

the bulletin

July 2008

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Thoughts from the Editors desk



It has come to our attention that there is a growing culture of 'crating' or 'slabbing'. Apparently you have to buy a crate of beer for your 'mates' when people's pictures appear in this magazine, we do not support this activity in any way shape or form.

To this end we apologise to Kev Potts at 7 Signal Regiment who was pictured on the front of the May issue



in his 'Banana Man' suit. His picture was then again seen on the RESG Environmental awareness posters causing great distress to his wallet. To that end we apologise to Kev and his wallet, and we make no apologies for the amount of photo montages in this issue!



Talking of pictures it's almost time for the Summer photo competition again. We had a great response last year with over 100 entries from all over Europe, and this year we're expecting more. So start thinking about what pictures you will be taking and the great prizes you could win courtesy of Photo Schaffner. Next month we'll be telling you how to take part and maybe your picture will soon be on the front cover of this magazine.

Regular readers of this column will be surprised to hear that I am finally coming to terms with that Swedish furniture company! Whilst I was away recently my dear and beloved wife took it upon herself to help me overcome my fear and yes loathing by ordering 6 pieces of furniture online. The anger management courses seem to be working though, it was almost therapeutic as I managed to build all the furniture without turning it into firewood. Then just when I was doing so well and had finished carrying it upstairs it was gleefully pointed out to me that there was a small, no miniscule, chip on the edge of one of the cabinets. To hell with the anger management, not only did the toys go but they were quickly followed by the pram... and the nappy bag and the changing table.

It's nice to see the RMP and RSF out on patrol at JHQ, and checking on property to make sure it's all locked up and secure. However their exuberance has left our 'Glamorous Granny' Gerry confused; Her front garden sports a rather old push bike. In fact that's all you can do to it as it has no chain, no brakes, is painted blue and has a rather fetching flower arrangement in the basket on the handlebars. So imagine her amusement upon discovering a sticker carefully affixed to the crossbar stating, 'Unsecure item- please lock up'. Full marks to those who put the sticker on it, it certainly made Gerry's day!

See you next month!

Caption Competition



Thanks to all those who entered the 'Caption Competition'. We had some great entries however the winner was 'Head and Shoulders' above the rest!

This month the picture was a chance shot at a restaurant in Wegberg with our 'Glamorous Granny' and 2IC RSU Maj. Allen Poulsen, oh and a duck!

Entries to *'the bulletin'*, HQ RSU, BFPO 40, or teambulletin@hotmail.co.uk by no later than July 20th, and win the admiration of your friends and colleagues, unless you enter anonymously of course!

Inside this issue

5 **First Aider Of The Year**



6 **Army Champions**



8 **A Little Rusty**



20 **RESG Round Up**



25 **People In The News**



39 **AWS**



47 **You Need To Know**



68 **Sport**



Last Months Winner!



Cheeky girls win JHQs got talent!! Anonymous.



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Front Cover Photograph.

If You Can't Stand The Heat...

By Paul Baldwin

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Young First Aider Of The Year Award - 2008

Kristine Coultas, Leading Cadet of the St John Ambulance JHQ Division, and a Year11 Student at Windsor School, has received a "Young First Aider of The Year" award.

The Young First Aider of the Year Awards are a national award open to all those under 18-years of age and seek to recognise those who have used vital first aid skills to save a life or help an injured person. Those nominated have acted quickly, calmly and effectively at a real emergency. All those nominated receive a certificate, the outstanding nominations are then put forward to a committee who select the top 14 who actually receive the award.

Other winners in 2008 included Molly Hollyoak, aged 7, who called an ambulance and remained calm when her Mum fell and became unconscious and Lance Corporal Jane Redding, aged 15, of the Army Cadet force who treated an 11-year old boy who had been dragged under a bus, keeping him conscious, and reassuring him until Paramedics arrived.

The Award Ceremony took place at the Headquarters of St John Ambulance, St John's Gate, London on Saturday 31st May. Kristine's day started early with the hotel fire alarm going off at 05:15. The planned events at St John's gate started with a tour of the Museum, which covers the history of the Knights and Order St John starting during the crusades and the foundation of today's St John Ambulance. This was followed by a tour of the historic St John's gate building and chapel. The award winners and their families then had lunch followed by the presentation of the awards. The award winners were introduced and their citation read out, they were then presented with their award by Martin Bell. Kristine's citation was as follows:

Kristine Coultas - St John Ambulance – Leading Cadet - aged 15

Kristine was walking across a field with two friends when she came across a young girl who had fallen off her bicycle. Kristine could see that the casualty was badly hurt, and was drifting in and out of consciousness. Kristine reassured the friends of the casualty, who were panicking and upset. She then asked them for the casualty's name and details of what happened, before sending them to get help. Kristine suspected that the girl had sustained a head injury, and she tried to get a response from the injured girl. During a brief period of consciousness the casualty was crying and complaining of pain in her head, so Kristine reassured her and explained that she needed to keep still. When the casualty became unresponsive, Kristine put her in the recovery position and checked that help was on its way. Kristine continued to talk to and reassure the casualty until help arrived. The casualty was taken to hospital and was found to have both a fractured skull and arm and was treated in Intensive Care. Kristine has received thanks for both her first aid skills and her maturity during the incident.



*Krissy with Martin Bell and Lady Hamilton,
Senior President of St John Ambulance.*

The awards were followed by speeches which all emphasised the achievements of the young award winners and the importance of young people making a positive impact in their communities.

The Young First Aiders then moved outside for a series of photographs in front of the historic gate. Then one of the Surrey St John Ambulance Division gave a very realistic demonstration of first aid, complete with a Crusader Ambulance which arrived with Blue lights flashing and siren wailing.

Kristine was delighted to have received such a prestigious award, "I'm just so glad I was able to help, and was speechless and shocked when I was told about the award. When they told me at the St John British Forces Overseas Conference in Osnabrück I didn't realise how big the award was. This experience also made me realise how important it is to know first aid and it was this incident which made me join St. John Cadets."

It was an extremely enjoyable day for the award winners and their families. It also demonstrates the value in teaching potentially life saving first aid skills to young people. Training that these young people used effectively to save lives.

CHAMPIONS OF THE ARMY – 1 MI BN COMBAT SHOOTING TEAM



British Army Service Pistol Team Champions

Written by 1 MI Bn Team Captain – SSgt Morgan Cook

The recent British Army Germany Skill at Arms Meeting (BAGSAAM) attracted over 200 Regular Army competitors, and took place at Sennelager Ranges between 3 – 5 June. The annual event included individual and team based combat shooting competition matches, using standard issue service weapons. The event was planned and organised by Maj Darlington (SO2 G7 1 Armd Div), with QMSI Brown (SASC, TAG G) responsible for all matters concerning shooting. RDG and 1 LANCS provided the crucial administration for the event.

Immediately prior to the event, teams were provided with the opportunity to practice the matches that were to be fired in competition. Preparation for BAGSAAM was taken very seriously, with a number of the Major Units committing several weeks to their live fire training programme.

It was expected that the competition would be fierce for the four major Team Matches, which were open to both the Major and Minor Units. Three Infantry Bn Teams, respected and renowned

for their marksmanship abilities, were gunning for the Team Match titles.

In the three Individual Championships for Service Rifle, Service Pistol, and Machine Gun, the 1 SG Team were favourites to win. 7 Signals Regiment were extremely confident of success, and had gone to the trouble of publishing their expected win of BAGSAAM prior to the actual competition! After being thoroughly thrashed at Bisley by the 1 MI Bn Team earlier in the year during CORPOSC, the 7 Sigs Team probably had a reality check and decided it was pointless to compete at BAGSAAM!

All Teams were tested in challenging conditions during the Parachute Regiment Cup, which involved Fire Team movement and engagement of targets out to 500 metres distance, immediately after completion of the combat run. Although the weapon optics were misting up due to the humid weather conditions, and prolonged intervals between snap target exposures, the 1 MI Bn Team shot extremely well and were clear winners with a very impressive score of 230/255.



The Parachute Regiment Cup Champion Team

As it turned out, 1 MI Bn Team held off all challengers, and were overall Champions of the Team Pistol and Team Machine Gun Matches, and were runners up in the Team Rifle Match. SSgt Cook was winner of the Individual Pistol, Individual Rifle, and Individual Machine Gun Championships.

LCpl Jack, 1 MI Bn, was runner up for the Individual Champion at Arms, which was won for the third year in succession by SSgt Cook. LCpl Glenholme, 1 MI Bn, was runner up in the Individual Pistol Championship, and the 1 MI Bn Team were pleased to retain their title for another year as the Minor Unit Champion Team. Of the 29 medals available in the entire competition, the 1 MI Bn Team took 23.

On completion of BAGSAAM 2008, the 1 MI Bn Team had just 11 hours to return to JHQ Rheindahlen, and re pack their equipment for departing Germany at 2am to compete at the British Army Service Pistol Championships Bisley. On the day of competition, Sat 7 June, there was a degree of tension within the Team, as the range was teeming with Small Arms School Corps Competitors, every one keen to demonstrate their shooting prowess.

Battling their way to the final of the Pistol Tiles Team Match were a three person team from 1 MI Bn and 1 RIFLES. Both Teams hit nine out of the ten clay target tiles, the 1 RIFLES Team had fired all of their ammunition, and LCpl Glenholme had one bullet remaining to hit the last target and secure victory for the 1 MI Bn Team. With one leg involuntary 'disco dancing', the shot fell wide, much to the relief of 1 RIFLES.

Over 90 competitors fired in the Service Pistol Championships, all hoping to achieve a top thirty placing for the special Top Army 30 Medal. SSgt Cook shot well in Stage 1 to secure the silver medal, and was intent on winning one of the prized jewels had it not been for a weapon malfunction during a critical point in the Stage 2 Match.



Champions Of The Team Pistol And Team Machine Gun Matches

Amidst strong competition, the 1 MI Bn performed well under pressure to win the British Army Service Pistol Team Championship for the second year in succession. Both SSgt Cook and LCpl Jack were extremely pleased to be informed that they have been shortlisted for the Regular Army VIII Pistol Team who are to compete in the Inter Services Match in July.

The 1 MI Bn Combat Shooting Team have qualified to compete at the Army Operational Shooting Competition, which is the premier shooting event of the year, and will be held at Bisley in July.

A Little 'Rusty'

14 Geographic Squadron Medal Parade



In the Spring Brigadier Cripwell the Chief Engineer to HQ ARRC, visited 14 Geographic Squadron RE. The Squadron management decided this would be the perfect opportunity to have a medal parade for the Squadron personnel who had not received their medals from recent Op Tours. I was one of these chosen men; I had been told in December that although my medal had arrived I had to wait for a dignitary to visit the squadron so the medal could be presented in the correct manner. This made a refreshing change from the previous two medals which I had received in the internal mail.

A series of parade rehearsals and No 2 Dress Inspections started before Easter Leave, these went well, though nobody had any optimism of returning from leave and remembering the format. Sure enough on returning from leave when told to get into three ranks for a practice, there was a big debate on who was supposed to be where. It had not helped that we had lost personnel to various courses and the right hand marker to an exercise. The Squadron had also and gained four brand new Sappers posted in from the Class 2 Geo Course. These new guys had hoped for a relaxed introduction into Squadron life, instead they were told to 'dig out' their No 2 Dress and prepare a pair of best boots by Wednesday.

The Squadron were soon resized and repositioned with the 'new guys' accommodated in the ranks. It was clear that over leave certain people had become a little 'rusty', myself included. LCpl Ferry in particular seemed to have lost the ability to march whilst his head was turned for an 'eyes right'. I'm sure Sgt Robinson was not amused by having to repeatedly remove LCpl Ferry from his backside.

On Wednesday, following several improving rehearsals, it was time for the real parade. The orders were given and the Squadron marched on to the parade watched by the families. After a quick inspection of the squadron, Brigadier Cripwell proceeded with the medal presentations.



I was first out to receive medals for Op TELIC and Op HERRICK. The Op HERRICK medal had been bid for just three weeks before the parade. It was very surprising that it had arrived in time as the Op TELIC medal had taken over a year to arrive.

The Squadron 2ic, Capt Campey, was next up to receive his Op HERRICK medal. Cpl Hackshaw then received the Commander BRITFOR's Commendation for exceptional work during his tour of Afghanistan whilst serving with 12 Mech Bde.

Cpl Hackshaw may impress on Ops but lacks the basics when wearing a No 2 Hat two sizes too small for his head. This can lead to it becoming dislodged whilst marching. He did prove though that it can quickly be readjusted whilst saluting unseen to all but the observant SSM!

SSgt Andrew was last to receive a medal, for Long Service and Good Conduct. The QM read out what may be the longest citation ever written. After the medal presentations Brigadier Cripwell said a few words. It was nice to hear that we were the first British soldiers Brigadier Cripwell has presented medals to. The Squadron was marched off the parade and then it was straight to the bar for a few drinks and finger food. In the bar the Brigadier handed out more awards and Capt Campey was awarded his Army colours for Judo.



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An Erased Entry!

Words & pictures by Sgt R Faulks AGC(SPS).



It was with a sense of optimistic enthusiasm that four members of the ARRC Support Battalion AGC(SPS) Detachment set off to Worthy Down, near Winchester, to take part in the annual AGC Triple Crown Challenge 2008 held on Thu 15 May. The event is split into two parts; a Military Skills competition and a 20 kilometer March and Shoot Competition which all branches of the AGC can enter teams into.

The ARRC Sp Bn team consisting of Capt Tom Moffat, WO2 (SQMS) Mark Cussons, Sgt Robin Faulks and LCpl Adam Keenan qualified as Veterans with a combined age of 140 years, hard to believe on looking at the photos! The team were not expecting to be in the competition as the week before they were twelfth reserve and the event was an erased entry on the RAO's calender.



Although the team did not undertake any specific training for the event, they doggedly completed the March aspect of the March and Shoot in 2 hrs and 21 minutes. Some sharp shooting, especially by Sgt Faulks, during the Shoot phase resulted in the team finishing 21st overall from 66 teams and 4th best Veteran team.

The last effort for the day was a timed magazine fill, completed

by all teams and used in the event of a tie. Although small consolation, the Sp Bn team completed the task in the fastest time of the day and the accolade 'Top Bombers' was worth every step of the 20k's.



The overall winners

of the competition were the Staff and Personnel Support Training School (SPSTS), with teams winning both disciplines of the competition and therefore Best Section.



A BBQ after the event ensured the 'Esprit de Corp' carried on well into the evening and CO SPSTS claiming, 'my team winning is a given' was greeted with the challenge of 'See you next year!'



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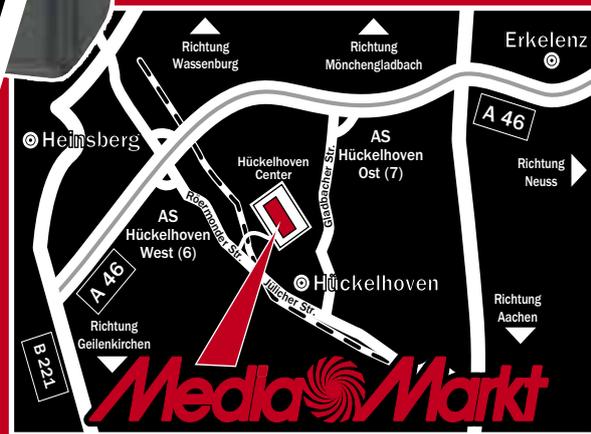
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Ich bin doch nicht blöd.

A Very, Very Scary Place To Be

By LCpl Ferry



Exercise FOUGASSE RIDE 08 - Operations PLUNDER and TURNSCREW

14 GEO Sqn RE this year decided to concentrate their studies on the Rhine crossings during the Second World War. This operation was given the overarching name of Op PLUNDER. After a week of research, and being split into our syndicates we were all set to give our speeches at various different areas which were specific to the stands.



Q Robinson reflects on the lovely German weather!

The first stand was a formal powerpoint briefing held in the Sqn briefing room, this is where all the syndicate leaders helped to paint the picture of all the events which happened in the build up to Op PLUNDER. We were briefed on the timings of all the great battles of the war and with the help of a well timed presentation, beautifully created and delivered by the SSM, the scene was set and all the personalities of the war were familiar to all. After this it was on to the bus and off to our second stand of the day.

This was a talk on the logistical build up of the crossings and took place in the same woods where it all happened back in May 1945. With the help of some mapping products and research, the staggering amount of equipment used was outlined, along with the routes the allies used, and how they kept themselves from being spotted by the Germans. At the end of this stand we discussed how such an operation of that scale would take place today, and if we were the commanders how we would change things, given the advantage of hindsight. Then it was back onto the bus for another short drive, some of which was along the route taken by the allies towards the banks of the River Rhine.

The next stand was at the precise location of the home bank of the London Bridge site across the Rhine at Rees. Before the talk, as it was on the day of the crossings, we were all given a cup of rum-laced tea, like the troops were as they waited to cross the great obstacle of the Rhine. At this stand the discussions were on the Geo specific subject of crossing points along the Rhine, and the selection of drop zones for the airborne forces. Here LCpl Ferry gave an excellent talk (even though I do say so myself!) and was earmarked for early promotion by the 2IC who was there to witness this monumental lecture. After that, discussions were led by the syndicate leaders on whether we would like to cross at the points chosen or if we thought that there were other more suitable points for the forces crossing. Once the arguing had subsided amongst the Geo lot and the others had finished giving us the dirty looks we were off along the home bank to the sites of the first crossings as part of Op TURNSCREW - our 4th stand of the day.



The CO, RSM and SSM ponder on where the next coffee and kuchen shop will be???

After a 5 minute drive we reached the stand at the point where the infantry boarded their boats and amphibious tanks to make their initial assaults. Here we learnt about the massive deception plan used by the allies and also discussed the points of operational security and how it differs from then and now. After that we were made to live that night with readings of personal accounts on what happened that night including some very graphic accounts from the men who fought there. I think we all decided it would have been a very, very scary place to be on the night, and the equipment that was used was far from the best. After this stand it was off to the far bank to look at things from the German perspective.

Twenty minutes later, a drive across the Rhine and we were on the opposite bank of where we had just been standing, looking back across the Rhine at what the Germans would have seen. Here we discussed the German tactics used to defend the bank. We also were informed on the difference in equipment and training available to both sides. We also looked into the tactics of the allies once they reached the far bank and began their approach to assault the town of Rees. Then it was back on to the bus for a ride to the town itself.



SSgt Tyrell and Spr Holden astonish SSM 16 Sqn and the CO with their knowledge and briefing prowess.

Once in Rees (which was one of the targets for the biggest allied artillery bombardments of the war) all the syndicates held discussions on how tactics used by the Germans are different to how the enemy in Iraq and Afghanistan are fighting now. We also discussed tactics used by our forces in the past and today, and if we thought we acted morally with reference to civilian casualties. After some heated arguments we were prised away from each other by the 2IC and STCO to be taken for a guided tour around the city. We followed A Company, 1 Gordons route into the town. This was brought to life by quotes from the men and accounts of specific incidents as we reached key areas of the clearance operation. By actually standing where the Gordons had stood, fought, and died left us in no doubt as to the sacrifices made. The tour finished at a German war cemetery where we were given time to walk around and reflect, and then to further explore the town of Rees to soak up and digest all that was learnt during the day.

