

This is the 2nd edition that we have produced of "Living in Rheindahlen" and we hope that you will find it a useful guide to life in and around the Rheindahlen Military Complex.

We have taken care to ensure that the information in it is correct at the time of going to print but, obviously, some information will become out of date. If you spot anything that needs updating or have any suggestion about other information that you would like including in future editions, please contact the Information Room in the RAF Education Centre, ext 4784. It is intended to update this booklet periodically and we would appreciate your help in ensuring that future editions are as useful and accurate as possible.

RHEINDAHLEN INFORMATION ROOM
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INTRODUCTION

The Rheindahlen Military Complex

The Rheindahlen Base is one of the largest military establishments in Europe and is estimated to have cost over £15,000,000 to build. It was erected over a period of 2 years on 16 acres of the Rheindahlen forest some 5 miles west of Mönchengladbach.

The actual construction commenced in the autumn of 1952 and the first buildings were occupied by the end of 1954. Whilst excavating the foundations it was discovered that this area had been a Roman establishment and Julius Caesar mentioned it in "De Bello Gallico". There is a 2nd century cemetery under the Officers' Mess and the relics that were unearthed at the site showed that the area was occupied in 2000 B.C.

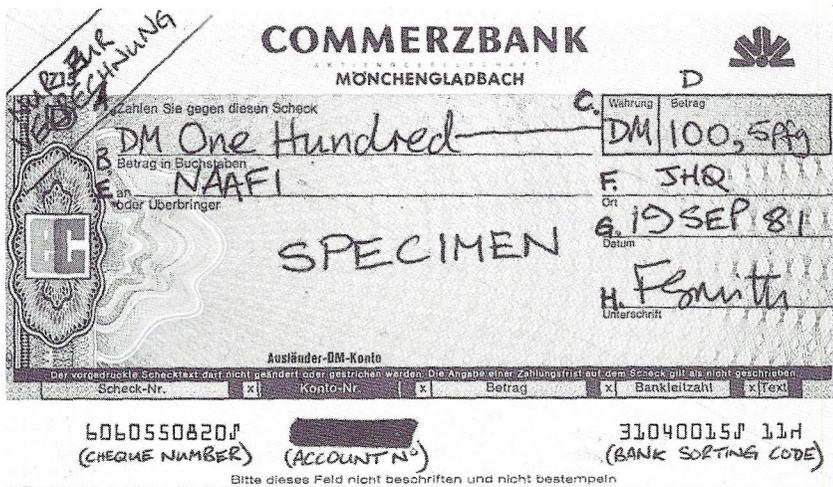
250 years ago the Duke of Marlborough billeted his armies on the site and camp litter found near a local pond shows that some Cossacks of the Napoleonic period had also camped here.

The Joint Headquarters was built to a joint specification by the Royal Engineers and over 2,000 German contractors. The JHQ itself has over 3,000 offices and for those interested in statistics the main corridor is 300 yards long and there are 4 others of 100 yards. The German telephone engineers estimated that they had to solder 20 million joints in the wiring for the Rheindahlen complex. In addition there are some 70 miles of high and low pressure water pipes which provide central heating and hot water to all buildings and this system alone cost £1,500,000.

The Rheindahlen Military Base has become well-known throughout the region and during the summer it is quite customary to see coachloads of sightseers passing through as part of their tourist sightseeing itineraries.

This Booklet is intend for guidance only and should not be quoted as an authority.

We should like to thank our printer - Fritz Ecken - for all his help and co-operation.



Eurocheques

Most German banks now issue Eurocheques to their customers. Sadly, they fail to explain how to use them or the dangers of misuse.

Danger! Once completed, a Eurocheque is effectively a banknote and may be encashed by anyone because of the nasty little words "oder Überbringer" ("or Bearer") halfway down the left hand side. Crossing these words off invalidates the cheque. Safeguards are suggested below.

If you lose your cheques, report the loss to your bank at the start of the next working day - even if it involves the cost of a phone call from your holiday resort. Always follow this phone call with a letter.

Keep your cheque card and cheque book separate, never both in the same pocket or handbag.

Never carry completed Eurocheques around in case you lose them. They are cash. Complete the cheque at the point of purchase. Losing even a blank eurocheque is equivalent to losing cash.

How to fill in your German Cheques

- a) "Zahlen Sie gegen diesen Scheck" means "Pay on production of this cheque".
- b) The amount you wish to be paid must be written clearly on the line above "Betrag in Buchstaben" ("Amount in words"). You may write the amount in English or German - many prefer English - and may use the form "Umpteen D-marks and several pfgs" but it is not necessary to include the pfgs. here.
- c) "Währung" = "Currency". If you leave this blank and the payee inserts "£" you may end up paying four times more than if you had written in "DM".
- d) "Betrag" = "Amount".

This can cause confusion as Continental conventions are different: they tend to embellish the figures "1" and "7" and whereas we follow the thousands digit with a comma and use a decimal point, the Continentals follow the thousands digit with a full stop and use a decimal comma.

The only way is to make your instructions to the bank as clear as possible. A suggested method is: Whole DM figures: DM 1.000..... (line to end of box prevents the unscrupulous inserting more figures to the detriment of your overdraft). With pfennigs involved: DM 23-32 pfg.

- e) "An" = "to": The person to whom you wish payment made. Many firms have a stamp to place here - make sure you see the cheque stamped before you leave it.
- f) "Ort" = "place": Where you are when you sign the cheque. If you are on the Garrison, "JHQ". Anywhere else, even if you cannot spell it, have a go and amuse your bank manager.
- g) "Datum" = "Date": the date you sign the cheque. Don't get involved in "post-dated" cheques - they can still be encashed early even by mistake and are valid once signed. In the UK, cheques more than six months old are referred to drawer for further validation. Over here, once the cheque is signed, it is valid forever.
- h) "Unterschrift" = "Signature" Do use the one registered at the bank.

Crossing. If the cheque is not for "CASH" and is a payment to another person or firm, cross it (across the top left hand corner) with the words "Nur zur Verrechnung". This means that the cheque cannot be exchanged for cash and may only be paid into a bank account, anybody's admittedly,

but it can be traced and recovered if it gets into the wrong hands.

If you are using a Eurocheque card you must turn the cheque over and insert the card number ("Karten-Nr.") in the space marked "N".

Completion Outside Germany. Ask your bank how to complete cheques in local currency before you go on leave.

Cashing a cheque on Saturdays.

German Post Offices will cash British and German cheques on production of a bankers card and are open on Saturday mornings. The service costs DM 2,-.

BUYING GOODS TAX FREE

Exemption from both UK and German VAT can be gained in certain circumstances.

German Mehrwertsteuer

Exemption can only be gained if the purchase is made through a Mess, Institute or Club (MIC) registered with an Official Procurement Agency (OPA). This means that the purchase must be paid for by cheque or Bank Credit Transfer drawn upon the MIC's official account. The purchase must also be entered in the MIC's register.

Procedure. For personnel in Rheindahlen the normal procedure for gaining VAT exemption on purchases is to obtain an official order from your MIC representative, currently:

For Army Personnel:
Officers' Mess Treasurer
Garrison Warrant Officers' and
Sergeants' Mess Supervising Officer.

For Corporals and below: PRI Clerk,
Garrison HQ.

For RAF Personnel:
HQ RAFG Officers' Mess Reception
Sergeants' Mess Secretary.
For Corporals and below: PSI Clerk in SHQ.

You must ensure that the firm which you wish to make the purchase with agrees to your terms, before you buy. They will complete the order form.

The following must be handed back to the MIC:

1. Completed order form.
2. Personal cheque for the value of the order.
3. A small handling charge, normally between DM 1 and DM 3.

The MIC issue an Abwicklungsschein and a cheque on their official account for you to take to the firm or arrange for the bill to be paid directly. On receipt of these, the firm will normally release the goods.

It is emphasised that the use of personal cheques and privately acquired Abwicklungsscheine contravenes BFG Standing Orders and German Custom Regulations.

UK VAT. Whilst serving in BFG, any purchases you make in the UK to bring to Germany may be classed as exports - zero rated for VAT purposes. Not all UK firms are interested in the paperwork involved so you must first obtain their agreement. The procedure is too involved for this article but includes registering the purchase with the German Customs on import and claiming the VAT back from the firm. Most firms will not process VAT-free purchases under £100. Many mail order firms will export goods VAT-free to BFPO addresses, but, once again, some firms cannot be bothered with the paperwork. This is worth a try though. Consult HM Customs for further details.

