



The Rheindahlen Bulletin

NO. 110
AUGUST 1979

IMPORTANT ANNOUNCEMENT

FROM

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Editorial

As this apology for a summer wends its way towards autumn (O, where is the sunshine of yesteryear?) many of Rheindahlen's citizens seek their golden tans at far-flung beaches and lakeside resorts. For those families, however, who may be home-based during the school holidays, interesting diversions and activities have been arranged by the Youth Service. Boredom should be an unknown state amongst the young in the weeks ahead.

Looking forward to September, classes in the Army and RAF Education Centres offer opportunities for both mind-stretching and therapeutic occupations. Copper Beating or Colloquial German — the choice is yours. Next month we shall publish details.

And now for something like a gripe: in our mailbag and on our telephone we have received several complaints about anti-social behaviour of various kinds. Vandalism is not rife here, but it does exist. If energies could be directed into other channels the good standard of community relations would become even better.

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

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**ALL ADVERTISEMENTS MUST BE RECEIVED BY THE 9th AUGUST
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NEXT BULLETIN.**

ADDRESS: Co-Editors, Rheindahlen Bulletin, 34 AEC, BFPO 40, Tel. 2066.

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FRONT COVER: Dolls of the World by St. George's School

SGT „PETE” MARSH

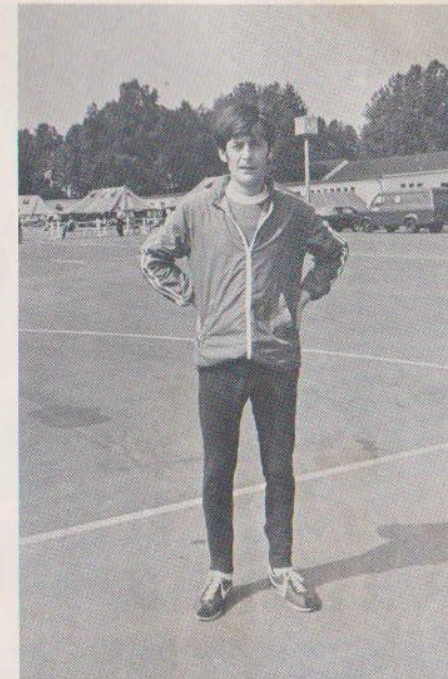


Photo: HQ BAOR PR

Sergeant "Peter" Marsh, Ord Dte, HQ BAOR, who began the long Rheindahlen March (forty kilometres) at 0700 hours and finished it at 0930 hours. His total time of two and a half hours is the fastest since the Marches began in 1967.

WHAT KEPT YOU, PETE?

**MAY WE ASK YOU ONCE AGAIN TO TYPE ALL
MATERIAL FOR PUBLICATION!
THANK YOU. — EDITORS.**

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 Maj. M. McManus (RA 2842) or Herr Schwierzy (RA 2066).

The Editors hereby declare that the publication of an advertisement in the Bulletin in no way indicates or implies sponsorship by MOD or by any Service Establishment or Unit, of the advertiser or of his product or service advertised, nor will the Editors, Staff or any Service Authority become involved in any dispute arising out of any advertisement appearing in this magazine. Furthermore, the Editors reserve the right to omit, amend or edit any advertisement, at their sole discretion, without liability.



The 'Way Trophy' (a trophy donated by S/Ldr Way on his departure to the UK) was presented to SAC George Frizzle by the Commanding Officer of RAF Hospital Wegberg, Gp. Cpt. G. Livingston, on Monday 25th June 1979 in the Amenities Centre. SAC Frizzle, the Wegberg team goalkeeper is the first winner of this trophy. Photo: RAF PRU



RAF WALKERS AND DANCERS RAISE £3,500

Non-stop walking and non-stop dancing for 24 hours — such hectic activity on the part of determined Royal Air Force personnel and civilians at RAF Hospital Wegberg has helped a one-year-old Norwich girl to get a new 'bionic' arm. The wonderful Wegberg effort has raised about £14,350 (approx £3,500) for the organisers of the fund set up to send Karen Cotterill to Sweden for the operation which could change her life. Thirty-two-year-old Sergeant Paul Duxbury, is the man behind the Wegberg drive to help Karen, whose case was supported initially by professional entertainers in the Norwich area.

The walkers tackled the Grenzland Ring (better known to most serving personnel in the area as the 'Wegberg Ring') a former road-racing circuit. Four men set out on a Friday evening at 6 p.m. to tackle the 5.7 mile circuit and 24-hours later 44-year-old Warrant Officer Michael Nixon, the hospital warrant officer, led the determined band with 65 miles to his credit. Teams of officers willingly helped with 'invigilation' and as the sponsorship money rolled in the Wegberg staff realised they had succeeded beyond their wildest dreams. "If our efforts help a little girl to grow up enjoying a happier life this will bring pleasure to everyone who took part", said Sgt Duxbury.

Lady Terry, the Wife of Air Marshal Sir Peter Terry, C in C RAF Germany, photographed with Group Captain G. Livingston during a recent visit to the Hospital.



Photo: Bob Hopkins

WEGBERG PAGE



Photos: RAF PRU

The Karen Cotterill Appeal walkers and dancers after presentation of their commemorative medals by RAF Hospital Wegbergs Commanding Officer, Group Captain G. Livingston.

Standing L to R: — SAC David Kerr, SAC Larry Gladwin, SAC Mike Hughes, Wg. Cdr. Tom Rogerson, Sgt Graham Barbary, SAC Dave Olley, WO Mike Nixon, SAC Pat Gilpin.

Seated: — Miss Pia-Angela Dewdney, Sgt Paul Duxbury (appeal organiser) Gp. Capt. Livingston, SAC(W) Sue Houghton, SAC(W) Liz North.



6. BICYCLES

'Cycle paths have the same priority as the road alongside which they run, which means that turning traffic must be prepared to give way to cyclists travelling over the junction. Special care is required at roundabouts.'

'A cyclist intending to cross the road from one cycle path to another must do so without endangering or impeding other traffic and he must remain on the right of motor vehicles which are turning in the same direction.'

The above few words are almost all we are given for guidance under the heading CYCLING in our Road Manual BFG Publication B6. The last sentence is, in my view, a little misleading and in any case, not always possible within our 'township' at Rheindahlen.

If any reader who is also a rider is in any doubt about the correct course to take on any of our junctions within the camp area, he or she can ring me on EXT 4389 and I will send a sketch of the junction showing the best course of traverse with points at which particular observation should be made.

A message now for all the dads amongst us. The school holidays are again with us and all those high mileage little bikes that recently have only been used after school, will now be pressed into full time service again.

