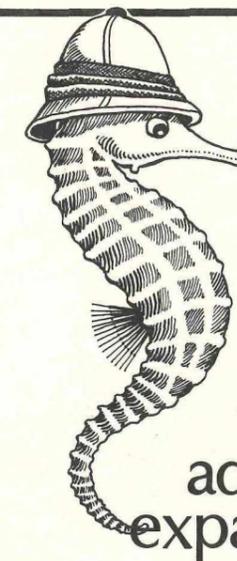
BEST IN SHOW (The Shepherd Cup)

Mrs Nan Rogers

SECOND BEST IN SHOW (The Dodie Thomas Cup)

Mrs Nan Rogers

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Open University News

A new local co-ordinator is needed to deal with enquiries and applications for the OU Short Courses. If you like dealing with people, have a telephone and are interested in the Short Courses, please ring MG 550548.

Open University Short Courses

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Open University Students' Association

The first meeting of the BFG Branch of OUSA will take place: Tuesday 8th November 2000 hours, OU Study Room, RAF Education and Training Centre, RAF Rheindahlen.

All OU students are invited to attend. If you would like to submit topics for discussion please contact either:

Hillary Ellison, c/o Major D M Ellison RCT, G3 (Adventurous Trg), HQ BAOR, or
Sue Wall c/o Sqn Ldr L T Wall, Medical Wing, RAF Hospital Wegberg. We look forward to meeting you!

Meeting of the West of Rhine Section Institute of Supervisory Management

The ANNUAL GENERAL MEETING of the West of Rhine Section, Institute of Supervisory Management will take place on Monday 21st November 1983 commencing at 2000 hrs in the Porteous Room, Blue Pool Restaurant, Rheindahlen. All members are urged to attend. Bar facilities are available. Any enquiries can be directed to: WO1 (RQMS) D B Harris, QM's Department, HQ Rheindahlen Garrison, BFPO 40, Tel. RA 2566.

ALCOHOLICS ANONYMOUS

Need help? Then telephone:

Becky on 02101 - 604601 or Bob on 02166 - 3883

A branch of the above organisation meets in the Church Centre Rheindahlen Garrison each Monday evening.

BFG Marriage Counselling Service

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

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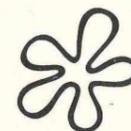
The More Acceptable Faces of NATO



Mrs Elizabeth Grey (right) looking very pleased with the Allied Officers' Wives' Club cheque for DM 4,000 which Lady Hine (2nd from right) has just presented and with the applause of Mme Helene Noel and Mevrouw Leny de Jonge (left) the incoming chairwoman.

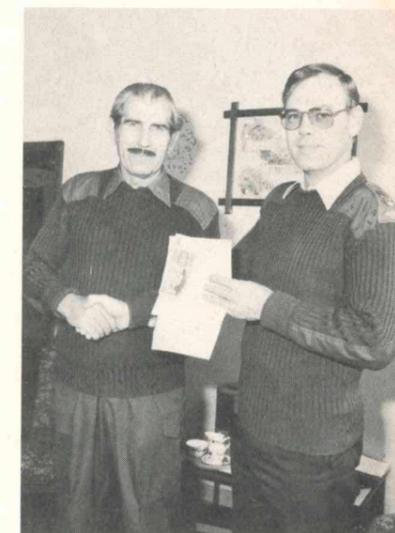
Rheindahlen's Allied Officers' Wives' Club is quietly working away to strengthen another bond between the Nations of NATO. At a small ceremony in Rheindahlen Lady Hine paid tribute to the outgoing chairwoman Mrs Elizabeth Grey and presented her with a DM 4000 cheque. It is a charming tradition of the Club that the outgoing chairwoman should be presented with the proceeds of the Club's activities for donation to the charity of her choice, and Elizabeth Grey's choice was the Home Farm Trust: an organisation which provides a home, work and life long care for the mentally handicapped.

On 24 November the main fund raising event of the year takes place the Allied Officers' Wives' Bazaar 1200-1900 in the Rheindahlen Rooms to which everyone is welcome.



**HAVE YOU LOCKED
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AND WINDOWS??**

Rheindahlen Mechanics Receive £ 25 for Bright Idea.



Colonel Palmer presenting the award to Herr Nebling. Photo by PR HQ BAOR.

Every year the Army department technical suggestions and awards committee, present monetary awards for technical suggestions with a valuable use to industry. This year a prize of £25 each was awarded to three German recovery mechanics working in Rheindahlen Workshops Reme, who submitted an idea in 1981. The men, Herr Nebling, Herr Borchardt and Herr Staub wanted to find a way to relieve the problems of recovering the AEC 55 seater coach. The coach is very difficult to tow, because there is no-where on the vehicle where a tow bar can be effectively attached, so they invented an adaptor that is fixed onto the front spring hangers, allowing the coach to be safely towed.

Their suggestion first went before a local committee in Düsseldorf, who awarded them £75 to share, it was then passed on to the UK for further evaluation.

Herr Borchardt and Herr Staub were not available to be presented with their prize, however Herr Nebling, who lives in Waldniel and has worked for the Army for 36 years, received his award from Colonel Palmer on Tuesday 11th October.

TERRALERT 3333

5

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WINTER SPORTS by 'PAPAJO'



Now that winter is upon us or at least just round the corner, many people will be thinking about a winter sports holiday. At least one million Britons will head for the snow covered slopes this winter to revel in the delights of this most popular sport, and if you have appeared in the national stastics before you will probably appear in them again this season. For the 'first-timer' there is a great deal to pick up and there is more jargon connected with winter sports than almost anything else.

Winter sports can mean a variety of activity. For some propping up the bar in a mountain resort is all they want to do, while others feel that unless they have covered at least 25 kms of downhill skiing or gone up at least 25 lifts they have wasted their time. To those who smoke heavily a winter sports holiday can mean their annual 'de-coke' as the crisp mountain air sears through their nicotine coated tubes. To others the mere thought of that apres ski atmosphere round a blazing log fire, while a blizzard blows outside, is the second best thing in life.

The sporting scene can vary tremendously for not only is there the downhill and langlauf skiing, there is the cresta, skating, ski-bobbing etc to name but a few. Although most of these sports need a considerable skill if full enjoyment is to be had, there can be equally as much fun in a class of beginners as there is in a days skiing with experts, and of course you do not have to be in the company of young children to get into a snowball fight or slide down the path on a plastic bag. The obvious answer is that a winter sports holiday should be enjoyed and that any sporting activity should not be an endurance unless you are competing, for after all it is supposed to be a holiday.

If you are thinking of a winter sports holiday this coming season and you are the active type, it pays to be quite fit if you wish to enjoy your holiday. The main reason is that if you are fit the chance of an injury will be reduced. Injuries often occur when you are tired and as a result careless, so a little bit of fitness can correct this. Too often on a perfect day with superb skiing conditions you see people having to 'sit-out' for a long spell because they are exhausted. This seems a pity when there is so much to enjoy, if only they were a little fitter. How often do we hear at the end of a holiday people saying "next year I am going to get fit first".

One problem people have is deciding when to go. Traditionally February is the best month as there is normally plenty of snow and the weather is improving. Hence this period is becoming the accepted 'high season' and the most expensive. Times have changed and skiing is now within financial possibilities of far more people who have to, or would rather, ski at other times of the season. If you have children of school age you will more than likely want to take your holiday during the Christmas and Easter holidays, when the children can also enjoy the fun of the snow even at a very young age. Christmas can be a good

time to go as more often than not there is good snow, however it can be very cold indeed and of course the days are not so long. Although some years you can get more sunshine over Christmas than any other time during the season, this is the exception rather than the rule, however you should be certain of a few nice days when you want to remember to take the camera. At Easter the weather is much warmer and with longer days you can get more skiing, although you may well find that the snow gets slushy around midday and ices up as the sun begins to set. You must not expect warm sunny days all the time as some of those Easter blizzards can be very nasty. At Christmas you tend to get powder snow and at Easter you get the spring snow -both of which are equally exhilarating. The simple solution to the problem of when to go is to take a winter sports holiday at both Christmas and Easter!