Procedure for refund of Dutch BTW (VAT). Apply on BFG Form 60 to the British Frontier Service for an import certificate (BFG FORM 80). When bringing the goods into Germany present the Form 80, passport and BFG identity card to the German Customs who will keep the F80.

Pay and Accounting Matters - Army Personnel Garrison Pay Office

Location. The Garrison Pay Office is located inside the JHQ Compound opposite Entrance 6. Access is through Gate C.

Pay Queries. Staff are available to handle officers' and soldiers' queries on pay, allowances, charges and claims;

- a. Mon-Fri 0900-1300 hrs.
- b. Mon/Tue/Thu 1430-1530 hrs.

Cashier.

The Cashier handles all cash transactions including:

1. Payment of claims, and credit vouchers.
2. Casual Pay.
3. Receipt of debit vouchers.
4. Youth Training Scheme pay (nominated days only).
5. PRI garage bills.

The Cashiers desk is open on normal working days.

Mon-Fri 0900-1300 hrs
Mon/Tue/Thu 1430-1530 hrs

BFG Petrol Coupons - Army Personnel
BFG Petrol Coupons are on sale on normal working days.

Mon-Fri 0900-1300 hrs.
Mon/Tue/Thu 1430-1530 hrs

Delays. Many people leave the purchase of coupons to the last minute before going on leave. As a result, queues can form delaying your purchase as much as ½ an hour. Times to avoid are:

1. Summer Fridays.
2. The 1½ working days before any Grant.
3. The last working day of any month.
4. First 3 working days of April when the rush to exchange the previous year's coupons is at its height. (Previous year's coupons may be exchanged from the first working day in April until the last Friday in May.)

Priority. On the infrequent occasions when a particularly long queue forms, the following will be served first.

1. Personnel of Army units administered for pay by the Garrison Pay Office.
2. Civilian personnel based on Rheindahlen Garrison.
3. BE, FR and US personnel registered with the Garrison Pay Office.
4. NL personnel based in Rheindahlen.

Payment. Payment for BFG Petrol Coupons may be made in cash or by Eurocheque supported by a personally presented Eurocheque Card.

Pay and Accounting Matters - RAF Personnel

Location of PSF and Accts Fit. The Personnel Services and Accounts Flight are located within Station Headquarters RAF Rheindahlen.

Pay and Allowances Queries. Queries on pay and allowances should be made direct to either your appropriate PD clerk or to the allowances clerks. Staff are available in PSF during the following hours:

Mon-Fri 0830 - 1230 hrs &
1345 - 1700 hrs.

Please note, however, that the Personnel Documentation Points close for all but urgent and compassionate matters for two days per month for the purpose of calculating monthly pays. The precise dates of these closures are published in SRO's.

Cashier's Office. The Cashier handles all public cash transactions. Additionally, the Cashier sells BFG Petrol Coupons and cashes UK Cheques within current regulations. The Cashier's office is located within SHQ RAF Rheindahlen. A limited service is also provided on 2 mornings a week within the JHQ building by entrance 33. The Cashier's opening hours are as follows:

SHQ Office

Mon/Wed/Thu 0830-1230 1345-1600 hrs
Tue/Fri 1345-1600 hrs

JHQ Office

Tue/Fri 0900-1100 hrs

BFG Petrol Coupons - RAF Personnel.

Petrol Coupons may be purchased from Petrol Coupon Issuing Officers (PCIO's) who are located at the following places:

JHQ - Air Staff Admin Officer
Eng Staff EC&P2A
Supply Staff Supp4B
Admin Staff C Cat 2
OC PRU
TWOATAF - Room 2517
HQ P&SS
11 SU Hehn
Station Headquarters - Cashier's Office.

Personnel are requested to purchase their coupons from the PCIO appropriate to their place of duty, thereby avoiding the large queues that are normally experienced at the Cashier's office.

Accommodation Stores

Whether you are Army, RAF, or Civilian, if you live in a married Quarter or Hiring, your accommodation stores will be provided by the Supply Flight of the Engineering and Supply Squadron RAF Rheindahlen. You will find a comprehensive guide to local arrangements in your quarter, but please remember that the staff are there to help you. Two useful telephone numbers are:

- a) Barrack Control Office JHQ 4742 -for general queries and requests.
- b) Supply Control and Accounting Flight (SCAF) JHQ 4741 - for inventory queries.

Germany to Britain

Telephone calls to Britain (including Northern Ireland) - dial 0044 plus the regional code, omitting the initial digit, e.g. to phone Birmingham (Code 021) dial 0044-21-before the number. Telephone calls to UK are 25% cheaper on weekdays between 1800 and 0800, weekend and public holidays if you dial direct. Operator connected calls are more expensive.

Dialling in to the JHQ Rheindahlen Exchange

From Mönchengladbach - Dial 47 plus the extension number required

From Rheydt - Dial 747 plus the extension number required.

From elsewhere in Germany - Dial 02161-47 plus the extension number required.

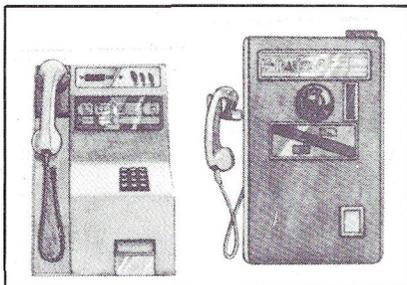
From the UK - Dial 010-49-2161-47 plus the extension number required.

N.B. The number for directory enquiries at JHQ is 2311. They hold Military, German and British civilian directories.

Where and how you can make a telephone call

You can make a telephone call from any post office or from any of the many yellow call boxes. You will recognise call boxes from which you can also make calls to other countries by the green sign.

You will find one of the two kinds of payphone depicted below.



The telephone network here is fully automatic. That means you can dial all your inland calls yourself without the assistance of an operator. Subscriber trunk dialling (STD) facilities are also available to more than 90 other countries.

Cost

For calls from a public payphone it is advisable to insert first of all three 10 Pfennig pieces. You may then insert coins in any order you wish. Accounting is performed in charge units of DM 0,23 according to actual call duration. Any wholly unused coins will be returned.

Area Code

You will find a list of dialling codes for all countries which can be reached by STD and the most frequently used codes for the local telephone area in a yellow booklet called AVON, copies of which are kept at all post offices.

Directory Enquiries

If you have any questions regarding a country code or a telephone number ring Directory Enquiries. For trunk calls within the service area of Deutsche Bundespost 118 or 0118, for international trunk calls 00118.

Installing the Telephone

If you are not entitled to an official telephone in your home, you may have one installed by the Bundespost at your own expense. The forms requesting a phone installation can be obtained from any German Post Office. The waiting list for a phone is only a few weeks and the installation charge is DM 200,00 which will appear on your first bill. If there is already a phone in your quarter, it will only cost DM 40,00 to have this reconnected, provided it is undertaken within 2 months of the previous disconnection. Alternatively, if you have had a telephone in Germany within the last twelve months you can have one installed in your new home for only DM 55,-.

Deciphering your Telephone Bill

We have reproduced the telephone bill below. Notice that each box is numbered in the lower left corner and the boxes of most interest to Forces' subscribers with a civil phone will be explained.

1. The basic monthly charge for your telephone is DM 27.
2. Charges for extra equipment, such as extensions and push button telephones.
3. Charges for installation and modifications. On your first bill there will be a charge of DM 200 for the initial installation.
4. and 5. The number of message units used - not the number of calls made! Each local call is one message unit, but for long distance calls the number of units depends on when and how long you call. Each subscriber is allowed 20 units free of charge, so if you use 155 units, you only pay for 135.
6. The charge of the message units - obtained by multiplying the number of units in Box 5 by the charge for a unit, which is officially 23 Pfennig.
8. If you have not paid your last bill on time you will be charged here. Each bill must be paid by the time the next months bill is sent out, and you will also be charged for reminders, which are sent out if the bill is not paid after seven days.
13. Charge for telegrams and long distance calls made through the operator.
19. Amount carried forward from previous unpaid bills.
20. Refunds for overpayments or wrong payments, for example, if you have paid a reminder as well as the original bill by mistake.
21. The amount you must pay.

The two dates underneath are the date on which your meter was read (Zählerablese-tag), and the date when the bill was posted to you (Absendetag). You should pay within seven days of this date, via your bank or at any Post Office.

