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

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I find the word 'Goodbye' one of the hardest words to utter and sadly it is in everyday usage here in the RMC as there is always someone moving on. When I am called upon to bid farewell to colleagues and friends, I much prefer not to use the actual word 'Goodbye' - it sounds so final. I firmly believe that if friends want to keep in touch, they will work hard to keep the relationship going. I have lost count of the number of friends I first met here in Rheindahlen although my address book will provide the evidence. Keeping in touch does take a lot of time and effort but it is worthwhile!

We have another change on the Bulletin contributors list this month as Cheryl Stamp hands over her Gastronomique columns. Cheryl has assured me that she has really enjoyed sharing her favourite recipes and on your behalf I would like to thank her for her interest and enthusiasm. I am sure she will continue to share her love of cooking with people in her next posting. Next month we welcome Hilary Field onto our team.

Finally, I would like to remind you all that without the support of our advertisers we could not produce this type of magazine; they in turn would appreciate your support.

WHY NOT VISIT



Zons

A short trip, ideal for the day out on a Saturday or Sunday, approximately, 40 minute drive.

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Zons is a small walled Middle-Aged town with picturesque alleyways and buildings. The quaint shops lining narrow streets with unusual curiosities made by local craftsmen, museums and small cafes' enhance the old world charm. The town can be viewed from the top of the 'Old Muhle' (the center of attraction), however, be prepared for a climb! Also, the other main attraction is the 'Open-Air Theatre' which holds performances throughout the Summer months.

Photo and text by Miss Lee Cope

GUIDES



and Brownies

Brownie and Guide Fun Day

1st Rheindahlen Brownies joined 1st Rheindahlen Guides on the last day of their camp for an afternoon of fun. The Guides and Brownies were divided into 5 mixed teams (named after different breeds of sheep) to participate in a variety of activities.

We played games, ran races and ate beefburgers and bratwurst (cooked on a

Guide Camp - 1st Rheindahlen Guides

At 1730 on Friday 3rd July we arrived at St Christopher's School. We were all put in groups and I was in the Ploughman's Patrol with Katy Davies, Katie Salmon, Kirsten Hackford and Jenny Smith. By about 1930 we had managed to put up the Patrol Tents and all other tents. On Saturday morning we played the Wide Game. We lashed three long sticks together in the shape of a large A then put up an 8 metre length of rope across the top of the A. We put the A in feet first in the stream by Grot Lake then Katrina tried to get across the river by standing on the cross of the A and being pushed

across without getting wet. It worked so I thought I would have a go but the A's cross snapped. When we had mended the A everyone else in our group had a go without it snapping. I enjoyed the Wide Game most of all but the rest of the camp was good fun as well.

Karen Hutchinson

SCOUTS

Rheindahlen Scout Group Hit It Big

The Beavers, Cubs and Scouts of Rheindahlen Scout Gp held a 24 hour sponsored football match and raised a staggering DM 8,000 for new sports equipment.

The aim of the event was to raise DM 5,000 to buy new equipment and to buy and repair tent stocks. Despite the gallant efforts of the Beavers it was left to the Cubs and Scouts to keep the ball moving right through the night. Early in the morning the stress was beginning to show and sleep-walking boys were seen trying to convince themselves that they were still awake in front of mirrors — later falling asleep in every possible position and in the remotest places in the gym in case any one saw them. A good day (and night) was had by all who took part. A vote of thanks is given to all the parents who came, saw, helped, slept and cheered. The help of the group leaders in the smooth running of this event was greatly appreciated by ASL Brian Peach and SL Mark Main who organised and ran the event and the boys of the group. Now all that is left is to thank all the members of the RMC who despite hiding couldn't possibly avoid all the boys and leaders conning them with sponsor forms and the clubs, messes, the English Video Shop, York restaurant and NAAFI for their donations. Next year we intend to raise DM 10,000. **Be warned.**



barbeque). As the main activity of the afternoon each team was tasked to make a miniature garden using materials found in the grounds of St Christopher's School together with odds and ends of craft materials. The imagination and resourcefulness of the girls

produced 5 very different and interesting gardens. The sun shone all afternoon and after a final singsong and entertainment we all went home having enjoyed ourselves.

(Picture shows the Guides and Brownies with their gardens)

If you would like your daughter to join the Brownies please contact Eileen Turney on 550143. If you would like any information about the Guides in Rheindahlen please contact Audrey Strong on 551130.



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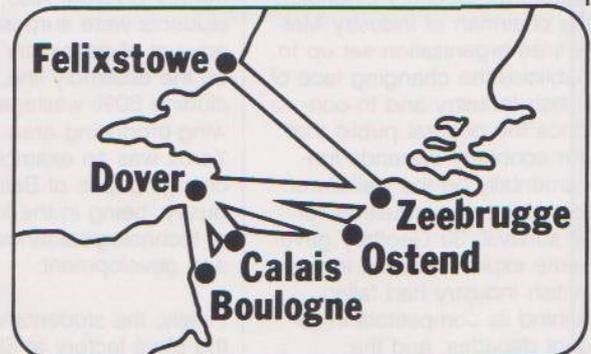
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SCHOOLS REPORT



of staff co-operation at all levels in the staff hierarchy, a situation which Sir Geoffrey suggested would help to make industry much more competitive once again. Every student can testify to the quality of Mars Bars, Bountys, Topics etc., as a large amount of sampling went on throughout the tour around the production line.

The trip was extremely enjoyable and informative and the students believe that it should become a permanent fixture for future students in Germany. The practical experience gained on the trip was invaluable careers information for every student who went.

Simon Osborne

Industry Matters Visit

On Saturday 27 June, a group of 12 'A' level Students from Queens School departed for the UK, on a visit to various British Industries. The reason for the trip was that British students in BFG are at a disadvantage in their opportunities to observe practical examples of industry in operation in the UK.

The visit began with a tour around the RCMS at Shrivenham, an independent university which takes civilian as well as military students. It was observed that the degrees awarded at Shrivenham are very relevant to today's technological world and are therefore welcomed and looked highly upon by industry.

Tuesday saw the group visiting Sir Geoffrey Chandler, the chairman of Industry Matters an organisation set up to publicise the changing face of British Industry and to convince the general public that our economy depends fundamentally on the welfare of manufacturing industries for its survival. Sir Geoffrey gave some explanations as to why British industry had fallen behind its competitors in recent decades, and the students could then see if

these malpractices were being rectified when they visited industries during the remainder of the week.

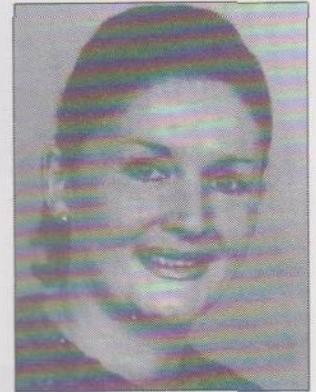
On Wednesday the students were hosted by Parker Knoll and Royal Ordnance at Westcott. Parker Knoll was an interesting contrast to the other industries as it was still very much a family run business with a traditional and small market. The Royal Ordnance site at Westcott was of particular relevance to the scientists in the party as it is the testing area for rocket motors and their propellants.

British Aerospace's Civil Division (Hatfield) and Rank Xerox (Marlow) were visited on Thursday. Some rather surprising facts came from the visit to Hatfield. These included the fact that the civil division of the company makes an annual loss which has to be supported by the military division. Also, the students were surprised at the amount of necessary wastage on the assembly line, including 80% wastage in the wing-producing area. Rank Xerox was an example of the changing face of British Industry, being in the forefront of technological innovation and development.

Finally, the students visited the Mars factory at Slough. Here they saw excellent levels

Retiring After 27 years

Mrs Ann Priest retired at the end of the summer term after 27 years teaching at Queen's School. At the school's final assembly, she received the traditional handshake, a gold watch from the staff and pupils, to mark her long service. She was trained at the Royal School of Needlework, had her diploma presented to her by the Queens Mother and three years later she joined the then British Forces Education Service and was appointed to Queen's School in 1960. Though based at the Lower School, she taught children from 11-18 and in 1964 she became Head of the Textiles Department and later a member of the Design Faculty. For many years now she has been attached to the Sixth form and she will be greatly missed for the tremendous experience she had to offer the young adults. Ann was a founder member of the Music and Drama



Committee and was responsible for the costumes for such productions as diverse as: 'A Midsummer Nights Dream', 'Oliver', 'Annie Get your Gun' and 'Importance of being Earnest'. Her store of costumes has been left behind for the new Windsor School to make full use of.

Ann is retiring to her home in Oberkruchten where, with her husband Derrick, himself a familiar figure as Naafi Car Sales Manager, she enjoys her Anglo-German contacts. We wish her well!



The Garrison and Station Commanders presenting Mr Jim Lovegrove with a token of their appreciation for his 10 years as headmaster of Queens School, Rheindahlen.

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The word holiday is derived from Holy Day and although we may not be very aware of Holy Days in the U.K. we certainly notice their existence in Germany. Nowadays we tend to use our holidays more for a change or relaxation than to remember a particular Saint or religious festival. However by the time that you are reading this most of you will have had your holidays for the summer and I hope you found them both enjoyable and refreshing. Sadly I find that most of us may return to work refreshed but the feeling soon wears off. We will then find ourselves struggling to keep going until our next break. I had these thoughts in mind when I read a short booklet entitled "Creeds to Love and Live by" and I would like to share one of these creeds with you.

"Promise yourself to be so strong that nothing can disturb your peace of mind. To talk health, happiness and prosperity to every person

you meet. To make all your friends feel that there is something in them. To look at the sunny side of everything and make your optimism come true. To think only best. To be just as enthusiastic about the success of others as you are about your own. To forget the mistakes of the past and press on to the greater achievements of the future. To wear a cheerful countenance at all times and give every living creature you meet a smile. To give so much time to the improvement of yourself that you have no time to criticize others. To be too large for worry, too noble for anger, too strong for fear and too happy to permit the presence of trouble".

These words of Christian D. Larson can be an encouragement to us all and I sincerely hope that you may find them of value in the winter months that lie ahead.

Rev S.T. Collis

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PRESENTATIONS



Gliding Presentation

The photograph shows Wg Cdr P Storey, Stn Cdr, presenting Command Colours for Gliding to SAC P Mason. SAC Mason started gliding in Feb 83, and on posting to Germany, continued the sport with the RAF Bruggen Gliding Club. In April 87, he was selected to attend a trial for the British Gliding Team, the results of which will not be known till Dec 87. He was also the only person to be put forward for selection from the whole of British Forces Germany.



Brigadier JPW Friedberger Late Royal Hussars who is presently ACOS G3 HQ Northag presented the Long Service and Good Conduct Medal to SSgt John Parr of the same Regiment on Friday 24 July 1987 in Rheindahlen Garrison WO's & Sgts Mess. Brigadier Friedberger was S. Sgt. Parr's first Commanding Officer on his reinlistment to the Army in August 1974. SSgt John Parr is one of three Document Inspectors with HQ BAOR Documents Team and travels around BAOR inspecting and advising units on personnel documentations.



The Friends of Bereaved Parents recently presented the Childrens Ward at Royal Air Force Hospital Wegberg with a Moses Basket. In a simple presentation in front of Gp Capt Tony Wober, the CO of the Hospital, Sqn Ldr David Scott, Consultant Paediatrician and Major Bob Drake, representing the Friends of Bereaved Parents, Mrs Jackie Drake gave the

basket to Fit Lt Pat Abbott, a Nursing Officer from the Childrens Ward. The Friends of Bereaved Parents is a support group with a network of contacts throughout BFG, who befriend and support parents who have been bereaved recently or in the past. Further information can be obtained about the group by phoning 02151-757-72.



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We are currently looking for Financial Consultants to service an existing client base in the Rheindahlen and surrounding area. Previous experience in the Financial Services industry would be an advantage but is not essential as full training will be given as required.

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Wilson's Hogg Robinson
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4800 Bielefeld
Tel: 0521 202153.



Brigadier WA Evans, DCOS, presenting Ilse with a small gift from her friends on her retirement after 42 years with the British Army.

Frau Ilse Frings

In June 1945, Frau Ilse Frings was faced with a difficult choice: clearing rubble in the ruined city of Hannover, working on a farm, or employment with the British Forces, then army of occupation. Thus Frau Frings' career began on 16 June 1945 as a clerk for 502 Postal Unit. In 1958, she was transferred to Rheinland to West Rhine Squadron. Living in accommodation blocks near to what we now know as the 'Oase', these were happy days for Frau Frings and her German colleagues, the hostility of the immediate post-war period long gone, replaced by a feeling of cooperation and mutual commitment. Having pursued her studies of English and French and now a qualified Interpreter, Frau Frings left the postal world in 1972. In January of that year, she joined the Interpretariat, then with a staff of two, under the watchful eye of Major Ritchie. In her 15 years of dedicated service in the Interpretariat, Frau Frings has interpreted at high level meetings and has shown her translating skills on the widest possible range of texts — everything from Deutsche Bundespost Outline Regulations to a bill of health for a horse! She has seen the Interpretariat grow in strength to four, patiently passing on her invaluable knowledge to her grateful colleagues. Frau Frings' loyalty and cheerfulness, along with her im-

mense knowledge have won her many friends in HQ BAOR. In an appropriate conclusion to her career, Frau Frings was presented to HRH the Duchess of Kent on 16 June this year, 42 years to the day since she entered employment with the British Forces.



From the Editor's Postbag

Being interested in English conversation with a native speaker but still without a suitable person, I want to ask you to help me finding one.

I'm thirty years old. My interests are culture, history, languages, policy, international relations and travelling. Because of my independent scientific work I can dispose of time during the day as well as in the evening.

I would be very pleased if you could help me finding an interested person with whom I could have conversations.

Editors note:

Interested parties should contact Dr Christ Christof at Markgrafenstr. 29, 4000 Dusseldorf - Oberkassel 11

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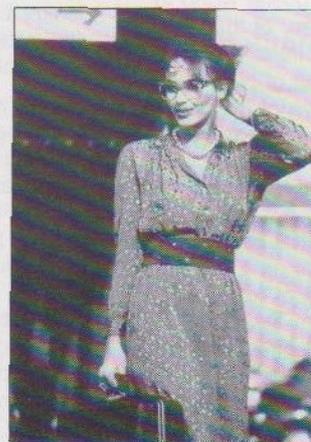
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AROUND RHEINDAHLEN

DM3,000 Raised in a Close Shave for the British Heart Foundation

Some people will go to any lengths for charity, as three intrepid Naafi lads proved recently when they took part in a sponsored head shave to raise money for the British Heart Foundation.

