



# The Rheindahlen Bulletin

No. 79  
JANUARY 1977

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## A NEW YEAR MESSAGE FROM THE COMMANDERS-IN-CHIEF – 1977

We are both happy, at the end of our first year in Rheindahlen, to take this opportunity to express our thanks and appreciation for the hard work, dedication and support of everyone in Rheindahlen during 1976.

We have been impressed by the spirit of cooperation that exists between the various nationalities and between the military and civilian population. It is because of all your efforts that the four major Headquarters function so smoothly.

We are particularly grateful to those who give so much of their spare time to provide such a high standard of entertainment and enjoyment and to those who take a hand in voluntary work of all kinds in our community.

We send good wishes to all ranks and their families of every nation represented here for a successful and peaceful year ahead.



RAF Pru

It is with regret we say farewell to our respective Service Advisers, Major R. Jackson, and Sqn. Ldr. M. Markey who are departing on promotion. We wish them well and welcome their replacements, Major W. A. Coupar and Sqn Ldr R. W. Bullock.



Calling all Wives of RAF and Civilian Personnel. Have you time on your hands? Is your judgment mature? Do you possess a typewriter or are willing to purchase one? Do you live on Camp? Would you like to be a Co-Editor on the Rheindahlen Bulletin? If so please see Stop Press.

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

CO-EDITORS: Mrs. V. Sims (RA 2195), Mrs. L. Fall

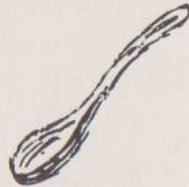
BUSINESS MANAGER: Flt. Lt. J. A. Bennett  
(Ext. 4537)

ALL CONTRIBUTIONS TO THE MAGAZINE MUST BE RECEIVED BY THE 10th JANUARY FOR THE FEBRUARY EDITION.  
ADDRESS: Co-Editors, Rheindahlen Bulletin, H.Q. Rheindahlen Garrison, BFPO 40 and S.H.Q. RAF Rheindahlen, BFPO 40

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Front cover: FROZEN FALLS by Bob Clarke

# COOK - A - CURRY

Whether you are trying to eke out the family budget or entertain fairly cheaply, curries are always a good bet. One of our readers has sent us her favourite recipe for a meat curry which we hope you will enjoy.



## INGREDIENTS

2-3 lbs lean meat cut into 1 1/2-2" cubes	1 tablespoon curry paste
4 oz coconut	1 teaspoon chilli powder
1/2 pint water	1 teaspoon curry powder
6 onions	1/2 teaspoon ginger
3-4 cloves garlic	1 teaspoon salt
4 oz butter	2 Bay leaves
1/2 Tablespoon cumin powder	4 tomatoes (skinned)
1 Tablespoon turmeric ground	3 cloves
1 Tablespoon coriander ground	1 pint stock

## METHOD

- 1) Pour 1/2 pint boiling water over 4 oz coconut and leave to stand for 2 hrs. Strain, keeping the milk in one bowl, the coconut in another.
- 2) Slice and chop onions finely. Crush garlic with a little salt.
- 3) Melt butter in a thick-bottomed pan; gently fry onions and garlic until transparent but not brown.
- 4) Take pan off heat and add all the spices, stir well into onion and replace over heat and cook for about 10 mins, stirring all the time to prevent sticking. A little stock may be added if it becomes too dry. The spices should rise through the fat when cooked.
- 5) Add the skinned and chopped tomatoes and cook for another 5 mins.
- 6) Remove from heat and add meat. Stir well to coat meat pieces. Replace over heat and cook until meat is browned, then add stock and coconut milk; bring to the boil slowly. Place in an ovenproof casserole and cook in a slow oven for 3 hours or until meat is tender. The long slow cooking produces a much better taste. If the sauce is too thin, add a little of the strained coconut and cook a further 10 mins. Just before serving, stir in a little lemon or lime juice. Serve with boiled rice and sambols, dahl and vegetable curry.

## SAMBOLS OR SIDE DISHES SUGGESTIONS

Plain Yoghurt – if the curry is too hot for your taste, this will cool it down.

Chilli Sauce – if the curry is not hot enough a LITTLE of this should do the trick.

Onion & Tomato – Slice onion finely, cut tomatoes in half – take out pulp (this can be added to Dahl recipe), slice finely and add to onion.

Cucumber Cooler – 1/4 cucumber diced and mixed with sour cream or 1 carton natural yoghurt.

Mangoe Chutney – Lemon and Brinjal Pickle, poppadums, Bombay Duck.

## DHAL OR LENTIL CURRY

Ingredients:

1/2 lb Lentils	1/2 teaspoon ground chilli
3 tomatoes (quartered)	1 teaspoon salt
1 oz butter	1/4 teaspoon ground turmeric
2 onions (finely chopped)	

Method:

Fry onions, ground turmeric, ground chilli & tomato in butter until tender. Then add lentils and quart of boiling water and cook until tender.

## CURRY INGREDIENTS

These can be obtained in Venlo (small shop on left-hand side of Market Street going towards the market) or Roermond. The following are the English and Indian names, which may be of help when buying:

English	Indian	English	Indian
Aniseed	Solif	Mustard Seed	Rai
Allspice	Seetul	Chillis	Lal Mirchi
Cardamon	Eelachie	Turmeric	Huldie
Mace	Jawatrie	Fenugreek	Mayti
Nutmeg	Jauphull	Garlic	Lasson
Cinnamon	Kulmie Darchini	Ginger (dry)	Sonr
Coriander	Dhunnia or Kotimear	Ginger (green)	Udruck
Cloves	Laoong	Poppy Seed	Khush-Khush
Cummin Seed	Zeera or Jeera	Asafoetida	Hing
Black Pepper	Kala Mirchi	Almond	Badam
Coconut	Nareul		

NOTE: Curry is best made in an earthenware dish or casserole. The less metal that comes into contact with curry spices, the better. Use good enamelware in preference to aluminium and wooden spoons which should be used for nothing else. If you make too much curry, don't worry, as it will taste better the next day or day after. Curry keeps very well in a deep-freeze.

Mary Everson



## CO-EDITORS' NEW YEAR'S DAY PUNCH

4 bottles Champagne	6 bottles Ginger Ale
2 bottles Sauterne	1-lb whole Strawberries

Mix together over a large cake of ice and add strawberries for embellishment and flavour. Brandy or rum may be added if desired, the ratio being 1 part to six parts of Punch.

A HAPPY NEW YEAR TO ALL OUR READERS AND CONTRIBUTORS.

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## INFECTIOUS DISEASES - Part 1

In Britain in the 17th century, nearly half of the child population died before their 5th birthdays. This kind of situation still exists in the developing countries and infectious diseases account for over one-third of all deaths in those countries. Today, less than 1% of deaths in Britain are from infectious diseases.

Social and environmental changes (better food, housing, sewage disposal etc) have contributed most to this improvement, but better medical care and especially mass-inoculation against the more serious diseases, also plays a very important part. For example: in 1943, before inoculation 3,000 children a year died from diphtheria - now a case of diphtheria is extremely rare.

Make no mistake, serious diseases like TB, diphtheria, Polio, tetanus and whooping cough have not disappeared. As long as all children are inoculated, these diseases will be very rare, but if we become complacent and do not get our children inoculated, then these diseases will return. Recently, there was a small outbreak of polio in England - in children who had NOT been inoculated.

The table below gives the standard plan for full immunisation of a child. Is your child up-to-date with his "jabs"?

AGE	VACCINE
6 months	1st Diphtheria/Tetanus/*Whooping cough (triple) + polio
8 months	2nd Triple + polio
12-14 months	3rd Triple + polio
18 months	Measles
21 months	**Smallpox
Pre nursery or pre school booster age 3 or 5	Diphtheria + tetanus. Polio
10-13 years	BCG (against TB)
11-13 years (girls)	German measles
Adults	Smallpox/Cholera/Yellow fever/TAB/Tetanus given as needed

\* Whooping cough vaccination has recently been the subject of some controversy. This vaccine gives life-long protection from a disease that can kill or cause permanent brain or lung damage to young children. Unfortunately, the vaccine can, on rare occasions, cause fits, epilepsy or brain damage (the risk of severe brain damage is something in the order of 13 per million vaccinated). The hazards of whooping cough are greater than those of the vaccine. All children who have a personal or family history of fits or epilepsy should NOT be vaccinated. If a child has a high temperature or a fit after its first triple, then it should not receive further injections of whooping cough vaccine. When these children are left out, the risk from vaccination for a normal child is very much less.