Gebühren für		Gebühren für Anschaffung, Änderung usw.		Orts-, Nah- und Selbstwählernennnet		Ausgangskennet, Zuschläge zu Verbindungsgebühren		Gläubigerschuldig, Mahngeld, Kosten, Zinsen	
Hauptanschluß	Zuserschaltung und Sprengapparat	Anzahl der Gebühreneinheiten insgesamt	Gebühren	Umsatzsteuer	Befreiung im Bundesmittel Ferndienst, Telegrammgebühren	Verschiedene Tarifgebühren	Befreiung, Diskont, Einmalgebühr, sonst. Teilnehmergebühren		
27,00	3,50	83	63	14,35					
1	2	3	4	5	6	7	8		
Nebenstellenanlagen		mehrfach angeschlossen (siehe Rückseite)		Umsatzsteuer		Befreiung im Bundesmittel Ferndienst, Telegrammgebühren		Verschiedene Tarifgebühren	
Mehrfach-Gebühren		Anschaffungs- und Änderungsgebühren		Umsatzsteuer		Befreiung im Bundesmittel Ferndienst, Telegrammgebühren		Verschiedene Tarifgebühren	
9	10	11	12	13	14	15	16		
Monatliche Gebühren für Leistungen u. Stromwege		Andere monatliche Gebühren (siehe Rückseite)		(bei Leistungen (siehe Rückseite))		Übertrag aus Vorangegangener Rechnung		Erstattung, Guthaben	
16	17	18	19	20	21	Rechnungsbetrag		44,85	
Fakt. mündl. abgelesen		Fakt. fern abgelesen		4050 MOENCH.GLABBACH		Zahlungsbedingungen siehe Rückseite			
Herrn, Frau, Firma		FRITZ ECKEN MARKT 44		216300003500		Zählerablese-tag		17.03.83	
31		4056 SCHWALMTAL		FKTO*)		Absendetag		29.03.83	
Dienstgebäude		FLIEHSTR. 88		Fernsprecher		Monatliche Gebühren für		MRZ 83	
*) FKTO = Fernzählortnummer. Sie ist bei Rufnummern und Fernsprechnummern angegeben.		MOENCHENGLADBACH		02161		1272-413			

X/Y Scheme - Married Quarters fuel and light charges

As a general rule, we in Germany occupy larger Married quarters, endure more severe winters and face higher fuel cost than our United Kingdom counterparts. In order to redress the balance, the X/Y scheme was introduced to ensure that, despite these factors, we are not obliged to pay more on fuel and light than we would expect to pay at home.

Briefly, the X factor is the amount of money which the occupant of the quarter would normally expect to spend annually on fuel and light if living in the United Kingdom. The Y factor is a fixed assessment of fuel and light for a particular quarter. This assessment varies with the size of quarter and it is expected that most occupants of quarters will consume fuel and light up to the quantities allowed for the Y factor.

Annually, on 1st October and at march-out all X/Y accounts are balanced. Those who have consumed less than their allowance will receive a rebate and conversely those who exceed their allowance will be debited for the excess. In order to alleviate the burden of a huge bill at the end of the annual balancing, the amount of the X factor is deducted from your salary on a daily basis, there being a different rate for the summer and winter months.

Waiver of Charges. Occupants of quarters with shared facilities i.e. heating and domestic hot water can apply for a waiver of charges when vacating their quarters for periods in excess of seven days; charges may also be waived if the central heating plant becomes unserviceable.

Keeping a Check On Your Consumption.

Shortly after moving into your quarter you should receive a computer print-out of your fuel and light allowance; this and a record of your meter readings at march-in will serve as a useful guide in monitoring your usage of fuel and light. Your allowance of electricity covers cooking, lighting and service supplied electrical appliances only and additional items such as washing machines half-filled freezers and tumble driers are heavy consumers of electricity, so it pays to keep a close watch on your consumption. If you have any questions or queries regarding the X/Y scheme you should contact the Engineering and Supply Sqn X/Y Cell on JHQ 4745.

Rubbish Clearance

Dustbin Clearance - JHQ

Dustbins are emptied once a week. All married quarters North East of Gloucester Drive have collections on Tuesdays and those to the South West of Gloucester Drive on Fridays. Should one of these days fall on a German Public Holiday, an alternative day will be notified in Orders.

On collection days place your bins at the pavement edge by 0800 hrs. Only "official" bins with properly closed lids will be emptied. Do not pack your bin too tightly. When tipped up, the contents are expected freely to fall out. The dustman is forbidden, by law, to use his hands to free the contents. All kinds of kitchen and domestic rubbish, paper, bottles, cans, ash, sweepings etc. may be placed in the same bin, provided it is not overloaded, but the following are prohibited: hot ashes or cinders, fluids, acids, snow or ice, earth, corpses or excrement of animals, large

amounts of garden refuse, carbide, explosives of any kind, stones or heavy metal objects which may damage the interior of the garbage truck.

Mark your bins. The dustmen are not very particular where they leave your bins after emptying them. Therefore, paint on your house number, as a safeguard against loss.

Bulk refuse collection - JHQ

Bulk refuse collection from married quarters are as follows:

1st and 3rd Wednesday of each month, all married quarters to the North East of Gloucester Drive.

2nd and 4th Wednesday of each month, all married quarters to the South West of Gloucester Drive.

As with the normal collection, should one of these days fall on a German Public Holiday, then an alternative day will be notified in Orders. Where there are five Wednesdays in the month, no bulk refuse is collected from married quarters on the fifth Wednesday. Box, tie up or otherwise secure your bulk refuse to avoid it being blown about, and place it at the pavement edge by 0730 hrs on collection days. But a note of warning! Everything goes, so do not use containers for which you have any further use. You will not see them again.

Items too large for Bulk Refuse (e.g. furniture) can sometimes be removed by the c/o Sports and Estates (Ring 2097).



Chimney Sweeping

Sweeping chimneys in Germany is a municipal responsibility, backed by laws which require all chimneys to be swept and inspected by a licensed district master chimney sweep twice per year. Most chimneys are swept under these arrangements by a vacuum sweep lowered down the chimney, obviating the need for access. However, MQ occupants should note that it is an offence under German Law to deny reasonable entry to the sweep (the "Bezirksschornsteinfegermeister") should he require access to complete his sweep or conduct a smoke emission test. The bill, a sum fixed by the municipal authority, is paid centrally by Accounts Flight. Any problems with chimneys should be reported in the first instance to your Families/ Estates Officer.

German Laws which affect you

Some matters which are not offences in UK can be contrary to German Law. The following are only examples, but when in Germany it is most important that you take notice of the local laws and customs and that you try to adapt your behaviour to fit in with the life-style of the Host Nation.



Control of Children

Heads of families are held responsible in German law for the mis-behaviour of their children to a much greater extent than is the case in English law. Failure to exercise supervision and control may lead to prosecution in a German court.

Parents may be held responsible in the German courts for damage caused by their children even if no proceedings are brought in the criminal courts and it is very difficult to avoid liability for such claims. Heads of families are therefore advised to obtain insurance against such liabilities. Policies of this kind are almost universally taken out by German families; they offer adequate protection at very reasonable rates.

Cleaning of Pavements

Occupants of married quarters and MOD hirings are responsible for cleaning snow and ice from the area outside their houses and for scattering salt, sand or ashes to prevent pedestrians from slipping. The cleaning of pavements is not one of the free services to which the Forces are entitled. Failure to observe this obligation may lead to prosecution under German law. Occupants are also responsible for clearing leaves in their gardens and outside their houses.

Community Relations

Occupants of married quarters and MOD hirings should be aware of the following German laws which may affect their relationship with German neighbours:

1. Washing of private cars on the public highway is prohibited at any time. Caravans may not be parked on public roads, except when preparing for or unpacking from a journey.

2. There are restrictions on the burning of garden rubbish and the beating of carpets at certain times of the week.

3. Washing is not to be hung outside to dry after 1400 hrs on Saturdays or at any time on Sundays or Public Holidays.

4. Children are not permitted to play noisily in gardens or public places after 1900. Some games such as football, skipping, hopscotch and roller skating are prohibited on public roads.

5. Occupants are obliged to keep grass trimmed.

6. Any person in charge of a dog on public or private land must ensure that the dog does not endanger any persons or property. A dog must be kept on a lead in parks, and it is the responsibility of the person in charge of a dog to ensure that the dog does not soil the pavement. Dog owners must ensure that their dogs do not run loose or cause a disturbance by barking or howling. A dog known to be ferocious must be muzzled or on a leash of a maximum length of one metre and an adult must be in charge of it. Dogs should not be let loose on open country. They may be shot in certain circumstances such as if they are found on shooting land. Cats may also be shot under similar circumstances.

Skills and Services Register

The information Room in the RAF Education Centre maintains a register of people in the Rheindahlen Military Com-

plex who offer skills and services, both voluntarily and for payment.