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50th International Military Pilgrimage

By LCpl Asiedu AGC (SPS)



This year marked the 50th anniversary of the IMP to Lourdes and the 150th anniversary of the apparition. I was very fortunate as the only member of ARRC Sp Bn to take part in this historical event.

Firstly let me set the tone by recounting a bit of history surrounding Lourdes. In 1858 a young lady by the name of Bernadette Soubirous went to the bank of the Gave River in Southern France surrounded by the Pyrenees to fetch water. Whilst in the process, she had an epiphany of a lady dressed in white apparel. The Lady asked her to pray the Holy Rosary with her. There followed subsequent apparitions of this lady who later identified herself as "The Immaculate Conception". The message given to St Bernadette was that she prays for the conversion of sinners and also that a church be erected at that spot.

The lady also asked St Bernadette to drink from a stream, which she had to dig with her hand and also to later bathe in on a regular basis. Since then, that spot

(IMP) To Lourdes – 2008



and the adjoining stream has become a holy place of healing for many believers in particular the disabled; who are the most revered of pilgrims during this time. People from all walks of life Catholics and non Catholics alike, have turned the place into one of contemplative devotion and prayer.

After the Second World War, the German military along with other international military forces decided to heal the wounds of the past and join together to promote peace by organising the pilgrimage every year. This year was very unique in that it has been 50 years since the military got involved. The sight of over 40000 military personnel along with thousands of civilians all united in one thing – PEACE- is an amazing sight to behold.

The German contingent comprising UK, German and Norwegian military personnel set off from Köln train station on Wed 21 May. The journey was a bit arduous due to the French rail workers being on strike- So we arrived at our destination some 35 hours later! Tiring though the journey was; the beautiful

scenery of the German and French country side compensated for this hitch.

The contingent had a brief stop at Worms for a Holy Mass to set off the Pilgrimage. After we got to France, all the individual groups departed for their respective hotels. The German and French contingents were accommodated in tents just around the pilgrimage grounds as they are the main hosts. My group, consisting of a several civilians and RAF personnel lodged in a hotel in a nearby town called Thabes, about 35 minutes drive from Lourdes as all the surrounding hotels in Lourdes were fully booked.

On Thursday the International Military events began with the various military contingents forming up to parade down to the Basilica for the various ceremonies. The following three days saw colourful military displays and other social and spiritual events to mark the jubilee. Attendance was representative from all ranks and there were Generals to Private soldiers. Among the UK VIPs was Lord Guthrie, Bishop Thomas Matthews Burns (UK Forces Bishop) and a host of other high ranking RAF and Navy officers to name but a few.

We also had the bands of the Rifles and RAF to entertain and keep us in step during the parades. Most of the activities were spiritual but the social aspect was also very evident. From what I saw, even those who did not partake in the spiritual activities enjoyed the event.

The most remarkable aspect of the pilgrimage for me was a 30 minute drive to a hostel run by the Pilgrimage Trust called HOSANNAH house. This hostel is mainly for housing the terminally ill and less fortunate pilgrims.

Volunteers from the services take time off their schedules to help these people as their little contribution to making the world a better place. My experience over there is one that will remain with me for life. Almost everyone at that hostel could not contain their emotions as they joined one of the residents with Down's Syndrome in singing Amazing Grace.

In summary, I believe there isn't anywhere else in the world where you will find so many military personnel from different backgrounds and cultures congregating in fellowship, exchanging paraphernalia and just enjoying each others' company.

For whatever reason individuals attend this event, everyone who I spoke to afterwards took back something worthy of the trip. To see high ranking military officers display their emotions in public is a rare sight I felt privileged to witness. All in all, it was a remarkable experience and one I will recommend to anyone.

BORONA- What COMARRC Said

In light of the BORONA announcement, we had a chat with COMARRC to get the latest on the ARRC move.



In light of the recent announcement regarding the ARRC's move back to UK, how does it feel now you've got your marching orders, both as an individual and as a unit?

I am pleased that we now have a confirmed date for our move to Innsworth. This announcement was most welcome, ending the uncertainty surrounding the move and allowing us

to begin planning in earnest all the finer details required to conduct it properly. In addition it enables us to focus our efforts on our NATO Readiness Force commitment in 2009 without a concurrent move in the same year. It will also reduce the time in which the site at Innsworth is in transition.

What's the next stage?

The ARRC remains focused on training to fulfil our mandated mission. Of course we have liaison and reconnaissance teams, who are in contact with the project team responsible for the move, and we are planning concurrently for the move, but it will not affect our ability to meet our military commitments. We will be providing the NRF in the second half of 2009 and have robust contingency plans to meet any operational deployments we are called upon to provide.

What plans are being put into place regarding the infrastructure and facilities at RAF Innsworth itself?

The HQ site is in excellent condition and already meets most of our requirements. We have a team in place at Innsworth addressing some of the immediate issues. However I acknowledge that a move of this nature is going to be complex – we have over 1000 officers, soldiers and their families – nearly 2000 in all to move some 500 miles to another country, and this is complicated by issues associated with multinationality (approximately 180 service personnel are from our participant nations) and addressing individual circumstances such as postings and schooling.

However we have already taken over the site at Innsworth and preparations are well under way to ensure a smooth reception at the other end. We are already working with the authorities in both locations to ensure that this move is conducted as smoothly as possible with our people remaining our primary concern.

The jungle drums are saying that there aren't enough married quarters. How is this being rectified?

The BORONA team is examining a number of options with regards to housing. I am confident that sufficient quartering of the required type will be provided in time.

Rumours abound that the ARRC will deploy in 2010, how would any operational deployment affect the move?

We continue to plan to execute the move as instructed. The ARRC is trained and equipped to meet short notice operational deployment

and should the requirement come to deploy sooner than currently scheduled, we will be ready.

We are not currently scheduled to return to AFG until 2011, but as you know things can change. We are an operational headquarters and operations come first. If the current plan changes than the whole of 2010 would need to be reviewed.



Is there any scope within the movement plans if HQ ARRC were to be deployed that the move would be delayed?

We are pressing forward with what we currently know – that the move will take place in summer of 2010. There are a number of contingency situations that are being considered but none that I can discuss at this time, however, I am confident that HQ ARRC, along with the UK MOD will determine the best solutions to whatever contingencies arise

Will all the foreign national contingents move back to the UK?

Yes. Indeed several contingents are planning to increase their participation in the ARRC. Multinationality is one of the unique strengths and features of HQ ARRC and the UK values the contribution made by the other 15 partner nations who are part of the Headquarters.

We have worked very closely with our allies to ensure that the transition to a UK based HQ will be inclusive and allow all contributing nations to continue to support the ARRC as they have done so since its inception.

What impact will your leaving have on the local employed civilians and also the dependants?

We are aware that the move will indeed affect the local German community here, with which we have had such a strong relationship over the years. We have been and will continue to liaise with them to ease the burden caused by our leaving and regret any hardship they may incur from this move.

As you know UKSC(G) are in the lead for this work but we will work with all the local authorities to ensure that where possible the losses of our Directly Employed Labour (DEL) and dependant posts are mitigated where possible through natural wastage and redeployment. There are currently approximately 70 DEL and 30 dependant posts supporting the ARRC.

Can 'the Bulletin' team start measuring up the COMARRC's office?

It is a pretty good office. I suspect you'll have to challenge someone for it.

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World Champions At JHQ

Words and Pictures Gerry Waters

On Saturday 31st May a small corner of JHQ was transformed into Scotland as over 30 pipers and drummers hijacked the Little Theatre.

The kilt clad Celts were in Rheindahlen to take part in a workshop organised by RMP SSgt Craig Badley and JHQ Estate Manager SSgt Shorty Green.

Scotsman Craig hails from the Isle of Lewis and is the founder of JHQ Pipers who have been raising cash for the Army Benevolent Fund Germany for the best part of the year.

Craig said, "The idea for the workshop is all centred around charity and we are fortunate enough to have contacts with 2 ex World Champions who offered to come over from Scotland to run a workshop to develop and promote piping and drumming. The proceeds from which will once again go to the ABF."

The Scottish guests Bagpiper Craig Munro and Drummer Craig Lawrie and local tutors Pipe Major David Johnston and James Waugh have notched up 85 years experience and numerous Scottish, European and World Championships between the 4 of them. Their combined skill and knowledge was invaluable to everyone from the GOC's Piper Dave Moir to the youngest member of the group 15 year old Adam Badley.

The JHQ Pipers, the expert tutors and May McBain School of Dance concluded the successful workshop with an evening of Piping and Highland Dancing with group and solo performances.

Following the performance Maj Gen Mungo Melvin GOC UKSC (G) drew the winning ticket for the prize set of bagpipes. Donated by Craig Munro Master Craftsman at Wallace Bagpipes of Glasgow the classic 4 'Silver Nickel' bagpipes cost nearly 1,000 pounds.

"The bagpipe donation was an incentive to get people here" said Craig Munro "But as it turned out the workshop was well attended and we had a full house for this evening's performance." "It's been great," continued Craig "And I'm pleased to have played a part supporting a military charity. I've thoroughly enjoyed it and we've talked about coming back next year."

The event raised 1,800 euros and Craig and Shorty would like to thank everyone who gave their time, effort and money.



Tactical Leadership Programme- Dynamic Training For Nato Assets!



THE SET UP

The Tactical Leadership Programme (TLP) is a complex four week exercise involving a variety of countries and aircraft based at the Belgian Air Force (BAF) Base J. Offenberg, Florennes. The organisation runs six courses throughout the year which amounts to a lot of valuable training.

The main aim of TLP is to develop aircrew and support staff skills in planning, leading and executing Combined Air Operations (COMAO). A COMAO involves various aircraft types, with different capabilities, such as aircraft employing air to ground munitions (or mud movers as they are affectionately termed!), air defence aircraft using air to air missiles and also some jets with a 'swing role' capability which have both capabilities. The employment of the 'fast air' is combined on designated missions to achieve a particular effect or aim such as the destruction of an enemy airfield, naval assets or the destruction of an enemy air to air fighter capability.

THE MISSION CYCLE

The exercise is considered to be among the most challenging of all COMAO exercises held, consisting of up to 24 aircraft and crews from a host of nations.

The daily mission cycle demands hours of meticulous planning. Following the mission tasking, participants are required to crack complex problems in a very compressed time frame and within a multinational setting where participants have varying perspectives and different techniques. The course then leaves the planning cycle to execute their plan as the jets get airborne, leaving Florennes in peace whilst the fight is taken to the air.

Upon return a series of detailed debriefs are then conducted to assess the execution and effect of the aircraft employing air to ground munitions and air to air missiles against their various targets. The whole process allows an evaluation of the various stages from planning to execution and analysis of tactics to



ensure continual improvement in the combined effect of the course and their assets.

UK participation includes the whole fleet of RAF fast jets including Tornado GR4/Tornado F3/Harrier GR7 and Typhoon. Each unit deploying to TLP for a Flying Course normally deploys with two or more aircraft, crews and an engineering detachment of up to 30 personnel. Consequently, the participating aircraft for each course include a wide selection of all tactical aircraft available in the NATO inventory today.

In addition to the TLP flying courses conducted at Florennes there is also one Deployed Flying Course (DFC) conducted each year which further tests the flexibility and ability of our RAF elements to deploy and conduct complex operations at an unfamiliar Forward Operating Base.

ACADEMIC COURSES

The TLP objective, to increase the effectiveness of allied tactical air forces within NATO, is also achieved by Academic courses that run throughout the year designed to promote an awareness of combined air operations amongst those aircrew and ground support branches attending.



The courses cover a wide range of subjects including Defensive and Offensive Operations, Electronic Warfare and Combat Search and Rescue as well as running specific intelligence courses for unit intelligence officers. In any one-year, approximately 500 representatives of the tactical air forces of NATO will attend Academic Branch courses at Florennes. These courses are not limited to Air Force participation, we frequently see members of a variety of Naval and Land forces. Check out the TLP website at www.tlp.be for more information on courses.

UK SUPPORT ELEMENT



The RAF element is a key factor as the largest contributor to TLP in ensuring that the aims and objectives of TLP are met throughout the year with both the flying and academic

branches represented by subject matter experts in air defence and air to ground tactics, and specialised support staff in engineering, intelligence and fit planning.

The RAF strives to ensure representation on the courses as often as possible due to the exceptional training benefit. In addition, mixing personnel from such a variety of countries always leads to a great atmosphere once the mission cycle is completed and the participants get to 'chew the cud' in a more relaxed environment of their choosing.

The work is hard but exceptionally rewarding and the TLP staff are justly proud of the programme's reputation for not only providing excellent training, but also for fostering friendships and creating an important spirit of cooperation between nations.

There is no doubt that all NATO countries have greatly benefited from their participation in TLP and it goes without question that the crews and support staff can utilise the lessons learnt and employ them in the current theatre of operations that we presently face – the development of the core skills of leadership, flexibility and co-operation ensure that the participants are well placed to face ever changing threats.

The RAF team at TLP are ably supported by the UKSU at SHAPE and RESG at a higher level. In 2009 the entire TLP organisation will move to Albacete in Spain, to take advantage of better weather and airspace. This will no doubt bring new challenges but ensure the long term future of TLP.



RESG Round Up

SHAPE 'Brit Fete'

Words and pictures Paul Baldwin

A little piece of SHAPE turned into the Village Green as the Brits showed the rest of Europe some real culture. 'Splat the Rat', Morris dancing and fish and chips added to the atmosphere. The highlight of the day was the traditional Tug of war, won for the first time in 4 years by the men, along with the Police dogs, school childrens folk dancing, the RLC band, the posh hat stall, in fact it was all great traditional British fun!



Relate Launches Telephone Support For RESG ISODETS

relate
the relationship people

Relate BFG is pleased to announce the launch of a telephone counselling service for those facing relationship difficulties. "To date, we have focussed on the delivery of face-to-face relationship counselling in locations across Germany," explains Mags Godderidge, Director of Relate BFG. "The launch of this telephone counselling service, however, will enable us to expand our area of operation beyond Germany and for the first time offer support to those in remote locations such as the ISODETS".

Clients will still need to make an appointment via the central booking line in JHQ, Germany. "When making their appointment, clients should consider a time when they know that they will be free from distractions," advises Mags. "The counsellor will then call them at the agreed time for a one hour session". Where couples are accessing the service, it is recommended that they have access to a telephone with a speaker-phone facility.

Established back in 1938, Relate is often associated with marriage guidance, however, Mags is keen to point out that these days, the scheme is not just for married people. "Our counsellors can offer relationship counselling and advice to individuals as well as couples – including same sex couples. So whether you want to improve your relationship, want to separate or your relationship has already ended, you can talk to us in confidence".



To arrange a free and confidential appointment in your area, please call JHQ Mil: 94872 2826 or +49 (0) 2161 472 2826.

RAF 'Bodyguards' Safeguard The Queen During Visit

By 'Banter From Burnley Boy'



It has been quite a busy time for Izmir personnel with regard to 'flying the flag'. Gp Capt Rowly Smith led a group of RAF personnel at the 'Gallipoli Commemoration', which included a dawn service.

Each year a commemoration takes place to remember the hundreds of thousands of casualties and the thousands of Allied and Turkish soldiers that were killed during the dawn landing and subsequent campaign. Contingency plans were implemented and Sgt Debbie Curzon was issued 2 alarm clocks prior to the trip in order to make sure she wouldn't miss the dawn parade.

Thanks to some fine Swiss mechanical precision and reliability, Debbie made the parade. Also at the Commemoration was the Royal Navy's 1st Sea Lord and Chief of the Naval Staff, Admiral Sir Jonathon Band.

With so many high profile dignitaries attending, Sgt Phil McAndrew used this opportunity to do a bit of 'networking'. Phil seized the moment and hovered around Admiral Sir Band and the New Zealand's Chief of Air Staff with the hidden agenda of a possible second career. It's now a toss up between him joining the NZ Air Force, the RN or P&O Ferries. Apparently it all rests on who has the nicest uniform, my money is on P&O!

Meanwhile Wg Cdr Mike Beresford led a group at the British Embassy in Ankara for the state visit of the Queen and The Duke of Edinburgh. Accompanying him were 5 highly untrained but diligent RAF 'Close Protection' individuals, with the job of creating a 'bubble' around the Queen in order to ensure her safety.

The night before the visit Sgt Darren Hart watched the film 'The Bodyguard' whilst Sqn Ldr Tracey Dudman practiced her curtsey, or was it the other way round?! Whilst the Queen made her way around the garden party, FS Chas Riddell for some reason kept having urges to talk into his sleeve cuff at the same time muttering the words '...the package is now mobile'. Some great 'PR' was achieved with both these events but with it at a cost, and that is in the form of possible reductions to the RAF's strength. Sgt Phil McAndrew now considers a new career with P&O Ferries whilst FS Chas Riddell is convinced that he can 'cut it' as a Close Protection Operative. In the meantime, he still walks around the HQ building with his iPod earpiece in!



RAFA Club- JHQ

Calling all serving and Ex RAF personnel

The RAFA Club at 19 Bedford Walk is open on Tuesday evenings from 20.00- 23.00.



For more information contact John or Uschi Francis on 02434 7309 or Pete Baldwin on 02431 947671

The Homeless of Mönchengladbach need your help!

Toiletries, especially Sun cream, deodorant, and wet wipes. Plasters and general medical supplies, (bandages, gauze rolls, nappy rash cream and toilet rolls).

Clothing collection continues as does the need for small pieces of furniture. Collection by arrangement.

Please call Michèle on JHQ mil 3754 email: michelewolsey@hotmail.com or Monica Cleland JHQ Mil 2460. Thank you!

Station Welcome

A Station Welcome will be held on the first Wednesday of each month to give an overview of procedures and facilities available to those who have recently arrived at JHQ. The meetings start at 10.00 in the RSU Welfare Centre. Future dates; 2 July, 6 August, 3 September, 1 October, 5 November & 3 December

Rheindahlen Youth Club Music Workshop

Vacancies!

Sunday Morning Workshop every weekend
Juniors 13.00- 15.00
Seniors 15.00- 17.00

Contact Rheindahlen Youth Club on 02161 472 4483 or Mike on 0162 4216 932

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17.30- 19.30

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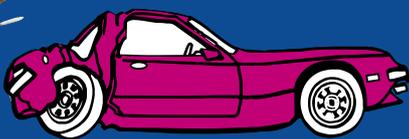
34 AEC, JHQ, BFPO 40

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People In The News

Fundraising Blast!

Photo WO1 Clive Smith



Shoppers at the JHQ NAAFI MAX were pipped into the shop recently by SSgt Shorty Green (JHQ Estate Manager), SSgt Craig Badley (RMP Crime Prevntion Officer) and his student son Adam. The four hour session raised 300 euros for the Army Benevolent Fund.

Since this photo was taken Craig and Shorty are sporting number 1's after their heads were shaved spontaneously at a BBQ. The close shave earned them another 110 euros for the charity.

**Back Row Craig Badley, Adam Badley, Shorty Green.
Front Row Kelsey Badley, Katie Green**

Swim When You're Winning?



HELP for HEROES
1999 to Present

By Charlie Booker

Wildenrath Youth Club organiser Mrs Emma Plews and 10 children and staff took part in a sponsored swim in aid of Help for Heroes, at the Wildenrath Community Pool in May.