The mad-cap trio Detmold butcher Nick Starling, JHQ clerk Steve Hewitt and JHQ hi-fi salesman Hugh Burke managed to raise more than DM 3,000 by losing their locks at the recent Naafi It's a Knockout day, held at the Corporation's Headquarters in Waldniel.

Roz Barrett, organiser of the BHF event and Cook in Charge at JHQ's staff restaurant, explained why that

particular charity was chosen and talked about the planning behind the day.

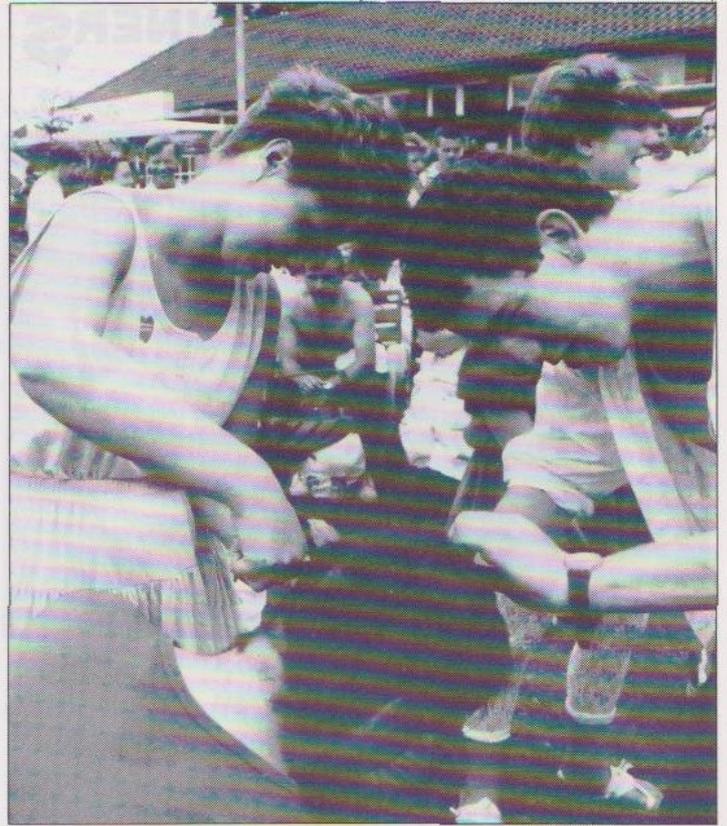
'The lads told me they'd like to raise money for charity and we thought that the BHF was a worthwhile cause.'

'I suggested a head shave because we knew it would bring money in,' she continued.

And Roz was certainly proved right, as more than 90% of the money raised came from Naafi employees, either donated before the head shave or during the It's A Knockout Day.

Money was also raised by selling off locks of hair to the highest bidder, and the team even got a cake made especially for the occasion so that it could be raffled off.

Commenting on the success of the head shave, Roz said 'It was great and we're planning to do something even more spectacular next year.'



Hugh Burke loses his locks with careful snipping from Michelle Jackson and John Jones.

Airman in Charity Cycle Dash



'9 hrs and 250 kms later. I've done it!'

Where are you at 6 o'clock on a wet Saturday morning? Corporal Colin Robilliard, a 34 year old supply NCO at the RAFG Headquarters was recently to be found on his bike at the police station at the start of a charity cycle dash through Germany and Holland to the NATO Headquarters at Mons in Belgium, a distance of 250 kms. For Colin, this mad Saturday behaviour had two purposes; to break three Service cycling records set in 1983 and to raise money for the London based Asthma Society. Sponsored by the YWCA and Rheindahlen Video Centre and assisted by his wife and 2 supporters, Colin was after the speed records for Rheindahlen to Brunssum, Brunssum to Mons and the overall Rheindahlen to Mons one. The first record fell when Colin, riding through light rain and into the wind, knocked over 45 minutes off the time to Brunssum. In spite of wrong turns in Belgium and two punctures in quick succession, Colin reached Mons in 7 hours 33 minutes chipping over 3 hours and 47 minutes off the previous

Brunssum to Mons time. This gave him an overall time from Rheindahlen to Mons of 9 hours 1 minute and 50 seconds, knocking an amazing 4 hours and 33 minutes off the previous record. Equally important, Colin's record ride has already raised over 1500 Deutschemarks for the Asthma Society with more still coming. Colin is always happy to receive donations for the Society at Headquarters RAF Germany, BFPO 40. His views on the run? 'It was good fun'. How about another run to improve his record? As Colin said 'Maybe next year, when I've forgotten the pain'.

COMPETITION WINNERS



Naafi Draw Winners

WO2 Richard Ford and his wife Julia couldn't believe their luck when they heard they'd won first prize in the King Edward Cigar Draw. But it was true, and King Edward representative Jim Hamilton was more than happy to re-

sent the Fords with their first prize of a Panasonic VHS Movie Camera M5.



Pictured above is living proof that people can win competitions in the Naafi Shoppers News. Linda Ross from BFPO 40 was totally amazed when she heard she's won a Sharp microwave oven in the Dujardin / Sharp Draw which took place recently. Equally surprised was Sharp video recorder winner Janet Miller, who works at the JHQ Naafi.



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NADFAS Autumn Programme

The Rheindahlen Decorative and Fine Arts Society meets each month at the P.M.C. in Chazal Road, JHQ. The meeting consists of a lecture given by a professional speaker from the UK. Our meetings are friendly and informal and there is free coffee available afterwards. The cost for each evening is DM7 and we begin at 8 pm. We try to include a wide range of subjects that will be of general if not particular interest to all of you with a love of the Arts.

Wed. 23 Sept. 1987
'The Raising of the Mary Rose'

By Lt Col Peter Chitty. R.E.
 We hope that you will be able to attend our first meeting of the 1987/88 season because it promises to be something rather special and of particular interest to many of you.

In 1982, Lt Col Chitty was commanding the Army Diving School at Marchwood and became heavily involved in designing the cradle and in all the engineering tasks involved in the raising of the

Tudor Ship 'Mary Rose'
 For all those people wondering what exactly NADFAS stands for and what its aims as a society are, Mrs Penelope Chitty, Chairman of NADFAS U.K., will be giving a brief talk before the main lecture to explain everything you may want to know about our society. Everyone is very welcome, so please do come along.

Future events

7th October 'Ancient China Terracotta Army' by Dr. Ann Birchall
 4th November 'The Antique Detective' by Mr John Sutter
 2nd December 'Monet and the River Seine' by Mr. Douglas Skeggs.



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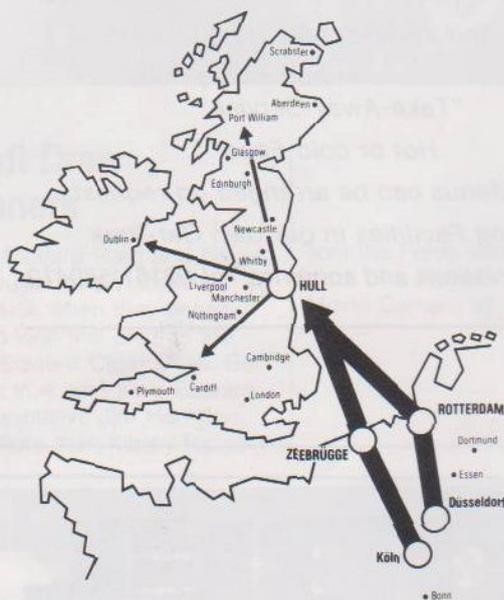
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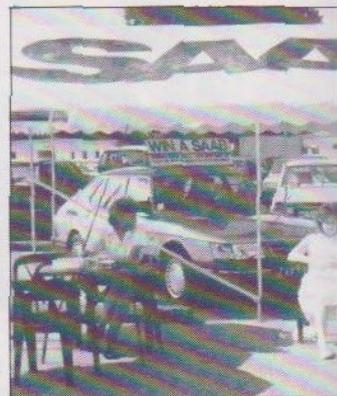
Please ask your local travel agent or write to North Sea Ferries for brochure and full details.

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NORTH SEA FERRIES

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The 900i generously presented to the Rheindahlen Military Complex by SAAB Military Sales is being raffled by various Teams drawn from the Army and Royal Air Force in Rheindahlen.

All monies collected will go to:

- SSAFA,
 - RAF and ARMY Benevolent Funds
 - BLESMA and many other Charities.
- Have a go!

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

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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.

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Closed 8-22 Sep, when stock can be seen at either:
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or MG 551643

British Forces Germany helps to build a better future for Nicola

Little Nicola Scanlan could be one step nearer the revolutionary treatment which could change her life, thanks to British Service families living in West Germany.

Two and a half year-old Nicola, who comes from Chesterfield, has a rare condition which is caused by a chromosome imbalance - as a result she has suffered a degree of brain damage and will always be small for her age. Sadly her condition will not improve as she grows, unless she receives constant attention and stimulation. At first the future seemed bleak for the toddler, but happily help is now at hand in the shape of the Institute for the Achievement of Human Potential in Philadelphia - the hospital specialises in the treatment and education of Downs Syndrome, brain damaged and disabled children.

Now the race is on to raise enough cash to send Nicola and her parents, Peter and Gail Scanlan, to America for one week so that the institute can assess her condition and develop a learning programme for her. She will have to return six months later for doctors to review her progress and from then on the family will visit Philadelphia twice a year until the hospital is happy that Nicola can live as near normal a lifestyle as is possible.

The estimated cost for the first two visits alone in £5,000! However, little Nicki's plight has already captured the hearts and imaginations of people living in her home area - the local council has donated a substantial amount of money and other individuals and groups are raising cash.

When staff at the Wool and Craft shop at the RMC heard Nicola's story they were keen to do all they could. The Scanlan family has strong links with the Services - father Peter was in the RAF for over 10 years and once served at RAF Wildenrath and Nicola's Aunt is married to a servicemen based in Germany.

Every year the shop, manned by volunteers, donates large sums of money to charity and they were able to present the Scanlans with a cheque for £1,000 when the family visited Rheindahlen - Nicola was on hand to receive the gift which was suitably delivered in a large ball of wool!

The money will go to the Nicola Scanlan Trust Fund which has been organised by the couple - while their first priority is to get their younger daughter the treatment she so badly needs, they hope the Trust will continue to raise cash so that other children with similar conditions can travel to America.

"People really are being wonderful," said a thrilled Gail Scanlan. "We are very grateful to the shop for their kindness and we continue to be amazed at how many kind people there are around. We have had people shoving money through our letterbox and cheques arrive with every post."

Peter added. "What we are trying to do is give Nicola the type of treatment which will eventually lead to her having as normal life as possible."

If the fund raising continues to go well, Nicola and her parents could fly to Philadelphia early next year to begin treatment.

Story: Sarah Last
picture: Cpl Colin Pilling



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CARS : From:
DM 39,- per day,
DM 348,- per week, incl. 1.000 KM.



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VANS : VW LT/28 7 cubic meters
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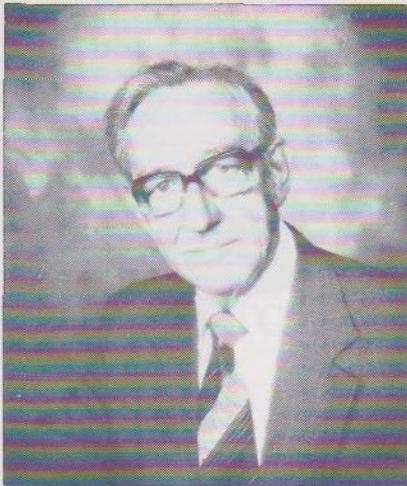
Mercedes 508D or 608D 24 cubic meters
DM 486,- for 3 day's, incl. 1.000 KM.

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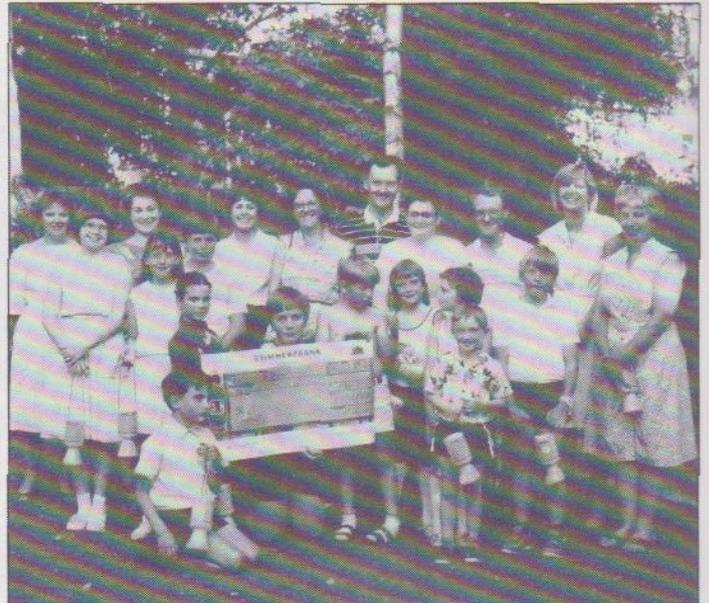
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Rheindahlen Diabetic Club

The Rheindahlen Diabetic Club held a three day fund-raising event in June and some are seen here with a cheque for DM 5887.52 which was sent to the British Diabetic Association for Diabetic research.

May we express our gratitude to those who contributed by making cakes, giving books, those who donated raffle prizes, those who donated cash and those who gave their time. Above all, the generosity of the service and civilian personel who responded to our charity appeal.

We hold very informal meetings on the first Monday of every month from 7 to 9 pm at 15 Ottawa Avenue.
Contact phone number: MG 550499.