Please spend a little time and effort ensuring they are fully serviceable. An hour spent with a few spanners, an oil can and perhaps a couple of new parts could mean the difference between life and death!

I know there are plenty of 13 year old 'engineers' about, but when they have finished — YOU check it out! You may find only a mis-aligned, half tightened wheel, but it will be worth it.

Seen from my back door this week . . .

A 'chopper' type with hardly any saddle or tyres left.

Another with no handlebar grips or secondary brake or lighting.

A 'middle size' bike with no mudguards, no light and no front brakes.

A little girl painfully 'pulling' muscles every time her slack chain went over the top of the sprocket.

A tiny chopper type bike with big brake levers — out of reach of tiny fingers!

A 'made it all myself' bike . . .

A 'racer' with the handlebars upside down . . .

I'm not making this up folks, believe me, I could go on.

Finally for drivers;

DON'T BE LAY WHEN TURNING LEFT OR RIGHT GET YOUR HEAD ROUND AND KEEP THAT CYCLIST IN SIGHT!

NEXT MONTH: — FATIGUE.



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The Supercooks Column

As a follow up to last month's barbecues I will give some recipes for Summer salads. Very straight forward salads are always appreciated but why not introduce a touch of exoticism which will then turn a simple salad in to a great dish? An important factor is to always serve them nice and cold (the potato salad being an exception, is its nicest with a few spoonfuls of warm white wine poured over the potatoes just before you add the vinaigrette).

SALAD DE CHAMPIGNONS

for 6:

500 gms (1 lb) mushrooms
Oil, vinegar, salt, pepper, parsley.

Wash your mushrooms carefully in water with a few spoons of vinegar, after cutting off the sandy part. Pat them dry and cut them in to fine slices. Keep in an airtight container so they don't go brown.

Prepare a vinaigrette which you will add to your mushrooms just before serving. Sprinkle with parsley.

You can replace the vinegar by the juice of two lemons or instead of a vinaigrette serve it with a garlicky mayonnaise.

For a more sophisticated version add a small pot of cream, little fried croutons, walnuts, chopped chives and sprinkle with paprika.

SALAD MEXICAINE

for 6:

1 lettuce
Small packet frozen peas
1 tin of artichoke bottoms
2 small packets of frozen corn
1 teaspoon of mustard
3 tablespoons lemon juice
4 tablespoons olive oil
1 tablespoon chopped parsley
salt and pepper to taste

Wash and prepare lettuce leaves. Cook peas and corn for a short time, leave to drain.

Prepare sauce with mustard, lemon juice, olive oil, salt and freshly ground pepper.

Put your lettuce, corn and peas in to a salad bowl, cover with sauce and mix delicately.

Sprinkle with chopped parsley. (In the true Mexican Salad one should use fresh coriander leaves). Serve quickly.

SALADE ESPAGNOLE

for 6:

400 gms long grain rice (approx 1 lb)
1 small green pepper
1 small red pepper
1 small tin asparagus tips
1 small tin artichoke hearts
1 large orange
100 gms (3 ozs) black olives
100 gms (3 ozs) diced cooked ham
1/4 litre (1/2 pint) mayonnaise
3 tablespoons lemon juice
salt and pepper

Cook your rice for 20 mins, rinse it in cold water and drain well.

Grill your peppers so that the skin cracks and peels off. (This also cooks them a bit and makes them more digestible). Open them and remove the pips, cut them in to fine strips.

Drain the asparagus tips and the artichoke hearts which you then quarter. Peel the orange down to the flesh so as to get rid of all the white skin, dice it. You can remove the stones out of the olives if preferred. When your mayonnaise is very firm, mix in the lemon juice, salt and pepper.

Take a large salad bowl, put in all the ingredients (leaving the asparagus tips till last for decoration) mix delicately with the mayonnaise. Serve very cold.

SALADE HONGROISE

for 8 to 10 people:

2 kgs (4 lbs) little potatoes, cooked with their skins.
10 eggs, hard boiled
10 shallots
200 gms fresh cream
1 lemon
2 tablespoons mild paprika
salt, pepper, parsley, tarragon.

Peel the potatoes, slice them in rounds. Chop finely the shallots and the hard boiled eggs and add to the potatoes.

Mix delicately the cream with the lemon and add salt, pepper and paprika.

Pile your salad into a dome shape and sprinkle lavishly with finely chopped parsley and tarragon.

Françoise Murcott

EXERCISE HADRIANS WALL

The Joint Transport Company is an international unit which participates regularly in marches in Belgium, Holland and West Germany. To complete the aim of marching in each of the four countries represented by the unit, 20 soldiers of HQ NORTHAG/TWOATAF Transport Company were taken to England for Exercise Hadrians Wall.

The party consisted of soldiers from Belgium, West Germany, The Netherlands and the United Kingdom who walked the route of Hadrians Wall from Lannercost to Portgate, a distance of some 70 kilometres.

The unit were joined on the march by TAVR volunteers from 201 (Northern) General Hospital (V) and 308 (City of London) General Hospital (V) — a total of about 60 men and women representing the Royal Army Medical Corps, Queen Alexandras Royal Army Nursing Corps and the Womens Royal Army Corps.

Exercise Hadrians Wall was the brainchild of WO2 (CSM) Ray Fox RCT of HQ NORTHAG/TWOATAF Transport Company who arranged with 201 (Northern) General Hospital RAMC (V) for exercise support in UK. The NATO team departed from JHQ on Wednesday 20 June 1979 and arrived at Fenham Barracks, Newcastle (the home of 201 Northern) General Hospital RAMC(V) on the afternoon of Thursday 21 June 1979. That evening they were given a lecture accompanied by slides of Hadrians Wall which proved to be most interesting.

On the Friday morning the NATO party moved to Carlisle to be in position to start the walk early Saturday morning. Much to their surprise and delight they were accommodated overnight in Carlisle Castle and were able to explore at their leisure.

The march commenced early on Saturday morning under an overcast sky. Marchers were divided into two sections of NATO troops and six sections of TAVR volunteers. The two NATO sections were led by Feldwebel Zerres of the German National Detachment and Korporaal Nelissen of the Netherlands Platoon, HQ NORTHAG/TWOATAF Transport Company accompanied by Lieutenant George Davidson RAMC(V) together with Lieutenant Bill Houlston and WO2 (CSM) Ray Fox (both from Transport Company) just in case! After a few minor detours they found themselves marching east but with no sign of Hadrians Wall (most of which had been used by the local villagers to build their homes and churches).