\*\* Medically, (See table above) there is no need for smallpox vaccination in Europe. However, all countries still demand certificates of vaccination of smallpox from time to time. Until this stops, we in the Services are especially liable to need valid certificates. It is safest to have your child vaccinated from 21 months, when the risk of complications is lowest. No child with eczema should be given smallpox vaccinations. Pregnant women are not vaccinated during the duration of their pregnancy except if epidemic conditions exist.

**YOU OWE IT DO YOUR CHILD AND THE COMMUNITY TO MAKE SURE THAT HE/SHE IS FULLY IMMUNIZED**

If you are in any doubt about some aspects of immunization then ask your SSAFA Sister, nurse or doctor. **MEDICAL RECEPTION STATION**





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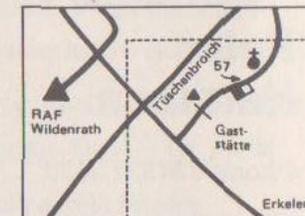
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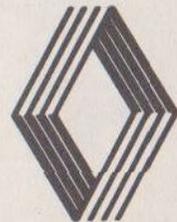
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## 34 AEC (Cambridge House) and RAF FETC Part-time and Evening Classes 17 Jan - 1 Apr

A full programme of part-time and evening classes, covering a wide range of activities is again being offered at Cambridge House and the RAF Further Education and Training Centre during the Spring Term. The classes start on 17 Jan and end on 1 Apr.

The programme containing full details of the Cambridge House classes will be published and distributed later this month – further copies will be available from Cambridge House. Details of the classes organised by the RAF FETC have been published in SROs but newcomers can obtain details by ringing RA 4586 or 4748. However, as a guide to the subjects being offered, a list is published below:

### 34 AEC Classes

**GCE SUBJECTS** – English Language, German, Maths, Sociology, G & M Drawing.

**CRAFT SUBJECTS** – Hostess Cookery, Cookery for Male Students, Ikebana, Copper-beating, Pottery, Dressmaking, Embroidery/Fabric Collage.

**COMMERCIAL SUBJECTS** – Typewriting, Shorthand.

**LANGUAGES** – French, German (Oral, Colloquial, Housewives and Conversation).

**ADP COURSES** – Computer Appreciation, COBOL Programming.

### RAF FETC Classes

**GCE SUBJECTS** – English Language and General Paper. No new enrolments are being accepted in the other GCE classes which started last term.

**CITY & GUILDS** – Operating Theatre Technicians, Photography.

**LANGUAGES** – German (Stages 1, 2, & 3).

**CRAFT SUBJECTS** – Woodwork, Ceramics – **please note that this is now a club.** Membership applications to be made to Mr Neilson-Marsh at Kent School or RAF Education Centre.

**OPEN UNIVERSITY** – The following courses will commence in February for personnel already accepted for foundation courses: Technology, Maths, Making Sense of Society, Humanities.

**Enrolment** will take place as follows:

34 AEC Classes:

At Cambridge House on 11 Jan from 1800-1900 hrs – all GCE, language and computer classes.

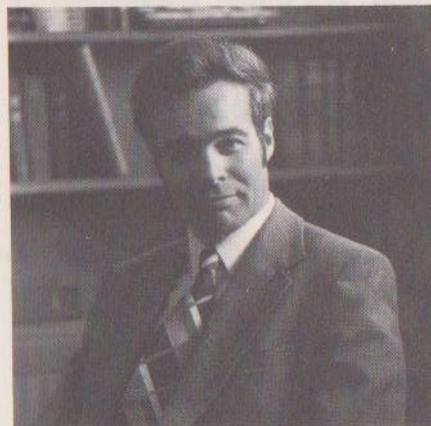
At Cambridge House on 12 Jan from 1800-1900 hrs – all craft and commercial classes.

RAF FETC Classes:

Service personnel may enrol during normal working hours between 3 and 8 Jan at the RAF Education Centre. Civilian personnel and dependants may enrol at Cambridge House under the arrangements outlined above.

Please note that it is normal policy to afford present students the opportunity to re-enrol in advance for those classes they are attending and this should be done as soon as possible. On enrolment, a fee of DM 8.30 is payable by UKBC and all dependants. There is no charge for Service personnel or students under the age of 18 yrs. Personnel enrolling at Cambridge House should complete the form in the published programme and bring it with them at the time of enrolment.

NEW HEADMASTER AT QUEEN'S SCHOOL, MR. J. H. N. LOVEGROVE, BA



G. Outhwaite

A graduate of Durham University, he has been with BFES in Germany for some 9 years. He joined the Modern Languages Department at Kent School in 1967, having previously taught at Arnold School, Blackpool and in 1972, he moved from Kent to Queen's as a Deputy Headmaster.

After a lot of planning, many problems, disappointments and delays, the new school buildings are now taking shape and the magnificent facilities approaching completion. There are currently challenges enough in running the school in the midst of turmoil, but Mr Lovegrove believes the most exciting and demanding tasks will be met in the next 2 years. During this time, three of the School's present sites will be closed down, the Upper School building refurbished and the School roll increased to approximately 1,050.

QUEEN'S SCHOOL PAIR BROADCAST TO GERMANY



BAOR PR

Two 15-year old pupils have been taking part in two West Deutsche Rundfunk programmes – "English for Juniors" and "English for Seniors" – short plays in English which are used as a means of demonstrating structures of the English language. Last year, Philomena Ryan took part and was invited again this year, her father being Sgt. GP Ryan, RAF G Communications Centre. Timothy Wawman, son of Lieut-Col. RJ Wawman of HQ BAOR Medical Directorate, after recording tests, was found to have the qualities sought by WDR. Tim was heard in November, and Philomena's play will be broadcast early this year.

# CHARITY - SWEET CHARITY



BAOR PR

Children of St Christopher's School present Mrs Scott, Headmistress of St Francis' School for Handicapped Children, with the sum of DM 125 which the children raised through holding two jumble sales in the summer holidays.

L to R: Rebecca Petrie, Jane Coulcher, Sally Radnor, Kate Dobson.

\* \* \*

Mrs C Scott, Headmistress of St Francis' School for handicapped children at Rheindahlen wishes to express her warm appreciation for the DM 1,130 cheque presented by Mrs Jeanette Wilson, the District Commissioner of Dusseldorf's Guides and Brownies. A splendid effort indeed.

\* \* \*

GUILD OF ST HELENA would like to thank all those who supported the Christmas Fair on the 18th November by providing goods for sale, for coming along to the Fair to buy and to all those who so generously bought raffle tickets. The draw was made by Lady Beetham and the first prize, a patchwork quilt, was won by Mrs. Cynthia Green. DM 2,600. was raised and sent to Guild Headquarters to be used for Service charities.

\* \* \*

ST PATRICK'S SCHOOL CHRISTMAS FAIR On Saturday, 27th November, despite the cold, grey afternoon weather, a magnificent turnout of adults and children arrived at St Patrick's School to enjoy themselves at the annual Christmas Fair which was opened by 'Uncle Bill' of BFBS. The result was an unqualified success, with satisfied customers and a record income. £200 has been sent to a U.K. charity and the remaining money will be used to buy additional scholastic equipment for the school. The Headmaster would like to take this opportunity of thanking all the Messes, shops and private individuals, who contributed so much to ensure the Fair's success.



RAF Pru

For a number of years, Mr. Arthur Wilcock, a retired RAF officer employed in HQ RAF(G) and his team of volunteer helpers, have painstakingly restored old toys to their former splendour, to present at Xmas to various local homes for mentally handicapped and under-privileged children. This year, some of the toys were sold at the Mönchengladbach Xmas Fair and DM 2,800. was handed over to German charities for distribution, DM 1,000. more than last Xmas. 4 Lorry-loads of toys have been sent to the Hephata Home for Handicapped Children, 1 lorry-load to a girls' orphanage in Roermond, and 150 dolls to the poor Hardt settlement.