Fundraising And A Visit

Words by Carol Faulkner and Natascha Robertson

The Rainbows have been doing their bit for charity again. This time the 2nd and 4th Rainbows came together for the skipathon challenge to raise money for children with leukemia.

They had a fantastic evening finished off with hot dogs and ice lollies!!

Meanwhile in May the 2nd Rheindahlen Rainbows were invited to the JHQ RMP Station by Cpl F McCullough the visit included a viewing around the station and in and around the police vehicles.

A big thank you goes out to Cpl F McCullough for a great visit!

People In The News

Anglo German Garden Party

Pictures Paul Baldwin and Gerry Waters



People In The News

Station Volunteers Garden Party

Pictures Paul Baldwin and Gerry Waters



People In The News

60 Years Of Service By Charlie Booker



Mr Tony Wolfhagen and Mr John Wever of the QM Dept based at Javelin Barracks, Elmpt were presented with certificates to mark 35 and 25 years loyal service by the Quartermaster, Elmpt Station Major (Retd) Martin Smith on the 4th June 2008.

Both Tony and John continued to work at Elmpt Station when it 'changed hands' in 2001 after working for a number of years at RAF Brüggen as it was then known.

Bright And Colourful Content

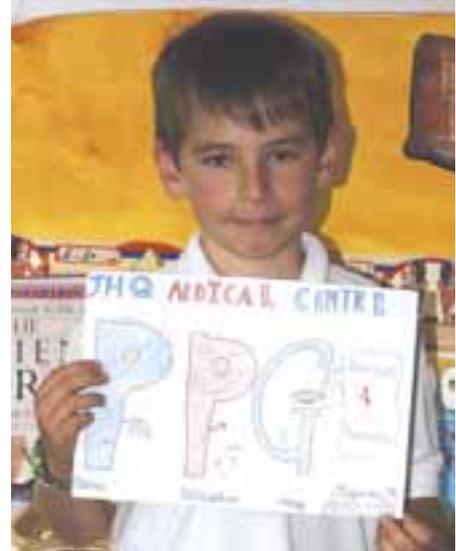
By Paul Baldwin and Gerry Waters

Daniel Collins a pupil in Mr Askew's class at St Andrews School JHQ was the winner of a recent competition to design a logo for the Rhine Area Patient Participation Group.

Daniel's poster pipped the other entrants to the post with its bright and colourful content.

Kate Bowen Committee Member said, "We were all very impressed with all the detail, he explained it very clearly. There's also a great picture of an ambulance!"

The new logo will be seen on noticeboards around the garrison encouraging Medical and Dental Centre patients to attend the group. The next meeting is on Wednesday 2nd July at 1000 in St Andrews Hall.



J R Hartley I Presume?

By Charlie Booker



Sgt Lance Buckle was presented with the Royal Corp of Signals Colours for coarse angling on 6th June by Second in Command of 16th Signal Regiment, Major Simon Meadowcroft. Sgt Buckle has represented the Corps for the last 5 years

A founder member of the Blandford Angling Club, now in Germany Sgt Buckle is a very active member of the Rhine Garrison Angling Club and has become one of the strongest anglers in the BA (G) League.

New Counselling Room Opens In JHQ



Thanks to a generous cash donation from the Rheindahlen Thrift shop, Relate BFG has been able to transform storage space into a fully functioning counselling room. "In order to meet the ongoing demand for relationship counselling in the JHQ area, it has been necessary for us to open up another room," explained Director of Relate BFG, Mags Godderidge. "We are very grateful for the €500 donation which allowed us to create a modern, neutral and 'de-militarised' environment in which our clients can feel relaxed and at ease".

Relate counsellors are based throughout BFG. To arrange a free and confidential appointment in your area, please call JHQ Mil: 2826 or 02161 472 2826.

People In The German News

The Local
GERMANY'S NEWS IN ENGLISH

Ticking Me Off!

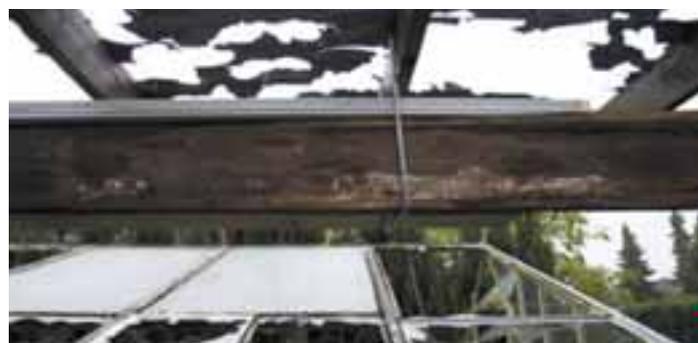
Stories on this page provided courtesy of www.thelocal.de

Baby doll causes bomb scare at NATO base

Police thought there was a bomb in front of the NATO Airbase in Geilenkirchen on a Monday morning, but instead found a malfunctioning ticking baby doll. Military police on patrol at the base heard what they thought was a ticking noise coming from a clothing donation receptacle.

Authorities secured the area immediately, and explosives experts from the state office of criminal investigation spent several hours investigating the container. They found a battery operated doll intended to make crying noises, but a malfunction had caused the doll to emit a ticking noise instead.

According to police spokesman Norbert Schröders, authorities do not suspect any "malicious intent" regarding how the doll ended up in the container for clothing donations.



Tennis-ball Sized Hail

Storms slam western Germany

Strong storms in North Rhine-Westphalia and parts of southwestern Germany flooded cellars and caused mudslides in late May.

Tennis-ball sized hail destroyed cars in Krefeld. Police reported that countless car windows and rooftops had been demolished in the city in the German state of North Rhine-Westphalia.

"The area around Düsseldorf was particularly hard hit by hail storms," said meteorologist Michael Beisenherz from Meteomedia, warning that more bad weather would hit parts of western Germany. Violent winds also hit the state of Hessen in the Rhine-Taunus region, where police said at least 54 trees were uprooted. Some motorists were trapped between fallen trees on the road near Bad Schwalbach and had to be freed by the fire brigade.

The storms flooded streets and cellars in Rhineland-Palatinate and Saarland. The police in Kaiserlautern said a six-kilometre stretch of the Bundesstrasse 424 in Zweibrücken had to be closed due to mudslides.

Heavy rains also unleashed mudslides on the railway near Bullay an der Mosel. But police in Trier reported that the tracks were only "marginally" covered and that trains would soon be able to continue service.

Beaches Below Standard

EU says water quality at German beaches has got worse

EU officials have bad news for those Germans heading to the beach this summer: the water quality along the country's North and Baltic Sea coasts has worsened.

The European Commission on Monday said the water at 20 of Germany's 350 ocean beaches – 5.7 percent of the total – was of poor quality in 2007. That was up from only 1.1 percent in the year before. Germany's 1,589 fresh water bathing spots fared only slightly better – 4.2 percent fell below EU standards.



EU Environment Commissioner Stavros Dimas criticized EU countries for simply removing bathing spots with poor water quality from the survey list. "It's easy to improve the results by taking spots off the list," he said, explaining that the EU opened legal proceedings against 11 EU members including Germany. In the mid 1990s nearly 440 German ocean beaches were included in the study – some 90 fewer than last year.

Looking at water quality throughout Europe, Dimas said overall the situation had worsened slightly. But with only 0.4 and 0.9 percent of their beaches below standard, popular holiday destinations for beach holidays like Italy and Spain had far lower rates of subpar water quality than Germany.

People In The News

Friendships Renewed

By Charlie Booker

The retiring Polizei President of Krefeld Dieter Friedrich and staff were given a tour of the former Royal Air Force Brüggen now the home of 7th and 16th Signal Regiment.

It was a renewal of a continuing friendship dating back to when 7th Signal Regiment were based in Krefeld.

The day concluded when Herr Friedrich was treated to some skid training on the Stations driver training area and presented with a Regimental plaque to mark his visit.



BFG Kept Busy On World Environment Day

By Media & Comms BFG



BFG members were out in force supporting World Environment Day, which took place on 5 June. The 'WED' drive this year is carbon reduction, the UN's 2008 slogan being "CO2 – Kick the Habit! – Towards a Low Carbon Economy." MOD and Land Forces are placing great importance on the campaign.

As a lasting memory of WED 08, BFG produced a BFG World Environment Day 2008 Commemorative cover. 500 stamped 5p covers which were printed with the logo "Reduce your Carbon Footprint" and handed out across BFG. The aim of the Cover was to encourage people to think about the resources used in the production of the Cover and plant the seed for change.

Additionally, various activities and initiatives took place at Garrison, unit and school level, including efforts to go 'car-free' for the day in Rheindahlen and cycle to work. School events included running a nature trail, a 'Carbon Footprints' Game, a Bronze Award for Eco Schools to Lister School, Herford, fund-raising for an environmental charity, and an 'electricity-free' day at Slim School, Bergen-Hohne.

Major Eddie Bridges, BFG Environmental Protection Officer, said: "HQ UKSC (G) is extremely pleased with the effort put in by SCE and garrison and unit staff in support of BFG Environment Day. The evidence is clear that reducing carbon footprints not only eases the burden on our environment but also relieves the load on individual and corporate purses." Pictured is Mrs Thiki Taylor, of RESG Commercial Branch Rheindahlen, receiving one of the commemorative Environmental Covers from Maj Vic Faulkner, SHEF Focal Point for RESG.

Portuguese National Day - 2008

By Lt Col JP Almeida

On the 11th of June, the Portuguese community in ARRC celebrated the 865th anniversary of Portuguese Independence, with a cocktail in the Officers Mess, where families from all of the 17 ARRC countries had an opportunity to get together.



The Portuguese National Day, which actual date is the 10th of Jun, is related with the most famous Portuguese epic poet, Luis Vaz de Camões who wrote "Os Lusíadas", an epic poem which describes Portuguese History, since the foundation of the country until the middle of the 16th century, with a special focus on the discovery of the sea route to India.



Attended, amongst others, by the General Consul of Portugal in Dusseldorf, DCOMARRC and the Portuguese NMR at SHAPE, the event was a huge success specially the music (Fado) and the savouring of several typical dishes and wines. Portugal has been part of ARRC since its foundation, and currently has a three men contingent in the HQ. The event's main goal was to share Portuguese culture and traditions with guests from other nations.

People In The News

Want To Work From Home?



ARMY WELFARE SERVICE

Ever Thought Of Becoming A Childminder? Do you want to work from home? Do you have want to work with children? Then read on.....

Childminders are a valuable resource for the community, by investing in your future now and registering as a childminder you get a rewarding professional qualification which you can transfer between postings. As a service spouse you know how important it is to provide stability for your families following a move, but how about yourself?

As registered childminder you can transfer your Registration between BFG, Cyprus and England, so once you have unpacked and settled in you can resume your childminding business. You have no boss to work for and as it is your own business, you can decide what children you want to work with, how much you want to charge and what hours you want to work. You can even take a break of however long you want, providing that your registration remains current, so it fits nicely around your current job, any studying you wish to do and more importantly around your family.

All childminders are fully vetted with British Forces Early Years here in BFG and Cyprus and with Ofsted in the UK; they have attended a Childminding Introduction course, First Aid and Safeguarding Children courses and are well qualified to assist parents in providing the best care for their children in a home environment. They have public liability insurance through the National Childminding Association, which offers the same package of materials, support and advice to British Forces Early Years registered childminders as they do for those in the UK.

Here in BFG, should you wish to become a childminder you will also receive support from the network of other childminders and from the local AWS Childminding Co Coordinator.

Want to know more? Contact Jacquie Beecher Childminding Coordinator, RESG, 02161 4724939



Smile!

Words Gerry Waters, Pictures Paul Baldwin



As part of National Smile month members of the Rhine Region Dental Defence Service Germany set up in the foyer of the NAAFI MAX JHQ to promote the event.

The awareness afternoon designed to advise on healthy eating and encourage health education was also the perfect platform to launch the DDS (G) recommended list of dental products.

“The initiative for the ‘list’ came from a clinical conference last November” WO2 Krissy Willoughby Preventive Dentistry Warrant Officer told ‘the bulletin’. “Over 200 dentists, technicians and assistants discussed oral health and drew up a list of products we advise as DDS (G).”

“In conjunction with NAAFI - who have managed to source most of the products - we now have a pretty comprehensive list of toothbrushes, toothpastes, mouthwashes and interdental aids available BFG wide. The products are easily recognisable because they have a ‘DDS approved’ shelf label on them.”

One of the youngest members making use of the promotion display was 10 month old Aidan Berry whose Mum Liza was questioning the Dental Team about toothpastes and fluoride. “Teeth are a big part of his life already; his first tooth came through at 5 months and by 8 months he already had 8. The dental service here in Germany is excellent and I’ve been taking Aidan since he was 5 months old.”

Sgt Sam Davidson Dental Hygienist Elmpt advises parents to follow Liza’s lead. “The dental surgery can be a very intimidating place for children. It’s good idea to bring your baby in with you to get them used to the chair, gloves, smell, noise and especially the light.”

“As for oral hygiene, it’s never to young to brush”, explains Sam. “With young babies start by rubbing with your finger, then progress to a bit of gauze wrapped around it and then the brush. We suggest using 2 brushes, 1 for Mum and 1 for baby.”



Schools In The News



Marathon Mufti Day

Photo Gerry Waters Words Ian Smith

Sara Smith and her husband Ian ran the Edinburgh Marathon on the 25th of May in support of Breast Cancer. Ian's sister has just successfully fought a long battle against the disease and it is seeing the support and encouragement provided by the Organisation during this battle plus the need to further research so that many more battles can be won against this disease that has spurred both Ian and Sara on to do this event.

Neither of them have ever done something like this before but it is a challenge that pales into insignificance when measured against the fight for life that so many people have to go through having this disease.

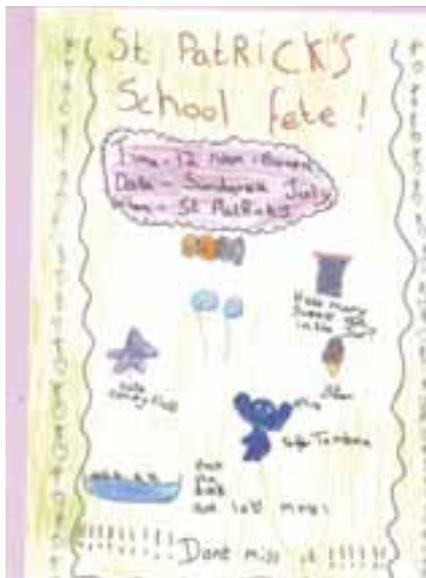
St Andrews School also signed up to the cause having a mufti day on the 21st with pupils wearing pink and blue in recognition of their support. A big thanks must go to Mr Kerray the Headmaster, for his support.

No Women Driver Jokes!

Words and picture Charlie Booker

QM Department Javelin, Barracks said a fond farewell to Tracy Avery and her family who are posted to Hohne. But before she left Tracy was given a chance to try skid car and obstacle avoidance at high speed with the German Police.

But please- no women driver jokes because Tracy's driving skills impressed everyone



St Patrick's Summer Fete

Following our earlier notice relating to St Patrick's Summer Fete, the newshounds would like to confirm our school fete will take place on Sunday the 6th of July.

After last years success we are sure you will have a super day!

Well Done to Ella Northey from Year 3 who is the winner of our summer fete poster; no doubt you will have seen Ella's poster all over Garrison.



Conscious Of The Good Work

By Gerry Waters

The British Community has once again shown that charity really does begin at home; donating €1,750 to a local charity.

64 members of the West Rhine Golf Club in Javelin Barracks donned their plus fours and headed for the greens in Elmpf's very own European version of the Ryder Cup.

Richard Laing former Captain of the club presented a cheque To The Homeless Of Mönchengladbach at their inner city drop-in centre.

Speaking to the staff at Café Pflaster he said, "It was decided we should help a local charity; we're all very conscious of the good work that goes on here so we wanted the less fortunate in Mönchengladbach to benefit."



Schools In The News

“H2O, Give it a Go”!



Throughout BFG, SCE primary schools are holding water assemblies to talk to children about the positive effects of hydration and to present each child with a water bottle.

Thanks to the custom of the BFG community, NAAFI has been able to support SCE in their Healthy Schools initiative by donating 5000 water bottles to Service Children's Education. This means that every primary school child at an SCE school in BFG will receive a water bottle.



Dehydration can impact a child's ability

to learn; mental performance can fall by 10% as well as leading to tiredness, light headedness, headaches and irritability causing a fall in concentration levels. Studies have shown that drinking adequate amounts of water throughout the day can help to optimise learning in schools.

St Andrew's School in JHQ held their water assembly on Thursday 22nd May. Head teacher Mr Kerray talked to pupils about the benefits of drinking water as part of a healthy lifestyle. The children at St Andrew's have a new mantra “H2O, Give it a Go”!

The children were extremely excited about receiving their water bottles and two children from each class were chosen to receive the first water bottles from Shelley Surtees, NAAFI Schools Manager, Germany. Mr Kerray then visited each class throughout the afternoon to ensure that every child had a water bottle to take home. NAAFI are delighted to be able to help make a significant difference to the health and achievement of our children in BFG.