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Scouts

The D.C.s Report

The past month, October, has been very busy for the Leaders in Rheindahlen Scout District, for on the weekend 15-16 October, the District provided the service team at the County Conference. The Conference took as its theme, "SCOUTING IN THE YEAR 2000", and we all took an active part in the sessions, discussing how Scouting will develop in the next 25 years.

Also, the District arranged at the Conference, a radio base when we joined in "THE JAMBOREE ON THE AIR" (JOTA). I wish to express my sincere thanks to our radio operators, John Masters & Colin Eastland, and our expert friends with the technical aspects, without whose help we could not have joined in with JOTA. We manned the station for many hours and spoke to many interesting people around the World in the Scout Movement.

In addition to all this activity at the Conference, the Leaders also addressed themselves to the forthcoming year, and, at the last District Meeting, each unit gave an objective, which they intend to achieve in the forthcoming Scouting Year; thus fulfilling the Districts Motto for 1983-84, "SUCCESS IN 1984"!

Here are some of their aims for 1983-84:

- BEAVER UNIT an outing to Wuppertal Zoo to see a REAL Beaver.
- KESTREL CUB PACK to recruit new Leaders.
- HARRIER CUB PACK each Cub Scout to gain the arrow appropriate to his age, to visit Bochum mine, and to learn about the Green-X code.
- KONDOR CUB PACK to recruit more Leaders.
- BLUE TROOP Scouts, as appropriate, to gain the Advanced Scout Standard, badge courses and more camping.
- GOLD TROOP develop monthly themes, mechanics badge courses, Dads & Lads camp.
- VENTURE SCOUT UNIT to establish a real & lasting contact with a UK Venture Scout Unit, and to increase the Units membership.
- THE DISTRICT to win back the COUNTY COMMISSIONERS CHALLENGE TROPHY which we won in 1982-83, and to give the Units every help and support in achieving their aims and objectives.

So there you are: a really full FUN packed programme for the boy in the SCOUT MOVEMENT in Rheindahlen Scout District. "Good

Scouting" is always a watchword on all our Leaders lips, and we intend to give the lad the Scouting he really deserves.

If YOU would like to be a part of this "GET-UP and GO" District, and perhaps recapture that FUN and sense of achievement you had when you were a Cub or Scout, or even a Brownie or Girl Guide, why not come along and join us either as a Warranted Leader or as a lay helper?

The Rheindahlen Group meets every night of the week at Reading Way, next door to the Rheindahlen Bowl, and the leaders will be very pleased to meet you, or ring:

Kim Allen, Group Scout Leader, RA 4723 or
Graham Cook, District Commissioner, RA 2767

and we will be very pleased to give you further information about SCOUTING in Rheindahlen.

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GUIDES & BROWNIES



The new term started well with everyone eager to get into the swing of things after the holidays, and of course there was some hard work for those Units which had moved from Beresford Road to St Christophers School. However, once "corners" had been established and posters pinned up the rooms lost their strangeness and now have quite a settled feeling.

REVELS

Our Brownies held their Revels on Saturday 17th September and this year these took the form of "Mini Olympics with a new trophy to compete for. This was won by 6th Rheindahlen Pack, Well Done! A big thank you also to the Guiders who organized this event and for making the day so enjoyable. Next year whatever the theme, the Brownies will be trying to get the Trophy into another Pack!

CHURCH PARADE

The District Guides and Brownies joined the congregation of St Andrews Church on Sunday 9th October for the Harvest Thanksgiving Service and we would like to thank the Padres for our welcome. We appreciate how much work was done to put in all the extra seating as well as decorating the Church for the Harvest Festival. An added pleasure for us was seeing the Dedication of two new flags, one for 1st Rheindahlen Guides whose last flag 'had to be retired', and one for 6th Rheindahlen Brownies who were replacing the Pennant normally carried by Brownie Packs.

SORRY

The Across Trust Sponsored Swim report in last month Bulletin should have congratulated Rebecca Hartress, who managed the long distance swim' with Kirsty, and not Annette. We apologise for giving the wrong name - although all the girls did wonderfully well!

The Guide Shop

Block 35 Grenville Road

OPENING TIMES:

Tues and Thurs	9.30 - 11.30
Wednesday	15.30 - 18.00
last Sat in month	10.30 - 12.30

In addition to Brownie and Guide uniforms the shop also stocks many small gift items which make marvellous Christmas stocking-fillers. Items include Annuals, Diaries, Aprons, Bookmarks plus many others.

All profits go to British Guides in Germany.

Rheindahlen District Guides

1st Rheindahlen Guides meets Mondays 6.30-8.30 pm St Christophers School. Guider: Mrs S Ovenden, 3 Dolgelly Walk, Tel.: JHQ 3151 (day)

2nd/3rd Rheindahlen Guides meets Thursdays 6.30-8.30 pm St Christ. School. Guider: Mrs S Scragg, 16 Ottawa Avenue

1st Rheindahlen Brownies meet Tuesdays 5.30-7.30 pm St Patricks School. Guider: Mrs G Quick, 24 Argyll Drive, Tel.: MG 558520

3rd Rheindahlen Brownies meet Tuesdays 5.30-7.30 pm St Andrews School. Guider: Mrs L Baggardige, 29 Flint Drive, Tel.: MG 557739

4th Rheindahlen Brownies meet Tuesdays 5.45-7.15 pm St Christophers School. Guider: Mrs L Earle, 14 Huntingdon Way

5th Rheindahlen Brownies meet Wednesdays 6.00-7.30 pm St Christ. School. Guider: Mrs J Hennem, 32 Devonshire Avenue, Tel.: JHQ 4125

6th Rheindahlen Brownies meet Wednesdays 5.30-7.00 pm St Georges School. Guider: Mrs C Armstrong, 5 Newport Walk, Tel.: JHQ 4125

8th Rheindahlen Brownies meets Mondays 5.30-7.00 pm St Christophers School. Guider: Mrs J Reeves, 14 Auckland Crescent, Tel.: MG 558493

District Commissioner: Mrs J Robb, 1 Dolgelly Walk, Tel.: JHQ 2718 (day) 4627 (evening).

GUIDE

★ Bazaar ★

Saturday 12th November

10-12 am Guide HQ
(dd St. Christophers School)

Please come and support us

WANTED
S.S.A.F.A. HOME HELPS.

There is an on-going requirement for people prepared to work as Home-Help to families in need. Cases of need are determined by the Medical Officer, the S.S.A.F.A. Social Worker or Nursing Sisters. If you think you might be interested, and would like further details please contact Mrs. I. A. Hales, Tel. MG 550226.

Remember, Remember

Guy Fawkes night will be celebrated with a traditional Bonfire and Fireworks display on 5 November. It will take place on the Golf Course near to the Rheindahlen Rooms and the fire will be lit at 6.15 pm. Refreshment stalls selling baked potatoes, hot dogs, soup etc will be open from 5.45 pm. Everyone is invited to attend this family outing. Sparklers will be provided for children.

Please remember that private bonfires and fireworks in your own gardens are NOT ALLOWED under German Law.

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NAAFI NOTE BOOK

by Richard Gaymer

November is once again upon us and Christmas is really just around the corner. Our Toy Fair opened on Saturday the 8th October and has now become well established with the children, particularly Darth Vader who is standing at the door to meet them. The Christmas Star Buys programme has commenced and with 58 items we feel we have something for everybody.

Also within the Durables Department we have recently received six new ranges of soft furnishings. The Furniture Department is on the first floor of the Complex, next to the Accounts Office, so please visit it and see the latest trio range of modular furniture and our lounge suites and corner units. The prices are very competitive with our 3:1:1 beige suite retailing at DM 1480.