Mr. Wilcock tells us that he and his team have enough toys to keep them busy until March and he is most grateful to the many people who responded to his appeal for toys. Our photograph shows the Station Commander, RAF Rheindahlen, W/Cdr R Ford with Mr. Wilcock and some of the lovely toys.

## ACROSS (GERMANY) 1977

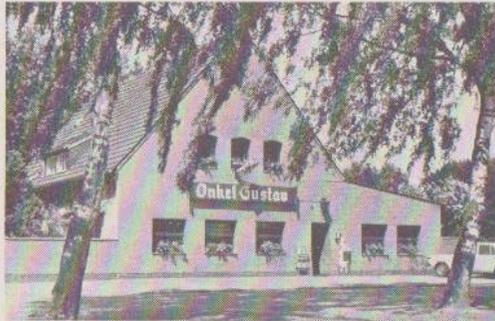
This year, Across (Germany) has once again been asked to arrange for a group of chronically disabled people, who would otherwise be permanently confined to house or hospital, to visit Rheindahlen for a holiday. To help fund this project, the Committee are planning a Carnival, Gala Charity Concert and a Flag Day. They hope that these events will receive the same generous support that, in the past, has provided the parent UK Trust with an hydraulic tail lift for one of its giant coachlike "Jumbulances" and a long wheel-base Landrover servicing support vehicle.

However, it is not only financial help that is required; the Committee has been decimated recently by postings and if you can't give your full-time support, we shall as usual be looking for part-time waiters, dishwashers, cleaners and bedmakers when our disabled guests arrive in August. Although these might sound unexciting tasks, we can guarantee that you will have as much fun helping our guests as they will. If you are interested in being a part of this worthwhile venture, contact the Secretary, Flt Lt Bob Howe (RA 4576) or Major RC Williams (RA 2605) who will give more information.

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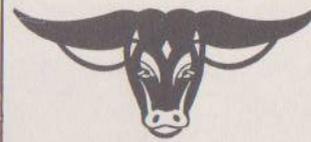
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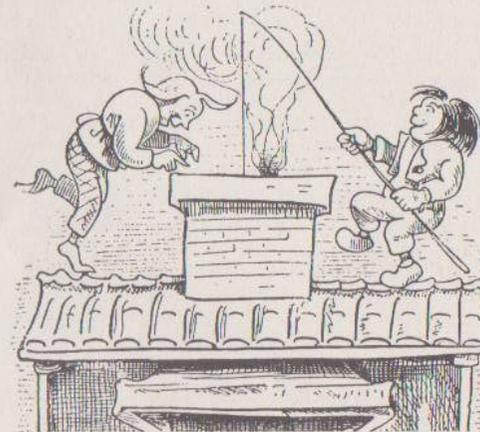
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Dave Humphrey

**"A FUNNY THING HAPPENED ON THE WAY TO THE FORUM"**

For those expecting or even hoping for a 'sense of humour failure', read no further. As a result of good publicity the Garrison Theatre was just about packed every night and enthusiastic audiences and rapturous applause voted the RATS production of 'Forum' a great success, justifying the element of risk in staging an ambitious show with a difference.

As a production, 'Forum' was difficult to pin down. It was no play and, with only one reputable singer, was decidedly not a musical. It had nothing to say (if ever a message is needed); it could be said that it was almost a Roman G & S Carnival. Thankfully its greatest achievement was that the play did not sink to the bawdy depths plumbed by Frankie Howerd on TV. This was undoubtedly due to the careful production by Colin Mole, who doubled up (no easy achievement) as Lycus, a buyer and seller of courtesans, giving the reliable acting performance to which we have become accustomed.

The triumph of the show was Peter Bryant, as Pseudolus a slave, in sadly his last performance before posting. He dominated the stage in a very large part and inspired the rest of the cast; it is not meant as complimentary to the others, but the action seemed to slow down when he was not on stage. Come back soon, Peter.

Dave Hunt, the slave to Senex and Domina, was quite in his element as the funniest man on stage. His sly winks, facial contortions and mini Mr Michelin movements contributed a lot to the success of the show. It was great to see Liz Miller on stage again, having handed over the thankless (but nevertheless much appreciated) musical preparation of the production to Jeanne Taylor. Her acting talents could well be used more often.

What is there left to say of Grant MacLennan that has not been said already, in one way or another? He thoroughly enjoyed himself as Miles Gloriosus, a major military captain. He was so perfectly cast that no demands were put on his acting ability; in this his final appearance, his singing had an attack and quality that strangely enough we have not heard before in a wide range of glittering performances.

Space does not allow comment on one or two cameo parts, or on each of the courtesans, but suffice it to say that their various talents were illumined only too briefly. Among a very leggy cast, Chris Dodsworth, as Hero, had undoubtedly the best legs on stage. What a good job, for the sake of his health, that he didn't descend among the audience! Chris Etherington, considering the tragic circumstances and short notice, performed remarkably well as Senex, an amusing dirty old man.

For the first time in very recent memory, there was a West End atmosphere evident in the theatre. This was partly the production, partly the good audiences and partly the contribution of the Regimental Band of the 1st Battalion The Staffordshire Regiment (The Prince of Wales's). Mr Lee, the Bandmaster is to be warmly congratulated on the sympathetic handling of a non-musical cast and the quality of musicianship of his band. Bless them, they even laughed at the jokes. Hopefully they will be invited again.

In summary, it must be said that although it did not have the best singing or even the most noteworthy acting of the year, 'Forum' was the best entertainment we've had in the theatre in 1976, a year which has seen some memorable performances. Roll on 1977's cornucopia of dramatic delights.

T. C.

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Jan 2 to 9th

Box Office Jan 3 to 7th

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**THE WEST RHINE MUSICAL SOCIETY**

The West Rhine Musical Society will present 'OKLAHOMA' in the Garrison Theatre Rheindahlen from Tuesday 1st to Saturday 5th February 1977. The show will be augmented by the Band of the 13th/18th Hussars and will commence at 8pm on 1st-3rd February inclusive and at 8.30 pm on the 4th/5th February. Tickets will be DM 6 and DM 5 with half-price for children aged 13 yrs and under and reduced prices for parties of 10 or more for the Tuesday, Wednesday and Thursday performances only. The Box Office will be open at the following times:

10-12 noon Garrison Theatre Sat 22nd January

10-12 noon JHQ NAAFI Sat 29th January

1.30-5.30 pm Garrison Theatre weekdays 24th January to 4th February.

Garrison Theatre Tel No: RA 2262

**Stadttheater Mönchengladbach**

5 Jan	2000 hrs	<b>Premiere</b> Poland Blood – Operetta by Oskar Nedbal
6 Jan	1930 hrs	Marriage of Figaro – By Mozart
8 Jan	2000 hrs	Marriage of Figaro – By Mozart
11 Jan	2000 hrs	Marriage of Figaro – By Mozart
13 Jan	2000 hrs	Symphony Concert (Kaiser-Friedrich-Halle)
15 Jan	2000 hrs	Poland Blood – By Oskar Nedbal
16 Jan	1600 hrs	Poland Blood – By Oskar Nedbal
19 Jan	2000 hrs	Symphony Concert (Stadthalle Rheydt)
22 Jan	2000 hrs	Poland Blood – By Oskar Nedbal
23 Jan	1100 hrs	Youth Concert
	1930 hrs	Poland Blood – By Oskar Nedbal
28 Jan	2000 hrs	Poland Blood – By Oskar Nedbal

Tickets may be obtained through MILATRAVEL

**RAF BAND GALA CONCERT  
PROCEEDS ARE PRESENTED**



The Royal Air Force Germany Band Director of Music, Squadron Leader Eric Banks, hands over the proceeds of the Band's Annual Gala Concert in October to the Deputy Commander of RAF Germany, Air Vice-Marshal Tim Lloyd. The Band raised some £125, which will be donated to the RAF Benevolent Fund.

**Belgian Dynasty Day Reception in Rheindahlen Rooms on 15th November.**



**NORTHAG/TWO ATAF PI**

Major Gen and Mrs G A F Van der Veen, DCOS NORTHAG, welcome Wing Cdr and Mrs. F. McClory of 2 ATAF.

