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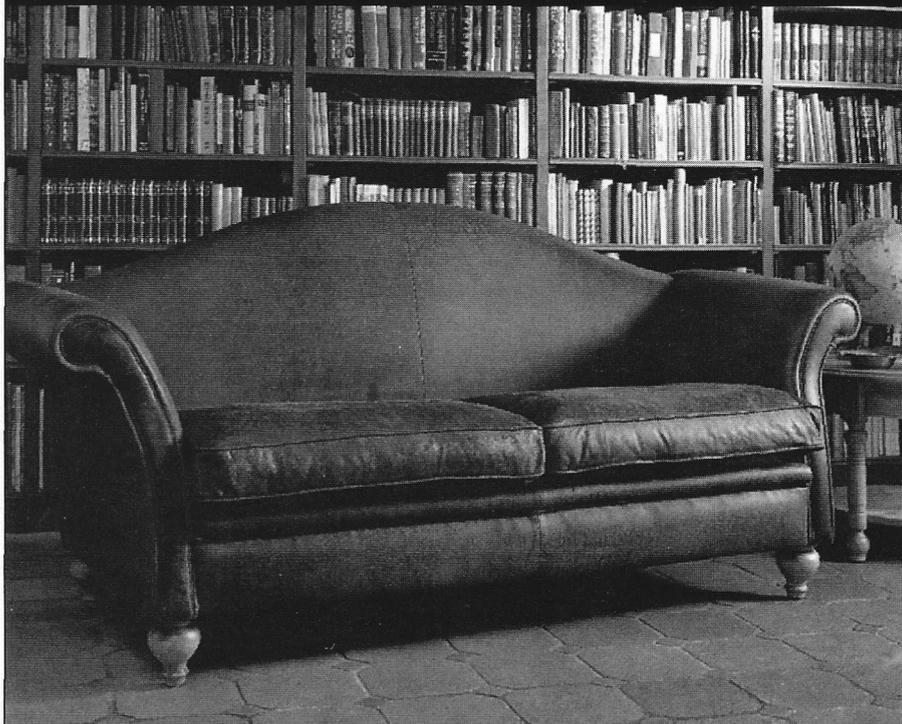
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RH/266a

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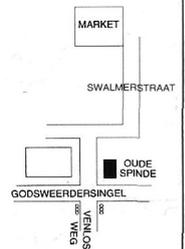


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RH/180ap

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All businesses are invited to advertise in the Bulletin, which has a circulation of over 3.000 copies a month. Details can be obtained from the Business Manager. The Editor hereby declares that the publication of an advertisement in the Bulletin in no way indicates or implies sponsorship by MOD or by any Service establishments or Unit, of the advertiser or of his product or service advertised, nor will the Editor, Staff or any Service Authority become involved in any dispute arising out of any advertisement appearing in this magazine. Furthermore, the Editor reserves the right to omit, amend or edit any advertisement or article at her sole discretion, without liability.

THE MOSELLE VALLEY

Sightseeing

The Moselle, between Trier and Koblenz with its many numerous curves and bends is not only the famous vinticulture area but also has a great number of romantic and historic places to visit.

It is the biggest affluent of the Rhine with its springs situated in the southern vosges and is 545Km in length.

The Middle Ages come to life in the many medieval castles. Burg Eltz near Moselkern, Burg Thurant near Alken, Ehrenburg near Brodenbach, Burg Pyrmont near Treis-Karden, the Reichsburg Cochem, Burg Arras near Alf, the Metternich castle ruins in Beilstein, Grevenburg in Traben-Trarbach, Landshut in Bernkastel-Kues and the Saarburg ruins are all worth a visit.

Wine Tasting is available at vineyards often combined with viewing the cellars and, of course, the opportunity to restock your own wine cellar at home. Signs hung outside the wine estates and vineyards indicate the range on offer and wine tasting opportunities.

The tourist information centres in the wine towns and villages have relevant addresses to hand or organise regular wine tasting sessions at fixed dates and times.

The Moselle region is rich in cultural monuments, museums, castles, stately homes and historic townscapes.

FAREWELL TO OUR TYPESETTER

Yet again, posting orders have affected our office and this time we must bid a fond farewell to Jane-Anne our typesetter. She and her family are moving to Brussels and we wish them all the best in their new posting. The Bulletin office will never be the same as it was Jane-Anne who helped us keep our spirits up during our

move into our present premises and her lively character often helped lighten our deadline weeks when time was running against us.

Taking over her chair at the computer is Pam Crossland who has joined us from Brunei and we wish her many happy hours here with us.

What's Where?

Advertiser's Index	40
Bookshelf	32
Church Services	28
Cinema	41
Clubs	16
Cooks Companion	31
Crossword	35
Gardening Guide	30
Forthcoming Events	7
HIVE	26
MND(C)	33
Naafi Notebook	11
Road Test	37
School News	3, 39
Support Battalion	14
TQG	13
Video Review	34
Why not visit	1
Further Education Classes	22,23

Advertising Manager's Office Phone & Fax No.

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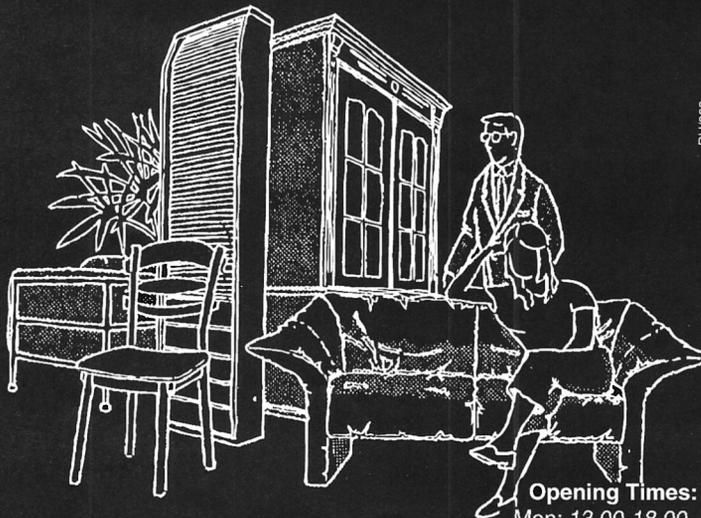
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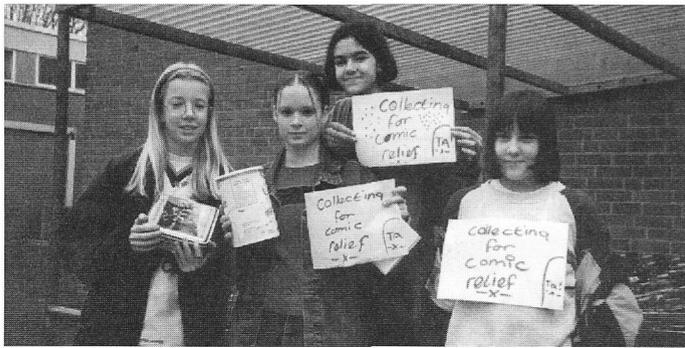
Sat: 10.00-17.00



SERVICES RECOGNISED

Headteacher, Mrs Anne Farrell is pictured here (centre) after presenting long service certificates to Frau Lina Eugenie Langel-Smets (R) and Brigitte

Schaffrath (L). These two ladies have been working in Windsor School Boarding Houses for 13 and 14 years respectively.



AIDING COMIC RELIEF

School House Boarders were only too eager to plan activities which would result in contributions to Comic Relief 1997. Through a series of sponsored activities and bag

packing at Bushof NAAFI the pupils raised DM520. The pupils wish to thank all who gave so generously, particularly the NAAFI shoppers.

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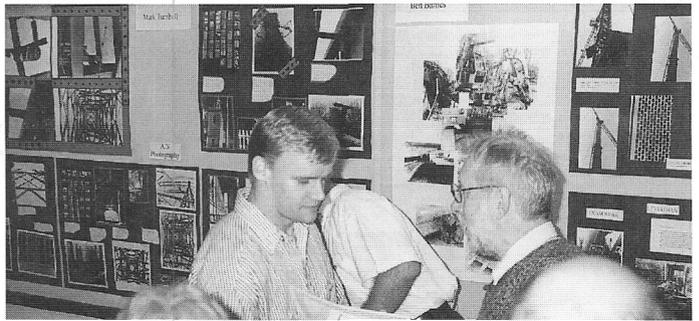
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WINDSOR ARTS FESTIVAL - THE BEST YET

Many hours of work and practice by the students of the school finally came to fruition recently. "Windsor Arts", the annual arts festival of Windsor School was attended by an estimated seven hundred parents, children and further members of the JHQ community.

All had left the comfort of armchairs and television sets to brave black and threatening clouds. All were well rewarded for doing so. This surely was the very best, in recent years of a festival which would be the envy of any UK school.

The emphasis was on both maximum participation and quality. More than two hundred students from all year groups contributed to a wide range of tremendous events. The focal point of the evening was a breath-taking exhibition of painting and sculpture from sixth form A Level students. Peter Dixon, a visiting poet and painter said that it was the best display of its kind that he had ever seen.

Musical entertainment was provided throughout the evening by students and staff from both the school and attached Music Centre. The variety was astonishing, ranging from buskers to classical string ensembles. As the evening wore on, loosened by the relaxed atmosphere (or perhaps the Chablis from the French cafe) even some of the staff

exercised their vocal chords accompanied by a honky-tonk piano.

The festival also embraces another annual event at Windsor - **Writers' Week**. This year three well known children's writers - Bernard Ashley, Chris Powling and Peter Dixon - who had been working at Windsor and in feeder primary schools, presented the prizes of the Windsor poetry competition. Congratulations to Shane Welch (year 12), Marc Barrett (KS 4), Tom Atkinson (KS 3) and Jodie Morrison (KS 2 - Cheshire School) for winning their sections.

The evening held something for most tastes. Drama and dance performances ran uninterrupted for more than two hours. The foyer and corridors were packed with students displaying their own particular talents, artistic and linguistic.

One measure of the success of the evening was the sell-out of the wares of both barbecue and French cafe - both outside - both quite soggy! Well, it is the wettest summer so far this century!

I'll leave the last word to Bernard Ashley, author of "A Kind of Wild Justice", himself an ex-headmaster. "This was an absolutely tremendous evening. You've no idea what most UK schools would give to be able to organise a festival of this calibre!"

Thank you Bernard.

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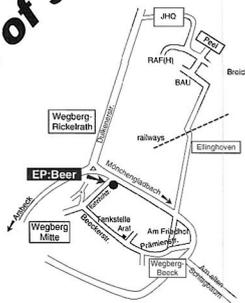
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RH/309p

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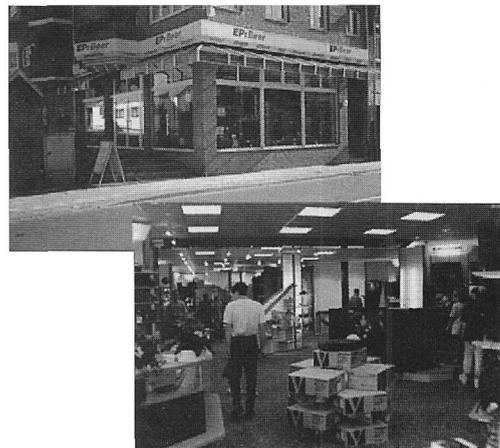


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RH/319p

REMEMBERING ENCON ORGANISER

On Monday 16 Jun 97 Comd RASU rededicated a tree and a bench to the memory of Wg Cdr Jim Ward. The initial tribute to Jim Ward was undertaken in 1994 by pupils of Windsor School. Wg Cdr Ward had been the organiser of the ENCON 92 environmental competition and was a key figure in its success. The pupils of the School who had taken part in the competition were so saddened by Jim's death that it was they who proposed the tribute.



this matter to the attention of RASU who immediately undertook to replace it.

The photograph shows Mrs Verena Ward sitting on the new bench next to Colonel John Kirby.

Sadly, the original tree was removed from its position in the Windsor School Nature Reserve. Mrs Ward brought



Cpl Ian Ashford presents the cheque to SSAFA Forces Help's, Alison England. At the front are (l-r) Cpl Paul Williams and Sgt Gary Vickery.

SSAFA Forces Help's holiday for children with special needs got a welcome boost, thanks to the Photographic Reproduction Unit (Germany).

Staff from PRU(G) donned fancy dress to run a bottle stall at the Rheindahlen Show. Their clowning around raised just over DM3,500, which will help send special needs children from BFG to the

YMCA's adventure training centre in Hampshire. The aim of the holiday is to challenge and stimulate the children, while giving their families a break.

Accepting the cheque, SSAFA Forces Help's Alison England said: "This was a brilliant effort is a great boost to our coffers. The unit is renowned for its fundraising, and I'm delighted they chose the special needs holiday this year".



CATERING DEPT

The Commander, Rhine Area Support Unit, Col J E F Kirby OBE, presents Certificates of Service for a total of 73 years given to various members of the Catering Department

within Rhine Area Support Unit. From left to right: Heinz Uhlenkücken, Sharon Braendel, Julia Werner, Col J E F Kirby OBE, Ingrid Grund and George Anthony Eccles.



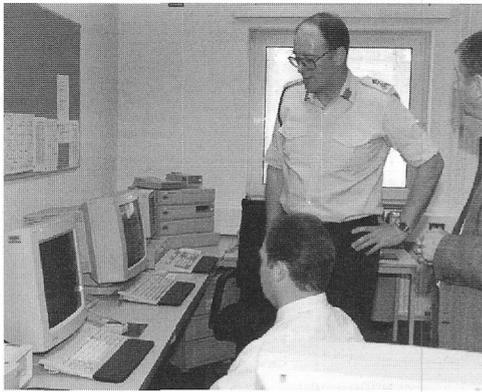
THE OPENING OF THE NEW ENTRANCE TO THE RHEINDAHLEN GARDEN CENTRE

Brigadier Taylor, COS HQ UKSC(G), opens the new Rheindahlen Garden Centre entrance. Pictured left to right: Mrs M Walker, Maj R F Greathead, Mr S Fleming, Mrs P Robertson, WO2 Oates, Brig and Mrs M G Taylor, Mrs Fleming, Mrs R W Bugler, Col and Mrs J E F Kirby.