We have several demonstrations visiting JHQ in November:

- 3 - 5 November - National Microwave ovens
- Soda Stream
- Croft Products

- 11 - 12 November - Myers Rum Taste and Try

- 18 - 19 November - National Panasonic Video
- Clinic

- 24 - 25 November - Harveys Sherry and Carolans Taste and Try

In the foyer we will be featuring Christmas merchandise, pot plants, flowers etc. A new selection of super-savers will be promoted from 7 November for two weeks and with 22 items included a real reduction in your spending can be obtained. Spanish Oranges will be featured in the Produce section and in the Bakery section the large Chunkie Pies and wholemeal picnic rolls will be on offer.



Cyclists!

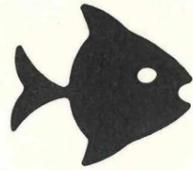
**DARK NIGHTS +
DARK CLOTHES +
NO LIGHTS =**



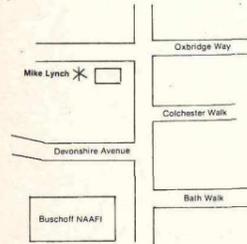
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FOOD FOR THOUGHT

The exact origins of pasta are unknown although records show that it was eaten in Roman times. A popular theory is that Marco Polo introduced it to Italy on his return from China in the thirteenth Century.

In recent years pasta has gained in popularity owing to holidays abroad and the fact that it is so versatile, easy to prepare and economical.

Traditional macaroni has been joined by lasagne, spaghetti, fettuccine, cannelloni, ravioli and tortellini to mention just a few of the many pasta types which have become more accepted in the English home.

You will find below 3 recipes - a starter and two main course dishes - which provide delicious alternatives to more traditional meals.

quantities are given in Imperial with their approximate Metric equivalents. Be sure to use one or the other as a mixture will not give satisfactory results.

Pasta with Walnut Sauce

8 ozs (200 g) pasta shapes
4 ozs (100 g) roughly chopped walnuts
2 ozs (50 g) parmesan cheese

1/4 pt (125 ml) single cream
salt and black pepper
chopped parsley for garnish

Ingredients:

Method:

1. Cook the pasta according to the packet directions.
2. Drain well and add the walnuts, cheese, cream and seasoning. Mix well over a low heat for 1-2 minutes.
3. Serve immediately and garnish with the chopped parsley.

Vegetable Lasagne

6 ozs (150 g) lasagne verdi
1/2 lb (200 g) onions, sliced
1 x 240 g tin tomatoes
6 ozs (150 g) carrots, thinly sliced
6 ozs (150 g) courgettes, sliced
1 tbspn (1 x 15 ml) tomato purée
3 ozs (75 g) Cheddar cheese, grated

salt and black pepper
Vegetable Oil
1 oz (25 g) chopped nuts
10 fl ozs (250 ml) natural yoghurt
2 eggs
1/2 tbspn (1/2 x 5 ml) powered cumin

Ingredients:

Method:

1. Heat oven to 200°C or 400°F or Reg 6.
2. Cook the lasagne according to the packet directions.
3. Heat a little oil and gently sauté the onion, tomatoes, carrots and courgettes for 5-10 minutes. Add the basil, purée and seasoning and continue cooking for a further 5 minutes.
- Season the yoghurt, beat in the eggs, cumin and cheese.
- Using an ovenproof dish arrange layers of lasagne, vegetables and nuts ending with a layer of lasagne. Pour the yoghurt mixture over the lasagne and bake for about 40 minutes, or until set.

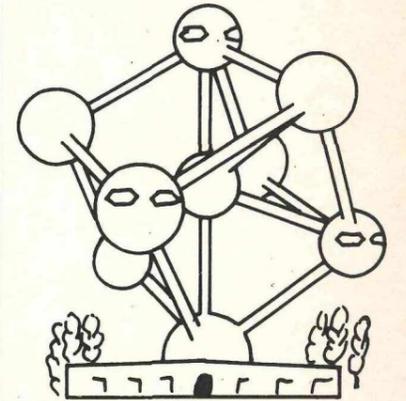
Tuna and Tagliatelli

10 ozs (250 g) tagliatelli
Vegetable Oil
1 clove garlic
6 ozs (150 g) onion, sliced
4 ozs (100 g) green pepper, sliced
4 ozs (100 g) mushrooms, sliced
1 tbspn (1 x 15 ml) tomato purée

1 x 185 g tin tuna fish, flaked
1 x 125 g tin sardines, flaked
1 lb (400 g) fresh or tinned tomatoes, chopped
salt and black pepper
2 tbspns (2 x 15 ml) mayonnaise
2 tbspns (2 x 15 ml) parmesan cheese

Ingredients:

1. Heat a little oil and gently fry the garlic, onion, pepper for 1-2 minutes.
2. Add the mushrooms, tomatoes, fish purée and seasoning. Simmer for 15 minutes.
3. Cook the tagliatelli according to directions.
4. Drain well and stir in the mayonnaise and parmesan cheese. Combine with the sauce and return to the heat to heat through. Serve immediately.



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14

CLUBS AND SOCIETIES

National Childbirth Trust

As you all probably know already, your local group on the NTC meets at least once every two weeks for an informal coffee morning, for mothers with babies and toddlers. We also include a Webb Ivory and Christmas card sale at these mornings, so that we can save that last minute panic at the end of December. Our Ante-natal classes for expectant mums are held in the Church Centre at JHQ from 5.30 to 7.30 on Monday evenings, and anyone who is pregnant is most welcome - fathers can come too! As usual our post-natal classes are running on Thursday mornings at 1000 also in the Church Centre, where new mothers can come for exercise and a crèche is provided for those with other babies. There is always coffee and a chance to catch up on news after these sessions, so do come along.

For further details on all aspects of NTC contact:
Linda Shepherd on MG 47 7357, or Mo Hearn on MG 550996 for Ante- and Post-natal classes Beverly Stedeford on MG 557390 for Breast feeding co-ordination.

RAF Rheindahlen Wives Club

We meet alternate Monday nights at 20.00 hrs at the Sports and Social Club. All RAF, Army and Civilian wives are very welcome. On Monday November 7th we are having a Bonfire Beetle Drive (!) plus the usual raffle and bingo. On Monday November 21st, we will begin preparing for Christmas by holding a Christmas Decoration Workshop. Please also note the date of our Grand Christmas Draw on Monday December 5th with Keith Martin of BFBS who has kindly agreed to come and host the evening for us.

Free transport is provided and collects at the following places and times: Feldstraße 19.05, Webschulstraße 19.10, Burggrafenstraße 19.15, Dorthausen 19.30, St Andrews School 19.45, St Christophers School 19.50.

For further information, please contact Anne Reason (MG 558406).

Mother and Toddler Group

Now open at St Christophers School, Auckland Crescent, Buschhof, Rheindahlen Garrison, every Tuesday and Thursday between 2 and 4 pm for all Mothers to attend with their under 3 year old.

Do come - let the little ones play while Mum meets some new friends. All welcome. Any queries please ring MG 550548 or MG 550358.

Ladies' Squash Club

meets every Wednesday and Friday morning from 9.30 to 11.30 at the Garrison Squash Courts (opposite Theatre). Everyone welcome, including beginners and mothers with small children. Come along and get FIT!

Contact Jane McBean on 02163/3677 for more details.

RAF Rheindahlen Thrift Shop

New opening times

Monday	Closed all day
Tuesday	9.30 am - 12.00 and 2.00 pm - 3.30
Wednesday	Selling and taking in and paying out 9.30 am - 12.00 and 2.00 pm - 3.30
Thursday	Selling only 9.30 am - 12.00 and 2.00 pm - 3.30
Friday	Selling and taking in and paying out 9.30 am - 12.00 and 2.00 pm - 3.30
	Selling only

Have you just arrived at Rheindahlen and are willing to give us 2 hours of your time each week? It is a way of making new friends and we are always looking for helpers. If so telephone: Mrs J- Brook 4163, Mrs J. Eadie 4608 or Mrs A Hodgson 4629.
The shop is situated opposite the side entrance to Cassels House - behind the Naafi Dry Cleaners.