# RHEINDAHLEN

**MONOUR FOR HERR OTTO KERMANN, MBE**



**RAF PR**

Herr Otto Kerrmann received his insignia an honorary member of the Civil Division of the Most Excellent Order of the British Empire from the British Ambassador to Bonn, Sir Oliver Wright. Herr Kerrmann has worked for the RAF for over 30 years and should have retired in March but was considered "too valuable to lose".

**PSA WIVES CLUB SAY FAREWELL TO THEIR PRESIDENT,  
MRS STELLA AVELING**



Mrs Aveling is returning to the U.K. where her husband, Mr Alan Aveling (who has been PSA Regional Director, Germany Region for the last 3 years) is taking up the post of Director, Estate Management Overseas, at Croydon.

At a farewell coffee morning and luncheon at the Lutteleforster Muhle, Mrs Aveling was presented with a water colour painting of the Munster Kirche Monchengladbach by Mrs Lillian Robson, Chairman of the Wives Club. The group photograph shows the Ctee members:

L to R: Mrs Chris Moss, Mrs Robson, Mrs Sandy Fraser, Mrs Olwen Whitehead, Mrs Ann Everett, Mrs Aveling, Mrs Jean Ramsey, Mrs Angela Clemitz, Mrs Edith Nalton, Mrs Brenda Boyce and Mrs Joyce Bramford.

# ROUNDAABOUT

NATO MUSIC FESTIVAL 1976



NORTHAG/TWO ATAF JPI

On 2 December 1976, Herr Theodor BOLZENIUS, Oberbürgermeister Mönchengladbach together with Air Marshal Sir Michael BEETHAM COM-TWOATAF handed over a cheque for DM 35,000, the proceeds of the NATO Music Festival held in the Bökelberg Stadium Mönchengladbach on 4 September 1976, to Mr PIJNACKER-HORDIJK, the Deputy High Commissioner in Germany of the World Refugee Organisation. American, Belgian, Danish, Dutch, French, and German military bands took part, including BAOR and RAF(G).

## FROM BROTH TO TROTH



BAOR PR

Cupid's arrows have been flying among the cottage pies and steamed puddings in 68 Sqn RCT Cookhouse. The lads of the ACC have hit on the right recipe for the WRACs and the result is one couple married, and two others nearly ready to take the plunge. Pictured here are, left to right, Privates Frankie McManus and Alex Porter, Private (Mrs) Sonia Miles and L/Cpl Ken Miles, and Pte Susan Soltysiak and L/Cpl D. Flowerdew. All serve at 68 Sqn which supplies drivers for vehicles serving HQ BAOR.



BAOR PR

A Civil Servant since he left the Army, our picture shows him receiving a farewell gift of a model amphibious bridge from Brig. A. Needham, DEME, HQ, BAOR, on the occasion of his final retirement.

## FAREWELL TO MR STAN DUNCOMB, OBE ONE-MAN 'COMBINED SERVICE'!

Mr Duncomb has said his third and last farewell to the Services. After a war-time career in the Royal Navy, which involved working with landing craft in the Mediterranean and participating in the Anzio operation, he joined REME and retired as a Major, with service in Palestine and BAOR behind him in his 20 years. At one stage, he worked with Sir Ronald Bailey, inventor of the famous bridge system.

## C-IN-C'S TRAIN RUNS OUT



General Sir Frank King hands over its Visitors Book to Maj Gen Carpenter, CTO, for display in the Royal Corps of Transport Museum, watched by Brig Regan, CTMO, BAOR. The diesel train, stabled at Rheydt, came into existence in 1955 under the then C-in-C General Sir Richard Gale, and its distinguished passengers over the years have included HRH The Princess Anne, HRH The Princess Margaret, HRH The Duke of Edinburgh, Lord Snowdon and Sir Winston Churchill, to name but a few.

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## Gardening Notes for January

January is the time to browse through the seed catalogues and in doing so, we should remember that 1977 is Silver Jubilee Year so there is bound to be a run on red, white and blue flower seed. What a splendid opportunity this year will be to show our continental friends how patriotic we are, so let's plan now to add a little Red, White and Blue to our MQ gardens.

Annuals provide us with our main sources; the Hardy Annuals (HA) can be sown direct in the ground where they are to bloom and are best sown when the soil is not too wet or frozen (March/April). Half Hardy Annuals (HHA) require a greenhouse to really get them going and are best purchased as plants from the Nursery in May.

Alysum Little Dorrit 6ins. must be one of the easiest and best white flowers; it is often treated as a HHA but is very easy to grow by sowing direct. Candytuft Giant White Hycinth 15ins and Red Flash 12ins is a good crimson. Dimorphotheca Glistening White 9ins is a dainty white daisy. Something a little unusual and of interest to the floral arranger, Euphorbia Marginata 20ins. Larkspur 3 1/2ft is available in white and blue but does not last too long. Lobelia 6ins is also available in white and blue; although an HHA it can be sown direct late April/May.

Anchusa Blue Angel 9ins — make sure you do not purchase the better known perennial form. There are many forms of Cornflower from 9ins to 2ft but make sure it's blue. Echium Blue Bedder 12ins would do very well in Rheindahlen. Convolvulus Royal Ensign 15ins is a compact form of the better known climber. Nigella (Love-in-a-Mist) 15ins Miss Jekyll is a lovely blue. Phacelia Campanularia 9ins and Blue Bonnet 15ins are both well worth trying. Salvia Horminum Blue Bird (Clary) 15ins and Viscaria Blue Angel 9ins.

For Reds, try Linum Scarlet 15ins better known as Flax. A brand new Nasturtium called Red Roulette 12ins has arrived just in time and must be easy to grow. Poppy Ladybird 18ins. Annual Sweet William Red Empress 12ins. A new everlasting flower Helichrysum Hot Bikini is only 12ins high and a good crimson, it is a HHA but try sowing it April/May.

How about a hedge or group of sweetpeas — Welcome-red, Majesty-white, and Noel Sutton-dark blue. Sow a few in pots on the window sill at the end of the month and once they have germinated, pot them in deep pots and keep them cool.

**The wax 1 litre milk cartons pierced at the bottom would be ideal.** This is my TIP OF THE MONTH.

Happy Gardening in 1977.  
Adam Hardgraft

### ARIES CROSSWORD No. 8 — SOLUTION

ACROSS 1. Epic, 4. Gleneagles, 9. Animal, 10. Idealist, 11. Syllabus, 13. Scotch, 13. A small drop, 16. Scaw, 17. Asps, 19. Schoolgirl, 21. Celtic, 23. Aberdeen, 25. Hazel nut, 26. Eleven, 27. Characters, 28. Ness. — DOWN 2. Penny, 3. Camilla, 4. Golfball, 5. Edinburgh Castle, 6. Evens, 7. Gallons, 8. Easy chair, 14. Sassenach, 15. Proneness, 18. Sit near, 20. Gudgeon, 22. Contc, 24. Edens.

## Birds in your Garden

A well-stocked bird table is probably the surest way of attracting birds to your garden. Last month's article showed how to make a simple bird table and now for some hints on how to attract birds to it.

All the tit family, including the Long Tailed Tit should come to the table if peanuts, suet or fatty bones are provided. Cooked potatoes, stale cake, apple cores, chopped bacon rinds, raisins and cheese will all have their devotees. Finches will be attracted by special ready-made mixtures such as "Swoop" or local seed mixes available from pet shops. Suet is good for cold weather as is coconut in the shell — this should be cut in to two halves and hung bell-like. Any fruit cut up small will be eaten — particularly by thrushes and blackbirds during a hard spell.

A word of warning: do not put out food and then stop during a cold spell. This will result in the death of those birds who have come to rely upon you.

CONTRIBUTED BY THE RHEINDAHLEN BIRD-WATCHING GROUP

## PADRE'S CORNER

### CONFIDENCE — A LIFETIME JOB

The beginning of a New Year is a time for New Year resolutions. The following may be a help to making and keeping your resolution for 1977.

