

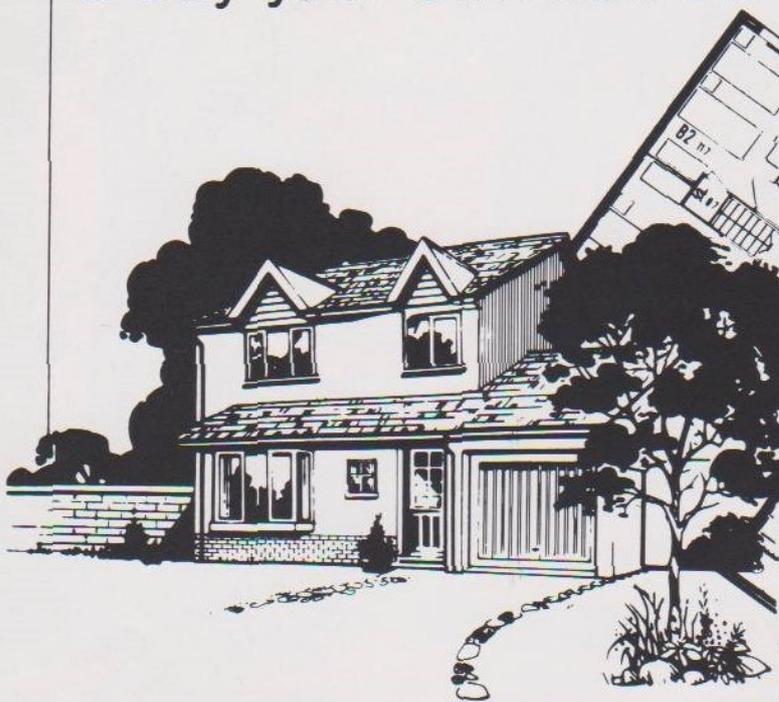
THE RHEINDAHLEN BULLETIN

NO. 196 OCTOBER 1986



THE FORCES HOME PURCHASE ADVISORY SERVICE

A complete package to enable you to buy your own home.



For full details contact:

Hohne Area Joe Pyle  050 51-33 36	Herford Area Mike Richardson  052 21-2 49 03	Soest Area Brian Gallagher  029 21-7 70 01
Münster Area Keith Phillips  02 51-617 109	Rheindahlen Area Richard Huxford  02161-5576 56	Berlin Area Joe Pyle  30172 19

.... or write to:
Naafi Insurance Services
HQ Naafi ES, BFPO 40



**INSURANCE
SERVICES**

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

Editor:

Mrs L. Butterworth — M.G. 559165

Business Manager:

Capt. S. O'Connell — 3284 / 2066.

O/IC Bulletin:

Major J. Tustin — 2842.

Service Advisor to the Editor:

Squadron Leader J. Eddell — 4748.

Printer:

ars drukkerij bv,
Swalmerstraat 16, Roermond,
the Netherlands, telephone
0031-4750-17652.

All advertisements must be received by the 10th of the month. Other contributions by the 12th for inclusion in the next Bulletin.

Address: Editor, Rheindahlen Bulletin, 34 AEC, BFPO 40.

Advertising: c/o Business Manager, 34 AEC, Moore Road, 4050 Mönchengladbach 5

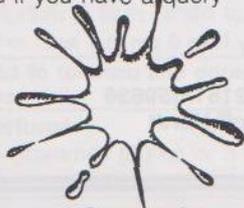
Distribution: the GSM tel. 3351.

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 Capt. O'Connell. The Editor hereby declares that the publication of an advertisement in the Bulletin in no way indicates or implies sponsorship by MOD or by any Service Establishments or Unit, of the advertiser or of his product or service advertised, nor will the Editor, Staff or any Service Authority become involved in any dispute arising out of any advertisement appearing in this magazine. Furthermore, the Editor reserves the right to omit, amend or edit any advertisement, at her sole discretion, without liability.

Editorial

Autumn seems to be establishing itself here in Rheindahlen, hence my choice for this month's front cover from the photograph competition entries. Mr Lovegrove took this picture exactly one year ago in the woods beyond the PSI buildings.

Within these pages this month, I have tried to include a great deal of information which I hope will be of interest to you all, particularly to the newly arrived members of Rheindahlen's community. Christmas is really not too far away now and already I have begun to compile seasonal information and material. I would appreciate December contributions from both advertisers and clubs as soon as possible **but certainly no later than the 10th November.** Please contact me if you have a query



December Cover Competition

Can you draw, paint, sketch, make a collage, take a photograph etc. that we could feature either on our December cover or within our 'Christmas Extra' pages?

If so, please make sure that your contribution reaches the Editor by

November 8th.

香港酒樓 CHINA RESTAURANT HONG KONG

5 minutes from JHQ



Good food at reasonable prices.
130 choices on the menu.
Club and Partyroom for 80 people.
Telephoned orders are welcome.
Take-Away food available.
Large car park available.
Open daily from 1200 - 1500; 1730 - midnight.

**Dülkenerstrasse 73 - 5144 Wegberg-Rickelrath
(next door to Pop's & Eddies)
Telephone 02434 / 1277**

FRONTCOVER



Photo by
J. Lovegrove

'Autumn comes to
Rheindahlen'



The Worry Factor

A wise Counsellor once analysed the many problems about which people had sought his advice.

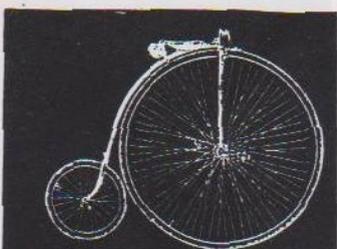
He decided that their worries fitted into five categories:

- worries about things that never happen - 40%
- worries about decisions already taken and not changeable - 30%
- worries about sickness that never came - 12%
- worries about children and friends who turned out to be quite capable of helping themselves - 10%
- worries about real problems - 8%

Why do people carry the burden of 92% of worries that are needless? Why do so many people today seem to have no peace of mind, or as Wordsworth wrote in one of his poems 'a central peace subsisting at the heart of endless agitation'.

If you are searching for that peace, then take this promise of Jesus to yourself. He said 'Peace I leave with you, my peace I give you. Let not your hearts be troubled, neither let them be afraid'. If you reach out to God and accept his peace, he can be trusted to keep his word.

Ann MacLeod
CSFC Chaplains' Assistant



Cyclists:
Dark Nights +
Dark Clothes +
No Lights = Danger

Wald-Restaurant

Imke - Gustav's



- * Good, friendly service from your hosts, Heinz and Barbara Kneppertz
- * Good food at reasonable prices is available from 11 am until 11 pm
- * Up to 75 choices on the Menu
- * Parties of up to 150 people can be catered for
- * Entertainment includes:
'Dancing' on Thursdays from 4 pm to 7.30 pm.
Coffee and cakes are served.
'Dancing' on Friday and Saturday from 8 pm to 1 am.

Brahmstraße 142 - Tel. 02161/559636
4050 Mönchengladbach-Hardt

YOUR LOCAL



DEALER

AUTO Vennen

Sales

Service

Spares

ENGLISH SPOKEN

Vorster Str. 329 · Telefon 55475/76
4050 Mönchengladbach 6



Guild of St Helena

There are approximately 50 Guild of St Helena Branches in all parts of the world. The Guild seeks to develop a sense of communal responsibility among Service families and to support their Service Chaplains. It is constantly raising funds for Guild Charities and always looking for ways of helping to meet the needs of the handicapped Service child.

Wives, daughters, mothers and sisters of all ranks of the Royal Navy, Army and Royal Air Force, serving or retired; of all civilians working with the Services, or members of the Women's Services may join the Guild as full members, or attend meetings as Friends. The branch in Rheindahlen meets on the first Tuesday of each month in the Church Centre at 10.15 am.

Further details may be obtained by contacting:

Mrs. Pamela Newcombe,
tel 551541

Mrs. Doreen Robinson,
tel 558619

Our next meeting on the 7th October will be the Annual General Meeting and we do hope that as many Members, and Friends, as possible will attend.

Rheindahlen Draw Results - September 1986

The undermentioned personnel shared in a pay-out of DM3000 for the Rheindahlen Draw that took place on 10 Sep 86.

1st Prize: Flt Lt(W) White, CLTC, ticket no 227;
2nd Prize: Capt Regan, BAOR, ticket no 35;
3rd Prize: WO Delury, Wegberg, ticket no 177;
4th Prize: WO Barker, RAFG, ticket no 10.

All personnel who wish to enter the draw should contact Sgt Upton on ext. 4155 now if they are to be included in the next Rheindahlen Draw due to take place on 10 Oct 86.

INFORMATION

CUSTOMS REGULATIONS

The Duty and Tax Free Allowances

Column 1

Goods obtained duty and tax free in the EC, or duty and tax free on a ship or aircraft, or goods obtained outside the EC.

Tobacco products

200 cigarettes or
100 cigarillos or
50 cigars or
250 grammes of tobacco
Double if you live outside Europe

Alcoholic drinks

2 litres of still table wine
1 litre over 22% vol. (eg spirits and strong liqueurs) or
2 litres not over 22% vol. (eg low strength liqueurs or fortified wines or sparkling wines) or
A further 2 litres of still table wine

Persons under 17 are not entitled to tobacco and drinks allowances.

Perfume

50 grammes (60 cc or 2 fl oz)

Toilet water

250 cc (9 fl oz)

Other goods

£28 worth, but no more than:
* 50 litres of beer
* 25 Mechanical lighters

Column 2

Goods obtained duty and tax paid in the EC.

Tobacco products

300 cigarettes or
150 cigarillos
75 cigars or
400 grammes of tobacco

Alcoholic drinks

5 litres of still table wine
1½ litres over 22% vol. (eg spirits and strong liqueurs) or
3 litres not over 22% vol. (eg low strength liqueurs or fortified wines or sparkling wines) or
A further 3 litres of still table wine

Perfume

75 grammes (90 cc or 3 fl oz)

Toilet water

373 cc (13 fl oz)

Other goods

£207 worth, but no more than:
* 50 litres of beer
* 25 Mechanical lighters

Notes on Allowances

1. You are entitled to either column 1 or column 2, **but not for both**, for each category of goods, (each category being defined by a box).

2. You cannot get the higher allowances by mixing goods obtained duty & tax-free or outside the EC with goods obtained duty & tax-paid in the EC.
e.g. you cannot import 200 cigarettes from a duty-free shop with 100 cigarettes obtained duty & tax-paid in the EX, to get the 30 (column 2 category) cigarettes allowance.

3. You can however mix 'duty-free' spirits and liqueurs, with 'duty-paid' still table wine, as these are in separate categories under the alcoholic drinks allowances. Exceptionally if you take the further allowance of still table wine in place of spirits etc, you may mix such wine obtained 'duty-free' even if the main allowance (5 litres) has been obtained 'duty-paid'.

4. Whisky, gin, rum, brandy, vodka and most liquors normally exceed 22% vol. but aperitifs may be less.

5. Where there are alternative quantities within a category of goods they may be apportioned. For example, 150

cigarettes (half allowance) plus 75 cigarillos (half allowance).

6. One litre is approximately 1¾ pints or 35 fl oz.

7. A cigarillo is a cigar with a maximum weight of 3 grammes.

8. The countries of the EC (Common Market) are Belgium, Denmark, France, West Germany, Greece, the Irish Republic, Italy, Luxembourg, the Netherlands and the United Kingdom (but not the Channel Islands) - plus Spain and Portugal.

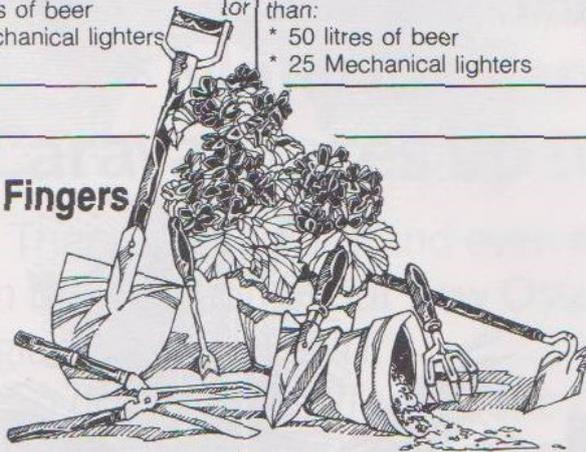
9. The allowances apply only to goods carried and cleared by you at the time of your arrival.

10. The allowances do not apply to goods brought for sale or for other commercial purposes.

11. The responsibility for opening, unpacking and repacking your luggage rests with you.

12. Alcoholic drinks, tobacco products, perfume and toilet water are charged according to quantity and kind. Customs charges are likely to be substantially more than the price you paid.

Green Fingers



As winter is creeping up on us, perhaps it is an idea to look at what should be done to the garden.

By now it is the 'cleaning-up' period, throwing out the remains of summer, weeding and starting to plant autumn and spring plants, such as Pansies, Primulas and Sweet Williams. Now one should be thinking about roses and shrubs. If planting crocuses, then go for bulbs that are large, disease-free ones that

are firm; those you plant now should start to bloom in the February-March period.

Lawns can be mowed right up until the frosts set in and any fruit or vegetable should now be harvested and the ground re-seeded.

All indoor plants go into a state of 'suspended animation' during Winter and if you are going on holiday the plants should not be left on the windowsill, rather put them on a table in the centre

of the room, and watered to moisten.

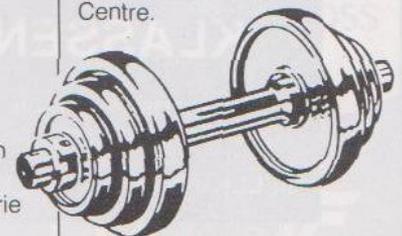
For any further information on plants contact Mr Fleming at the Garrison Nursery.
Telephone 9/558124.

M.G.O.

German Fitness Programme

The town of Monchengladbach is again offering various sporting facilities until 13 Dec.

For further information contact the Information Room at Rheindahlen Garrison HQ and the RAF Information Room in the Education and Training Centre.



Exhibition of Painting

including local views:

By Micaela St LoBeckett on show until end Dec 1986
At - Bilder & Rahmen Galerie
Friedrichstrasse 30
Monchengladbach
And at the Holtmühle
Wegberg

A Warrior Returns to Rheindahlen

Colonel Pat Porteous VC, accompanied by his wife, visited Rheindahlen Garrison over the period 31st July - 2nd August after a break of seventeen years. The purpose of the visit was principally to open the new 'Porteous Aerobic and Fitness Training Centre' in the Garrison Swimming Pool Buildings at 111 Queens Avenue and also to meet the Royal Artillery members of the Garrison and the Gymnasium Staff. Unbeknown to Colonel Pat, who won his Victoria Cross for his outstanding courage and brilliant leadership during the assault on the heavy coastal defence guns overlooking the beaches of Dieppe in August 1942, the original Porteous Room was opened after his tour as Garrison Commander was completed in 1969. The room had not been used for some two years and QMSI Pete Crabbe APTC was tasked with the problem of converting it into a modern fitness centre. Several thousand pounds

later the Porteous Aerobic and Fitness Training Centre has been completely redecorated, has a wall to wall carpet, and seventeen of the most modern exercising equipments; amongst these is a fiendish 'Computer Row'. This is a rowing machine which sets you a course length, a degree of severity (or the weight of your oar), and provides a friendly 'pacer'. After the race you will not only know if you have won or not but how many calories you've burnt off. On your next visit you will be issued a bigger oar. You must try it!

To complete the Fitness Centre, a health snack bar has been opened so that those burnt off calories are not immediately put back on: Health drinks, low calorie and vegetarian snacks are some of the tasty items on the menu.

The Centre is open as follows:

Monday to Friday
0645-0900 For WRAC Training
0900-1200 For Bookable Military Training Sessions
1200-1800 Families Keep Fit

Saturdays and Sundays
0900-1200 Families Keep Fit
1300-1700 Families Fitness

and there are qualified instructors available to assist you.



Cutting the ribbon and declaring the Fitness Centre open. Colonel Pat Porteous VC re-visiting

Rheindahlen Garrison after a gap of seventeen years. Photo by Cpl D. Bassett

TRAVEL BUREAU JHQ

TEL.: MG 559346 SHOPPING CENTRE JHQ, OAKHAM WAY

Going home or taking a holiday?

A choice of Townsend Thoresen, Sealink, North Sea Ferries, Hoverspeed, Sally, Olau, Bus Service to UK, with connections throughout UK — and worldwide travel facilities.

Let us assist you with All of your travel enquiries.

LOTTO

and

KLASSENLOTTERIE

An inexpensive gamble that can change your life!
Have a fling or start a syndicate.

MILLIONS to be won EVERY WEEK!





GOING HOME IS CHEAPER IN '86



- * All passenger fares down
- * Many car fares reduced
- * Caravan fares up to 70% cheaper than '85

There's less to pay and even more handy routes and sailings home with the addition of our new Ostend-Dover service operated by our Belgian partners, RMT.