The register includes people prepared to undertake such diverse services as:

- Dressmaking and alterations
- Driving lessons
- Gardening
- Car repairs
- Car cleaning
- Upholstering
- Loosecover making
- China mending
- Electrical repairs
- Hairdressing/Beautician
- Printing/Engraving
- Picture framing

This is by no means a comprehensive list and, obviously, the register contains a constantly changing range of skills, depending on postings in and out. The register also acts as a link between people prepared to undertake voluntary work and organisations and individuals seeking helpers.

If you would like to register yourself or any member of your family, call into the Information Room and fill in a card. Please remember that you need the Garrison/Station Commanders permission to trade for remuneration and you should bring a certificate to this effect with you if you wish to register for paid work.

Alternatively, if you are looking for someone to undertake some work for you, call in or ring JHQ 4784.

PUBLIC HOLIDAYS

In the Netherlands

- New Year's Day
- Good Friday (most shops are open)
- Easter Sunday and Easter Monday
- Queens Birthday (most shops are closed)
- Ascension Day
- Whit Sunday and Whit Monday
- Christmas Day and Boxing Day

Belgium

- New Year's Day
- May 1 Labour Day
- July 21 National Holiday
- August 15 Assumption of the Virgin Mary
- November 1 All Saints Day
- November 11 Armistice Day
- Christmas Day and Boxing Day

In Germany

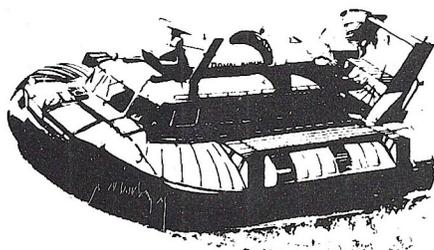
- New Year's Day
- Good Friday
- Easter Sunday and Easter Monday
- May 1 May Day - Labour Day
- Ascension Day
- Whit Sunday and Whit Monday
- Corpus Christi (June)
- June 17 Germ. Unity Day - Nation. Day
- Nov 1 All Saints Day
- Nov 19 Repentance Day (Day of Prayer)
- Christmas Day and Boxing Day

NB. Please note that these holidays are not all observed by the British Forces.

Travel to the UK

Flights

Concessionary fares are available on British Airways and Lufthansa flights between Düsseldorf and various UK airports through Service Air (Düsseldorf mit Ext 215) and PSI flights (Wildenrath mit Ext 297). Düsseldorf to Heathrow costs £55-£87 return. Service Air also run Charter flights to Newcastle (£98 return) and Glasgow (£106 return) and offer a coach service to the south and west of England from Heathrow.



Ferries. Ferry bookings can be made at reduced Forces Rates on most routes to the UK. The RAF Information Room holds brochures on these concessionary rates and bookings can be made through the JHQ Travel Agents near the NAAFI.

Lifts to and from UK. The RAF Information Room keeps a book for people offering or seeking a lift to and from the UK. Mutual arrangements are made as regards the sharing of petrol costs.

Coach Travel. One of the cheapest ways to travel to the UK is by coach, although the disadvantages of this method of travel are the long journey and sometimes antisocial arrival times. Details and bookings can be obtained from JHQ Travel Agents, and the RAF Information Room has details of some coaches.

Holiday Facilities belonging to Allied Forces. British Forces personnel may stay in certain clubs and hostels owned by Allied Services. The Americans have holiday facilities in Southern Germany and Italy and the French and Belgians have Officers' Clubs in various European cities. Enquiries about the use of these facilities should be directed to the US Support Unit (Ext 5392) and the Belgian (Ext 5263) and French (Ext 3184) Liaison officers.

Travel on the Bundesbahn

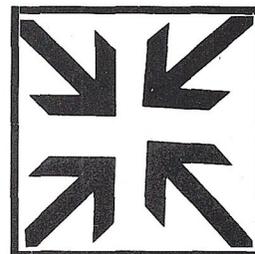
Every railway station has departure schedules (Abfahrt). Printed on a yellow background, they list all of the trains, in chronological order, which depart from this station. The destination and major stops with arrival times are also listed, as well as the platform (Gleis) of departure. Further information can be obtained at the Information Office or the ticket counter.

A useful booklet called "Welcome to Germany and its Railroad System" can be obtained at the RAF Information Room or Mönchengladbach Railway Station.

Rail tickets can also be obtained at Milatravel.

Der Treffpunkt

On most large railway stations and at airports there is a spot known as the "Treffpunkt" (meeting point) where you would normally arrange to meet anyone who is expecting you. The sign for the Treffpunkt is:



Abfahrt – Departure



Zeit	Zug	Richtung	Gleis
7.00			
✱ 7.09	4727		
außer ☉ 2. Kl. (In Kaufbeuren Anschluß nach Augsburg an 9.01)			
7.25	E 3774	Kempten-Ost 7.29–Dietmannsried 7.36–Grönenbach 7.43–Memmingen 7.53–Ulm 8.41 (In Ulm Anschluß nach Stuttgart an 9.57–Frankfurt an 12.17–Hannover an 15.43–Hamburg-Altona an 17.24)	1
{ 7.26	E 2419 E 3771	Immenstadt 7.41–Sonthofen 7.58–Oberstdorf 8.20 (In Immenstadt ✱ Anschluß nach Lindau an 8.56)	2
☉ und ☽ sowie täglich vom 20. VII. bis 27. XII., und 3. bis 6. I., auch 1. und 4. IV., 12., 23. V.			
8.00			
† 8.30	6782	Isny 9.39	S 1
2. Kl. ☉			

Zeit	Zug	Richtung	Gleis
12.00			
12.04	D 712	Allgäu-Express Memmingen 12.26–Ulm 13.05–Stuttgart 14.20–Mainz 16.53–Köln 19.12–Düsseldorf 19.49–Dortmund 20.51	4
12.26	D 269	Bavaria Buchloe 13.06–München 13.46 (In Buchloe Anschluß nach Augsburg an 13.39)	4
19.00			
19.13	D 366	Immenstadt 19.29–Oberstaufen 19.45–Röthenbach 19.58–Lindau 20.28–Bregenz 20.46–St. Margrethen 21.03–Zürich-Flugh. 22.38–Zürich HB 22.50	3
22.00			
{ 22.22	E 2418	Memmingen 22.45–Ulm 23.24	4
18. bis 24. XII., 26. XII., 1. bis 5. I., an ☉ ab 8. I., auch 4. IV., nicht 2. IV.			

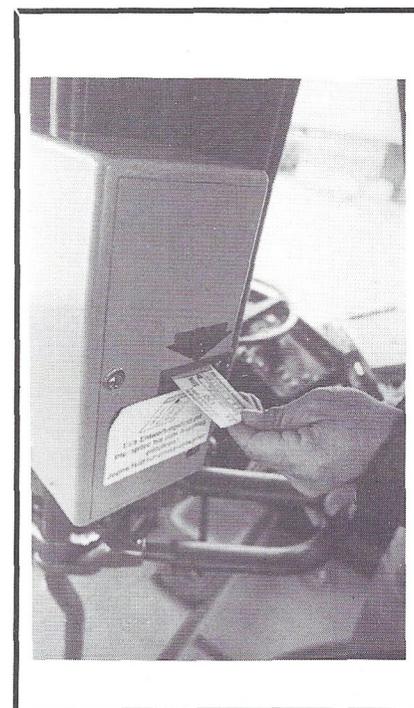
Buses

The system varies from place to place, but basically you have the option of buying a ticket as you enter the bus or, in the town, purchasing one or more tickets from the automatic machines near a bus stop if you know the fare.

Once on the bus put the ticket in the machine (see picture) for stamping. It is not valid until stamped. There are no returns on German buses, but you can buy a ticket that will take you from one side of the town to the other, even if it involves changing buses, provided that you complete the journey within the minimum practicable time.

There is a regular civilian bus service between the Garrison and Mönchengladbach Hauptbahnhof (main railway station). Route No. 023 will take you direct from JHQ to Mönchengladbach and back and 026 will take you to Wickrath via Rheindahlen Village. Further information on bus services is available at the RAF Information Room.

Children under 4 years travel free. Children 4 and under 14 travel at reduced fares.



A Visit to Berlin

Service personnel or sponsored civilians who wish to visit Berlin on leave must obtain official permission to do so. Permission will only be granted on production of proof of accommodation so it is necessary to arrange this before applying. All arrangements for travel to Berlin must be made through the relevant Personal Documentation Point (RAF) or Leave and Movements Office (Army) in Rheindahlen well in advance of the proposed journey.

Documentation.