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School's Fire Awareness Afternoon

Words and pictures Gerry Waters and Paul Baldwin

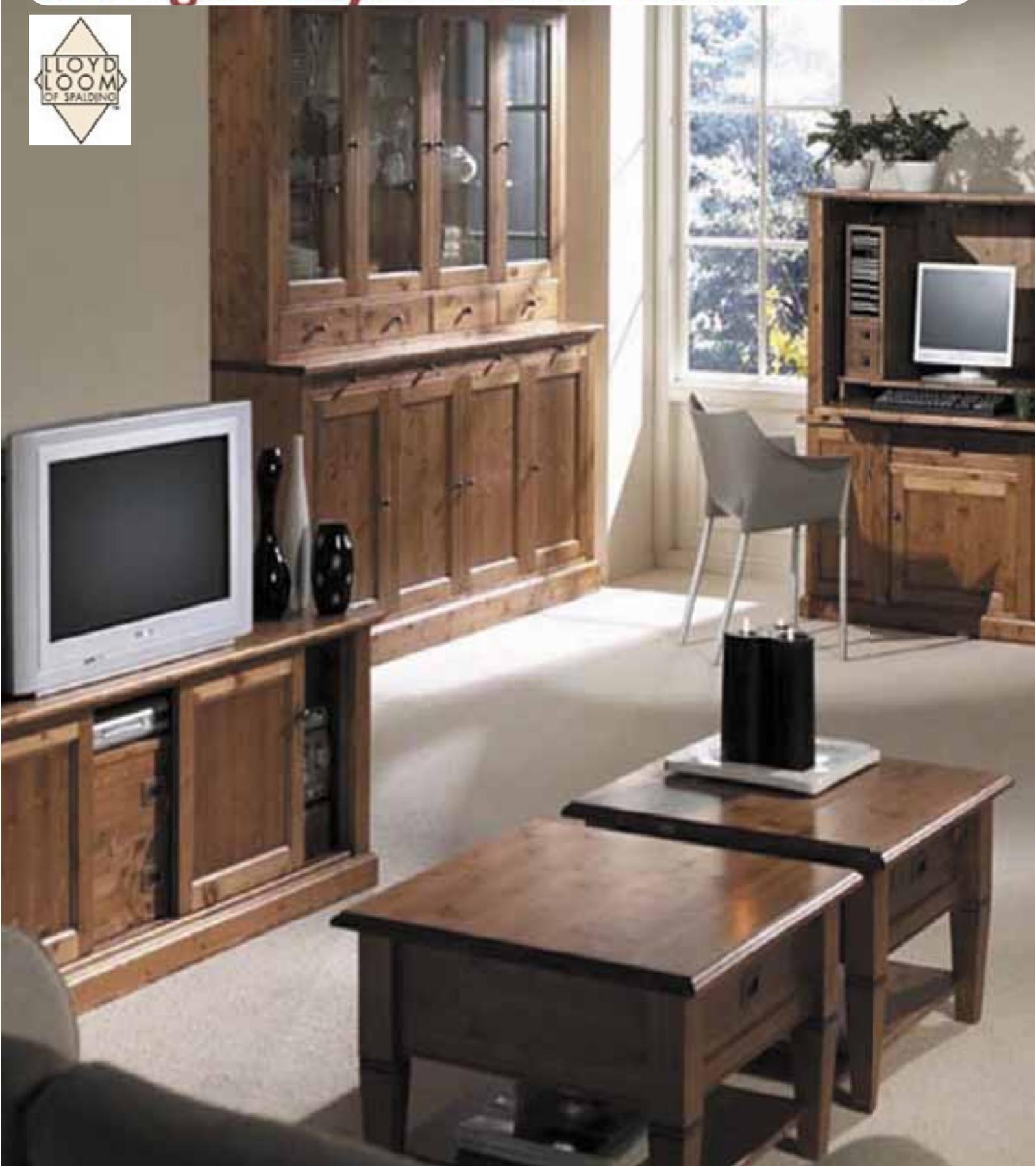


Over 200 children from all 6 SCE schools in the Rhine area were invited to a fire awareness day at the JHQ Fire Station. The event organised by WO1 Clive Smith (Senior Estae Manager JHQ) in conjunction with the Defence Fire Services involved an afternoon of static displays and demonstrations. The stands were set up to promote fire prevention and crime reduction, showcase fire service equipment including the first aid package and allow students to get close up to a 'fire engine'. The highlight of the visit was the dramatic fire demonstration to promote the do's and don't's of 'everyday' paper (office bin), flammable liquid (chip pan) and electrical (computer monitor) fires.

Schools In The News



Living in Style with Pine and Teak



Directions:

follow A52 & new road into Roermond Centre. Turn left at the 'Outletcentre junction' (to do that you have to turn right into Outlet, around the round-about and back across the junction!). You'll find de Oude Spinde on the first road to the right & opposite is a big carpark !

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Rheindahlen JHQ opposite NAAFI MAX

NEW: www.aladdinscave.de

Javelin Barracks Motor Club



Javelin Barracks Motor Club is open to all Service personnel
and UKBC in Javelin Barracks, JHQ and Ayrshire Barracks,
including dependants.

£50 per year membership (much less than a good night out!)
will entitle you to:

Work on your own vehicles in safe garage facilities,
equipped with compressed air, a 4 post vehicle lift and
overhead crane.

Access to free lock-up space for longer term projects

Discount in addition to Tax Free, on automotive goods (not
just spares) from the Club suppliers

Tip for new car owners: The discounted automotive spares
and accessories entitlement makes membership worthwhile
even if you never set foot inside the club!

For Membership please visit the Central accounts office,
Javelin Barracks and complete the membership Form.

Enquiries:

OIC Club: Maj Fuery on Elmpt Mil (68) 2692
Treasurer: Mr Rozzell on JHQ (72) 3359

Opening Hours

Monday to Saturday

09:00 - 21:00

Sundays and Bankholidays

10:00 - 16:00



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Community Calendar & Events Diary

3 July

Globe Cinema JHQ

Indiana Jones &
The Kingdom Of The
Crystal Skull (12A)

JHQ Event

Rheindahlen In Bloom

4 July

Globe Cinema JHQ

Indiana Jones &
The Kingdom Of The
Crystal Skull
(12A)



5 July

Globe Cinema JHQ

Indiana Jones &
The Kingdom Of The
Crystal Skull (12A)

Elmpt Event

NoahsArk Nursery Fete

10 July

Globe Cinema JHQ

Sex And The City
(15)



11 July

Globe Cinema JHQ

Sex And The City
(15)

Elmpt Event

Ex Hard Ride

12 July

Globe Cinema JHQ

Sex And The City
(15)

JHQ Event

Garage Sale

17 July

Globe Cinema JHQ

What Happens
In Vegas
(12A)

18 July

Globe Cinema JHQ

21
(12A)



19 July

Globe Cinema JHQ

Indiana Jones &
The Kingdom Of The
Crystal Skull
(12A)

24 July

Globe Cinema JHQ

Forgetting
Sarah Marshall
(15)

25 July

Globe Cinema JHQ

Superhero Movie
(12A)

26 July

Globe Cinema JHQ

Sex And The City
(15)

Activity	Information	Age	Date	Cost	Venue	Timings	
						START	FINISH
Dummer See Residential Activity Week	This five day adventure week will be at the British Yacht Club on the banks of the Dummer See. Activities include sailing, windsurfing, mountain biking, and to visit one of the largest theme parks in Germany. The package includes food, accommodation, third party insurance, all activity costs and transport from Rheindahlen.	11 - 15 years old	28 July - 1 August	€185	Dummer See Lembruch	Rheindahlen Youth Centre TBC	Rheindahlen Youth Centre TBC
Deutsche Fussball-Akademie In association with Rheindahlen Youth Football Club	Coaches from Deutsche Fussball-Akademie will be providing expert tuition. Each participant will receive a sweat top. Participants will need a packed lunch, drinks, and suitable sports kit including shin pads. All children under 7 yrs must be accompanied by a parent/guardian. Participants must have reached their 5th birthday by the 23rd July. No Transport provided.	5 years old +	11 - 13 August (3 days)	€75	Rheindahlen Youth Football Club JHQ	10:00	15:00
Tennis Week	Coaches from the Lawn Tennis Association will provide expert tuition. Sessions may be cancelled in the event of bad weather. Please call the AWS office on the number on page 1. Refunds will only be made if all the sessions in any particular age group are cancelled. Appropriate sports kit must be worn. Racquets will be available for those that do not have their own. Parents/carers are required to make their own arrangements for lunch and lunch time supervision. No Transport provided.	SY1 - SY5	4 - 6 August	€45	Rheindahlen Tennis Courts JHQ	SY1 - SY5 10:00 - 12:00	SY1 - SY5 13:00 - 15:00
		SY6+ & Adults	7 - 9 August			SY6+ & Adults 10:00 - 12:00	SY6+ & Adults 13:00 - 15:00

Activity	Information	Age	Date	Cost	Venue	Timings	
						START	FINISH
Camp Adventure, JHQ/Javelin Children's Activity Club	This weekly programme will include sports & games, arts and craft, music and performance activities. There will be one trip per week off-site; either to Duisburg Zoo or Köln Zoo. Local amenities and sports facilities will also be used. All facilities and refreshments are included in the cost. Participants will need to bring a packed lunch. Camp Adventure will also be operating in: Dülmen, Ramstein, SHAPE, Brunnsun and Naples.	SY1 - SY4 FS2 on a fill-up basis	28 July - 1 August 4 - 8 August 11 - 15 August 18 - 22 August 25 - 29 August	€60 per week	Rheindahlen and Javelin* Youth Centres (Please indicate which Youth Centre on the return sheet)	09:00	16:00
Activity Week	An energetic programme of indoor & outdoor activities including Mini Rugby, Table Tennis, Cricket, Art & Craft, Hockey, Rounders, Table Football, Softball, Pool, Tug-o-war, Play Station 2, Air Hockey, and much more! Wednesday activities will include a trip to Duisburg Zoo or Köln Zoo. Participants may either go home for lunch or bring a packed lunch and drinks with them. Suitable sports clothing should be worn as well as adequate sun protection and drinks for outdoor activities. Transport details on page 2.	SY5+	28 July - 1 August 4 - 8 August 11 - 15 August 18 - 22 August 25 - 29 August	€25 per week	Various JHQ	09:30 Rheindahlen Youth Centre	16:00 Rheindahlen Youth Centre
Stable Management & Horse Riding	Get stuck into stable management and then try your hand at riding with the Saddle Club, culminating in a show on the second day. Participants must wear suitable shoes, with low heel and closed toe, wear long trousers and provide a packed lunch. No Transport provided.	SY4 +	7 - 8 August 21 - 22 August	€40 per course	Rheindahlen Saddle Club JHQ	10.00	15.00

Activity	Information	Age	Date	Cost	Venue	Timings	
						START	FINISH
Dance Musical Workshop	A week of acting, singing and dancing to a popular musical. At the end of the week there will be a performance. Sports clothing & trainers or dance shoes must be worn. Refreshment is available at the venue at an additional cost. No Transport provided.	SY3 SY12	18 - 22 August	€35	Rheindahlen Youth Centre JHQ	09:30	12:30
MTV Moves Dance Workshop	Learn all the latest moves from your favourite music videos. At the end of the workshop will be a small performance. Sports clothing & trainers or dance shoes must be worn. Refreshment is available at the venue at an additional cost. No Transport provided.	SY2+	11 - 15 August	SY2 - SY5 €25 SY5+ €30	Rheindahlen Youth Centre JHQ	SY2 - SY5 09:30 SY5+ 11:00	SY2 - Y5 11:00 SY5+ 13:00
School of Rock	Be a star on Electric guitar, bass guitar, drums, or keyboards as you prepare for a concert performance on Friday afternoon. No previous experience is required. A packed lunch is recommended but light refreshments are available at the venue at an additional cost.	SY5+	28 July - 1 August 4 - 8 August	SY5+ €35	Rheindahlen Youth Centre JHQ	09:30	16:00
Laser Quest & Bowling Venlo	The package includes 1 hour of Bowling, 1 game of Laser Quest and a snack meal of either a Burger or Chicken Nuggets or Frikadella, Ice-cream and a drink. All equipment is provided and no experience is necessary. Individual Passports & European Health Insurance Card must be brought. Transport to the RYC is not provided.	SY5+	Mondays: 28 July 11 August 25 August	€15 per trip	Adventure World of Taurus Velden Venlo - NL	13:00 Rheindahlen Youth Centre (RYC)	17:00 Rheindahlen Youth Centre (RYC)
Laser Quest, Kabebaan (Chairlift) and Rodelbaan (Dry Toboggan) A Go Go Valkenburg	The package includes 1 game of Laser Quest in caves, 1 return chairlift ride, 2 rides on the Toboggan Run and a snack lunch and drink. In case of wet weather, 2 laser games will be offered as chairlift and toboggan run will be closed. Individual Passports & European Health Insurance Card must be brought. Transport to the RYC is not provided.	SY5+	Mondays: 4 August 18 August	€20 per trip	A Go Go Valkenberg	09:00 Rheindahlen Youth Centre	16:00 Rheindahlen Youth Centre

Activity	Information	Age	Date	Cost	Venue	Timings	
						START	FINISH
Skiing & Snowboarding	Allrounder WinterWorld provides an indoor ski slope with real snow! All applicants must be competent skiers or snowboarders i.e. are able to turn right, turn left and stop safely as Instruction is not provided . AWS staff will assess ability of participants at the beginning of the session. If it is apparent the required standard is not met they will be withdrawn from the activity. Skis, snowboards and boots can be hired on the day at an additional cost of €9. Lunch can be purchased at location.	SY5+	Tuesdays: 29 July 05 August 12 August 19 August 26 August	€25 per session	Allrounder winter world Skihalle - Neuss	09:30 Rheindahlen Youth Centre	16:00 Rheindahlen Youth Centre
Climbing	This outdoor climbing wall is located at the rear of the Ski Centre and provides various climbs for all abilities. No experience is necessary as instruction and all equipment is provided. Participants must bring sun protection. Lunch can be purchased at location.	SY5+	Tuesdays: 29 July 05 August 12 August 19 August 26 August	€25 per session	Allrounder winter world Skihalle - Neuss	09:30 Rheindahlen Youth Centre	16:00 Rheindahlen Youth Centre
Canoeing	No previous experience at water sports is necessary to come along and enjoy a day on the water; however participants must be able to swim 25 metres in open water. Wet suits will be provided if needed. Participants must bring a change of clothing + a 2nd pair of rough shoes for getting wet, a towel, sun protection, a packed lunch and snacks including drinks, and their Passport & European Health Insurance Card .	SY5+	Wednesdays: 30 July 06 August 13 August 20 August 27 August	€10 per session	Oolerplaat Roermond Lakes Roermond - NL	09:30 Rheindahlen Youth Centre	16:00 Rheindahlen Youth Centre
Windsurfing							
Introduction to Golf	Professional instruction provided by the club. Learn about all the aspects of Golf including: etiquette, swing, chipping, putting and driving. Refreshments are available. Participants are to wear golf attire. Transport is not provided .	SY4 - SY10	Thursdays: 31 July 07 August 14 August 21 August 28 August	€10 per session	West Rhein Golf Club Javelin Barracks	09:30	12:30

Activity	Information	Age	Date	Cost	Venue	Timings	
						START	FINISH
Toverland	Spend a day in this indoor & outdoor activity park. Passport & European Health Insurance Card must be brought for each participant. Lunch and snacks can be purchased locally. NB: Some rides have a minimum height restriction of 1m 40cm.	SY5+	Thursday 31 July	€25	Toverland Sevenum - NL	09:30 Rheindahlen Youth Centre	18:00 Rheindahlen Youth Centre 18:20 Javelin Youth Centre 18:45 Wildenrath Youth Centre
Phantasialand	Enjoy a day in this mysterious and fantastical fun park. Lunch and snacks can be purchased locally. NB: Some rides have a minimum height restriction of 1m 40cm.	SY5+	Thursday 21 August	€25	Phantasialand Brühl - Köln	09:30 Rheindahlen Youth Centre	19:00 Rheindahlen Youth Centre 19:20 Javelin Youth Centre 19:45 Wildenrath Youth Centre
Movie Park Germany	Experience Hollywood in Germany & all the great rides too. Lunch and snacks can be purchased locally. NB: Some rides have a minimum height restriction of 1m 40cm.	SY5+	Thursday 7 August	€25	Movie Park DE Kirchhellen	09:30 Rheindahlen Youth Centre	19:00 Rheindahlen Youth Centre 19:20 Javelin Youth Centre 19:45 Wildenrath Youth Centre
Break Out outdoor activity park	Activities on offer at this large outdoor park include archery, climbing wall, zip wire, raft building, human table football and high rope course. Participants must bring their Passport & European Health Insurance Card , swimming kit, a change of clothes, rough shoes, a towel, sun protection, a packed lunch and drinks.	SY5+	Thursday 14 August	€25	Break Out Evenementen Swalmen - NL	09:30 Rheindahlen Youth Centre	18:00 Rheindahlen Youth Centre 18:20 Javelin Youth Centre 18:45 Wildenrath Youth Centre

Activity	Information	Age	Date	Cost	Venue	Timings	
						START	FINISH
Efteling	Discover all the different magical Realms on offer at Efteling with many white knuckle rides. Located in Holland, this exiting park has something for everyone. Passport & European Health Insurance Card must be brought for each participant. Lunch and snacks can be purchased locally. NB: Some rides have a minimum height restriction of 1m 40cm.	SY5+	Thursday 28 August	€25	Efteling Kaatsheuvel - NL	09:30 Rheindahlen Youth Centre	19:30 Rheindahlen Youth Centre 19:50 Javelin Youth Centre 20.15 Wildenrath Youth Centre
Combat Kids	A full day of activities including an Indoor Assault Course, Camouflage and Concealment, Indoor Range, Team Games, Command Tasks and Operation Flag Snatch, There will also be a barbeque at the Youth Club at lunch time.	SY5+	Fridays 1 August 8 August 15 August 22 August 29 August	€5 per session	Various JHQ	09:30 Rheindahlen Youth Centre	16:00 Rheindahlen Youth Centre
Sub Aqua	This is your chance to have a try-dive with members of the Rheindahlen Sub Aqua Club. Have a go at snorkelling and diving. All participants must complete a Diving Club Medical Proforma, available at registration, which must be submitted no later than <u>three working days</u> before the activity. Parents to make their own return transport arrangements.	12 years old +	Fridays 1 August 8 August 15 August 22 August 29 August	€5 per session	Blue Pool JHQ (This activity was not confirmed at time of printing)	09:30	12:00

ALL FINISHING TIMES ARE APPROXIMATE

Young Persons Details

Name Male / Female*
delete as appropriate

Age School Yr DoB

Full Home Address

Home Tel (including code)

Head of Family/Guardian/Carer Details

Name Title

Full Unit Address

Work Tel (including code)

Other Contact Details

Consent

In the event of an emergency, I agree to my son/daughter receiving medical treatment, including anaesthetic, as considered necessary by the medical authorities present.

I have completed the consent form for Photography and Visual Images of Children and Young People.

Confidential Medical Information

Does your son/daughter suffer from any of the following?
 (delete as appropriate)

Asthma or Bronchitis	YES	NO	Heart Condition	YES	NO
Fits, Fainting or Blackouts	YES	NO	Severe Headaches	YES	NO
Diabetes	YES	NO	Allergies	YES	NO
Travel Sickness	YES	NO	Any Other Condition	YES	NO

If you answered YES to any of the above, please provide details (use separate sheet if needed).

Is your son/daughter receiving any medical treatment of any kind?

YES NO

If the answer is YES, please provide details below including required dosage of medicines or tablets (use separate sheet if needed).

I undertake to inform the organisers of any changes in the medical circumstances, which I feel would be in the best interest of my son/daughter.