Rheindahlen Wool and Craft Club

(Garrison Parade Ground near the International Restaurant)

Opening Times:

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

New yarns from Wendy plus supporting pattern books are now in stock.

Mr Homes, the Export Manager from Wendy International, is visiting BAOR, and will be in Rheindahlen on 7th and 8th November. If anyone would like to raise a particular point please let the helpers in the Wool Shop know.

New items in stock in the Craft Shop are lampshades, natural hessian, wadding and a variety of toy fillings. We also carry fur squares, canvasses, pearls, ribbons, sequins, braid and felt squares. For macrame, three ply jute is now in stock.

Come along and pay us a visit. Our staff, all volunteers, will be happy to help you.

SCS Ladies Club

Coffee Morning Wednesday 16 November 10-12 noon in the Church Centre. Come and enjoy a coffee and a chat. Old and new members most welcome.

Christmas Market Saturday 26 November 10-12 noon in St Patricks School. Please come and give us your support and make it a memorable occasion. There will be something for everyone at prices to suit all pockets. Maybe we can help solve your Christmas present problems! See posters for details of stalls. All are welcome. Proceeds to go to Children's Charities.

15

The Rheindahlen Slimming Group

Is there a tall, slim blonde struggling within you for recognition? If you have a weight problem, come and join us on Wednesday nights at 8 pm in the Church Centre.
Pay DM 2 per session, to be weighed and have a chat over a cup of coffee.

Rheindahlen Army Thrift Shop

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

RAF Rheindahlen Model Railway Club

Anyone interested in joining as a "professional scale rivet counter", a "knock together DIY handyman" or with any degree of modelling enthusiasm in between should contact the OIC Club and Chairman Sqn Ldr P R Smith (ext 4726) or the Club Membership Secretary WO I A S Harris (ext 4116) for details.

Rheindahlen Area Table Tennis Association

Any service or civilian personnel or dependants who are interested in playing table tennis on a regular basis are invited to join this association.

The association is intended to be for the Rheindahlen area so any persons within reasonable travelling distances of JHQ are welcome to join.

The 1983-84 season starts in October and many new players are needed. Further details can be obtained by phoning Mr David Price (Chairman) on JHQ 3265 or Mr Vince Buller (Secretary) on JHQ 2834.

St Andrew's Youth Club

(Andy's Club) meets at 1900 hrs every Friday at St Andrew's Church Hall during the school term. It is open to all young people aged between 11 and 16 years, irrespective of religious denomination or belief. The meetings last for about two hours and include a range of activities and topics.

Anyone wishing to join the club is welcome to come along or contact Peter Jolly on JHQ 3336.

RAF Rheindahlen Badminton Club

The RAF Rheindahlen Badminton Club meets in the RAF Gymnasium on Monday evenings from 2000 hrs. All people interested in competitive play are invited to come along.

The Families club meets on Friday evenings from 2000 hrs and anyone of any standard is welcome. For further information contact Squadron Leader Bob Rymarz on Ext 4586.

Garrison Karate Club

STYLE SHOTOKAN KARATE
INSTRUCTOR BOB ALAN 2nd Dan (England)
Training Times: Monday Army Gymnasium 1915 - 2200
Wednesday RAF Gymnasium 1930 - 2145
Sunday Army Gymnasium 1000 - 1230
For further details contact Bob Allen JHQ 4180

Rheindahlen Bowl

Welcomes new Bowlers. Find us in Reading Way, opposite the Waterworks on Queens' Avenue.
Casual Bowlers welcome throughout the day and at weekends, league Bowling 4 nights per week, experts welcome!
Book a lane on JHQ 2255, or just come and watch, with a drink at the bar. We look forward to seeing you.

Rheindahlen Tae Kwon-Do Club

Learn the Korean Art of Self Defence. Classes held every Tuesday, Thursday & Friday at Queens School Gymnasium, 1800 hrs till 2000hrs.
Instructors:
Sqn Ldr R Marsden 3rd DAN BLACK BELT
Cpl Phil Meers 2nd DAN BLACK BELT
Mr Morris Matthew 1st DAN BLACK BELT
For further information contact: Sqn Ldr Marsden JHQ 4257; Morris Matthew JHQ 4511; John Martin MG Civ 551303.

Rheindahlen Ladies' Netball Club

Anyone interested in playing netball is very welcome to come along and join us. We train on Sunday evenings, 5.30 - 7.30 pm and on Saturday afternoons 3.00 - 5.00 pm in the RAF gymnasium.

War Games Club

A War Games Club now exists at RAF Brügggen. Rheindahlen personnel and their dependants (over 16 yrs) are welcome to join. Enquiries to Cpl Edney or J T Bagley RAF Brügggen Ext 5251 or 410.

Rheindahlen Bird-Watching Group

Forthcoming events:
Sat 19 Nov 83: Field Trip to the Schwalmtal Fishfarm RV at Cambridge House Rheindahlen at 10.15 hrs, or at GR 987798 (Car Park) at 11.00 hours. Bring some sandwiches!

Sun 4 Dec 83: Field Trip to Bienen and Xanten RV at Cambridge House Rheindahlen at 09.00 hours or at GR 174386 at 10.45 hours. Sandwiches or pub lunch if you prefer.

RAF Officers' Mess Ladies Coffee Mornings

The coffee morning this month will be on Tuesday 15th November from 10.30 am until 12 noon. There will be a creche for young children.

All Mess members' ladies and the ladies of RAF Hospital Wegberg are most welcome.

Next month instead of a coffee morning we hope to have a lunch, probably on 13th December. More details will be on the Mess notice board and in the next issue of the Rheindahlen Bulletin.

PSA Wives Club

Our monthly Coffee Morning will be held on Wed 9th Nov in the Church Centre from 10 am. In addition to the opportunity to meet friends over a cup of coffee we are delighted that Mrs Ann Cipriano has agreed to give us a second talk about aspects of life in America including Thanksgiving Day. We hope that as many Wives as possible will come along, especially new arrivals to Rheindahlen.

We are also organising a day out in Krefeld for shopping on Wed 30th November and so look out for further details in the next Newsletter.

Rheindahlen Volleyball

Any Service or Civilian personnel or dependants who are interested in playing volleyball should come along to the RAF Rheindahlen Gymnasium on Thursdays at 2000 hrs. Beginners and experienced players will be made very welcome.

Ladies Bridge Club

Will meet every Wednesday in B Mess from 1345 - 1645 except 9th November when the AFCENT Ladies are coming to a Bridge lunch. New members are welcome. Enquiries to Marguerite Scott MG 558250.

Rheindahlen Folk Club

Now trying to follow the success of GARY and VERA ASPEY the Rheindahlen Folk Club offers the following UK artists for your entertainment:

On Thursday 3rd November we have the pleasure of presenting COSMOTHEKA (they will make you laugh and entertain you, the newspapers say 'theirs is one of those rare shows which is difficult to imagine anyone not enjoying').

On Thursday 24th November we present a very popular name in the Forces Folk Scene, DOUG PORTER (a highly experienced professional entertainer).

For your diaries we have FRED WEDLOCK appearing in early December (a very funny man from England's West Country whose humour is equally matched by his musical talent; remember 'The Oldest Swinger in Town').

Please look at the Rheindahlen Folk Club posters for more information or contact Chf Tech Mike Edwards JHQ 4663 (daytime) 4574 (evenings).

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CLUBS AND SOCIETIES

MOD Civilians Ladies Club

We would be pleased to see you all at our Coffee Morning on 25 November in the Church Centre, Rheindahlen at 10.30 to 12.00. Mrs Purnell is giving her talk on Corn Dollies this month as she unfortunately had to cancel her booking with us last month.

Friends and children are always very welcome.

Allied Officers' Wives Club

Annual Bazaar

The Bazaar will be held on Wednesday 23rd November, starting at 12 noon. This is a splendid opportunity to buy some Christmas presents, or something for your home. There will be over 30 stalls, selling a wide range of attractive items from ladies' leather fashion accessories to porcelain and Bavarian painted wooden novelties. There is also plenty of time for your husbands to come along after work and buy you something! Please don't forget to bring your I.D. cards with you.