Once they had passed through their second checkpoint at Birdoswald they found themselves in the unpopulated, wild, hilly areas of the North of England surrounded by some of the most scenic country there is. Unknown to them, the next ten miles were to challenge their new found zest by battling through bogs, crossing rivers without bridges and humping up and down rather large hills. They arrived at their final checkpoint for that day (Housesteads) 1 hour and 30 minutes late and feeling tired, wet and footsore. After a barbeque and a few glasses of the beer that reaches parts other beers do not reach things did not look too bad.

After a night under canvas and a hearty breakfast the party were once again on the move. This time the NATO sections were commanded by TAVR soldiers and accompanied by some very pretty TAVR volunteers. Their journey from Housesteads to Challerford included the most interesting part of Hadrians Wall and the building achievements and landscape views were spectacular. They were nearing their journey's end when the heavens opened. At 1300 Hours on Sunday 24 June 1979 the NATO party arrived at their final checkpoint very tired, wet and sore but in high spirits. From Portgate they were transported back to Fenham Barracks, Newcastle for the presentation of mementoes, exchange of unit shields and an end of march social.

Early Monday morning the NATO party were on the move again — this time by vehicle to Hull. En route they called at York and visited the Minster. By 1300 Hours on the 26 June the party were back in JHQ after a very successful trip.

The members of HQ NORTHAG/TWOATAF Transport Company would like to thank 201 (Northern) General Hospital RAMC(V) for their tremendous hospitality and effort which made the visit such a great success. Especially thanks to Major A G Youell RAMC(V) and his DS Staff, Major J Sutton RAMC (who will no longer turn white at the mention of the name Fox) and his PSIs.



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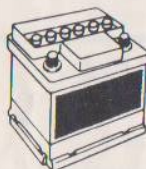
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Coppers Notes



ROAD SAFETY

1. We are all aware that motoring these days is getting to be a dangerous (and expensive) pastime. Nearly everyday of the week, the JHQ Police Station are tasked to deal with an accident of some description which could have been avoided if the driver of the vehicle had taken a little more care.

2. Some of the most common causes of the accidents dealt with are:

- a. Speeding
- b. Failing to give priority
- c. Travelling too close to the vehicle in front

3. The solution to all the above lies squarely on the shoulders of the driver.

SPEEDING

There is a short sharp answer to people who speed. Take your foot off the gas and slow down. Keep to the imposed speed limits, they are put there for a reason. YOUR SAFETY. If you are caught speeding by the Civil Police or our own VASCAR equipment, then be prepared for the worst!

FAILING TO GIVE PRIORITY

This heading covers a multitude of sins, from not giving cyclists the right of way on cycle tracks, to turning left across the flow of traffic. When you do have to drive across a cycle track, as well as looking ahead, look behind to make sure it is safe to turn. When turning across the flow of traffic, DO NOT try and race across the junction to beat an on coming car. Wait and let it go first. Also remember the 'Rule Of The Right' and give way to traffic coming from the right at unsigned road junctions. By giving priority, inconvenience to yourself and others is avoided.

TRAVELLING TOO CLOSE TO THE VEHICLE IN FRONT

The German Law quite clearly states that a vehicle must always position itself a sufficient distance from the vehicle in front so that if the leading vehicle suddenly stops, then the following vehicle can stop without colliding with the vehicle in front. What more can be said except KEEP YOUR DISTANCE.

4. Above are just three of the causes for traffic accidents. There are a lot more. When you next drive your vehicle, remember the first two rules of the German "Streets-Traffic-Regulations";

1. The participation in road traffic constantly requires caution and mutual consideration.
2. Every person using the public highway must so conduct himself that no other person is endangered or injured, or is impeded or inconvenienced more than is unavoidable in the circumstances.

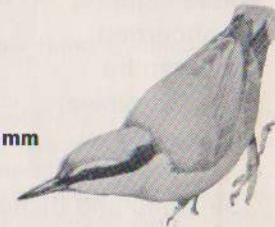
KEEP SMILING

The Birds in your Garden

Treecreeper
5" 130 mm



Nuthatch
5 1/2" 140 mm



Both the Nuthatch and Treecreeper are common all the year round in the woods and gardens of the Garrison.

The **Treecreeper** is a small, short-legged bird with a thin curved bill. It creeps mouse-like spirally up trees searching for insects, dropping down to the bottom of another tree when one has been explored. It has a brown back, whitish underparts and a short white eye-stripe. Very similar in appearance and also common is the **Short-toed Treecreeper**, distinguished by buffish brown underparts and a less marked eye-stripe. It also has shorter toes if you can get close enough to check!

The **Nuthatch** is a large-headed, short-tailed, short-legged, tree-climbing bird which picks insects from the bark of trees with its long straight bill. Something of an acrobat, it climbs rapidly around trees and often comes down head first. It has a bluish-grey back, chestnut covered underparts and a black eye-stripe.

Rheindahlen Bird Watching Group



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BOOK SHELF



FICTION

Taylor Caldwell	–	Bright Flows the River
Brian Cleeve	–	Hester
Arthur Hailey	–	Overload
Mollie Hardwick	–	Lovers Meeting
H H Kirst	–	Twilight of the Generals
Norah Lofts	–	Day of the Butterfly
Anne McCaffrey	–	The White Dragon
Wolf Mankowitz	–	Raspberry Reich
Isaac Bashevis Singer	–	Shosha
Rosemary Anne Sisson	–	The Queen and the Welshman
Jean Stubbs	–	Kit's Hill
Sara Woods	–	This Fatal Writ

NON-FICTION

Padre in Colditz – The Diary of J Ellison Platt. ed. by Margaret Duggan.

Here is the real life of Colditz. If the escapes show to what heights of daring and inventiveness intelligent and brave young men could rise, this record of the day to day life to the prison shows the strength of the human spirit in highly unnatural and at times almost unendurable conditions.

American Caesar – Douglas MacArthur 1880–1964 by William Manchester.

Labelled "a counterfeit", "our most brilliant General" and by his GIs as "Dugout Doug", Douglas MacArthur is the most controversial commander his country has produced. The narrative is gripping because the General's life was fascinating. The author challenges the myth that surrounds this flamboyant but baffling man-at-arms and offers his own startling conclusions.

Equal at Work? – Women in Men's Jobs by Anna Coote.

The author interviewed thirteen young woman all very different from each other but with two things in common, they are doing work normally done by men and they love it!

Show Jumping With Harvey Smith

Ice Skating for Pleasure by Howard Bass.

The above books may all be borrowed from the Command Library.

A Leb F

Let's go to the pictures

Nan Biles's selection of films showing during August.