So now we can offer you the biggest choice of easy access routes from Germany and the most frequent sailings.

Find out more about the discount way home, including some excellent short stay bargains, on the smartest, friendliest fleet across the Channel.

Get the new Forces brochure from your travel agent or Townsend Thoresen, Graf-Adolf-Strasse 41, 4000 Dusseldorf 1. Telephone (0211) 38 70 60.



GUIDES



Guides & Brownies Meeting places & Times

Ranger Guides

For details contact:
Mrs A Whiley Tel 558736

1st Rheindahlen Guides

Tues 6.45 to 8.45 pm at
Guide HQ
Guider Mrs C Armstrong
Tel 550164

2nd Rheindahlen Guides

Thurs 6.30 to 8.30 pm at
Guide HQ
Guider Mrs A Whiley
Tel 558736

3rd Rheindahlen Guides

Wed 6.45 to 8.45 pm at
Guide HQ
Guider Mrs K Childs
Tel 551584

If you would like your daughter to join the Brownies please contact: Mrs P Jones Tel 558/689 after 6.30 pm please.

1st Rheindahlen Brownies

Tues 5.30 to 7.00 pm at St. Patricks School. Guider Mrs J Ham

3rd Rheindahlen Brownies

Tues 5.30 to 7.00 pm at St. Andrews School Guider Mrs M Barker

4th Rheindahlen Brownies

Tues 5.45 to 7.30 pm at
Guide HQ
Guider Mrs E Turney.

5th Rheindahlen Brownies

Wed 6.00 to 7.30 pm at the Church Centre.
Guider Mrs M Wells.

6th Rheindahlen Brownies

Wed 5.30 to 7.00 pm at St Georges School.
For details contact:
Mrs J James Tel JHQ ext 4722

8th Rheindahlen Brownies

Mon 6.00 to 7.15 pm at
Guide HQ
Guider Mrs P Jones

Camp at St. Christophers by the Guides of 1st Rheindahlen Coy.

It was Saturday 5th July, and Camp had to be put up before we could have anything to eat. The weather had been super for two weeks, but on that very day a thunderstorm was forecast. We got the tent-poles and tents out of the store cupboard in St. Christophers, spread them out and an hour later had them all up, though a hole had to be dug for one of the poles because it was longer than the others. The camp's theme was Indians, so the camp patrols were called Mohicans, Sioux and Irequoix. The Guiders were christened Crazy Horse, Medicine Crow, Featherhead and Blunt Knife. We took turns to look after 'Little Rising Sun', Medicine Crow's little boy.

During the three days we did lots of different things including a Nature Walk around the fields. On Saturday night we wanted to have our Camp-fire but the forecast was right for once. Just as we were ready an enormous thunderstorm broke over our heads and then we had to put on our jackets and dash into the mess-tent. While the thunder and lightning raged outside, and the rain poured down, we sat in the tent and drank cocoa and hot soup. During the night, shock! horror!, some of us were washed out of our tent and had to spend the rest of the night in the school, though Karen Knight and Victoria slept on in their sopping tent! On Sunday we (Karen K, Karen O, Jenny S, and Victoria M) went Wooding with 'Blunt Knife', i.e. Kingfisher, who said she didn't like this name because there is nothing more useless than a Blunt Knife! On the way to collect the wood we did Scouts pace for half a mile, which Blunt Knife said that she would put in our records, to count towards our next Trefoil. We brought back a huge load of wood for our cook-out and camp-fire. Later we tried to do smoke signals, though it's not as easy as it looks.

When it got dark we settled down around the camp fire,

sang funny songs and told ghost stories. Katrina and Helen passed round some soggy crisps, and we drank cocoa again.

On Monday (all too soon) we had to strike camp, and we spent hours cleaning all the pots and pans until we could see our faces in them. I never want to see another Brillo soap-pad. We then packed up all our kit, took down all the tents and it was the end of a fabulous camp. P.S. We're having another in October, we hope!

large pictures of themselves and also wrote poems. After the inevitable drink and chocolate biscuits we set off for a nature ramble matching colours and shapes. On the way home from the Lakes we stopped for some fun games and then relief in the form of packed lunches. In the afternoon the girls made 'wizzers' and then showed their skill in the 'potted sports'. These involved activities with balls, hoops and ropes. After yet more drink and fruit (Brownies do seem to have hollow legs) there were more activities, this time involving water. What a pity the trays and cups had holes in them!! All too soon it was time to change back into (dry) uniforms, say our thanks, receive our prizes and head for home.

This was an extremely successful day and we hope to repeat it later.

Tom & Jerry

3rd & 8th Rheindahlen Brownies Fun Day

Was held at Guide HQ on Tuesday 12th August. On arrival the Brownies were divided into four different groups - seals, elephants, birds and butterflies, with the team leaders being Tom and Jerry. After making group badges the 'wild life' then coloured

MORE THAN 30 YEARS EXPERIENCE IN SERVING H.M. FORCES AND FAMILIES IN GERMANY ... THAT IS MILATRAVEL YOUR SPECIALIST

Milatravel

The Service for the Services

We are official agents for:

All international railways

Sealink

Townsend Thoresen

Olau Line

North Sea Ferries

Hovercraft — Sally Viking

Europabus

British Airways, Lufthansa, and all the other internal airlines

Brochures of package holidays are available free of charge at our Rheindahlen office.

Write, phone or call:

MILATRAVEL

H. Q. RHEINDAHLEN, Oakham Way 3
4050 Mönchengladbach 5, Rheindahlen

☎ MG Civil 55317/18/19



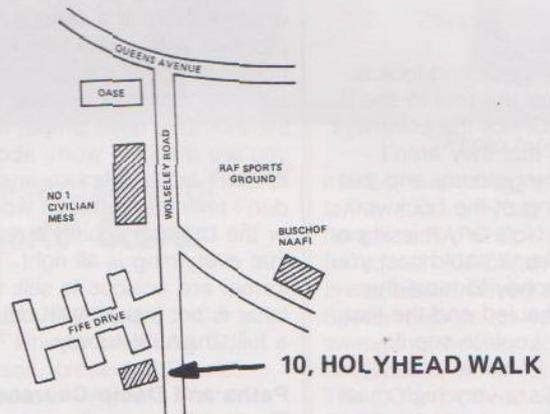
PATRICIA'S BOUTIQUE

Winter collection of dresses, skirts, jumpers, silk and cotton belts and accessories.

EVENING WEAR NOW IN STOCK!

Come and view at 10, Holyhead Walk, SW Extension, JHQ Rheindahlen.

Tel.: 02161 - 551641



RESTAURANT BALKANLAND

Inhaber Veljanovski

Gerkerathwinkel 62
4050 Mönchengladbach 5

OPEN DAILY

from 12.00-14.30 hrs. and from 18.00-23.30 hrs.

Club and Party-Rooms for 60 Guests

For your Guests at home we provide a
"Take-Away-Service"

Hot or cold Food

Extra Menus can be arranged on request

Parking Facilities in our own Car-Park

Table reservations and enquiries Tel. 02161/580410

CAVEAT EMPTOR

The Mini Survey - Outside

Now that you've had a good look at the inside you will probably have a reasonable idea whether there are big problems or not. What you have to do now is have a close look at the outside to compare notes, particularly about cracks, with what you've found on the inside. Don't get carried away gazing at the magnificent view or the lovely garden etc or your eyes will only see what they want to see.

The Roof

Stand well back and look at the ridge of the roof to see if it's level. Check the chimneys to ensure that they aren't leaning dangerously and that the pointing of the brickwork is sound. Note any missing or slipped tiles; it could cost you a lot of money to have the roof overhauled and the tiles replaced. Look to see if there's a TV aerial and whether it's a very high mast because these types tend to weaken the brickwork to which they are attached. Check the state of guttering and down-pipes. Ideally you want plastic ones as the others rust and since they are heavy they become dangerous and have to be renewed. The overhang of the roof will probably be boarded underneath with what is called 'Soffit' board. Check the boarding for signs of staining at the corners of the house. This indicates a leaking roof with water running down over the roofing felt and rotting the board. This can be quite common on the shallow sloping roofs of modern houses.

Walls

Peer closely at the brickwork on the walls particularly above windows and make a note of any diagonal cracking. Outside walls should not have cracks. If they have it's usually due to subsidence, thermal expansion or shrinkage of lintels. Compare the pattern with that of the cracks, if any, noted on the inside walls and be especially watchful for cracks which instead of following mortar joints go right through

the bricks themselves or through a damp course level. If the house is subsiding then the building society will only accept underpinning by certain firms expert in the subject and the bill for underpinning foundations at the time of writing is about £1,000 per metre of wall.

Having said all this, loads of older houses have suffered settlement and cracking and have still stood for hundreds of years. What you need to find out from a surveyor is whether there is a serious problem before you take the house on. Depending on the surveyor's report, the rule of the thumb is quite simple: if you are going to worry about it, don't buy the house and don't take the vendor's word or the building society's word that everything is all right. The former are anxious to sell; the latter is not tasked with doing a full structural survey.

Paths and Damp Courses

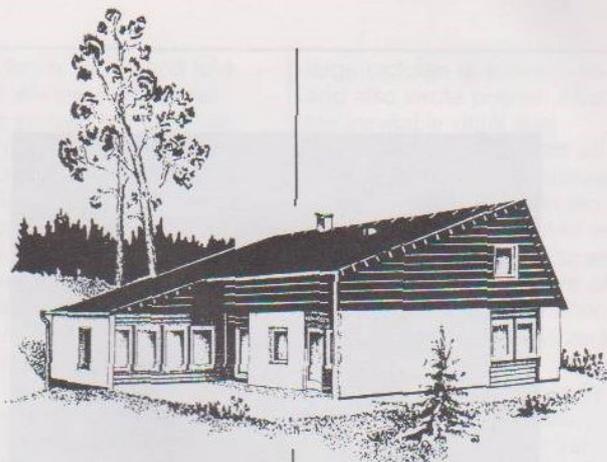
The building societies are very fussy about pathways around houses which are higher than damp courses or air bricks and they may insist that these are lowered as a condition of mortgage. Some modern houses don't have air bricks but if they do then it's important that these aren't blocked by earth or by height of path.

Decoration

Check the state of the outside paintwork. If it is old and blistered you are going to have to scrape or burn it off and prime and repaint. It's a tedious and costly business and some of the wood will undoubtedly be rotten. You will also find you will need to reputty part of the windows and this all adds up to time and money.

In Conclusion

Much of what has been said in the mini survey articles is perhaps more technical than you really need. My object in giving pointers in such detail is to try and draw your attention to potential problem areas and perhaps persuade you to have an independent structural survey done of any house which you wish to buy.



It's a small price to pay for peace of mind.

Whether you have had a survey done or relied upon your own judgement you will then have to run through all the points you have written down or which are in the survey and decide in your own mind whether you are happy to accept them anyway or whether you would accept them if the owner would reduce the price of the house a bit. In a seller's market you may have to buy the house anyway, warts and all, but it's never worth doing this if there are serious defects.

It's almost impossible to stop

your heart ruling your head when buying houses especially if it's your dream house but generally there's some truth in the old adage 'never run after women and tube trains - there's always another one along in five minutes time'. This applies to houses as well, subject to one rider - don't expect to find exactly what you want at exactly the right price, you're going to have to compromise and be satisfied if it's almost what you had hoped for. Good hunting!

The complete article is available from Andrew Peat.

The Forces Home Finder Service[®]

THINKING OF HOUSE PURCHASE?
DO YOU NEED A MORTGAGE?

Would you like details of properties
in the areas of your choice?

FOR ALL THE ABOVE CONTACT

THE ORIGINAL PROPERTY SERVICE - COPIED BY MANY, BETTERED BY NONE



ANDREW PEAT · FINANZ CONSULTANTS GmbH
Member of the Corporation of Mortgage Brokers and Life Assurance Consultants

Head Office: Roermonder Str. 52 · D-4050 Mönchengladbach 1 · Telephone 02161-33152-3-4

PRESENTATIONS



West Rhine Hash House Harriers Charity Run

On 10/11 May 1986, the West Rhine Hash House Harriers did a run in aid of 3 Charities, hoping to complete a distance of 1,000 kilometres in 5 km relays in under 25½ hours continuance running. Not only did they complete the distance they actually

completed over 1,000 miles and raised a total of DM 7,650.00 which was divided equally between the following: St Clements School Special Unit

The Dorothy House Foundation
Crohns in Children Research Appeal (CICRA)
The West Rhine H3 would like to thank all those who sponsored them and hope they will get the same support next year.



Photo by SAC Reid

Presentation of Sports' Colour

On 24 Jul 86 the Stn Cdr RAF Rheindahlen, Wg Cdr K Matson, presented Sports' colours to SACW C White for netball, hockey, squash, bad-

minton, swimming, athletics, tennis and volleyball; additionally a RAFG Sports Award for squash. SACW J Whitbread also received the Stn Sports' colours for netball, swimming, hockey and athletics. The CO is pictured with SACW Whitbread



Rheindahlen Garrison Sgts Mess says Thank You to Two of its Staff

On Thursday 21st August 1986, the Garrison Sergeants Mess said thank you officially to two members of its staff. For Frau Vollack, a certificate

for 25 years service. For Frau Bing, a certificate for 12 years service. The ladies were presented with their certificates by Maj FJ Cann D and D, and WO1 (GSM) BW Moore presented the ladies with a bunch of flowers and a glass of champagne on behalf of the Sgts Mess. Photo from left to right: WO1 (GSM) Moore, Frau Vollack, Frau Bing, WO1 Kidd



Dubrovnik Restaurant

Inh. Lucic

4050 Mönchengladbach 5. Koch 27

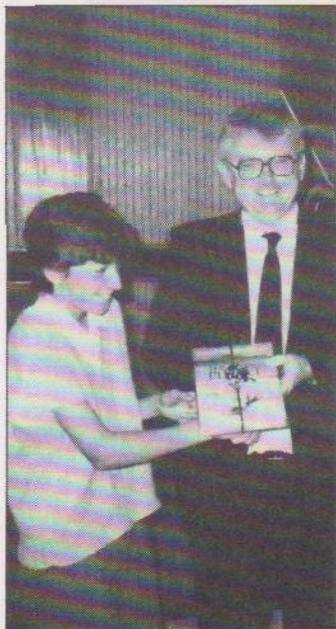
Open Daily from 11.00 - 14.30 hrs
and from 17.00 - 24.00 hrs

Sunday from 10.00 - 14.30 hrs
and from 17.00 - 24.00 hrs

Table reservations and enquiries Tel. 02161/580155.

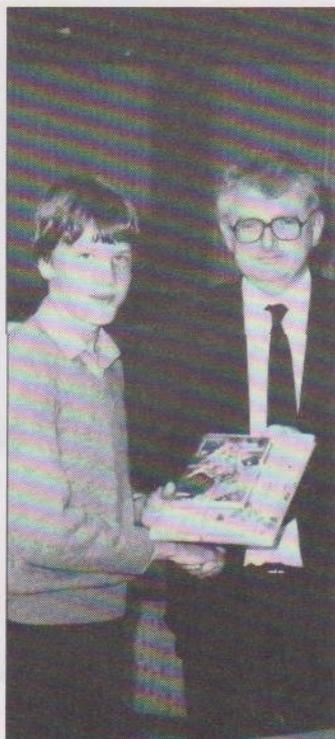
For your guests at home, we provide a "Take-Away-Service" for Clubs and Parties up to 40 Guests. Extra menus can be arranged on request.

Parking facilities are in our own Car-Park.
Monday Closed



Lang Davies Award 1986

Two Kent Lower School pupils recently received book awards in recognition of their contributions in many aspects of school life. The annual



awards are in memory of Mr Lang Davies, a former Head of the Lower School who died in 1983.

The photographs show Christine Anderson and Jason Clifton receiving their books from the Headmaster, Mr T Kilbride.



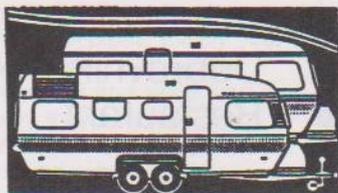
Photo by Ian Dunn

Post a Penguin!

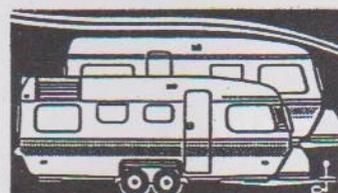
Mrs Georgie Hughes who works in the YWCA Restaurant at Rheindahlen received a life sized toy penguin from her husband

S/Sgt Allan Hughes who is serving in the Falkland Islands.