Complete in quadruplicate:

1. RAF-Annex A to HQRAFG SAI Part II Section I Instruction No. 22.
2. Army-Appendix 1 to Annex A to BAOB Standing Orders Part IV Chapter 5 Section I

This is your authority to be in Berlin and must be carried with you at all times whilst you are there.



A British Travel Document (BTD) will be made out for you on presentation of your ID Card or full British Passport. If you wish to take visitors from UK with you to Berlin, you will need to show photocopies of the front cover of their passports. The BTD is your authority to travel through East Germany.

Travelling to Berlin.

When actually travelling to Berlin you must have in your possession:

1. The form described above.
2. BTD.
3. Your ID Card (in perfect condition and correct in detail) or valid full British Passport without any East German visas or transit stamps.

If you are travelling by car, you will also need:

1. Car documents (including insurance valid for the DDR).
2. Driving Licence.

By Road. On arrival at the border, report to the RMP checkpoint Alpha. Your documentation will be checked and you will be briefed on driving through the Berlin Corridor. You must have a full tank of petrol and check your oil and water before setting out.

By Rail. All sponsored visitors to Berlin are entitled to travel on the British Military train. Places on the train should be booked during the initial documentation. The train, which travels daily to and from Berlin (except for Christmas Day) is free and meals can be obtained for a small charge. Travellers may join a reserved coach on a Bundesbahn train at Hannover and transfer to the Military Train at Braunschweig, or go direct to Braunschweig and join the train there.

Accommodation.

Edinburgh House. This is the Berlin equivalent of Cassels House. Although it is primarily for people moving in and out of quarters in Berlin and for duty visitors, it will take leave visitors on a fill-up basis. The hotel is centrally placed and reasonable priced and is, therefore, very popular. Bookings, through your unit, should be made well in advance. The address and phone number for enquiries is:

Edinburgh House Hotel, BFPO 45, Tel: 030309 52 54/55/56, **Toc H Services Club.** This hostel is open to all ranks. The address and telephone number is: c/o BMH Berlin, BFPO 45, Tel. 030 375 4996.

Other Hotels. The RAF Information Room has lists of hotels and guest houses in Berlin.

The USAF Officers' Club. The club will also take visitors if space is available. Their telephone number is 030 819 5319/5591.

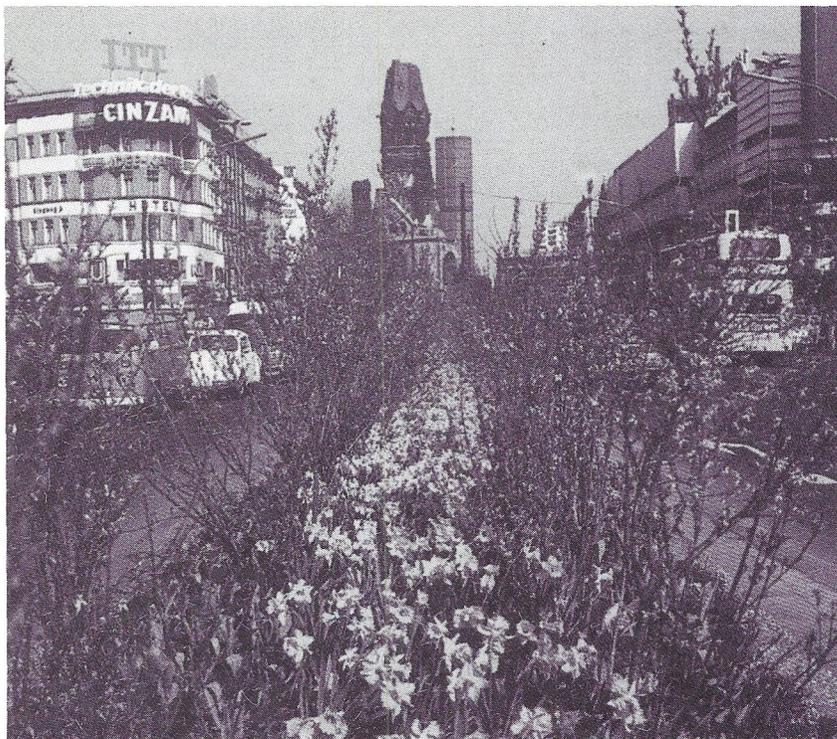
Sightseeing.

The best way to see the city is to join one of the guided tours:

BMWS, in conjunction with 46 AEC, runs tours of East and West Berlin at a cost of DM 5.00. The tour starts from Summit House at 0900 hrs every Saturday. These tours are very popular and need to be booked in advance. Bookings may be made by telephone 030 309 4526 or in person at the BMWS office on the 5th floor of Summit House.

RAF Gatow runs tours on alternate Sundays, except during January and February when normally only one tour per month is arranged. The tour, which can be booked through the RAF Education Centre - 309 2629 - costs DM 2.00.

Bookings can be made through Edinburgh House for commercially run tours (eg Berliner Bären Stadtrundfahrt) but these are considerably more expensive.



Services Bus Timetables

Bus Services operated by RAF Rheindahlen.

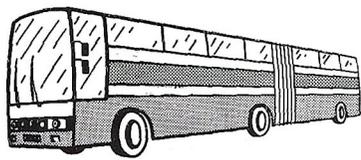
Buses to and from JHQ NAAFI, Station Medical Centre

Run No. 11 Tuesday to Friday

Dep 0935 hrs Dorthausen Flats
 Arr 0950 hrs JHQ NAAFI
 Arr 0955 hrs Station Medical Centre
 Dep 1125 hrs Station Medical Centre
 Dep 1135 hrs JHQ NAAFI
 Arr 1150 hrs Dorthausen Flats

Run No. 15 Monday to Friday

Dep 0940 hrs Webschulstr. via Hardt
 Arr 1015 hrs JHQ NAAFI
 Arr 1020 hrs Station Medical Centre
 Dep 1155 hrs Station Medical Centre
 Dep 1205 hrs JHQ NAAFI via Hardt
 Arr 1230 hrs Webschulstr.



Run No. 16 Tuesday to Friday

Dep 0930 hrs Wickrath Schonbergstr
 Arr 0945 hrs JHQ NAAFI
 Arr 0950 hrs Station Medical Centre
 Dep 1145 hrs Station Medical Centre
 Dep 1150 hrs JHQ NAAFI
 Arr 1210 hrs Wickrath Schonbergstr.

Run No. 20 Monday to Friday

Dep 0920 hrs Meerbeck Church
 Dep 0925 hrs Bissen
 Dep 0930 hrs Beeckerwald on corner
 Dep 0932 hrs 61 Bahnhofstr. Wegberg
 Dep 0934 hrs Heerstr. Wegb. o. corner
 Arr 0944 hrs Wegberg Hosp. Car Park
 Dep 0946 hrs Monro Rd. Wegb. Hosp.
 Arr 0952 hrs JHQ NAAFI
 Arr 0955 hrs Station Medical Centre
 Dep 1130 hrs Station medical Centre
 Dep 1135 hrs JHQ NAAFI
 Arr 1141 hrs Monro Road Wegberg
 Dep 1145 hrs Wegb. Hosp. Car Park
 Arr 1155 hrs Meerbeck Church
 Arr 1200 hrs Bissen
 Arr 1205 hrs Beeckerwald on corner
 Arr 1207 hrs 61 Bahnhofstr. Wegb.
 Arr 1209 hrs Heerstr. Wegb. o. corner

Run No. 29 Monday to Friday

Dep 0925 hrs Burggrafenstr.
 Dep 0940 hrs Dorthausen
 Arr 0955 hrs JHQ NAAFI
 Arr 1000 hrs Station Medical Centre
 Dep 1140 hrs Station Medical Centre
 Dep 1145 hrs JHQ NAAFI
 Arr 1200 hrs Dorthausen
 Arr 1205 hrs Burggrafenstr.

Run No. 29A Monday to Friday

Dep 0935 hrs Schmolderfeldstr.
 Dep 0940 hrs Waldhornstr. Garage
 Dep 0942 hrs Gunhoven Church
 Arr 0955 hrs JHQ NAAFI
 Arr 1000 hrs Station Medical Centre
 Dep 1140 hrs Station Medical Centre
 Dep 1145 hrs JHQ NAAFI
 Arr 1205 hrs Schmolderfeldstr.