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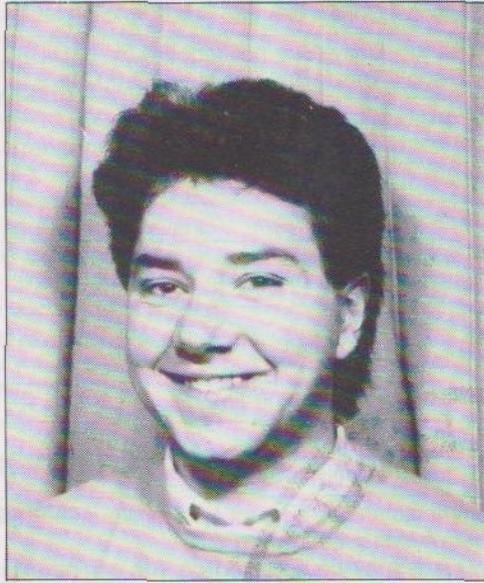


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Rheindahlen Youth Centre News



This year's summer activities programme proved very successful. It was supervised by Tim O'Brien, the Summer Student Volunteer who, at the end of August took over as a Trainee Youth Worker for one year here at Rheindahlen.

Tim is 23 years old and has just completed a degree course in Social Science at Humberside College of Higher Education. He graduated with honours in June of this year.

He has already gained some experience of working with young people through the scout movement and through teaching practices that were part of his degree course.

More recently he has represented his college at soccer and has become interested in long distance running. This year he competed in both the Sheffield and Lincoln 1/2 marathons.

After a year's experience at Rheindahlen, Tim hopes to return to the UK to study for a professional qualification in Youth and Community Work, before becoming a full time Youth Worker.

Pam Griffin
Garrison Youth Officer

TV Video Centre

Vorster Str 419 - 4050 MG Hardt

Offers you:



Very good feature films from as little as

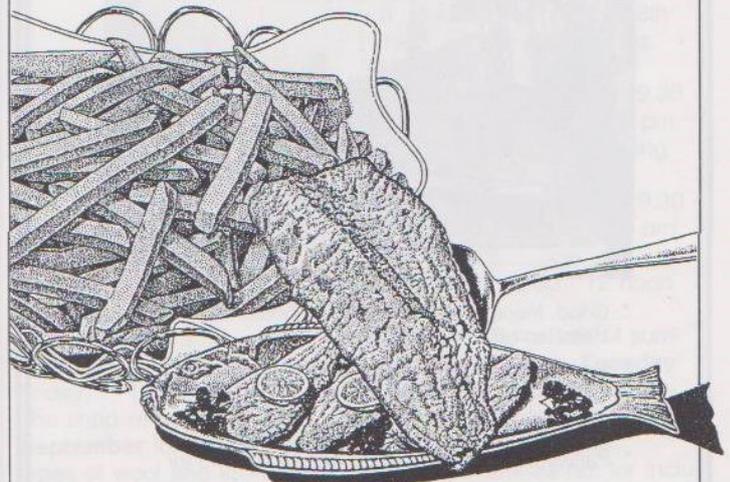
1,- DM

Large Selection available.
Approx 3000 Films to choose from.
All top titles held.
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Fish 'n Chips

from

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Royal Air Force Telephone
Gutersloh RAF Gutersloh Ext 590
BFPO 47 Civil 05241-28700/13316

Forecast of Events for September in the Marlborough Club

Wed 2	Committee Meeting 19.30 hrs
Thu 3	Disco - Chris Pyke
Fri 4	Band - Unity (See noticeboard for details) Disco - Tams; Bar extension 01.00 Hrs
Sat 5	Pub Night; Goup - Duo Twice; Bar extension 23.59 Hrs
Thu 10	Disco - Alan Barlow
Fri 11	Disco - Alan Barlow
Sun 13	Disco - Tams Bar extension 12.00 - 16.00 Hrs
Thu 17	Disco - Tams
Fri 18	Disco - Chris Pyke
Tue 22	PRI Meeting 09.00 Hrs
Thu 24	Disco - Alan Barlow
Fri 25	Disco - Scott McCulloch

N.B. Entertainments are being kept to a minimum in Sep due to the number of exercises in progress.

Membership cards may be collected on Tue or Thu evenings from the Club after 2000 hrs.

Wald-Restaurant Onkel-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.

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Tel.: MG 54755 or
582261 after 6pm and weekends.

CLUBS AND SOCIETIES

MOD Civilian Ladies Club

Our next meeting after the Summer break will be held as usual in the Church Centre on **Tuesday, 29th September** from 8.00 - 10.00 pm. We hope to arrange a speaker for this evening, so await your monthly newsletter for further developments. In any event, we will be holding our usual raffle, so please do come along for a drink and a chat and bring your friends with you. You will all be most welcome.

Rheindahlen Army Thrift Shop

Opening Hours:

Selling:

Tuesday, Wednesday, Thursday 9.30 - 11.30 am
2.30 - 4.00 pm

Friday: 9.30 - 11.30 am

Saturday: 10.00 - 12.00 noon
(provided sufficient helpers available)

Taking-In: Tuesday, Thursday 9.30 - 11.00 am

2.30 - 3.30 pm

Paying-Out: Wednesday, Friday 9.30 - 11.00 am

2.30 - 3.30 pm

The Thrift Shop reopens at 9.30 on **Tuesday 8th September**. Don't forget, the Summer Sale will start on **Tuesday 15th September** and end on **Friday 18th September 1987**.

Summer articles not to be included in the above Sale must be withdrawn by 11am on Friday 11th September 1987. Autumn clothing will be accepted from Tuesday 15th September 1987. In July the Thrift Shop was able, thanks to the excellent support received over the previous year, to donate a total of DM 27,300 to the following UK and Local Charities.

UK	DM
BLESMA	5000,00
Star & Garter Homes	5000,00
Lord Roberts Workshops	2100,00
St Michaels Hospice Hereford	2100,00
Guide Dogs for the Blind	2100,00
Save the Children Fund	1000,00
Royal National Life Boat Fund	500,00
Sponsored Child	200,00
LOCAL CHARITIES	
Across Trust	1500,00
Across Trust Bavarian Night	500,00
Garrison Commander's Community Fund	1000,00
Garrison CofE Chaplain's Fund	300,00
Muscular Dystrophy Research	1000,00
SSAFA	2000,00
Wegberg Hospital Premature Baby Unit	2000,00
Multiple Sclerosis Fund	1000,00
Total	DM 27300,00

We are still looking for helpers! With the rapid turnover of personnel this is a constant worry. Please do come in and introduce yourself if you feel you have a couple of hours to spare per week. As you can see from the above figures, it is a very worthwhile job.

HQ Rheindahlen Garrison Football Club

HQ Rheindahlen Garrison have recently formed a Saturday Soccer Team and entered the North Rhine Inter Service Football League Division 2. All Army personnel belonging to Units on Rheindahlen Garrison are eligible to register. Anyone interested should contact WO2 J R McCluskey ext. 5528 or Cpl S Miller, ext. 2302.

Ariel Theatre Guild

To-night, the 1st September, we hold our opening meeting of the new season — a social occasion to say farewell to Pam Boxx, our present chairman, and Alan Boxx, lighting, sound and 'fixit-man'. If you are thinking of joining us we'd be glad to see you over a beer or two — and some fairly light-hearted activities — mostly related to the theatre. We get down to more serious business on **Tuesday 8th** when we will be holding auditions for our production of Alan Ayckbourn's 'Relatively Speaking' (November 4th-7th in the Little Theatre). This will also be the night when we would hope to gather names of helpers in all the other departments, set-building, painting, make-up, costume, ticket and sweet sellers, lighting, sound. If you haven't done any of these things before, don't worry, we'll show you — and 'everything will be alright on the night'. Contacts in Ariel who can give you more details are: Andrew Salmon (producer) MG 551725 Philip Marlow (Stage Director) MG 558739 Frank Franklin (Front of House) MG 558600.

Rheindahlen Wool and Craft Shop

Tel. no. 557835

Opening Hours:

Monday 4.00 - 6.00 pm

Tuesday: 2.00 - 4.30 pm

Wednesday: 2.00 - 4.30 pm

Thursday: 10.00 - 12 noon

Friday: 10.00 am - 2.00 pm

The shop re-opens on **7th September** for the sale of all types of wool and knitting accessories. We also carry a wide range of craft and haberdashery items. We are always interested to hear of customers who would like to help in the shop and it is of benefit to us all if they are keen knitters and are able to help and advise others.

West Rhine Nordic Ski Club

The West Rhine Nordic Ski Club has been founded to give advice, encouragement and assistance to anyone interested in cross country skiing in the West Rhine area. Although the majority of the founders are from the RAF anyone else is welcome to apply for membership. A roller ski training programme is under way to teach the techniques and prepare the muscles for the advent of snow. When winter comes the programme will give opportunities for training and for serious competition for those who are interested. Also there will be plenty of opportunities for ski touring for the enjoyment of those who do not wish to race. In the main facilities in the Eifel, Ardennes and Western Sauerland, which are within 1½ hours by car, will be used with occasional forays to events in Bavaria and the Harz Mountains. For further details please contact Wg Cdr Paddy Field JHQ ext. 5237, Flt Lt Wendy Bracken JHQ ext 4265 or Flt Lt Francis Hanford JHQ ext. 4537.

RAF Rheindahlen Thrift Shop

The RAF Thrift Shop re-opens on Tuesday September 8th 1987. Opening hours are:

Monday: Closed all day

Tuesday & Thursday: 9.30 - 11.45 am & 2.00 - 3.45 pm.

Selling, Taking in & Paying out

Wednesday & Friday: 9.30 - 11.45 am & 2.00 - 3.00 pm.

Selling only

Saturday: 10.00 - 12 noon

Selling only.

There will be a Sale of summer clothing from **Tuesday 15th September to Saturday 19th September 1987**.

Will customers please withdraw articles not for inclusion in the sale by Saturday 12th September 1987. All unsold items will be donated to the local Red Cross Society.

New helpers are always needed — please call at the shop or phone MG 558775 or MG 559186 if you would like to join the Thrift Shop team.

Allied Officer's Wives Club

The next Coffee morning will be held in 'B' Mess on **September 17th**, at 10 am - 12 midday. The Belgian Ladies will be our host Nation. There will be creche facilities and raffle prizes of a week-end in Koln officers mess, the Hotel Estoria and a week-end in Brussels. Beautiful Belgian chocolates will be on sale too.

The purpose of the club is to unite the various Nations wives over a coffee and thus make new friends, and to donate the monies raised over the period of a year to *charities of the Clubs choice* i.e. the Nations taking part. Membership is open to all wives of Officers of the Armed Forces of any of the Nations stationed or associated with Joint Headquarters Rheindahlen, and wives of civilians of a similar status also associated with JHQ Rheindahlen. We look forward to welcoming them all. Notes for your Diary: October 15th Dutch Cofee; November 10th Christmas Bazaar.

Mothers and Toddlers

As from **Tuesday 8 September**, Mothers and Toddlers will open again for two sessions per week. We will meet on Tuesday and Thursday afternoons between 2pm and 4pm, at St Christophers School, Auckland Crescent (Buschoff Area).

We provide a warm and relaxed setting where mothers (or fathers) can enjoy a cup of tea and a chat whilst the children play nearby. We have plenty of toys and space for your energetic toddler!

The cost per family per session is still only 1.50 DM, which includes refreshments. Volunteers are always needed to help open and close both sessions. If you think you can help, or if you need more information about our group, please contact me at Toddlers or on 02161 - 558998. Look forward to seeing you.

Sulwen Williams

CLUBS AND SOCIETIES

RAF Rheindahlen Wives Club

Our BBQ in July was a great success and enjoyed by all who attended. We start Autumn sessions with a Make-up demonstration, and the dates for September Meetings are as follows:

14 Sept: Make-up Demonstration

28 Sept: Sherry Tasting.

Please note that all meetings for the remainder of the year will be held in the Sports & Social Club.

Transport is provided. Further details from the secretary; Avril Wood on MG 550833.

We welcome all Wives — RAF, Army & Civilian. Do join us.

National Childbirth Trust — Wegberg Area Group

The Trust aims to help families achieve greater confidence and enjoyment in both childbirth and parenthood through antenatal classes, breastfeeding counselling and friendly encouragement after the baby is born. We hold weekly coffee meetings in members' homes and monthly evening talks.

The group can loan you breast pumps, has an extensive library of books relating to childbirth and parenthood and a magazine circle. If you are interested in coming along or would like further information contact: Jane Hinde 551761 or Linda Shepherd 477357.

Transport can always be arranged to coffee meetings held away from JHQ.

SCS Ladies

Do come along to the first coffee morning of the new term on **Wed 9th Sept**, 10am till 12 noon in the Church Centre. A special welcome awaits you all, particularly ladies new to the area.

Rheindahlen Flower Club

There is still time to join our September trip to BUGA '87 the Federal Garden Show, on **September 17th**. A coach will leave the Astra car park at 9.30 am returning at approx 4.30 pm, the cost will be approx 12 DM. Names please before September 7th to Mrs Ann Croydon MG 559186 or Mrs Anne Mallalieu MG 558411.

We still need someone to run a creche at our monthly meetings from 10.00 am - 12.30 pm for which payment will be made, please phone Mrs Anne Mallalieu on the above telephone number.

Dates for your Diary:

8th October: Mrs Midge Ferguson

12th November: Mrs Ann Ord.

Shoppers Creche Information

The creche is held in the Church room at St Andrews Church every Thursday and Friday morning during term time from 9.30 - 12.00; for a fee of 1 DM we will look after your baby or toddler for one hour. We do not have the room or facilities to look after older children, all young children are most welcome. Over the last twelve months 1000 DMs was raised and all of this will be given to childrens charities. We sadly had to say farewell to Kathryn Childs who worked tremendously hard for the Creche — she will be missed by all the helpers and children and is wished every success at High Wycombe.

Thank you to all our volunteer helpers who every week, by giving up their time, make it possible for the Creche to operate — 'thank you'. If you can spare the time every week please come along and join us, you will be most welcome. We look forward to seeing you all in September and hopefully a lot of new faces.

P & SS Ladies Meeting

Our Autumn programme starts with a **Barbecue evening on Tuesday 8 September**, 8.00 pm in the P & SS Social Club. Tickets will cost approximately 7DM per person, which will include a glass of punch to start off the evening with a zing! All wives of Unit members are most welcome — our get-togethers are relaxed and informal; if you are new to Rheindahlen and do not relish the thought of coming alone for the first time, please bring along a friend or neighbour — you will be made most welcome.