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NEW COMMUNICATIONS CONTROL CENTRE OPENED BY BRIGADIER J M SHAW MBE, COMMANDER CIS, HQ UKSC(G)

You do not have to be an Internet user to be at the leading edge of technology. It may surprise some readers to know that they probably use modern, state of the art, communications systems on a daily basis whether it be the BFBS TV system or the military telephone network. It should be a comfort to us, therefore, that these two systems (as well as others in Germany) are monitored and controlled around the clock by a team of experts from a 'high tech' control centre located at JHQ.

The control centre, which is managed by Tels Div Germany, came on line earlier this year and was officially opened by Brigadier James Shaw on Friday June 13th. Notwithstanding the ominous date chosen for the opening, the proceedings went without a hitch.

The picture shows Brigadier James on a tour of the control centre accompanied by the Network Operations Manager, Mr Steve Sims and the Duty Network Controller, Mr Steve Nelson (seated).



IMPERIAL SERVICE MEDAL PRESENTATION

In a ceremony which took place on 14 May 1997, Mr Terry Keenan was presented with the Imperial Service Medal by Colonel J Kirby, Commander RASU. Mr Keenan and his wife travelled from their home in Yorkshire to attend the presentation ceremony, which was held in the No 1 Civilian Mess in the presence of many of Mr Keenan's old colleagues and friends. The Imperial Service Medal is awarded to Civil Servants of certain grades who, upon retirement, have completed more than 25 years

meritorious service. Following 10 years in the Army, Mr Keenan joined the MOD in 1963, moving to Germany in 1967 to take up a post as a civilian security guard. He remained in Germany until his retirement in June 1995, and for the last 8 years was the Head of the Civilian Guard Service Unit based in JHQ. Out of a total of thirty one and a half years of MOD employment, he spent over 24 years in Rheindahlen, during which time he became a familiar and respected figure in the community.



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FORTHCOMING EVENTS IN JHQ

Combined Amateur
Theatrical Society (CATS)
presents

WOLFSBANE

by Georgina Reid
at the Little Theatre, JHQ at
8pm **on Wed 17th Sep, Thu
18th Sep, Fri 19th Sep & Sat
20th Sep.**

Further details from Christine
Frazer on MG 557365

The Rheindahlen
Multinational Club **Christmas
Bazaar** 15 November.

ACE Rapid Reaction Corps
Officers' Wives Association
**INTERNATIONAL FESTIVAL
OF FOOD** 17 October 1997.

Rheindahlen Civilian Ladies
Club **Family Trip to the Wine
Festival in Ahrweiler** on
Saturday 6 September.
Also, a talk "**Safety for
Women**" on **Wednesday 17
September.**

Bridge Club
Sept. 4th 7.15 pm
No. 1 Mess. All Welcome.

Combined Amateur
Theatrical Society (CATS)
Cheese & Wine Evening
Tuesday 9th September at
8pm. Further details from
Christine Frazer on MG
557365 or Judith Rossiter on
MG 5577821

**St. Boniface
Choir Robes Quiz**
Answers to the quiz and the
names of the winners will be
announced in the October
Bulletin.

Novice Diver courses are
being run by the Sub Aqua
Club over the weekends of
25-27 Aug and 12-14 Sep 97.

The next meeting of the
Rheindahlen Multinational
Club **11 September** in the
Rheindahlen Rooms.



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RH/186

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A BELGIAN FIRST



The picture shows Adj Chef (RSM) M R J De Coster, having just been awarded the Long Service Medal, standing alongside the board listing the Presidents of the Reaction Forces Warrant Officers' and Sergeants' Mess.

During the deployment of HQ ARRC and ARRC Sp Bn to Bosnia, the Reaction Forces Warrant Officers' and

Sergeants' Mess in Rheindahlen was handed over to Adj Chef (RSM) M R J De Coster as the Presiding Member from 1 Mar 96 until 14 Feb 97. The occasion was, we believe unique, not only to this individual Mess but to any Warrant Officers' and Sergeants' Mess within the British Army.

Adj Chef De Coster is not a member of the British Army but is a serving member of the Belgian Army, currently holding the position as the RSM of Headquarters Multinational Division Central (Airmobile). On deployment to Bosnia, it was decided that the Warrant Officers' and Sergeants' Mess should remain open and a suitable RSM be appointed as the Presiding Member; however, as all the major units with their own RSM were to deploy, the remaining RSM was from the Belgian Army.

Adj Chef Michel De Coster soon took the reigns and set to organizing the mess with a skeleton staff and a shortage of committee. The first mess meeting was, I am sure a harrowing experience for

Michel, as most RSMs will have experienced at their own first mess meeting as Presiding Member, but imagine presiding over a foreign mess! During the absence of the ARRC, RSM De Coster kept the mess ticking over with a regular programme of entertainment including a superb Belgian night.

Adj Chef (RSM) M R J De Coster, joined the Belgian Army in 1961. During his 35 years service he has spent 33 years serving in Germany, assuming his appointment as the RSM of Headquarters Multinational Division Central (Airmobile) in 1994. On 18 June 1997 he was awarded the Long Service Medal for 35 years service with the Belgian Army. The presentation by the Senior Belgian Officer, Lieutenant Colonel Jan Desle, was watched by the Commander Multinational Division Central (Airmobile), Major General Rob McAfee.

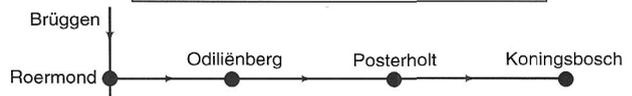
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'Husband and wife team on parade'. Staff Sergeant Richard Oats and Corporal Paula Oats, both of 101 Provost Company RMP, were on parade together.

101 PROVOST COMPANY RMP RENEW FREEDOM OF XANTEN

'With bayonets fixed and flags flying', Rheindahlen based 101 Provost Company Royal Military Police renewed their Freedom of the City of Xanten recently.

In a glittering march past, 50 members of the Company, accompanied by the Band of the Hussars and Light Dragoons, paraded through the streets of this historic Roman city in north west Germany, just inside the Dutch border, watched by thousands of onlookers.

Leading the march past was Captain Mark Hebron, Officer Commanding 101 Provost Company.

This was the third occasion on which the Company has exercised its Freedom of the City and the fifteenth anniversary of receiving this rare honour. The Freedom of the Stadt, giving the Company the right to bear arms in the city, was originally bestowed on them in 1982 in recognition of the strong bonds forged between the Royal Military Police and Xanten at the end of World War 2.

The Company's links with Xanten date right back to 1945, when the unit stayed in this devastated border town following the crossing of the Rhine by British troops. Lasting respect and

friendship were formed as the Royal Military Police and the community worked closely together to rebuild normality in the wake of the battle.

101 Provost Company, many of whose members are currently on detachment in Bosnia, has been stationed in Germany ever since, and is responsible for the policing of Rheindahlen Garrison and all British Army interests throughout Germany.

The Salute was taken by the Bürgermeister of Xanten, Herr Hans-Jürgen Thiele, and the Parade's Inspecting Officer, Brigadier Ian Fulton, Provost Marshall (Army). Prayers were then given by the Reverend Neil Cameron, Community Chaplain, Rheindahlen Garrison.

Commenting on the significance of the event, Brigadier Fulton said: "In the midst of momentous changes in the past fifteen years we have maintained and developed our traditional close ties as witnessed by this parade. I am certain that the special friendship and trust that has existed for so many years between the Company and the people of Xanten will continue and flourish".

RH/271

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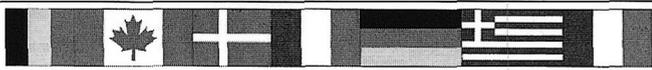
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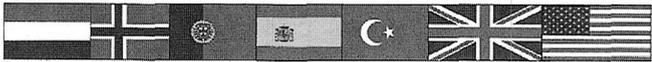
ARRC OFFICERS WIVES ASSOCIATION
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INTERNATIONAL FOOD FESTIVAL

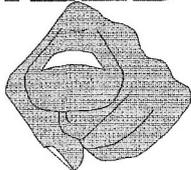
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INTER- NATIONAL FESTIVAL OF FOOD

On 17 October 1997 the ACE Rapid Reaction Corps Officers' Wives Association will be once again holding their INTERNATIONAL FESTIVAL OF FOOD.

The purpose of this Festival is to provide a focus for the ARRC community and to raise money for charity.

With the deployment of the ARRC headquarters to Bosnia last year, there was no food festival in 1996.

Now the ARRC has returned its headquarters to JHQ at Rheindahlen everybody is looking forward to the 1997 Food Festival with great enthusiasm.

It is a hugely popular event where the food of 13 member nations of the ARRC have an opportunity to prepare national dishes for the 400 or

more guests to taste and enjoy.

Each nation will have a stand where they will display both food and drinks (both alcoholic and non-alcoholic).

This event provides a unique opportunity for national products to be displayed. We also run a raffle to which each nation makes a donation.

We are informed by a reliable source that what appears at first sight to be roadworks around JHQ is, in fact, connected to the future extraction of water to enable the Stadt to keep the water level at the required height due to mining in the North of JHQ.

Other fields will be affected in due course.

MESS DRESS

Made to Measure Mess Dress
for Officers + NCO's

The finest quality uniforms
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Full Medal Service

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Our representatives are in regular
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RH/220P

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e.g. APR of a loan for 30 months:

fixed rate : 11.27%

Sparkasse Bank JHQ

We are here for you



Car park is open to the public again
Marlborough Road, JHQ Rheindahlen

Telephone: (02161) 2 79 37 08 / Telefax: (02161) 55 65 90



Figaro--Salons

RH/149P

YOUR HAIRDRESSER ON CAMP

JHQ Shopping Center
Tel. 0 2161 / 55 95 68

Marlborough - Club
Tel. 0 2161 / 55 04 62

Open: Tues-Fri 9.00 - 17.30 Sat 9.00 - 14.00

Body Care

Beauty Treatments



by
Denise Walker

Qualified
Beauty Therapist
and
Reflexologist

Both male and female clients welcome

Tuesday - Friday 1000 - 1730
Thursday 1000 - 1930
Saturday 1000 - 1400

Tel: 02161 559568

Situated in the basement of this Figaro - THQ Shopping Centre

note book



The new and improved foodhall was officially opened by Major General and Mrs Drewery on Wednesday 9th July.

We are sure all our customers are pleased with the new design of the foodhall.

A **new innovation** is our bakery and cafe service which we now provide in the foyer. Freshly baked rolls, filled rolls and a full range of cakes are available, along with coffee, tea, chocolate and cold drinks.

All in all, a pleasant oasis to rest at after shopping. Watch out for special offers in all departments.

These occur at various times, mainly coinciding with pay weekends.

Have you visited our **camping and gardening marquee** situated adjacent to the rear car park?

We are sure you will find a visit well worthwhile. May we finally take this opportunity to thank all our customers for bearing with us during the refurbishment of the foodhall; we appreciate that the work involved caused disruption to your normal shopping practices.

St. Boniface Choir Robes Quiz

Answers to the quiz and the names of the winners will be announced in the October Bulletin.

RASU MINI BUS & VAN HIRE



9 seater mini bus

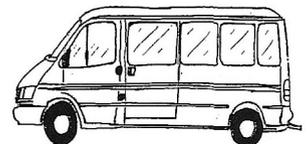
ADAC Euro cover
Unlimited mileage
All vehicles run on diesel

Rental Charges:

Day	0900-1600	DM 60
Night	1630-0900	DM 60
24 Hours	0900-0900	DM 90
Weekend	1600 Fri - 0900 Mon	DM150
Weekly	0900 Mon - 0900 Mon	DM500



High Top Transit Van (for removals)



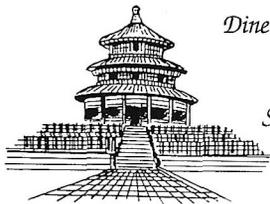
15 seater mini bus

For further details contact
JHQ Mil3261 or Civ02161473261.

China Restaurant *China-Town*

中國城酒樓

Credit Cards
+ VAT forms
accepted



*Dine in our friendly, cosy,
relaxed restaurant.*

Seating for 70 people.

*FREE Bowling
Alley Facilities for
parties of 7 or more.*

Cantonese cuisine.

*Our lunchtime menu
starts at DM10.*

Take-away service.



Parking at Bleichermühle car park

Hehler 132

(next to Bleichermühle,
only 3 minutes from JHQ)

41366 Schwalmtal

Tel: 02163 - 49 724

Opening times

Monday - Saturday

12.00 - 15.00

17.30 - 23.30

Sundays and Holidays

12.00 - 23.30

THE INDIA PALACE TANDOORI RESTAURANT in Mönchengladbach



• **Main chef from London**

- Real Indian food, over 130 delicious authentic dishes to choose from
- Original Tandoori dishes
- Take away service available
- Telephone orders welcome
- Party bookings welcome
- New Menu
- Midday lunches DM 14,00

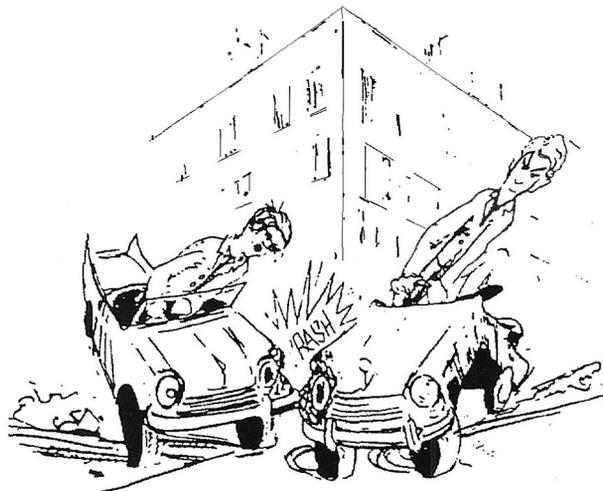
**Indian Buffet
DM 22,-
every Sunday over 25 dishes
12.00 - 22.00**

Open every day 12.00 - 14.30 / 18.00 - 23.30
except Mondays

Lupertzenderstraße 150, 41061 Mönchengladbach
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MG - Centre opposite Rheinische Post near Deutsche Bank

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ETC. ON THE SPOT

SHOPPING CENTRE JHQ
41179 MÖNCHENGLADBACH/ RHEINDAHLEN
TELEPHONE 02161 / 559655
OFFICE HOURS: MONDAYS TO FRIDAYS
09.00 - 17.00 HOURS

MORE SUCCESS FOR TQG

Training and Qualifications Germany (TQG) recently presented several trainees with certificates in recognition of their achieving full NVQs. The qualifications demonstrate the range of skills and experience that can be acquired through NVQs. NVQs are based on skill and awarded on merit, they are national awards that measure people's ability to perform well at work - or their 'competence'. They are becoming increasingly popular among employers who are keen to reap the benefits of a highly trained workforce.