The Christmas tea will be in the Rheindahlen Rooms on Tuesday 6th December, and you will be able to taste all the festive fare produced by our NATO friends according to their traditions. A crèche will be available for the children, but of course they can have a peep at the tinsel beforehand.

Rheindahlen Flower Club

Thursday 10th November 1983

Demonstration by Mrs Gillian French
"Autumn Parade" in
"The Marlborough Club"

Doors open for sales 10.30 pm
Demonstration begins 11.45 pm

Sales tables - coffee - library - raffle - creche
Buy your Christmas presents
New members very welcome.

Duplicate Bridge

Duplicate bridge is played here at Rheindahlen every Tuesday, start 7.30 pm, at the Malcolm Club "Blue Pool" in the Porteous Room. New members are made particularly welcome. If you are interested please contact either:

Phil Rylance, Hostert Mil 26 or MG 558426
or Peter Van Praag, JHQ 2835 or MG 559686



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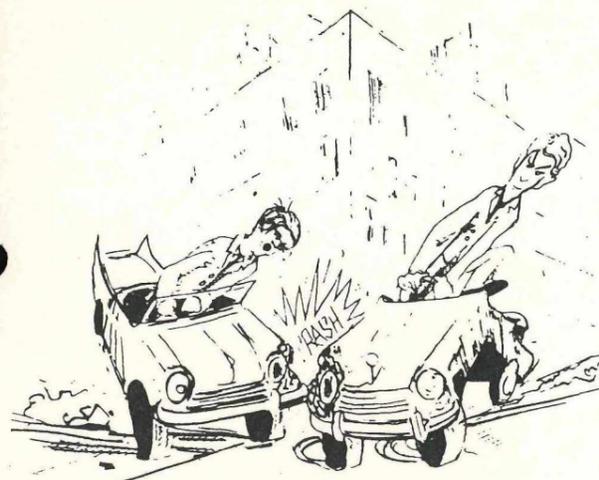
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18

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Branch Office at:

The BP Garage, Hauptstraße, Wildenrath
Telephone: 02432 - 6966 or 9 - 6966 (From any RAF Wildenrath telephone)

Office Hours: Mondays to Fridays 0900-1600 hours

And for my next trick



Deputy Commander's Gardener Retires

On the 30th September, a small presentation ceremony was held at the Deputy Commander's Residence, Cheshire House, to mark the retirement of Herr Wilhelm Krüger after 10 years of Service as the House Gardener. An industrious and humorous character, Herr Krüger is retiring to "look after his own garden" in Hardt and will be missed by the Deputy and Staff alike. Herr Krüger was presented with a Certificate of Service and a small memento from the Deputy Commander and Staff.

DARTS PUB 'Zur Ampel'

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175 SR 14 TL	83,-
185 SR 14 TL	90,-
175/70 HR 13 TL	90,-
185/70 HR 13 TL	99,-
195/70 HR 13 TL	109,-
185 HR 14 TL	127,-
185/70 HR 14 TL	109,-
195/70 HR 14 TL	122,-
205/70 HR 14 TL	128,-

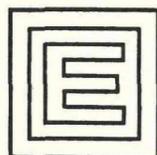
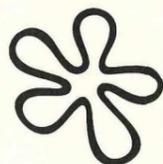
* Additional costs for fitting, balancing, new Valve, disposal of old tyre: DM's 10,50 extra per wheel!

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Home Thoughts From Abroad

Oh to be in England, now that's a bloomin' joke,
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What'd happen to my stereo, my schrank with built-in bar?
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Minister's Wife Tours Hospital



Mrs Susannah Stanley, wife of the Armed Forces Minister, is seen (second from left) in the children's ward of RAF Hospital Wegberg which she toured while accompanying her husband on his visit to British Forces Germany in the last week of September. With her is Sqn Ldr Ann Reid, sister in charge of the ward, and Mrs Carol Livingston, wife of RAF Germany's Principal Medical Officer. The little girl is four-year-old Kellie Stein being kept company by her mother, Mrs Jean Stein.

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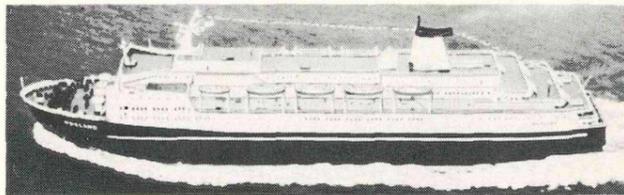
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Flying Start for Rheindahlen Youth Centre

The first of the 1983/84 Divisional Sports competitions were held in Rheindahlen on Saturday 15th October. Rheindahlen Y.C. enjoying home advantage, couldn't have wished for a better start winning all three competitions held on the day.

U15 Rugby 7's - Rheindahlen defeated Mönchengladbach YC by 10 points to 3 in the final.

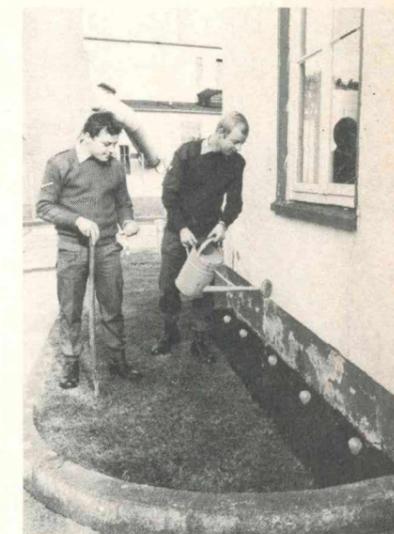
U21 Netball - After a shaky start the netball girls went from strength to strength defeating Wildenrath YC in the semi-finals before comfortably beating Brügggen YC by 11 goals to 3 in the final.

U21 Basketball - After trailing throughout the Final to Willich YC, victory was snatched for Rheindahlen YC with a decisive basket from Captain Steve Harris.

All three teams now go forward to represent Rhine Area at the first Command Finals for 1983/84 which will be held at Dortmund on Saturday November 12th.

Please note: Owing to the popularity of the Junior Club held each Thursday it has proved necessary for the Youth Centre bus to make two trips. This may mean your son or daughter arriving home some ten minutes later. However all children should be home by 21.00 hrs.

A Bright Idea



With the coming of winter the flower beds outside C Coy HQ needed to be sorted out, and new bulbs planted! Recently promoted LCpl 'Jo' Fraser (left) and Cpl 'Les' Allen both Royal Pioneer Corps set about their task.

Asked about the dangers of watering this new type of bulb, LCpl Fraser replied that there was no need to worry as they were well earthed. As a result of their hard work these two armscote NCOs were put on two day light duties.

Autohaus A. Türk



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- Patrick O'Brian - Treason's Harbour
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A diary of the Falklands Field Hospital: a tale of human triumph over the horrors of war.

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From Hannibal's elephants crossing the Alps to Rob the mongrel who made over 20 parachute jumps with the SAS.

The space shuttle operator's Manual, by Kerry Mark Joels and Gregory R Kenndy
This manual is your guide to your flight aboard the space shuttle.

Great Medical Disasters, by Richard Gordon
Richard Gordon's hilarious and comprehensive catalogue of disasters will make you feel great to be alive!

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Rhine Army Theatre Society

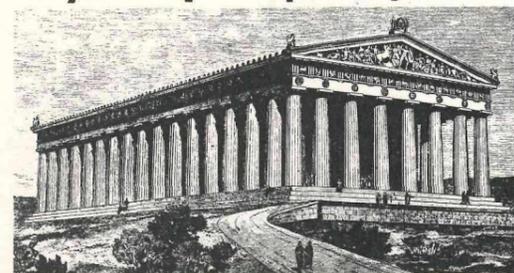
We hope you enjoyed our presentation of "The Noble Spaniard" as much as we enjoyed producing it. You may have noticed the number of people that are required to put on a production and realise that in the Society there really is something for everyone. Now you know where we meet, The Wells Room, please do come along and meet us any Thursday evening at 8.30 pm.