Georgie is pictured here receiving the penguin from Mr Martin Roberts who is in charge of the Toy Dept at JHQ Naafi.



camping-krings



Specialists in the Düsseldorf and Mönchengladbach area for caravans

**C J WILK SPORT, SAFARI AND WILK DE-LUX
LORD-MUNSTERLAND AND.....**

OUR SALES HIT!

You can get...

- * a burstner awning
- * 2 x 11 kg gas cylinders
- * a spoiler

... all included in the price!

We accept your old caravan in part-exchange. We accept 'Abwicklungsscheine'. We give you excellent service. Our prices are very reasonable. We also deal in camping furniture and fittings.

Always 2nd Hand Caravans for sale, BFG-tested.

32 Monschauer Straße, 4050 Mönchengladbach 1, Tel.: 37066

Open from 8 am till 7 pm and from 9 am till 2 pm on Saturdays.

ERWIL

for USED FURNITURE

Oak or modern furniture: Dining tables, coffee tables, sideboards etc.

Come and have a look.

All furniture is in good condition and the prices are very reasonable.

Pay within six months and get your furniture interest free.

Wilhelminalaan 24, Maasniel-Roermond,
Tel. 0031-4750-26721
500 metres before 'Sijbens'.

Monday:
1.30 pm - 6.00 pm
Tuesday - Friday:
10.00 am - 6.00 pm
Saturday:
10.00 am - 4.00 pm



Tax Free Sales.



THEATRE

Ariel Theatre Guild

Only a few days left in which to buy your tickets for Ariel's October Thriller, '**Any Number Can Die!**' This play is set in a dilapidated mansion house on a island off the Carolina coast in the 1920's at the time of prohibition. There are all the cliches you would expect - such as storms and blackouts, ghosts, lost treasure, secret passages, sliding panels, enigmatic wills and, here and there - the odd corpse. All done, (of course) in the best possible taste. So hurry along to the Little Theatre on **October 8, 9, 10 or 11** and enjoy a good scream. Blood curdling is optional. Spines chilled at no extra charge. Phone MG 551316 for more details.

yet again. Our new season has started with the choice of a play to be presented in The Little Theatre in November. Auditions and play readings are taking place to ensure that we present a good evenings entertainment for you all. During this month our club evenings will take place in The Wells Room of The Little Theatre on Thursdays at 08.30 pm. Except for the week of the Ariel Theatre Guild production. It is better to come at 8 to ensure that *nothing is missed and to have that little informal chat with friends old and new.* Everyone interested in Amateur theatre in any of its aspects is invited to come along and meet us to find out for themselves what we are like and what we can offer.

Rhine Army Theatre Society

Amateur Theatre to a high professional standard is alive and kicking in the Garrison

WRMS

The production for Feb 87 will be Gilbert and Sullivan's 'Pirates of Penzance'. Rehearsals have only just started, so come along to our Wednesday Club nights, Little Theatre, 8 pm. Auditions will be held in October.



SKIN DEEP

Lyndsay Stephens

Qualified Beauty Therapist
London Trained

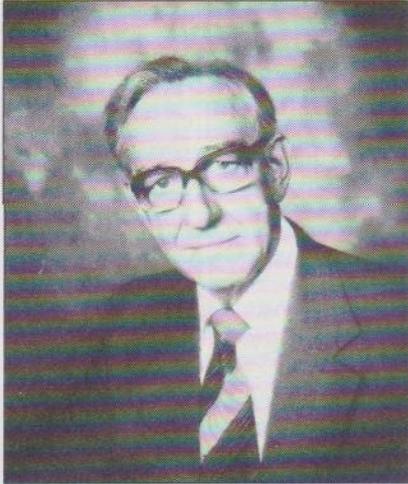
Specialized Beauty Treatments

including:
Electrolysis
Waxing
Dermatone - an exclusive deep cleanse
Manicure
Pedicure
Body Massage
Eyelash tinting
Facials

JHQ Rheindahlen Shopping Centre
Oakham Way: opposite BP Station
Tel.: 02161 - 559568

Opening times: Tuesday-Friday 8.30-17.30
Saturday 8.30-14.00

YOUTH CLUB NOTES



Independent Professional Advice

Do you want:

- To Save Several Thousands on Buying your House
- To have the most profitable flexible Savings Plan
- The Life Assurance that is best for you
- The most sophisticated investment plan yet designed

**Consultation is free
and there is no follow-up,
except at your request.**

Qualified by examination and over
25 years experience

Ivor Evans
Independent Professional Consultant
5144 Merbeck, Wienen Weg 68.

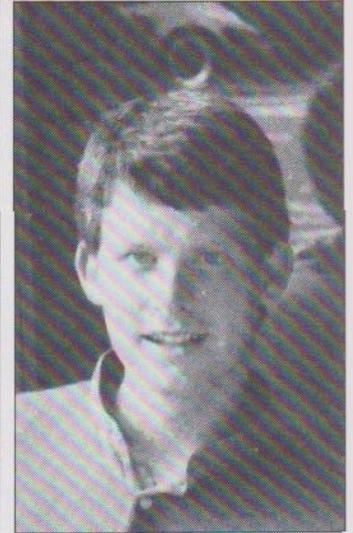
Telephone 02434 - 24247

New Trainee Youth Worker

As a way of introduction my name is Steven Suckling and after arriving in Rheindahlen at the beginning of August have now settled into my new post as Trainee Youth Worker, working alongside the Garrison Youth Worker, Pam Griffin.

Rheindahlen is my first full-time post after working for Essex Control Council Youth Service 3 years part-time. After leaving full time education at sixteen and working in business since then, at 21 I am now set for a career in Youth and Community work and here seems an excellent area to start with the many facilities of the Garrison. My personal skills are in outdoor/mountain activities in which I have a keen interest as well as most sports, amateur photography and communication work.

On arriving at JHQ I was thrown into the full swing of summer activities and with the



hard work and commitment of the summer student volunteers from the UK - Tim O'Brien and Judith Grace (as well as the support from both Garrison and Station), a great time was had by all, joining in activities such as windsurfing and canoeing at Roermond and snorkeling in the Blue Pool to quieter events like day trips to Phantasialand and De Efteling!



A Rheindahlen Youth Club Member

Janet Sharp is pictured here proudly supporting the Gold Medal she won at the 1986 'Festival of Youth Sport' which was staged at the Olympic Stadium, Berlin, and organised by BFG Youth Service. Janet won her Gold for Shot Putt on the athletics field with fellow Rheindahlen Members and a squad picked from other Youth centres in the Rear Combat Zone. They did us proud with an excellent effort all round.

Optik H. Schulte

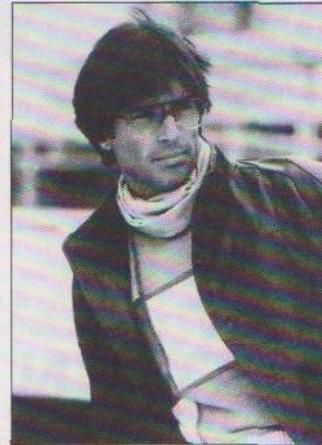
4050 Mönchengladbach - Rheydt - Stressmannstrasse 39.

Tel. RY 4 65 45

WHEN YOU NEED VISION CARE

WE PROVIDE

- * Professional eye testing
- * Glasses, contact lenses and sport lenses
- * Ophthalmic optician
- * Dispensing optician
- * Contact-lens specialist
- * In emergencies
no appointment necessary
- * Most glasses delivered in 24 hrs.



Institute for Contact Lenses
Member of the National Eye Research Foundation

SCOUTS



Harriers Cub Pack

Group Scout Leader

Jim Skinner JHQ 2249 or
M/G 558814;

Beavers

Tue and Wed 5.30 - 6.45

Cubs

Mon, Thurs, Fri 6.30 - 7.45

Scouts

Tue 7.00 - 9.00

Venture Scouts

Tue 7.00 - 9.30

On 9 July the District swimming gala was held in the Blue Pool Rheindahlen, and

although the temperature was not as high as previous weeks, an enjoyable time was had by all, with the Harriers winning the Cub trophy and Nord Park convincingly taking the Scout shield.

The response to my plea for more leaders in the last month's notes was, to say the least, disappointing — in fact no response at all. Once again, if you feel you have something to offer, even if on an occasional basis, please contact me.

Dial-a-Meal-Service
WE DELIVER!

Grill Stube

Zur Post

Schnell Imbiss

Jugoslavian Specialists

SPECIAL OFFER!

FOR October only

Mixed grill normally DM 13.50
only DM 11,— - when you
present this advertisement!

Ring through your order to
02161 - 557429

Vorster Strasse 417
4050 Mönchengladbach-Hardt



NOW OPEN SATURDAYS 2pm.- 11.15pm

Don't forget the **NADFAS** meetings
at the PMC on the 8th and 27th
of October!

P.M.C., more than 2000 square metres and a hundred years
of hospitality.



Prot. Mil. Clubhuis Monchengladbach, Chazalroad, Rheindahlen-HQ

Tel. 02161 - 550866 Mil. Ext. 5307

CLUBS AND SOCIETIES

Services Caravan Club (Germany)

October sees the start of the Winter Social Evenings, these take place on the third Wednesday of each month at the Dutch P.M.C., just behind the main Garrison Theatre at J.H.Q. Rheindahlen. Doors open at 1915 hours, and we usually have our first speaker at 2000 hours. There is an excellent bar where food and hot or cold drinks can be obtained.

Throughout the winter we hope to have films, slides and talks on a variety of subjects, from places to visit to how to deal with snaking in your van.

Wed Oct 15th

Taking your van skiing.

(A talk by the ski expert, with a display of the latest in ski equipment, and ski wear) Camping behind the Iron Curtain

(A talk with slides of a camping holiday in Hungary)

Wed Nov 19th

Are you happy with your van. (Report on the 1986 Caravan shows and the new models) My first year in the Caravan Club.

Roy Higginbotham talks about his experience.

The Romantic Danube

Wed Dec 17th

Dinner evening, to dine out the year of sunshine and cold.

Next year we hope to have talks on Holland, two ring cooking, and holiday insurance, besides loads of ideas.

We have a second hand table, if you wish to sell any item, a sales table and a draw each night, so do come along. Members and non members welcome.

Angela Oatridge

Ladies Badminton

Badminton is held at the R.A.F. Gymnasium on Thursday mornings 9.30 to 11.30 and on Monday afternoons 1.30 to 3.30.

All standards welcome. Enquiries to Barbara Gibson Tele. 02163 3536 or Ann Marie Palmer 02161 551868.

Rheindahlen Bird Watching Group

The Group has regular indoor meetings one evening each month and it makes trips to local areas of interest for bird watching. The group is particularly intended to encourage those who are beginners. Forthcoming events:

Thurs 2 Oct 1986

'Birds of Belize'. A talk illustrated by slides and tapes. It will also be the AGM. 1930 hrs 34 AEC (Cambridge House)

Sun 19 Oct 1986

Trip to De Groote Peel, Belgium. Meet 0800 hrs at the car park by JHQ Police Station. This is an internationally famous reserve.

Thurs 13 Nov 1986

A talk on conservation by a local authority. 1930 hrs 34 AEC (Cambridge House)

Sat 22 Nov 1986

Visit to Kricken Becker, near Venlo. Meet at 0800 hrs at the car park at the old cinema by JHQ police station. You do not need to be a specialist bird watcher. If you are interested in Wild Life why not join one of these activities and bring the family too?

Meeting Point

The kids are back to school and Autumn is well and truly here. After a busy morning of housework and shopping wouldn't it be nice to have a place to sit with friends over a nice cup of coffee and possibly even bring some knitting or needlework.

Well on Tuesday October 7th at 1.30 pm we are opening a coffee session called 'Meeting Point'

If you would like to meet new people, have a cup of coffee (or tea) or just a break from your own four walls, please come and join us. If you happen to be making crafts to sell for Christmas please bring them along as well because we'll be selling baked goods and crafts too. Everyone is welcome so come along and bring a friend.

What? 'Meeting Point'

Where? St Andrew Church (next to NAAFI)

When? Tuesdays from 1.30 to 3.30

Anglo-German Club

The Anglo-German Club meets monthly in the Dutch PMC building in Chazal Road, near the Garrison Theatre. Once in every 6 months, a meeting is held in the Rathaus-Abtei in Mönchengladbach, by kind permission of the Oberbürgermeister. Dates of the meetings in the later part of 1986 are as follows:

Tue 14 Oct 86 - Rathaus-Abtei

Tue 18 Nov 86 - PMC

Tue 9 Dec 86 - PMC

The annual Membership fee is DM 10,— and a monthly newsletter is issued. The Club's next ramble will be on Sunday, 5th October, in the Siebengebirge, the hills near Bonn. Non-members are welcome to join in - all that is needed are a packed lunch and stout shoes. Participants will also need their own transport. The rendez-vous is at the car park opposite the Blue Pool at 0930 hours on 5 Oct 86, and the driving time is 1¾ hours to the Siebengebirge. The ramble takes about 3 hours, through some of the most picturesque countryside in Germany, and all are welcome to take part.

Ladies Squash

This now takes place on Wednesday and Friday mornings from 9.30-11.30 at the RAF Squash Courts (opposite the Record Library). Players of all standards are welcome and bring your toddlers - there's plenty of room for them to play around upstairs. Enquiries to: Shiela Mackenzie JHQ 2136

Rheindahlen Wool & Craft Club

Wendy Wools Fashion Show on

Monday 13th October at 10.00 am 2.00 pm & 7.30 pm at

P.M.C. Club - Chazal Road
Tickets 5DM available from Shop to include light refreshments

NADFAS

The Rheindahlen Decorative and Fine Arts Society opens an exciting new season of events with two Arts evenings during the month of October. Our beguiling programme begins on **Wed Oct 8th** with a talk given by Mr Douglas Skeggs entitled '**Monet and the Impressionists**'.

Douglas Skeggs, a writer, artist and television presenter, is renowned the world over for his marvellous lectures and courses in Art.

Paintings such as Renoir's 'Poppy Fields' and Monet's 'Lily Ponds' are of course very well known, but why not come along and join us to find out even more about this brilliant and intriguing period in the history of Art.

On **Mon Oct 27th** we present an evening that we know many of you have been waiting for and looking forward to. We are very lucky in being joined on that evening by Mary Stoye who is going to entertain and talk to us about '**Moghul India**' - the enigmatic life at the courts of the great Emperors. The Emperors lived in sumptuous palaces with exotic gardens and were great patrons of all the Arts. Ceremony, costume, paintings, miniatures and jewelry were all important in their lives. Mary Stoye, a very well known and entertaining speaker will give you an insight into the beautiful world of the Indian Emperors.

Both evenings begin at 8 pm with the doors opening at 7.30 pm. The venue is the PMC in Chazal Road and the admission charge is only DM 7, or you may like to take advantage of our special membership at a cost of DM 35. This entitles you to free entry for a whole year to RDFAS Arts Evening. Drinks and very good value meals can be purchased beforehand in the bar and everyone is welcome to join us for a cup of coffee afterwards.

We look forward to seeing many new faces in October for the start of our interesting new programme.

CLUBS

Rheindahlen Wool & Craft Club

Entrance off the Garrison Parade Ground next to the Little Theatre

Opening hours

Monday 4.00pm to 6.00pm
Tuesday 2.00pm to 4.30pm
Wednesday 2.00pm to 4.30pm

Thursday 10.00am to 12.30pm
Friday 10.00am to 2.00pm
(It should be noted that as all the staff work voluntarily, the shop is closed during the school holidays and on all Garrison holidays).

At our Annual General Meeting held on 24th July 1986 nominations for donations to charities were put forward by the Committee and Club Members. We were delighted to donate DM 15,000 as follows:

The Army Benevolent Fund Dm 1,000
The RAF Benevolent Fund DM 1,000
The Civil Servants Benevolent Fund

DM 1,000
Local Contingency Fund DM 1,000
The Shaftesbury Hospice DM 1,000
St. Clements School DM 1,000
St. Francis School DM 9,000

We shall be holding a Wendy Wools Fashion Show on Monday **13th October** at the P.M.C., Chazal Road. There will be three sessions starting at 10.00 am, 2.00 pm and 7.30 pm. Tickets cost DM 5 and are available from the shop. Light refreshments will be served. We hope to see all our members and friends there.

National Housewives Register

Can you think of a better name for a group of sensible, mature adults who enjoy provoking discussion and stimulating interest in all kinds of subjects from art and literature to dreams and ideas?

Whether you can or you can't you are welcome at any of our meetings (alternate Tuesdays). Phone Hazel Snelgrove on 551463 for more information and next venue.

Rheindahlen Army Thrift Shop

Opening hours:

Selling:
Tuesday, Wednesday, Thursday

9.30 - 11.30 am

Friday

9.30 - 11.30 am

Saturday (provided sufficient helpers available)
10.00 - 12.00 noon

Taking-In:

Tuesday, Thursday
9.30 - 11.00 am

Paying-Out:

Wednesday, Friday
9.30 - 11.00 am

2.30 - 3.30 pm

Helpers are urgently required.