NVQs are made up of standards which reflect the needs of the workplace - both now and in planning for the future. An NVQ says what a person needs in order to do their job well, but does not dictate the way in which a person must learn. Training is flexible and can fit the needs of the workplace with most of the training done 'on the job'.

That is why more than 1.4 million people who never thought they would get another qualification have now unlocked their potential and are back on the path to lifetime learning - and why over 90% of employers who currently use NVQs to train their staff say they will continue to use them.

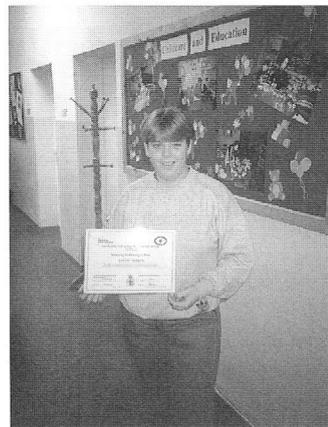
TQG guarantees placements for all 16-19 year olds and for those aged 19-23 on a fill-up basis. Training takes place four days a week in a work placement appropriate to the NVQ with one day a week spent at the local TQG office



for supplementary instruction. Each unemployed youth trainee is entitled to receive a training allowance, 30 days paid leave and all necessary resources.

TQG is now able to offer NVQs to employed or unemployed dependents over 23 on a fee-paying basis (subject to availability) in the following programmes: Childcare and Education Levels 2 & 3, Administration Levels 2 & 3, Catering Level 2 and Hairdressing Level 2. Take up has been excellent and there are limited places available.

Pictured below are three Trainees who were recently awarded their full NVQs.



Joanne Martin completed her NVQ in Wholesaling, Warehousing and Stores. This qualification took Joanne a year to complete whilst 'serving her time' at QM's Department JHQ. With the help and support of the staff Joanne was able to learn new skills, and experience working alongside colleagues in a fully operational workplace. On the strength of her abilities and performance Joanne was given a job on completing the NVQ.

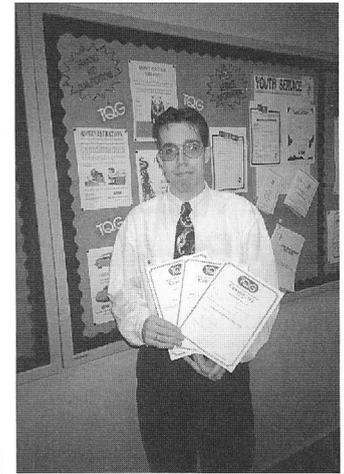
Nicole Brealey recently completed an NVQ Level II in Childcare and Education. Placed in the Ladybird



Nursery at JHQ, Nicole became a valuable asset to the Nursery helping out with the children and learning all about child development. When she first joined TQG to undertake an NVQ, Nicole was unsure of her own

abilities but soon settled down and produced some excellent work. Nicole is now trying to find employment in the UK and is hoping to study for her Level III NVQ.

Jon Herbert joined TQG some 14 months ago and quickly made a name for himself helping out in the



Education Centre at HQ AFCENT. He learnt many new skills and thoroughly enjoyed the versatility and the hustle and bustle of working in a busy Education Centre. With help and support from the staff, Jon has now gained a Level II NVQ in Administration. He now plans to return to the UK and start job-hunting.

For more information on any of our NVQ programmes please call Janet Rose on 02161 473274 or JHQ Mil 3274, or call in for a chat at 3 York Drive, Rheindahlen.

Advertising Manager's Office Phone & Fax No.

As from 1st Sept this number has been changed to **MG 955547**

Please note: 2106 is no longer available

OTTO GRUNERT



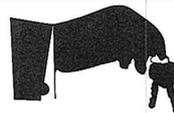
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T - F 9 - 12.30
14 - 18.00
Sat 9 - 12.30

RH/048p



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MÖNCHENGLADBACH
(5 minutes from JHQ)

RH/249p



GET FELL IN AND JOIN THE CHAR LADIES

'Right you 'orrible lot, you're on parade. Tea cups at the ready, on my command, DRINK!' And so RSM John Young, Support Battalion HQ ARRC led the main JHQ effort to drink as much tea as possible in the SSAFA Army-wide Big Brew Up. The

Battalion and SSAFA raised DM1500 for SSAFA and contributed a significant number of names towards SSAFA's Guinness Book of Records entry attempt. Well done to all those tea drinkers!



"RED DEVILS" JAVELINS ROMP TO VICTORY

The recent rugby 7s competition held at Gutersloh produced some magnificent rugby and Support Battalion's team led by Lt Steve Jeremy won all six games in the league, scoring over 100 points. The final was a heated affair and

although the Javelins went into the second half 15-0 down, they snatched victory by scoring 31 points in rapid succession, ensuring a memorable victory over the current cup holders, 1 GS Regt.



SUPPORT BATTALION RED DEVIL JUMPS FOR CHARITY

Mrs Helen Thomas, Support Battalion's very own Red Devil took her life in her hands by making a maiden parachute jump for charity. "I did a somersault out of the plane, free falling for about 45 seconds I felt totally refreshed and alive". Helen continued, "It was a relief when the canopy opened, I was able to recognise the view and even my husband frantically waving!" Said proud husband, Kevin, LAD

REME Support Battalion, "Helen is fearless, it worries me what she will get up to next time".

Helen, who refused to comment on Kevin's comment, works as a clerk for HQ Coy, Support Battalion.

Her efforts raised DM2000 for Tommy's campaign and St Francis Special Playgroup in JHQ. Well done Helen.

Rheindahlen Laundrette

15 Band Walk
(next to Bradbury Shop)
Tel. JHQ 4065

*Washing machine on the blink?
Duvets won't fit in your machine?
Clothes washed and dried while you're at work.*

**Then why not visit the Launderette?
We can help.**

Open
Mon - Thurs 0800 - 1700
Fri 0800 - 1600

Prices.

Baskets of washing - DM6
Polyester Duvets - DM15 to DM25
Feather Duvets - DM25 to DM32
Other items laundered - details on request.

We are Here!

Why wait 6-8 weeks for your Video & Television repair?

We offer you a 48 hour quick repair service on your...
Television, Videorecorder, HiFi-Equipment,
Also: All types of German bulbs, (rechargeable) batteries and (Euro-) plugs

Servicing and cleaning – our speciality



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We do so much for you.
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RH/161a

Dalmatiner Stuben

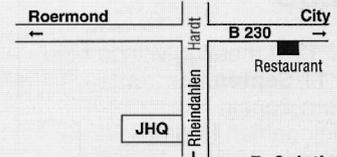


Balkan-Restaurant

OUR SPECIALITY STEAKS AND BALKAN FOOD

English menu-cards
Reasonable prices
Children's menu
Take away service
Payment by cheque possible
Party-room for 20-40 persons
14% saved through our party delivery service

OPEN DAILY
from 12 to 14.30 hrs
and 18 to 23.30 hrs.



E. Soletic
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Vorsterstraße 321 - Tel. 02161/559344

RH/1013p



Bombay Inn

Original Indian Restaurant

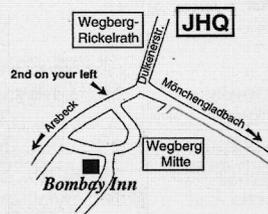
Only 5 km from JHQ

• Buffet every Thursday night •



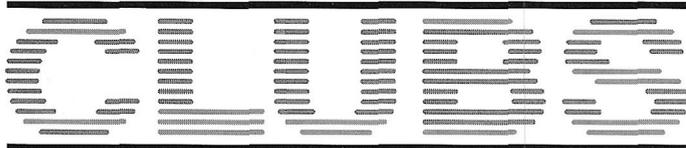
New chef from Hotel Tai Mahal, India

- * We accept Abwicklungsscheine for parties of 4 or more.
No discount available for buffet
- * Free Delivery Service
- * We'll open for you at lunchtime on request
Open daily from 17.00-23.00
Sundays 13.00-23.00



Fussbacher Str. 19
41844 Wegberg
Telephone 02434 - 6260

RH/239p



RHEINDAHLEN MULTINATIONAL CLUB CHRISTMAS BAZAAR 15 NOVEMBER 1997

The Rheindahlen Multinational Club is holding its **Christmas Bazaar on 15 November** in the Rheindahlen Rooms JHQ. If you would like to set up a sales staff at the Bazaar then phone MG 556483 or 558263 by 10 October.

RHEINDAHLEN MULTINATIONAL CLUB

Our next meeting will be held on **11 September** from 10am-2pm in The Rheindahlen Rooms. Amanda Willsher, MRQA MISR, will give a demonstration and talk about the benefits of Aromatherapy and Reflexology. There will be a raffle and stalls selling a variety of goods. Lunch will be served at approx 12 o'clock when everyone is welcome to partake including those who only have a short lunch break and can't make it to the meeting. This is the first meeting in the Rheindahlen Rooms so please come and join us in our new surroundings. Entrance is still DM2 and children are free. All proceeds go to charity.

TUMBLING TOTS

Tumbling Tots meets in the Childcare Centre, Malta Way. The sessions are held on Wednesdays 10.30 - 11.30am (steady walking -2.5 years) and on Thursdays 1.30pm-2.30pm (2.5 to school age).

Sessions will restart after the summer break on Wednesday 10 September and Thursday 11 September. For more information contact Joanne Whyte on 558696 or Katie Jones on 556112 or come along to one of the sessions.

RHEINDAHLEN CIVILIAN LADIES CLUB

Our next event will be a **family trip to the Wine Festival in Ahrweiler on Saturday 6 September**. The cost is DM25 per seat on the coach which leaves the No1 Civilian Mess at 9.45am, returning at approximately 10.30pm.

There will also be a talk on **"Safety for Women" on Wednesday 17 September** at 8pm at the No1 Civilian Mess.

For further details of both these events ring Laura Harvey-Smith on Ext 4377.

HOME START RHEINDAHLEN



Jackie is a young mum who has just had her second baby. She has no family or friends nearby and is feeling isolated and overwhelmed. Are you a parent or grandparent who can offer friendship, support, sympathy and understanding? Do you consider yourself a good listener and have a common sense approach to life? If you can spare a few hours during the day, then you may be interested in becoming a Home Start volunteer. A new preparation course starts on 1 September. This is an opportunity to be involved with a valuable community organisation here at Rheindahlen and surrounding areas. If you would like to know more, please contact Marian or Coreen on 02161 473570 or military extension 3570.

RMC CLIMBING CLUB

The Climbing Club meets regularly for training and climbing trips. Enthusiastic climbers and mountaineers are welcome. Call JHQ Ext 4449 for details.

RHEINDAHLEN ANGLO-GERMAN CLUB

The Rheindahlen Anglo-German Club holds monthly meetings in the RAFA Club (behind the Oase and PX, building 19 to be precise). **Normally they take place on the first Thu of the month beginning at 2000hrs.** It's aim is to allow both Germans and British to get to know each other and reveal a little of each other's cultures. The atmosphere is very relaxed and informal, and you do not have to speak German as most of the Germans speak good English. If you want to know what the Germans really think about us, life in general and the weather, this is the place to do it. For more information, contact Flt Lt Andy Gorton on Ext 4063/MG 955749.

INTERESTED IN SUB-AQUA DIVING?

Then why not come along to the Rheindahlen Sub-Aqua Club! The Club meets on Monday evenings from 1730hrs at the Clubhouse, Block 34 Nairn Road RMC, followed by training in the Blue Pool, Queens Avenue. Try dives can be arranged on most Monday evenings, so why not give it a go!

NOVICE COURSES

For anyone wanting to learn to dive, intensive Novice Diver courses are being run by the Club over the weekends of **25-27 Aug and 12-14 Sep 97**.

For further information, pop down to the club on Monday nights and add your name to the list or phone JHQ Mil Ext 3620.

LADIES BRIDGE CLUB

Every Wednesday 1400 hrs at Rapid Reaction Forces Mess.

All standards welcome. We are a very friendly group. A morning session is also possible, depending on demand. Please join us. Tel: Sybille Ross on 02161 551680.

COMBINED AMATEUR THEATRICAL SOCIETY (CATS)

CHEESE AND WINE EVENING

Tuesday 9th September 1997
at 8pm

at the Little Theatre,
Beresford Road (in front of
the parade ground).

New members are always welcome, so if you are a budding actor, or you would like to help with a variety of backstage jobs please come and have a drink with us.

Further details from Christine Frazer on MG 557365 or Judith Rossiter on MG 557782.

WEGBERG PLAYGROUP



I'm going to Wegberg Playgroup. We do playing, singing, cooking, PE and much more. We go on trips out and we have a garden to play in! Want to join me? Ring Weg Mil 2240 or 558591 or 591699.

**GRAND OPENING Sept 4th
at No 1 Mess
Everyone Welcome**

BRIDGE IN THE RMC

The Rheindahlen Bridge Club meets every Thurs. evening at 1915 hrs in No 1 Mess.

We are an all-ranks club, affiliated to the English Bridge Union, and play duplicate bridge. For further details ring Stephen Hanslip on 2549 or MG 550743 or just turn up with a partner any Tuesday evening.

A new Opportunity to learn!

If you are seeking to improve your career prospects, approaching an option or wanting to learn a new skill this could be the opportunity you are waiting for!

Courses available include:

- Computing
- Catering and Hospitality
- Office Technology
- Starting your Own Business
- Library/Information Services
- Administration
- Technology
- Media
- Engineering
- Security
- Business
- Language
- Project Management
- Health Care
- Management

Qualifications available include:

- National Certificate/gNVQs
- Individual SQA Modules
- Professional
- Higher National Certificates
- National Vocational Qualifications
- Highers/A-Levels
- Higher National Diplomas
- College Certificates
- O-Levels/GCSE

What to do now

Contact the Flexible Learning Clerk, Rhian McDerment at Cambridge House Rheindahlen Extension 3339. Remember, the annual education grant can be used against these courses and
'The best time to start learning is now!'

RH/322p

In partnership with 34 AEC, the Scottish Polytechnic Colleges Group is providing new Open Learning opportunities for serving personnel and their families.