A most sincere apology is offered to Chris Stanner and Graham Adkins, who worked very hard behind the scenes for The Noble Spaniard, and were not mentioned in the programme. Thank you lads for your efforts.

We are already in rehearsal for 'Jack and the Beanstalk', the pantomime for this Christmas season. Lead parts have been cast already but we still need some more assistance in the chorus, stage manufacture and front of house. Most important, we need someone on drums, with drums if possible, telephone Leif Welton on JHQ 2052 or Peter Hewlett on JHQ 2903.

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The Noble Spaniard

The mid-October presentation of "The Noble Spaniard" by the Rhine Army Theatre Society (RATS) marked the first full length production at the Little Theatre, Rheindahlen. It also marked the start of the new theatrical season.

Although the production was not as successful as earlier plays presented by this talented company, it was, nevertheless an enjoyable evening.

The cast was good. Among the men, Peter Hewlett created an effectively pompous and boorish senior judge (Mr Justice Proudfoot) in contrast to the well-defined portrayal of the suave, volatile Duke of Hermanos (the "noble" Spaniard), played by Bryn Peale.

Jan Bradley (Lady Proudfoot) demonstrated her extensive stage craft by introducing a degree of melodrama which, in less experienced hands, could so easily have rendered the part ridiculous. Outstanding debut performances were also given by Pamela Fullerton the young widow (Marion Nairne) and Charles Gallagher (the French Count de Moret) both of whom extracted the maximum humour from their roles.

With less experience, Cathy Hallums (Countess de Moret) and Lorna McLennan (Lucy) played their roles decorously while Kerry Hutchinson (Captain Chalfont) was a convincing, if diffident, Victorian army officer. Dorothea Spiteri (the maid - Mary Jane) played the part with great confidence, demonstrating the importance of "strength" in the smaller parts where concentration can so easily lag. Each of these players brought an essentially "English" atmosphere to the presentation.

Although the script was witty and crisp it was by no means as poignant as Somerset Maugham's other works. The plot relied to a great extent on dramatic irony based on misidentification in which everyone became compromised. It lacked the unexpected twist in the plot, however, which is normally associated with this particular master writer.

The costumes were very appealing and representative of the mid-19th century. Those of the ladies, particularly, were colourful and beautifully worn - not always easy in a period play.

The shortcoming of this play, uncharacteristically for RATS, was in the set. Even accepting the problems associated with the stage in the new theatre (where the proscenium is low in proportion to its width, and the cast is in close proximity to the audience), the design and construction fell short of the high standards we have associated with this society in the past.

In the opinion of this critic, at least, the pale green walls and general furnishings were too sparse and modern to create the atmosphere of an Victorian French holiday villa while the width and height of the stage were incompatible with the creation of a high walled room typical of the period. Worse, the top of the set was clearly visible from the back row of the audience and the set was sufficiently insecure to allow the walls to shake when the bell was rung and the doors closed.

Doubtless the clever set designers and constructors we have in Rheindahlen will overcome the problems of the new stage but this production certainly suffered as a result of the move from the main theatre. Notwithstanding this it was good entertainment. JANUS

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It'll never happen to me A Cautionary Tale for Skiers

As a skier of some 27 seasons experience, including some gentle racing and qualifying as a dry ski slope instructor, the bad accident was never going to happen to me. So it was not only painful, but a great blow to my pride, when on the first day of my holiday in March afternoon it did. I fell, my safety binding did not release, and the resulting tearing feelings from a knee told me that my skiing holiday was over. This short article is intended to help others, firstly to avoid such a horror, and secondly to know what to do for the best if the worst happens.

Firstly, of course, prevention is better than cure. Here I can only repeat the skiers safety rules -

- a. Ensure your safety bindings are modern and are correctly adjusted. Mine were old and, though I had trusted them up till the accident, when really needed they did not release in a slow rolling fall.
- b. On your first day out be prepared to stop skiing early and, if snow conditions are anything but perfect, go down on the lift. Afternoon snow in March can be heavy and difficult for first day muscles.
- c. Don't ski alone - it doubles your difficulty if you get in trouble.
- d. Get fit beforehand. Wintex had prevented me doing my usual preparations, and I am sure this contributed to the accident.

As a separate item in your preparations for your trip do not forget to insure yourself (and your family) against accidents. The degree of cover you need depends on where you are going. On official leave within 50 miles of the West Germany border (which covers many of the popular Tyrolean resorts) medical expenses will be met by the Service, but you still need insurance to meet costs of recovery from the hill, ambulances journeys home and so on. You are also unwise not to have third party cover (lest you should be sued for damaging someone else) and insurance against theft of, or damage to, your equipment. German policies issued by ADAC and the Deutscher Ski Verband (The German Ski Association) fill the bill adequately for these "within 50 mls" holidays. If you are going further afield you need a minimum of £ 3000 worth of medical cover too (ideally more). NAAFI has such policies. If going to EEC countries (not Austria) you should have a matter of course, your EEC 111 Certificate of Entitlement.

Now, should the worst happen to you (as it did to me) what should you do? Assuming you are conscious, first immediate actions are to get skis off, if the bindings have not already released, and loosen boots. Assuming no breaks - just internal tears or sprains (which you will feel, I can assure you) I had always believed in getting the affected part under snow as quickly as possible to limit internal bleeding: it seems to work for small sprains. The surgeon later told me that he sees no advantage in this; indeed it carries with it a risk of frostbite. If there are breaks, stay as still as possible. Summon help immediately you realise you cannot move on your own. Shock will take over and protect you from the worst pain; in shock remember no alcohol, just warm sweet drinks if you are offered, and refuse even these if you know something is broken. You may need an operation under anaesthetic so 'nil by mouth'. The rescue services are very quick once summoned, and the ride in the 'blood wagon' is quite comfortable

considering you go down headfirst! You will be asked at some time whether you want to go to the doctor - the answer of course must be yes.

The doctor, who sees lots of ski injuries, will certainly speak English and will probably give quite an accurate diagnosis of your problem. (He will also, if you ask, give you a certificate enabling you to reclaim the unexpired costs of your liftpass and ski school tickets). If immediate hospitalisation is needed you will not have much to say in the matter. However, you should try, as soon as possible, to have your home-base Station Medical Centre or MRS contacted with details of your problem. It could will be cheaper for your insurance company for you to be recovered immediately to your local military hospital than for you to spend time in a fee paying clinic first, and still need special ambulance or air fares home. In some cases it could also be in your own interests: in a local clinic you not only face the loneliness of a language barrier; you also risk having a more elaborate cure imposed upon you (because the insurance is paying) than is necessary. The British military hospital on the other hand has three huge advantages: you are among other English speaking patients; the medical skill available to fix skiing damages is at least as expert as you will get anywhere else (and has a vested interest in getting you fit again); and the accent in the treatment is heavily on physiotherapy. I was doing exercises to preserve the muscles in my legs even before my operation, and again immediately afterwards, which significantly improves overall the chances of a quick recovery.

If you have to make a decision whether to come back for treatment or to stay in a local clinic, remember that from most places where we go skiing there is a handy railhead from which you can get a night sleeper to most major cities in the north. With judicious use of ambulances and trains you can get to somewhere within striking distance of home from where, with a bit of pre-planning, you can be collected and delivered to your local military hospital. Remember too that the service takes no responsibility for your recovery from your resort back north. It is therefore imperative that your insurance covers this.

I hope these words of advice and warning will help others to avoid a skiing injury altogether, or at least to take the most sensible actions if it happens. There are two crucial factors: one is insurance - never ski without it. The other is a defensive attitude to skiing. Better to sacrifice 15 mins on the slopes than put up with an operation, two weeks in hospital, eight weeks in plaster, and 4-6 months of physiotherapy to get things working again, in my case well enough for everything except skiing. Don't think 'It'll never happen to me' - it can!

*Note on Insurances: 1&2 are only applicable to the 'within 50 mls' case.