If you have two hours to spare please call in at the shop and introduce yourself.

RAF Thrift Shop

For those of you who have just arrived and haven't managed to find us yet, we are 'stuck' on the end of Frau Boehmke's hairdressing salon, just beyond Cassels House! The shop was open on most Saturday morning during the holidays and we would like to continue doing so subject to the availability of helpers. Information about it is usually on the blackboard outside the Thrift Shop or on the NAAFI noticeboard. Don't forget we shall be closed during the half term holiday!

RAF Rheindahlen Thrift Shop hours of business:

Tuesday and Thursday:

Selling, Taking In and Paying Out

9.30 - 11.45 and 2.00 - 3.45

Wednesday and Friday:

Selling Only: 9.30 - 11.45 & 2.00 - 3.45

Please note: Contributions for the Bulletin must reach us by the 12th of the month



British Household Services



Groppeler Straße 63 · 4836 Herzebrock 1

Open Daily 1200 hrs-1700 hrs, Saturdays 0900-1300 hrs

During business hours ☎ 05245-4515, or when closed ☎ 05242-7364 (24 hours service)

LEC Refrigerators and Freezers

Refrigerators
from DM 299

Larder Refrigerators
from DM 349

Chest Freezers
from DM 299

Upright Freezers
from DM 322

Fridge Freezers
from DM 536

SERVIS
FREE INSPECTION AT
THE END OF THE
GUARANTEE PERIOD
MAINTENANCE CONTRACTS
AVAILABLE

We accept LPO and PSI forms.

Most makes of Tumble Driers and Dish Washers repaired

SERVIS Washing Machines and Driers
Introducing the Washer/Drier
Model 9080 at DM 1056,-

6030 Service Quarts	DM 871
2700 Quartz Matching Drier	499
3300 1000 Delux	799
2300 Matching Drier	429
213 Drier	345
111 Servis Twin-tub	659
4140 Dish-washer	609
4145 Dish-washer	690

The Belling Triplette combined microwave/fan over at **DM 1075**

We also supply:
ICE CUBE MAKERS
ICE FLAKERS

MOST MAKES OF REFRIGERATOR OR FREEZER REPAIRED
*ONE YEAR GUARANTEE ON PARTS AND LABOUR AND NO MILEAGE CHARGE.
* FULL AFTER SALES SERVICE
* FREE DELIVERY
MOST MAKES OF WASHING MACHINE REPAIRED.

FIXED CALL-OUT CHARGE
FOR ALL BFG REGIONS
INSURANCE REPORTS
AND REPAIRS
UNDERTAKEN



CLUBS AND SOCIETIES

Allied Officers Wives Club

On Thursday **23rd October** at the P.M.C. from 12.00 till 14.00 hrs.

You'll be invited by the Dutch Ladies to join a typical Dutch Coffee Lunch. All husbands are most welcome too. A raffle will be held with prizes of a Bike, weekend in Holland and many more. The children will be looked after in the creche.

Date for you diary.

Christmas Bazaar. Nov 12th Rheindahlen Rooms 10.30 - 6.00 pm. Many stalls with gift ideas from all Nationalities. Come and join us.

Rheindahlen Flower Club

Our meeting this month will be on Thursday, **9th October** in the Rheindahlen Rooms. The demonstrations will begin at 10.45 am.

The demonstrator will be Mrs Joan Owen from Leatherhead. Mrs Owen is both a National Demonstrator and Speaker, and also a National Judge.

Doors open for sales at 9.45 am with many and varied sales tables, including silk flowers and floral aids, to tempt you. There will be a creche for young children. The entrance fee of DM4 includes coffee.

Dates for your diary:

Thursday 13th November Mrs Joyce Albon 'Flowers and Fiction'

Thursday 4th December Mrs Sue Brinton 'It's Christmas!' For further information - Mrs Myfanwy Ryan - tel 557346

RAF Officers' Mess Ladies' Coffee Morning

The Coffee Morning this month will be held on Tuesday **7 October** in the Officers' Mess from 1030 am till 12 noon. Children welcome.

RAF Rheindahlen Wives' Club

Meetings are held at 2000 hrs on alternate Monday evenings in the Church Centre, opposite main NAAFI. Wives of RAF. Army and Civilian personnel are most welcome to attend. Transport is provided and collects from Feldstrasse at 1930 hrs, and Buschof NAAFI at 1950 hrs approx. Further details from the Secretary, Jennifer Carter, MG 551637, afternoons or evenings.

Forthcoming events

13 Oct Cheese and Wine party and bingo

27 Oct Ceramics demonstration and Christmas Cards for sale.

Wickrath Wives Club

Due to Community Centre ruling the Wives club will now only meet every fortnight as from the 1st of October. All meetings are held in the community centre starting at 8.30 pm.

Our first night on the fortnightly rota will be a Quarterly General meeting with bingo to follow. The date of the first meeting will be Wednesday the **8th Oct.** 86. The next meeting after this will be on the **22nd October** 86 which hopefully will be the Dietician from Wegberg. Please watch local notice boards for any changes.

MOD Civilian Ladies Club

This month's meeting will be held in the evening on Tuesday 21st October, 1986 from 8.00 - 10.00 p.m. in the Church Centre. We hope to have a Microwave demonstration by Sharp, which should be very interesting. Refreshments will be available. This evening is instead of the usual coffee morning. Please come along and support the Club and bring your friends with you.

11 SU Wives Club

The next meeting for the 11 SU Wives Club to be held in Hehn Inn on Tuesday **7th October** at 8.00 pm will be a 'Sharp Microwave Demonstration' and all 11 SU wives will be welcome.

The November meeting will be on **Tuesday 4th November** when we will have a 'Dried Flower Arrangement' evening.

For further details contact: Joyce Holmes Evenings MG 558557

Wegberg Ladies Circle

Next meeting on October 8th at 7.30 pm

Flt Lt Hildage will be coming along to the Amenities Centre at RAF (H) Wegberg to give a talk on Drug Abuse Prevention.

We hope that everyone will come along and gain some insight into this very topical subject. Do bring a friend. Coffee will be served. For further information on the evening or the Wegberg Ladies Circle, please contact: Sue Knight Ext 7320

S.C.S. Ladies Club

On Wednesday 8th October, we will be having a Coffee Morning with an 'As good as new' table. Why not take the opportunity to see if you can sell toys in good condition or winter clothes or even that pet cobra which nobody in your family has taken to - someone out there may be needing one.

We meet in the Church Centre between 10 and 12 noon. All SCS ladies and children are welcome.

PSA Wives Club

Wednesday 1st October - Church Centre - 10am we shall be holding a Mini-Bazaar, with stalls including German Hand Cut Crystal, Kaiser Porcelain, Guernsey Sweaters, Stationery & Cards, and Childrens wear. All wives and friends are very welcome

Garrison Sgts Mess Wives Club

The Garrison Sgts Mess wives club meets in the Sgts Mess at 8.00 pm. on the third Tuesday of every month. The meetings are informal and the intention is for all attending to have a relaxed and fun evening.

Future planned events are follows:

21st October Ice Skating at Greifrath

Transport will be available, at a small cost, leaving the Sgts Mess at 8 pm, and a raffle will be held on the bus. You certainly do not need to be an expert skater to join us - first timers are more than welcome. If you wish to go, could you please add your name to the list in the Sgts Mess as soon as possible. 18th November Butchery and Microwave demonstration 5th December Christmas Dinner

I am also trying to organise a trip to Berlin sometime in February 87. The intention is to leave Rheindahlen on Friday evening and return on Sunday.

All Mess members wives are welcome to come along. As well as demonstrations etc there is a Buffet and a raffle held during the evening. Details of events and meetings can be found in this bulletin every month also on the Naafi notice boards and in the Mess foyer. So why not come along and join us. I am sure you have a good evening and also make a few new friends in the process. I look forward to seeing you all,

Ellen Moore

Mother and Toddler Group

Come along any **Tuesday** or **Thursday** afternoon between 2 pm and 4 pm to St Christophers School, Auckland Crescent (Buschoff area). We have plenty of toys and space for your energetic toddler!

Enquiries to: Gill Hopton. Tel 02161/551199

INFORMATION



OSC Waldniel International 10 km Road Race 'Dr Ernst van Aaken Memorial Race' 11th October 1986

Course

An officially measured single lap

Start and finish

At the sportshall of the Schulzentrum in Waldniel, start 1500 hrs

Classification

Schoolboy and schoolgirl Youth A and B

Junior

Women HK, W30, W35, W40, W45, W50, W55, W60

Men HK, M30, M35, M45, M50, M55, M60, M65, M70

Open class for all who are not members of an athletic club

Entries

Closing date for entries is 3.10.86 Entries to OSC Waldniel, Schubertstr 16, 4056 Schwalmthal. Year of birth must be given. Late entries at **no additional cost** will be accepted up to 1400 hrs.

Entry Fee

Men, women, juniors DM6,00
Youths DM4,00
Schoolboy/girl DM3,00

Entry fees must be paid at the time of collection of race numbers.

Changing and showers

At start and finish in the sportshall.

Awards

Every finisher will receive a certificate with time taken. The first three in each class and the team winners will receive prizes.

6 team prizes will be awarded: schoolboy, schoolgirl, male youth, female youth, men (incl juniors), women (incl juniors).

New this Year!

3 km race for schoolchildren B (11 & 12 yrs), C (9 & 10 yrs), D (8 yrs and younger) Start 1415 hrs

Further Information

John Crisp, Tel Schwalmthal (02163) 30598

Congratulations

Children of the Naomi Schäfer-Long School of Dancing who passed their ballet examinations of the Imperial Society of Teachers of Dancing, Cecchetti method.

Primary:

Pass

Joanne Baker, Alexandra Clarke, Sarah Hart, Rebecca Stokes, Lucy Wade

Pass Plus

Eleanor Kennedy, Claire Springfield, Nicola Tyler

Commended

Rachel Dean, Katy Renton-Green, Stephanie Payne, Susanne Shakespear, Katherine Spencer

Highly Commended

Fiona Amy, Stephanie Henderson, Claire Hillier, Sophie Huxford

Honours

Rachel Donovan, Katheryn Greenwood, Leane Patching, Rebecca Stone, Danielle Thorne

Standard 1

Pass

Andrea Donovan, Victoria Stedeford,

Pass Plus

Allison Daniels, Francesca Head, Sarah Meehan

Commended

Alexander Adderley-Kay, Virginia Rushmere, Rebecca Sawicki, Liann Watters

Highly Commended

Gail Craig, Laura Hall, Ulleri Huxford, Fiona Prophet, Frances Ryan, Stefanie Thorne

Honours

Angharad Bowdler, Nina Ktoris, Lucy Richards.



RAF Information Guide

Telephone: 47-4784.

Hours of Operation:

Mon-Fri 1000-1300 and 1400-1630 (Wed to 1800)

The Services offered include: a library of travel information with brochures, maps, pamphlets, etc. on West Germany, particularly local areas, and surrounding countries, ie Belgium, Holland, France, Austria.

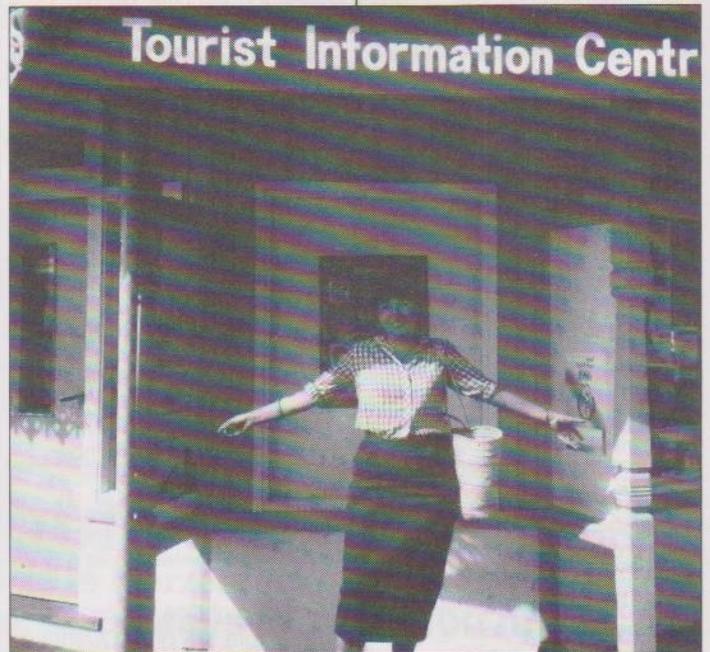
Assistance in making holiday reservations for accommodation or travel arrangements.

Note, however, that

customers must pay for any telephone calls made on their behalf. A photocopy service after 10 am (30 Pf per copy). Import/Export info on plants and animals. Assistance in dealing with local businesses regarding purchases, problems, lost property etc. A list of local veterinarians. A 'lifts' books.

Information on local events, ie, the opera, theatre. Also information on local restaurants.

Register of various services on offer, eg picture framing, handymen for repairing washing machines etc.



Christa Pasquill at your Service

GARRISON SQUASH COURTS

NEXT TO NAAFI CAR SHOWROOMS

6 INT COY
INT & SY GP (G)

FRI 03 OCT - SAT 04 OCT 86 (Starting at 1400 hrs - Fri)

24 HR CHARITY SQUASH MARATHON

IN AID OF:

muscular dystrophy research
& the

Michael McGough Foundation against liver disease in children

CHARITY STALLS - RAFFLE - DRINKS

COME AND SUPPORT THE EVENT AND WATCH THE SQUASH

INCLUDING AT 1900 HRS FRI
THE RCZ FIRST DIVISION MATCH:

GARRISON I V RAF RHEINDAHLEN 1

FAMILIES BULLETIN

Wickrath Community Centre Extension

Utilities Quarter 8/1 Schonberg Strasse

This facility will be opening shortly for the use of the whole community living in the Wickrath Quarters. This facility is presently being established and therefore a final opening date will not be disclosed until all work on the premises is finished. These dates will be posted throughout the Wickrath Quarters when ready.

The proposed times of opening for the activities included in the utilities quarter are:

Thrift Shop:

Mondays and Wednesdays
9.15 to 12.00, 1.30 to 3.00

Coffee Shop:

Mondays and Wednesdays
9.15 to 12.00, 1.30 to 3.00

Creche:

Tues, Thurs and Fridays
9.15 to 12.15 only

Wool and Craft Shop:

Monday to Friday
10.00 to 12.00 daily

Donations of Toys (large and small) are **urgently** required to help establish the creche, also any baby bouncing cradles, carrycots, baby walker, etc., will be gratefully appreciated.

If you can help please contact Mrs Margaret Taruis 12/1 Schonberg Strasse, or Mrs Denise Townsley at 18/4 Schonberg Strasse.

Money Matters in Germany

Watch out there's a shark about! It's your hard earned pay they're after.

Don't deal with doorstep salesmen - they are usually selling poor quality rubbish at inflated prices.

Don't be persuaded to buy expensive articles which you don't really need. They are usually highly overpriced and if bought on hire purchase or with a bank loan also involve payment of high interest rates.

Don't sign any contract or bank loan form unless you know exactly what it says and you are absolutely sure you wish to accept the terms.

Don't believe everything the salesman tells you - many of them are expert cheats and liars who make you glowing promises by word of mouth but it is only the written contract that really matters if the case goes to court.

Thousands of servicemen and their wives are the victims of crooked firms and salesmen every year.

Use your commonsense. Protect yourself, your family and your bank account.

Are you receiving your monthly Bulletins?
If not then please contact the GSM on JHQ 3351 without delay.

Rheindahlen Garrison Communication with Wives Meeting

The Chairman and members of the Committee and their telephone numbers are as listed.

The next meeting is to be held in the Garrison Conference Room on **14 Oct 86** at 14.30 hrs.

Meanwhile should you have any matter you consider should be discussed please telephone any member or the secretary as it is not our intention that business should be confined to the meetings only.

Agenda items should reach this headquarters by the beginning of October.