SPC GROUP
SCOTLAND'S POLYTECHNIC COLLEGES

Baiting the Hook

Why travel all the way to Spain to enjoy a good Spanish meal, when you only have to come to Mönchengladbach.

Buenos Tardes - Welcome

Our restaurant in original Spanish style.

El Puchero & Tapas

opened on the 28. June 1997.

The Kitchen is original Spanish and offers over 30 assortments of fresh seafood, Argentinian steaks cooked over an open fire and crunchy salads. The Spanish restaurant "El Puchero" has a number of infallible methods of luring in new diners. It's lucky that Francisco Blanco's restaurant has 120 seats, really.

Tapas

Offers over 40 warm and cold Tapas, where you can also enjoy a good glass of beer.

Prices start at 4.50 DM - 14.50 DM per Tapas.

The feel of the place is pleasant, the service staff are friendly and "El Puchero" also runs specials to hook the initiated and reward seasoned regulars.

Francisco Blanco, Rosa Mogena and Santiago Plasencia from Andaluza/Spain wish you a warm welcome - bien venideo.

Groups of 15 or more can pay with an Abwicklungsschein. All military personnel showing a valid ID Card will receive a 5% discount on their bill.

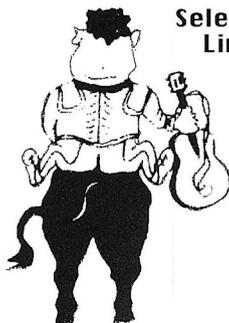
Selection of Spanish drinks to lend a Spanish flair to your evening out.

Live-Flamenco-Dance-Evening once a month (starts August 1997).

El Puchero & Tapas

Rachenerstraße/corner Waldnielerstraße
(next to Hotel Am Park (previously Hotel Dahmen))
41061 Mönchengladbach
Telephone: 02161/30168-0

Open daily from
1130-1430 and 1700-0100 hrs.
Free parking in front of the restaurant.



RH/323p

Restaurant CHINA GARTEN 中華園

Inh. Lai

☎ 0 24 34 - 10 69

Delivery

Our delivery service is now available

SEVEN DAYS A WEEK

Delivery to JHQ and outlying quarters.

Just ring **02434 1069** between 17.30 and 23.30 Hours.

There is **No Delivery Charge** for meals of DM 30 or over.

If the service is not up to our high standard or delivered food is cold, phone up the boss Mr Lai.

Start collecting your tokens now and get a free gift

“EAT TILL YOU DROP”

self serving buffet

including starters and desserts

Sun. midday	12.00 - 14.00 hrs
Wed. evenings	19.00 - 22.00 hrs
Fri/Sat/Sun evenings	18.00 - 22.00 hrs

Over 15 main courses to choose from

only DM 21,00

Children under 10 years **only DM 11,00**

Wed. midday special 12.00 - 14.00 hrs

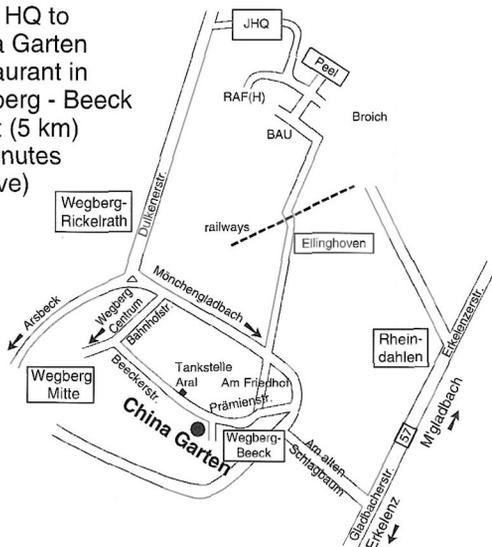
only DM 11,50

NEW WINTERGARDEN

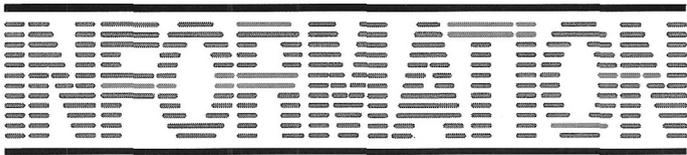
*Friendly service,
English speaking.
Excellent food guaranteed.*

We accept Abwicklungsscheine!
Advance bookings recommended

(from HQ to
China Garten
Restaurant in
Wegberg - Beeck
about (5 km)
10 minutes
to drive)



**Im Wiesengrund 2
41844 Wegberg - Beeck**



CAGED AND ENRAGED

Answers from the House of Commons

11 June - House of Commons
Mr Flynn: "To ask the Minister of Agriculture, Fisheries and Food what proposals he has to introduce a trial passport for pets scheme to replace quarantine for animals from the EU and approved rabies free countries; and if he will make a statement".

Mr Rooker: "We are considering whether alternatives to quarantine might give equal or better protection against the importation of rabies".

19 June - House of Commons
Mr Key: "To ask the Minister of Agriculture, Fisheries and Food when and in what form he will consult on changes to quarantine regulations for pet dogs and cats".

Dr John Cunningham:
"Because of the wide and legitimate interest in this subject, we would expect to consult at some point on this matter. Decisions on when and how to do so have yet to be taken".

23 June - House of Commons
Mr Malins: "To ask the Minister of Agriculture, Fisheries and Food, (1) if his officials have completed the review of rabies policy options begun in October 1996; and when he expects to publish the report; when he expects to publish the Green Paper on Rabies policy reform.

Mr Rooker: "The review referred to by the Honorary Member was a matter for the previous Government. However, we are reviewing whether alternatives to quarantine might give equal or better protection against rabies. We would expect to consult at some point on this, but decisions on when and how to do so have yet to be taken".

YOU MAKE UP YOUR OWN MIND - WILL THEY, WON'T THEY?
£11,000 IS WHAT WE NEED FOR THE JUDICIAL REVIEW
PLEASE KEEP THE DONATIONS COMING

DOGS

Occupants of all MQs are warned that permission is required from the RASU Housing Department to keep dogs in MQs.

Having obtained such permission, dogs must be registered at the Rhine Area Support Unit Registry or, in the case of Düsseldorf residents, Düsseldorf Det RASU, Rhine Centre. The following information is required:

- Name and address of owner.
- Breed of dog.
- Colour of dog.
- Telephone contact number.

Dog owners are obliged to conform to German Law, by ensuring that their dogs:

- Wear a disc on their collars with the registration number.
- Do not soil public pavements or communal areas.
- Are kept out on leads in public areas.
- Are kept out of cemeteries.
- Are kept under proper control on public roads.

3. Furthermore, if you allow your dog to enter woods and game preserves off the lead, it is liable to be shot. Under German Law keepers may shoot stray dogs on sight.

- All dog owners are strongly advised to possess third party insurance.

WEGBERG PLAYGROUP

has a vacancy for a Playleader to start in September 1997. If you would like to work in a happy working environment and have a PLA Basic or equivalent, please contact Mrs Pat Chapman on Wegberg Military 2240 (02161 908 2240) mornings only.

Are you ever at a loose end on a Thursday or Friday night? Could you drink a mean cocktail, an 'Oh, Ah Cantona!' or 'Kiss in the Dark'? Do you like being in the company of other young people? If the answer is 'yes', **FREDDIES** needs people like **you**.



FREDDIES

FREDDIES is a non-alcoholic bar open from 7pm to 11pm each Thursday and Friday night in the Queensway Club for young people aged 14-20 to meet and have FUN.

FREDDIES has been open for over a year now and has been a huge success. Situated in the Queensway Club, it comprises two adjoining rooms with pool tables, darts, table ice hockey, a good stereo with a selection of the latest sounds, table top games and, of course, an amazing array of non-alcoholic drinks available from a well stocked bar.

The Club is open every Thursday and Friday evening from 7pm until 11pm and is staffed by a team of trained youth workers from the YWCA and the BFG Youth Service, ably helped by parent volunteers.

There is a programme of additional events, including a regular Disco, a barbecue and karioke night and games night.

The aim of **FREDDIES** is to provide a meeting place for dependent young people of Service personnel, UKBCs and their families who live in Rheindahlen and the surrounding area. It has a regular weekly attendance in excess of 80 which is regularly swelled by the arrival home of the UK boarders.

There is always room for more members and, of course, volunteer helpers from among the parents to supervise. If you are interested, come along any Thursday or Friday evening or contact the Southern Area Youth Office on Rheindahlen Mil Ext 3603.

COMBINED AMATEUR THEATRICAL SOCIETY (CATS) presents

WOLFSBANE

by Georgina Reid

At last, a meaty and sinister two act drama to tempt an audience.



Joan, a renowned sculptor, but a hopeless housewife, has engaged Mrs Bond as a cook for her nutritionally neglected family, comprising of her long suffering husband, demanding student son and well meaning mother. The new housekeeper is accompanied by her teenage daughter and when a family pet dies under strange circumstances everyone is suspicious of the new-comers.

A sequence of perplexing events, intrigues characters and audience alike. Come along and solve the mystery.

Little Theatre, JHQ at 8pm

Wed 17th Sep, Thu 18th Sep, Fri 19th Sep, Sat 20th Sep

Tickets DM10 available at the HIVE, JHQ from 1st Sep further details from Christine Frazer on MG 557365.

INTRODUCTION

- 34 Army Education Centre offers day and evening courses of further education.

ELIGIBILITY

- Courses are open to all Service personnel, entitled civilians and dependants.
- Personnel who are between the ages of 16-18 years old, and who are still at school, **must** produce written permission from their Headteacher to attend the course. The courses are not designed for children under 16 years of age.

ENROLMENT

- Enrolment times will be as follows:

Computer Courses

Mon 1 Sep 97	1000 - 1600 hours.
Tue 2 - Thu 4 Sep 97	0930 - 1300 hours
and	1400 - 1600 hours.
Fri 5 Sep 97	0930 - 1300 hours.

Extra Mural Classes

Mon 8 Sep 97	1000 - 1600 hours.
Tue 9 - Thu 11 Sep 97	0930 - 1300 hours
and	1400 - 1600 hours.
Fri 12 Sep 97	0930 - 1300 hours.

- Applicants may enrol for themselves and one other only. Block applications will not be accepted and, unfortunately, neither can telephone applications.
- Applicants may enrol by letter, however, such applications will only be considered on **Tue 2 Sep 97 for Computer Courses** and **Tue 9 Sep 97 for other courses**.
- Please note that courses will be filled on a first come, first served basis. Personnel parented by this Education Centre have priority.

TERM DATES

- The term dates will be as follows, (unless otherwise stated): Mon 22 Sep 97 to Fri 5 Dec 97.
- There will be a half term break to coincide with that taken by local SCE Schools, as follows:
Mon 27 Oct 97 to Fri 31 Oct 97.
The Centre will also be closed on Fri 3 Oct 97 for German Unity Day.

CANCELLATION OF COURSES

- Courses will only run if a minimum number of students have enrolled (numbers will vary depending on the course). Should a course fail to run, students will be offered the option to transfer to an alternative course. When this is not possible, a refund of fees will be authorised. It is pointed out, however, that courses are subject to cancellation if numbers fall below acceptable levels during the term.

FEES

- All courses are free to military personnel. All other students are required to pay the fee advertised in the brochure for computer courses and **DM 50 per term** for all other courses. Dependants between the ages of 16-18 years old do not have to pay for academic courses. Payment may be made in cash or supported Eurocheque at the time of enrolment. Cheques should be made payable to **'RSU Cashier'**.

TEXT BOOKS AND MATERIALS

- For some courses, students will be required to purchase text books or specific materials. Text books for language and GCSE classes will be available for students against a DM 50 deposit for each book (cash only please) which will be refunded when the book is returned. Students are asked to return books promptly on completion of the course.

EXAM REGISTRATION AND FEES

- Students wishing to do RSA examinations in November 1997 should note that the cut-off date for enrolling is **19 Sep 97**. Students will be expected to pay and register for these exams on enrolment, or if necessary during General Office hours. **Payment should be by UK cheque, Postal Orders (available from the BFPO) or Eurocheques made out in Pounds Sterling and made payable to 'SCEB'. Any applications made after this date will be subject to a late entry fee.**
- Military personnel intending to claim on the **Individual Refund Scheme** for exam payments are reminded that they must complete the relevant **'Intention to Claim'** form on enrolment. Further details can be obtained via the Open Learning Assistant.