Signed (Parent/Guardian/Carer)

Date

Please tick the boxes alongside the activities that you would like to register for

WEEK 1 (28 July - 1 August)

Activity	Date	Cost	
Camp Adventure - Activity Club	28 July - 1 August	€60	
Activity Week	28 July - 1 August	€25	
Dummer See Residential	28 July - 1 August	€185	
School of Rock	28 July - 1 August	€35	
Laser Quest & Bowling, Venlo	28 July	€15	
Skiing & Snowboarding	29 July	€25	
Climbing	29 July	€25	
Canoeing	30 July	€10	
Windsurfing	30 July	€10	
Toverland	31 July	€25	
Introduction to Golf	31 July	€10	
Sub Aqua	01 August	€5	
Combat Kids	01 August	€5	

WEEK 2 (4 - 8 August)

Activity	Date	Cost	
Camp Adventure - Activity Club	4 - 8 August	€60	
Activity Week	4 - 8 August	€25	
School of Rock	4 - 8 August	€35	
Tennis Week Y1 - Y5	4 - 6 August	€45	
Tennis Week Y6+ & adults	7 - 9 August	€45	
Stable Management & Horse Riding	7 - 8 August	€40	
Laser Quest Valkenburg	4 August	€20	
Skiing & Snowboarding	5 August	€25	
Climbing	5 August	€25	
Canoeing	6 August	€10	
Windsurfing	6 August	€10	
Movie Park	7 August	€25	
Introduction to Golf	7 August	€10	
Combat Kids	8 August	€5	
Sub Aqua	8 August	€5	



Summer Activities 2008 - RESG REGISTRATION FORM

Please **tick the boxes** alongside the **activities** that you would like to register for

WEEK 3 (11 - 15 August)

Activity	Date	Cost	
Camp Adventure - Activity Club	11 - 15 August	€60	
Activity Week	11 - 15 August	€25	
MTV Dance Workshop Y2 - Y5	11 - 15 August	€25	
MTV Dance Workshop Y5+	11 - 15 August	€30	
Deutsche Fussball Akademie	11 - 13 August	€75	
Laser Quest & Bowling, Venlo	11 August	€15	
Skiing & Snowboarding	12 August	€25	
Climbing	12 August	€25	
Canoeing	13 August	€10	
Windsurfing	13 August	€10	
Break Out	14 August	€25	
Introduction to Golf	14 August	€10	
Sub Aqua	15 August	€5	
Combat Kids	15 August	€5	

WEEK 4 (18 - 22 August)

Activity	Date	Cost	
Camp Adventure - Activity Club	18 - 22 August	€60	
Activity Week	18 - 22 August	€25	
Dance Musical Workshop	18 - 22 August	€35	
Laser Quest Valkenburg	18 August	€20	
Skiing & Snowboarding	19 August	€25	
Climbing	19 August	€25	
Canoeing	20 August	€10	
Windsurfing	20 August	€10	
Phantasialand	21 August	€25	
Introduction to Golf	21 August	€10	
Stable Management & Horse Riding	21 - 22 August	€30	
Combat Kids	22 August	€5	
Sub Aqua	22 August	€5	

WEEK 5 (25 - 29 August)

Activity	Date	Cost	
Camp Adventure - Activity Club	25 - 29 August	€60	
Activity Week	25 - 29 August	€25	
Laser Quest & Bowling Venlo	25 August	€15	
Skiing & Snowboarding	26 August	€25	
Climbing	26 August	€25	
Canoeing	27 August	€10	
Windsurfing	27 August	€10	
Introduction to Golf	28 August	€10	
Efteling	28 August	€25	
Sub Aqua	29 August	€5	
Combat Kids	29 August	€5	

Make sure you have filled in the registration, consent and medical details and ticked the boxes in the tables to indicate the activities you would like to register for.

Total Amount Paid €

Paid by

.....
PRINT NAME

Received by

.....
AWS STAFF

Date

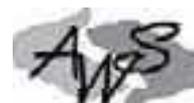
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I require transport from:

Wildenrath / Javelin / JHQ *

* Please delete as appropriate

Return the completed sheet with the correct payment to your local AWS office.



6 July

Globe Cinema JHQ

Indiana Jones &
The Kingdom Of The
Crystal Skull (12A)

JHQ Event

St Patricks School Fete



8 July

Globe Cinema JHQ

Iron Man
(12A)

13 July

Globe Cinema JHQ

Nim's Island
(U)

JHQ Event

Garage Sale



15 July

Globe Cinema JHQ

What Happens
In Vegas
(12A)

Regular Events

Sunday

Sunday Lunch (1st & 3rd) - ECHOS, JHQ
Families Drinks & Bingo - RBL, JHQ
Rheindahlen Youth Club Music Workshop

Tuesday

Bingo - Encounters, JHQ

Wednesday

Bingo - RBL, JHQ
Bridge Club - RFOM, JHQ
ARRC Kids Film Club - ARRC Welfare Centre

Thursday

Bridge Club - RFOM, JHQ
Junior Golf Section - WRGC, Elmpt

Friday

Open House - RBL, JHQ

Saturday

(1st Sat of Month) Texas Hold'em Poker
RBL, JHQ

20 July

Globe Cinema JHQ

Superhero Movie
(12A)

22 July

Globe Cinema JHQ

Superhero Movie
(12A)

27 July

Globe Cinema JHQ

The Incredible Hulk
(12A)



29 July

Globe Cinema JHQ

The Incredible Hulk
(12A)

31 July

Globe Cinema JHQ

Speed Racer
(PG)

Events

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09th August - 1930hrs

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30th August - 1900 hrs

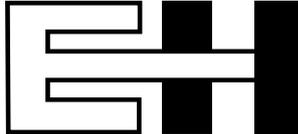
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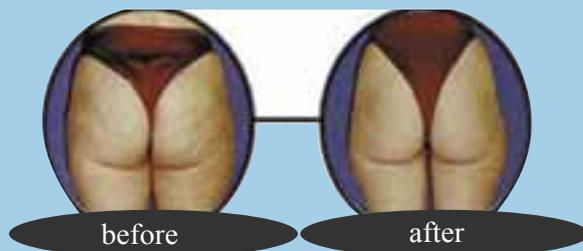
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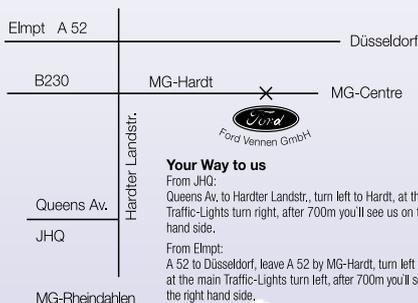
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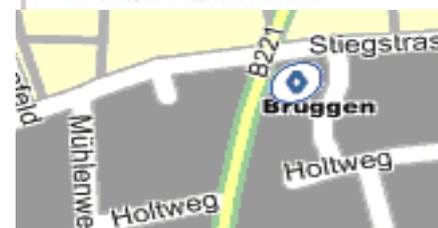
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Summers Here – The war in the Garden!!

Article courtesy of Declan O'Mahoney, HIVE Information Officer, Munster South

Cor Blimey, was it only yesterday that we were all scraping ice of the car windows and wearing Grannies – no dad (no dad don't make me wear that) winter woollies? Well judging by the complete change of clothing that you are all wearing, you have officially declared that summer is here! The sun is out, evenings are getting longer and we've brushed the cobwebs off the Barby. That fantastic aroma of food sizzling fills the air, and the local shops are all doing a brisk business in garden furniture and lawnmowers, Ah, all is well with the world! **THINK AGAIN** – All those lovely plants that you spent your hard earned cash on at the garden centre have become the target for every creature that can crawl, slither or fly. Someone once said that for every plant ever discovered, nature created 10 creepy crawlies to eat, kill or lay eggs on it!!

The Lawn:

Okay the grass has started to grow at last; however, it seems to have taken on a mind of its own and is springing up quicker than "Jacks Beanstalk". So the dulcet tones of the woodpecker and song thrush have been replaced by the "Lesser spotted Flymo" and "great crested strimmer". So your half way down the garden when you suddenly part company with said lawnmower. Question: What happened? Why is my hair standing on end? Well the answer is you have just run over your electrical cable and electrocuted yourself. Make sure you also buy a surge protector/circuit breaker when you buy the lawnmower and always wear suitable footwear!!

"The Swarm":

Picture it; you've spent hours preparing that absolutely astounding feast to impress your Hubby who is back from deployment or your friends or Auntie Nellie who is staying with you from UK. The table looks like something "Jamie Oliver" would be proud of. You all sit down to tuck into the feast, and then you hear it! Bzzzzzzzzzz...yep it's a wasp (or hornet). In a flash out comes the fly swat and in a blur of movement the said "Jasper" is on route to a better world. Then you look up, Aaaaaah – hubby is covered in potato salad, the kids are sporting a rather fetching style in coleslaw and Auntie Nellie has a rather large Bratwurst sticking out of her ear!! As for the table, well "Battle of the Somme" springs to mind. Solution: Wasps get angry when the air around them is disturbed (that first miss with the fly swat). Try wafting it away or better still buy a wasp trap, half fill it with a sugary water mixture and position at the far end of the garden out of reach of the kids. Please note that swatting might not work on Hornets as they might take the swatter from you and beat you with it! Remember anything sporting stripes demands respect. Just ask the Boss.



"The Swarm part 2:

You managed to get the table back to normality, removed the Bratty from Nellie's ear and dinner is done. The alcohol free beer and wine has done its work and everyone is mellowed out. Evening is here, then you hear it...Bzzzzzzzzzzzzzz... yep it's the Mozzie thousand bomber raid!! Or "The silent Assassin" has arrived. Rumour has it that they go for ears and ankles only, well someone ought to tell the mozzie that! So before you become the latest toy for the kids, i.e. "join the dots" make sure that you protect you and yours with the recommended cream/spray. Get hold of some Citronella candles or burners for outside and place at ground level safely (where your ankles live). Any problems then seek medical attention.



The Barby:

Every man's perfect BBQ would include at least 20 burners, a drinks holder, cocktail shaker, DVD player and telly and look like a F1 motor. What, you mean we have to cook food on it? Ok, so it's on with the "Homer Simpson" or the "Head chef" aprons (you know the ones) and feeding the five thousand begins. It's a man thing I know, but it seems the bigger the flame, the better the BBQ must be and as such the first offerings disappear quicker than you can say "Beam me up Scotty". Yes love the coals are still a bit hot!! Or in the case of the gas BBQ "Don't call Red Adare just yet"!! (No not the one who danced with Ginger Rodgers"). So on go the Bratties and Burgers and 10 seconds later they are looking good on the outside.

You know that the outcome is likely to be that the kids will be keeping you up all night with food poisoning or Auntie Nellie is going to have to get some new dentures because she has broken hers on the frozen centre of said bratwurst.. Solution: (Coals) make sure the flame has died down and the coals are white in colour. (Gas) cook on a lower heat for longer and always check the centre of the food to ensure it's cooked through.

I hope that you enjoyed this light hearted article; however, the MORAL of the story is "Think and enjoy the summer safely". Should things go wrong then your first actions should be contact the Medical Centre or Tel: 112 in the case of out of hour's emergencies.

Useful website: www.nhsdirect.nhs.uk

Make sure that you have sufficient medical supplies in the house to deal with what the summer brings, as most problems never happen between 08.00 and 17.00hrs Mon O Fri. The above website will advise you or pop into your Medical Centre.



Padre's Pen

Sport Is A Delight

By Anthony Feltham- White

I love the summer. I love the long evenings and the warmth of the breeze. I love meals outside and the abundance of wildlife. I love the fact that everybody seems so much more content when the sun is out.



Summer also brings out all sorts of interesting sporting events to watch or take part in. I particularly enjoy watching motor racing and rowing, two sports particularly dear to my heart as I have spent many years competing on both rivers and racetracks.



Earlier in the year I enjoyed watching Lewis Hamilton show his supreme skill in the rain as he won a wet race at Monaco. It was the same in 2000 at the Sydney Olympics as Steve Redgrave and his crew pulled out all the stops to win the Gold Medal. Watching somebody excelling at any sport is a delight, and I have no doubt that by the time you read this we will have seen some fantastic goals scored in the European Cup!

However, it is abundantly clear to me when I climb into my own racing car that God chose not to give me the talent he gave to Lewis Hamilton, and although my trophy cabinet has many rowing medals in it, none of them is an Olympic one. Thankfully God has blessed me in other areas; I have my own unique mixture of skills and gifts. We all do!

We may not be a Lewis Hamilton or a Steve Redgrave, but we are who we are. God gave each one of us a unique array of skills and gifts. Don't ever be fooled by those who tell you otherwise. Our job is to have fun discovering what it is that we are good at and then excelling in it! I am sure that makes God smile.



The summertime is great for getting out and using your gifts. Beginning by just having fun and enjoying those you have around you. God will show you the rest.



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Sennelager, Loseke Strasse - 16th July 2008

JHQ, Rheinholden Rooms - 17th July 2008

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Cyprus Spain Portugal Italy Turkey Crete





Forthcoming Events

Teddy Bear Hunt opens for registration
Station Welcome
BFG's got Talent!
Garage Sale
Trip to Burgers' Zoo, Arnhem

Station Welcome
Air Show, Aachen – 30 August



ADVANCE NOTICE

Car Boot Sale 7 September
Scottish Weekend Our visit will be on 13/9/08- in Belgium
Rhine in Flames 20 September

TEDDY BEAR HUNT



The Teddy Bear Hunt is a 'hunt' for pictures of a teddy bear. Open to children of primary school age and will take place during 21 July – 10 August. The picture will be displayed throughout JHQ (by house occupants taking part) during the above period. Now open for registration at RSU Welfare Centre, at latest, by 8 August. €3 per child (includes entry to 'Name the Bear Competition'). Prize-winners to be notified after 1/9/08.

STATION WELCOME

There will be a Station Welcome at the RSU Welfare Centre on Wednesday 2 July commencing at 1000 hrs. Refreshments are provided, please come along. August 'Welcome' – 6 August.

BFG'S GOT TALENT!

The final of the BFG's got Talent! competition will be taking place on 5 July 2008 at Picnic in the Park. This is a follow-on to the successful JHQ's got Talent! held last summer and promises to be an entertaining occasion.

COMMUNITY GARAGE SALE - Saturday 12 July 1000 - 1600 hrs and Sunday 13 July 1200 - 1600 hrs



Sellers please register your address at the RSU Welfare Centre. A small donation of €10 to charity would be appreciated. Set up your stall outside where you live and let the buyers come to you!

Buyers you will be able to obtain a list of streets where sales are due to be held, from the RSU Welfare Centre, on or after Wednesday 9 July.

TRIP TO BURGERS' ZOO – Saturday 26 July

Don't miss this chance to see one of the biggest zoos in the Netherlands. Situated at Arnhem, Burgers' Zoo is divided into areas which recreate the natural habitats of the animals: such as Burgers' Wildlife Gardens, Burgers' Desert, Burgers' Safari, Burgers' Ocean, Burgers' Bush, and Burgers' Mangrove. If the children have any energy to spare, a stop at 'Adventure Land' should surely tire them out. Choose



from one of the many restaurants or bring a picnic to round off the perfect day. Adults €3, children €2 - transport only. Depart JHQ 1000 hrs, depart Zoo 1700 hrs. Booking required.

RHINE IN FLAMES, ST GOAR - Saturday 20 September

Imagine a small town on the Rhine, the streets are lined with food, crafts, beer and wine stalls. The banks of the Rhine are decorated with a myriad of lights, as are all the boats on the river. A siren sounds and the lights in the town are dimmed and the fireworks begin; first from Castle Rheinfels then Castle Katz. The illuminated barges and ferries follow the trail of fireworks to St Goar, this is a magnificent sight that continues for a full 45 minutes.



We are offering two options to St Goar - 'transport only' or 'ferry package'. The ferry package includes watching the fireworks on board "Schiff Rheinkönigin" with a meal and music. Limited places on both options, bookings now being taken.

Please contact RSU Welfare Centre - (472) 3016 for details on forthcoming events.

OUT OF HOURS WELFARE CONTACT

Telephone JHQ Military 2082 or 2854 (RSF Guardroom). Please leave your name and telephone number and the Unit Welfare Officer will return your call.

RSU WELFARE CENTRE INDOOR PLAY AREA

The play area within the RSU Welfare Centre is open to everyone; access is available through the Centre. This play area is open from 0830 to 1630. We have plenty of places for mums and dads to sit and to watch their children play. Mums and Tots group meets every Wednesday - 1330 - 1500 hrs.

ITEMS FOR HIRE

The following items can be hired from the RSU Welfare Centre. Refundable deposit required, daily or weekly rate.

- Bouncy Castle
- Power Washer
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Phone (472) 4268 for details.

RSU WELFARE CENTRE - CONTACT NUMBERS

Unit Welfare Officer - 2681
Assistant Welfare Officer – 6198

(Out of Hours 2082/2854 - your call will be returned)

Bus Escort Supervisor 4854
(Mob 01722911084)
Business Registration 2488
'Contact House' Enquiries 4268
Events and Trips 3016
General Enquiries 4268
Hire of Equipment 4268
Pet Registration 4092
Tick Testing for Dependants 2488
USAREUR (Installation) Pass 4268



ARRC WELFARE CENTRE

ARRC Welfare Team

UWO - Capt Darren Walker - Ext 5739
UWWO - W02 Pete Wallis - Ext 5738
Sgt Jo Morrison - Ext 5754
LCpl Dave Mair - Ext 5754
LCpl Bobby Greatrix - Ext 2525
Office Manager - Mrs Elaine Baillie - Ext 6109
Events Co-Ord- Mrs Amanda Paterson - Ext 5634
BFG Clerk - Mrs Sue McCallion - Ext 2525

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Outside Bouncy Castle €40 per day
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HUGE SOFT PLAY AREA
€1 PER CHILD

What's On?

To Be Confirmed – Families Sunday Lunch

Thursday July 10th
Childrens Bowling- Normal Costs Apply

Friday July 18th
Düsseldorf Fair and Fireworks
Depart Welfare Centre 16.30- 23.00 €3.50 for transport

Weekly Round Up

Mon - Bonny Babies & Bumps
Thur - Pop in Coffee Morning

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Tuesday - Iron Duke JHQ @ 1730
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Wednesday - Pegasus Bldg Wildenrath @ 1800
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Thursday - Village Green Elmpst @ 1730
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Why Go To An AFF Conference?

By Lucy Scott

Your AFF Rep is Lucy Scott on 0174 4946209

June 19th had been written in my diary for about a year and finally the day had come. My first AFF conference in London.

When deciding about going to London several things came to mind – what to do with the children? Would my husband cope with remembering to take PE kit and the Trumpet to school on the right days? Would they eat junk for 2 days – would they eat? In the end my husband went to Iraq, my best friend looked after the children and it wasn't trumpet day.



The conference took place in the Institute of Education which has a wonderful theatre with stage for guest speakers and a panel of various VIP's. These poor souls answered questions in the morning on housing issues and in the afternoon on any topic that affects army families. Before it all started I was allocated a great job ushering so actually I got to meet lots of people arriving and even some I knew from JHQ. Conversations ranged from the Tube in rush hour to magic knickers!



Patrick Eade hosted the conference and Julie McCarthy the chief Executive gave an opening speech. This was followed by David Twigg MP Under Secretary of State for Defence and Minister for Veterans He said "it was a privilege and a service to do this job" He saluted the work of AFF and he answered some selected questions particularly one on postal voting and the time it takes to arrive and be sent via BFPO and the difficulties of Schools admissions when arriving on a new posting.

Vice Admiral Timothy Laurence CB MVO ADC is the chief Executive of Defence estates and said that he was making major inroads to all quarters graded 3 and 4..

Ali Willis is the AFF housing specialist and after she spoke the panel Housing

Debate started. I felt that there was a complete sense of camaraderie amongst the delegates who cheered when direct questions were asked to the panel when they had been evasive and when someone asked for a show of hands of who had ever moved into a dirty quarter and nearly every hand went up.

Lunchtime was a chance for me to meet the panel on an informal basis to add a comment or two of my own. It was also a great opportunity for me to meet the AFF specialists who are invaluable to me and to you on a range of subjects. The afternoon kicked off with an enlightening speech by Capt Taff Teague a UWO. "Anyone who does this job for more than two years may as well have 2 pencils up his nose and a pair of underpants on his head". He was a great speaker!

Lt Gen Sir Freddie Viggers KCB CMG MBE Adjutant General also spoke mentioning soldiers in Afghanistan and Iraq and our 10 million Veterans. He also talked about the Army's relationship with the Government, the nation and within the chain of command.