Chairman:
Lt Col MRM Newall OBE, HQ
Rheindahlen Garrison tel. 2786

Secretary:
SSgt J Gallagher
HQ Rheindahlen Garrison
2787

Members:

Mrs C Armstrong
c/o 4 Sig Gp 3398

Mrs M A Wakeham c/o Comd
Stats HQ RAFG 558449

Mrs G M Murray c/o Chaps
Dept HQ BAOR 551547

Mrs P Shepherd c/o Army
Dental Centre 570286

Mrs E Moore c/o HQ rhein-
dahlen Garrison 558316

Cpl J Moody, Community
Policewoman, JHQ Police
Station 2334

Mrs N King
c/o YWCA 559547

Mrs M Corazzo
c/o RHQ PSA 3197

TOY LIBRARY

AND
RESOURCE CENTRE
FOR
SPECIAL
NEEDS
CHILDREN

ST CHRISTOPHERS SCHOOL
RHEINDAHLEN

CHOOSE A TOY, HAVE A CHAT
AND A CUP OF COFFEE OR
JUST POP IN

OPEN:

WED 0930-1130 am

FRI 0930-1130 am

INFORMATION: TEL JANE JOSEPH
MG CIVIL (02161)

557657

VOLVO

YOUR OFFICIALLY APPOINTED MAIN DEALER FOR MILITARY SALES & AFTER SALES SERVICE

mühren+hoven

GLADBACHER STR. 41
5144 WEGBERG/RATHANHOVEN

☎ 02431-4042

**QUALITY, RELIABILITY, SAFETY...
...AND THAT'S JUST THE DEALER.**

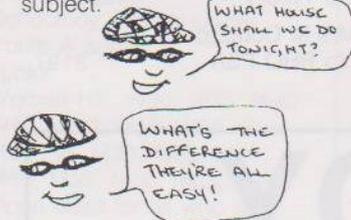
Wherever you are based you can be sure of getting the best possible advice on buying Volvo tax free — at very special military prices — from the experts Mühren + Hoven.

Our showrooms are 10 mins from JHQ — take the MAIN road B57 for Rheindahlen village to Rathanhoven — we are 2 kms from Erkelenz.

POLICEMAN'S NOTE BOOK

No Place Like Home... for Thieves

Private houses are an easy target for thieves. There is more than one way into a house than through the front door, ie, windows, back garden, roof, garage etc. Yet simple precautions can help to keep Tommy Trouble out of your home. The more obstacles you place in his way, in regards to locked doors and alarms the harder it will be for him to break in. Let us hear what Tommy Trouble has to say on the subject.



'Hi! Tommy here, how are you keeping? pulled any good jobs lately? ... No?... what with Christmas coming along you have to get your Christmas shopping in early, only two months away you know. What do you mean you haven't got much money? Are you a novice or what? ...well, in that case I suppose I'd better give you a few tips on 'How to obtain Christmas presents the easy way' Do you know that there are 122 streets on Rheindahlen Garrison? So you can imagine how many married quarters and blocks there are, we're spoilt for choice. So, the first thing we've got to do is suss out the quarters that are empty. The easiest way is to look out for the tell tale signs of a build up of newspapers, milk bottles or mail, but they don't deliver such luxuries on the camp, so I usually hang around the pubs and clubs listening out for who is just to go on leave, it's amazing what information you can pick up in a pub. Weekends are usually good, people tend to go out to parties etc. Once we've sussed out which quarters we're going to hit we just have to wait until night time... see you tonight!'

'Psst! ... over here... Shhh! right, got your tools and swag bag? Good, now, lets get to work. There's the first house, I know it's got a light on downstairs, but that's the most common mistake, it's a signal for me saying that no one is in, plus the fact that I've been watching this house for the past hour while waiting for you to come along and there's been no sign of life. OK, lets go round the back...' With deadly silence you watch how Tommy Trouble creeps around to the back garden using the bushes and shadows as a camouflage. You also notice Tommy making a bee-line for the kitchen window and to your amazement he opens it and is inside the house before you can count to ten.

'Psst! ... come on slow coach ... got cold feet or what?... don't make so much noise ... OK ... we're in ... right, all we're after is loose change, jewelry, videos, expensive ornaments, anything that's easy to carry, ok? We'll do the living room first.'

You watch in amazement as Tommy goes around the room knowing exactly where to go and what to take, he's even found a spare key to the front door. 'We can come back later for the big stuff' says Tommy.

In the upstairs bedroom you realise that loose change and jewelry is in abundance, you would think that the owners had conveniently left everything out for him. Within minutes you are outside again with a bag full of goodies 'Quick, let's go in the woods and stash the goods before we go to the next place'. Cackles Tommy.

In a trance you follow Tommy around all night, observing all the different ways he had gained entry. By morning and ten houses later he had accumulated enough stuff to set up a supermarket. He explains that he has a very good contact that pays good cash for his swag.

'Well, I suppose that's enough for one night, not a bad nights' work. Ta for your help'

Quite an easy way to go



Christmas shopping, isn't it? Do you think Tommy will be able to get into your home? And do you think you have conveniently left out your valuables for him? If you would like to protect your home and valuables and you are not sure if your house is Tommy Trouble proof, don't hesitate to give me a ring and ask for advice or even for a Crime Prevention survey.

Cpl J A Moody
Community Policewoman
Tel. JHQ 2334



The Community Police Woman

Last month Cpl Jackie Moody became our new Community police woman. Her function within the JHQ is to liaise with schools and army units to give them talks and lectures on aspects of road safety and crime prevention as well as drug abuse and drink driving. But her role does not concentrate purely on schools and children as she will deal with anything of a sensitive nature. Training as an RMP woman is the same as for the RMP man, however in this instance a woman's promotion is quicker. So far in the past she has served in postings in Northern Ireland, Cyprus and Edinburgh, however this is the first time she has acted as Community police woman and the first time it has been given to an unmarried person.

To want to do this kind of job you have to have a certain affiliation with children, being able to communicate openly with them in order to make them realise that the police are for the public good. Any child, or any person for that matter, is free to come and visit the RMP's for themselves and may come to the Duty room for a chat and a look round. Often Cpl Moody has organised such trips for Brownies and Scouts. Cpl Moody enjoys the position very much and would like to get more involved with the children and if you have any problems or see anything suspicious then do not hesitate to contact her.

MGO



Is your bicycle locked?
If not you could lose it!



Have you locked your
car doors and windows?

INFORMATION

Flax Market in Beeck, Wegberg on 4 and 5 October 1986

The fourth Beeck Flax Market will be held on **Saturday 4th and Sunday 5th October** on the Church Square in Beeck village. This market is well worth a visit. There are demonstrations of the ancient crafts of spinning and weaving, of how linen is won from flax - once a very important industry in this area - and there are very many other attractions: folk-dancing, puppet theatre, paintings, and stalls selling pottery are but a few of them.

It takes about 15 minutes to drive to Beeck from the JHQ. For an interesting afternoon out, there is nothing to beat it locally. The market opens at 1400 hours on the Saturday, and 1100 hours on the Sunday. Viel Spaß!

Notes on German Law

Hanging out of washing

Heads of families are reminded that under German law the following apply.

a. It is an offence to display washing at any time in public streets and places, front gardens, on balconies and roofs, in windows and doors opening to public streets. In addition it is an offence to hang out any washing in a private or public place between 1200 hrs on Saturday and 0800 hrs on Monday, and all public holidays.

Cleaning and repairing vehicles on public roads

It is forbidden to clean or repair vehicles on public roads, except for emergency roadside repairs.

Noise

Under German Law the hours between 2200-0600 is regarded as a quiet period, and all level of noises must be kept to a minimum, in addition to

above the period 1300 to 1500 is also regarded as a rest period.

Vehicle Lighting Requirements in Germany

In Germany drivers must use vehicle lights from the onset of darkness or when weather conditions demand it.

Headlights and rear brake lights are compulsory on vehicles and with rare exception traffic indicator lights must be fitted and used, vehicles must be fitted with red rear reflectors.

In fog and falling snow or heavy rain, dipped headlights

are compulsory.

Items to be carried on vehicles by law

It is compulsory to carry a warning triangle and first aid kit (DIN 13164) (other useful items may be carried for emergency): Tow rope, torch, small shovel (in winter), reserve 5 litre fuel canister.

Vehicle Registration

All personnel on Garrison are reminded that they must register their vehicle with the Garrison Information Office, and notify any changes of particulars.

Janines Unisex Hairdressing Salon

MARLBOROUGH CLUB JHQ
(COLLINGWOOD ROAD - FACING THE GYMNASIUM)

Now open in the Marlborough Club. Very competitive prices. Perms from DM50. Ladies trim from DM12, Gents trim from DM10.

Tuesday and Thursday 9.00 hrs to 19.00 hrs.
Wednesday and Friday 09.00 to 18.00 hrs.
Saturday 09.00 to 16.00 hrs.
Opposite Army Gym.
Please ring MG550462 for an appointment.

New quarters?

The first thing you want to know when you've been posted is the phone number of a leading international remover - Abels - specialists who know the gen, and know how to give the services a better service!

here's your
new number
(02151) 794514

Abels Local Representative:

John Edgar, 105 Krefelderstrasse, 4154 Toennisvorst 1.

Branches also in Norfolk, Essex, Herts & Oxon.

- ★ 10 trips weekly to and from N.W. Europe
- ★ Representatives in West Germany
- ★ FREE 2 weeks transit storage
- ★ Purpose built storage - inspection invited
- ★ Daily throughout England
- ★ Weekly to Scotland
- ★ FREE estimates
- ★ Fully trained staff
- ★ Full members of B.A.R. (Inland & Overseas Groups)





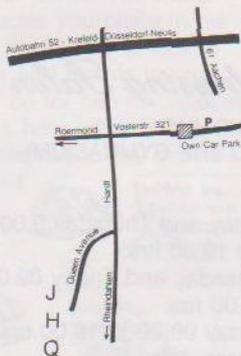
BALKAN-RESTAURANT

Dalmatiner Stuben

E. Soletic

4050 Mönchengladbach-Hardt

Vorsterstraße 321 - Tel. 02161/559344



OUR SPECIALITY — STEAKS AND BALKAN FOOD

English menu-cards
Reasonable prices
Children's menu

Take away service
Payment by cheque possible
Party-room for 20-40 persons

14% saved through our party delivery service

Open daily

from 12 to 14.30 hrs and 18 to 23.30 hrs

Autohaus A. Türk

Erkelenzer Straße 32, 4050 Mönchengladbach-Rheindahlen, Tel. (02161) 58918

Verkauf - For Sales - RHD Cars - Service - Insurance

Your VW and Audi dealer for RHD and LHD
Tax free cars - Special NATO discount
Second-hand cars with 1-year guarantee

BFG Road test - fit - Service - Insurance

V.A.G

Audi



Perhaps Something 'll A'ppen (or PSA notes)

It is nearly one year since I last wrote in the Bulletin - how time flies when you're enjoying yourself!

However due to popular demand I have come out of semi-retirement. As it is so long since the last PSA notes I think it might be an idea to remind our reader(s) what PSA means. It is not Pieces Stuck Anywhere but Property Services Agency which is part of the Department of the Environment and not MOD. PSA is tasked with the planning, building and maintenance of most Government Buildings and estates both in UK and Worldwide. The money for these Ministry of Defence buildings is voted to PSA from MOD. This means of course that PSA can never be accused of running out of money - we only run out of the money that MOD give us! So when jobs stop through lack of funds or work cannot even begin for the same

reason, remember it is because MOD have decided not to give the money to the works Vote but to spend it elsewhere.

However one major project here in Rheindahlen that has been funded is the provision of individual boilers in the **Buschhof Married Quarters**.

This will be spread over a number of years and at the moment it is planned to extend the gas main down Tromp Road, Devonshire Ave and Wolseley Road during the winter of 1986 and spring of 1987. This will form a distribution loop between Queens Avenue and Wolseley Road. During the summer/autumn 1987 it is intended to lay sub mains and service spurs into the Buschhof Estate. These service spurs will terminate in the cellars of each quarter in Buschhof and will be gas sealed awaiting the provision of the individual boilers during the summer/autumn of 1988. The removal of the redundant heating pipework into each quarter in Buschhof and all ground reinstatement will be carried out during the autumn/winter of 1988.

I hope that this helps to keep all those who live in the Buschhof area informed of the extent and timings of the proposed work.

People living in the rest of the estate are no doubt pleased that their car springs will not be subject to the stress they received when driving along Gordon Road outside the Army Medical Centre. As I write the lower end nears completion and the new road begins to take shape.

The next road on the estate to receive the same treatment will be Tromp Road leading from the JHQ Police Station down to Devonshire Avenue. This is one reason why the minor surface pot-holes, have not been filled in, it would be a waste of our taxes if we repaired them now only to break up the road a few weeks later.

Finally there is no truth in the rumour that PSA's motto is 'The answer is maybe, and that's final'. We are here to help but only within the funds given to us by MOD.

K.W.

P

S

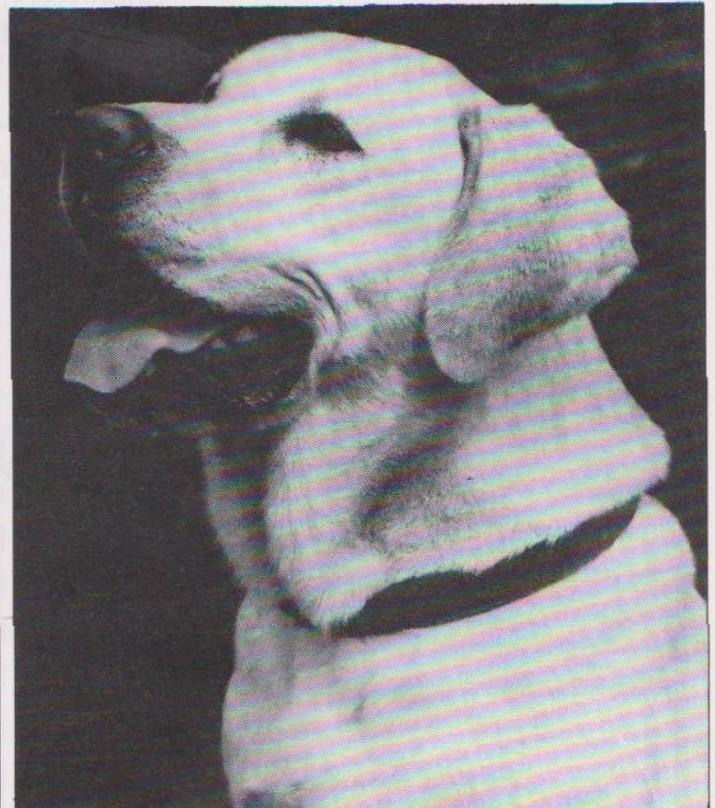
A



Charity Drive - Raffle Winner

The 1986 HQ P&SS (RAFG) Charity drive raised in excess of DM 20,000; the star prize of a raffle was a Knaus Sugwind caravan. On 28 Jul 86 the lucky winner, Sig Tony May from Krefeld received the caravan keys from Wg Cdr J Rose OC HQ P&SS

(RAFG). Also in the picture is the project manager, Flt Lt KJH Morris.



10799 Air Dog Ben

Ben is one of 4 RAF Police Dogs, based at Rheindahlen, trained to search for and find

controlled drugs. Now 4 years old, Ben has had 18 finds of controlled drugs since being posted to Germany during May '85. Photograph - Sgt CS Bassett



Vorsterstrasse 419
4050 Mönchengladbach-Hardt
Tel. 02161 558052

A Member of
British
Video
Trade
Association

ENGLISH VIDEO CENTRE

Thousands of VHS Films
to choose from!

LARGE CAR PARKING FACILITIES

NEW CHILDRENS SECTION

With
Monthly Colouring Competitions

Supervision of Children
on Saturdays

Sweets Counter

Balloons



THEN
TV VISIT

ONE OF BFG'S
LARGEST AND UP-TO-DATE
VIDEO CENTRES.

THOUSANDS OF SATISFIED
CUSTOMERS

**Computer Software
available**

*

Video Recorder Hire

Opening Hours

Mon-Fri 10.00-18.00 hrs

Sat 09.00 - 16.00 hrs

**FREE FILM
VOUCHER**

2 films for the price
of 1

For non-members as
introductory offer

Valid until 3rd NOV

**FREE FILM
VOUCHER**

4 films for the price
of 3

For members

Valid until 3rd NOV

GASTRONOMIQUE

This year we spent our summer holidays in Hungary and discovered the delights of Hungarian food, I have selected a couple of recipes which I have tried out with great success since arriving home.

Tokany Debrecen Style

4 slices smoked bacon
1 medium onion
1 kilo boneless beef (neck, blade, shin etc)
6 oz smoked sausage (Optional)
1 Green pepper
1 medium fresh tomato
4 tsp paprika
1 clove garlic
Salt
Oil

Water or stock

Cut the bacon into small squares, fry until glossy, add the finely chopped onion and saute until a light brown. Stir in the paprika rapidly. Add the meat, which should be chopped into finger sized strips. Add a little salt to taste and brown the meat stirring often. When the meat is browned add garlic and a little water or stock. Put a lid on the pan and braise it under the lid, do not boil. Add water as required, when meat is tender, about 1 hour but it depends on the cut, add the smoked sausage cut in rings, the tomato, peeled and cubed and the green pepper finely chopped. Cook for a further ten minutes. Serve with parsleyed potatoes or rice.

n.b. To peel a tomato dip it in boiling water for a few seconds, the skin comes off like magic.