Run No. 32 Monday to Friday

Dep 0915 hrs Rath Anhoven
 Dep 0925 hrs Hoogenhof
 Dep 0927 hrs Bauxhof
 Dep 0934 hrs Uevokoven
 Dep 0942 hrs Beeckerstr. Wegb. Vill.
 Arr 0955 hrs Wegb. Hosp. Car Park
 Arr 1000 hrs Station Medical Centre
 Arr 1005 hrs JHQ NAAFI
 Dep 1200 hrs JHQ NAAFI
 Dep 1205 hrs Station Medical Centre
 Dep 1215 hrs Wegb. Hosp. Car Park
 Arr 1225 hrs Beeckerstr. Wegb. Vill.
 Arr 1233 hrs Uevokoven
 Arr 1245 hrs Hoogenhof
 Arr 1250 hrs Bauxhof
 Arr 1255 hrs Rath Anhoven

Run No. 13 Tuesday to Friday Times for 1st Run

Dep 0910 hrs Forces Bus Stop No 54
 Dep 0912 hrs S/W Ext. Dundee Garag.
 Dep 0915 hrs Boiler House Buschof
 Dep 0917 hrs St Christophers School
 Dep 0920 hrs Junct. Ottawa/Canberra
 Dep 0926 hrs Station Medical Centre
 Arr 0926 hrs Main Naafi
 Arr 0930 hrs Garrison Library
 Dep 1000 hrs Main Naafi
 Dep 1002 hrs Garrison Library
 Dep 1004 hrs Station Medical Centre
 Dep 1007 hrs Junct. Ottawa/Canberra
 Dep 1010 hrs St Christophers School
 Dep 1012 hrs Boiler House Buschof
 Arr 1015 hrs S/W Ext. Dundee Garag.

Run No. 13 Tuesday to Friday Times for 2nd Run

Dep 1018 hrs Forces Bus Stop No 54
 Dep 1020 hrs S/W Ext. Dundee Garag.
 Dep 1023 hrs Boiler House Buschof
 Dep 1025 hrs St Christophers School
 Dep 1028 hrs Junct. Ottawa/Canberra
 Dep 1031 hrs Station Medical Centre
 Dep 1035 hrs Main Naafi
 Arr 1040 hrs Garrison Library
 Dep 1135 hrs Main Naafi
 Dep 1137 hrs Garrison Library
 Dep 1139 hrs Station Medical Centre
 Dep 1142 hrs Junct. Ottawa/Canberra
 Dep 1145 hrs St Christophers School
 Dep 1147 hrs Boiler House Buschof
 Arr 1150 hrs S/W Ext. Dundee Garag.

Bus Services operated by 68 Sqn RCT.

Buses to and from JHQ NAAFI

Route No. 175 Tuesday & Thursday

Dep 0940 hrs **Schwalmtal-Waldniel**
 Querstr.
 Dep 1010 hrs Garrison Library
 Dep 1012 hrs Post Office
 Arr 1015 hrs JHQ NAAFI
 Dep 1205 hrs JHQ NAAFI
 Arr 1208 hrs Post Office
 Arr 1212 hrs Garrison Library
 Arr 1220 hrs Querstr.

Route No. 177 Tuesday and Friday

Dep 0930 hrs Erkelenzer Str.
 Arr 0940 hrs JHQ Post Office
 Arr 0943 hrs JHQ Library
 Arr 0945 hrs JHQ NAAFI
 Dep 1145 hrs JHQ NAAFI
 Arr 1155 hrs Erkelenzer Str.

Matinee Buses

Routes No. 181 & 182 Saturday only

Dep 1000 hrs Wickr. Schonbergerstr.
 Arr 1020 hrs JHQ Globe Cinema
 Dep 1200 hrs JHQ Globe Cinema
 Arr 1220 hrs Schonbergerstr.

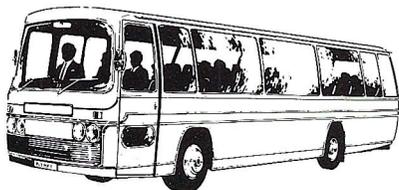
Route No. 183 Saturday only

Dep 1000 hrs MG-Rheindahlen,
 Erkelenzerstr. (Südwall)
 Arr 1015 hrs JHQ Globe Cinema
 Dep 1200 hrs JHQ Globe Cinema
 Arr 1215 hrs Erkelenzerstr.

Church Buses

Run No. 36 **Sundays only**
 Dep 0925 hrs Erkelenz Bauxh. C. Park
 Dep 0930 hrs Erkelenz Hoogenhof
 Dep 0945 hrs Beek Telephone Box
 Dep 0950 hrs Wegb. Vill. Steak House
 Arr 1000 hrs RAF Wegberg
 Dep 1100 hrs from Church - for return

N.B. This transport is to be booked at least 24 hrs in advance. Phone Wegberg MT Control to book on Ext (036) 234.



Run No. 37 **Sundays only**
 Dep 1000 hrs Wickrath
 Dep 1025 hrs Webschulstr.
 Dep 1035 hrs Burggrafenstr.
 Dep 1045 hrs Dorthausen Garages

Dep 1210 hrs Cambridge House
 Dep 1215 hrs Naafi Stop
 Arr 1230 hrs Wickrath
 Arr 1245 hrs Webschulstr.
 Arr 1255 hrs Burggrafenstr.
 Arr 1300 hrs Dorthausen Garages

N.B. This transport is to be booked at least 24 hrs in advance. Phone MT Control to book on Ext. 4209.

Hospital Visiting

Run No. 17 **Daily as required**
Saturday & Sunday

Dep 1315 hrs Dorthausen
 Dep 1320 hrs Burggrafenstr.
 Dep 1330 hrs Webschulstr.
 Dep 1340 hrs Schmolder Park
 Dep 1350 hrs Wickrath Schonbergstr.

Dep 1600 hrs Wegberg Hospital for return journey

Dep 1815 hrs Dorthausen
 Dep 1820 hrs Burggrafenstr.
 Dep 1830 hrs Webschulstr.
 Dep 1840 hrs Schmolder Park
 Dep 1850 hrs Wickrath Schonbergstr.
 Dep 2015 hrs Wegberg Hospital for return journey

N.B. This transport is to be booked at least 24 hrs in advance. Phone MT Control to book on Ext. 4209.

Youth Club

SD 68/81 **Mon/Wed/Fri**
 Dep 1900 hrs Cheshire/Shrewsb. Way
 Dep 1900 hrs Trenchard/Essex Drive
 Dep 1900 hrs Kinross/Pembroke Drive
 Dep 1900 hrs St Christophers School
 Dep 1900 hrs Buschof Naafi
 Arr 1930 hrs Youth Club, York Drive
 Dep 2200 hrs Youth Club, York Drive

Hospital Appointments

Run No. 24 **Monday to Friday**

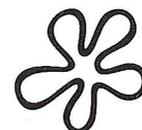
Dep 0810 hrs Wickr. Medical Centre
 Dep 0820 hrs Schmolderfeldstr.
 Dep 0830 hrs Webschulstr.
 Dep 0840 hrs Burggrafenstr.
 Dep 0845 hrs Dorthausen Flats
 Arr 0900 hrs Wegb. Hosp. Car Park

Dep 1150 hrs Station Medical Centre
 Dep 1200 hrs Wegb. Hosp. Car Park
 Arr 1215 hrs Wickr. Medical Centre
 Arr 1225 hrs Schmolderfeldstr.
 Arr 1235 hrs Webschulstr.
 Arr 1245 hrs Burggrafenstr.
 Arr 1250 hrs Dorthausen Flats

Dep 1315 hrs Dorthausen Flats
 Dep 1320 hrs Burggrafenstr.
 Dep 1330 hrs Webschulstr.

Dep 1340 hrs Schmolderfeldstr.
 Dep 1350 hrs Wickr. Medical Centre
 Arr 1405 hrs Wegb. Hosp. Car Park
 Arr 1415 hrs Station Medical Centre

Dep 1603 hrs Station Medical Centre
 Dep 1610 hrs Wegb. Hosp. Car Park
 Arr 1625 hrs Dorthausen Flats
 Arr 1635 hrs Burggrafenstr.
 Arr 1640 hrs Webschulstr.
 Arr 1650 hrs Schmolderfeldstr.
 Arr 1700 hrs Wickr. Medical Centre.



GETTING A JOB

Any service dependant who wants to find a job here should register with 1 PLSU in Bedford Walk (off Queens Avenue) and/or with the RAF Civil Labour Office in SHQ.

Opening hours for registrations:

1 PLSU Mon - Fri 0830 - 1230
 RAF Mon - Fri 0830 - 1230 and 1345 - 1700

Any one registering for work must produce their ID Card or Passport with status stamp. The PLSU provides labour for all Army units and Army sponsored units in Rheindahlen, Bracht and Birgelen and the RAF Office for all RAF units. However, both accept registrations from Army, RAF and civilian dependants.

Jobs are at premium here and, unless you have particularly saleable skill, you may well have to wait some time for a job to become available, so register as soon as you arrive. You cannot be put on a waiting list before you arrive.