COURSE TITLE	DAY	TIME	COURSE TITLE	DAY	TIME
LEISURE COURSES			GCSE Law	Wed	1800-2000
Investment & Savings for Beginners	Wed	1800-1930	COMMERCIAL COURSES		
Intro to Water Colour Painting	Mon	1800-1930	RSA Book Keeping	Thu	1800-1930
Basic Cookery Skills	Thu	1800-1930	GERMAN COURSES		
Aromatherapy - Stress Management	Tue	1800-1930	Conversational German 1	Tue	1800-1930
Sign Language Course	Tue	1800-1930	Conversational German 2	Mon	1800-1930
Interior Decoration	Thu	1800-1930	Conversational German 3	Wed	1800-1930
Interior Decoration	Wed	1000-1130	Conversational German Intensive I	Mon-Fri	
Design & Curtain Making	Wed	1800-1930	22 Sep-04 Oct		0830-1000
GCSE COURSES			Conversational German Intensive II	Mon-Fri	
GCSE Accounting	Tue	1800-1930	06 Oct-17 Oct		0830-1000
GCSE Maths	Mon	1800-1930	Conversational German Intensive III	Mon-Fri	
GCSE English	Mon	1800-1930	03 Nov-14 Nov		0830-1000

RE EXTRA-MURAL CLASSES

COURSE PROGRAMME

COURSE TITLE	DAY	TIME	COURSE TITLE	DAY	TIME
Conversational German Intensive IV 17 Nov-28 Nov	Mon-Fri	0830-1000	IOL German General Certificate	Thu	1800-1930
Beginners German 1	Mon	1035-1205	OTHER LANGUAGES		
Beginners German 2	Mon	0900-1030	French Beginners	Thu	1800-1930
Beginners German 3	Tue	0930-1100	French Intermediate	Thu	1930-2100
Get By In German	Tue	1800-1930	Dutch Beginners	Tue	1800-1930
Brush Up Your German	Tue	1800-1930	Dutch Intermediate	Thu	1800-1930
IOL German Preliminary Certificate	Mon	1800-1930	Italian Beginners	Thu	1800-1930

COMPUTER COURSES

CODE	COURSE	DATES	TIME
IT1	Learn to Type/Intro to Computers/Word Proc	Mon 15 Sept - Fri 26 Sept	0930 - 1130
IT2	Computer Awareness	Mon and Tues 29 Sept - 30 Sept	0900 - 1600
IT3	Computer Awareness	Wed and Thurs 1 Oct - 2 Oct	0900 - 1600
IT4	Computer Awareness	Thurs and Fri 6 Nov - 7 Nov	0900 - 1600
IT5	Computer Awareness	Tues 16/23/30 Sept, 7/14/21 Oct	1800 - 2000
IT6	CLAIT (2 wks afternoons)	Mon to Fri 15 Sept - 26 Sept	1200 - 1500
IT7	CLAIT	Mon to Fri 6 Oct - 10 Oct	0900-1600
IT8	CLAIT	Mon to Fri 24 Nov - 28 Nov	0900 - 1600
IT9	CLAIT	Mon to Fri 1 Dec - 5 Dec	0900 - 1600
IT10	CLAIT (Evenings)	Mon and Tues 10/11, 17/18, 24/25 Nov, 8/9 15/16 Dec	1800 - 2030
IT11	IBT	Mon to Fri 17 Nov - 21 Nov	0900 - 1600
IT12	IBT	Mon to Fri 8 Dec - 12 Dec	0900 - 1600
IT13	Intro to MS Office	Mon 10 Nov	0900 - 1600
IT14	Introduction to Word Processing	Mon 13 Oct	0900 - 1600
IT15	Introduction to Word Processing (evenings)	Mon 8 and 15 Sept	1800 - 2030
IT16	RSA Stage I Text Proc/Word Proc	Tues/Wed 14 and 15 Oct	0900 - 1600
IT17	RSA Stage I Text Proc/Word Proc (evenings)	Mon 22,29 Sept, 6/13/20/Oct, 3 Nov	1800 - 2000
IT18	RSA Stage II Text Proc/Word Proc	Mon to Wed 20-22 Oct	0900 - 1600
IT19	RSA Stage II Text Proc/Word Proc (evenings)	Wed 10/17/24 Sept, 1/8/15/22 Oct, 5/12 Nov	1800 - 2000
IT20	RSA Stage III Text Proc/Word Proc	Mon to Wed 3/4/5 Nov	0900 - 1600
IT21	RSA Stage III Text Proc/Word Proc (evenings)	Thurs 11/18/25 Sept, 2/9/16/23 Oct, 6/13 Nov	1800 - 2000
IT22	Powerpoint	16/17 Dec	0900 - 1600
IT23	Resits for CLAIT/IBT	Mon 15 Dec	0900 - 1100
IT24	Revision/Workshop Day	Tues 11 Nov	0900 - 1600

REULEN TAX FREE FURNITURE



CLOSED ON MONDAY

You too can be one of the many satisfied customers who bought at
Reulen Furniture

Why not come and pay our showrooms a visit.

We display a large range of top class furniture in oak, walnut, mahogany and pine wood.

We offer the **VERY BEST PRICES** around.

Our aftersales service is second to none.

All furniture is delivered, assembled and serviced free of charge.

12 Month lay-away or interest-free credit schemes are available.

TAKE ADVANTAGE OF OUR SPECIAL OFFERS

now!

Opening Hours:

Mon. **C L O S E D**

Tues. - Fri. 9.00 - 18.00

Sat. 9.00 - 17.00

Late Night Thurs. 9.00 - 21.00

REULEN FURNITURE

HEERENWEG 251 — HEERLEN HOLLAND

FROM HOLLAND TEL. 045 5216123 / FROM GERMANY TEL. 0031 45 5216123

DIRECTIONS:

To B.F.G. corner turn left, follow signs for Melick.

Take the neutral road S15 (N 274) Roermond to Brunssum HQ Afcent, we are 1,5 km from the main entrance of HQ Afcent going to Heerlen.



FH/133p

RHIAN

WHILE AWAY THE WINTER BLUES - AND LEARN TOO!

In partnership with the Scottish Polytechnic Colleges Group, 34 AEC at Rheindahlen has come up with a new scheme that could transform your life!

This is not a night class to build a model of the Millennium Dome from matchsticks or an introductory course in Welsh Clogg Dancing of the Outer Marches, admirable as both of these pursuits might be. This new idea provides the chance to take up a learning course at almost any level.

You might want to improve your career prospects or prepare for an eventual return to civilian life. Perhaps you now realise that you didn't work hard enough at school: this is your opportunity! And you could take it at your pace, quietly and with no fuss away from the public gaze. There are courses under this initiative for all, ranging from those for fun including such topics as Art and Design, European Studies and The Family through GCSE to O and A level and on to HNC/D right to degree level. The staff of the Scottish Colleges will support you right through your training.

And it's easy, convenient and the advice is free! Call in, ring or write to the Flexible Learning Clerk (Mrs Rhian

McDerment at 34 AEC - extension 3339) and ask for an Induction Package. This pack will tell you about the scheme, advise of the scope of courses available and provide a self assessment module. Registering will allow the Scottish Colleges to look at your background and decide what kind of course might be best suited for you.

You might also wish an interview with the Individual Education and Resettlement Officer, Major Scott, who will also provide career advice. At this stage your only commitment is to find out! And, if you do decide to take a course, then serving personnel should qualify for an education grant.

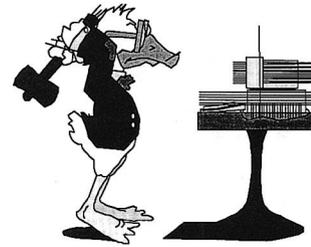
Moreover, the scheme is available to dependants and UK based civilians. To find out a little more, look at the advert on p17, to find out a lot more, call Rhian on 3339.

So, you have nothing to lose and a skill or qualification to gain.

YOU WILL NEVER HAVE A BETTER OPPORTUNITY THAN NOW!

Marianne's Salon
(formerly Hairdresser Boehmke)
TUE - THU 9.00 - 17.30
FRI 9.00 - 18.00
SAT 8.30 - 13.00
PLEASE MAKE AN APPOINTMENT
55 05 50
We look forward to seeing you !
20, Trenchard Road
We are next to the RAF Thrift Shop, near Cassel's house

IS THIS YOUR EXPERIENCE WITH COMPUTERS ?



IF SO
 INTERACTIVE LEARNING
 MAY BE ABLE TO ASSIST!

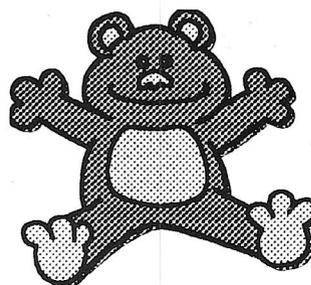
OPEN TO :
SERVICE PERSONNEL
MOD EMPLOYED CIVIL SERVANTS
LOCAL MOD DEPENDENTS
UKBC AND DEL EMPLOYEES

COURSES INCLUDE:
MICROSOFT WINDOWS
 3.1, 95, NT 4.0
MICROSOFT WORD 6, 7, 97
MICROSOFT EXCEL 4, 5, 7, 97
MICROSOFT POWERPOINT 4, 7, 97
MICROSOFT ACCESS 1, 2, 7
WORDPERFECT 6.0 FOR WINDOWS
LOTUS APPLICATIONS
AND MANY MORE!!

OPENING TIMES: 0900 - 1600 (MON - FRI)

FOR MORE INFORMATION:
 DROP IN TO SEE STEVE CRIGHTON
 AT 34 AEC OR TEL JHQ MIL 2227

HOME START NEWS



Home Start will be holding our annual Teddy Bears Picnic on **Saturday 30 August** from 2-4pm in the grounds of the Child Care Centre on Malta Way. Entrance will be DM2 per child. There will be a bouncy castle, free ice-cream and squash, various stalls, face painting, a raffle for a P&O ferry ticket and lots of fun for the youngsters. Make sure of course that the children bring their teddy and a picnic!

The aim of this annual event is for Home Start to promote its partnership with young families whilst providing fun and, at the same time, raising funds as we are a charitable organisation. If anyone would like to book a stall then please call the office on 47-3570.

Our volunteers work alongside families sharing their time and offering friendship and support. If you feel you could offer a couple of hours during the day to help a family in their own home, please call our office and I can let you know more.

CHINA RESTAURANT

香港酒樓

HONG KONG

★ FREE DELIVERY SERVICE

available SEVEN DAYS A WEEK.

to JHQ and outlying quarters.

Just ring 02434 1277 between 1730 and 2330 Hours.

★ LUNCHES

For those Midday Farewell and Celebration Lunches -

Ring us beforehand for a FAST SERVICE.

★ BUFFET SERVICE

at our restaurant for your party of 18 or more.

Price per head negotiable.

★ PARTY SERVICE

for 10 or more at your home or club.

Choose from 3 different menu options. A waiter from our restaurant is also available to serve you.

Please ring the manager to arrange your requirements for either service or any other **SPECIAL REQUEST.**

* Good food at reasonable prices

* Newly extended restaurant and party rooms

* Air-conditioning throughout

* Party bookings for up to 200 welcome at all times

* New specialities on menu - over 130 dishes to choose from

* Midday menu from DM9

Telephoned orders are welcome • Take-away food available • Large car park
Open daily from 12.00 - 15.00 and 17.30 - midnight.

Dülkener Strasse 73 - 41844 Wegberg-Rickelrath Telephone 02434 / 1277

RH/010P

TEACHING ENGLISH AS A FOREIGN LANGUAGE

If you have ever wanted to qualify to teach English as a Foreign Language, now is the time to do it!

Four week intensive courses will be run at the Education Centre in Rheindahlen commencing 15th September 1997 and 20th October 1997. Experienced Tutors will run the courses, which are full time, from 9.30am to 5.30pm, Monday to Friday. Students will also need to work a minimum of two hours every evening and several hours at the weekend, therefore a full commitment is required.

Although the course is intensive, it is also very rewarding. Each student will learn an unknown foreign language for a few hours to experience first-hand what it is like to be in the student's shoes! There is a great deal of Teaching Practice throughout the course and, therefore, lesson planning and methods of teaching form a large part of the course.

Students are instructed in teaching individuals, groups, beginners and improvers of all ages from children to adults. The course is moderated by TRINITY COLLEGE, LONDON and each student will receive a certificate from Trinity College. Trinity College TESOL qualifications are recognised internationally and by the British Council, therefore it is possible to apply for positions throughout the world with this qualification. Once qualified, it is relatively easy to find employment at a German language school as most are desperate for teachers! Remember - you don't have to be able to speak German in order to teach English to the German people!

If you would like further information about the courses, please contact Mrs Dawn Pearson on 02161-556963 as soon as possible. We are also intending to hold further courses later in the year in other parts of BFG, depending on the level of interest, so if the above dates aren't suitable, do still get in touch.

BORED ? BETWEEN JOBS ? TEMPTED BY TEMPING ?

As : Clerk, Clerk/Typist, Cleaner, Messenger Waiter/Waitress, Kitchen Help

Then come and register with us at RALSU now.
1 Bedford Walk, JHQ Mil: 4281, Civil: 02161 474281

RELATE-LINE CONNECTS WITH BFG

Relate-line, a telephone counselling service launched by RELATE in June 1997, is now available in BFG by phoning **0044-870-60-121-21**.

This new service allows direct contact with a RELATE Counsellor and is funded by the Lord Chancellor's Department as a pilot project. It is particularly aimed at those who have difficulty attending a RELATE Centre, or wish to find out more about how RELATE works.

Relate-line operates Monday to Friday from 1030 to 1400 hours, with counsellors ready and waiting to help with all types of relationship concerns.

Calls are charged at normal international rates when phoning from Germany.

Rob Bolton, Manager RELATE BFG, says:

'This is an exciting new service which provides direct and immediate contact with a counsellor, and may help alleviate some of the difficulties faced by British Forces personnel based in Germany. It does not replace our existing service but complements it'.

RELATE BFG operates at ten Centres in Germany offering a free service to BFG-entitled personnel.

It can be contacted on JHQ Mil 2826 or civilian 02161-472826.

TOLL CHARGES ON AUSTRIAN ROAD NETWORK

For information:

Since 1 Jan 97 the Austrian Government has introduced a system of toll charges for vehicle movement throughout Austria.

QUALIFIED THERAPIST

in
*Manual Lymphdrainage
Revitalising Massage
Anti-Stress Massage
Reflexology
Chiropody
and
Beauty Care*



Top to Toe Therapy

at
PRI Beauty Salon,

3 Chazal Road,
JHQ (opposite PMC Club)
for appointments and enquiries call
02161 - 556139

NEW

Also available is a totally new and unique system **THE SLIMLINE COMBO, Anti-Cellulite, Inch Loss System**. This revolutionary system offers:- Inch Loss, Weight Loss, Specific Cellulite Treatment, improved circulation, immediate results and a smoother healthier skin.

Specially designed pads are placed on specific points of the body where inch loss will be maximised - tummy, hips, thighs buttocks etc. The gentle flow of specific electrical stimulations effectively removes excess fluids and toxins from the surrounding tissue, increases blood circulation and breaks down body fats and assists in the restoration of the elasticity to the muscle tissue.

Add to this the unique Combo Cellulite treatment and the results are astounding. When this occurs, there is a specific reduction of subcutaneous fat, fluid retention and a faster conversion of calories. Detoxification of the body takes place and a measurable inch and weight loss is achieved.

Dermalift face lifting and contouring is a new system enabling the therapist to treat various needs without the use of surgery.

Microcurrents are applied to the muscle and tissue of the face, neck and throat to gently stimulate areas which have lost their youthful glow and resilience. Fine lines around the eyes will diminish and your skin will become fresher. Other benefits of Dermalift face lifting are firmer facial contours, finer pores, reduced puffiness around the eyes, an improved acne skin and improved moisture retention. 10-12 treatments are needed for the best results, followed by a trip to the salon every 4-6 weeks to maintain that healthier, youthful appearance.