There were interesting questions in the afternoon including one about Headley Court and veterans, another about what it's really like to live in Northern Ireland and how restrictive it can be, and another on the recent pay rises given at the same time that some quarter charges went up by 40%, Foreign and Commonwealth issues to do with spouses still not entitled to become British citizens for at least three years after their husbands despite having good jobs helping society – the lady in question was a teacher. The soldiers all serve the same Queen and country after all.

Leaving aside that the hotel I stayed in was like a student union and breakfast was a bun fight literally, I have come away with a great sense of hearing concerns voiced to people that matter, and of several more questions that I would like to ask next time. It seems to me that this is an unique opportunity to ask people directly about issues that matter to you. So roll on Herford next year!

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Brunssum HIVE

Summer has finally arrived..... No it's not the weather that gives it away.... But the constant chatter from the children. "I'm bored", "there's nothing to do". Don't we all get fed up with it?

Why not pop into the HIVE to find out more about local days out for children (and adults). We even have details on places a little further afield. Why not have a look at weekend breaks, caravan & camping and theme parks with hotels and bed & breakfast. There's something for everyone.

If you are planning to go away, make sure you have your EHIC (European health Insurance card) and also travel insurance. Yes we even have details of companies that offer good rates for travel insurance, whether it's for local (European) or if your traveling to the U.S.A. Give us a call, pop in or e-mail us

Dulmen HIVE.

Summer time! Whilst we all look forward to a glimpse of sunshine, a touch of warmer weather it is also a period when the Military Community becomes incredibly busy. Postings in and Postings out, Summer Holidays; Where to go? What to do with our animals? A long summer holiday break from school or nursery, What to do with the children? Family or friends out to visit; Where to go on a day trip? You will find plenty of events and activities advertised on the "What's On" noticeboard outside the HIVE, or alternatively should you not be able to visit in person you can access the "What's On" page on the HIVE website www.hive-bfg.co.uk

Dulmen HIVE can provide you with a wealth of information and ideas for the summer, whether it be days out, breaks away or camping locations why not call in and get one of our newly produced booklets on Days out; one for Adults and one with Children in mind. Thinking of spending a weekend away? We have a range of HIVE City Guides to help you plan your stay and coming soon is a booklet on camping and caravanning.

Maybe you are looking forward to spending more time at home? So should you be looking forward to creating a "Groundforce" masterpiece in your garden, chillin' on the sun-lounger to admire your green-fingered handywork or putting another shrimp on the Barbie, why not call into the HIVE for details of local garden centres, DIY stores. We also hold plenty of information on how to stay safe in the sun, whether it's BBQ safety, a bit of "slip, slap, slop" or advice on Ticks. And Finally, we would like to wish you all a super summer.

Ramstein HIVE is situated in the UKJSU building on the first floor, opposite the Post Office.

Are you posted soon? Call into the Hive for a copy of the 'Get You Back Pack'. This booklet provides information on Taking a tax free car back to the UK on Posting, how to claim jobseekers Allowance once back in the UK and how to register children in a new school, to name a few. We can also contact the HIVE at your new unit and request information/ Welcome Packs to be forwarded to you.

Just Posted in? Then pop in and we will aim to help you with any questions you may have or information you need. We have plenty of HIVE Guides with helpful information to help you settle in, from Airport Directions to the local shops. We look forward to meeting you.

Community Information :

Brunssum Dental Centre Visits for July:14th -18th. Please note that due to travelling from Brunssum the clinic on Monday starts from 14.00 hrs.

Up to date out of hours Medical cover information is available from the HIVE

Safe Fun in the Sun

As the sun comes out and you rush out to enjoy the country side around you, you should take a few minutes to be aware of one of the dangers that can lurk within woodland and parks: ticks and the risk of Lyme Disease!

May to September are the most common months to be bitten by a tick and if bites are treated quickly and carefully there should be no ill effects. If you find a tick on your body or your children's body do not panic. Not all ticks carry the Lyme Bacteria. Also removing the tick soon after being bitten can prevent infection. Tug gently and quickly with special tweezers – available from the HIVE and Medical Centre, near the head of the tick until it releases its hold on the skin. Be very careful not to squash the body. Clean the bite area with an antiseptic to prevent bacterial infection or wash thoroughly with soap and water.

If you or a member of your family has been bitten by a tick and you are unsure whether you have been infected by Lyme Disease or are unsure of what symptoms to be on the lookout for contact your Medical Centre for help and advice.



YOUR LOCAL HIVE OPENING TIMES:

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Tel 0031 45 526 2891

brunssum@hive-bfg.co.uk

Opening Hours

Mon – Fri 09.00hrs – 14.30hrs

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Tel (02549) 962 2512,

military: (63) 2512,

dulmen@hive-bfg.co.uk

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Tel 02163 97 3183

elmpt@hive-bfg.co.uk

Opening Hours:

Monday & Wednesday,

09:00 – 14:00

Friday

09.00 - 13.00

RAMSTEIN HIVE

Tel 06371 401445

ramstein@hive-bfg.co.uk

Opening Hours

Mon- Fri 09.00- 13.00hrs

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Tel 02161 472 2519

rheindahlen@hive-bfg.co.uk

Opening Hours:

Monday to Friday

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uksu-hive@scarlett.be

Opening Hours

Mon-Fri 08.45- 15.00

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Tuesday and Friday

09:00 – 13:00

All timings are subject to change

YOU NEED TO KNOW

Moped Purchase And Registration

Do you own a moped or are you thinking of buying one? Do you know the rules which apply to their purchase and registration? Read on ...

How do members of BFG purchase new tax-free vehicles in Germany?

Members of BFG are only permitted to purchase new tax-free motor vehicles in BFG through the NAAFI. This is because the NAAFI is the only Official Procurement Agency (OPA) in BFG who are authorized to issue Abwicklungsscheine for the purchase of new tax-free motor vehicles.

Can I use my local garrison/unit Mehrwertsteuer offices for the purchase of a new tax-free vehicle?

NO - Auftrags (purchase orders) and Abwicklungsscheine issued by any other OPA in BFG, including garrison and unit Mehrwertsteuer Offices, cannot be used for the purchase of new tax-free vehicles.

What is a new tax-free vehicle?

The definition of a new tax-free vehicle is given in SO BA(G) 3213 but in simple terms, it is any motor vehicle purchased free of tax which is less than 2 years old from the date of its initial registration for road use.

Why is all this relevant to the purchase of a moped or mofa?

Mopeds, mofas and bicycles fitted with auxiliary motors, irrespective of their engine size are also classed as vehicles within the meaning of SO BA(G) 3213. This means that **ALL** mopeds, mofas and bicycles fitted with auxiliary motors **MUST** be BFG registered in exactly the same way as any other vehicles in BFG.

Failure to comply with the above could lead to the purchaser having to pay tax to the German Authorities and/or disciplinary action being taken against him/her.

For further information contact your local Customs and Immigration Officer of your BFG Office.



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Fijians In The British Army

By Maj Mike Nawaqaliva

This is our first contribution to *'the bulletin'* and it is indeed a privilege to be able to share with the rest of the community a sample of Fijian culture/tradition/language through this medium in months ahead. By way of introduction I'm Major Mike Nawaqaliva, (NVQ) seems to be the default if you have problem in pronunciation and I currently work with the Rear Support Command HQ ARRC. I have been the point of contact (POC) for all Fijian matters in the Army ranging from welfare to operational deployments since I joined the British Army in 2001. Not only has it been a challenge being the POC, in some instances it has been rewarding and to see smiling Fijian faces is priceless. (Well I think they smile all the time!!!)



In JHQ alone we have a community of almost 80 people, who hails from one of the 300 odd islands in the Archipelago. Fiji is divided into 16 provinces which are grouped into 4 confederacies. There is a lot of rivalry and respect between

provinces and it is quiet difficult to judge who is where from an outside perspective. As a Fijian we could easily judge origins of a person through language and behaviour. (Look forward to reading in next editions of *the bulletin* in which I will try to shed more light into this Fijian secret).

Rather then going back into Fiji's rich history I will only provide a pinch of detail so as to set the context of where we are today. At the turn of the 18th Century, Inter tribal warfare, anarchy and cannibalism made way for Christianity. Fiji was ceded to Great Britain in 1874 and later gained independence on 10 Oct 1970. Due to its geographical location, as the hub of the South Pacific Sea, Fiji easily became the centre of trade routes through to Asia from the rest of the world. Ships would call into Fiji ports for replenishment and this allowed a boom in local economy through trade, tourism and employment.

To do a time jump, it is worth mentioning of how we have come about to be a part of the "Best Fighting Machine" in the world. It started almost forty years ago when the first batch of 200 young women and men was recruited to join the UK Armed Forces. There are many of their exploits which could easily fill the whole of this magazine but one worthy of mention is Trooper Labalaba of the 22 SAS whose contribution is still a living memory. Their hard work, dedication, selfless commitment and excellent conduct opened up an opportunity for what was to follow, an influx of bright young Fijian men and women looking to fill these big boots of our predecessors.



Here in JHQ we are a fraction of the more then 2000 Fijians in the Army, Navy and Airforce. For some this is their first ever employment after completing their education, for some it is their first time away from

their parents and to have left the comfort of our sandy white beaches and buzz of mosquitoes. It has been definitely a culture shock and the cold, freezing weather is one of our worst enemies. Most have now completed almost 10years in the Army and have fully adapted into the Army lifestyle and the weather. More will follow suit but in the interim the Fijian community here in JHQ has been helpful in assisting new young families to adapt to the European way of life.

Fijians as you may have gathered are very social and is a closely knitted community. There is not any need to be invited to any ones house or to a function. In fact for every function all are expected to attend. And to have an unannounced visitor to your house is always a nice surprise, especially if you are close and have not seen each other for months. Church is central to everything that we do, and we are so thankful to the chaplains department for their support in nurturing our faith. In JHQ the Fijians would normally meet at St Andrews Hall for church services on Sundays from 1000 – 1230. There are other activities we get involved in and we extend are warn invitation to other communities here in JHQ.

A note for your diaries is that there are plans afoot to celebrate Fiji Day on the 10th October in which we plan to put out Fijian dishes and entertainment. More details will follow in later editions on culture and history.

There are some simple Fijian words which can be used for everyday communication with Fijian friends.



English Fijian

Hello
Good morning
Goodbye
You
Me (I'm)
Go
How are you?
I'm Fine
Thank you (fine)

Pronunciation

Bula
Yadra
Moce
Iko
Au
Lako
Vakacava tiko?
Au vinaka tiko
Vinaka
Boo-lah
Yah-drah
Mow-ceh
Eee-Co
Ah-Uu
Lah-Co
Vah-Car-the-ver Tee-Co
Ah-UuVee-nah-carTee Co
Vee-nah-car

Questions can be directed to Maj Mike Nawaqaliva on Ext: (72) 5806 or at home 02161 467 2200

Other Activities in the summer include: Trips to Swimming pools in Roermond and Venlo, Saturday Hash, Sunday Lake Trips, Shopping trip to US PX in Ramstein and many more. Contact Maj Mike NVQ for further details.





GENERAL CRIME REDUCTION ADVICE ON PREVENTING THEFT, BURGLARY AND FRAUD OVER THE SUMMER PERIOD

Even though we live within a relatively low crime area, it is still possible to be a victim of crime if the necessary security measures have not been adopted. Incidents of thefts, burglaries and theft of personal identity occur in these cases. It is imperative that preventative measures are adopted to protect property within MSQ's/Single Accommodation from attack, the security of our property whilst on holiday and the removal of personal identity information prior to disposing of computers and laptops.

Below is a check list for you to use to help deter and deny thieves from claiming any items of your property this summer:

General advice on Home security

- Cut the lawn so that it does not portray that the premises if left unoccupied for any duration.
- Prune any foliage to prevent intruders from lurking or hiding behind it.
- Secure gardening tools and any other objects that may assist an intruder gaining entry into your MSQ. Lock them away in the garden shed, garage or cellar if you have one.
- Consider purchasing a wall switch timer to programme lights to turn on within upstairs rooms during hours of darkness. This will give the impression that the house is occupied and will deter a potential burglar.
- Ask a trusted friend to look after your home whilst you are away. A copy of the 'Good Neighbour/Trusted Friend Scheme' leaflet can be obtained from the Police Stn, JHQ or the Crime Reduction Office on Queens Avenue.
- Ensure that there is no garbage left on view of the public. If this is not possible, then request a trusted friend to put out the bin on your behalf.
- Encourage neighbours to park on the drive whilst the house is unoccupied to give the impression that there are people residing within the premises.
- If the house is alarmed for the duration that you are away, then ensure that a trusted neighbour is given the access code to deactivate the alarm. Any alarm is not only annoying if activated for any prolonged period but it also indicates that the house is temporarily unoccupied.
- Ensure that the side gate and the garage door are locked before departure, thus denying a trespasser access to the back garden or personal belongings.
- Do not leave attractive items on view to the general public;

WHAT THE EYE CANNOT SEE, THE HAND CANNOT STEAL

Prior to departure, ensure that all external doors are doubled locked in order that the doors are fully secure. The full utilisation of five lever mortice locks will aid the security of the premises if any attempt of force was made.

General Advice to Single Living Service personnel

- Make sure you secure valuables out of sight of the general public and if you live on the ground floor, do not leave your window open when you are out.
- Never leave the room key within the vicinity of the room, as what is deemed a safe or 'secret' place by you is invariably an obvious place to a thief!

Recording details of make, model and serial number of valuable items is a valuable asset in a criminal proceeding. It is advised that such details are retained in a secure place and not displayed on the rear of the door for a potential burglar to see.

Advice whilst you are on vacation

- It is advised not to display your home address on any luggage when travelling to your holiday destination.
- Ensure that travel documentation and other valuables are retained within a safe whilst on holiday.
- It is not recommended to carry either a large quantity of money or expensive jewellery.
- Retain small denominations of currency as opposed to large sums.
- Care should be taken to looking after your luggage. The thief only requires a window of opportunity to claim an item.
- If a laptop is taken as hand luggage, then consideration should be given to retain the laptop in a day sack and not in the purpose laptop carrying case, as it easily identifies what is contained within. It only requires a moment of distraction for the item to be claimed.

ONLY BY PROTECTING YOUR PROPERTY CAN YOU FORCE THE CRIMINAL TO TAKE A VACATION

YOU NEED TO KNOW

Preventing Identity Theft

It is of vital importance that care is taken when disposing of your laptop or home computer in ensuring that all personal information is removed correctly. Information such as financial details, personnel details, temporary files, cookies and any number of addresses contained within the address book could be used to aid a thief in adopting another person's identity as a means of obtaining a loan or to be used in drug trafficking and/or smuggling.

To prevent this type of crime occurring, it is essential that the computer is set to its factory setting before any IT equipment is disposed of, destroying any documentation that once was stored. Another system that can be used is by rendering the system useless by physically damaging the hard drive beyond repair. Which ever method is used is adequate however, just by deleting documents via the operating system will permit unlimited access to any information that is contained on the computer.

Dependant upon the age of the computer, a disc may be required to re-format the computer. When the computer was originally purchased, a copy of the disc will have been included within the package. On some updated models, the reformatting procedures can be found within the computer; therefore a disc will not be required. Advice and/or help concerning the facility can be obtained from the manufacturer's manual or requesting assistance from the manufactures support desk directly.

Further information on all aspects of Crime Reduction can be found by visiting the Crime Reduction Centre at 138 Queens Avenue (Opposite the RSU HQ in the Horseshoe, RMC), by telephoning JHQ Mil 2334, or civil 02161 4722334, or alternatively by visiting the Crime reduction website at www.crimereduction.army.mod.uk

DON'T LET THIEVES STEAL I.T.

CYCLE SECURITY



It is all too easy to abandon our bikes as a result of a busy schedule. However, that little time spent locking the bike could prevent valuable time spent at the Police Station making an official complaint of an alleged theft when reporting a bike stolen. Therefore to prevent this type of incident to occur place it in a shed or garage. If it is not possible to secure your bicycles inside a building ensure your bicycles are secured using a suitable lock and chain. Solid medal bar 'D' locks are recommended. Either option adopted, will reduce the window of opportunity of a theft taking an advantage of the window of opportunity your property.

I must highlight that some insurance companies will NOT pay out on a claim as a result of appropriate steps not been taken to secure it.

It cannot be stressed enough that it is the responsibility of the owner to secure property and is not the responsibility either the RMP or GCP to recover it when it has been stolen!

REMEMBER 'Lock it, mark it or loose it!'

This department offer a service of marking bikes, but it still requires the bicycle to be secure when left unattended.



75
Jahre

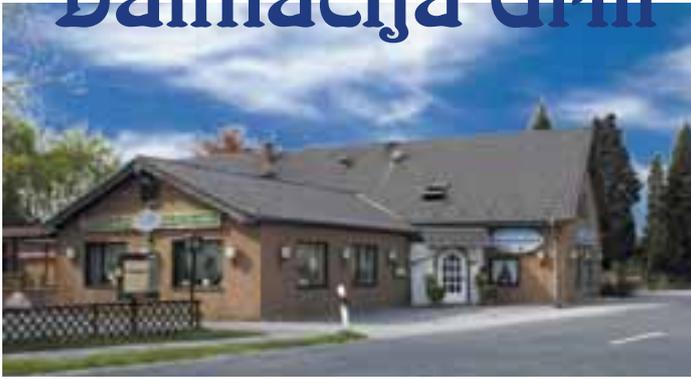
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Access All Areas

Words Judith Wake, pictures by Mark Bount Stoneham.

BFBS Radio's network Sunday Show, Access All Areas, was presented from Archies Club in Javelin Barracks on 8th June. The day was organised by 16 Signal Regiment, and streams of mums, kids and in-laws got their chance to say hi live on the radio to their loved ones on deployment.



Ross Allen presented the show and I had a chat with the families and made sure that they got to say their hellos and that tissues were distributed to the weepy ones!

A BBQ was laid on, there was a bouncy castle and a great disco too – and a good time was had



by all. As you can see from the photo, even Ross Allen and Nick Steel (who drove the show) couldn't resist a bit of the fun. Engineer, Mark Bount Stonham was on hand as well, to take the snaps and also make sure we stayed on air!

St Patrick's School Visit



Recently, I welcomed year 2 pupils from St Patrick's School to the BFBS studios at JHQ. They wanted to learn a bit about radio as part of their Communications Project, and they arrived in three different groups, very wet and bedraggled from the downpour outside!

Soon enough they were reading out weather reports and asking a variety of questions about what all the buttons and faders did and how the music was selected for the shows! Some of the kids proved to be potential DJ's and News Readers in the making!



If you have a story to share or activity to plug on BFG Reports, give me a ring on 02161 9010664 or email me at Judith.wake@bfbs.com. If you'd like us to make you a promo to be aired on the radio, email promo@bfbs.com.



MATT JAMES' TOP 5...

Every month Matt James, JHQ's self-appointed film guru, guides you through his five best films – in any particular category – taken from his mammoth thousands-strong movie collection. This month...



...SCORE-SOUNDTRACK MOVIES

In honour of the Rheindahlen Music Centre's recent "Night at the Movies!" concert with the Band of the Royal Logistic Corps; this month's focus is on the great movie score-soundtracks! If you were there, I hope had a fantastic time. I know I did, and I would like to say how grateful I am to Frank Gillett for allowing me to be involved with the event, and showcasing the trailer for my forthcoming film, *The Receptionist*.