Hungarian Parcels

Boneless pork chops (1 for each person)
Potatoes
bacon
onion
apple
White wine
salt and pepper

The chops should be rested for twenty four hours or more in the fridge. To do this sprinkle with pepper and salt and leave in a covered dish. Have ready a double thick square of foil, one for each parcel. Slice the potato thinly

and put some at the bottom of each parcel. Place one pork chop on top of the potato, then a little thinly sliced onion, the bacon, without rind, is placed next on the pile, and finally a slice of peeled and sliced apple. Add about 1 dessert spoon of white wine to each parcel. Seal firmly and place in an open fire, if you wish to do it the Hungarian way, they just pop it in the dying embers for about thirty minutes. However you could put it in a brisk pre heated oven for the same period. When we had this in Hungary and at home, we had it served with Green salad and French bread.

Angela Oatridge

Potatoes Lyonnaise

For those fortunate enough to have a microwave here is a basic recipe, with variations, for serving potatoes. When the bacon or sausages is included it makes a meal in its own right.

Ingredients (serves 4)
450 gms Onions, chopped
50 gms Butter
600 gms Potatoes, peeled
4 tablespoons Cream
Salt & Pepper

Method

1. Put onions and butter into a bowl, cover with clingfilm, leaving a gap and cook on full power for 5 mins.
2. Thinly slice the potatoes and rinse in cold water and dry.
3. Layer the potatoes and the onions in a gratin dish with salt and pepper to taste, adding half of the cream half way through and the rest on top.
4. Cover with clingfilm, leaving a gap, and cook on full power for 15 mins.
5. Grill the top until brown

Variations

- a) Add chopped bacon with the onion layers and after cooking top with grated cheddar cheese and grill until brown.
- b) Add chopped garlic sausage and a little mixed herbs with onions, top with cheese when cooked and grill.

Alan Boxx

Danish Beer Soup

With winter almost upon us here's a soup eaten by Danish people for breakfast on cold winter mornings. You can add whipped cream or milk just before serving if you wish.

Ingredients (serves 4)
6 slices rye or pumpnickel bread.
15 fl. ozs. water
15 fl. ozs. beer (preferably a darker beer)

Grate rind and juice of one lemon. Sugar to taste.

Method

1. Crumble the bread and soak in the water overnight or at least for 4 hours.
2. Add the beer and bring to the boil, stirring constantly. Allow to simmer until the bread disintegrates.
3. Blend in, with an electric blender, the lemon rind and juice adding sugar to taste.
4. Reheat and serve at once with whipped cream or milk if desired.



Alan Boxx

Volleyball - RAF Rheindahlen

The main volleyball season at RAF Rheindahlen is shortly to begin. As with last year, there will be two organised leagues on the unit. The RAFG Inter Station League and the RAF Rheindahlen Inter Section League.

RAFG Inter Station League

The station has entered a team in the RAFG Inter Station League. Training each Thurs 2000 hours in the RAF Rheindahlen gymnasium. Last year we were runners up in the league and we won the cup. For more information contact Sgt Ron Fraser Ext 4576.

RAF Rheindahlen Inter Section League

Last year this competition was won by 2ATAF with Cmd Supply runners up. The competition which is due to start in October is open to all sections (or mixture of sections) on the unit. An entry fee of DM 25 is charged to fund the purchase of trophies. For more information contact Sgt Ron Fraser, ext 4576.

COMMERZBANK 

You need the right partner on your road to success



If you want to be successful you will need a partner by your side who is qualified to give you personal advice on all money matters.

Take advantage of our knowledge, our experience, and of our comprehensive services.

Speak to our adviser on customer's problems. Come to Commerzbank.



Commerzbank.

NAAFI NOTE BOOK



Well it now looks as if summer is truly past and it's very much Autumn & Winter at the JHQ Complex this month. The clothing department has a comprehensive range of winter clothes for all the family. Anoraks, coats and rainwear are now in stock along with winter woolies and winter slacks and a new comprehensive range of Clarks shoes are available for men, ladies and children. We shall be featuring a full range of Kettler home-fitness equipment and this will be on display from **13-18 October** in the foyer. The cosmetics counter is also going to be busy with the launching of a

new range of cosmetics and customers will be able to try-out the new range during the month. Finally in the clothing department there will also be a *sport sock promotion* with a 3 pair pack of sports socks with a cushion sole selling for DM 9.95.

The foodhall is also going to be busy in October immediately after the finish of the 'Holland Live' promotion. A new Super Saver programme will commence on 29 September **until 11 October** when a lot of items will be on special offer, amongst them will be Cadburys Dairy Milk 200g bar at DM 2.55, Heinz ready to serve soups at DM1.10, Kellogs Frosties 500g at DM3.60, Jacobs Ground Coffee 500g at DM 10.95, Ross Crispy Cod in Batter 200g at DM2.65, Surf Automatic washing powder 930g at DM2.15, Vosene shampoo 150ml at DM2.55 and the full range of Coca-Cola canned minerals will be reduced to 49pfg. A foyer promotion for LP records and cassettes will be held from **6 - 11 October** and as usual an enormous number of real bargains will

be available. In store promotions for the foodhall will be Rioja Wines which you will be able to try out on **9 and 10 October** there are five wines in the range, all at very competitive prices. Other taste and try demonstrations in the foodhall will be for Peter Mertes wines on **17 and 18 October** and Cointreau on **31 October**.

The foodhall has also received a number of new lines which you may like to try including a new range of Bowyers 'heat and eat' pies of beef mince, cornish pasty and cheese and onion pasty. The new Cow & Gate stage I and II complete meals for babies are also now in stock. A full range of fresh fish will now also be stocked commencing this month and continuing throughout the winter. Also keep an eye out for Christmas items, Crackers and Puddings are already on sale and the confectionery and cards are due any day now. With only another two pay days before Christmas it makes sense to stagger the Christmas shopping over the next 2½ months. *The Gifts and Durables*

department is also now in full swing for the Christmas period with lots of new lines in the gift range to suit all pockets. For children we shall be having a **Book Fair** in the foyer commencing on **27 October** and there will be books to suit all tastes and ages. Our **Toy Fair** will commence on **13 October** in the room that the *summer camping* display was held. Not only is this a good place for parents to visit but also Mess representatives who will be holding childrens Christmas parties.

The main Christmas star buy period will commence on **27 October** and will be the biggest promotion this year. A very comprehensive range of electrical and domestic goods and gifts will be featured and all will be at special reduced prices.

Finally don't forget that winter is around the corner so please pop into the gifts and durables department to get your car into shape. Special offers will be available for the three sizes of Duckhams anti-freeze and Duckhams de-icer.

DWJ Davies
District Manager

Naafi CAR SALES Buying a New Car?

Visit the Naafi Car Sales Office at

RHEINDAHLEN

AGREEMENTS, SALES & INSURANCE CAN ALL BE ARRANGED BY PERSONAL VISIT!



Pay us a visit and ensure a safe, simple, transaction for a tax-free car through NAAFI using one of the NAAFI approved dealers. Many models are available from stock and in addition to the tax saved we can offer special military discounts on certain marques. Experts are always on hand to give you complete details of our lowest hire purchase scheme and our easy insurance arrangements.



NAAFI Dutch Week

How many of you may have wondered at the sight of the windmill erected rather 'sur-reptitiously' on the corner, or marvelled at the display of flowers, fruit & Veg in the NAAFI foyer, and asked yourself 'Whats it all in aid off?'

Well for three weeks the NAAFI was enjoying a Dutch promotion to help encourage 'us' English to step across the border and buy more of their food, as they feel perhaps that they are suffering from the 'Buy British Campaign'. To commence with the opening of the Holland Live pro-

motion, Mr Shoen Jacob, the Consul General of Nederlands in Dusseldorf led an envoy of Dutch officials to the NAAFI JHQ Complex to join in with the Promotional party, naturally Dutch orientated, attended by the Garrison Commander and his own representatives. The large fruit & Veg display was donated to Schwester (Sister) Anna, from 'St. Josephs Haus' for handicapped children, and a raffle was held for a Volvo car, perhaps not totally Dutch in itself, but certainly Dutch enough for the occasion. The promotion is succeeding and Dutch foods sales are now on the increase.



Photo's and text by M. Ottowell



MÖBEL WEBER

'your partner for good furniture'

Visit our 5000 square meter showroom for a large selection of quality furniture at very competitive prices.
PSI/PRI order forms accepted.

We are only 10 minutes from JHQ.
To find us, proceed towards Hardt and over the crossroad in the direction on Viersen/Dulken, as you enter Dulken we are on the right hand side.

We look forward to seeing you.

**Weber, Rheindahlener Straße 51, 4060 Viersen II
Telephone 02162 - 51016**



Harrier Pull for Charity

On 15/16 August members of IV(AC) Sqn Gutersloh pulled a GR 3 Harrier around the station airfield for 24 hrs to raise money for the Appeal Fund of the St Francis School for disabled and handicapped children, Rheindahlen. The pull, organised by WO Mick Tanner and Flt Lt Ian Barrowcliffe began at 4 pm on Friday 15 August and was started by the Station Commander, Gp Capt F W Mitchell. 12 teams of 9 personnel then took turns to pull

'Mike' around the station with a specially modified towing arm. 24hrs and 120 kms later the final was greeted by a noisy reception from Sqn personnel and families who then enjoyed a Sqn Bar-be-cue. Sponsorship for the pull came from far and wide and included Anderson's Insurance and the Dresdner Bank, but a special mention must go to Chf Tech John Butterfield, and the Hydraulic Bay AESF who raised nearly DM3000. The final total should top DM6000 and it is hoped to invite the School for a visit to the Sqn, when the money will be presented by the Sqn Cdr, Wg Cdr P V Harris.



Café-Restaurant Holtmühle Holtmühlenweg 2, 5144 Wegberg

500 m from the Wegberg Hospital, overlooking a beautiful scenic lake is sited this welcoming restaurant, with international chef. Table d'Hote menu which changes daily, from DM 7,50, in addition to à la carte menu. Guestrooms, which have views over the old mill wheel to forest scenery, are available on half-board, full board or bed and breakfast terms. Fresh chicken daily — also to take away. Club and party rooms for up to 150 guests.

Book now for Christmas Parties.

**Bring your own Disco...
or hire ours.**

Your hosts Loretta and Charles look forward to greeting you.

**Inh.: Loretta Schopphoven-Golze,
(02434) 4996**



AUSTIN MAESTRO

10 years experience with

AUSTIN ROVER



AUSTIN METRO

HERBERT ENGELS

**Servicing - for quality and savings, Warranty works,
Accident Repairs, TAX FREE SALES for RHD and LHD cars,
used cars, Friendly Service and English speaking**

Tel. 02162/14060

Am Klosterweiher 28 · 4060 Viersen 1
only 15 minutes from JHQ · near Kaisers Kaffee



AUSTIN MONTEGO



ROVER

We are opening a new garage and showrooms
More information in the
Bulletin soon!



Police 5

On Thursday 17th July Cpl Neil Smith (RAF Police) and Cpl Jackie Moody (RMP) did a joint Road Safety Venture for the infants at Buff's Lodge Playgroup.

For most of the morning the young juniors were allowed to explore the Incident Patrol Van, one discovering all too quickly which button operates the siren. The children were then all introduced to the im-

portance of road safety and the hazards of talking to strangers, having been given free handout booklets.



Day of the Sunflower

You may well be forgiven for mistaking the plant in the photograph for a Triffid, after all it is not everyday that you come across a sunflower that has grown up to 4.10 metres and stares in the window at you first thing in the morning. It was planted by one Emma Clarke, (seen in the photo), simply grown from a common or garden sunflower seed from a packet of Gerbil food and fed on tomato feed and the offerings of 'Mother Nature'.

If you know of a sunflower or any other plant or anything out of the ordinary then contact us at the Rheindahlen Bulletin, we'd love to hear about it.

Text and photo by M.G.O.

See better – the whole day long.

We'll be glad to advise.

All our Contact Lenses are excellent value for money.

Compliment yourself with our Contact Lenses.

No need for glasses which do not suit your eyes
Spare glasses / Copied from your prescription / Modern designs
also for children / from **65,— DM** / Compare it

Optik Hilger
Ophthalmic Optician
Contact-Lens Specialist

Hindenburgstrasse 245
Ecke Eickener Strasse
4050 Mönchengladbach 1
Telefon (021 61) 1 69 82

REQUIRE AN URGENT APPOINTMENT?

Ring us up
We are up to date with all sight problems

Contact lenses from 260.97 including fitting cost / without Mwst

VEST for high quality

**You know that we stock tyres!
Now newly available from us:**

- **Electronical engine tuning (SUN computer).**
- **Electronical axle alignment.**
- **Exhaust service (for all models).**
- **Brake and shock-absorber service.**
- **Starting batteries for passenger cars and lorries.**
- **Vehicle paints, mixable in all shades.**
- **Motorbike tyre depot (approx. 200 different types).**
- **Car accessories in the self service shop.**

Authorised car workshop!



Tyres Servicing Parts
Elmpt - An der Beek 255 - Telefon 0 21 63/84 41 + 84 42

FIAT DEALER

VAUXHALL-Service

Autohaus

Dietrich Kollender

Your partner for:

- * *FIAT new cars*
- * *Great choice in 2nd hand cars at good prices*
- * *Repairs on all types of cars*
- * *Accident repairs - we process your insurance claim for you*
- * *Body work and re-spraying*

4050 Mönchengladbach 5,
Rheindahlen
Erkelenzer Str. 8
02161/58991 & 58992

BORUSSIA MÖNCHEGLADBACH

A Time to Rebuild

For many seasons Borussia has been considered one of Germany's top teams, indeed in the 70s it could be argued they were one of Europe's top 3. Over the past four years they have always been near the top of the Bundesliga. Why are they now lingering at the foot of the table and still without a win?

The reasons are many, the remedies will be difficult to find. Borussia has always been a skillful side, the antipathy of British running and fight. Both styles have their merits, but to push the ball around and to attempt intricate 'build-ups' require skillful players with confidence in their proven ability. Gladbach no longer have the Netzers and Heynckes of the 70s and their remaining old faithfuls such as Bruns (Captain) and Lienen are beginning to show their lack of pace and endurance. It was evident at the end of last season that 1986/87 was going to be very hard at the Bökelberg. Frank Mill was about to leave the club, Hannes was injured, and the new goalkeeper, Thorst Vedt a much fancied Norwegian, would not have impressed the defence of Crewe Alexandra.

No team can have success without a sound goalkeeper and Borussia have a poor selection. So bad has been the start to the season that the first choice is the number 3 keeper, Kamps. At least he appears to have done the job before.

The defence is responding as well as can be expected with the knowledge that the man between the 'sticks' is decidedly shaky. They try to use the ball constructively and avoid long balls out of defence to the strikers. Very commendable, but it has led to involved passing movements across the back four which break down and leave the defence square and open to counter attack. The 2 home games have been lost to the quick break after long periods of Borussia pressure at the other end.

The new mid-field player, Brandts, is fast and works

hard. I feel a lot will depend on his inspiration and example. The team desperately needs an injection of aggression and fitness. So often a Borussia attack breaks down and those involved walk slowly back instead of sprinting to recover lost ground. It goes hand-in-hand with the habit of feigning injury to incriminate opposing players which is sadly a feature of the modern German game.

The real problem lies 'up front' where the most exciting striker, Criens, was seriously injured in the first game at Kaiserslautern. The new purchase, Thiele from Fortuna Düsseldorf, has neither the speed or the agility to turn a defence. His only merits lie in the air and his success will depend on the service given by his colleagues.

The results so far:

Kaiserslautern 1-1 Borussia
Borussia 0-3 Hamburg SV
Blau-Weiss Berlin 3-2 Borussia
Borussia 1-2 Werder Bremen
Although the season looks bleak for our local team I feel they will improve, but not sufficiently to rise above mid table. If you enjoy football why not visit the Bökelberg ground and invest DM 12 in a new experience? German football lacks the 'blood and guts' approach of the Football League and the stadiums are devoid of atmosphere but I still enjoy the visits. Saturday games kick off at 1530 hrs and evening matches start at 2000 hrs.

Here are the fixtures until Christmas:

Waldhof Mannheim	04.10
FC Homburg	* 11.10
Bayer Uerdingen	18.10
VfB Stuttgart	* 01.11
FC Schalke 04	08.11
Borussia Dortmund	* 15.11
Fortuna Düsseldorf	22.11
1 FC Köln	* 29.11
1 FC Nürnberg	06.12

* Home Game

ANNOUNCING THE NEW RENAULT 21

NOW AVAILABLE FOR IMMEDIATE DELIVERY FROM
RENAULT EXPORT SALES

Issels KG, Monschauer Straße 34, 4050 Mönchengladbach 1
YOUR NAAFI APPROVED DEALER

To find us take the B 230 from JHQ/
Hardt towards M. Gladbach, follow
the blue Autobahn signs, drive past
the Düsseldorf/Aachen Autobahn
following the dual carriageway,
at the traffic lights Mon-
schauer Str. turn right,
and we're on the right.
Our British staff are
always on hand to help you.