Dependants who are looking for work in the Mönchengladbach or Viersen areas should register with A Det 4 PCLU which is situated in Ayrshire Barracks.

If you are a German speaker and would like to try to find work on the German net, register with the German Arbeitsamt, Lürriperstraße 78-80, telephone MG 4041.

Finally, you can also register with the American Employment Office in Hindenburgstraße 200, telephone MG 16632.

Car Registration

Car owners have two months to register their car with British Forces Germany (BFG) after they arrive and those who buy a car from a German source must have it BFG'd before they are allowed to drive it.

Any car which is more than two years old must be tested for roadworthiness at a test centre before it can be BFG'd. This test can be arranged through 68 Sqn RCT (Army) by ringing ext 2844 or Mechanical Transport Flight (RAF) on ext 4229. It is the BFG equivalent of the MOT Test and a certificate of roadworthiness is issued if the car passes.

To apply for registration, fill in BFG Form 20 and send it to the BFG Licensing Office, Command Pay Office, BFPO 40, enclosing:

1. UK registration book
2. Proof of insurance cover (either the green card or the policy or cover note).
3. Certificate of roadworthiness.
4. A gummed return label with your address on it.

German Cars

German cars bought locally must be tested at the BFG Centre. A potential purchaser would be well advised to make it a condition of purchase that the car passes the test before any payment is made. The car must then be deregistered with the German authorities. While all this is being done, the car must be parked in a safe place and not driven until the BFG documents arrive. Apply on BFG Form 20 and enclose:

1. German log book and deregistration certificate.
2. Bill of sale
3. Proof of insurance
4. Return label

New Cars

In the case of a new car or a car under two years old, no roadworthiness certificate is required. Apply on Form 20 and send:

1. Proof of insurance
2. Proof of ownership, log book or shipping note.
3. Return label

However, these cars must have a lighting check.

Buying and Selling a Second Hand BFG Registered Car

If you sell your car to another person entitled to BFG facilities, you should draw a line diagonally across the 'Petrol Issues' page of the BFG Registration Card (BFG Form 73) and write on this same page 'Transferred to (new owner) on (date)' and sign this. You then give this card and the



windscreen label to the new owner and get a receipt from him for them.

The new owner then applies in the normal fashion for BFG registration, enclosing proof of insurance, proof of ownership, the old BFG Form 73 and the windscreen label. In order to obtain a refund on a German Insurance Policy, you will need a certificate of deregistration. The BFG Licensing Office will issue one on request if you send the receipt from the new owner for the BFG Form 73 and an SAE.

Driving Licence

If you possess a current UK or International Driving Licence valid in Germany, you may drive on this licence for one month from the date of your arrival. However, after this, all drivers must be in possession of a BFG Driving Licence. In order to obtain this, or a provisional licence, you will have to take a written examination, in the form of a tick test, on German traffic laws and road signs.

To help you learn these, you can obtain a copy of the 'Manual for Road Users in Germany, Belgium and Holland' from your unit. If you do not hold a valid driving licence and wish to apply for a provisional licence, you will first have to pass the tick test. Once you have received instruction, you may take a driving test under unit arrangements. A BFG driving licence may be exchanged for a full UK licence without taking a UK driving test.

It must be noted that a BFG licence is valid for dependants in Germany only. Dependants must hold a UK or International Licence in order to drive in any other European country. For a serviceman, a BFG licence is also valid in Belgium, Holland, Luxembourg and Denmark.

International Licence

An International licence can be obtained from the Straßenverkehrsamt, Rheinstraße

60, Mönchengladbach, on presentation of:

1. British or BFG driving licence
2. 2 x passport sized photographs
3. DM 7.70
4. Passport

The licence will be issued on the spot.

Legal Requirements for Cars in Germany

1. A warning triangle with the DIN approved symbol.
2. An unopened First Aid kit to specification DIN 13-1-64.
3. a. If manufactured in 1965 or thereafter, passenger vehicles and light cargo vehicles must be fitted with three point body restraining seat belts, of approved design and in working order, for use of the driver and front seat passengers.
b. If manufactured on or after 1 May 1979, such seat belts must also be fitted for the use of all rear seat passengers.
4. Steering lock.
5. Four way flashers.
6. One (LHD) and two (RHD) external rear view mirrors.
7. Also recommended, though not mandatory, are a tow rope, fire extinguisher and spare petrol can.
8. The following documents must be carried with you when driving:
 - a. Proof of insurance
 - b. Identity Card
 - c. Driving Licence
 - d. Vehicle Registration Card (BFG Form 73)

Police Fines

The German Police are empowered to impose and collect fines of up to DM 40 on the spot in cases of violation of traffic regulations. If a road user considers that he is innocent of the alleged offence, he can refuse to pay the fine and request that his case be tried in court. You are advised to ask for a receipt if the fine is paid on the spot. It is also advisable to ensure that you always have DM 40 or a cheque on you, to pay any spot fine you may incur.

Army

Appointments to see the doctor

1. Request for Appts - ring 2969 between 0830-1230 and 1400-1700.

2. Serving Personnel:

Officers 0930-1200 by appt

Soldiers:

Sgts & above: 0900-0920 by appt

Cpls & below: Sick Parade at 0815 hrs.

3. Medical Boards and service medicals are on Monday afternoons by appt - ring ext 2693.

4. Other entitled personnel and families: 0930-1200 by appt.

Special Clinics and Facilities

Ante-natal: Thu 1400-1600 by appt.

Parent Craft & Relaxation classes: Wed from 1400 by arrangement with SSAFA.

"Well Baby" Clinic: Tue 1400-1600 for children up to 5 years by appt.

"Well Woman" Clinic: Tue 1400-1600 by appt.

Vaccinations: Fri 1400-1530 by appt.

SSAFA Sisters: 0830-1000 in office. Ring ext 2820 or 2815.

Emergencies

Ring 2792. At weekends and holidays emergency clinics are held at 1000 and 1800 hrs.

Dental Appointments

Ring 2495. Checkups Mon-Fri at 0830 and by appt.

Check Ups

Serving Personnel: Tue 1530

All others: Either by appt or on Sick Parade at 8.30.

Emergencies

0830-0900 Mon-Fri.

Outside working hours, contact the MRS Duty Sister 2792.

CHURCHES AND WELFARE



RAF

Appointments to see the doctor

Mon-Fri 0830-1230 and 1330-1630 for appt ring 4111.

Special Clinics and facilities

Ante-natal care

Tue 0900-1230 by appt.

Post Natal Care by appointment

Well Woman Clinic

Tue 1400-1600 by appt.

Vaccinations

Thu 1600 No appt.

Wednesday by appointment.

SSAFA Sisters

0830-1000 in office. Ring ext 4708.

Baby and childrens injections:

Fri 0930-1100 No appt.

Chiropodist - Weds by appointment.

Ring 4111. At weekends and holidays

emergency clinics are held at 1000 and 1800 hrs.

Dental Appointments

Ring 4043 to arrange an appointment.

Emergencies

Outside working hours, ring Ext 4111.

Welfare Organisations

SSAFA SSAFA sisters are based in both the Army and RAF medical centres. They perform the duties of Health Visitors to mothers with children under 5 and run infant welfare classes. There are also SSAFA social workers who can be contacted on ext 3289 (Army) or ext 4705 (RAF). In addition, SSAFA runs a hire service for cots, pushchairs, highchairs, wheelchairs, sewing machines: ring ext 2097.

Alcoholics Anonymous:

Ring Becky 02101/604601.

or Bob 02166/38836.

Marriage Guidance:

Ring Ext 2826 or 3289.

Rheindahlen Garrison Committee for Communication with Army Wives.

This committee meets on a regular basis to discuss subjects of interest, concern and importance to all wives in Rheindahlen Garrison, and to represent to the Garrison Commander the views of wives on matters which affect wives and families within the Garrison. Details about the meetings and who to contact are published in the Rheindahlen Bulletin.