The **coffee morning** this month is on **Thursday 24 September**, 10.15 to 11.30 in the Church Centre, opposite the main NAAFI. Refreshments and raffle tickets are available at low cost, and children are made particularly welcome. Ladies, you **should** all receive a letter about these events each month — if you don't get yours, blame your hubby as he is supposed to bring you one home! We know this system isn't perfect (what man is, you may ask!) but it's the only way we can try to contact you all. One final word — of thanks — to all you ladies who helped with our Unit Charity effort this year; the sponsored slim raised 600 DM, our tea tent at the P & SS Fête raised 400DM, plus many other contributions throughout the year. Thank you all very much indeed for your time, talent and effort; I can assure you it was greatly appreciated by the Unit Charity and Fête Committees who asked me to convey their thanks to you all.

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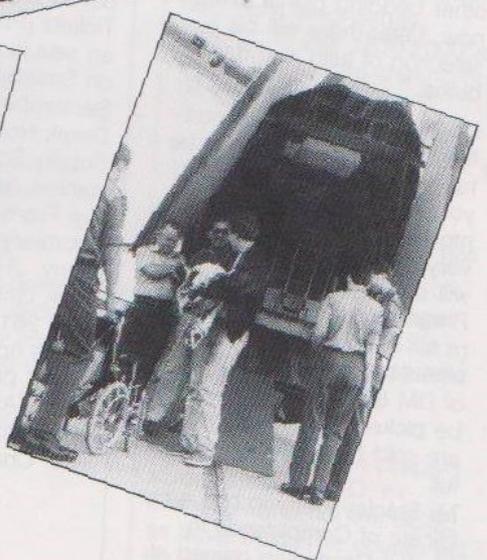
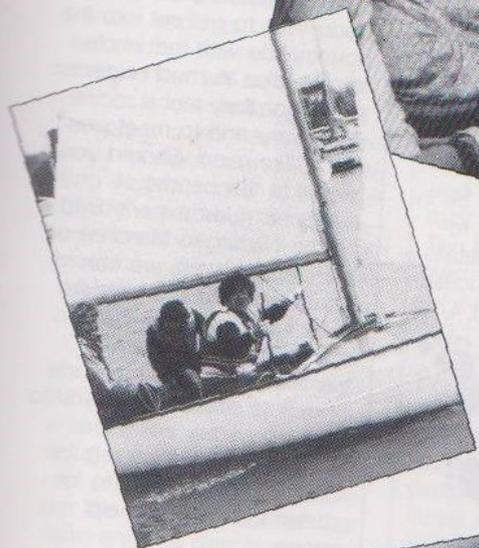
St Boniface Choral Society

The next meeting of the St Boniface Choral Society will take place on **Thursday, 10 September** at 8.00 pm in St Boniface Church. New members very welcome. No auditions necessary but plenty of enthusiasm!

Readers will be aware from previous editions of the Bulletin that Rheindahlen was hosting a group from the UK of very poorly people, their helpers and medical staff during the first week in August. The aim was to provide a holiday of a lifetime. Due to the magnificent efforts, hard work and dedication of well over 100 adults and children from Rheindahlen and Wegberg and despite unhelpful weather our aim was achieved.

The activities of the week included a Cruise on the Rhine, a spectacular 'open day' at RAF Wil-denrath, a Garden Party at the CinC's Residence, sailing and shopping in Roermond, a visit to Köln (including the zoo) and an 'Olympic' competition against a local group of Unable people. The evenings were no less hectic with a delightful Dinner/Dance at Onkel Gustav's Restaurant, a Cheese and Wine evening, BBQ, Bavarian Night and the holiday was rounded-off with a Music Hall Night.

To run and finance such a holiday requires a lot of help and money. Next year we plan to host another group and so if you wish to help us in any way, please contact Wg Cdr M R Cannon (ext. 4372) or Sqn Ldr P A Reynolds (ext. 4718).



Garrison Nursery

Many of you will have read the article in the Bulletin on Mr Stanley Fleming our Garrison Gardener and Nursery Manager but do you know where the Nursery is and what it has to offer?

Location: Snyders Road opposite the PSA Yard and Windsor Lower School.

Opening Hours: Monday to Friday: 08.00 - 12.00 and 13.30 - 16.30;

Saturday: 09.00- 12.00.

At present we have a good variety of cut flowers; these are cut daily and are at very reasonable prices. There is also a limited variety of fresh vegetables available (no kar-toffel).

Now that our 'summer' is drawing to an end you should be thinking of your hardy perennials and annuals in order to keep some colour in the garden over the dull winter months. There are wallflowers, sweet williams, pinks, pansies, lupins and other bedding plants available now. Later there will be a selection of tulip and daffodil bulbs.

Logs. If you have an open fireplace then you should be taking advantage of getting your logs in for the winter months whilst they are at a very competitive price. We will deliver full loads within the Rheindahlen Military Complex (a full load is approx ten wheel-barrows full) at a cost of DM 60, smaller loads may be picked up any day and are sold by the wheel-barrow full.

Mr Stanley Fleming has a certificate of Competence in Market Gardening gained at Agricultural College and is only too willing at any time to discuss your gardening problems and queries — just call in at our Nursery.

Last Night of the Proms Concert

Garrison Theatre, Rheindahlen, Thursday 17 September and Friday 18 September 1987 at 8pm.

Following the successes of 1985 and 1986 and the enormous support for a continuation, this year's Last Night of

the Proms Concert is again to be held in Rheindahlen. Once again the music will be provided by the Band of the Royal Air Force Germany led by their Director of Music, Squadron Leader D Wood and Bandmaster Warrant Officer F Thomson.

In view of the demand the event will be held on two successive evenings, Thursday, 17 and Friday, 18 September at the Garrison Theatre, Wellington Road, Rheindahlen commencing at 8 pm.

Music is to be a mixture of old favourites and something new, a little light classical music and, of course, Land of Hope and Glory, a Sea Shanty or two and 'Jerusalem'. Dress — well Promenaders of course — so let's see all those Union Jack Bowlers, Scarfs and anything else red, white and blue; banners and flags will also be especially appreciated.

Refreshments will be available to help keep everyone happy and we shall also have a good supply of flags and balloons on sale.

Tickets (Price DM 10) will be on sale in the NAAFI Foyer on Saturday 5 and 12 September and from WO Derek Hobden, Eng and Supply Sqn, RAF Rheindahlen, telephone JHQ 4365, Sgt Frans de Leeuw, Band Secretary, Band of RAF Germany, JHQ 4658 or from Peter Griffin, Civil Secretariat, JHQ 2613.

Doors open 7 pm.

All net proceeds to RAF Wings Appeal, Jennie Mitchell Haematology Fund and other RAF Charities.



1st NORD PARK SCOUT GROUP PRESENT

A WENDY WOOL FASHION SHOW in Hampshire School, Ayshire BKS on September 23rd at 19.30 hours. Tickets only DM 5.00, including Grand Draw Entry. Refreshments Available. Tickets from all leaders or phone MG Civil 591482.

INFORMATION



Boarding School Register

It is proposed to start a 'Boarding School Register' of parents with children in boarding school education.

The register would list parents who presently have children in a boarding school and were prepared to discuss the merits or demerits of that school with parents who were in the consideration stage of boarding school education and had pinpointed that particular school as a possible choice for their child. The details contained in the register would be: name, school, contact number and tourex date.

Any parent prepared to be included in the register is requested to send their details to the SEEdTO, RAF Education Centre or telephone ext 4748 or 4155.



Riding for the Disabled

This takes place every Thursday during termtime — weather permitting! — with the children from St Francis Special Playgroup and St Clements Special School. The children who are aged from 3-7 years old benefit tremendously from riding and the contact with the ponies. Each session is about three quarters of an hour and involves walking with the children — either helping them on the ponies or taking a hand with the pushchairs.

We urgently need more volunteers — knowledge of ponies is **not** required! — if you can spare any time on a Thursday morning between 9.00 am - 11.00 am to help please phone Su Smale MG 550630.

The 'Rams' Revival

We wish to revive the Rheindahlen Allied Marchers (RAMS) as a means of establishing communication and cooperation between all of those interested in walking. This is not intended as the preserve of an elite; the only qualification needed is the interest and determination to take part in walking events. The local 'Volkswanderung' events provide excellent opportunities to get out into the countryside with the whole family, take as much exercise as you or they feel is necessary and to meet people of like mind. Should you aspire to the depths of masochism, as experienced on the Nijmegen Marches or the Death March, we can introduce you to like minded nuts. For those who have more respect for their extremities there is a multitude of events which permit you to take your time, enjoy the scenery and stop at regular intervals (every 5-6 km) for sustenance at 'self help' prices.

Members of the nucleus from which we hope to develop the RAMS have taken part in over 30 events since January and have a full programme for the rest of the year. We meet at the Post Office and share transport to reduce costs. Why not come and give your feet an outing? For full details contact Fit Lt Francis Hanford Ext 4537, FS Robbie Roberts Ext 4096 or Sgt Dick Brew Ext 4034.

NADFAS News
See page 10.

Marlborough Club

As many of you will know the Marlborough Club, which is the Army Junior Ranks Club on Rheindahlen Garrison, has been undergoing a rebuild since September of last year. Consequently only a part of the Club has been open for use since then. After a couple of delays it is now hoped that the majority of the club will re-open in December of this year.

The quite dramatic re-build has to date covered over half of the large building complex. When completed the project will have included the provision of a new enlarged shop, a new vending area and 2 refurbished bars. The bar areas will have many new features. The smaller one, which will be open during normal bar hours, will be called the Alpine bar and has been modelled on that theme. The second bar will be used for discos and entertainments events and will have an extremely modern sound and lighting system similar to the one at RAF Laarbruch. At the same time it will have a cosy atmosphere and the decoration will include numerous shields displaying the coats of arms of many famous national names.

Whilst the running of the bars and facilities will continue under the control of NAAFI, the rest of the club will come under the jurisdiction of the Garrison and the club committee. Various changes are currently taking place on the committee not least of which is the change of chairman namely from WO 1 Kidd to WO 2 K C Jones.

In order to raise general standards and restrict the number of visitors using the club, a new membership system was introduced on 1 August. This required all members to be in possession of a membership card. It is hoped that this will create a better atmosphere within the new club.

We appreciate that vast amounts of money are being spent and we hope that this will be remembered by members when the bars are re-opened.

We should like to extend an invitation to anyone on Garrison who may have some thoughts on future entertainments.

In addition to any ideas you

may have, we would ask anyone who might like to join the committee to contact the Chairman c/o the club. Finally as soon as the club is open we should like to extend a warm invitation to visit the club especially on Saturday or Sunday lunchtimes when children will be most welcome.

Battle of Britain Service — St Boniface (Church of England)

A *Battle of Britain Service* will be held in St Boniface Church on **Sunday 20 September**.

The Service is to be broadcast live by BFBS Radio and for this reason the Congregation are asked to be seated by 10.25 hrs, so that briefing and voice level recordings may be effected.

The Commander-in-Chief, RAF Germany and 2ATAF, Sir Anthony Skingsley KCB MA RAF, will read the lesson. The Reverend J E Daimond, BA RAF, Assistant Chaplain-in-Chief and Principal of the Royal Air Force Chaplains' School, Amport House will preach the Sermon and the Royal Air Force Germany Band will join the organist and choir to support the congregation in their singing. It will no doubt, be a splendid occasion, to which everyone is warmly invited.



Mini Market JHQ

On **Saturday 10th October**, from 10.30 am till 4.00 pm, there will be a market in the church centre (next to the Malcolm Club) in aid of the new church hall for St. Boniface.

Come and buy your Christmas presents from the stalls which include: cards and gifts, crystal, china, pictures, tablemats, Guernsey sweaters and silver.

INFORMATION



St Andrews Church

BATTLE OF BRITAIN SERVICE

11.00 hrs **Sunday 20th Sept.**
Congregation to be seated by 10.50 hrs. Preacher: The Rev. Desmond Harvey RAF.

House Purchase Presentation

There will be a presentation on House Purchase in the RAF Education Centre at 19.30 hours on **Wed 23 Sep.** The presentation will cover the following aspects of house purchase:

Can you afford to buy?
Searching for a house
Viewing
Making the offer
Surveys
Exchange of Contracts
Completion
Methods of funding

The presentation is open to all personnel but in order to make the necessary seating arrangements please inform the Education Clerk, ext. 4155, of your intention to attend.



Donation to St Francis Trust Fund

Many callers to Patricia's Boutique are aware that Patricia donates DM1 to the St Francis Trust Fund for each customer who purchases from her. Periodically she has handed over her 'basket' of DMs to the Fund but many customers have stated they have seen no publicity or record of how much she has donated. It is a personal donation but so far she has paid in over DM 1000 to the Trust Fund.

RAF Rheindahlen Evening Classes

Woodwork Class (Beginners)

A woodwork class for beginners only is planned for the Autumn Term. The course will be an introduction to woodwork tools and basic woodwork techniques. The course will be split into two parts both on a Wednesday evening 1830 - 2000 or 2000 - 2130. The term will start on 30 Sep 87 and run for 10 weeks. Enrolment will take place at the RAF Education Centre on 3, 4 and 7 Sep 87 (0900-1200, 1400-1700).

'AO' Human Biology

This one year course will be held on a Wednesday 1900-2030 (not 1830-2000 as stated last month) starting on 16 Sep 87.

The course will prepare students for the 'AO' examination in June 1988.

CGSE Economics

Unfortunately this course has been cancelled.

GCSE English Language

There will not be a GCSE English Language class held on Thursdays.

GCSE Geography

This course will now prepare students for the 'AO' examination and not the GCSE as advertised. The course will be examined by one 2½ hour paper in Jun 88 and no field work will be required.

Big Band Concert

Because of the continual rain in July the planned Big Band Concert had to be cancelled and we apologise for any disappointment this may have caused.

The Concert will now take place on **Sunday 4 Oct** at the RAF Stadium 2-5 pm. No cancellation this time whatever the weather — we have acquired a very large FEST Tent.

Road Safety Campaign 18 Aug to 14 Sep 87

As a result of the latest road traffic accident figures in BFG, (particularly on camp areas), it has become apparent that reversing is still a major cause.

It is therefore the priority of the present Road Safety Campaign 18 Aug to 14 Sep 87 to remind all drivers, both Service and civilian, of the need to check behind to ensure their way is clear before reversing. It only takes a few seconds, during which time both injury and embarrassment can be prevented.

To assist all personnel in helping to prevent further accidents of this nature, posters will be displayed throughout the Station and windscreen stickers (example below) are available from the RAF Driving School, located in the MEF compound off Queens Avenue.