Please call in and see us any weekday
or Saturday morning - You'll be wel-
come to look at and test drive
the new Renault range. For a
no-obligation home appoint-
ment or more information
call us on (02161) 36011.

the 1986
Renault range
includes the
R4, R5, R9 (car
of the year
1982), R18,
R18 Estate,
R11,
R25, Espace

8 Versions are available starting in price from DM16650 to DM23600 (or from as little as DM480,— per month with no deposit required!) All models are 5 door and have 3 engine options - 1721cc, 75bhp, 1721cc, 89bhp, 1995cc, 115bhp. Some have tinted glass, power windows, central locks, 5 speed gearbox, power steering, alloy wheels, split rear seat.
Our British sales staff will be pleased to supply you with no-obligation advice on the purchase of any tax-free Renault.

* Or see our representative in the JHQ NAAFI Car Showrooms*

**Trade-in
and/or no-
deposit finance
of your used
car.**

LCPL Hazlewood - LS & GC Presentation

LCPL Hazlewood was born in Burton-on-Trent on 16 May 1951. After leaving school, he was employed as a Milkman for a few years before joining the Army in Nov 1970. After his initial training at the Royal Pioneer Corps Depot he was posted to 522 Company where he was employed as a Dog Handler.

In 1974 LCPL Hazlewood was posted to HQ AFCENT where he was responsible for over 1400 infantry weapons. This responsibility earned him promotion and after a number of years he was posted to Cyprus where he became NCO in Charge of an Army Dog Section.

Unfortunately, in 1981 LCPL Hazlewood's career was threatened when he became seriously ill with cancer. Despite the terrible effects of his illness for over a year, LCPL Hazlewood recovered and served on to become a Section Commander at CAD Kineton in 1982.

He served at the REME Training Centre for two years in 1983 and 1984 and was posted to Rheindahlen Garrison on 22 January 1985. He is accompanied by his

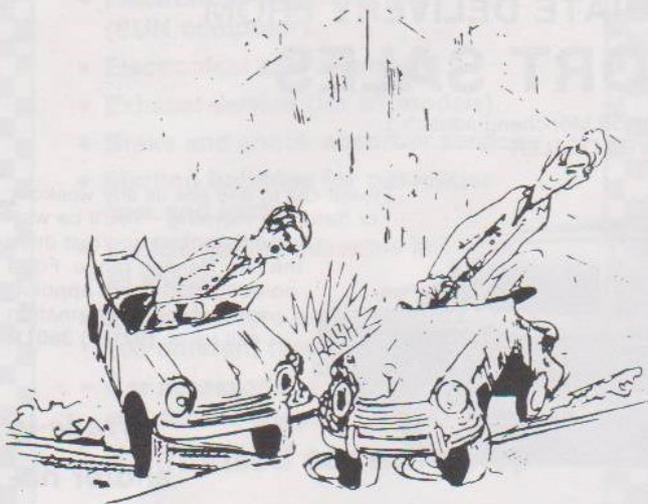
wife Sheila and his two children, Lee and Karan.

LCPL Hazlewood is awarded the Long Service and Good Conduct Medal.



Ellen Culpeck Insurance Broker

Over 20 years established



CAR INSURANCE

Owned Car from New?
Up to 2 years old —
— no depreciation!
New car on write-off!

POSTED TO UK

Free Telex-Link quotations for UK. Choice of over 100 companies, whether you are with an English or German company. Can you afford not to check all possibilities?

ADAC

Membership & Schutzbrief etc on the spot.

Phantasialand and
De Efteling
Reduced price entry tickets
now on sale for ADAC members!

Shopping Centre JHQ.
4050 Monchengladbach 5 / Rheindahlen
Tel. 02161/559655.
Office Hours: Monday's to Friday's 0900-1730 hours

BOOKSHELF

Some recent additions to
Command Library stock
Fiction

Anthony, E: The occupying
power

Bentine, M: Lords of the
levels: a novel of the
paranormal

Bradley, M Z: Darkover
landfall

Christie, A: The seven dials
mystery

Clarke, A C: The songs of
distant earth

Cornwell, B: Sharpe's regi-
ment: Richard Sharpe and the
invasion of France, June to
November 1813

Forbes, B: The endless
game

Nicole, C: Old glory

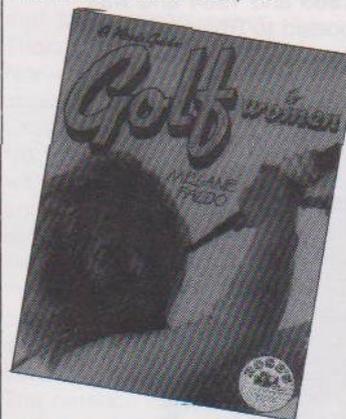
Non-Fiction

**A petkeeper's guide to rep-
tiles and amphibians, by D
Alderton**

This colourful guide provides
a practical introduction to all
aspects of keeping reptiles
and amphibians.

Pizza and pasta,
by S Conto

An extensive collection of
authentic Italian recipes



Golf for Women,

by M Faldo

An ideal book for beginners

Down the hatch,
by R Ingrams
Further letters of Denis
Thatcher

**The long way round: an
escape through occupied
France,**

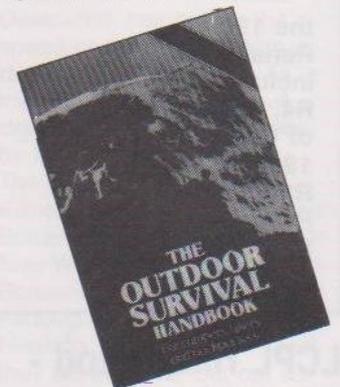
by W Moore

The story of eight Seaforth
Highlanders in occupied
France during 1940.

**The outdoor survival hand-
book,**

by D Platten

Safety and planning are the
keys to outdoor survival and
this book shows you how to
go about both.



**Entertaining and educating
young children,**

by R Gee

Hundreds of play ideas for
adults and children to share.

Is that it?

B Geldof

A vividly honest
autobiography. Geldof tells
his story with wit, candour
and characteristic energy.

**Collecting, restoring and
riding classic motorcycles,**

by T Holmes

A thorough introduction to the
world of collectable
motorcycles.

Privat Pension 'Margret'

Bed and Breakfast

Bed & Breakfast available
Double bedroom from DM 35,—
per night including breakfast

Contact:
Margret Grunert
5144 Wegberg
Schiller Strasse 9
Tel.: 02434/4149

VIDEO Review

The Last Dragon '15' 108 mins

Head of the legendary Motown records, Berry Gordy is the gentleman who conceived and produced this tongue-in-cheek Kung-Fu caper.

A young man named Bruce Leeroy, played by Taimak, is training to be the Black Bruce Lee. He seeks perfection in this martial art by obtaining the mysterious 'golden glow'. While he is seeking the glow, the self proclaimed shogun of Harlem, Sho 'Nuff is seeking him, but not alone, Laura Charles (Vanity) the sexy disco queen also wants to get to grips with our innocent hero.

This is a fairly predictable film but still entertaining. Taimak and Vanity give good performances with an excellent soundtrack including the first class 'Rhythm of the Night' by Debarge and other hits come from Rockwell, Stevie Wonder and the Temptations.

Lady Hawke 'PG' 117 mins

This medieval fantasy tells of an evil curse put on two lovers by an envious Bishop. Rutger Hauer becomes a wolf by night and is ex-guard Navare by day. His beloved Isabeau played by Michelle Pfeiffer is turned into a hawk by day, and only for a few seconds at sunrise and sunset can they be together as man and woman. Mathew Broderick plays a comical young thief named Phillipe the Mouse, who escapes from the Bishops castle and is responsible

together with defrocked Priest (Leo McKern) for helping the couple to break the curse. It is a film worth seeing, not only for the performance by Mathew Broderick but also for some excellent locations. It is well directed by Richard Donner who also brought us 'The Omen'

The Hit '18' 93 mins

A chorus of 'We'll meet again, don't know where, don't know when' rings out of the courtroom as supergrass Willie Parker (Terence Stamp) gives evidence to put his associates away for ten years. He is then given a new start in Spain and has a carefree ten years, until he returns home with the groceries one afternoon to be confronted by a gang of kidnappers who deliver him to hit-man Mr Braddock (John Hurt). Mr Braddock is to take Willie Parker to Paris where he is to meet some old friends who would like to shake him firmly by the throat.

This film tells of the often eventful journey to Paris, as driver Myron (Tim Roth) begins to question Braddock's leadership and to add to their problems they take along a female hostage (Laura del Sol). Underrated Hurt is once again outstanding as stone faced killer Braddock, but is almost upstaged by the performance of Tim Roth. A competent performance by Terence Stamp serves to emphasize the quality of cast. It is a good film, if a little slow in places. The title music is provided by Eric Clapton.

All these films are available from the RAF Video library.
Brett Davies



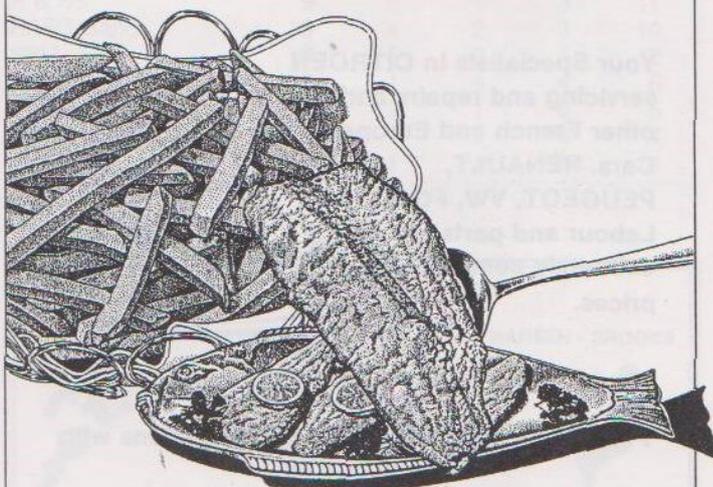
RAF Rheindahlen Record and Video Library

Come and visit us in the RAF Education Centre, Grenville Road. We stock the top 20 albums and many many more including Classical, Country & Western and an excellent jazz and instrumental section. We have 40 of the top 50 VHS Videos and a good children's selection. We also have a VHS Integrated Camera for hire at reasonable rates. The library is open Monday to Friday from 11 am through till 7 o'clock.

Corporals Club

Friday 10 Oct Beer Call at 17.00;
Saturday 11 Oct Bavarian Night, tickets DM15 inc. Tankard;
Friday 24 Oct Beer Ball;
Friday 31 Oct Halloween Disco at 20.00 hrs DM5. Draw tickets are on Sale behind the Bar for the Christmas Draw to be held at the Dance on the 13 December.

Fish 'n Chips from MIKE LYNCH'S SHOP



off Devonshire Avenue near the Small NAAFI
Mon - Sat 5-11 pm
MG 55 08 65

BP-Station ALBERT MÖLDER - Your service station -

Dahaitzu workshop · All other makes serviced
Soundproofing, tyres, batteries
Quality second hand cars

2 Oakham-Way (HQ) · 4050 Mönchengladbach
Tel. 02161/559595

**RAF Rheindahlen
Mountaineering
Association -
Expedition to the
Stubai Alps,
Austria
18 to 29 Jun 86.**

Early on the morning of the 18 Jun, the RAF Rheindahlen Mountaineering Association set out for a 12 day Expedition to the Stubai Alps in Austria. Ambitious planning had ensured a full and demanding itinerary, with the aim of climbing 6 x 3000 plus metre peaks. As it was, because the Expedition was right at the beginning of the Alpine season, conditions proved to be far from ideal, but improved throughout the time in Austria.

Maximum use of Alpine huts had been planned, with the minimum time in base camp in the Stubai Valley. In all, 5 different huts were used and, unusually, they were all uncrowded and, in the main, made very pleasant stop-off points on the way to the

various summits. All gave adequate meals, much better than the self-help meals concocted at base camp, and some produced excellent, 3-course meals that would have graced a 5-star hotel - or so it seemed at the time. Our first peak, the Ruderhof Spitz, at 3473 metres gave us some cause for serious reflection; the guide book gave an ascent time of 4-5 hours with the return to the hut taking about another 3 hours. An early start at 4 o'clock in the morning got us away in good time from the Neue Regensburger Hutte, but did not ensure good snow conditions. There was still plenty of winter snow around, which in its wet and unconsolidated form ensured that plenty of hard work was needed to make any progress. The final assault up the steep snow slopes to the summit required ice axe and rock belays and slowed us considerably, so much so that the final summit was not reached until 2 o'clock in the afternoon. The return to the hut was uneventful, if tiring, the overall trip taking us 16½ hours. Most of the party did not feel



like another 9 days of such arduous effort and, fortunately, this proved not to be the case. Our next major peak was the Wilder Freiger at 3418 metres, which we tackled after climbing a relatively innocuous 3082 metre peak, the Kreuzspitze. The Wilder Freiger was climbed from the Nurnberger Hutte (the one with the 5-star cuisine) with relatively little trouble, although the descent over the other side, to the Muller Hut (unmanned) was a different story. Thunderstorms overnight had deposited a lot of fresh snow on the summit of the Wilder Freiger and particularly on the northern flank, the side we chose to descend. At times, we were up to our armpits in snow, but eventually we made it to the Pfaffennieder (the Pass) and so off, via the Fern Stube glacier to the Sulzenau hut and so on down to our transport in the Stubai Valley. The final major peak, chosen as the finale to the Expedition, was Habicht. This peak was tackled from the Innsbrucher Hutte, a first class, but rather expensive stop-over point. The climb up to the hut was hot and sweaty

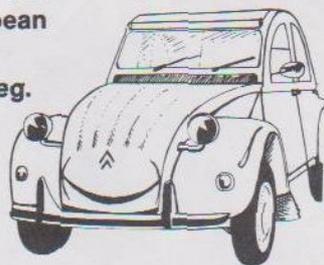
work, and the nearby Kalkwand was climbed, quickly, from the hut in the cooler air of the evening. The ascent from the hut to the summit of Habicht proved surprisingly easy over steep rock and not so steep snowfields. The summit gave magnificent views of the whole Stubai Alps in cloud-free conditions. Unfortunately, one of our party had the misfortune to slip on the ice at the summit and broke his ankle. His recovery to RAF Wegberg Hospital occupied the team for the remainder of the Expedition. However, the majority of the members managed to squeeze in the Klettersteig ascent of the Elfer Spitze on the last, planned, climbing day of the Expedition. Despite the accident at the end, and the relatively poor snow conditions, the Expedition was very successful with interesting and enjoyable climbs in magnificent scenery and exceptional weather. Personnel and dependants interested in joining such expeditions in the future should contact either the OIC, Sqn Ldr Medford, JHQ Ext 4047 or Sgt Allan, Ext 4208.



Voilà

French car workshop
A. GRZONKA -
D. WARTMANN

**Your Specialists in CITROEN
servicing and repairs and all
other French and European
Cars. RENAULT,
PEUGEOT, VW, FORD eg.
Labour and parts at
extremely competitive
prices.**



**Preparation for BFG Road test, quotations with
no obligation.**

Open from 0830 - 1800 W/days and 0900 - 1200 Sats.

Hermann-Ehlers-Str. 76 - Tel. 02161 - 580387
4050 Mönchengladbach-Rheindahlen

SPORTS

Rheindahlen Dry Ski Slope Courses - Oct to Dec 86

The Rheindahlen Dry Ski Slope, situated behind the Rheindahlen Garrison Swimming Pool, opens on **13 Oct 86**

Courses

As in previous years, courses are open to all Service personnel, UK based civilians and dependants over the age of 10. Unless indicated all courses are for beginners. The details of the course dates are listed below.