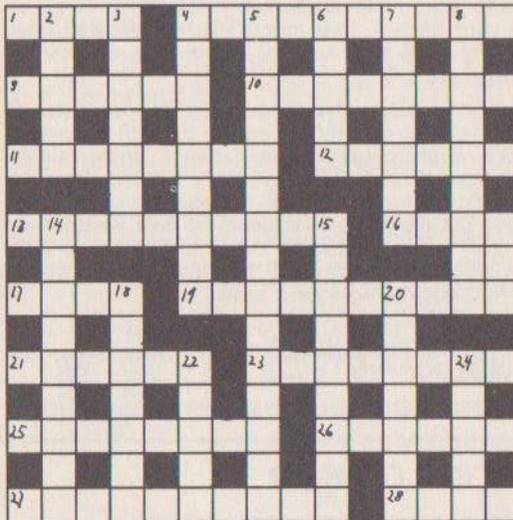
This 5-step programme for building self-confidence was developed by a personnel specialist responsible for management training:

1. Take a mental inventory of recent accomplishments as well as your assets as a leader. This will boost your morale.
2. Isolate one personal deficiency or weakness and concentrate on removing or improving it.
3. Increase your knowledge of the area you are involved in. Lack of information can often prevent us from tackling something new.
4. Take on an assignment once considered too tough. This will test how well you have completed the first three steps.
5. Work on your personal appearance. The way you dress, walk, talk, etc reflects the opinion you have of yourself.

As a final note, the expert cautions that confidence must be self-generated — it cannot be imposed by others. Only you, with God's help, can harness the vast potential for good that He has given you. Greet each new day with the prayer, "O Lord, help me to remember that nothing is going to happen to me today that You and I together can't handle."

by Rev D. V. Beer, Command Senr RC Chaplain,  
RAF GERMANY

Featuring a wild story for Hogmanay!



**C  
R  
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D  
No. 8  
by Ariès**

**CHAPTER ONE (ACROSS)**

1. A great story from the wars of the Picts ... (4)
4. ... of course, in Scotland, in which film star Anna is trapped by magled legs ... (10)
9. ... and a beast of a backward Africa ruler is caught by a novice ... (6)
10. ... who strives for perfection with a novel thought on combat. (8)
11. The bully gets his dessert when he combines with Able Seamen ... (8)
12. ... to frustrate the spirit ... (6)
13. ... of Sam Pollard drunk on a wee dram! (1, 5, 4)
16. Dad and Florence leave Scapa Flow for the Cape ... (4)
17. ... pass strange reptiles ... (4)
19. ... and so fall into stormy loch with girl. It turns out she is a learner ... (10)
21. ... coming in to cancel tickets for famous Scottish 26 ... (6)
23. ... who take Aden beer from Northern city ... (8)
25. ... and hunt with zeal for fruit ... (5, 3)
26. ... for a side, perhaps ... (6)
27. ... of personalities who make tea and put on a show for the Queen before going south ... (10)
28. ... to the monstrous Loch (4)

**CHAPTER TWO (DOWN)**

2. After dredging with open nylon nets for money ... (5)
3. ... the girl finds a mill with about a hundred rising up ... (7)
4. ... they travel a fair way - to 4 perhaps ... (9)
5. ... where she cat burgled in strange fortress ... (9, 6)
6. ... and in Loch Leven sensed a 50/50 chance ... (5)
7. ... of quantities of whisky, perhaps ... (7)
8. ... in a simple resting place ... (4, 5)
14. ... made of sash bound around reserved canes. A man from over the border ... (9)
15. ... shows a tendency in favour of the North East of the monstrous Loch ... (9)
18. ... to have a seat close by ... (3, 4)
20. ... to fish from. Gone and dug ... (7)
22. ... up Commander in Chief about a ring with a cone-like cross section? (5)
24. But it all ends happily in the gardens where it all began! (5)

(SOLUTION ON P. 13)

# WINTER DRIVING

**Safety Belts** - It is compulsory to wear them at all times (including passengers).

**Driving** - Handle your steering, brakes and accelerator pedal gently to avoid skidding.

**Braking** - Keep twice the normal distance between you and the vehicle in front.

**Overtaking** - Be extra careful and allow greater distances than normal. Remember snow and slush can block your vision.

**Ice/Snow** - Watch out for ice patches on and under bridges, in shadows etc. On ice and snow drive in the highest gear possible and change down to reduce speed.

**Lights** - Use dipped headlights whenever visibility is poor (fog, snow, heavy rain etc). Remember it is an offence to drive on side lights only.

**Ventilation** - Make sure your vehicle is well ventilated. Don't drive with all the windows closed and the heater full on.

**Tiredness** - If you feel tired, don't drive on. Pull into the nearest parking place and rest. On a long journey, stop and rest every 2 hrs, or more often if conditions demand greater concentration.

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# NAAFI NOTE BOOK

With the expense of Christmas well and truly behind us, our bank balances may be a little on the low side – mine is, I know. So we'll all be watching the pennies extra carefully as we do our shopping. If you've made a new year's resolution to hold back on the housekeeping and are being extra diligent in the way you spend it, Naafi will certainly help you keep on the straight and narrow.

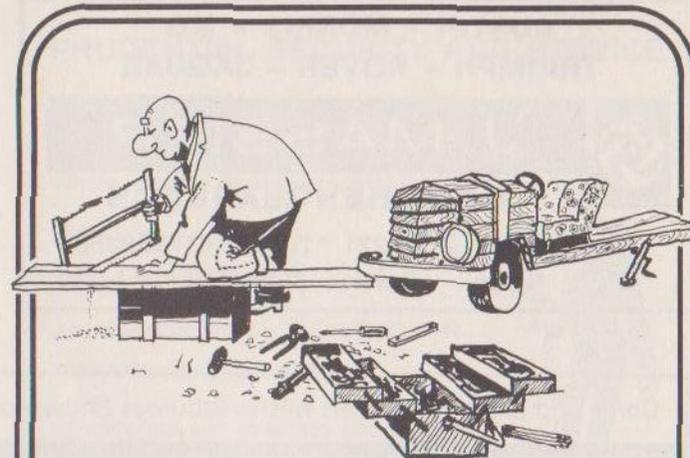
Starting on the 4th of this month, a special offer promotion gets under way. As usual, it'll include confectionery, general foods, household products and toiletries – in other words a wide spread of items in everyday use in the household and normally constituting a fair whack of your housekeeping budget. Full details of all the bargains are contained in the leaflet – so do pick up your copy.

In addition to the special offer promotion that runs till the 29th, there will be two double star super special weeks, with attractions from the butchery, the fruit and veg counters and the rest of the foodhall. Full details of those promotions will be released during the Naafi news broadcast on BFBS during the Monday morning breakfast shows.

At the end of the month, on 31st to be precise, the first star buys promotion of the year kicks off. Although I can't reveal specifics, I can let you know there are some fantastic bargains that will certainly save you money.

*I'm not given to making predictions, but I'm sure in 1977 everyone will be more price-conscious than ever. Naafi has a full-time German speaking price tester in this area, one of a team of ten throughout BAOR. She visits all the big shops in the vicinity, such as Kaufhof, Divi, Super Magazine and so on. She and her colleagues compare like for like and where wide differences are found, we will take action to ensure our competitiveness. But one price tester in this area can't possibly hope to cover every shop, so if you have found an item in an outside shop that you feel is better value than a similar item in Naafi, let us have the full details. At recent customer relations meetings, committee members have drawn our attention to a few items obtainable on the market outside. As a result some of those items have since been included in our stock range. Incidentally, our testers use a shopping basket based on a similar number of items used by the Financial Times (80-85). In each month's shopping basket comparison last year, Naafi was shown to be competitive overall. We intend to keep that record up in 1977.*

Geoff Bowden



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Rheydt - in town pass the  
Kaufhof - right at 2nd  
lights - 80 yds on left is  
showroom.

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## WHAT CAN I IMPORT

The mass exodus of BFG cars over the border into Holland is a familiar sight on Saturdays but difficulties can arise from these shopping expeditions if one is unaware of the Customs regulations, as some of our readers have obviously discovered! Recently, the Co-Editors were asked if the Rheindahlen Bulletin could publish some information on German Customs regulations, particularly concerning the importation of food and other domestic items. We approached the British Frontier Service for guidance and discovered that, to reproduce every relevant ruling in this magazine is, frankly, impracticable, but the BFS advised that the following points might be of the greatest use to our readers and we have also included some general reminders: Importation of Foodstuffs (but see below for special rules regarding the importation of fresh meat).