"The Boys From Brazil" (Globe 5, 6, 7), an unusual thriller adapted from Ira Levin's novel, concerns the discovery of a nefarious scheme of genetic engineering in South America. In the clinic of Dr Mengele (a mesmeric performance by Gregory Peck) an appalling and bizarre plan for a Fourth Reich is discussed. As a result an elderly Viennese Nazi-hunter (Laurence Olivier) begins to investigate, and uncovers an extraordinary chain of events, involving fourteen-year-old boys who resembles Adolf Hitler.

Jane Fonda and Alan Alda play a divorced couple wrangling over their only daughter in **"California Suite"** (Globe 12, 13, 14), scripted by Neil Simon, set in a New York hotel and also starring Maggie Smith and Michael Caine as other guests.

A remake of **"The Lady Vanishes"** (Globe 17, 18) is worth seeing, with Angela Lansbury excellent as the nanny-cum-secret agent who vanishes on a train. Cybill Shepherd and Elliott Gould star in this fast-moving, elegantly photographed film, which is almost stolen by Arthur Lowe and Ian Carmichael as the cricket-obsessed Englishmen anxious not to miss the Lords Test Match.

"I Never Promised You a Rose Garden" (Globe 19, 20) is a sympathetic account of a sixteen-year-old girl's battle with schizophrenia in an American private mental hospital. Newcomer Kathleen Quinlan portrays the girl who lives in a dream world and spends three years in an asylum, eventually reaching sanity with the help of her psychiatrist (Bibi Andersson). Directed by Anthony Page of the Royal Court Theatre, this is a harrowing but hopeful picture, saying much that is sensible about mental illness.

A large and distinguished cast performs **"A Wedding"** (Globe 26, 27), a black comedy with a merry tone. A security team guards the expensive gifts, and a guest opening a suitcase to add his present is taken for a thief and karate-chopped to the floor! At the reception the bride's mother (Carol Burnett) is wooed by the groom's uncle, and the groom's grandmother (Lillian Gish in her hundredth film) quietly expires upstairs. Skeletons come rattling out of cupboards in hilarious fashion, and it is Mia Farrow who gives them all the biggest shock.

When bulky gourmet Robert Morley is ordered to diet in **"Too Many Chefs"** (Astra 12, 13) he is appalled, but soon he has worse to contend with. Someone begins to murder the great chefs of Europe (lovely locations in Venice and Paris), and Morley wants dessert chef Jacqueline Bisset to make the pudding for his Buckingham Palace banquet. Her speciality is La Bombe Richelieu, and her ex-husband George Segal is under suspicion . . .



LS AND
GC MEDAL



Photo: HQ BAOR PR

At a small ceremony held in the Garrison Sergeants' Mess Rheindahlen, Staff Sergeant James Lever RAOC was presented with his Long Service and Good Conduct Medal by Brigadier F P Crawley the Direktor of Ordnance Services BAOR.

MR PSA'S FAREWELL TO SERVICE CHIEFS



Photo: HQ BAOR PR

Mr. Bertie Roberts, Regional Director PSA Germany, saying farewell to General Sir William Scotter C in C BAOR and Air Marshall Sir Peter Terry C in C RAF(G).

RHEINDAHLEN

EIN BIER, BITTE



As a token of appreciation for the work he has put in as RAF Rheindahlen's RAF Association Liaison Officer, Sqn Ldr Stewart Frater was presented with a tankard by Mrs Beryl Sced, Secretary of the RAFA Rheindahlen Branch, on behalf of the committee. Sqn Ldr Frater played an important part in helping to form the branch just a year ago, and the good wishes of all RAFA members go with him on his recent promotion and on his posting to the UK.

Photo: RAF(G) PRU

A LADY'S APPRECIATION



Mrs Cath Roberts, President of the PSA Wives Club, receiving a farewell gift from the Chairman Mrs Sue Hobbs who on behalf of the Wives Club thanked Mrs Roberts for her three years' hard work as President and wished her a very happy retirement.



ROUNDAABOUT

IT KEPT THEM IN STITCHES



Photo: F.C. Line LRPS

Children from St George's Primary School pictured with the blanket made from squares they had knitted themselves. The blanket will be sent to Mr Owen Stanley who is a resident at the John Masefield Cheshire Home in Burcot, near Abingdon, Berkshire. Mr Stanley will also receive a photograph of the children who so willingly helped to make his blanket.

SCOTCH FIRM'S CRICKET TROPHY

General Bob Evans (left), director of medical services in BAOR accepts a cheque for £800 in his capacity as chairman of the BAOR cricket association. Making the presentation at Rheindahlen's Sportsman's Club is Mr Roddy l'Anson, export executive of Matthew Gloag and Son Limited, makers of Famous Grouse whisky. The money has been donated to purchase a synthetic cricket pitch. In addition to the cheque, Famous Grouse presented the cricket association with a magnificent trophy — seen standing on the bar — to be presented each year to the winners of the Inter Corps Cricket Competition — won this year by the Royal Corps of Transport.



Photo: Steves MG

THERE'S A LONG, LONG TRAIL . . .

A target of DM 10,000 was reached by the 210 children from Queen's School, who took part in a sponsored walk of 25 kms recently.



Photo: F.C. Line LRPS

MERITORIOUS SERVICE MEDAL



Photo: RAF(G) PRU

Forty-nine-year-old Warrant Officer William Hunter Watt was recently presented with the Meritorious Service Medal by the Deputy Commander Royal Air Force Germany, Air Vice Marshal Michael Armitage.

The citation, read at the special ceremony, praised William for his "highly developed managerial and organisational skill", and for a lifetime of skill devoted to the Service.

William's wife Iris attended the special ceremony at Headquarters Royal Air Force Germany, where William works in the Mechanical Transport Branch of the Supply staff.

The award is made for high standards over a long period. The quota per year is less than 70.

William, who joined the Royal Air Force in 1951, has also served in Singapore, and Borneo. He also has the General Service Medal (Malaya), and while serving there was mentioned-in-despatches.

Photo shows, left to right, Mrs Watt, WO Watt and AVM Armitage.



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THE GUILD OF ST. HELENA

A very big THANK YOU to all who contributed so generously on 18th June to the collection for the International Year of the Child which was sponsored by the Guild. £1,000 will be sent to enable "Solar Dryer" projects to be established within two village groups in Kenya. The Women will be taught how to preserve fruits, vegetables and cereals when plentiful, to ensure adequate diets for the family out of season. It is hoped this will lead to a long term improvement in the quality of life within these communities.

What is the Guild of St. Helena? More than 100 years old now, this progressive and caring women's group has been the initiator of many Service welfare organisations now better known by other initials and it continues to seek ways to fill gaps in our Welfare State organisations.