**Don't
reverse
until you've
checked
BEHIND**

BFG Road Safety Committee

Machine Knitting Club

Are you the owner of a Japanese knitting machine ie Jones/Brother Knitmaster or Toyota? Is it tucked away under the bed or up in the attic because you gave up on it? Its not that difficult to understand and meeting and discussing the problems with several other people often helps. Why not come along to our morning meetings which are held every 2/3 weeks in an informal atmosphere in a members house. The next meeting will be held on **10 Sep** at 10.00hrs. If you are interested please phone Wendy Tetlow on MG 558572.

Are you Aiming to Return to the UK and Look for Work?

If so, Project Springboard could provide the help you need to find accommodation and a job!

Project Springboard is run by the Young Women's Christian Association of Great Britain (YWCA) **for any BFG dependant aged over 18 years** who wishes to return to the UK and find work. Accommodation is offered at one of their residences in Central London, the Greater London area or towns in the South East of England where the employment situation is good. For the first six weeks the Project Worker, Mrs Kate Love, gives all the help necessary in finding a job and settling into life in the UK.

Last year some ten young people from BFG went back on Project Springboard and all except one are still in the UK and have found employment.

Kate Love will be visiting BAOR from September 21st to 25th inclusive and will be pleased to talk to anyone interested in applying for the Project. She will be giving a presentation at **34 AEC, on September 22nd** starting at 19.00 hours, which is open to all young people, (whether aged 18 yet or not) parents and other interested persons, so why not come and find out more?

Further details are available from the Careers Office — telephone JHQ Mil 2585.

Karen West



RAOB Playgroup

Come and see us in the RAOB Social Club, Norwich Walk.

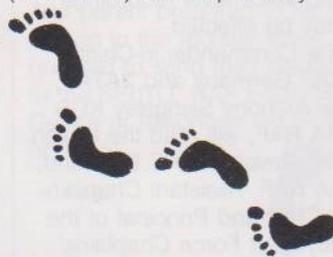
We are open every morning 09.30 - 12.00 (3-5 years) and Mon / Wed / Fri afternoons 13.00 - 15.00 (2½-3 yrs) or ring the Playgroup Supervisor for more information 02163 - 45148.

INFORMATION

Name Change for Townsend Thoresen

Townsend Thoresen Ltd announce that the name of the company will be changed to P&O European Ferries Ltd. The new corporate style will be phased in during the autumn with the 'Pride of Calais' being the first ship to appear in the new livery when she is introduced into service at the end of November.

The subsidiary companies Townsend Car Ferries Ltd, Thoresen Car Ferries Ltd and Atlantic Steam Navigation will become P&O European Ferries (Dover) Ltd. P&O European Ferries (Portsmouth) Ltd and P&O European Ferries (Felixstowe) Ltd respectively.



Waldlauf Around Schloss Rheydt 20 Sep 87

Date: Sunday 20 September 1987.

Start/Finish: Schloss entrance

Changing rooms: Schlossstrasse Sports Complex, 500m from Start.

Entry fee: DM 1.

Entries: For individuals on day up to 30 mins before start.

Distances: 1 km, 3.2 km, 5 km, 10 km.

Prizes: Certificate and emblem for all entrants.

Classes: For 1 km (start 10.30 hrs); Schoolchildren DOB 1973 and younger; for 3.2 km (start 11.00 hrs) open class; for 5 km (start 13.00 hrs) open class; for 10 km (start 11.45 hrs) men and women DOB 1972 and older — awards by age groups. Further details may be obtained from the Services Liaison Officer on MG Mil 337.

Driver of the Year Competition and Car Boot Sale Sunday 27 September 1987 Commencing at 12.00 hours

Once again the RAF Rheindahlen MT Flight will be holding its annual Driver of the Year competition in the MEF Compound at RAF Rheindahlen.

There will be trophies for the winner, runner-up, best lady driver and winning team. You may enter as an individual or as a team of four. Cost per entrant will be DM5. The competition will consist of a tick test paper and a number of manoeuvres. Competitors will use their own vehicle throughout the competition. Also taking place will be a Car Boot sale and a Caravan Show; refreshments will be available throughout the afternoon. The cost of participating in the Car Boot sale will be DM 10.00.

Further details are available by telephoning ext. 4389, or calling into the MT Licensing office at the MT Flight, RAF Rheindahlen.

All proceeds will be donated to Wegberg Hospital Orthopaedic Ward Charity Fund.



SHOPPERS CRECHE

In the Church Room in St Andrews Church (next to NAAFI Car Park)

Give yourself and your Toddler a break from the frustrations of shopping! We are a team of 'mums' who will look after your toddler for one hour on a **Thursday and Friday** morning for a fee of **1 DM**.

Come and meet us — we would like to meet you!

Open Thursday 3rd September 9.30 am - 12.00.

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Britain's Key Building Society



YORKSHIRE
Building Society
Britain's Key Building Society

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NAAFI

NOTE BOOK

First of all I would like to tell you all know about a new Naafi facility that has just opened in the RMC. **A brand new services shop has opened** in the partly refurbished Marlborough Club which is situated on the area between Collingwood Road and Moore Road, next to the Army Gymnasium. This new shop will in essence be a convenience store open from 0900 to 2100 everyday, including Sundays. For the single soldier/airman it will cater for all their everyday needs and for families it will be an opportunity to pop in and get a few things you forgot to get at the JHQ Naafi or for items you may have run out of at an inconvenient time. A full range of cigarettes, sweets, soft drinks, beer, liquor and wine will be stocked along with a limited range of chilled and frozen items, groceries, bread, vegetables, medicines and cleaning goods. We also sell ice cream, barbecue items and

have a video hire service. More importantly the shop is open to all ranks and their families and adjacent to it, is a modern bank of vending machines situated in a bright and airy eating area which will be open for 24 hours a day, 7 days a week. This will now be a first class amenity for everyone on camp and I do strongly suggest that a visit soon will be well worth while.

Reverting now to the Naafi JHQ Complex, we are still in a state of chaos as regards the workmen fitting a new heater and ventilation system in the clothing and gifts and durables departments. By the time this issue is published both clothing departments will have been completed and the gifts and durables will be partially closed. I am reliably informed that all work will be completed by 11th September and by the 14th we shall hopefully be back to normal. I apologise for the inconvenience caused for the last five weeks but hopefully the finished product will make the inconvenience suffered seem all worthwhile. For the whole of September

Naafi will be promoting a 'Buy British' campaign which is a follow-up to our previous Dutch and German weeks. The programme will commence on 3rd September and run until 26th September. The programme will consist of 84 price reductions for the promotional period on UK sourced foodhall lines, plus a selection of clothing items, household textiles, sportswear, audio and white goods of UK origin, all at special prices. In addition to this promotion there will also be competitions and special events at JHQ dates for which have not all as yet been confirmed. However, we do know that a Mr Mason from Wedgwood will be in the gifts and durables department from 3rd to 5th September and he is one of the few personnel from Wedgwood who are entitled to sign Wedgwood pieces as the genuine article. Regular users of the JHQ foodhall will have noticed the introduction of UK baked Mothers Pride bread in the shop. At present the experiment is confined to JHQ only whilst we evaluate the logistics of moving freshly

baked bread on a daily basis from the UK to Germany. Phase two of the experiment will be to broaden the deliveries to other locations within the Naafi Rhine Region, with eventual nation wide coverage early in the New Year. The customer reaction so far has been very complimentary and the product is arriving at JHQ in a fresh condition and at slightly cheaper prices than bread previously baked at Krefeld. Eventually we shall be receiving a full range of UK bread and rolls and other bread products. However, we shall be maintaining the supply of locally baked German bread.



VIDEO Review

The Cat from Outer Space (U)

99 mins

An alien space ship crash lands on earth and the military move in to investigate. Apparently no life forms are aboard. But the pilot a cat, has gone exploring and eventually befriends Dr. Frank Wilson in an attempt to repair his spaceship and make a rendezvous with the mother craft.

The main problem facing the two, is that to repair the craft they need \$120,000 worth of gold. To acquire such an amount they have to make use of Jake's (the cat) special powers, so that they can make sure they get the right result in various sporting events.

But unbeknown to Frank and Jake there are a group of ruthless people who have noticed that Jake's power comes from his fascinating collar, and will go to any lengths to acquire such an item.

They also don't take into account that Jake may have fallen in love with Lucy-Belle a female feline.

With all this happening will they have time to repair the spaceship and meet the deadline?

This Walt Disney production stars Ken Berry as Frank, Sandy Duncan, Harry Morgan (Blackes' Magic and MASH) as General Stilton and Roddy McDowell.

This is great entertainment for the children, with some mums and dads having a laugh too.



Soulman (15)

101 mins

When the morning post arrives, College friends Mark Watson and Gordon Bloomfield don't know whether to open their letters or not. When they finally do they are ecstatic to learn that they have been accepted for a place at the prestigious Harvard Law School.

On a visit to tell his parents the good news Mark is devastated when his father decides to give him his manhood, and therefore allow him to pay his own way through school. Mark is shattered by the news but is determined to get to Harvard, whatever the cost.

After fruitless visits to the bank Mark decides to try for a suitable scholarship. Unfortunately the only one available is for black students. But still undaunted he presses on and with the help of some experimental sun-realises that it is not going to be a bed of roses.

C Thomas Howell is Mark Watson and he is supported well by Arye Gross as best pal Gordon Bloomfield and Rae Dawn Chong as Sarah. Also listen out for music by Isaac Hayes, Beach Boys, Otis Redding and Sly Stone.

Trick or Treat (18)

90 mins

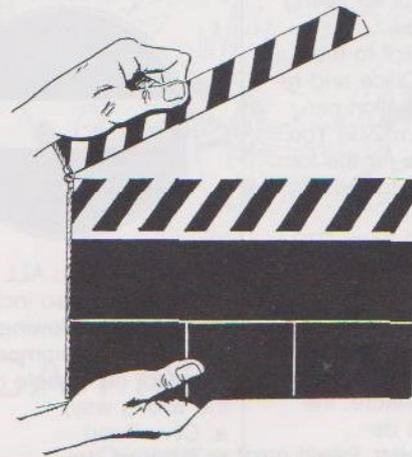
In this teenage horror, Marc Price plays rock music fanatic Eddie, whose idol is heavy metal star Sammy Curr (Toni Fields).

Eddie is devastated the day he hears that Curr has died in a hotel blaze and goes to radio D.J. "Nuke" for company and solace. Nuke presents him with the last L.P. that Curr has made and Eddie rushes home to listen to the music of his hero.

When the record is played backwards sinister messages can be heard and he accidentally reincarnates Sammi Curr who begins a campaign of terror wherever he goes, culminating in a superb climax at the schools Halloween dance.

This is well directed by Charles Martin Smith (American Graffiti) and there are some excellent special effects. Also look out for rock stars Gene Simmons (Nuke) and Ozzy Osborne in a unfamiliar role as a vicar.

Brett Davies



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POLICEMAN'S NOTE BOOK



A few tips on De-Registration of your Vehicle

Selling your car to another BFG entitled person

- Give the buyer your petrol card. Score across it 'Sold' and the date of sale.
- The buyer should then give you a receipt for taking the card from you.
- Send the receipt to the BFG Licensing Office and request a de-registration certificate (BFG Form 272) You must actually ask for the form as they do not automatically issue it.
- Send the BFG Form 272 to your Insurance Company so that they can cancel your policy. If the buyer does not register the car immediately then your insurance is still responsible. Therefore, the sooner the car is de-registered the better.

Selling Your Car to a Non BFG Entitled Person

- Once the car has been sold, return your petrol card to the BFG Licensing Office and obtain a de-registration certificate (BFG Form 272)
- Send the BFG Form 272 to your Insurance Company for cancellation of your policy (See 1d above) DO NOT give your petrol card to the buyer.

Returning to UK

- Keep the BFG registration valid until such time as you are back in the UK and have UK plates.
 - Once you have UK plates return your petrol card to the BFG Licensing Office, CPO, BFPO 40 and request a de-registration certificate. (BFG Form 272)
 - Send the BFG Form 272 to your insurance company to cancel your policy and issue a no claims bonus and refund. Remember no BFG form 272, no refund or no claims bonus can be issued.
- If you still have any queries de-registering your vehicle, write to the Command Pay Office, BFPO 40.

Calling All Cycle Owners

There has been an increased amount of offences made by cyclists, both adults and children alike. So I would like to take this opportunity to remind you all what the following road signs mean.



- No Entry** - to ALL road users. Which also includes cyclists. The following roads are the most commonly misused: (ie. people going up the wrong way)
 - Clive Road
 - Oakham Way
 - Beresford Road
 - Road between the BP Garage and the German Post Office
 Offenders will be fined 20DM



- No Entry To Cyclists** - A common example is the foot-path between St Andrews and St Patricks Schools. Offenders will be fined 20DM



- Warning Cycles Ahead** - It is not a prohibition sign and is usually seen on approach to pedestrian crossings.



- Cycle Path** - Unless this sign is signed both ways it is to be used as a ONE WAY cycle path. However all children under 9 yrs must use a cycle path, therefore it is advised that all children over that age attend a ROSPA Cycling Proficiency course at their respective schools.

Failure to use available cycle Paths Fine 5DM

The Law and Your Bike

According to German law your cycle must be fitted with the following:

- Front Lamp - operated by a 3 watt dynamo
- Brakes - front and rear
- Bell
- Pedals - Fitted with yellow reflectors front and rear
- Rear Lamp - Operated by the dynamo
- Rear Reflectors - Red in colour
- Side Reflectors - At least 2 diametrically opposed yellow spoke reflectors fitted on both wheels.

Priority at Turns

- Cyclists turning left must allow oncoming traffic to go before crossing the traffic flow.
- Cyclists turning Left or Right must give way to pedestrians crossing the road.
- Cyclists may cross the road at a pedestrian crossing or at traffic lights but must push their cycles.
- At traffic lights cyclists must obey the lights if using the roads.
- Riding cycles two abreast is not permitted on the road.

Security

Ensure your cycles are locked and secured at all times when you are not using it. There is at least one bike per week handed in to the Police Station as found property.

More Information

If you require more information about the law and your bike, how to find your serial number or to have a go at the BFG Cycle Tick Test, please call at the JHQ Police Station and ask for Cpl Moody or ring JHQ Ext 2334.