As a general rule, BFG personnel living in the Rheindahlen area can import into Germany up to a week's NORMAL family groceries once a week. What constitutes a "normal" amount is not specified but it is suggested that one would be unwise to load a minibus (for example) to the roof with food and expect to pass it off as "a Week's normal groceries". Nor will the excuse "I'm doing the shopping for my friends/neighbours" be acceptable to the Customs officer either! Don't forget the special rules relating to the importation of tea, coffee, tobacco etc.

### IMPORTATION OF FRESH MEAT

THIS IS PROHIBITED except for amounts not exceeding 3 Kgs brought in one's personal baggage. Therefore, if you are thinking of restocking the deep-freeze, you will do well to buy your meat in Germany. However, fresh poultry weighing over 3 Kgs can be imported so long as it is in the form of a complete carcass ie. if pieces of fresh poultry are imported then the 3 Kgs restriction applies as above.

### DUTCH VAT

If you are contemplating buying expensive items (ie. costing over DM 200) in Holland, did you know that BFG personnel can reclaim the Dutch VAT in certain circumstances? For more information on this topic, contact the British Frontier Service who can also supply the necessary application forms.

### IMPORT AND EXPORT LICENCES

As you all know, items imported and exported by BFG personnel, other than through Service channels, require a special licence. These licences are obtained by sending a completed BFG Form 60 (available from your unit) to the British Frontier Service who then arrange for the issue of the licence. Please give as much notice as possible (normally 4-6 weeks) and, to avoid delays, make sure the Form 60 is correctly completed.

### IMPORTATION OF PET BUDGERIGARS AND PARAKEETS

There are special rules governing the importation of caged birds. Remember to apply to the BFS for your special permit before you bring one into Germany.

### IMPORTATION OF MEDICINES (a recent restriction)

It is forbidden for BFG personnel to import the following proprietary brand medicines into Germany: Kwells, Veganin, Codis tablets, Famel Cough Syrup, Gee's Linctus, Metatone tablets, Codeine tablets.

### GENERAL CUSTOMS ENQUIRIES

The British Frontier Service, as Customs agents for the British Forces in Germany, are always pleased to answer genuine enquiries about Customs regulations. Therefore, if you have any questions as a result of this article, please ring them - not us! The address and telephone number are as follows: The British Frontier Service, Düsseldorf, BFPO 34. Tel no: Rhine Centre 612 or 602.

### CUSTOMS BORDER AREA

The village of Hardt, part of Rheindahlen and all territory West of the Hardt Rheindahlen road including JHQ, are part of a Customs Border Area (Zollgrenzbezirk). In that area the German Customs Authorities are permitted to stop vehicles and personnel, and carry out searches. All personnel called on to halt by the Customs Police will do so, and immediately declare their status by the production of MOD Form 90 or Identity Card.

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# SPORTS

## ARMY SPORTS FIXTURES FOR JANUARY

RHINO'S RFC			
DAY/DATE	SPORT	TEAMS	VENUE/TIME
SAT 8 JAN	RUGBY	RHINO'S v RAF WILDENRATH	'A' 1400
WED 19 JAN	RUGBY	RHINO'S v RAF WILDENRATH	'A' 1400
SAT 22 JAN	RUGBY	RHINO'S 1st XV v 3 BAPD	'A' 1400
SAT 22 JAN	RUGBY	RHINO'S 2 XV v DUSSELDORF	'B' 1400
SAT 29 JAN	RUGBY	RHINO'S 1 XV v RAF BRUGGEN	'A' 1400
SAT 29 JAN	RUGBY	RHINO'S 2 XV v RAF BRUGGEN	'B' 1400

HOCKEY			
MON 10 JAN		BAOR INTER UNIT WOMENS SERVICES HOCKEY TOURNAMENT. TOP AND BOTTOM RED SHALE PITCHES.	0900

SQUASH			
17th to 21st JAN		BAOR SQUASH CHAMPIONSHIPS. ARMY SQUASH COURTS.	1000
26th to 28th JAN		INTELLIGENCE AND SECURITY GROUP (GERMANY) INTER SQUASH COMPETITION. ARMY SQUASH COURTS.	1000

**SOCCER**  
See RAF Rheindahlen Inter-Section Soccer.

### RAF RHEINDAHLEN INTER-SECTION SOCCER

The following is the league fixture list for January.

Jan 9th	RAF Wegberg V BAOR Sig Trp 11 SU 'B' V 6 Int/PID HQP&SS/2ATAF V NAAFI Scribes 'A' V Kent School 11 SU 'A' V Marlborough JRC MES/SHQ V Queens School	Wegberg RAF 5 Garrison-C Garrison-B RAF 2 RAF 3
Jan 16th	11 SU 'B' V Kent School RAF Wegberg V HQP&SS/2ATAF Scribes 'B' V BAOR Sig Trp MES/SHQ V 6 Int/PID 11 SU 'A' V Scribes 'A' NAAFI V Queens School	RAF 4 Wegberg Garrison-B Garrison C RAF 5 Garrison-E
Jan 23rd	Kent School V Scribes 'B' 11 SU 'B' V NAAFI Marlborough JRC V RAF Wegberg Queens School V 6 Int/PID MES/SHQ V BAOR Sig Trp 11 SU 'A' V HQP&SS/2ATAF	Garrison-C RAF 2 Garrison-B Garrison-E RAF 3 RAF 4
Jan 30th	BAOR Sig Trp V Kent School RAF Wegberg V 11 SU 'A' 11 SU 'B' V HQP&SS/2ATAF Marlborough JRC V MES/SHQ Queens School V Scribes 'B' Scribes 'A' V 6 Int/PID	Garrison-E Wegberg RAF 5 Garrison-C RAF 2 Garrison-B

\* It should be noted that fixtures are subject to alteration at short notice.



RAF RHEINDAHLEN  
AUTUMN GOLF MEETING

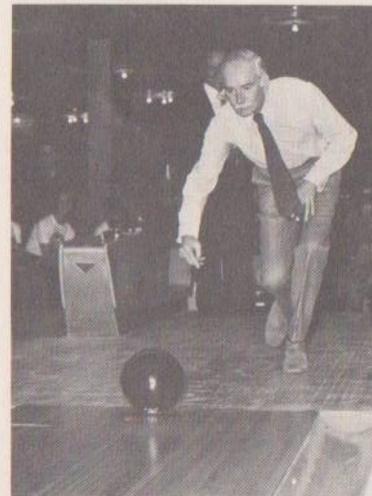
This was held at the RAFG Golf Club on 12 November in fine golfing weather for the 36 competitors. Fit. Sgt. H. McQuade, finding the melting frost to his liking, produced the best individual score of the meeting. Mrs Barbara Ford presented the prizes for the day's competition and took advantage of the occasion to present the Rheindahlen Vase to Fit Lt C. E. Smith, winner of the Summer Match Play Competition.

D. ALLEN

### 1976/7 LADIES OPEN SQUASH TOURNAMENT

The tournament was held at RAF Rheindahlen on Saturday and Sunday 20/21 November. In all, 17 competitors took part from RAF Stations within Germany and the standard proved to be high. Rheindahlen was well represented by: Fit Sgt Winspear, SACW Welford, SACW Temperley, SACW Pfeiffer, Mrs. Torbitt, Mrs. Anderson, Miss Gough, Mrs. Duncan and Mrs. Cox. SACWs Welford and Temperley met in the quarter-finals but SACW Welford was unfortunately beaten in the semi-final. Mrs. Duncan also reached the semi-final stage but lost to the eventual winner of the tournament, Mrs. Dale of Wildenrath. The finals of the Plate Competition were between two Laarbruch ladies, SACW Wilcox and Mrs. Tily, the latter being the winner after an exciting match containing many spectacular rallies.