Wives and/or dependants of each Service and attached civilian personnel who are full members of **any** Church may become members and are always welcome at meetings. There are branches throughout Germany as well as in England, Cyprus and Hong Kong. The Guild aims for an atmosphere of fellowship and the promotion of good community relations. "The Royal Soldiers' Daughters School", "The Royal Cambridge Home for Service Widows", and the "Service Children's Education Authority (handicapped children's section) all benefit from any fund raising.

The newly appointed Warden of the Guild is Lady Estelle Beach. She met Rheindahlen members on a recent visit, part of a whistle stop tour of BAOR with her husband.

Here in Rheindahlen, the Guild usually meets in the Church Centre on the first Tuesday of the month at 10.15 a.m. when there is a talk, demonstration, discussion or sometimes an „away" visit. Why not come along, make new friends and find out more about the activities. The next meeting will be on Tuesday 18th September 1979. See you there?

PILL BOXES

Inside the two entrances to the MRS Rheindahlen are two small red pill boxes. Please post any unwanted pills, drugs or medicines in these boxes.

Drugs are dangerous and can kill with ease, especially the very young.

Search your house, and post your unused or unwanted drugs in our PILL BOXES at the MRS Rheindahlen.

RAF RHEINDAHLEN WIVES' CLUB COMPLETES ANOTHER SEASON

The Wives' Club has now closed for the summer holiday, having enjoyed a busy and varied programme. Thanks to a hard-working Committee the meetings were all successful and well attended, giving much pleasure and entertainment to members.

Evening events have included demonstrations of glass blowing, ceramics, flower arranging, copper beating and make-up; keep fit, bettledrives, and cheese and wine evenings were popular, and talks on drugs and 'The Threat' kept matters from becoming too frivolous. An evening was also spent at a material factory at Ratheim where members made some ambitious purchases of dress lengths but the creations have yet to materialize!

Mrs Rita Pavitt arranged a Saturday trip to Bruges, which was made somewhat more adventurous than anticipated by the mechanical vagaries of the transport. However, in spite of this, the few hours spent in this beautiful Belgian town were proclaimed by the majority to be worth the Sunday 5.00 am return to Rheindahlen.

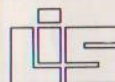
A 'Weekend in Paris' had been requested at the AGM, and Mrs Ann Hartley bravely took on the task of organizing this. Husbands and children were left to fend for themselves while 40 wives saw some of the delights of Paris. Despite the attractions of the city a full complement was returned to Rheindahlen in good time for Monday morning realities.

The Club now looks forward to a new session of meetings starting on 10 September, and hopes to see new members, who are welcome from any sector of the Rheindahlen community.

* * *

GERMAN TRAFFIC ORDINANCE - CHILDREN

Children are not allowed to play on roads unless through traffic is prohibited and the road is set aside for games. The applicable roads are signposted accordingly. Heads of families are warned of the dangers of allowing their children to play in unauthorised areas and of the possibility of prosecution by the German police. Under German law the parents are also liable for any damage or injury caused by their children.



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† PADRE'S CORNER

Prior to my recent arrival at Rheindahlen I held an appointment in London as Resident Chaplain of the Central Church of the Royal Air Force – St Clement Danes. I lived in Stanmore in Middlesex and travelled regularly on the Underground Trains. From time to time I was attracted to some of the many adverts which appear in the carriages on these trains. One such advert sought donations for wheelchairs for the disabled and I commend the words as the 'Thought for August'.

"So you think you've got problems. Then how would you fare if each day of your life was spent in a wheelchair?
Would you really prefer not to stand in the train?
Would you like to sit down but not get up again?
Are you reasonably healthy? Are you able to move?
Then be thankful and cheerful and things will improve."

G. R. Renowden

AUGUST DIARY QUEENSWAY CLUB

1 Wed	Disco and Group 'Magic'
4 Sat	Disco and Group 'Sunray'
5 Sun	Disco
6 Mon	Disco
8 Wed	Disco and Group 'Impulse'
11 Sat	Disco and Group 'Brocaid'
12 Sun	Disco
13 Mon	Disco
15 Wed	Disco
18 Sat	Disco and Group 'Reunion'
19 Sun	Disco
20 Mon	Disco
22 Wed	Disco and Group 'Game'
25 Sat	Disco and Group 'Shape'
26 Sun	Disco
27 Mon	Disco
29 Wed	Disco and 'The Fabulous American Love Machine'.

MARLBOROUGH CLUB

2 Thurs	Planet Show Band
3 Fri	Aces High Disco
7 Tues	Funky Road Show Disco
9 Thurs	Cabaret and Disco
10 Fri	Disco 77
16 Tues	Phantasy Dance Band
17 Fri	Bo Martin
23 Thurs	Wessex Dance Band
25 Sat	Summer Bann With The Rock Follies Mimetimers and Comedian Pete Mitchell
28 Tues	Aces High Disco
30 Thurs	Group and Disco

ROAD SAFETY - HIGH RISK ACCIDENT AREA

It is generally accepted that the E3 is the principal route used by BFG drivers travelling from Germany to Ostend/Zeebrugge, and a recent RMP examination of traffic accident statistics involving BFG drivers on this road has shown that over the last 4 years:

A very high proportion of accidents occurred on that stretch of the E3 between Postel (East of Turnhout) and the junction of the E3 and E39 (East of Antwerp), a distance of about 40 km. In the majority of cases drivers fell asleep at the wheel or were not sufficiently alert because of fatigue.

The accidents are almost equally divided between westbound and eastbound traffic. Drivers involved were rushing from BAOR/RAF Germany in an attempt to catch the last ferry to UK (after a full day's work) or had caught the last ferry from UK which would enable them to return to their units at the last possible moment.

Motorway traffic between Postel and Antwerp is generally light whilst the route is flat and wide so driving conditions are conducive to relaxation which, combined with fatigue, could easily cause a driver to fall asleep. Drivers are warned to be particularly attentive to this stretch of motorway and in general during the forthcoming holiday season to follow the cardinal rule for motorway driving – ensure the car is well ventilated. If feeling drowsy pull off and walk around for a few minutes.

* * *

68 SQN RCT PRESENT ST. CLEMENT'S SCHOOL WITH A 'TUNNEL JUNGLE'

Members of 68 Sqn. RCT and the Garrison Commander Col. K. Wintle visited St. Clement's School, Wickrath to present a large wooden 'Tunnel Jungle' to the School's Special Unit. The money raised to purchase this very expensive item came from the Squadron's sponsored march to Donauworth. Following in the footsteps of the Duke of Marlborough's army the Squadron covered the 350 mile journey in 8 days.

It was decided that the money raised should be donated locally to a children's cause and it is the Special Unit, attached to St. Clement's School, Wickrath, that is benefitting. The visiting party were joined by representatives of the local R.A.O.B., who have formed a close relationship with the children over the years by providing equipment, arranging visits and organising parties.