Cpl J Moody
Community Policewoman

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BOOKSHELF

Fiction

Asimov, I	Robot Dreams
Barclay, T	The last heiress
Bragg, M	The Maid of Buttermere
Briskin, J	Dreams are not enough
Cameron, D K	A Kist of Sorrows
De Haan, T	A Mirror for Princes
Gidley, C	Armada
Greenberg, J	Simple Gifts
Kelly, S	Erin's Child
Ormerod, R	An alibi too soon
Thomson, J	No Flowers, By Request

Non-Fiction

Vegetarian Microwave, by S Brown

Delicious time-saving recipes for everyone concerned with healthier eating.

The Land that Lost Its Heroes, by J Burns

As the only British foreign correspondent to remain in Argentina the author gives a detailed account of the military invasion of the Falklands exposing the failures on both sides.

The Tempestuous Years 1979-1983, by R Illingworth

The former Yorkshire cricket manager tells what really went on during those years.

Which subject? Which career?, by a Jamieson

A guide to subjects and courses at ages 14, 16 and 18 and the careers to which they can lead.

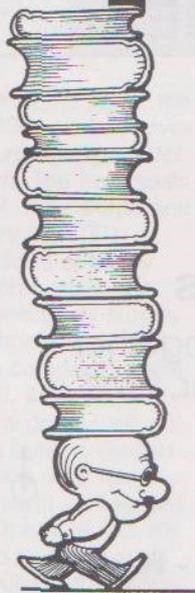
Military errors of World War Two, by R Macksey

A re-examination of the campaigns of the Second World War in the light of the command decisions made by the leaders - their mistakes, misjudgements and miscalculations.

Singlehanded: a Sailor's Guide, by T Meisel

The techniques, procedures and questions of judgement that will allow the sailor to sail a vessel around the harbour, down the coast or across an ocean.

Robot Dreams
The last heiress
The Maid of Buttermere
Dreams are not enough
A Kist of Sorrows
A Mirror for Princes
Armada
Simple Gifts
Erin's Child
An alibi too soon
No Flowers, By Request



Handbook for Women Travellers, by M Moss

The essential guide of every woman who ever wanted to travel confidently abroad.

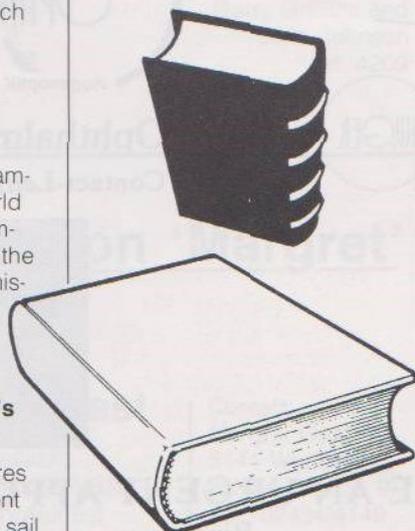
Modern gym fitness, by P Scully

How to make the most of modern gym training equipment and design your own personal fitness course.

The Life of Vivien Leigh, by A Walker

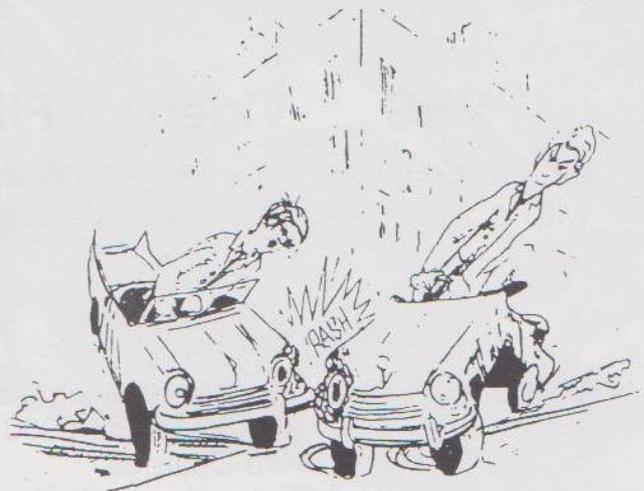
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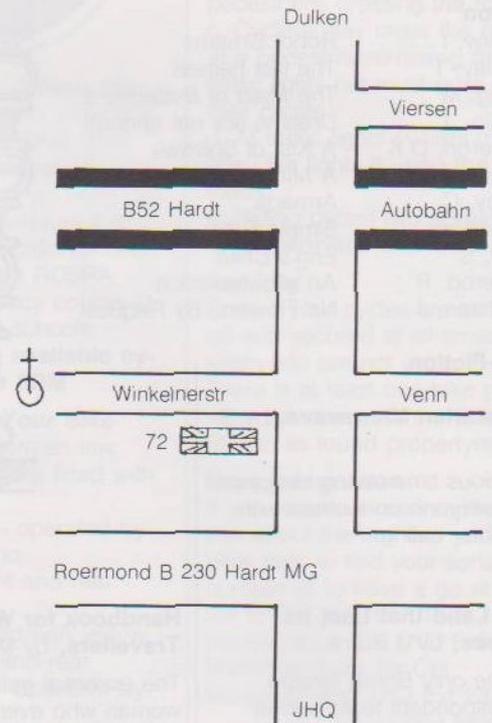
Mon - Fri 0900 - 1830 hrs or Sat 0900 - 1600 hrs

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DM 4.00 per day each film

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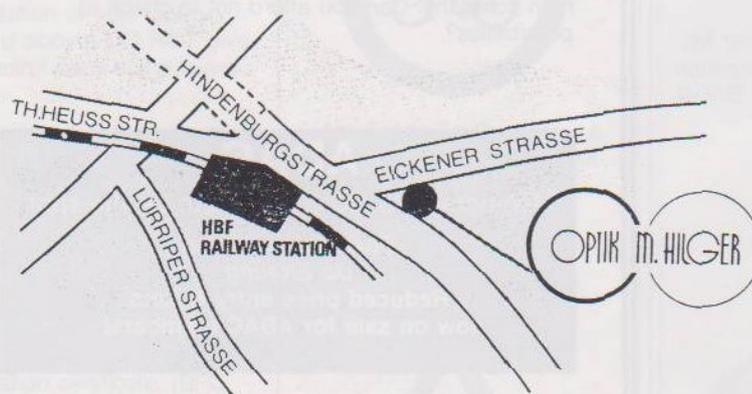
DM 3.00 Childrens and General Interest Films



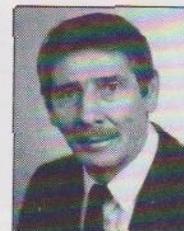
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We must start by saying that all comments in this article are purely personal. Our thanks to: Peter Bennett of ELIM Export phone Monchengladbach 551030.

Test Car: Peugeot 205 GTI 1.9

Price as Tested: £6625 + delivery + prep + plates.

Well, here it is, Peugeot's Hot Hatchback, a gleaming example in bright red with wide low profile tyres and unique alloy wheels which make this 'froggy' mobile look 'mean'. The immediate impression on looking at the car is 'ugly', but study the car in detail and you will see why this car in all its forms, from basic model to the GTI, has become so popular. Its sleek lines, from the sharp sloping hatch to the deep spoiler on the front, make it every inch a boy racer's dream.

You're eager to get inside, you climb in; the seats, half trimmed in leather, hold you firmly; get the seating position right, arms out straight, and its like sitting in a Formula 1 racing car.

Glancing around the car you see the usual cluster of instruments expected on a car like this, tacho oil pressure and temp. The stereo radio/stereo cassette player with four speakers is housed in a central console above which are the digital clock and heating controls, which are very comprehensive and excellent when in operation. The car was also fitted with electric windows and central locking as standard. The test car was fitted with a glass sliding roof (optional extra), the top side of which has a mirror effect which makes for a very slick touch.

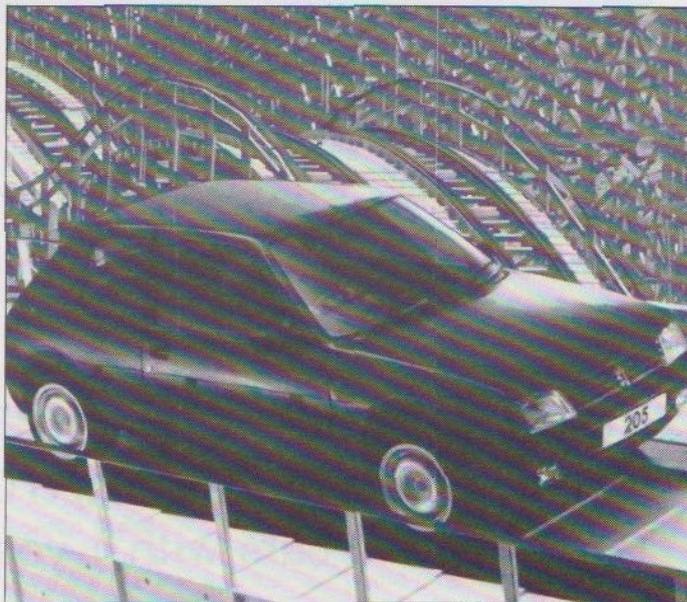
Getting back to the seats, the rear has 50/50 split and gives a credible luggage space for a small hatch. The front seats are excellent, their shape and feel are every inch GTI!

OK, lets go for a spin; my colleague John drove first and was immediately surprised at the smooth and quick acceleration compared to his own VW GTI. It was now my turn to take a drive, I will not forget it in a hurry. I slipped into the driving seat, found my ideal position and started the engine. It roared into life. I moved into first gear and cautiously pulled off. Caution went straight out of the window when I accelerated; it shot away like a dragster, now I know how a pilot feels when he experiences 'G' (any spare suits out there?). Once I got the hang of it, I was like a kid with a new toy. It drove superbly, holding the road like glue. Throw it into a bend and steer correctly and it takes a good clean line into it, accelerate on the crown and it comes out of it like a bullet. I could go on and on about its performance, but it has a couple of minus points. The dash tends to be a bit plasticky and room for rear passengers is not in abundance but you forget all this once the pedal is to the metal.

Warning: This car is not for the faint hearted!
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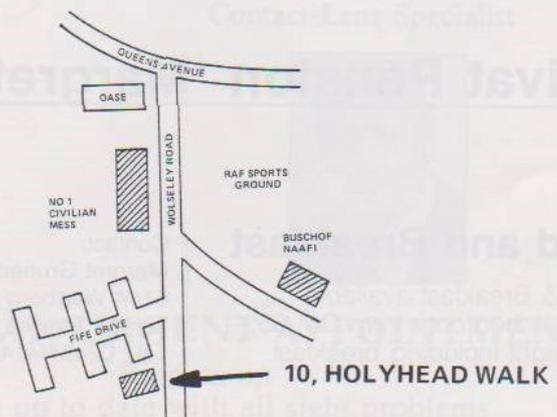
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GASTRONOMIQUE

For my final contribution to the cookery page I have decided to concentrate upon the humble lemon. A cook's true friend, lending itself equally to both savoury and sweet dishes alike & as you'll see from the handy hints has many other uses besides.

Sunshine Chicken

A simple refreshing casserole in which lemon enhances the flavour & helps to produce delicious succulent meat.

Ingredients:

4 chicken portions
2oz butter
1 can of condensed cream of chicken soup
2 tablespoons of fresh lemon juice
½ teaspoon of paprika
½ teaspoon salt
¼ teaspoon of crushed dried tarragon
Dash of ground black pepper

Method:
Melt the butter in a frying pan and brown the chicken portions, pour off the fat. Add the remaining ingredients, cover and cook over a low heat for 45 min or until tender; stirring occasionally. Chill overnight to let the flavours develop. Reheat until hot, garnish with lemon slices and chopped parsley



Lemon Cheesecake

A desert which is both light on the pocket as well as in flavour & is sure to be a big hit with all the family.

Biscuit Crust:

4 oz digestive biscuits crushed
1½ oz butter
½ teaspoon ground ginger
1 desertspoon of golden syrup

Warm the syrup with the butter until melted. Stir in the biscuit crumbs and ground ginger, mix well and press them over the base of an 7 inch loose based cake tin. Chill in the fridge for 15 mins until set.

Lemon Mousse:

½ lemon jelly dissolved in 3oz of water
1 small can of evaporated milk
Juice of 1 lemon
3oz sugar,
3oz of cream cheese

Method:

Beat the evaporated milk until thick, then add the rest of the ingredients and beat well to thoroughly mix. Allow the mixture to thicken slightly before pouring onto the biscuit crust. Leave to set in the fridge, decorate with whipped cream and grated chocolate. This dish freezes very well.

Glazed Lemon Cake

Light golden sponge cake soaked in a tangy lemon sauce; this doubles up as a dessert or tea time treat

Ingredients:

4oz Soft Margarine
4oz sugar
4oz wholemeal self raising flour + ½ teaspoon baking powder
2 eggs

Grated rind of 1 lemon

Method:

Place all the ingredients in a big mixing bowl and beat together thoroughly, add a tablespoon of milk if the mixture seems too stiff.

Cook in a greased and floured cake tin at 375F Gas 4 for approx 50 - 60 mns.

Lemon Glaze

Mix 3oz castor sugar with the rind of one lemon and the juice of two. Turn the cooked cake out onto a piece of greaseproof paper & spoon the lemon glaze over immediately whilst the cake is still warm. Make sure that all the liquid is absorbed, then place on a plate to cool.

Handy Hints:

1. A little lemon peel added to acid fruits such as rhubarb or apple counteracts their acidity and cuts down the amount of sugar required for sweetening.
2. If your hands become discoloured through peeling vegetables or gardening then rubbing them with ½ a lemon helps to whiten them.
3. Rub ½ lemon round the mixing bowl before whisking egg whites, the acidity helps to increase the volume.
4. When steaming puddings or heating tins of food, add a squeeze of lemon juice to the water to prevent the saucepan turning black.
5. A squeeze of lemon juice in vegetable water helps to keep the vegetables green and reduce cooking smells.
6. A squeeze of lemon juice in water which is used to cook rice will keep it white.

Cheryl Stamp



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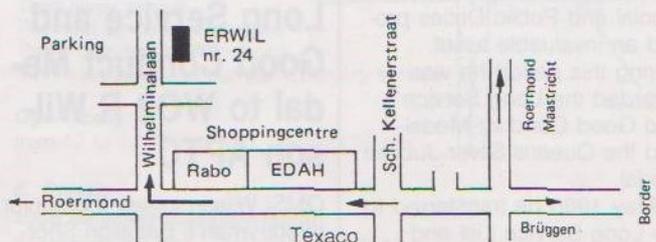
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The Garrison Commander Col MH White presents WO1 Kent with a clasp for his LS&GC medal and WO2 Wilson with his LS&GC medal.