1. ADAC Winter Sport Versicherung (ADAC member only) DM 32 per person per year covers Ski breakage or theft, Rescue/recovery costs up to DM 1500, third party and legal costs. From all ADAC offices.
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3. Winter Sports Insurance Policies from NAAFI or local travel agents, including full medical cover, cost about £ 8 to £ 10 per person for 2 weeks.

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100 km of Blisters and Sweat raise DM 2,500 for Handicapped Children



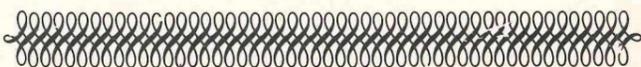
Captain Meecher presenting the cheque for DM 2,500 to Sister Anna and one of the children. Photo by PR HQ BAOR

In scorching heat, with temperatures around 37 degrees centigrade, eleven people from 32 Postal Courier Squadron Royal Engineers, completed a 100 km walk, over the weekend 30/31 July, starting and finishing at Hardt. The six Sappers and five WRAC walked 60 km on Saturday, and 40 km on Sunday to raise money for St Josef's Haus, a residential home run by nuns for mentally handicapped children.

The home, originally for old people, was built in 1869. It became a home for handicapped children, and the number of residents grew and grew. Today the home has 210 children living here, 200 boys and 10 girls, their ages ranging from 3 years upwards. There are 65 full-time staff to look after the children, but the home receives outside help from many willing volunteers.

The walkers wanted to donate the money to a German charity, as the felt English charities already received a great deal of help, and St Josef's Haus seemed to be a very deserving cause. When all the money pledged had been collected, the grand total of DM 2,500 was raised. The sponsors came mainly from other Post Offices in Germany, but also from family and friends of the walkers.

Captain Graham Meecher, one of the walkers, was able to present the cheque along with a photograph of the walkers to Sister Anna, the Mother Superior of St Josef's Haus. She said the money would be put to good use buying toys and equipment for the home.

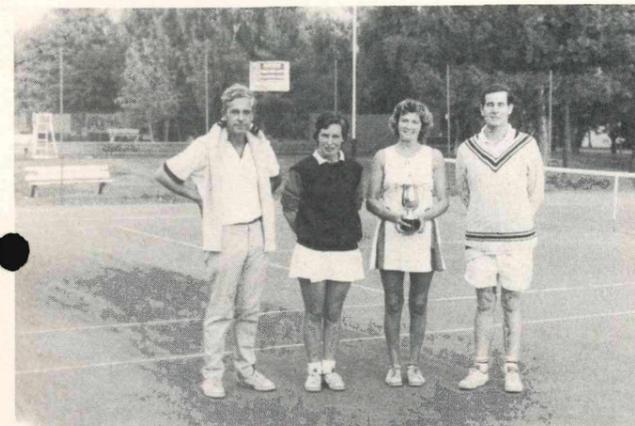


Garrison Tennis

The last event in the Garrison Tennis calendar was the 'Husband and Wife' tournament which was held on Saturday 24th September in, at times, lovely sunshine. This was another 'first' and was a follow up to the 'Parent and Child' tournament held in August. This time couples were competing for the 'HQ BAOR Garrison Tennis Challenge Cup'.

The 12 pairs were divided into two groups and having played each other pair in their group, the winners and runners up played against their opposites in the other group. Both the semi-finals were close and ended in 6 - 4 wins. In one Major and Mrs Conington beat Colonel and Mrs Carey, and in the other Colonel and Mrs Saunders beat Brigadier and Mrs Koe. The final was a good match in which there was some excellent Wimbledon style doubles play to enthral the spectators. In the end the Coningtons - tipped as the No 1 seeds due to their very steady play - proved a little too strong for the Saunders and hence took the trophy.

It was rather sad that there were no young couples on court for there was no man under 40 and some were over 50. There were, however, many ladies well below 29!



Colonel and Mrs Saunders, the runners up, with Major and Mrs Conington, the winners.

The tournament did not end with the prizegiving for later there was a keenly fought competition between the winners, the runners up, and the organisers on who could persuade and encourage the Conington's Dachshund out from under a tennis shed. After whites became grey, and a light brown dog became a dark brown dog success was achieved and no tie-break was necessary.



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Across Angle



SAC Steve Mawdsley (left) and Cpl Derek Smith of Rheindahlen compete the sponsored fishing competition at Venekotensee.

Photo by HQ RAFG PR, Cpl Derek Booth

A 24-hour sponsored fishing competition in aid of the Across Trust, a charity which takes disabled people to Lourdes and on continental holidays in specially adapted vehicles, was held by RAF Germany at Venekotensee near Elmpt.

The competition, in which teams of two fished non-stop for 24 hours was won by Junior Technician Kirk Wood and Herr Bernhard Bronowski of RAF Wildenrath with a catch of 57 lb 4 oz. Runners up were Chief Technician Reg Breeze-Hatchett and Cpl Denis Liddel of RAF Brüggen. The amount raised will not be known until all the sponsorship money has been collected but is expected to be in excess of DM 3,000.

A spokesman commented that conditions were unfavourable at the start with bright sunshine and clear water and only small roach biting. Later conditions improved and larger carp were being taken, notably a 12 pounder by Cpl Derek Smith of RAF Rheindahlen. Another lull followed with a sharp drop in temperature in the small hours again things picked up and it was then Kirk Wood struck into "the big one", a carp which weighed in at 16 lb.

The competition was organised by Warrant Officer Pete Goodwin and Sgt John Duncan of RAF Brüggen and prizes were presented by Air Commodore Bill Milne.

JHQ International 25 km Road Race '83'

The third JHQ International 25 km Road Race will take place on Sunday 27 November 1983. The start, from outside the JHQ building, will be at 1300 hrs. A new course of two 12,5 km circuits through the surrounding countryside has been chosen for this year's race. There will be prizes and all finishers will receive a leather bound memento depicting the JHQ building, the event title, and a certificate of completion.

Entrance fee is DM 10,- in advance or DM 12,- on the day.

Entry forms will available from late October from: Mr David Haigh, (Competition Secretary), Education Branch, HQ BAOR, Telephone: JHQ 2805.



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SPORTS-PAGE

Rheindahlen Rhinos

We have had a good start for the season by running an Inter-Garrison Rugby Festival. Training has been going on since mid August.

On Sunday 11 September we were glad to see the Paderborn, Düsseldorf and Münster Garrison sides arrive in Rheindahlen for the first ever Inter-Garrison Rugby Festival. By playing each other we had six spirited games of 15 minutes each way and the Dragons finished top of the league. As a finale two Rhine Area sides from the combined Dragons and Rhino teams, played two 'Corps' sides from a mixture of the Paderborn/Münster sides. It was a most enjoyable day's Rugby and an excellent pipe opener to the Season. The Rhinos hosted the event which was the brainchild of our Captain, Major Ian Milne, and who was responsible for the organisation. We are grateful to him for all his work and hope we can build on this beginning for a larger event next year.

On Saturday 17 September we played a friendly match against our old rivals the Base Ammunition Depot (Bracht). It was a particularly good day for us for a number of reasons. To begin with we won by 30 points to 3 - a good start to the Season. Then there was some good basic rugby played. The Forwards showed a nice blend of fitness, aggression and thought and the Backs spirited and lively running. What was especially welcome, however, was the turnout from all parts of the community in Rheindahlen. Representatives played from Kent and Queens School, Civilians, NORTHAG (American and Dutch), the RAF and the Army. We are now on the lookout for some German civilians.

If anyone is interested in Rugby in any way; playing, coaching, administering or simply watching you will be made welcome by the RHEINDAHLEN RHINOS RUGBY CLUB, Contact numbers are:

Captain Maj Ian Milne JHQ 2993

Secretary Lt Col Sid Thomas JHQ 2472

Coach WO1 George Turnbull JHQ 2910

Training: Tues/Thurs 1730 hrs Army No 1 Pitch

Fencing - A modern sport

The Rheindahlen Fencing Club has resumed fencing on the new club night of Thursday. We meet at 2000 hrs in the Queens School Gymnasium. If you haven't fenced for years, then its time to look out your kit; come along and rejuvenate your fighting spirit! We are open for beginners too. Just come along; we will provide the kit and the instruction. The club is open to all fencers in the Rheindahlen Area - including Wegberg/Wildenrath/Birgeln/Brüggen/Bracht, whether Army, Air Force or civilian, although dependants should be over 14 years old.