Justification

To determine the parameters for this month's category, it is important to make some of the following distinctions: a score-soundtrack I take to mean music composed **for**, and played in, the film. This means that films like *Pulp Fiction* and *2001: A Space Odyssey*, as musically brilliant as they are, are ineligible. The featured songs/music already existed before the film was made. Likewise, the *Mission: Impossible* series or *S.W.A.T.* wouldn't make the cut: they are remakes, as are their scores re-hashes of the original material. The music must be extra-diegetic in this instance (not sourced within the on-screen story), as the aim is to help convey the intensity (or lack thereof) of emotion musical accompaniment that does more than accompany – either it uplifts or brings me down to earth. Therefore, musicals where the characters break into song and dance such as *Singin' In The Rain* are equally as unacceptable as *Monty Python and the Holy Grail*. Ideally, the five choices are soundtracks that are as memorable in their own right as the accompanying medium that they are. The kind of music that one instantly associates with the counterpart visual image. Finally, contrary to normal practice, I will allow 'franchises' – provided there is a consistency to the scoring, appropriate to any underlying themes.

No. 5 - **There Will Be Blood (2007)**

It's testament to the power of any score that when a film delivers no dialogue for the first 20 minutes, it's the music that conveys the plot. The strife that Daniel Plainview (Daniel Day-Lewis) endures to establish himself as an oil man at the turn of the last century is chillingly rendered by a thick, atonal chorus of strings. The score was written by Radiohead guitarist Jonny Greenwood, and is effective in setting the tone of the film right from this meaty overture to the embittered ending. Despite being slighted by Oscar (a portion of the soundtrack was taken from Greenwood's own 'Popcorn Superhet Receiver' composition, and was thus not regarded as 'original' material), the film easily snubbed the would-be critics of the new film-composer by proudly wearing the art on its sleeve, even crediting, "**original** music by...!"

No. 4 - **Gladiator (2000)**

Hans Zimmer outdid himself with his dually epic but small, furious yet tender, score to the story of a roman general betrayed. On his command unleash hell, indeed, and Mr. Zimmer did just that. Blatant 'plagiarism'/homage aside (go listen to Holst's the 'Planets Suite'; 'Mars – the Bringer of War'), there has never been more rousing battle music before or since. When things cool down, however, it's down to modal tones and Lisa Gerrard's haunting voice to take Maximus Decimus Meridius to his family and the afterlife.

No. 3 - **The Good, the Bad and the Ugly (1966)**

The names of Sergio Leone and Ennio Morricone are nearly synonymous, and rightly so (even if the latter's output is a little greater). The infamous tag 'spaghetti western' would surely not have stuck so easily were it not for Morricone's bleak and beautiful soundscapes that both compliment and enhance the hard and arresting landscapes. The Man-With-No-Name's presence ('Blondie' in the script) would have been greatly diminished without the iconic, awe-inspiring and fearsome scores to what are now regarded as the definitive westerns, this one particularly so.

No. 2 - **The Star Wars trilogy (1977 – 1980 – 1983)**

You can't say you're surprised, can you? My father doesn't care for the films at all, but would recognise the music straight away. It is arguably the most iconic of scores, bursting full with leitmotifs and epic, sweeping music to paint the fantasy picture that is Lucas' vision. The composer is the most successful (in terms of scoring box office hits) in the world ever: John Towner Williams. It was a contest between this and his other blockbuster opus, *Indiana Jones* but it wasn't close in the final analysis. The man's ability to conjure different tones and flavours is aptly put to use on every new world in a galaxy far, far away. Important lifetime box-ticking moment for everyone: experience chill on back of neck hairs, when that opening title crawl begins to **that** fanfare.

Honourable mentions

- *Back to the Future, Braveheart, Empire of the Sun, E.T. The Extra-Terrestrial, Forrest Gump, The Godfather part I, The Godfather part II, Jaws, JFK, Jurassic Park, King Kong (1933), King Kong (2005), L.A. Confidential, Pirates of the Caribbean: The Curse of the Black Pearl, Saving Private Ryan, Star Trek: First Contact, Star Trek: The Wrath of Khan, Superman: The Movie, Taxi Driver and The Terminator* were all good performers but didn't make the curtain call. The winner is...

No. 1 - **The Lord of the Rings trilogy (2001 – 2002 – 2003)**

At the beginning of this millennium, Star Wars would probably be occupying this position, but it's fair to say that the slightly less prolific Howard Shore wins top-spot for his bang-on depiction of Middle Earth. The perfect accompaniment/enhancement to Peter Jackson's and Alan Lee's portrayal of the famous books, it conjures the folksy world of the Shire and the dark, brooding threat of Mordor with equal aplomb. Instantly recognisable themes for characters, landscapes and even weapons. The score delivers on every level – boosting the highs, and bringing us crashing down for the troughs. It's no wonder that it was the Canadian concert of 'the *Lord of the Rings* Symphonic Score' that so easily inspired JHQ's recent movie tribute concert. There you have it – the greatest score-soundtrack film ever!...

Films Coming Soon



Speed Racer (PG)

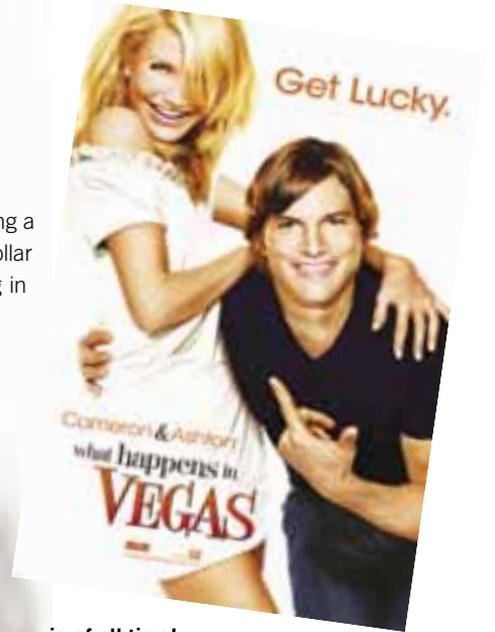
Go!

The story begins with Speed Racer who is a young man with natural racing instincts. His goal is to win 'the crucible', a cross-country car-racing rally that took the life of his older brother, Rex. Speed is loyal to the family business, run by his parents Pops and Mom. Pops designed Speed's car, the Mach 5. He finds support from his parents and girlfriend Trixie, entering the crucible in a partnership with his one-time rival Racer X. Seeking to rescue his family's business and the sport of racing itself, it's a high-speed race to from start to finish. Starring Emile Hirsch, Christina Ricci, John Goodman, and Susan Sarandon. Directed by Andy Wachowski and Larry Wachowski.

What Happens in Vegas (12A)

Get Lucky

Set in Sin City, the story revolves around two people who discover they've gotten married following a night of debauchery, with one of them winning a huge jackpot after playing the other's quarter-dollar coin. The unhappy pair try to undermine each other and get their hands on the money -- falling in love along the way? Starring Cameron Diaz and Ashton Kutcher. Directed by Tom Vaughan.



Superhero Movie (12A)

The greatest Superhero movie of all time!

Super is as super does: Finally, the guys behind the outrageously silly 'Scary Movie' franchise have used their own 'special powers' to spoof superhero movies. After being bitten by a genetically altered dragonfly, high school loser Rick Riker develops superhuman abilities like incredible strength and armoured skin. Rick decides to use his new powers for good and becomes a costumed crime fighter known as "The Dragonfly." However, standing in the way of his destiny is the villainous Lou Landers. With his new powers and deeply uncomfortable tights, will The Dragonfly be able to stop the villainous Hourglass and save the world? More importantly, will we stop laughing long enough to notice? Starring Drake Bell, Sara Paxton, Christopher Donald, Leslie Nielsen and Brent Spiner. Directed by Craig Mazin.



The Incredible Hulk (12A)

You'll like him when he's angry

Depicting the events after the Gamma Bomb. The Incredible Hulk tells the story of Dr Bruce Banner, who seeks a cure to his unique condition, which causes him to turn into a giant green monster under emotional stress. Whilst on the run from the military that wants him imprisoned, Banner comes close to a cure. Will all be lost when a new creature, The Abomination, emerges? Starring Edward Norton, Liv Tyler, Tim Roth and William Hurt. Directed by Louis Leterrier.

Rheindahlen Globe Opening Times

Doors Open - Tue/Thu 6 pm- Fri/Sat 6 pm - Sun 3 pm

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07 Jul - Al Jarreau

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20 Jul - Return to Forever

22 Jul - Kris Kristofferson

31 Jul - In Extremo

07 Aug - Die Zauberflöte
with Deborah Sasson

08 Aug - Scooter

09 Aug - Jan Delay & Disko No 1

SOLD OUT

12 Aug - Die Ärzte

15 Aug - Dieter Thomas Kuhn & Band

16 Aug - Annett Louisan

23 Aug - Wir Sind Helden

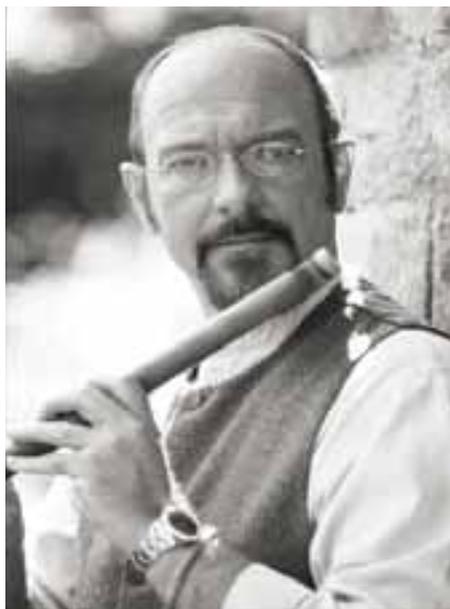
24 Aug - Jethro Tull

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STARLIGHT EXPRESS

Starlight Express has been thrilling over 12 million theatre goers for 20 years with it's unique story line and amazing stunts all performed on roller skates by the cast of 26 dancers and singers. In Germany's longest running musical the skaters race along tracks through the auditorium at speeds of more than 60km/h in fantastic costumes and make up, singing romantic ballads and dancing to up tempo beats. The 2 hour show is designed for maximum visual impact with a fantastic pyrotechnics display complete with smoke jets and light designs in the specially adapted theatre.

Starlight Express started life in 1975 as 'a sort of cinderella story' for composer Andrew Lloyd Webber who hoped that it would become an animated movie. However, in 1983 he rewrote the story for his children and that version opened in 1984 in the West End and the rest as they say is history.

The story line is centred around the dreams of a young boy and his toy train set which comes to life as trains from around the globe gather to compete in the World Championships. Freight trucks and passenger coaches become the spectators at the event in which a young steam engine Rusty attempts to battle against his more modern opponents. One of those is the glamorous electric train Electra who's caught the eye of 1st class carriage Pearl. As in all good love triangles Rusty is in love with Pearl himself but not everything is fair in love and war.

Action, speed and special effects everything a successful musical needs and that's exactly what the explosive Starlight Express has to offer in Bochum.

Sentiments echoed by Simon and Lisa Waugh who were the lucky winners of last year's giveaway.

"It may be a musical but the performers are acrobats on roller skates" said Simon "It's totally amazing. The singing, dancing and races are fantastic. The lighting effects breathtaking. It's a show worth seeing and Lisa and I would definitely go again."

Summer Deal

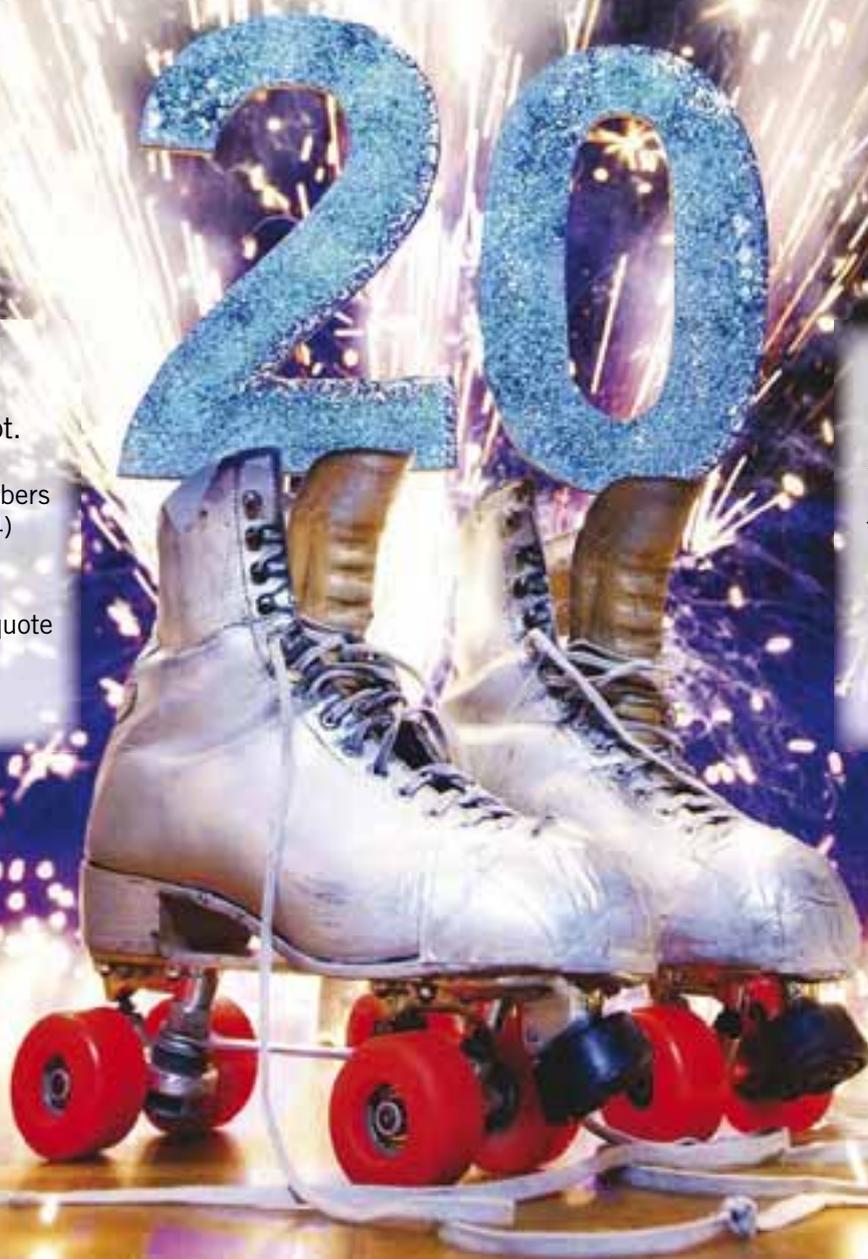
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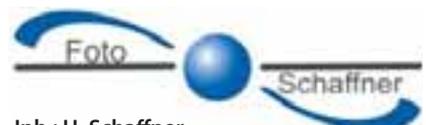
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Everyone Has A Role

By Gill Robinson



The newest addition to the Army's racing fleet in Germany did not disappoint during a demonstration sail at the boat's recent official naming and launching ceremony held at the Möhnesee.

The Army Sailing Association in Germany unveiled their exciting new sports boat, the Laser SB3, at a champagne reception at the British Möhnesee Sail Training Centre.

And after a brief naming ceremony during which Jenny Guest, the wife of the Rear Commodore of the ASA(G), Lt Col (Retd) Gordon Guest, christened the boat "Valkyrie" it was put through its paces by its three-man crew.

With LCpl Simon Horsfield, the ASA(G) Area Dinghy Sailing Coach and Racing Secretary on the helm, Cpl Lea Herod, the SI at BMSTC controlling the main and gennaker, and WO2 Johnny Johnson, the manager at BMSTC the jib, watching guests were given a preview of the crew who will introduce the small keel boat to

competitive racing as soon as possible.

There is a hope that the boat may be able to compete at the very first Laser SB3 World championships 2008, to be held at Dublin Bay in September.

"This is a bit of a taster year this season for us. Next year should be a full year, we hope to travel to Monaco and Lake Garda," LCpl Horsfield told *'the bulletin'*.

The crew member occupying position number two in the boat, Cpl Herod, himself an experienced dinghy sailor, having competed at the top level in Top Kat K1 World Championships in 2008 and the RS400 Eurocup 2007 at Travemunde, summed up why he thought the SB3 makes such a great racing boat.

"The SB3 is a very exciting boat. It is extremely fast in all weather and easy to handle. The key to sailing it well is teamwork and communication, it is not just one man who sails the boat, everyone has a role," LCpl Herod explained.

The boat, which is a transition between a dinghy and a keel boat, will be berthed on the Möhnesee under the charge of LCpl Horsfield, who said he believed that their lake provided the best venue available to the ASA(G) to train and prepare a crew to sail and race it to a high standard.

"The SB3 is the only one of its type in Germany and the Möhnesee is the perfect place for it to train because the lake is quite contained you have to turn often. The smaller the venue the better," LCpl Horsfield said.

During the SB3's launch ceremony Lt Col (Retd) Gordon Guest explained that another aim of the ASA(G) is that as many members of the ASA(G) and BFG experience sailing the SB3 as possible.

"It is a sports' boat, a transition boat between a dinghy and a keel boat. It gives you the thrills of a dinghy without the capsizing, which makes it perfect for training soldiers," Lt Col (Retd) Guest said.

The launch of the SB3 now raises to three the number of this type of boat the ASA has, with two other boats based in the UK. It was funded through grants given by the Nuffield Trust, Army Sports Central Fund and ASA(G).

The Laser SB3 was first launched in 2000 and there are now approximately 400 worldwide, which according to enthusiasts of the boat, sails like a dream and performs way beyond expectations.



Any member of the Army Sailing Association or a soldier can use the boat. Just contact Simon Horsfield at British Möhnesee Sail Training Centre, Tel: 02924 5515.



Mönchengladbach Mavericks

ANGLO GERMAN DAY MG

Words and pictures Paul Baldwin and Gerry Waters

It's not often that cricket and American Football mix, but they did recently at the Anglo- German Day held at the Warsteiner Hockey Park recently.

An interested crowd watched the Rheindahlen Crusaders put on a great display of cricket and even allowed audience participation as the locals got their first real taste of cricket and not 'Croquet' as they first imagined.

To top it all the Mavericks also won their game- a good day all round!





What Olympics Could Be Without An Egg And Spoon Race?

Words and pictures Paul Baldwin



The Olympic flame was burning bright in June as the French, USA, Italian, Fijian, Spanish, Chinese, German and of course British teams paraded past the cheering crowds at the JHQ Athletics Stadium.



With flags fluttering in the wind and the sun shining the events got under way with the youngest members of each team lining up for the blue ribband event, the 50 m sprint. This was followed by the older age groups running the full 100m, and of course what Olympics could be without an egg and spoon race?

200m and relays followed before the main event of the day, the sack race. It did this reporter good to see that the Olympic committee had finally come to it's senses by allowing this most impressive of sporting events on to the hallowed turf- the sack race!