Presentation of the Clasp to the Long Service and Good Conduct Medal to WO1 Kent RMP

WO1 Kent was conscripted in 1951 into the Goldstream Guards gaining promotion to Lance Sergeant and serving with distinction with the Second and Third Battalions in East Africa, BAOR and the United Kingdom. He displayed great dedication and was considered to be a first class instructor.

In late 1962 he transferred to the Corps of Royal Military Police. The highlight of his career was his promotion to Warrant Rank and appointment as Regimental Sergeant Major with the London District Provost Company, where his previous knowledge of Ceremonial and Public Duties proved an invaluable asset. During this period he was awarded the Long Service and Good Conduct Medal and the Queens Silver Jubilee Medal. In May 1980 he transferred to the Long Service List and was employed as the British

Supervisory Element with 248 German Security Unit (Berlin) and was responsible for the supervision of and liaison with some 260 German Guards, an appointment he held for 5 years.

He came to Rheindahlen Garrison in 1985 as the Officer in Charge of Sports and Estate. This particular task involves him in every day contact with all ranks, both Military and Civilian; his work throughout this period has displayed unstinting effort and he continues to serve in the same loyal and faithful manner in a post which requires diligence and patience far above normal.

WO1 Kent is due to retire in 1988 having given almost 37 years loyal service to the Army.

Presentation of the Long Service and Good Conduct Medal to WO2 R Wilson APTC

QMSI Wilson joined the Junior Infantryman's Battalion Shorecliff in Sep 69. During his 2

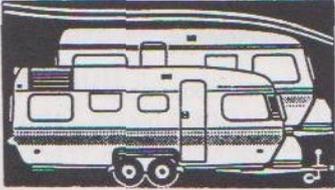
years there he attained the rank of JSgt and represented the Bn in most sports.

In Sep 71 he was posted to 1 Royal Scots in Tidworth via the Scottish Infantry Depot in Penicuik. The stay in Tidworth was brief because in Sep 72, with a view to transferring to the RMP he moved to the Depot in Chichester. On successful completion of the course there, he was posted to 16 Para Bde to undergo P Company. This he did, becoming best student on his course; he then continued to RAF Abingdon for parachute training. After this training, he exercised in Sardinia, Turkey, Cyprus and the odd visit to Salisbury Plain. Whilst in 16 Para Bde he obtained a B Grade on the Jan 73 Assistant Instructors Course. From Jan 75 to April 76 he underwent the permanent course at the School of PT, Aldershot. He was promoted to Sgt and transferred to the APTC in April 76 and was posted to 25 Fd Regt in Munsterlager. During this tour he spent 9 weeks in Canada running an adventure training camp in the Rocky Mountains.

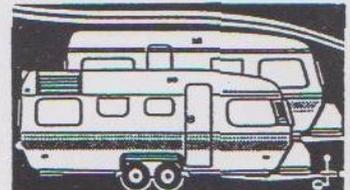
In April 79 he was posted to the Royal Military Academy

Sandhurst. During this busy tour he instructed many courses but the most challenging being Rowallan Company. In Oct 79 he was promoted to SSgt. He went to 1st Bn Grenadier Guards in Hounslow in Dec 81, and during his tour he accompanied the Bn on an exercise in Kenya. Whilst there he led an assault on Mount Kenya, which unfortunately failed due to snow. His next task was Unit Emplaning Officer to move the Bn to and from Northern Ireland. His own job was BUZZARD at Bessbrook, reputed to be the busiest Heliport in Europe. In Aug 82 he was promoted to WO2.

In Mar 84 he received a shock as the previous six years were Guards orientated and he was posted to 21 Signal Regt in RAF Wildenrath. The contrast in military life could not have been greater. During this tour he was appointed BAOR Basketball Coach and whilst at Wildenrath he spent a great deal of time planning adventure training exercises which were very popular with everyone; since 27 May this year he has been running the Garrison Gymnasium.



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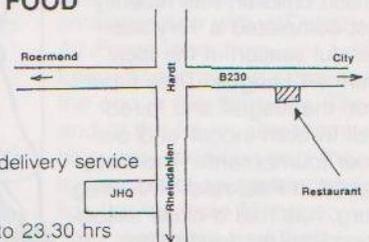
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NORTHAG Soccer Success

The Headquarters Northern Army Group Soccer Team returned from their 5 day Norway tour victorious having won the 'Landjut' Cup for the 4th time in six years.

The Landjut Cup (conceived by Comlandjut in 1982) is an annual tournament contested between the HQs Afnorth (Norday), BALTAP (Denmark), LANDJUT (Rensburg, N. Germany), and NORTHAG (Rheindahlen). The Northag Team consisted of players from Germany, Belgium, Netherlands and UK. They began the tournament with a resounding (5-2) against Landjut and went from strength to strength, winning the competition with results of (8-3) v Baltap and (2-0) v Afnorth. Winning the trophy was the highlight but the sights of Oslo made the trip all the more enjoyable, if not expensive.

Success for British Children in German Soccer League

The photograph shows the following players for Broich Peel, David Ryan, Richard Martin, Edward Johnson, Gavin Wylie, Michael Duff, Kevin Spree and Nicholas Carmichael.

Due to a faulty camera the team photo had to be retaken and the following players could not be present: Tim Luxton, John Meehan, Matthew Sutherland, Douglas Armstrong, Joshua Ayres, Neil Wallace and Thomas Foster.

The team consisting mainly of British children has recently just completed a very successful season in the local German League. They have won the league and fared well in both indoor and outdoor tournaments. The club, based in Peel near RAF Wegberg, has had a close association with the footballing children of JHQ over the last 3 years and it is hoped to extend this into the future, particularly next season. Due to

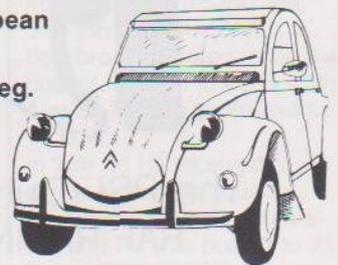
postings, the boarding school factor and because we are moving up to a league with a higher age limit we now require new players aged between 10 and 12 years. Training is once weekly supervised by a qualified German coach, the fees are: DM4 monthly to cover insurances, social functions and the issue of Spieler passes. If interested contact Alan Spree on JHQ Mil 2184 or Mönchengladbach 558059.



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Rheindahlen Allied Marches — Charity Donation

In previous years proceeds from the Rheindahlen Allied Marches have been donated to British charities. This year the Stadt Monchengladbach were approached by the Services Liaison Officer, Mr A R Skipper, and asked to nominate charities which were

especially in need of support. The charity selected was the International Sozialdienst which is an organisation of voluntary workers who look after the needs and welfare of political refugees residing in the Monchengladbach area. At the presentation the Stadt were represented by the Stadt Direktor, Herr Gunter Buhlmann and the Sozialdienst by Pfarrer Dieter Pauly.



The Garrison Commander, Colonel Mike White, presenting the cheque to the Stadt Direktor, Herr Gunter Buhlmann. Left to Right: Sqn Ldr PM Wilson, Herr G Buhlmann, Maj MA O'Flaherty, Herr D Pauly and Col MH White.



Success at Nijmegen

At 5am on 21 July came the culmination of 6 months training when Flt Lt Sue Elliott, Sgt Dick Brew and SACW Ruth Purdie of RAF Rheindahlen set out on their first Nijmegen March. As others had fallen by the wayside in training they had been joined by JT Sharon Evans and SACW Heather Cowan from Wegberg and then had amalgamated with the Wildenrath entrants to make up a full team.

Very soon they discovered that this was unlike any other march they had attempted. There were military teams everywhere, some fast and some slow, they came from all over Europe and from the USA and Canada. Civilian participation was overwhelming, there were over 20,000 and they became pastmasters at getting in the way though they were good humoured and well intentioned throughout. Also, for some reason unknown to science, the Dutch roads seem harder than any others! On the other hand the local populus turned out in vast numbers to support and encourage the marchers and the whole atmosphere was one of friend-

ship, optimism and good humour. You never walked alone!

The team had a tremendous asset in Heather Cowan who, until her voice died on the fourth morning, led their marching songs helping to maintain rhythm and momentum and establishing a team character. They marched faster than many and made such an impression that, at one stop, 2 young Norwegians cast themselves at Heather's feet, rendering her pink and speechless.

When an injury forced the team leader to retire Sue Elliott took command and startled everyone by producing a very big voice from a small body. Under her leadership the third and fourth days were completed in fine style. The 7 hills presented no problems and a temporary amalgamation with a Dutch Air Force team from Leeuwarden added spice to the end of the third day. The end of the fourth saw them in blue grey parading past the thousands of spectators who line the way into Nijmegen. They were sore and thirsty but proud to have completed this 100 mile march and determined to return next year.

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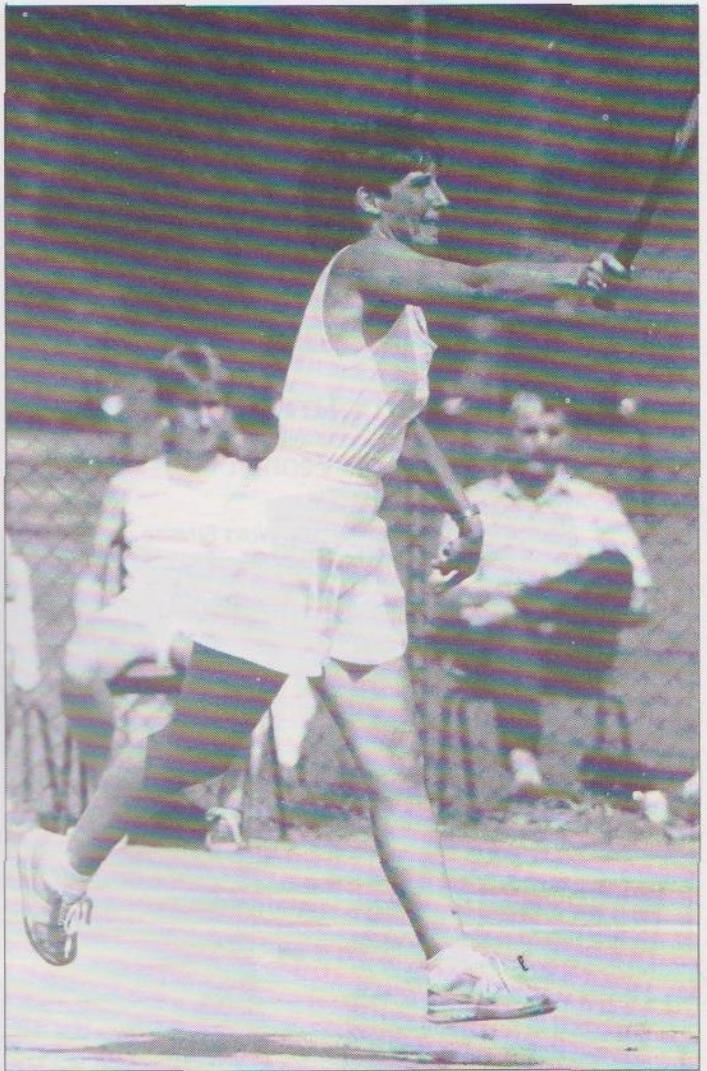
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Great Tennis on Rheindahlen Courts

The final day of the BAOR Lawn Tennis Championships held here in Rheindahlen on 16th July 1987 saw some great tennis and in particular success for two Rheindahlen ladies; Mrs Diana O'Connell and Lance Corporal Heather Baughan.

Diana, who is married to the Bulletin's former Business Manager, Steve, played a skilful match to beat Heather of 16 Signals Regiment, in the Ladies' Singles Final. To win the Ladies' Doubles, Heather teamed up with Lance Corporal Louise Callow (who, when she isn't playing tennis, is cooking and serving up some great meals in the Caernarvon Restaurant in Dusseldorf). The Mens' Doubles produced some really good tennis and the outstanding player and winner of the Mens' Singles was Lieutenant Nigel Watts of 4 Regiment Army Air Corps.



'Rheindahlen Girl' Mrs Diana O'Connell in action against Heather Baughan in her match to become the BAOR Lawn Tennis Ladies' Singles Champion 1987.

Lance Corporal Louise Callow and Lance Corporal Heather Baughan; winners of the BAOR Lawn Tennis Ladies' Double Championships 1987.



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The service offered by the 13 coaches during Rheindahlen's 7th Annual Junior Tennis Coaching Week not only included coverage of the game's basic strokes but also gave the players a comprehensive knowledge of tactics, etiquette and sportsmanship. 119 boys and 110 girls turned up on Sunday afternoon to be assessed and the five days coaching brought frustration to some and triumph to others. Occasional showers on the first 2 days meant some sessions had to be re-scheduled, but with 5 hours coaching behind him/her, every player was put in good stead for the Tournament which lasted 2 days and 270 matches were played on Friday alone! As Rheindahlen's young battled away on all 12 courts, the first round losers had a second chance in the Plate Competition. The most gruelling match of the whole week took place on the centre court (No 1) and lasted nearly 2½ hours. The players - Josh Ayres and William Bagniet - both of them under 12 years old and both determined to win the Group 4 Plate. The contest possessed all the skill and excitement of the Connors/Pernfors match played earlier this year at Wimbledon. Eventually Josh gained the upper hand and won, 4-6, 7-6, 6-2. For the second year running Mike De Boer won the Group 1 (under 19s) boys' competition while Sarah Law careered her way to victory in the Ladies' Group 1. A traditional barbeque was held on Saturday night and York Restaurant served us well with sausages, burgers, chops and salads. Many, many thanks to Lt Col Mike Newall and WO2 Harry Merritt for their patience and enthusiasm as Tournament organisers and referees. Thanks also to the 3 Ground-

smen, Will Stocker, Robin Newall and Kelly Merritt, to the volunteers who ran the Clubhouse Shop, Sarah Flood, Angela Walden, Teresa Merritt, Sue Soffe, Linda Heavey, Stephanie Gardner and Sue Newall and above all to the Coaches, Wg Cdr Ray Greenhall, Mrs Henrietta Alderman, Mrs Diana O'Connell, Cpl Martin Burnell, Mrs Jackie Crofton, Lt Col Ray Minard, Mrs Anne Bonell, Maj Alistair Harvey, Mrs Avril Gauvain, Col Tony Gauvain, Mr Harry Holden, Capt David Lillystone and Sqn Ldr Roddy Williams.