Course No	Month	Day	Dates
1/2	Oct	Mon	13, 20, 27
3/4	Oct	Tue	14, 21, 28
5/6	Oct	Wed	15, 22, 29
7/8	Oct	Thurs	16, 23, 30
9/10	Oct	Fri	17, 24, 31

See note on times

Childrens 1 Oct/Nov Sat 18, 25 1 (0930 - 1130 hrs)

11/12	Nov	Mon	3, 10, 17
13/14	Nov	Tue	4, 11, 18
15/16	Nov	Wed	5, 12, 19
17/18	Nov	Thu	6, 13, 20
19/20	Nov	Fri	7, 14, 21

See note on times

Childrens 2 Nov Sat 8, 15, 22 (0930-1130 hrs)

21/22	Nov/Dec	Mon	24, 1, 8
23/24	Nov/Dec	Tue	25, 2, 9
25/26	Nov/Dec	Wed	26, 3, 10
27/28	Nov/Dec	Thu	27, 4, 11
29/30	Nov/Dec	Fri	28, 5, 12

See note on times

Childrens 3 Nov/Dec Sat 29, 6, 13 (0930 - 1130 hrs)

31/32	Dec	Mon/Tue/Wed	15, 16, 17
-------	-----	-------------	------------

(see note on times)

Note:

Odd numbered evening courses 1730-1930 hrs
Even numbered evening courses 2000-2200 hrs

Evening courses will consist of 3 x 2 hour sessions over a period of 3 weeks. The number of students per course will be a maximum of 10. The cost of each course will be DM 40.00 per person which will cover the instruction, use of slope, and hire of equipment (skis, sticks and boots)

Booking Procedure

Bookings can be made as follows

a. **By Phone.** On JHQ Ext 4789 between 1230 and 1730 hrs Mon to Fri and confirmed on receipt of the course fee.

b. **In Person.** At the RAF Rheindahlen Gymnasium between 1230 and 1730 hrs Mon to Fri on payment of the course fee.

Payment can be made either in cash or by cheque

(payable to 'PRI Rheindahlen Garrison'). Refunds will only be made when the course place is allocated to someone else.

Further courses will be held in the New Year from Jan to Mar 87 and details will be circulated in Nov 86.

Langlauf Courses

During November the Rheindahlen Physical Fitness Staff propose to run 2 langlauf courses. Further details may be obtained on Ext 4789.

Ski Hire

The Ski Store, situated in the RAF Gymnasium, will open for business from 15 Sep 86. Bookings of skis, poles and boots may be made in person at the Gymnasium or by telephone on Ext 4789 between 1230 - 1730 hrs (Mon to Fri). Hire charges are as follows:

	Daily	Weekly
Downhill Skis, Boots and Poles (in toto)	DM 8	DM 50
Longlauf/Roller Skis, Boots and Poles (in toto)	DM 7	DM 35
Roof Racks	DM 5	DM 20

Ski with RAFG

The RAF Germany Alpine Ski Championships will again take place at Val d'Isère, France, over the 2 week period 3 to 17 January 1987. The first week will be given to ski tuition whilst the Inter-unit and Individual racing events will take place during the second week.

Transport to Val d'Isere will be by luxury coach, organised by the RAF Germany Ski Association, or private car. Accommodation will be available in family hotels or self-catering apartments, both at reduced cost. Special rates for the hire of ski equipment and lift pass will be available to all personnel and dependants. The lift pass covers 116 queue free ski lifts covering the Val d'Isère/Tignes area, from a height of 1800 to

3300m. However, there is no charge for the 3 ski lifts on the nursery slopes.

Make January 87 your family ski time at Val d'Isère and enjoy excellent skiing in one of Europe's top major skiing resorts which offers superb facilities at modest prices. For further details contact your OIC Skiing or the Secretary of the RAF Germany Ski Association, Sqn Ldr G J Lanchbury on JHQ 4651/4652.

Badminton players

All interested Badminton players are reminded that this years inter-Station league will be starting soon. All those wishing to represent RAF Rheindahlen are strongly encouraged to come along on Monday night to the RAF Gymnasium between 2000 and 2200 hrs.

RAF Rheindahlen Inter-Section Cricket League 1986 Final Positions

Team	Played	Won	Drawn	Lost	Points
Cmd Casuals	9	8	0	1	16
Supply	9	7	0	2	14
Queens School	9	6	0	3	12
P & SS	9	5	1	3	11
RAFG Band	9	4	2	3	10
PRU	9	5	0	4	10
MEF	9	1	4	4	6
11 SU	9	2	1	6	5
HQ 2ATAF	9	1	2	6	4
SHQ	9	1	1	7	3

RON HILL - REEBOK - BILL RODGERS - HELLY HANSEN - BROOKS



SPORTS UNLIMITED



TROPHIES · SPECIAL OFFERS
REGIMENTAL/UNIT ORDERS AT SPECIAL DISCOUNT

EICHHOFWEG 54 - JHQ (near Bushhof NAAFI)
TEL. 02161 - 550885 or 02161 - 557784/558647
Open: Mon-Fri 2.00-6.30 pm / Sat 12.00-5.00 pm

CINEMAPROGRAMME

1/2	Red Sonja - Adventure Brigitte Neilson, Arnold Schwarzeneger	PG
3	Bingo	
4	Matinee: Amazing Captain Nemo - Science Fantasy Adventure, Jose Ferrer, Tom Hallick	U
4/5/6	Cobra - Adventure Sylvester Stallone	18
7	Top Secret - Rock Musical Thriller Val Kilmer Lucy Gutteridge	15
8/9	The Goonies - Children's Adventure Josh Bolin	U
10	Bingo	
11	Matinee: Care Bears II - Cartoon Fairy Tale	
11/12/13	Remo-Unarmed & Dangerous - Adventure Fred Ward, Joel Grey	15
14	The Natural - Drama Robert Redford, Robert Duvall	PG
15/16	Code of Silence - Crime Thriller Chuck Norris, Henry Silva	18
17	Bingo	
18	Matinee: Land that Time Forgot - Fantasy Adventure, Doug McClure, John McEnery	U
18/19/20	Police Academy III - Farical Comedy Steve Guttenberg, Bubba Smith	PG
21	Beverly Hills Cop - Comedy Crime Thriller Eddie Murphy, Judge Reinhold	15
22/23	Desparately Seeking Susan - Comedy Adventure Rosanna Arquette, Madonna	15
24	Bingo	
25	Living Free - Wild Life Comedy Adventure Nigel Davenport, Susan Hampshire	U
25/26	Fright Night - Horror with Comedy Chris Sarandon, William Rassaale	18
27/28	Down & Out in Beverly Hills - Comedy Nick Nolte, Richard Dreyfus	15
29/30	Friday the Thirteenth-part 5 - Mass Murder Horror Anthony Barrile, Suzanne Bayeman	18
31	Bingo	

VACANCY



Pioneer Mutual

A vacancy will shortly occur in our JHQ Office for a full time clerk/typist/receptionist. Please apply in writing, giving full personal details and experience, with contact telephone number to: Mr David Roach FLIA Regional Sales Manager Trenchard Road 41 JHQ 4050 Mönchengladbach 5

ENGLISH SECRETARIAL STUDIES

DO YOU NEED AN INTERNATIONALLY RECOGNISED BRITISH QUALIFICATION?

- We will prepare you at one of our centres here IN GERMANY (e.g. Mönchengladbach, Münster, Düsseldorf) for the London Chamber of Commerce's "SECRETARIAL STUDIES CERTIFICATE"/"PRIVATE SECRETARIES CERTIFICATE" examination with German secretarial skills as subsidiary subjects.
- You can take your examination here IN GERMANY
- Start: Autumn/Winter

Interested? Then contact:

COURSE CENTRE

für Wirtschaft und Sprachen GmbH

Künkelstraße 125 · 4050 Mönchengladbach 1

OFFICIAL EXAMINATION CENTRE FOR THE LONDON CHAMBER OF COMMERCE AND THE BRUSSELS CHAMBER OF COMMERCE



Self Drive Cars plus Trucks for transporting Household goods back to England safely.

All vehicles offered are modern. (Best quotes can be offered with special offers for length of hire contract)



More details can be obtained from Contact Agency:



Mr. T wolfhagen
Saab - Autop Garage
02163 - 80102

VEHICLE RENTALS

AUTOVERMIETUNG GmbH

SAAB - AUTOP GARAGE 02163 - 80102

Niederkruchten / Brüggem

SMALL ADS

For Sale:

New Sofa Chair; converts into single bed; Beige/Black Velvet - DM 200
Glass Chrome Coffee Table 5' x 2' - DM 100
Crystal Chandelier suitable for hall - DM 100
Single Candlewick bedspreads, 3 white, 1 pink - DM 50 each.
Tel:
Knight - Bonn Mil 47 or 0221/378825 (from 6 Oct)

Holiday in Switzerland

Spend your holiday in the magnificent Swiss Alps at Moleson sour Gruyeres in either a luxurious flat or superb chalet, within walking distance of ski slopes. Prices start from DM375 (flat) and DM475 (chalet) per week. 7 hours driving time from JHQ. For more information please contact Mrs J Whyte on JHQ 4626 or MG 474626.

Quality Cakes

For any occasion. Novelty cakes a speciality. Very reasonable prices. Order early for Christmas. Ring Wassenburg (02432) 8872.

Contract Tailor

Contract Tailor for ladies and gentlemen, also making uniforms for Army and RAF. SDBD Mess Kits. Alterations and repairs also undertaken. Open Mon-Fri 9 am - 1 pm and 3 pm - 6 pm, Sat 9 am - 1 pm. Karl Jansen, MG 6 (Hardt), Vorster Strasse 47, tel. 559132.

Chiropody Treatment

This is available to all members of the combined services and civilians every Wednesday at the RAF Station Medical Centre. Please ring 4111 for appointments.

Ballroom Dancing - Rheindahlen

Classes for adults at beginner and intermediate level will start on Thursday 25 September commencing at 2000 hours at Queen's School in the Old Hall. The programme includes, Waltz, Quickstep, Slow Foxtrot, Jive and Latin American. Further details from JHQ 2412 or 5463

Traditional Guernseys

Now available from Jill Jessett, 15 Londonderry Drive. Call or ring MG 550996. All colours/sizes to order.

A1 Silver Plated Cutlery.

Ten traditional patterns from Sheffield. Also 'tarnprufe' rolls and bags. Contact S. Everingham tel 557813.

Printing

Top quality printing of business and invitation cards, personalized stationery and Xmas cards. D & P Edwards 14 Ipswich Walk JHQ, tel. 02161 - 551348

Driving Instruction

New RHD car. LHD instruction can be arranged. Qualified instructor, MIAM, civil police trained, Basic or Advanced instruction given. Please phone: 02161 557876 evenings or weekends.

Uncle Marmalade

The children's magical entertainer who makes party troubles disappear. For fun at your party without worry, for children's parties the easier way, contact Mr Martin on MG 559413.

SMALL ADS

Have you got something to sell?

All you have to do is:

- Either type or write in block letters
- Use a maximum of 160 letters
- Send your advertisement and DM 10 to: Business Manager, Rheindahlen Bulletin, 34 AEC, BFPO 40 to reach us by the 10th of the month.
- Remember to include your name, address, and telephone number.

Are you receiving your monthly copy of the Bulletin?
If not, please contact the GSM on 3351 or write to us at 34AEC BFPO 40.

Did you Know?

Did you know that the RAF Information Room holds a 'Lifts' book whereby you can offer or request lifts on journeys to UK and back.

Dresden China

Ideal small presents — large price range available. Ring Nikki Sievwright before 9 am or after 5.30 pm on MG 551252.

Also representing the Linen Lady. With hand embroidered Chinese Linen.

Print Lamination Plastics

Permanently protect your certificates, posters, photographs etc. with lamination and encapsulation. Once laminated your items become dirt, water and tamper-proof. Contact TV Video Centre Hardt 02161 558052.

Full Lead Crystal

Hand cut in Germany, Contact Shirley Ann Jones, 10 Cumberland Drive, MG 558671.

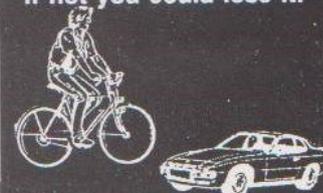
Free Video Film

Have you cut out your free film voucher on page 24?

Magic Moments

Require Representatives to promote their line of inexpensive personalised porcelain. Top commissions paid. Write to P.L.P., Pastorenkamp 69, 4050 MG 6. Tel. 02161 662656 after 7 pm.

Is your bicycle locked?
If not you could lose it!



Have you locked your car doors and windows?

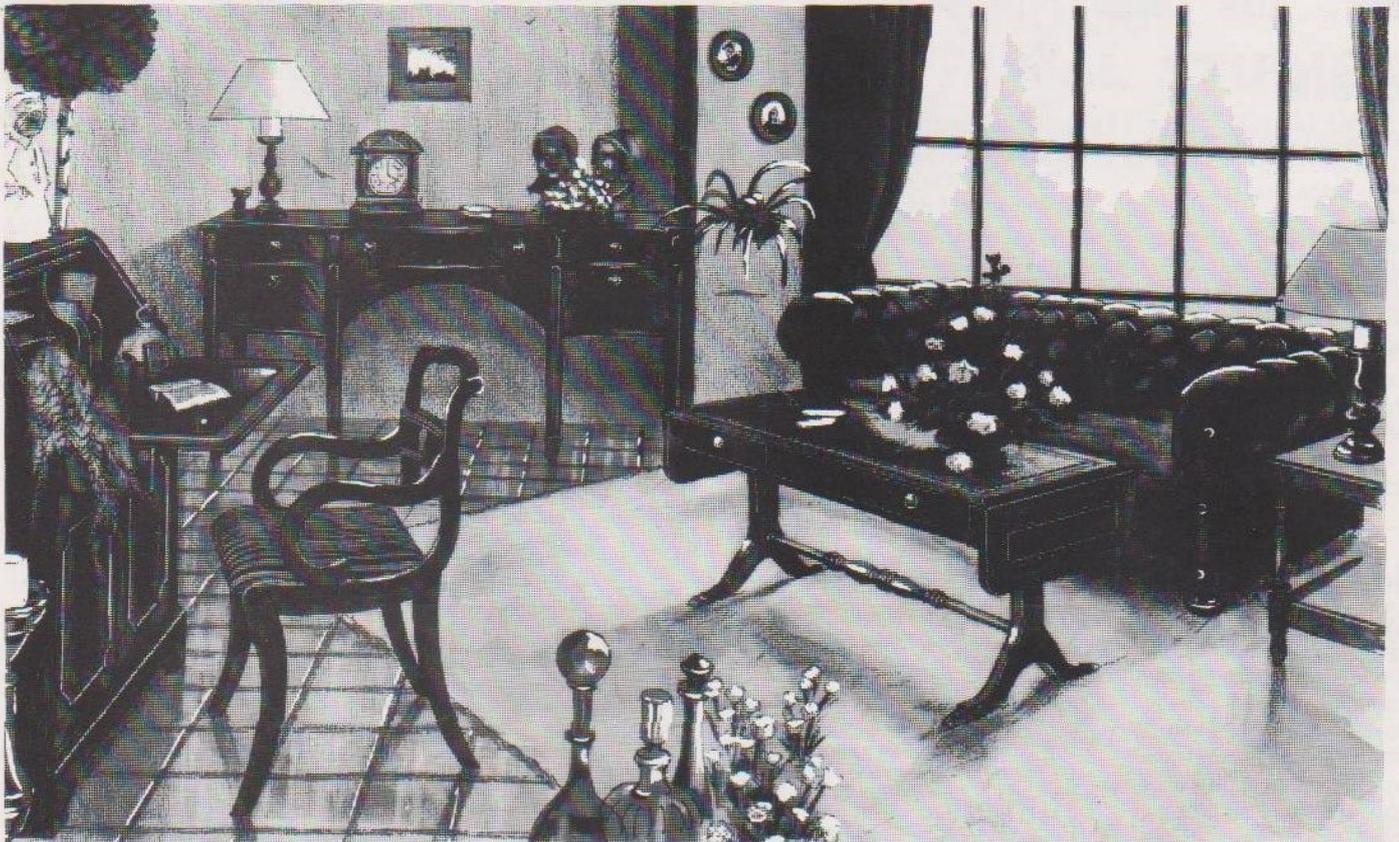
Fun Fun Fun Fun

Winter and Summer fun for all the family.

Skis	Sizes	Hire Charge
Down Hill / Boots / Sticks	Full Range	DM 6,— per day
Langlaug Boots / Sticks	Full Range	DM 6,— per day
Golf Clubs	Half Set	DM 5,— per day
Windsurfers	Complete	DM 10,— per day
Tentage	Complete	DM 50,— per weekend DM 100,— per week

Roofracks, for Windsurfers or Skis DM 5,— per day.

For full details contact Sports & Estates on ext. 2097.



BUY YOUR ENGLISH STYLE FURNITURE IN THE NETHERLANDS

In a special studio we present an unequalled collection based on the designs from famous English interior designers and master furniture-makers.

Made out of the finest wood as romantic yew and nostalgic mahogany by the best craftsmen. Destinated to be future's anti-ques!

**Buy now your English style furniture at Sijben Meubelen in Roermond.
And with a BFG80 we deliver free of VAT.**

SE60707

**SJBEN
MEUBELEN**
ROERMOND
ROERMOND HOLLAND
maasnielderweg 33 roermond holland tel. 04750 16141

How you'll find us:

Sijben is located outside the centre of Roermond near the Philips plant. Comming across the border from Elmpt you just drive straight on until you see our store on the left hand side of the road. Coming across the border at Brüggen you just drive in the direction of Roermond. Entering Roermond you'll see Sijben at your left hand side.