Congratulations to all who took part on the high standard of play and sportsmanship shown. The outlook for WRAF Germany Squash in the coming year is extremely promising.  
Pam Burgoyne



### FIRST BOWL

On Saturday, 13th November, the Rheindahlen Garrison Commander, Colonel J. Gallie, opened the new Bowling Centre in Viersen, located opposite the Supply Depot. A tournament was held the contestants being members of local German and NATO Bowling Leagues. United Viersen, a NATO team, won the event and this was captained by Bruce Legg of JHQ Rheindahlen.

FC Line

# Rheindahlen Saddle Club



## COMPETITIONS

Since the Saddle Club Two Day Show at Wegberg, which was reported on in the September issue of the Bulletin, we have almost completed a very busy competition season. Club members and their horses, besides entering local German shows, have travelled to places such as Paderborn, Dortmund, and Sennelager in search of rosettes!

Sennelager was also the venue for this year's BFG Pony Club Camp which was attended by 140 children from throughout BAOR. The Rheindahlen Saddle Club contingent comprised 16 children, 9 horses/ponies, and 2 instructors. Of the successes achieved at the Camp the most notable were –

- a) The award of "Most Improved Rider", which went to Michelle Jaques.
- b) Anna Jones and Lynda Linington passed the Pony Club "B" Test which is a very high standard to attain and is usually beyond the reach of those who do not have their own ponies. Anna, at 14 years of age, was only just old enough to sit the examination. Lynda's success was a good achievement in view of the fact that she does not own a pony and is a "home grown product" of the Rheindahlen Saddle Club.

We would need the whole page to list the excellent results in competition during this second half of the season so instead we show a summary below:

- 14 First Prizes
- 10 Second Prizes
- 13 Third Prizes

To close this section on competitions, and to illustrate the high standard achieved by our younger riders, they gained 1st or 2nd placings in eight out of twelve events at the Pony Club Gymkaana held at Dortmund in September. For these successes we congratulate our club instructors for their time and patience, and

the children for their determination, competitiveness and enthusiasm when representing the club. At very event in which we took part the horses, and riders, were immaculately turned out and brought great credit to the club.

## INSTRUCTION

In September we started the new season of classes which will continue, except for short breaks at holiday periods, until July next year. Our 6 instructors, all volunteers, provide 13 classes weekly during which about 80 students are given instruction, ranging from the beginner to the advanced stage.

Rides in the surrounding countryside are arranged regularly at weekends in order to give the students, and horses, a change from the weekday routine in the "school". These are intended for those riders not yet considered sufficiently competent to take a horse out on their own, and are always accompanied by qualified "lead riders". Qualified riders, of course, are able to book horses whenever they wish to ride out alone.

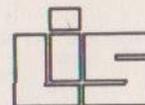
## GENERAL

The indoor school is now looking much more professional. Boarding of the sides has been completed and a new floor of peat and wood shavings laid. The fencing around the paddocks has recently been completed and is in very good order. A start has been made with the building of cross-country jumps in the paddocks, and this will continue during the winter.

If you are interested in riding, come and visit the stables any day from 1000-1200 or 1400-1730 hrs. If you are interested in gardening there is always a plentiful supply of manure available at a nominal charge.

## INFLATION

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RATH-ANHOVEN  
HAUPTSTRASSE 128**

OR SEND COUPON:

T.R.B.

NAME .....

ADDRESS ..... EXT. ....

# CINEMA PROGRAMME

Performances at 1930 hrs unless otherwise stated

ASTRA		
1	The Coptor Kids (Matinee)	U
1	Juggernaut	A
1	Dead Cert	X
2	Superdad	U
3	Capone	X
	Blindman	X
4	French Connection No. 2	X
	Hex	X
5, 6	Vigilante Force	X
	Devil within her	X
7	* SKC Bingo, Doors open 1930 hrs. Eyes down 2030 hrs	
8	The Wind and the Lion	A
9	Dr Zhivago	A
10	Young Frankenstein	AA
11, 12, 13	Drum	X
	Bootleggers	A
14	* SKC Bingo, Doors open 1930 hrs. Eyes down 2030 hrs	
15	Columbia Cartoon Programme No. 2 (Matinee)	U
15	Inside Out	A
	Doc Savage	A
16, 17	The Likely Lads	A
	Win, Place or Steal	A
18	Lepke	X
	Scarecrow	X
19, 20	Death Race 2000	X
	Tower of Evil	X
21	* SKC Bingo, Doors open 1930 hrs. Eyes down 2030 hrs	
22	The Land that Time Forgot	U
23, 24, 25	Jungle Book	U
	Return of the Big Cat	U
26, 27	The Missouri Breaks	AA
28	* SKC Bingo, Doors open 1930 hrs. Eyes down 2030 hrs	
29	Silly Billies (Matinee)	U
29	Bite the Bullet	A
30, 31	Aces High	A
	* Minimum Snowball DM 1,500	
GLOBE		
1	The 25th Hour	A
2	Man with the Golden Gun	A
2, 3, 4	The Outlaw Josey Wales	AA
5	Confessions of a Pop Performer	A
	California Split	X
6, 7, 8	Moses	A
8	Goliath and the Dragon (Matinee)	U
9	Hercules against Kung Fu at 14.30 hrs	A
9, 10	Truck Stop Women	X
	Way of the Godfather	X
11	The Mean Machine	X
12	Julia	X
13	Open Season	X
	Brotherhood of Satan	X
14, 15, 16	One of our Dinosaurs is missing	U
17	Massacre in Rome	AA
	Fugitive Girls	AA
18	Freebie and the Bean	X
19	Operation Crossbow	A
	Evel Knievel	A
20	Reincarnation of Peter Proud	X
21, 22	Sky Riders	A
	Peeper	A
22	That Darn Cat (Matinee)	U
23	Man about the House (at 1400 hrs)	A
23, 24	Anti Christ	X
	Vault of Horror	X
25	The Bridge at Remagen	AA
	Three	A
26	Night Caller	AA
	The Mutation	X
27	The Gambler	X
	Violent City	X
28, 29	Girls, Girls, Girls	U
	Paradise-Hawaiian Style	U
30	Nearest and Dearest	A
30, 31	House of Mortal Sin	X
	Deadly Trap	X

# SMALL ADS (DM 5 for 50 words)

**GUIDE SHOP, (DM 5 for 50 words)** Grenville Road, Rheindahlen Garrison. The position of Shop Manager will become vacant on 1st March 1977. The opening hours are Tuesday 09:30 - 10:30; Wednesday 15:30 - 17:30 and Thursday 09:30 - 11:30. There is also an extensive mail-order business. Working hours amount to 16-20 hours a week. Remuneration is by commission on sales. Prospective applicants will be required to operate a simple system of accounts and prepare the books for audit twice a year. Please apply in writing to Commissioner B.G.I.G., c/o HQ BAOR (Q Qtg) BFPO 40.

**TEACHER OF MATHEMATICS** Queen's School, Rheindahlen, requires a suitably qualified teacher of Mathematics from Half Term (23rd February). Teaching is mainly in Lower School (age 11 to 13) and a knowledge of Modern Mathematics would be a distinct advantage. Please contact the Headmaster on RA 2412 in the first instance.

**AU PAIR GIRL REQUIRED** - Düsseldorf Area. Reliable (minimum age 17) who would like to live with a German family with a daughter aged nine, to perfect her German and help with light housework. Afternoons, evenings and week-ends free, board and lodging, attractive pocket-money and good opportunity to learn German. For more details, 'phone 02159/6134 or write to Mrs Christian Bumm, Gustav van Beek Allee 30, 4005 Meerbusch 1 - Strümp.

**FOR A RELAXING HOLIDAY**  
Hotel Gemütlichkeit - Bavaria (Near Fussen) 8959 Buching-Berhof, Moorbadstr. 21 - Tel. 08368/215 or RA 2684.  
Within sight of Austrian Alps. Lakes, quiet surroundings, winter sports. Good cuisine. English spoken.

**IBIZA, Spain.** For your holiday in the sun.  
Superb penthouse apartment on the Mediterranean. English manager to look after you. Golf, water ski-ing, sailing and riding nearby. Price for two weeks holiday, including jet flight from Düsseldorf, rent, maid service and food parcel from DM 400 per person. Ibiza Apartments, c/o 7 Regt RCT BFPO 16.