DM 25 GIFT VOUCHER USCHI'S BEAUTY INN

ARRC PRI SHOP
02161 955920 or 556139

Bring this voucher and receive DM 25 off a
Dermalift
or Combo Treatment

OFFER ENDS 30TH SEPT. 97

The HIVE is open:

Monday	09.00 - 15.00
Tuesday	09.00 - 15.00
Wednesday	09.00 - 14.00
Thursday	09.00 - 15.00
Friday	09.00 - 15.00

Phone: 02161 47 2519 Fax: 02161 551489

We are situated in the Church Centre, Trenchard Road, opposite the BP Garage. The HIVE is normally closed on Public and Privilege holidays and we would ask that you make your plans in advance, and do not disturb the Padres in the Church Office. Thank you.

WRVS - Women's Royal Voluntary Services

Mrs Pat Davison is the WRVS representative for the single soldier's welfare here on JHQ. The WRVS premises are behind the Marlborough Club which offers table tennis, snooker, darts, TV and Video facilities. Tea, coffee and biscuits are always available. Please come along and say hello. The WRVS telephone number is: JHQ Mil 4361.

AFF - Army Families Federation

Mrs Julia Chambers is the AFF co-ordinator for Rheindahlen. She has a 'surgery' in the HIVE every Wednesday from 11.30 - 1.30, or can be contacted on 02161 558544 should you wish to seek advice or voice your concerns.

HIVE WELCOME PACK



Have you just arrived and don't know where to go or what to see?

Come to the HIVE where a WELCOME PACK will be issued with lists of shops and directions, crèches and playgroups, SSAFA Forces Help Childminding list, list of PX stores with directions on how to get there, maps of Mönchengladbach, JHQ, BFG Route Planner map and BFG Fuel map and lots more. Whatever you want to know about anything, you only have to ask us and will point you in the right direction. HIVEs hold information on a vast range of subjects and we

will try to answer any question or tackle any problem, large or small.

Don't hesitate, call in and see for yourself. You can find the Rheindahlen HIVE opposite the BP garage, adjacent to the Malcolm Club on Trenchard Road.

REMEMBER: The HIVE is here for everyone. Whether you are married or single, in the services or a dependant - we are here for YOU.

MARKS & SPENCER IN COLOGNE

For anyone who likes shopping, this is a must. 5 floors of clothes, clothes and more clothes. The store has English speaking staff as well as a food hall downstairs - you will think you are back at home!

Opening Times for Marks and Spencer:

Mon. - Fri. 9.30 - 20.00

Sat 9.00 - 16.00

COMMUNITY RELATIONS

Occupants of Married Quarters and MOD Hiring should be aware of the following German laws which apply to **ALL** military units/housing areas:

Washing of private cars in other than recognised commercial car wash areas is prohibited. Caravans may not be parked on public roads, except when preparing for or unpacking from a journey.

Washing is not to be hung outside to dry after 14.00hrs on Saturdays or at any time on Sundays or Public Holidays. Occupants are obliged to keep grass trimmed and can only use **lawn mowers** at certain times. They may never be used on a Sunday or Public Holidays or between the hours of 12.30 - 14.30 and after 19.00 hrs any day. Noises within premises (radios etc.) must be at an acceptable level between 22.00 and 07.00 hrs any day.

Any person in charge of a dog on a public or private land must ensure that the dog does not endanger any person or property.

Burning of rubbish is not permitted at any time.

Children are not permitted to play noisily in gardens or public places after 19.00hrs. Some games such as football, skipping, hopscotch and roller skating are prohibited on public roads.

RE-TUNING OF VIDEO RECORDERS ON RETURN TO UK - CHANNEL 5

With the introduction of Channel 5 Television in the UK, there is a requirement to re-tune video recorders. Until 30 June 97, Channel 5 is legally



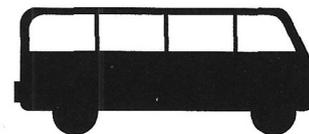
obliged to provide a free re-tuning service for areas covered by UHF frequency 37 and until approximately 30 Nov. 97 to cover homes served by frequency 35.

It is doubtful that Channel 5 will have sufficient long term spare capacity to cover people who are going back from Germany after these dates.

However it is understood that the cost of re-tuning is minimal and in some areas may not be required.

HALL ENTERPRISES

Day Excursions:



AMSTERDAM TOURS - 55,00 DM

Visit to Diamond Factory and refreshments. Boat trip on canals, Cheese and Clog workshops in Volendam with free cheese samples. Ample time in City for sight-seeing. Date: 13 Sept. 97

PARIS WEEKEND - 228,00 DM

1 Night in 2 Star Hotel in Montparnasse. Guided coach tour of City, Arrival 3 Course Lunch. Sunday Excursion to Versailles and Montreuil Flea Market.

OCTOBERFESTS IN BAVARIA - 319,00

2 Nights Half-Board (Buffet Breakfast & Dinner). 3 Star Hotel in Augsburg (Bath or Shower/WC/TV & Telephone). Indoor Swimming Pool. Visit Oktoberfest in Augsburg on Sunday for final day of Oktoberfest in City, reserved tables.

Date: 03 - 06 Oct. 97

More Information on Halls Tours from The HIVE.

Happy Reading Everyone,

Angie and Sheila
HIVE Co-ordinators

OAK FURNITURE

PINE FURNITURE

MODERN FURNITURE

BEDROOM FURNITURE

CHILDRENS BEDROOMS



Design the wall-unit of your dreams!

A choice, from a single attractive entertainment center, to an elaborate multiple-piece wall-unit.

Quality and reasonable prices, just what you want...

3+2
Dm. 2.775,-
(tax free)

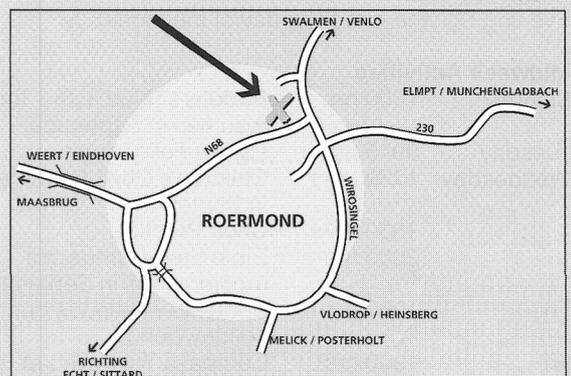


OPENING HOURS:
MON. 13.00-18.00
TUES/FRI. 09.00 - 18.00
SAT. 09.00 - 17.00
LATE NIGHT THURS. 21.00

FURNITURECENTER

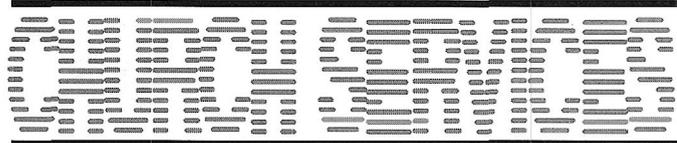
Den Elrew
BRONS EIKEN

DIFFERENT STYLES UNDER ONE ROOF



BURGHOFFWEG 30 (NEXT TO RENAULT DEALER) ▲ 6042 EX ROERMOND TEL. 0031 475 32 07 22

www.jhq-rheindahlen.de



for August/September 1997

ST BONIFACE CHURCH - CHURCH OF ENGLAND

Sunday Services

0830 hrs Holy Communion
1030 hrs Sung Eucharist and Sunday School (all children are most welcome)

Mon, Tue, Wed, Fri 0830 hrs Morning Prayer

Wednesday 1200 hrs Prayers of healing and comfort for the Ill and Anxious

Thursday 0800 hrs Holy Communion (ASB)
1800 hrs Junior Choir Practice
1830 hrs Senior Choir Practice

New choir members always welcome. For further details contact the Choirmaster or the Church Centre on JHQ Mil 2770.

There will be no Choir Practice during August.

ST THOMAS MORE - ROMAN CATHOLIC CHURCH

Sunday Liturgy

1830 hrs Saturday (Vigil Mass of Sunday)
1100 hrs Holy Mass

Holy Mass - Weekdays

(Lauds or Vespers precede weekday Mass as announced)
Mon, Wed, Thu, Fri 1715 hrs
Tuesday 1000 hrs
Saturday 0930 hrs

Sacrament of Reconciliation

Saturday 1000-1030 hrs

Other Activities

Tuesday 1800 hrs Choir Practice

ST ANDREW'S CHURCH - CHURCH OF SCOTLAND, METHODIST, UNITED BOARD

Sunday Services

1100 hrs Morning Worship (with Sunday School and Creche)
1830 hrs Informal Evening Worship

Holy Communion

Morning Service - 1st Sunday of the month
Evening Service - 3rd Sunday of the month

Praise Service

Evening Service - 2nd Sunday of the month

Midweek Activities

Monday	1000 hrs	Boddlers (Mums and Toddlers) resumes in September
Tuesday	0945 hrs	Ladies Fellowship
Wednesday	1730 hrs	Children's Choir Practice resumes in September
	1830 hrs	Choir Practice
	2000 hrs	Bible Study Group will recommence in September
Thu	1000 hrs	Boddlers continues during the holiday period
Fri	1900 hrs	Compass Youth Group resumes in September

M & M GOLFSPOORT

- Repairs of all types
- Custom made Golf Clubs
- * Practice putting (ball return)
- * Gloves - spikes - caps - visors
- * Trollies - practice nets
- * Bags - umbrellas
- * Putters - chippers - wedges
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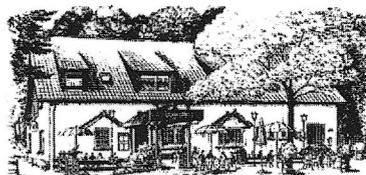
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RH/018P

from the Padre's pen 

The Army Thrift Shop is a dangerous place. My office is next door and apart from hearing an endless yakking sound, it was there that I suffered a grievous loss, not so long ago!

Have you ever lost something without being careless or wasteful? Let me tell you how I lost my trousers in the Army Thrift Shop! It happened without malice or craftiness and all because of an act of kindness which went wrong. My wife, Mina, who happens to work one afternoon each week in the Thrift Shop, had taken my good cords to be dry-cleaned and, somehow, her good friend Betty, who also does a couple of mornings there, said that she'd pick them up and take them into the Thrift Shop where Mina would pick them up that afternoon.

The plan was like the Curate's egg, it was good in parts. Yes, the trousers were picked up from the cleaners and hung up where the ladies normally hang their coats. Lunchtime came and the morning shift departed. Yes, the afternoon shift arrived about two o'clock, hanging their coats in the normal place. This is where we come to the bad part! One conscientious lady saw the trousers in their polythene hanging there and thought they ought really to be on the Thrift rack, moved them, priced them and sold them to a little old German, an early afternoon customer. All this happened without my knowing. Mina then thought to find my trousers to bring home but, of course, she was too late. Drama descended on the afternoon's trading and tea drinking. For some reason and, in blissful ignorance of

all that had come to pass, I went into the Thrift Shop to get the car keys from Mina just as the details of the sale were being discovered. There were startled gasps and barely stifled giggles as one heartless woman asked me if I was there to buy some trousers. No, I just wanted the car keys in order to get my pipe. Later there were confessions of sins of neglect, of commission, omission and, naturally, shrieks of laughter for the Padre had lost his breeks! One good thing emerges from the saga. There is somewhere a very happy little local who got a pair of trousers for less than the cost of the dry cleaning! So, I lost a pair of trousers and that's all. What if I'd lost my temper and blotted my soul? It would have taken a lot more than dry cleaning to clean that and I'd have sold it to old nick himself. That would have been a tragedy! Bless you Thrift Shop ladies, for you really do serve the Community and your charities so very well.

INFORMATION

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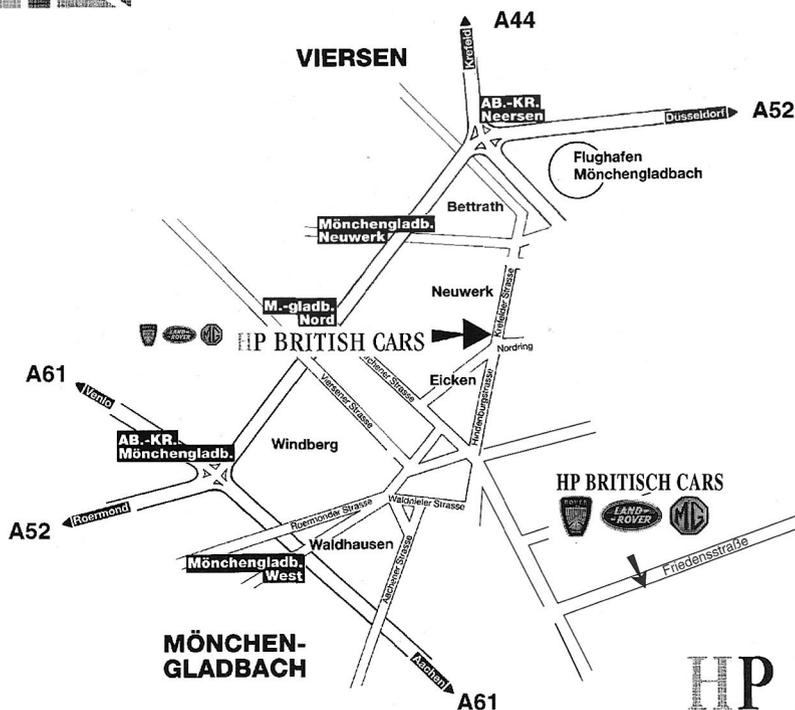
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We are informed by a reliable source that what appears at first sight to be roadworks around JHQ is, in fact, connected to the future extraction of water to enable the Stadt to keep the water level at the required height due to mining in the North of JHQ. Other fields will be affected in due course.



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RH/007



Mrs M Walker of Star House Furnishings, JHQ Rheindahlen, presents Col J E F Kirby OBE (Comd RASU and Chairman of the Rheindahlen Garden Centre) with a cheque for DM500 for prizes for the "Rheindahlen in Bloom" best front garden competition.

RHEINDAHLEN IN BLOOM COMPETITION

A team of four judges recently had the pleasure of visiting the gardens which were entered in the Rheindahlen in Bloom Competition. Although the entries for the competition were not as numerous as hoped, the overall standard was superb. All those who competed for the "Hanging Basket" prize exhibited plants in excellent condition, despite the very poor weather conditions during most of June. However, both the First and Second prize winners produced baskets containing a colourful profusion and wide variety of plant material. The winner of the First Prize, particularly, used an interesting and original selection of plants in an attractive composition which was impressive in style and impact.