Once again our sponsors, the NATO Shop, Coca Cola and Pioneer Mutual Insurance provided the winners and runners up with some very generous prizes. The weather, although quite hostile, did not once ruffle the happy atmosphere of the children. The prizes, presented by Mrs Anne White, were awarded to the following:

Special Awards

(For those unseeded players who made the most progress in the Tournament)
Jamie Napp, Abigail Hacom-Williams, Juliet Flood, Juliet Walden, Robin Newall

Plate Runners Up

Charlotte Heavey, William Bagniet, Jason Cowling, Nicky Miseroy, Charles Messervy-Whiting, Clare Savage, Tristan Oliver, Elizabeth McKeown

Plate Winners

Josh Ayres, Lisa Cousins, Daniel Jackson, Kirsten Whitmore, Paul Munson, Lesley Duncan, Rupert Hubert, Alison Betts

Text by Patrick Woodrow
Photos by: Cpl Boyland and Cpl Hickman



Michael Donnelly

The Tournament

Groups 4 Girls

Winner: Bonamy Gauvain
 Runner Up: Michele Cousins

Group 4 Boys

Winner: Guy Lord
 Runner Up: Andrew Butterworth

Group 3 girls

Winner: Abi Fawcus
 Runner Up: Joanna Robertson

Group 3 Boys:

Winner: Simon Lord
 Runner Up: Paul Wilkinson

Group 2 girls:

Winner: Karen Alcock
 Runner Up: Kerry Athey

Group 2 Boys:

Winner: Myles Harding
 Runner Up: Patrick Woodrow

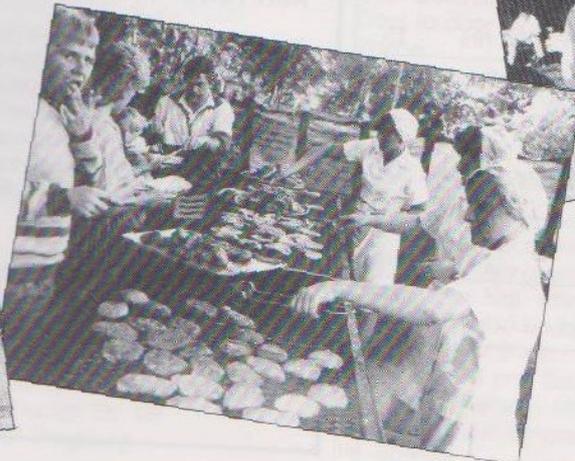
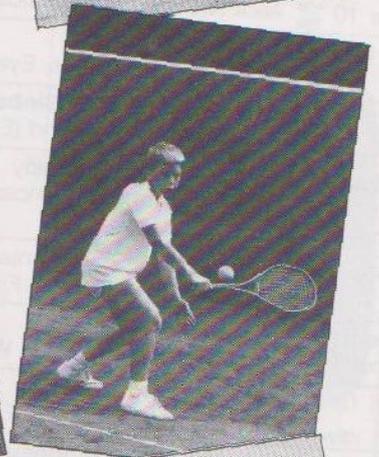
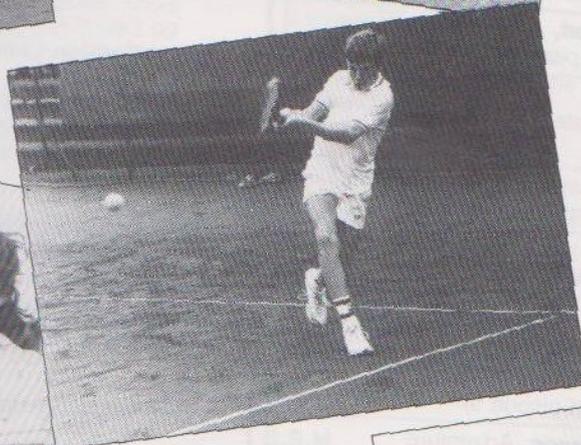
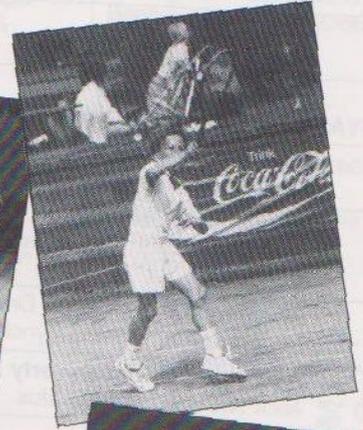
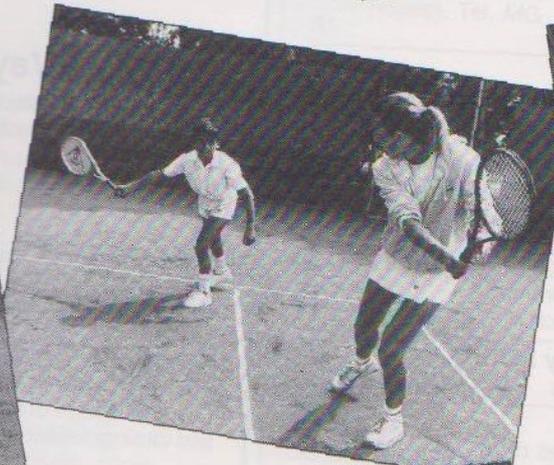
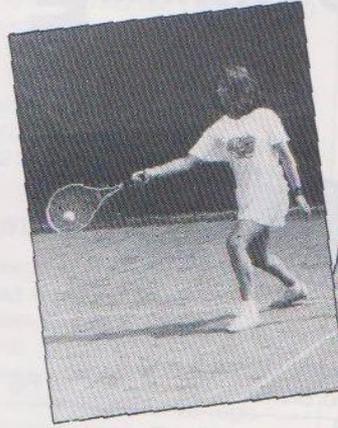
Group 1 girls:

Winner: Sarah Law
 Runner Up: Lucinda Friedberger

Group 1 Boys:

Winner: Mike de Boer
 Runner Up: Simon Dutton

Patrick Woodrow



CINEMAPROGRAMME



Tues 1	Cocoon , Sci-Fi Comedy Drama Don Ameche, Wilford Brimley	PG
Wed 2	Cobra , Adventure	
Thur 3	Sylvester Stallone	18
Fri 4	Bingo Doors Open 1900 hrs; Eyes down 2000 hrs	
Sat 5	All Creatures Great & Small , Ghost of Monk's Island (Episode 3)	
Mat		
Sat 5	Mannequin , Comedy	
Sun 6	Andrew McCarthy, Kim Cattrill	PG
Mon 7		
Tues 8	Invasion U.S.A. , Action Drama Chuck Norris, Richard Lynch	18
Wed 9	Down and Out in Beverly Hills , Comedy	
Thur 10	Nick Nolte, Richard Drefus	15
Fri 11	Bingo Doors open 1900 hrs; Eyes down 2000 hrs	
Sat 12	Golden Voyage of Sinbad , Ghost of Monk's Island (Episode 4)	U
Mat		
Sat 12	Though Guys , Comedy	
Sun 13	Kirk Douglas, Burt Lancaster	15
Mon 14		
Tues 15	Lifeforce , Science Fantasy Steve Railsback, Peter Firth	18
Wed 16	Legal Eagles , Drama	
Thur 17	Robert Redford, Debra Winger	PG
Fri 18	Bingo Doors open 1900 hrs; Eyes down 2000 hrs	
Sat 19	Jason & The Argonauts Ghost of Monk's Island (Episode 5)	U
Mat		
Sat 19	The Secret of My Success , Adventure	
Sun 20	Michael J Fox, Helen Slater	PG
Mon 21	The Goonies , Children's Adventure	
Tues 22	Josh Bolin	U
Wed 23	Hannah and her Sisters , Comedy	
Thur 24	Michael Caine, Mia Farrow	15
Fri 25	Bingo Doors open 1900 hrs; Eyes Down 2000 hrs	15
Sat 26	Arabian Adventure Ghost of Monk's Island (Episode 6)	U
Mat		
Sat 26	Police Academy IV , Comedy	
Sun 27	Steve Guttenberg, Bubba Smith	PG
Mon 28		
Tues 29	Plenty , Drama Meryl Streep, Andre Maranne	15
Wed 30	Aliens , Suspense Thriller	
Thur 1	Sigourney Weaver, Carrie Henn	18

vhs

Mönchengladbach

VOLKSHOCHSCHULE

Ve e Have Vays of Making You Talk!

Come and see what a variety of courses the "Volkshochschule", Mönchengladbach's Adult Education Centre, has to offer.

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Multinational courses where German is spoken all the time will help you to cope with everyday situations in a German environment. Courses take place twice weekly and range from beginners' to A-level standard. Students with a previous knowledge of German should take part in a placement test during registration.

* Other Foreign Languages

If you have a working knowledge of German already, why not prepare yourself for your Continental holiday by learning French, Spanish or Italian?

* Arts and Crafts

An ideal opportunity for "Brits" to come into contact with "locals" through a common interest. If you do not speak German, we will check whether you can take part nevertheless.

* The Anglo-German Club

Organized by RAF and Volkshochschule there are regular monthly meetings at the Dutch "P.M.C.", Chazal Road, where you can practice your German and meet the "locals". For further information, ring Flt. Lt. M. Yates, tel. mil 4063.

ACH-TUNG!

Don't forget our registration dates from Sunday, 30th August until Wednesday, 2nd September, and Monday, 7th September. Weekdays we are at your service from 10 am till 7 pm at our offices Bismarckstrasse 99 and Mühlenstrasse 2-4. Our free booklet will be available at the RAF and Army Information/Education Centres. For further enquiries, contact Mr. B. Morsbach, tel. MG civil 25 52 70.

Late registrations welcome until 21st Sept; please enquire by phone.

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Learn to drive with a fully qualified driving instructor registered with the Master Driver, Dusseldorf. High first time driving test pass-rate over past 3 years. Member of Institute of Advanced Motorists. Door to Door service. Reasonable rates. As from 9 Sept Please contact: Sue Brewin MG 558039

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LOGS FOR SALE

Oak, beech and birchwood, in dry condition, available as follows:
1 cbm (1 m lengths) DM 65
1 cbm (33cm lengths) DM 85
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1 cmb (1 m lengths damp) special offer DM 20
Small quantities may be collected by car from the Forsthaus in Antrim Drive on working days from 0900-1200 hrs and 1430-1800 hrs (except Wednesday and Saturday afternoons)

BIRTHDAY CAKES MADE
Carebears, Rainbow Brite, My Little Pony, Popple, He-Man, Train etc.
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Janines Hairdressing
Salon will be closed from
Sept 22nd until Oct 10th
for holiday.

HAIRDRESSER REQUIRED
In the Rheindahlen area. Must be fully qualified, at least 3 years Salon experience. Tel: MG 550462 during working hours.

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Top quality seconds. Fairy plates, Russian plates table ware, lamps, and small gifts. CALL at 5 Taunton Way or phone Di Marchant Smith (02161) 558593

TAP DANCING

New terms starts **Thursday** 10th September at St Christopher's School JHQ
Childrens classes: Thurs 5.30-6.00 and 6.00-7.00
Adults Thurs 7.30-8.30
For information please telephone Mrs Julie Moulton JHQ 4683

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Evening wear a speciality. Have a new evening dress made especially for you. Ring MG 558513.

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For **relaxation and health**
Evening Class
Tuesday, 19.15-20.45
St. Patrick's School Hall
Starting 22nd September, 87 Morning Class
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Windsor Boarding House
Cambridge Drive
Starting 23rd, 87
For further details check the various notice boards or telephone MG 550754 (not before 21st Sept.)

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KAISER PORCELAIN FIRSTS

Contact Dorothy Parkes, 3 Exeter Way JHQ, tel. MG 557809 after 4.30pm weekdays or anytime at the weekend.

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BFG Marriage Counselling Service

To make an appointment with the local BFG Marriage Counselling Service you may telephone JHQ 2826 or Civil 02161-47-2826 between 0830 and 1230 hours. At other times leave a message on the Ansaphone and your call will be answered by the Appointments Secretary.

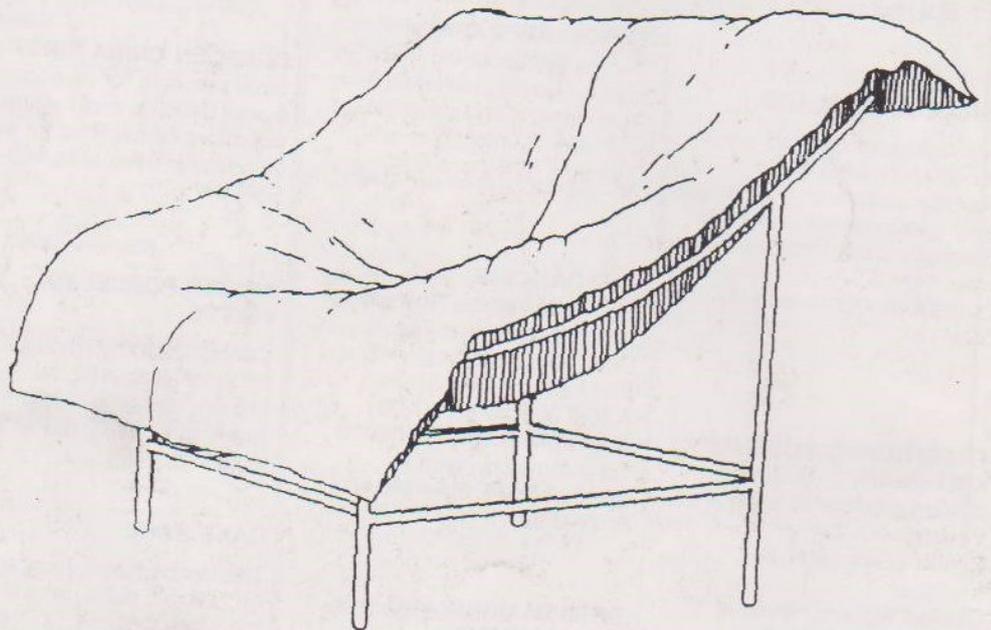
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