On behalf of the Unit, Mr. I. C. Gregson, Headmaster of St. Clement's School, thanked both 68 Sqn. RCT and the R.A.O.B. for their magnificent generosity.

NAAFI NOTE BOOK

by REX SMART

Whilst many of us are enjoying leave and holidays this month, at the Shopping Complex preparations are in hand for the change of seasons. In the clothing department the sale that started on 26th July is running out and making room for the Autumn/Winter fashions. In the foodhall a new selection of special offers starts on the 14th, including an inexpensive wine of the month. In addition there will be two double star weeks this month with deep cuts in price on selected lines, including, as always, something from the butchery department. Full details will appear in poster form and will be broadcast on BFBS. And just to emphasise how fast the seasons are changing, at the end of the month the first of our Christmas goods start arriving in the food-hall.

The camping display in the foyer closes on Saturday 25th, but for the late buyers the remaining stock will be available in the gift and durables department. The foyer itself will revert to a changing programme of displays, the first — from 28th August to 1st September — will feature potted plants. A large selection will be available, ranging in price from DM 4.00 to DM 20.00 each. The display will also include plant holders, hard back books on the care and attention of indoor plants, and cut flowers.

Last month an extended range of photographic equipment and accessories was introduced. Here are some of the details, I will give you more next month. There are four front line single lens reflex 35 mm cameras — the Canon A1, Minolta XD7, Olympus OM2 and Asahi Pentax K2DMD — with the option of standard lenses, f1.8, f1.7 and f1.4, also power winders and the manufacturers' matched electronic flashguns. Two larger format cameras are available — the Mamiyaflex C330K 6 x 6 cm twin lens reflex and the Mamiya 645 1000 DS 6 x 4.5 cm format, both of which will appeal to the serious amateur or professional photographer. The range includes darkroom equipment, tripods and other accessories. Whilst being 'up market' as regards quality and selection, the prices are very attractive. Ian Dunn and his staff at the photographic counter will be pleased to give you help and advise.

Finally, a new star buy programme begins this month. It includes an Indesit washing machine at DM 460; Hoover Junior Cleaner at DM 175; 22" Grundig colour TV set at DM 1185, and a Raleigh Europa Cycle at DM 310. As usual, these and the rest of the Star Buys are "while stocks last". Details of all the featured lines are contained in the Star Buys catalogue — make sure you pick up your copy.



We all know the excitement that the thought of owning a new car brings but problems can spoil it all.

Before going too far play safe and ask yourself a few simple questions:

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I'LL GET MY MAN

An innocuous farce from the pen of the prolific Philip King, "I'll Get My Man", a RATS Production by Geoff Simmonds, explored the familiar theme of a clash between differing life-styles, in this case that of the rural clergy on the one hand and on the other the instant celebrity. Given added piquancy by the appearance of Norman Daniels as a bishop (swift promotion there, Padre!), frantically brow-mopping like a Wimbledon spectator, the play, set in a country vicarage, zipped along at a hectic pace after the entrance of the vicar's disguised TV actor nephew in flight from a predatory pop singer. Sue Shaxon's Cockney cook-house-keeper was a delight, and Leif Welton gave a sterling performance as the vicar. Mike Lanyon was suitably blasé as the idolised "Venture Man" and showed an excellent sense of timing, so essential for a farceur. A pleasant, undemanding show, "I'll Get My Man" was good family entertainment for a summer evening.

N.B.

B.A.O.R. WIVES!

HOME FROM HOME is a new Agency which aims to bring ordinary German families to stay as paying guests next summer in ordinary British homes.

We seek to recruit wives from B.A.O.R. to follow-up enquiries with a view to converting enquiries into firm bookings. If you:

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MAKE LOVE, NOT WAR . . .

Conducted by Marie-Therese Cunningham, West Rhine Musical Society presented "Your Kind of Music" in Queen's School Hall, for two evening performances. A varied programme of items following the theme of love was enthusiastically compered by Phil Gibbins, and included, besides old favourites like "Ol' Man River" (sung with feeling by Mike Preen), a selection from the contemporary composers Simon and Garfunkel. Lady members gave us some interesting solos, notably Monica Ley, Carol Scott, Connor Smith and Victoria Rogers (has WRMS ever thought of putting on "Carmen"?)

At short notice fourteen-year-old Philippa Corderoy filled the place of Doreen Preen, who unluckily developed laryngitis after much hard work at rehearsals. Graham Corderoy amused us with his "Judge's Song" and Sandy Ogilvy sang Don Alfonso in Mozart's "Lie Calmly Thou Ocean".

The comedy highlight of the evening was Brian Hirst's impression of Victor Borge at the piano, ably abetted by Marie-Therese as she gave us the "Laughing Song" from "Die Fledermaus".

N.B.

SMALL ADS

RHEINDAHLEN FLOWER CLUB

The Flower Club requires two ladies to run the creche at their Thursday afternoon meetings. We pay DM 10 per person for a period of about three hours once a month. Anyone interested please contact: Mrs McCord, 5, Durham Walk, Rheindahlen.

"Are you interested in playing hockey this season? It so, why not play for the LILLY-WHITES HOCKEY CLUB? It has the only 'open' side on the Garrison and is looking for new players this season."

For further information please telephone RA 4633, RA 2660 or Mönchengladbach 83497 in the evening.

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RHEINDAHLN ALLIED MARCHES 1979



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BEGINNING
OR THE
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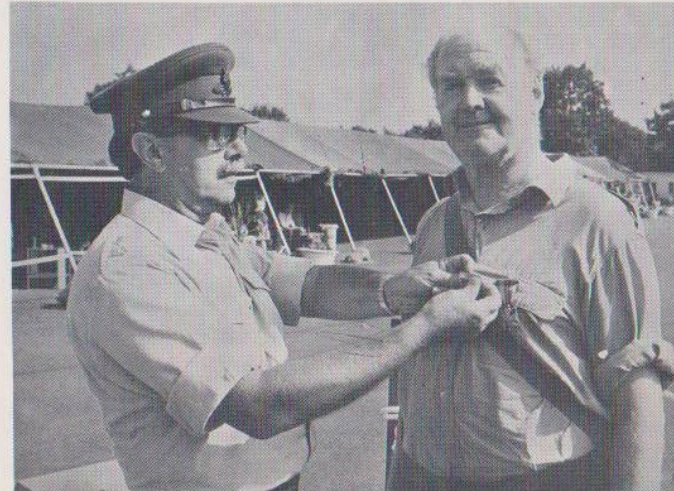


Photos: HQ BAOR PR

SMART CUBS IN SUNSHINE



WELL DONE, PADDY!