The smiles were never wider, the laughs never louder than when the teams climbed into the canvas bags and hopped their way down the short course.

The official time keepers seemed to be having a good time as did the supporters and the commentator who put Stuart Hall in the shade as he waxed lyrical.

Now all we need is Jaques Rogge to pick up on these ideas and St George's will lead the world in to a new sporting era.



Friday The 13th – Unlucky For Some!



Words Gerry Waters, pictures Paul Baldwin

A rematch of the earlier game against the REME saw the Signals defending their title of BA (G) Inter Corps Champions. The 2 day competition also had teams competing from the Intelligence Corps, Adjutant Generals Corps and the Royal Logistics Corps and took place on Friday 13th at the JHQ Stadium.

The REME team kicked off the final with a psychological advantage having beaten the Signallers 2-1 that morning. In an equally contested first half the pressure of 5 games in 2 days showed its toll. Going into the second half the workmanlike play from the REME gave them a break in the 40th minute with a cross from the right Cfn Thomas Stacey 2 Bn REME, lifted the ball over the keeper into the back of the net.

After the initial goal the pace stepped up a gear and 5 minutes later LCpl Anthony Parkinson 2 Field Coy slotted another home for the challengers. Proving too strong for the Cup defenders Cfn James Hull 4 Scots LAD rifled a half volley past the outstretched prostrate keeper to notch up another on the score sheet.

In the dying minutes of the game battling for a consolation goal the Signals earned themselves 3 corners but it was not to be. And as the date implies – it was unlucky for some! Final score REME 3 Signals 0.

Presenting the medals Maj Rim Rimmington Secretary BA (G) Football Association said, "The weather didn't effect play too much. The forecast was for showers over the 2 days and we had vertical rain on the first but it was all played in the right spirit. Despite only 5 teams showing up we've had an excellent festival of football. It was a very close run thing; all the teams were still in with a chance up until the penultimate game."





RESULTS

Female

Winner - 1 MI Battalion
Runner Up - 7 Signal Regiment

Minor Units

Winner - 16 Signal Regiment

Major Units

Winner - 3 Bn REME
Runner Up - 7 Signal Regiment

Water Polo

Winner - 3 Bn REME
Runner Up - 7 Signal Regiment



Competition Hat Trick for JHQ Dog School

By Gareth Jones

The JHQ dog school has been enjoying success at a number of dog agility competitions.

Dog agility is a fast and furious form of competition, in which the animals fitness and the handlers ability to train and direct the dog over and through certain obstacles is tested. It's fun, friendly and can keep you and your dog in tip top shape. It can also be an addictive sport, which strengthens the bond between you and your dog.

First success of the season was in early May at a competition held at Belfeld, Holland, an event that fielded 45 dogs. Several JHQ dogs competed, and in with the prizes was Border Collie Kip, owned and trained by Sandra Jones, who won first place in the intermediate class obstacle competition, whilst also gaining second place over the intermediate jumps course.



Flash, a miniature Australian Shepherd, owned and trained by Rosemary Davies gained a very commendable third place in the debutant obstacle competition. This result was particularly significant as Flash used to be a very nervous rescue dog, who has only lived with Rosemary since September.

Border Collie Molly, owned and trained by Phil Carlin gained a fantastic second place in the 'open game' competition, in which all 45 dogs competed. In addition to the usual requirement for speed and accuracy around the course, this particular competition also required the handlers to initially select obstacles for their dog to jump, with a view to maximising points. Kip just missed out on the medals in 4th place.



Second success was at Maastricht where in a field of over 50 dogs Ranger, an Australian shepherd, owned and trained by Dave Mair gained first place over the jumps competition and second place on the 'open game' competition.

The highlight of the season so far has been a competition held by the club here at JHQ on 8 June. A number of Dutch clubs were invited to compete and a field of 41 dogs participated. The JHQ club enjoyed home advantage with a significant number of dogs winning trophies.

In the debutant class, Rod Paterson and Border Collie Jake won the 'open game' competition. Chloe Howarth (Beagle Rio), Mark Kane (Border Collie Jack) and Del Lyons (White German Shepherd Stella) came first, second and third in the obstacle competition, whilst Dinah Smith (Border Collie Meg), Rosemarie (Flash) and Chloe (Rio) gained top three places respectively in the Jumps competition.



In the intermediate class Dave Mair with Ranger gained second place in the 'open game' competition with Phil Carlin and Molly coming third. Phil and Molly then went on to complete a very

successful day of agility for the JHQ school by gaining second place over the obstacle competition.

JHQ dog school, run by LCpl Dave Mair, offers puppy classes, obedience training and agility practice on Saturday mornings at the old tennis courts just down from the PX. If you would like to see the JHQ dogs in action, there is a display planned for the Party in the Park celebration on 5 July.

For further information on the JHQ dog school please contact Dave on JHQ Mil 5754

SHAPE Field Hockey Team brings back two trophies!

By Sergeant Tracy Green



There is always a flurry of activity when the preparations take place prior to the annual AFCENT Field Hockey Tournament, which occurs on the first weekend in May at Brunssum, Holland. This year was no different to any other... "Where is my tent?", "Does my airbed have a leak?", "I wonder what this year's playing strip looks like?" and most importantly, "I wonder how well we will play this year?"

I'll give you a little background on the Tournament. The AFCENT Field Hockey Tournament generally has approximately 24 male teams and 16 female teams competing, and as usual SHAPE was able to enter two teams; *Out of SHAPE* (the male team) and *Miss SHAPE* (the female team). This was the 26th year that the tournament has taken place and had teams travelling from all over; Belgium, Germany, the UK and even one player, to my knowledge, travelling from Norway!

We arrived from SHAPE at around 1pm and spent the next couple of hours setting up camp, and making it our "home from home" for the next few days. All players' camp around the edge of the 6 hockey pitches, so you can imagine the sight that greeted us as many teams had already arrived and set up their tents! Once we had set up camp, we were able to meet up with old friends playing in teams that regularly make the trip to the tournament; teams with bizarre sounding names like *The X-Philes*, *The Mad Cows* and the *Eurochicks*!

Friday evening was as always, the Welcome Fancy Dress Party. The theme this year was "Wild West". SHAPE had a fantastic array of cowboys, cowgirls, an Indian squaw, saloon girls, even a Cactus and one girl dressed as a packet of spaghetti (Spaghetti Western! You have to think laterally!!!). Oh, and a Wild West Minnie Mouse (That was me!). The hockey started in earnest on Saturday morning at 9am and continued on through the blazing heat with the last game being played at 5.30pm. Each team plays approximately 9 matches of 15 minutes Duration. Play on the first day decides what division each team is placed in for the final day. *Out of SHAPE* played well during the day, and was placed in Division 2 out of a possible 3 divisions. Whilst *Miss SHAPE* played their best, they were placed in Division 2 out of a possible 2 divisions.

The Sunday saw some outstanding play by the Boys of *Out of SHAPE* and they got through to the Final of Division 2, playing against *The X-Philes*. A hard fought game ensued, but after some spectacular play by *Out of SHAPE*, in particular the goal keeper extraordinaire, Group Captain Mason Fenlon (GBR AF) and Squadron Leader "Phelpsy" Phelps (GBR AF) who showed everyone exactly how a penalty should be taken, taking them to the winning score of 2-0!



Miss SHAPE weren't quite so spectacular in their play but played well nonetheless, reaching two places higher in the ranking than last year. However, *Miss SHAPE* were delighted when during the Trophy Presentation they were announced as the winners of the *The Spirit of the Tournament Trophy*, as voted by all the competing teams! We came home on Monday with bizarre suntan lines, sore throats from all the cheering and most importantly, TWO TROPHIES!!



Thanks must go to several people; firstly our "Tour Virgins" Staff Sergeant Craig Dudley (GBR A) and Mrs. Ellie Heptinstall who provided the best breakfast I've ever had at a hockey tournament! Secondly, to WO2 Colin Fletcher (GBR A) who, as always, organized a fantastic tour. Lastly, but most importantly, thanks must go to the UKSU, Lieutenant Andy Tutchings and his staff at the Gym who provided sterling support and financial assistance.

Anyone interested in joining SHAPE Hockey Club of any nation, ability or age please either contact:

WO2 Colin Fletcher on Ext 4905 or Mobile No. – 0478 740741 or alternatively just join us for training at Pitch 3 (Opposite rear gate 100 Area) Monday evenings [Summer] or Green Gym [Winter] from 18.30hrs.





It's A Knockout!

Words Gill Robinson, pictures Gerry Waters, Clive Smith and Media & Comms BFG

A 70s British game-show format was revived recently on JHQ, complete with its trademark inflatable obstacles, plus gallons of water to drench competitors and guarantee a fun-filled family spectacle.

The "It's a Knockout" event based on the classic fun game-show saw 10 teams from across the Rhine Garrison sign up to compete in the silly games.

Family, friends and colleagues cheered on the teams who were put through their paces by a UK based organisation "We're a Knockout" who provided the games and equipment.

And there was some healthy competition involved in the chaos filled event as teams were competing for the title of It's a Knockout Champions 2008.

The tone for the afternoon was definitely set however when the light hearted compere explained to the teams that the warm up routine would include break dancing and "Australian Press ups", with individuals laying on their back and raising their arms.

"You would not get this in the Olympics," he told the amused competitors and audience.

There were five games played by all the teams, and after that the deciding finals. 16 Signals Regt got off to a slow start in one of the early games, Count Up, involving climbing an inflatable wall and collecting number sets to answer a sum, but was encouraged by the compere's comments,

"I am sure 16 Sigs will do much better later on, once they start cheating."

After the five events, Defense Estates and UKSC(G) entered the run-off final to avoid bottom spot, and DE just had enough energy left to clinch the ninth position over UKSC(G).

The second final involved the next four teams competing for the Crown Plate.

It was picked up by the Special Combined Establishment team, who put in a plucky performance as they were a substitute team to replace Service Children's Education team who had to drop out at the last minute.

In the main final, after a long, wet but entertaining afternoon RSU stormed home to receive the It's a Knockout trophy and medals, with ARRC coming a very respectable second.

RSU team captain Sgt Paul Buckley was very happy with how his team had done on the day.

"This has been a good fun event, the team are wet and cold but they enjoyed it. They worked well as a team and when they were not competing cheered each other on," Sgt Buckley explained.

The event which will hopefully now fit into RSU's calendar annually was organised by Cpt Gavin Morgan and Sarah Smith, communications' officer BFG HS who were both very pleased with how the event had gone.

"We are delighted, despite the weather with the event. Everyone has had a very good time. It has been a real hit with the teams and spectators," Sarah told *'the bulletin'*.



ECHO's Crossword

Send your answers to 'the bulletin' HQ RSU, BFPO 40 by no later than the 20th July and win a meal and drink for 4 buddies or your family courtesy of ECHO's

Across

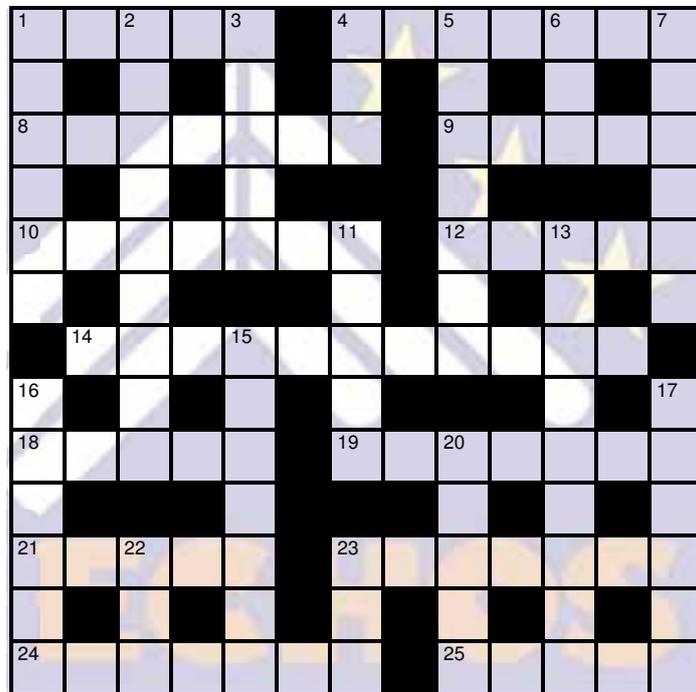
Down

- | | |
|----------------------------------|---------------------------------|
| 1 Strikes (5) | 1 Split (6) |
| 4 Cherubic (7) | 2 Ranch (9) |
| 8 Serious (7) | 3 Blockade (5) |
| 9 Japanese food (5) | 4 Insect (3) |
| 10 Ships (7) | 5 Respirator (7) |
| 12 Royal horse race meeting (5) | 6 ... Angeles (3) |
| 14 Departure (5-6) | 7 Cotton fabric (6) |
| 18 Radio detection apparatus (5) | 11 Become established (3,2) |
| 19 A stingy person (7) | 13 Infection (9) |
| 21 Teach (5) | 15 Porch (7) |
| 23 Speech (7) | 16 Reviewer (6) |
| 24 Burn (7) | 17 Youth loved by Aphrodite (6) |
| 25 Connections (5) | 20 Twist (5) |
| | 22 Consumed (3) |
| | 23 Be in debt to (3) |

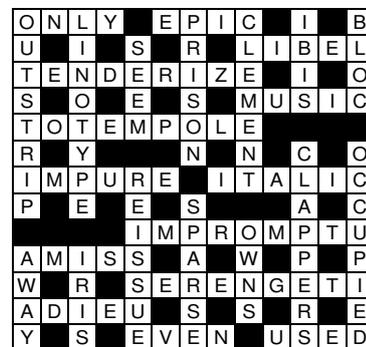
Sunday Lunch is back!

ECHO's will now be opening every second Sunday to serve their excellent Sunday lunch buffet or BBQ (weather depending!) For more information check out ECHO's notice boards, the isotronic boards around JHQ.

June's winner was Julian Barrett of HQ BFLO(G), BFPO 140



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INDEX OF ADVERTISERS

Please tell our advertisers that you saw their advert in the bulletin.

EATING OUT

Chicken In The Woods	44
China Garten	54
Dalmacija Grill, Brüggen	60
Dalmatiner Stuben	67
Lüttelforster Mühle	9
'Mandarin' Restaurant	60
Mike's Bistro	33
Tuschenbroicher Mühle	11

FINANCE & INSURANCE

Culpeck Insurance Brokers	14
Forces Financial	10
O'Girke Travel & Insurance	4
Orange Tree Estates	49
Sparkasse Mönchengladbach	66
TF Insurance	IBC

FURNITURE

De Oude Spinde	36
----------------	----

MOTORING

ACW Export	79
Auto Becker	37
Auto Vennen (Ford & all makes)	46
Colt Car Company-Mitsubishi	IFC
Ismar driving school	44
KFZ Hamm	44
NAAFI Tax Free Car Sales	2
Performance bikes	66
Peters Paint Shop	24
Renault Schouren	46
Shell Garage Wilms	56
Volvo	78

GOODS & SERVICES

Aladdins Cave	37
Bike Centre Pfennings	59
Equisage Europe	67
Fischer Carpenter	54
Foto Schaffner	66
H- Enterprises	67
Jackels Wood	46
Marions Tierparadies	67
Media Markt	12
Optik "Alte Post"	18
Spacey Tracy	54
Stolz Systems	BC

HOLIDAYS & TRAVEL

British Travel Service	56
O'Girke Travel & Insurance	4
Pension Zum Thomeshof	52

HEALTH & BEAUTY

VC Cosmetics	45
Sunline Sunstudio	37
Schoenheit & Pflege	44
Yves Hair Design	45

DAYS OUT

Fun Forest	60
------------	----

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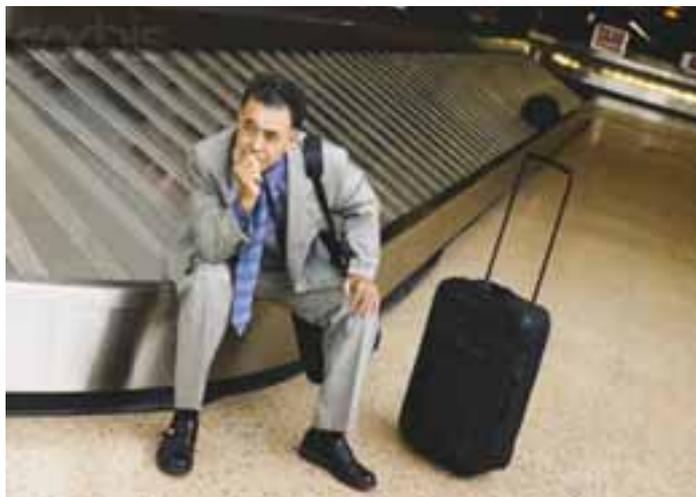
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Grumpy Old Men!

If you're an organised kind of person, you've already booked your summer holiday, sorted out your hire car, hired that campervan and you're all sorted for the mother of all hols – right? But just pause and have a think for a minute while I shed my own particular brand of joy upon the whole subject of this 'going on holiday' lark...

You really have to have a think about who you're flying with. I mean, take some of the 'budget' airlines that are out there: You pay 37p to get out to the equivalent of Blackpool in the sun and then have to pay £800 to get back (per person) and then you have to pay the tax. You have to pay for your all your bags – which can cost a small fortune if you've got kids (or if you're a woman and can't possibly take less than three pairs of shoes), and more importantly - have you ever tried to get on board on aircraft at Niederrhein airport? They may as well have a bloke with a starting pistol standing by the door...it's utter chaos! We as Brits generally understand the whole queuing rule but I dare you to try and get on board a bloody aeroplane packed with the Dutch and the Germans.



Still, I think I'd rather fly from here than from the UK, at least the language barrier prevents us from hanging our heads with eternal shame while Argos jewellery and Ethel Austin clad cockneys shout out across the plane "BRITNEY, STOP MESSIN' ABAAAARRRRRTT!" and "Eeeee, we'll have right good time in posh Benidorm'. Oh dear.

Air travel IS fantastic, and it's a wonder of the modern World, but Oh how I wish we could all go back in time to when it was a luxury that had to be saved for. Now, I'm afraid, it's the equivalent of catching the late night bus home from Chatham – full of broad accented yokels, covered in anchor tattoos and wearing the latest box fresh white Nike trainers and pink Burberry shirts. It's almost as bad as getting the Dover-Calais ferry... (Deep breath) That bastion of international adventure, the start of many a holiday dream, that exclusive ticket to mystery and intrigue, that

smelly, smoke and smog infested container of the UK's finest who are "Nippin' t'great big magic supermarkets in France ter stock up on fags'n'booze".

You know that feeling when you used to get on London to Glasgow British rail intercity? That excitement/dread as to whether you'd get beaten up by the token drunk Scotsman who'd wander up and down the train wailing incoherently, wondering if you'd have to spend the whole journey standing up holding onto the toilet door, and hoping that the chain smoking bloke would just stop and take an unpolluted breath? That, ladies and Gentleman – is the necessary evil that they call the Dover-Calais Ferry.

Still, at least if you've booked yourself a 'nice' little trip away for the summer then you're a lot further ahead than I am. I'm afraid my summer's going to end up like a disaster movie: spending a week with the out-laws back in the UK and two weeks on the Costa Del Hell... anybody care to swap?



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