The "Front Garden" category also proved to be a delight and included many interesting plants and special features. The use of ornaments in various materials, ranging from terracotta to wood, added interest and style and the team enjoyed the rustic bench used in an imaginative way, complete with a family of cats! Good use was made by all of various containers, which were cleverly integrated into the overall

planting schemes. Selecting the winning garden was a difficult task, but the sheer visual impact and profusion of shape and subtle colour made a stunning and exuberant display. Viewed from every aspect, this garden had something special to offer. Last, but not least, the winning "Child's Garden" was very well cared for and showed a clever use of ornaments. The panel of judges especially enjoyed the "snail" and the "ladybird" which adorned the wall! A lot of hard work must have gone into planting and tending this imaginative garden. Congratulations to all the winners for producing such interesting and varied gardens and baskets, and many thanks to all those who entered. Hopefully, many more residents of Rheindahlen, whose beautiful gardens were spotted by the panel on their travels, will be encouraged to enter this competition in 1998!

Prize Winners:

Front Garden:

- Mrs Marie-Anne Smailes, 2 Hertford Way
- Mrs Coreen Robertshawe, 4 Hertford Way

Hanging Basket:

- Mrs Angie Brooks
- Mrs Whitmore

Child's Garden: Amy Gibson

The prizes were kindly donated by Star House Furnishings and were presented by Commander RASU, Colonel John Kirby at the Garden Centre on Saturday 5th July.

Tasks for August

This month is ideal for striking cuttings from many shrubs including buddleia (the Butterfly Bush), weigelia and pieris. It is also the time to stake dahlias and any other tall plants. The last showing of lettuce seed can also be made to ensure a late harvest this year.

Remember to keep up the watering and feeding, paying particular attention to tubs, baskets and also house plants. Continue dead-heading for a continuous succession of flowers. Mr Stan Fleming at your Garden Centre (48 Snyders Road Tel: 02161-473517 or JHQ Mil 3517) now has a variety of organic vegetables and tomatoes for sale - also cut flowers, potting compost and an excellent liquid fertiliser. Stan is always at hand and more than happy to answer your gardening queries, offer advice and try to solve any problems you may have.

JUNIOR WORDSEARCH

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COMPANION

CARROT AND BANANA CAKE

8oz (250g) self raising flour
2 level teaspoons baking powder
4oz (125g) muscovado sugar
2oz (60g) chopped walnuts
4oz (125g) carrots
2 ripe bananas (10oz/300g peeled)
2 eggs size 3
.25 pint (150ml) corn or sunflower oil

For Frosting

3oz (90g) butter
3oz (90g) cream cheese
6oz (175g) icing sugar (sifted)
few drops vanilla essence
1oz (30g) chopped walnuts
8in (20cm) cake tin, lined and greased.

1. Set the oven to moderate gas mark 4 or 350F/180C. Put the flour and baking powder into a large mixing bowl. Add the sugar and

chopped walnuts and mix thoroughly. Trim, peel and grate the carrots. Skin and mash the bananas.
2. Add the carrot, bananas, eggs and oil to mixture. Use a wooden spoon to mix everything together well for about a minute until a soft consistency is reached.
3. Turn the mixture into the prepared cake tin and then spread level. Bake in the oven for about one hour, or until the cake is golden. Turn out on to a wire rack and leave to cool for a while.
4. To make the Frosting. Cream the butter, then beat in the cream cheese, sifted icing sugar and vanilla essence and beat until smooth and creamy.
5. Spread the cream cheese frosting over the top and sides of the cake, then rough up the surface with a fork to give an attractive pattern. Sprinkle with the chopped walnuts and leave the cake in

a cool place until ready to serve.

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2. Creamy Bananas

Slice two bananas and cover with Greek yogurt. Top with demerara sugar and grill until sugar goes crispy.

3. Berries in Butterscotch Sauce

In a pan, heat 5oz/150g of brown sugar and 5oz/150g golden syrup. Stir until sugar has dissolved. Cook for 5 minutes. Remove from heat. Stir in 4oz/125g double cream and 2 drops vanilla essence. Beat until glossy. Serve with summer berries.

4. Pineapple Rings

Drain a large can of pineapple rings. Put the rings onto individual plates. Drop a scoop of ice cream onto each ring and decorate with chocolate sauce.

Patricia Petty

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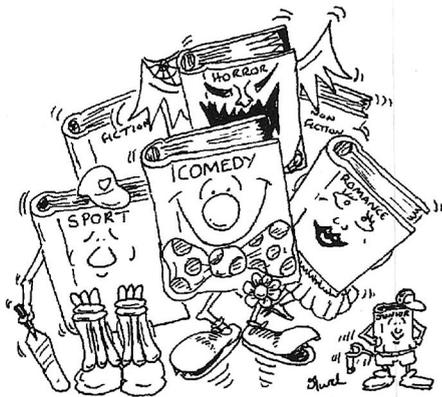
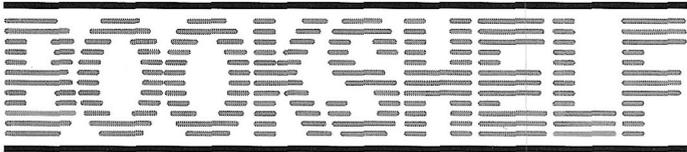


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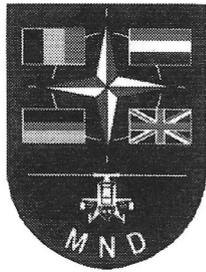
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RH/009p

EX AGGRESSIVE IRON

The Headquarters of the Multinational Division (Central) HQ MND(C) has recently held its third annual military skills competition, Exercise AGGRESSIVE IRON, at Vogelsang training area, Germany. The competition started on May the 5th and during the three days of competition 15 teams from the four Nations (Germany, Netherlands, Belgium and Britain) competed at Brigade and Divisional Troop levels. The teams arrived at Vogelsang in brilliant sunshine and soaring temperatures. Physical fitness was to be tested during most of the events and a number of team captains wondered how the hot weather would affect their team's performance. They need not have worried as, by the start of the first event, the weather had changed to heavy rain which remained as the only constant for the next few days, apart from the snow which fell at the end of the second day.

The teams were tested over a



wide range of military skills which included a 16Km day navigation course. On route the teams had to cross a lake with the use of inflatable boats. At the other check points they were required to perform fault finding and vehicle maintenance on German four wheel drive vehicles, demonstrate timed weapon handling skills, artillery target location and foreign weapon recognition.

Also, on day one, teams had to negotiate a challenging aerial rope assault course immediately followed by a 500 metre uphill sprint to the ground obstacle course, the whole event being timed. For the night navigation event, the teams were

deployed onto the training area by German helicopters and were required to complete a challenging 12Km orienteering course in pairs.

Day two consisted of a 14Km march and shoot and an NBC/AFV Recognition Stand being run concurrently. At the end of the second day, although competition was fierce the team from 13 Inf Bn (Netherlands) from 11 Airmobile Brigade came out on top, with 1 JP (Belgium) (Armoured Recce) winning the Divisional Troops competition. 4 Regt AAC and CSS Bn 24 Airmobile Bde were 5th and 6th respectively with 104 AD(V) 9th. The HQ MND(C) own team came a credible fourth and was the only truly Multinational team with members of all the nations taking part. HQ MND(C) was the only team to include a female in their team,

Korporaal-Chef Brigitte Dekeyser. Cpl Dean Martin AGC(SPS), the G3 Ops/Plans Clk, was the UK representative. Cpl Martin told BFBS reporter, Rob Olver, that his understanding of Flemish, Dutch and German had improved immeasurably during training and the competition. Cpl Martin was followed during the competition by a BFBS news team for the BFBS Germany Scene Here News Programme.

The third and final day started early with the Commander's Trophy, a falling plate competition. After some close preliminary rounds, two teams from 314 Bn (German Parachute Bn) went through to the final. The A Team won after a good humoured run and shoot. Maj Gen Rob McAfee presented the silver before the teams departed for home.

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VIDEO REVIEW

MATILDA - PG

Starring: **Mara Wilson & Danny DeVito**
Directed by: **Danny DeVito**

In true Roald Dahl style, phantasy blends comfortably with reality in this charming family film.

Matilda, unwanted and unloved, seeks solace in books. Her quest for knowledge is insatiable and her ability, for one so young, quite unique. However, her crooked father and tarty mother see her as little more than a blot on the landscape - her existence, let alone her talents, are barely noticed. She finally gets to go to school when her father (the second-hand car salesman from hell) gives the local headmistress a car in exchange for Matilda's education. It's a dream come true for the little prodigy, but things are not as she expected. Her teacher, Miss Honey, is an absolute angel, but the headmistress, Miss Trunchbull, can only be described as a female version of the child-catcher in 'Chitty, Chitty, Bang, Bang' - though worse, Matilda's dreams are slowly becoming nightmares until she discovers that she's gifted in a more unconventional fashion. The power of her mind goes beyond the natural into the supernatural and Miss Trunchbull is about to get her just deserts.

Danny DeVito did a great job of direction as well as playing Matilda's foul father. You'll no doubt recognize Mara Wilson from 'Mrs Doubtfire' and 'Miracle on 34th Street', she plays Matilda with a lot of sensitivity for one so young. Pam Ferris, however, steals the show as Miss Trunchbull the terrible. It's a great story that children will love.

Star Rating: ****

Star Ratings:

- ***** Excellent
- **** Good
- *** Average
- ** Poor
- * Awful

JUDE - 15

Starring: **Christopher Eccleston and Kate Winslet**
Directed by: **Michael Winterbottom**

Have you ever seen a film based on a Thomas Hardy novel that isn't obscure? Well, this is no exception. In fact the antagonism caused after the publication of 'Jude the Obscure', on which this film is based, was such that Hardy confined himself to verse thereafter - so be warned, it's quite a shocker.

Village life in Victorian Wessex offers little inspiration for Jude, a working-class man with a passion for learning. His marriage to a local pig farmer's daughter ends before it really begins and, inspired by his old school teacher, he heads for Christminster where he hopes to gain a place at it's university. His class, of course, is against him but consolation arrives in the shape of his cousin Sue, a lively modern young woman with brains and beauty.

There's an instant attraction and, try as they might to quell their feelings, their paths are destined to cross. An illicit relationship is inevitable but the consequences are high as heaven swiftly turns to hell. It doesn't occur to you until the end how visually symbolic this film is. Michael Winterbottom, the film's director, has certainly captured the essence of Hardy's philosophy of mass indifference to everyday lives. His cast are good too, with Christopher Eccleston as Jude and Kate Winslet as Sue. The film won't be everyone's cup of tea, but if the radical classics appeal, then this is for you.

Star Rating: ****

Dawn Ingledew

Dawn has now been posted and we are looking for a replacement Video Reviewer.

If you would like to take over this column, please contact the Editor asap on 3284



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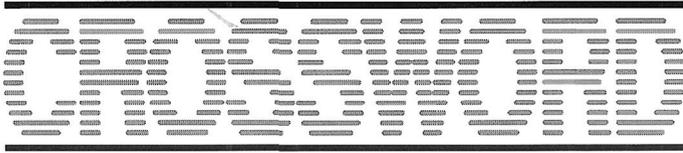
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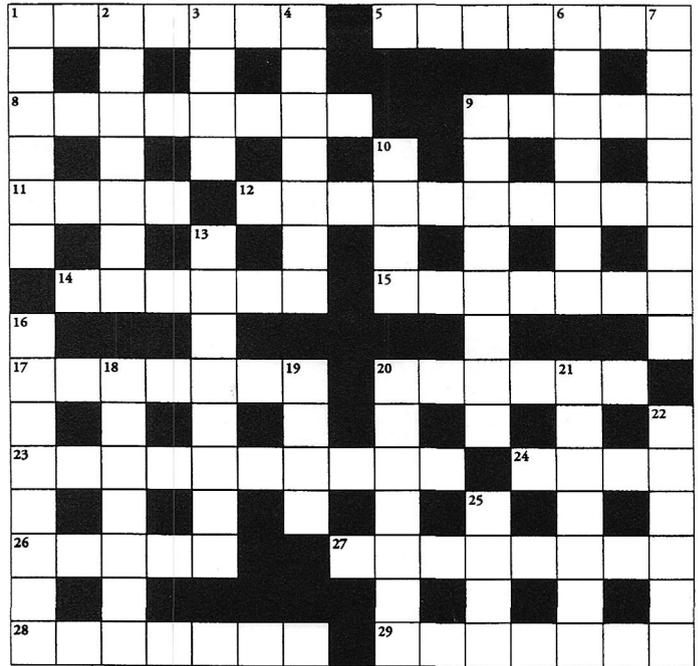
CROSSWORD CLUES

ACROSS

1. Russian foothills - walks upwards?(7)
5. Blew one's own without E.T. or won trick over all(7)
9. "B.P's" movement to search around(5)
11. Boy emerges from Nile turbulence(4)
12. We hear wood by repair nothing to us - that's wonderful(10)
14. Tries to write what Lamb did(6)
15. At this time and this place? Not at all!(7)
- 17 & 26. Roaringly successful tourist group in southern climes(7 & 5)
20. Spasm under portion of circle - very cold circle too(6)
23. Rapid one on gives a saying(10)
24. More muddled up capital city(4)
26. See 17
27. Firm before floor rug nil to directions - lying prostrate very sleepy(7)
28. Staggering - call around slippery customer(7)
29. Over all - drink with Army Corps(7)

DOWN

1. Inscrutable statue alongside Pyramids(6)
2. City fox holes has tasty chocolate cakes(7)
- 3 & 4. Recent King of the Court - four times ruler(4 & 7)
4. See 3 Down
6. Put to Beloved on one's knees - non-amateur's sitting(7)
7. Action around trial - much reviled(8)
9. Tasty snack, at seaside championship Links(8)
10. Beseech the blokes - what a sign(4)



13. Idle state - student on alphabet with one cliff(8)
16. Jack Tar with fellow voyager we hear but really, climber of walls or cliffs(8)
18. One member to wander but get better too(7)
19. Footwear changed to cover all of leg(4)
20. Very loving and flirty(7)
21. Chemical base, gives one as to exercise(7)
22. Hold in high regard with reference to other change of course(6)
25. Moan about the fish deeply caught(4)

DAVID CALLUM

Solution on p40

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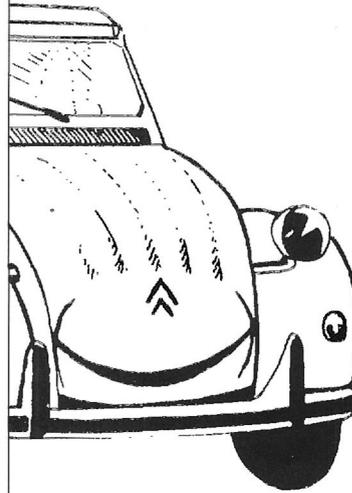
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RH/038P

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RH/314P

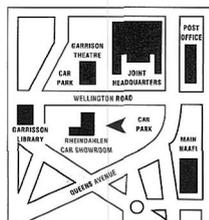
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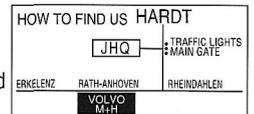


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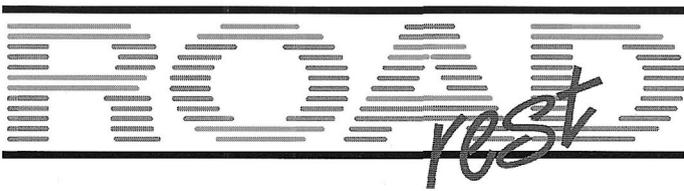
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QUALITY - SAFETY - RELIABILITY ... AND THAT'S JUST THE DEALER!