SUPPORT YOUR LOCAL RUGBY CLUB

The Rhinos RFC draws its players from HQ BAOR, HQ RAF Germany, Rheindahlen Garrison and RAF Rheindahlen and includes service and civilian personnel.

Last season the First XV were going through a period of rebuilding and although they had some notable wins it was the Second XV who collected the major honours by winning the Skol Trophy. However with a nucleus of players from last season and an influx of new faces the Club is looking forward to the forthcoming season with confidence.

Our main aim is to play and enjoy Rugby, but the club has many other facets and we are always willing to enter into the corporate life of the Garrison. Our Charity Boxing Day Match and the bottle stall at the Rheindahlen Fete are now a tradition in the Rhinos calendar. The Rhinos social committee provide a varied programme of social events which are aimed at involving wives and families into the club.

Training for playing members every Monday and Thursday 17.30 hrs Garrison Pavilion, Garrison Sports Field, JHQ.

LUCKY FOR SOME



Photo: RAF G PRU

Last year's runner-up, Flight Sergeant Peter Bristow receives the Jubilee Cup from Mrs Fay Keppel-Compton. Friday the Thirteenth proved to be a lucky day for Peter who with forty other intrepid golfers braved torrential rain at the RAF Germany Golf Club Bruggen during their Summer Golf Gala. This year's runner-up was Sergeant Tony Gardener.

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BFPO 40
Rhine Army Ext 4283

CIVILIAN REP

Mr Regis GLANGY
Queens School
BFPO 40
Rhine Army Ext 2351

SPORTS FIXTURES AUGUST 1979

CRICKET

5 Aug	Army Ancients v Airforce Antiquities	A Wkt	14.00 hrs
8 Aug	Garrison v 28 Signal Regt	A Wkt	14.00 hrs
12 Aug	Garrison v Optimists CC	A WWkt	14.00 hrs
13-18 Aug	BAOR Cricket Week	A & B Wkts	10.00 hrs

TENNIS

16 Aug	Netherlands Inter Unit Tournament	Cts 2, 3, 4, 5, 9, 10, 11 & 12	09.30 hrs
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RHEINDAHLEN GARRISON CROSS COUNTRY CHAMPIONSHIPS 1979

This popular event will take place this year on 12 September 1979.

There will be two races, a ladies competition over 5 kms which will start at 1430 and a mens over 8 kms commencing at 1515.

The start will be on the 'Golf Course' opposite JHQ and both courses will meander through the Hardterwald, finishing at the Garrison Gymnasium.

Teams should consist of six runners for both women's and men's team. Four runners from each team will count.

* * *

LFV — NORDRHEIN BEZ EIFEL ANGLING CHAMPIONSHIPS 1979

This Championship is for the area between Aachen and Bonn inclusive of the Eifel. Given its German title it is the Bezirksmeisterschaft 1979.

As this is strictly a German team and individual championship it is unusual for English servicemen to compete. This year however Sgt Gillard and Cpl Talbot from RAF Hospital Wegberg fished for Julich Angling Club.

The match took place south of Duren on a lake changing in depth from forty feet to less than three feet.

Unusual rules made things difficult for the servicemen — size limits, only a certain amount of bait per man (three litres per man per match). The match was in two halves, the morning consisted of two and a half hours and the afternoon two hours. In between food and beer was given to the competitors. All fish weighed-in had to be killed and given to a state run old age pensioners home.

At the end of the day Sgt Gillard won the individual championships with a weight of 3250 grms, and the Specimen Fish Trophy with a bream of 1660 grms. The Julich Angling Club came second and now go on to the championships of Germany to be held at Mulheim-on-Ruhr in September.

RAF Hospital Wegberg was invited to the Royal Army Medical Corps Championships held on the River Ave at Steyerburg. A three man team event, Sgt J Millard joining Sgt Gillard and Cpl Talbot for this match. RAF Wegberg gained 2nd Team place and Sgt Gillard 3rd Individual Honours.

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CINEMA PROGRAMME

GLOBE

1	THE SHOOTIST - Western Drama	A
	FAREWELL FRIEND - Crime Adventure	A
2	ADVENTURES OF A PLUMBER'S MATE - Sex Farce	X
	CAIN'S WAY - Western	X
3, 4	ICE CASTLES - Drama	A
	CASEY'S SHADOW - Adventure	A
5	PEEPER - Detective Thriller - at 1400 hrs	A
5, 6, 7	THE BOYS FROM BRAZIL - Thriller	X
8	THE MEDUSA TOUCH - Dramatic Thriller	A
9, 10, 11, 12	BATTLESTAR GALACTICA - Sci-Fi Drama (Sun at 1400 hrs only)	U
11	ONE HOUR TO ZERO - Sat. Matinee	U
12, 13, 14	CALIFORNIA SUITE - Comedy	AA
15	THE SPY WHO LOVED ME - James Bond Thriller	A
16	DEATH DRIVE - Drama	X
17, 18	THE LADY VANISHES - Romantic Comedy Thriller	A
19	YOU ONLY LIVE TWICE - James Bond Adventure (at 1400 hrs)	A
19, 20	I NEVER PROMISED YOU A ROSE GARDEN - Drama	X
21	THE SWARM - Disaster Adventure	A
22	CAR WASH - Comedy	A
23	DRUM - Period Melodrama	X
	BOOTLEGGERS - Drama	A
24, 25	FIREPOWER - Thriller	AA
	OUR WINNING SEASON -	AA
25	DANGER POINT - Sea Adventure - Sat Matinee	U
26	GOLDFINGER - James Bond Adventure (at 1400 hrs)	A
26, 27	A WEDDING - Dramatic Comedy	AA
28	EVEL KNIEVEL - Adventure	A
	GREASED LIGHTNING - Drama	A
29	THE DUELLISTS - Period Adventure	A
30	THE OUTLAW JOSEY WALES - Western	AA
31	ESCAPE TO ATHENA - Comedy War Adventure	A