**THE WESTBOURNE HOTEL 3 THE PARAGON RAMSGATE KENT**  
TELE: THANET 53118  
Offer extremely cheap hotel accommodation to families of Her Majesty's Forces. If you are returning to the UK and require somewhere to live temporarily we are your answer. Happy family atmosphere.

**SILVER SALES**  
English silver by renowned London Silversmith up to 30% under retail prices. Ring RA 2414.

**CAROLYN MOELWYN-HUGHES BALLET SCHOOL**  
Spring term commences on Tuesday 4th January. For further information please contact: -  
Mrs Moelwyn-Hughes 4 Somerset Close MG Civ. 559203

**YOGA CLUB - WINTER CLASSES**  
Yoga classes for the Winter 1977 term commence on Tuesday 18th January. Interested people should contact Mrs Gregory, 15 Carlisle Way or ring RA 2820.

## POSTED?

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# STOP PRESS

**BULK REFUSE COLLECTION** Bulk Rubbish is collected from MQs as follows:

1st & 3rd Wed each month

All MQs situated to the North East of Gloucester Drive.

2nd & 4th Wed each month

All MQs situated to the South West of Gloucester Drive.

Occupants of MQs should be aware that on those occasions when there are FIVE Wednesdays in a month, NO, repeat NO, bulk rubbish is collected on the fifth Wednesday. Notification will be given in GROs, SROs and the Rheindahlen Bulletin when, because of National Holidays etc, alternative arrangements have to be made.

**QUEEN'S SCHOOL ADMISSIONS** Recently arrived personnel living within Queen's Upper and Lower School catchment area with children (born 31 August 1965 or before) due to be admitted for the first time in January 1977, should telephone the Secretary on RA 2412 between 0900-1500 hrs on the first day of the Spring Term, Tuesday, 4th January, for an Admission appointment.

**ARMY THRIFT SHOP** will re-open on January 11th for the Spring term. Usual opening hours: 9:30-11:30 and 2:30-4:30 p.m. on Tuesday to Friday. Special Opening for Take-in and Sale on January 4th, a.m. only. Please come along and aid the charities we support. Newcomers to Rheindahlen will find the Army Thrift Shop next door to the YWCA Book Shop Annex opposite NAAFI JHQ.

**RAF THRIFT SHOP** There will be a Winter Sale in the Shop on Thursday, 6th Jan, Friday 7th Jan and Saturday, 8th Jan. We hope that you will come along to search for a bargain and help us in our efforts to raise money for the many deserving charities which we support each year. For those of you who are new to the area, the RAF Thrift Shop is situated next door to the Malcolm Club Shop in Trenchard Rd. We will open for normal business as follows: Opening Day and First Taking-In Day on Thursday, 13th Jan. First Paying-Out Day on Friday, 14th Jan. Helpers Taking-In Day on Wednesday, 12th Jan.

**RHEINDAHLEN JOINT SERVICES NAAFI CUSTOMER RELATIONS COMMITTEE** The next meeting is scheduled for 18th January. Although the Agenda has been finalised, it is still possible to include points under 'Any Other Business'. Such points should be communicated to Committee Members as soon as possible. A list of their names will be found in both NAAFI shops.

**CIV SEC & D A C LADIES CLUB** On Monday, 10th January, at 8:30 p.m. Mrs Hazel McClelland will be giving us a demonstration of breadmaking at No. 2 Civilian Mess. The Coffee Morning is on Wednesday 19th January at 2 Stafford Way from 10:30 a.m. - 12 noon. All friends welcome. PLEASE NOTE all future monthly meetings will be held in No. 2 Civilian Mess.

**PSA WIVES CLUB** 10:15 a.m. Coffee morning at the Church Centre. Any new members will be most welcome. The Chairman and Committee would like to wish all members a Very Happy and Prosperous New Year.

**ALLIED OFFICERS' WIVES CLUB** The next meeting is on Thursday, 27th January at 2:15 p.m. in the Rheindahlen Rooms, and will be an "International China Tea" with displays and a sale table. Membership is open to all wives of Officers of the Armed Services of ANY of the nations stationed at, or associated with, the Joint H.Q., and to wives of Civilians of a similar status.

**RAF OFFICERS' WIVES COFFEE MORNING** The next Coffee Morning at the RAF Officers Mess will be held on Thursday, 27th January 1977, at 10:30 a.m. We would like to emphasise that wives of all members, including civilians and NATO Air Force Officers, are cordially invited. We hope many of you will find the time to come along. A creche will be available.

**RHEINDAHLEN FLOWER CLUB** The Annual General Meeting of the Rheindahlen Flower Club will take place on Thursday, 20th January, in the Ballroom of the Marlborough Club. The meeting will open at 2:15 but the usual facilities will be available from 1:30. These include coffee, creche, and silver, china and mechanics tables.

**GUILD OF ST HELEN** meets on the first Tuesday of each month in the Club Centre, opposite the B.P. Garage, at 10:15 a.m. All ladies of all denominations are welcome, of all Services and Civilian attached personnel. There are interesting talks and discussions in a very friendly atmosphere.

**RHEINDAHLEN LADIES BRIDGE CLUB** is open to all Officers' wives and meets every Wednesday at 1345 hrs in the Ladies Room at the RAF Officers Mess. New members most welcome. Do come along and join us. If any queries, contact Mrs Margaret King, 8 Dolgelly Way, RA 4134, or Mrs Midge Jones, Ext 4504, or Mrs Cathy Metcalf, 9 Portadown Way.

**RHEINDAHLEN BRIDGE CLUB** Meets for Duplicate evenings every Tuesday at 1930 hrs at the Blue Pool. For further details, contact the Secretary, Yvette Thierry on MG MIL 247.

**ANGLO-GERMAN CLUB MEETING** The next Main Meeting will be on Thursday, 20th January, in the Volkshochschule, Bismarckstrasse, Mönchengladbach, at 2000 hrs. For further details, contact Sqn Ldr E P VIVASH on RA 4063.

**LADIES SQUASH** We meet every Wed and Fri at the IOC Courts at 9:30 a.m. Everybody welcome including beginners. For more information, contact the "Captain" Yvette Thierry on MG MIL 247.

**CHIROPODY TREATMENT** is available to all members of the Combined Services and Civilians every Wednesday at RAF Station Medical Centre, H.Q. (Unit). Please ring 4262 for appointments.

**RHEINDAHLEN BULLETIN** If this should fail to arrive, you can always collect your copy from W.O. Hansen at RAF Station H.Q. (Queen's Avenue).

**SCOTTISH COUNTRY DANCING** The Rheindahlen Reel Club meets every Thursday in St David's School at 8 p.m. There is instruction for beginners and advanced dancers, and now we have plenty of room for everyone.

**CAN YOU READ THIS?** If someone has to read it for you or if you know of anyone who would like to learn how to read, ring 2273.

**BLOOD DONATIONS TO GERMAN RED CROSS** The German Red Cross have requested permission to send a team to Rheindahlen during February. In order to make this visit worthwhile, a minimum of 50 donors per session are needed. Any persons (military/civilian/dependant) wishing to volunteer as a donor should notify HQ Rheindahlen Garrison (RA 2787) stating name, sex, age and unit.

**KEEP FIT** with Sue Barry. Classes re-start on Jan 11th. Tues: 7.30 - 8.30 St Patricks School, Wed: 10.00-11.00 RAF Gym, Thurs: 7.30-8.30 St. Christopher's School.

**RAF RHEINDAHLEN WIVES CLUB** Jan 10th (also Annual General Meeting) and 24th. Usual bus arrangements.

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The Rheindahlen Bulletin require a replacement for our RAF Co-Editor in the near future - (a vacancy already exists for a Civilian one). If you would like an interesting, worthwhile but unpaid job, then please contact Mrs. Lorna Fall at 11 Stornoway Walk, SW Extension, or Mrs. Vivien Sims (Ext 2195) for full details. A telephone is an advantage, but not essential. What you DO need is spare-time up to about 14 days a month and an interest in what goes on at Rheindahlen. The job will bring you into contact with a variety of people and organisations and will give you the satisfaction of producing a magazine which our readers assure us is much appreciated by the community.

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ALCOHOLICS ANONYMOUS RA 2202