RH/253



This month, instead of the usual roadtest, I have decided to look at the current new car market and in particular how it affects entitled personnel living in Rheindahlen. With the introduction of the new 'R' registration, a number of readers might be considering a new car and I hope to show what's hot; and what's not, when considering your new purchase.

I would also be interested to hear from any dealers or readers who have, or know of, any special offers for a future article on a similar theme.

The present growth market amongst mainstream manufacturers is for the sports car, vehicles which, over the last few years, have enjoyed strong residual values. With massive waiting lists developing for newly released sports cars such as the Lotus Elise, Mercedes SLK and Porsche Boxster, if you are lucky enough to get one of these now, you are ensured a healthy profit at the six month resell point. The Lotus is the cheapest of these three, although perhaps the least practical, but at approximately £19000 fully loaded new and with second hand models with four thousand miles on the clock selling for circa £25000, a handsome thirty percent profit is available. Try and find a bank giving the equivalent of 60% interest per year. Order a UK Elise now and you might take delivery towards the end of 1998 or early 1999.

NAAFI are vague about delivery of the new Mercedes SLK, but you can expect a three year wait. Hopefully NAAFI will receive a bigger allocation of cars to sell and the list will reduce, but Mercedes are aware of the effects on UK residuals that a number of six month old cars would have and they even delayed the start of SLK sales to the military. Rumours abound that Mercedes will stop their military discount scheme and cars will be available at just the tax free price only. Supplies of the Porsche Boxster should increase as more cars are

built. Porsche intend to reduce their waiting list to six months by the end of 1997. In the meantime, at a price of approximately £28000 you can buy a Boxster from one of the Bulletin's advertisers. The car features the luxury pack of leather, bigger alloys and air conditioning and is actually a German supplied right hand drive car, brought up to UK specification. Dealers in UK say that the cars will be marginally less valuable than UK supplied cars, but should retail second hand at circa £40000.

The effect of these higher profile new sports car cascades down and anybody buying an MGF, Fiat Barchetta or Mazda MX5 should see a good return when they come to sell. The MGF is available via Rover on an interest only loan scheme, which involves a one off payment of £200 and then six monthly £160 payments. At the end of six months after selling the car and settling the outstanding finance, you should see a return of at least £1500 and yet have only paid out £1160. It would make sense to buy such a car now, because you would be reselling the car in the spring of 1998; and the spring is the best time to sell a sports car.

Meanwhile, another advertiser in the Bulletin is offering German specification Fiats with a twenty seven percent discount, resulting in a Barchetta costing £10700. In UK they cost over £15000. Stalwart sports car manufacturers such as TVR and Caterham continue to sell cars which appear not to noticeably depreciate; expect circa 12 to 15% in the first year. Whilst the purchaser only gets the VAT discount of these cars, after the first year further depreciation is limited and as an example, you would be hard pressed to find a second hand 1992 TVR Griffith or Caterham 7 for less than £23000 or £12000 respectively, the prices they would have cost a member of BFG at the time.

Not everybody can make do with limited luggage space

and just two seats. The other current growth area for car manufacturers is the People Carrier such as the Renault Espace and Ford Galaxy. Manufacturers have joined together to sell identical models, but with different name badges; and so buyers should compare prices, specification and residuals carefully. The Peugeot 806 and Fiat Ulysse are the same vehicle, but Peugeot offer a bigger military sales discount, although Fiat's UK price per model is less. The family man might consider a typical saloon car such as the Ford Mondeo or Renault Megane, but these models are available to the UK fleet managers at massively reduced prices. Expect a decent military discount from Ford and a less generous one from Renault and then examine the massive thirty five to forty percent depreciation these cars experience in their first year. Buy carefully and try to negotiate an exchange deal for six months later.

If you want a saloon or estate car and can afford it, consider something slightly more up market, such as the BMW 5-series, especially the Touring which is available with up to twenty percent off the UK price, yet depreciates by less than ten percent in the first year. Likewise, with the strength of the Deutsche Mark and a good military discount, Mercedes are a worth-while investment and the E-Class loses just fifteen percent in its first year. Saab 9000s are currently available with low APR finance although a new model will be available soon. Alternatives to the People Carrier and large saloon car include the off-road market with vehicles such as the ever popular Land Rover Discovery. However, do you really want a car with such poor road

holding, bouncy ride and dismal fuel consumption. Land Rover will guarantee a £1000 profit on a six month old Disco Tdi, but this represents a modest five percent; and residuals are falling, probably as a direct result of all the ex-British Forces six month-ers on UK forecourts.

At the lower end of the market, the super minis such as the VW Polo and Peugeot 106 lose twenty to twenty five percent of their UK value in their first year, but are available at Forces discounts of nearly thirty percent. Whilst not making a massive profit, buyers should have in effect free motoring. Likewise the slightly larger hatchback market features cars available with up to thirty percent discount, but remember these vehicles are popular with the fleet buyers, who receive up to forty five percent discount.

Expect to see forty percent depreciation on a new Ford Escort or Peugeot 306 and thirty five percent on a Rover 214. Negotiate for a free replacement in six months time and expect free insurance, on all but the sportier models. Consider the soft-top version of these cars, which should make a modest profit for the purchaser.

To conclude, we are lucky to be able to buy tax free cars whilst serving abroad and whilst the regulations state we should not buy a car to make a profit, by buying wisely, most of us should expect to see our investment returned, with sufficient monies left to cover fuel, insurance and possible some of the finance if we need it. In effect the majority of us are not making a real profit, just having a new car to drive and free motoring.

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RH/301P

A SUCCESSFUL SEASON FOR 11 SIGNALS UNIT FC

After an indifferent 95/96 season, 11 Signals Unit FC managed an upturn in fortunes during the 96/97 season.

They reached the final of the Rheindahlen Sunday Football League Cup after a convincing 5-0 win over RSF in the semi-final to face a tough match against Scribes who were making their third consecutive appearance in the final of this competition.

The final was played during one of the rare hot days that we've experienced this summer which made it difficult for both sets of players, however, they provided the spectators with an exciting match which 11 SU won 2-1; the winning goal being scored in the last minute of extra time with the spectre of penalties looming.

Finishing in the top 4 in the League, 11 SU FC also qualified for the League Play-Offs and were drawn against

a familiar foe in Scribes in the semi-final. Once again they triumphed 2-1, securing a place in the final against RSF who had beaten the Garrison Messes in a closely fought game.

The final was played the next evening, the third game in 4 days for 11 SU FC and it proved one game too many as RSF exacted revenge for their Cup semi-final defeat and secured an impressive 5-0 win.

Overall, an enjoyable and successful season and the players of 11 SU FC would like to extend their thanks to their sponsor, Desmond, owner of the Hong Kong restaurant and to the officials and organizers alike whose efforts make the League possible.



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RH1272P

SCE ATHLETIC CHAMPIONSHIPS 11 JUNE 1997



All Middle and Secondary Schools in Germany took part in this year's Championships at 'Laz Nord' Stadium to compete for the Junior and Senior Trophies.

The day was a great success with students competing for places in all events. There were a great many good performances and the competition was very close in so many disciplines.

The highlights of the day must go to the record breakers and to Steven Heasman from Windsor school for qualifying to take part at the All England Athletic Championships. He qualified in the Junior Boys 200m with a time of 25.00 seconds.

The record breakers are:

Gemma Poulson
Windsor School
Yr 9 300m in 49.69sec.

Natalie McLeesh
King's School
Yr 10 300m in 48.5sec.

Thanks must go to the Officials from the Army for giving up their time to help in such hot and sticky conditions and to the ground staff for preparing the stadium for us.

The St. John's Ambulance was also in constant demand and deserve a mention. All teachers and helpers did

their part in making this event such a success.

Finally, I would like to thank the Chief Executive, Mr David Wadsworth, for coming and presenting the trophies to the winners of both competitions.

SCE ATHLETIC CHAMPIONSHIPS 11 June 1997

The result of the Victor and Victrix competitions are as follows:

Junior Victor Ludorum is Scott Simpson of Prince Rupert School

Junior Victrix Ludorum is Stephanie Hopkins of Derby Middle School

Senior Victor Ludorum is Andy Winton of Prince Rupert School

Senior Victrix Ludorum is Rachel Horton of Gloucester School

Finally, the results of the two competitions are as follows:

Junior Section:
1st Windsor School
2nd Gloucester School
3rd King's School

Senior Section:
1st Windsor School
2nd King's School
3rd Gloucester School

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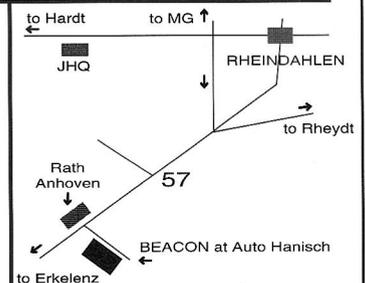
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Crossword Solution

ACROSS

1. STEPPES
5. TRUMPED
8. HALF TIME
9. SCOUT
11. NEIL
12. TREMENDOUS
14. ESSAYS
15. NOWHERE
17. BRITISH
20. ARCTIC
23. EXPRESSION

24. ROME
26. LIONS
27. COMATOSE
28. REELING
29. SUPREME

DOWN

1. SPHINX
2. ECLAIRS
3. PETE
4. SAMPRAS
6. PROPOSE

7. DETESTED
9. SANDWICH
10. OMEN
13. LAZINESS
16. ABSEILER
18. IMPROVE
19. HOSE
20. AMOROUS
21. ISOTOPE
22. REVERE
25. CARP

Index of Advertisers

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ACCOMMODATION

'Margret' Privat Pension 38

EATING OUT

Balkanland Restaurant 28
Bombay Inn 15
China Garten 18
China Town 12
Dalmatiner Stuben 15
El Puchero 17
Hong Kong 24
India Palace 12
PMC Dutch Restaurant 3

FINANCE & INSURANCE

Culpeck Insurance 12
Brokers 2
O'Girke 2

FURNITURE

Den Elzen 27
De Oude Spinde 1A
Erwil Meubelen 7
Meubel Magazin Willems 8
Reulen Furniture 20
Roerstreek Meubelen 2
Sijben Wooncenter Back
Star House Furnishings 1A

GOODS & SERVICES

Albertz (Electrical) 15
Body Care Beauty Salon 11
Chewton Fabrics 41
Computer Shop 9
EP Beer Electrical 4
Exotic Spice Shop 31
Figaro 11

Grunert, Otto (Trophies) 13
Learning Opportunity 17
Marianne's Salon 21
M&M Golfsport 28
Optic "Alte Post" 4
PMC Dutch Shop 32
Sparkasse 11
Uniformal 10
Uschi's Beauty Salon 25
Van Nierop Sport 40
Vitus Centre (Shopping Mall) 9

HOLIDAY & TRAVEL

British Travel 6
O'Girke 2

MOTORING

Auto Conen 30
Autohaus Jackels 40
(Mitsubishi)
Auto Vennen (Ford) 36
HP British Cars 29
Kars Direct 35
Mazda 37
Mercedes Stelten 31
Mitsubishi Cars 32
NATO-Cars 32
Peugeot Beacon Export 39
Reifen Rex (Tyres) 39
Rena Car Hire 13
SAAB JHQ 34
Shell Garage 34
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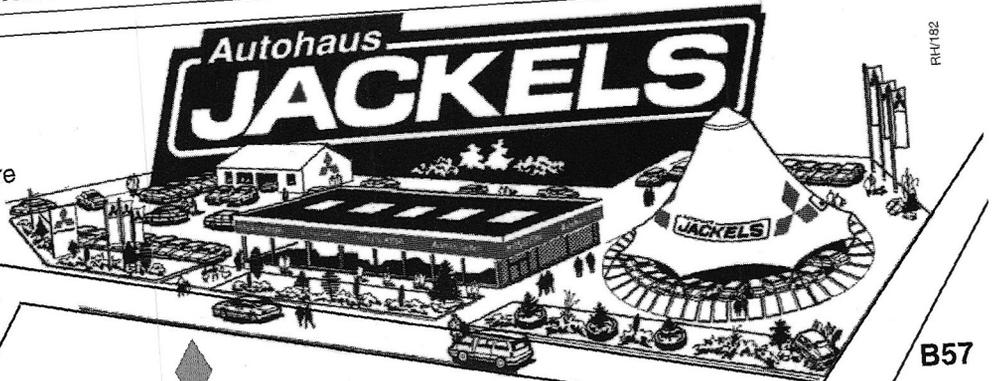
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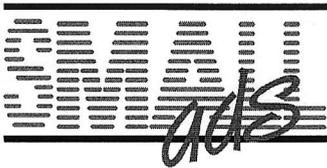


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DM 10 for maximum of 20 words.
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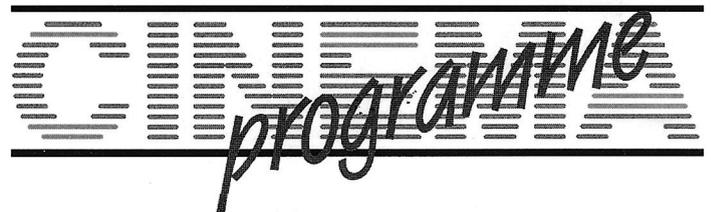
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RH/324p

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