Sqn Ldr Parker will answer any further enquiries on JHQ Ext 2279.

Sport Fixtures November 1983

Sports fixtures booked to take place on Army Sports Fields during November 1983 are as follows:

Hockey		
2 Nov 83	Garrison 'B' v RAF Brüggen	Top Shale 1400 hrs
2 Nov 83	68 Sqn RCT v 3 Armd Div Tpt Regt RCT	Lower Shale 1400 hrs
9 Nov 83	Garrison 'A' v HQ AFCENT	Top Shale 1400 hrs
16 Nov 83	Garrison 'B' v 68 Sqn RCT	Top Shale 1400 hrs
16 Nov 83	Service Schools NWE Senior	Girls Festival Grass & Lower Shale 1000 hrs
23 Nov 83	Garrison 'A' v CPO BAOR	Top Shale 1400 hrs
23 Nov 83	68 Sqn RCT v RAF Brüggen	Lower Shale 1400 hrs
26/26 Nov	Int. Division/Rhine Area Tournament	Both Shale 0930 hrs
29 Nov 83	Service Schools NWE 2nd Year	Girls Festival Grass & Lower Shale 1000 hrs

Football		
15 Nov 83	BAOR v FC Viersen	Main 1500 hrs
16 Nov 83	BAOR v Fort. Mönchengladbach	Main 1400 hrs
23 Nov 83	Garrison v 36 Sqn RCT	Main 1400 hrs

Rugby		
12 Nov 83	Rhino's 2nd XV v 7 Sig Regt 2nd XV	B 1430 hrs
19 Nov 83	Rhino's 1st XV v 16 Sig Regt	A 1430 hrs
26 Nov 83	Rhino's 1st XV v RAF Brüggen 1st XV	A 1430 hrs
26 Nov 83	Rhino's 2nd XV v RAF Brüggen 2nd XV	B 1430 hrs

PRUDENTIAL



Mr Michael Turner your own local man from the PRU is available to advise you on any of the following matters:

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For further information on any of the above fill in the tear of slip and return to:

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or telephone: **02434/6399**

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CINEMA PROGRAMME

T 1	NIGHT SHIFT - comedy (Henry Winkler, Michael Keaton)	15
2/3	CAT PEOPLE - sexual adventure (Nastassia Kinski, Malcolm McDowell) DEATH VALLEY - psychological thriller (Paul Le Mat, Catherine Hicks)	18
F 4	SSVC BINGO	18
Sa 5	Matinee: WHERE'S JOHNNY?	U
Sa 5	ANNIE - musical (Albert Finney, Carol, Burnett)	U
6/7	BEST LITTLE WHOREHOUSE IN TEXAS - musical (Burt Reynolds, Dolly Parton)	15
T 8	THE WINGED SERPENT - horror (Michael Moriarty, David Carradine) DEFIANCE - thriller (Jan-Michael Vincent, Art Carney)	18
9/10	THE HUNGER - terror fantasy (Catherine Deneuve, David Bowie)	18
F 11	SSVC BINGO	18
Sa 12	Matinee: HIDE & SEEK	U
Sa 12	PLAGUE DOGS - animated adventure	PG
13/14	HANKY PANKY - romantic thriller (Gene Wilder, Gilda Radner)	15
T 15	ALONE IN THE DARK - horror (Jack Palance, Donald Pleasence) JUST BEFORE DAWN - mass murder thriller (George Kennedy, Gregg Henry)	18
16/17	FLASHDANCE - drama (Jennifer Beale, Michael Nouri)	18
F 18	SSVC BINGO	15
Sa 19	Matinee: ONE HOUR TO ZERO	U
Sa 19	TAPS - dramatic adventure (George C Scott, Timothy Hutton)	PG
20/21	THE YEAR OF LIVING DANGEROUSLY - romantic thriller (Mel Gibson, Linda Hunt)	PG
T 22	THE VERDICT - drama (Paul Newman, Charlotte Rampling)	15
23/24	ANDROID - sci-fi adventure (Don Opper, Klaus Kinski) DEATH THREAT - thriller adventure (William Smith)	15
F 25	SSVC BINGO	18
Sa 26	Matinee: KADOYNG	U
26/27/28	OCTOPUSSY - James Bond adventure (Roger Moore, Maud Adams)	PG
T 29	10 TO MIDNIGHT - thriller (Gene Davis, Charles Bronson) BODY & SOUL - boxing drama (Leon Isaac, Jane Kennedy)	18
W 30	MONTHY PYTHON'S MEANING OF LIFE - comedy (John Cleese, Graham Chapman)	18

Evening Performances at 7.30 pm, Matinees at 10.30 am
SSVC Bingo: doors open 7.30 pm

Film Certificates:

U Suitable for universal viewing; PG Parental Guidance suggested; 15 Minimum age for viewing is 15 years; 18 Minimum age for viewing is 18 years.

IN VIEW - IN VIEW - IN VIEW - IN VIEW

by Paul Butland

In **The Night Shift** Henry Winkler of "Happy Days" fame appears as a mortuary attendant who turns the morgue into the headquarters of a call girl racket.

Cat People: Malcolm McDowell and Nastassia Kinski star as the children of a circus couple who, after years of separation, are reunited to discover the violent and erotic secret of their ancestry as the brother seeks to convert his sister into a full-blooded cat person.

Annie transfers the successful stage show based on the American strip cartoon to the silver screen: Carol Burnett starts as the evil Miss Hannigan and Albert Finney sings and dances his way into the film awards as Daddy Warbucks, the eccentric millionaire. Eileen Quinn appears as Annie.

The Hunger, or "Countess Dracula meets She". Catherine Deneuve is an ancient Egyptian princess kept alive in present day New York by her hunger for fresh flesh. This Gothic banquet provides all the bad dreams which come from eating too much too late.

Flashdance: a fairy-tale film somewhere between "Saturday Night Fever" and "Fame". Beautiful Jennifer Beals stars as a girl from Pittsburg who wants to become a dancer. With a little help from her boss she is given a ballet audition and she is on her way. Not a novel story but backed by a zingy score and smart choreography an entertaining film.

The Verdict: Paul Newman stars as broken-down hack lawyer going royally into battle for the first time in many years. The case is one of medical malpractice involving an expectant mother turned into a cabbage by an anaesthetist's mistake in a hospital which doesn't intend to lose its reputation or its income. Faultlessly directed by Sidney Lumet.

Android marks the directorial debut of Aaron Lipstadt in a film co-produced by Roger Corman. Corman made his name through high standards of production on low budget films. Android shows the same skill. It takes place on a space station where Professor Klaus Kinski is refining his work on robotics when he is disturbed by three escaped convicts...

Octopussy: for me Ian Fleming's James Bond bowed out with Goldfinger, the third and most successful of the Bond films. After making money, became topping the thrills of the previous film. In Octopussy Roger Moore is not required to do much more than operate the gadgets, which gives a new meaning to the spy world term 'operator', but the film is lavish, the locations exotic, the girls gorgeous and the civilians as villainous as ever. It may not be Fleming but it is fun.

Monty Python's Meaning of Life. There is no middle way with Monty Python; you are with them or against them. Similarly there is a little chance of converting one group to the other. If you don't like them then please turn to the Vitatone adverts on the next page. Are you still with me? Good. Meaning of Life reverts to the anarchic format of the TV series where one sketch collides with another in a surrealist stream of comedy. When the film opened in London the howls of laughter were joined by howls of protest but it would not have been Python if their fun was not misinterpreted by myopic bigots, would it? (know what I mean?).

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The Rheindahlen Bulletin

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