ASTRA

1, 2	EVERY WHICH WAY BUT LOOSE - Comedy Adventure	AA
3	SKC BINGO - Doors open 7.30 pm	U
4	SKY PIRATES - Adventure	A
4	OH GOD! - Adventure	U
5, 6	SGT PEPPER'S LONELY HEARTS CLUB BAND	X
7	THE BETSY - Drama	AA
8, 9	EYES OF LAURA MARS - Thriller	AA
	SHADOW OF A HAWK - Western	AA
10	SKC BINGO - Doors open 7.30 pm	U
11	PEOPLE THAT TIME FORGOT - Fantasy Adventure	U
	WAR BETWEEN THE PLANETS - Sci-Fi Drama	U
12, 13	TOO MANY CHEFS - Comedy Thriller	A
14	FULL CIRCLE - Supernatural Horror	AA
	WAGES OF FEAR - Adventure	AA
15, 16	GO TELL THE SPARTANS - Dramatic Adventure	X
17	SKC BINGO - Doors open 7.30 pm	U
18	MR MUGGS RIDES AGAIN	A
18	KING KONG - Fantasy Adventure	A
19, 20	F.I.S.T. - Drama	A
21	SWEENEY II - Crime Adventure	AA
	EYE WITNESS - Drama	A
22, 23	NATIONAL LAMPOON'S ANIMAL HOUSE - Comedy	AA
24	SKC BINGO - Doors open 7.30 pm	U
25	THE DEEP - Thriller Adventure	A
26, 27	COMA - Dramatic R Thriller	AA
28	CONFESSIONS FROM A HOLIDAY CAMP - Sex Comedy	X
	DOUBLE EXPOSURE - Drama	AA
29, 30	DAMIEN - OMEN II - Mystery Thriller	X
31	SKC BINGO - Doors open 7.30 pm	X

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STOP PRESS

QUEEN'S SCHOOL ADMISSIONS SEPTEMBER 1979

Recently arrived personnel living within Queen's School catchment area with children (born 31 August 1968 or before) due to be admitted for the first time in September 1979, should telephone the School Secretary on Rhine Army 2412 on or before Thursday 26 July, or on or after Tuesday 28 August 1979, preferably during the morning, for an admission appointment. The Autumn Term begins on Tuesday 4 September 1979.

(This notice does NOT apply to children transferring from Rheindahlen area primary schools).

SSAFA WOOLSHOP

From Monday July 16th to Monday September 3rd 1979 the Woolshop will be open on Mondays from 3.30 pm – 6 pm and Fridays from 10 am – 1 pm only. Closed for the Bank Holidays August 24th and August 27th. Good range of new fashion wools and patterns, macramé materials and patchwork now in stock – well worth a visit.

Situated at rear of P.S.I. building.

LIST OF SSAFA HIRE EQUIPMENT AND WHERE HELD

- 1 Hoover Upright Cleaner
- 1 Hoover Shampoo Polisher
- 3 Electric Sewing Machines

All at Mrs D A G Edelsten, 1 Bodmin Walk, Tel: RA 2214

- 2 Push Chairs
- 3 High Chairs
- 2 Carry Cots
- 10 Cots
- 1 Walking Frame
- 5 Wheelchairs
- 1 Pram

All at Sports & Estates, Cpl Crossland, Tel: RA 2097

LADIES TENNIS

We meet every Wednesday and Friday on the courts opposite the Blue Pool at 10 am, weather permitting.

LIBRARY CLOSURE

The Command Library will be closed on Monday 27 August 1979.

EPIDEMIOLOGY & SOCIAL ACTIVITIES SURVEY

The above surveys will be launched in RAF Germany under the auspices of the medical authorities.

5,000 randomly chosen adults service personnel and dependants, covering all ranks, will be asked to complete questionnaires.

The survey is a comprehensive one and the ultimate aim is to help to improve services by obtaining a better understanding of the needs of our community.

Should you be selected you are requested to complete the questionnaire and return it in the envelope provided through official channels. The completed questionnaires are entirely confidential and strictly anonymous.

Finally it is emphasised that the surveys can only succeed if you cooperate by returning your completed questionnaire.

ARE YOU GETTING IT



If you aren't receiving your copy of the Bulletin, please contact the GSM on RA 3351 without delay.

THE RHEINDAHLEN BRANCH

of the RAF Association meets every Thursday at 2000 hours at the Wings Club in Wolseley Road, just behind the Oase. There is also a club night on the first Tuesday of each month. All RAFA members are very welcome as are prospective members. Membership is open to all serving RAF and WRAF personnel and to those who have served in the RAF and WRAF.

ALLIED OFFICERS' WIVES' CLUB

We are holding a Flea Market on the 20th September in the Rheindahlen Rooms. Following on last month's announcement, here are the addresses where delivery of items for sale can be made from the 1st September: –

- 2, Wrexham Walk
- 5, Dundee Way (after 4 p.m.) Tel. RA 2414

REGISTRATION OF CHILDREN – SEPTEMBER 1979

Children living in SW Extension and Devonshire Avenue who will be 5 years old on or before 31 December 1979 are eligible to start school at St George's School at the beginning of the Autumn Term. Will parents please register their children at this school as soon as possible on or after 3 September 1979. Telephone Rhine Army 2840.

ALCOHOLICS ANONYMOUS RA 2202

TERRALERT 3333

Travel Bargains with the Forces Favourite

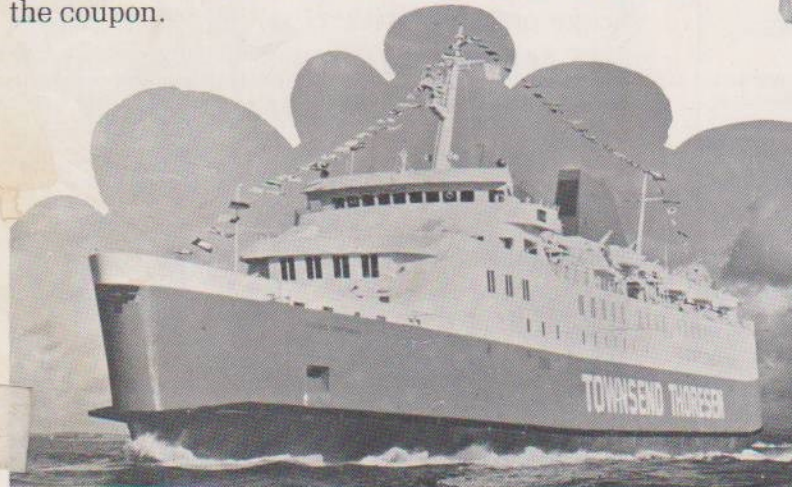
Travel home the British way — with Townsend Thoresen.
If you're in the British or Commonwealth Forces based on the Continent you can take advantage of our Travel Bargains.

There are special low fares for passengers all year round and reductions on cars during the Winter. We even offer a discount of up to 50% on towed caravans and trailers on certain sailings throughout the year.

Pop-Home Bargains

If you've only time for a short trip home we can help you save. Spend five days in the U.K. and save up to 20% on regular fares. Save up to 35% on a 60 hour stay; up to 50% on a 24 hour stay. Travel Bargains all the way on Townsend Thoresen.

You'll find full details of routes, fares and sailing times in our special 'Travel Bargains for Forces' brochure. Get your free copy from your travel agent or send us the coupon.



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