Church Information

Church of St Andrew · Church of Scotland · and Free Churches

FIRST SUNDAY OF THE MONTH

1100 Creche
1100 Sunday School
1100 Morning Service
1200 Holy Communion
1830 Evening Service

OTHER SUNDAYS

1100 Creche
1100 Sunday School
1100 Morning Service
1830 Evening Service

Church of St Thomas More · Roman Catholic

MONDAY - FRIDAY

1715 Holy Mass

SUNDAYS

0830 Holy Mass
1100 Holy Mass
1830 Holy Mass

SATURDAYS

0930 Holy Mass
1000-1030 Confession
1830-1850 Confession
1900 Holy Mass

HOLY DAYS

0730 Holy Mass
1245 Holy Mass
1830 Holy Mass

Church of St Boniface · Church of England

SUNDAYS

0800 Holy Communion
0930 Creche & Sunday School
0930 Parish Communion
1100 Matins
1200 Holy Communion
(First Sunday Only)
1830 Evensong

TUESDAYS

0930 Holy Communion

THURSDAYS AND HOLY DAYS

0800 Holy Communion

Children's Education

The schools at Rheindahlen are administered by the Services Children's Schools (North West Europe), which forms a part of the Services Children's Education Authority. Each school serves a particular catchment area and, with a few exceptions, children are allocated to a school according to the location of their parents' accommodation. To enrol your child you should contact the appropriate school direct, either in person or preferably by phone in the first instance. The various Headteachers will be pleased to advise and help with any problems.

Children are eligible to start primary school at the beginning of the term in which they are five. They transfer to secondary school at the age of eleven.

Primary School Catchment Areas

1. St. Patricks School (Tel. JHQ 3151)

Bangor Walk	Essex Drive
Brialmont Road	Exeter Way
Cornwall Drive	Forfar Way
Cumberland Drive	Hertford Way
Derby Walk	Roxburgh Drive
Dolgelly Walk	Salisbury Walk
Elgin Walk	Winchester Way

N.B. Children living in Cassels House will attend St Patrick's unless, upon their arrival at Cassels House, they have already been allocated a quarter or hiring, in which case they will attend the appropriate school.

2. St Andrew's or St Patrick's

Appleby Walk	Lancaster Way
Argyll Drive	Leicester Way
Aylesbury Way	Lewes Walk
Ballymena Walk	Lincoln Drive
Belfast Walk	Londonderry Drive
Bodmin Walk	Marino Way
Brecon Walk	Marlborough Road
Buckingham Way	Monmouth Walk
Canterbury Way	Norwich Way
Cardigan Way	Oxford Walk
Carlisle Way	Pembroke Drive
Cheshire Drive	Portadown Way
Cupar Way	Roberts Road
Dingwall Way	Salmond Road
Durham Walk	Shrewsbury Way
Flint Drive	Stafford Way
Gloucester Drive	Stirling Walk
Hereford Walk	Sussex Drive
Kinross Drive	Taunton Way
Lanark Walk	Worcester Way

3. St Andrew's School (Tel. JHQ 2344)

RAF Hospital Wegberg
All off-base areas except those in sub paras 5 and 6.

4. St George's School (Tel. JHQ 2840)

Buschof Estate
South West Extension

5. Hampshire School Mönchengladbach

(Tel. 034-349)
Dorthausen Viersen
Mönchengladbach Rheydt

6. St Clement's School Wickrath (Tel. Rheydt 52860)

Wickrath Rheindahlen Village

Secondary Schools Catchment Areas

1. Queen's School (Tel. JHQ 2412)

All on-base	Dorthausen
Wegberg	Mönchengladbach
Wickrath	Rheydt

2. Kent School Hostert (Tel. 0324-48)

Bracht	Willich
Wildenrath	Waldniel
Viersen	Krefeld
Brüggen	Laarbruch

The Secondary Schools are fully comprehensive and co-educational. Both have a boarding element.

Pre School Children

Pre School Playgroup Association - Rheindahlen Branch

Chairman: Mike Ford 3355/2273

Playgroups for Children from 3 years
Queens - St Christophers and Beresford -
St. Christophers/Auckland Crescent
Buffs RAOB - Worchester Way
St Andrews Church Hall
Belgian School Building - Salmond Road
Wegberg Hospital
Ayrshire Barracks - Community Centre
Mother and Todler Groups:
Thurs. 1330-1600
St Christophers School
Auckland Cres.

National Childbirth Trust - Wegberg Area Group

Secretary: Mrs Shepherd MG 477357

The Trust offers ante-natal classes, breast feeding counselling, mother and toddler groups and lectures.

Youth Activities

Junior Club

For last year at Primary School and first and second year Secondary School children. Every Thursday evening in the Youth Centre at 1830-2030.

Rheindahlen Youth Centre York Road.
Youth worker - Pam Griffin ext 4009.
Queens School youth tutor - Billy Rookes ext 2411.

Centre opening times:
Mon, Wed, Fri - 1900-2200

Centre activities:
Table Tennis
Snooker
Pool
Table Football
Table Games
Video
Disco
Coffee Bar Facilities

Open to all school children from third form age upwards.

St. Andrews Youth Club

A club for young people aged 11-16 irrespective of religious denomination. Meets every Fri in St Andrews Church Hall (at 1900) during school term.

USOC Disco

Time: every Saturday 2045-2359

Place: Rheindahlen Rooms

Age: 16-21

Cost: DM 3



1st Rheindahlen Scout Group

Scout HQ Building
13 York Drive JHQ Rheindahlen
Group Scout Leader
Tony Pinder ext 4085

Cub Packs

Kondor Pack Fri 1830-2000
Kestrel Pack Thurs 1830-2000
Harrier Pack Mon 1830-2000

Scouts - Including boarders at Kent and Queens School

Blue Troop Tue 1900-2100
Gold Troop - 468 BSA Wed 1830-2030

Beavers

Ontario Colony Tue 1730-1830
Ottawa Colony Wed 1730-1830

Venture Scouts (Dates Unit) various times

1st Nordpark (Ayrshire) Scout Group

Youth Centre, Ayrshire Barracks, Mönchengladbach.

Cub Pack Mon 1830-2000
Scout Troop Wed 1830-2000

1st Erkelenz Scout Troop

Cellar, Block 41, Bauxhof

Cub Pack Tues 1815-2000

1st Wickrath Scout Troop

Community Centre, Wickrath

Cub Pack Wed 1830-2000
Scout Troop Thur 1900-2100

Rheindahlen District Staff

District Commissioner
Fred Stoneman RA 2510
ADC (Cub Scouts) RA 4021
David Johnson
ADC (Scouts) RA 3332
John Berry
ADC (Leader Training) RA 4316
David Monk
ADC (Beavers) MG 550811
Daphne Cook

"British Scouts in Western Europe" are always on the lookout for someone just like YOU, for, because of the 'Tour', we are

constantly losing leaders when they take up duties at their new station.

If you would like to help either as a warranted leader or as a lay helper please ring:

Maj. (Rtd) Tom Lee
BSWE Field Commissioner
Rheindahlen RA 2525
or one of the above leaders

Remember:

Beavers for boys 6- 8 yrs old
Cubs 8-11 yrs old
Scouts 11-16 yrs old
Ventures 16-20 yrs old

"BSWE is part of the UK Scout Association and follows the same aims, methods and training programmes as used in UK. Therefore, your Son can join BSWE Scouting here and continue where he left off in UK".

Rheindahlen District Guides

1st Rheindahlen Guides meet Mondays, 6.30 - 8.30 pm Guide HQ, St Christophers

3rd Rheindahlen Guides meet Wednesdays, 6.30 - 8.30 pm Guide HQ, St Christophers

1st Rheindahlen Brownies meet Tuesdays, 5.30 - 7.30 pm, St Patricks School

3rd Rheindahlen Brownies meet Tuesdays, 5.30 - 7.30 pm, St Andrews School

4th Rheindahlen Brownies meet Tuesdays, 5.45 - 7.15 pm, Guide HQ, St Christophers

5th Rheindahlen Brownies meet Wednesdays, 6.00 - 7.30, Guide HQ, St Christophers

6th Rheindahlen Brownies meet Wednesdays, 5.30 - 7.00 pm, St Georges School.

8th Rheindahlen Brownies meet Mondays, 5.30 - 7.00 pm, Guide HQ, St Christophers

Rangers meet fortnightly on a Wednesday at Guide HQ, St. Christophers School.

District Commissioner: Mrs I Wyatt, Tel: MG 557227.

Age groups in Guiding are as follows:

Brownie Guides: 7 - 10th/11th birthday
Guides: 10 - 14th/16th birthday
Ranger Guides: 14 - 19th birthday

If you would like further information on Guiding, or would be interest in helping to run a Pack or Company, or would be willing to help as a trainer or badge tester, please contact the District Commissioner at the above telephone number.



Learn something new

Education and Recreation Courses

34 Army Education Centre and the RAF Education Centre offer a wide range of courses including 'O' and 'A' level courses and German language courses from beginner's level upwards. The RAF Education Centre is also an Open University study centre.

A list of courses is published before the beginning of each term. For further information and enrolment details telephone 34 AEC on Ext 2066 or the RAF Education Centre on Ext 4155.

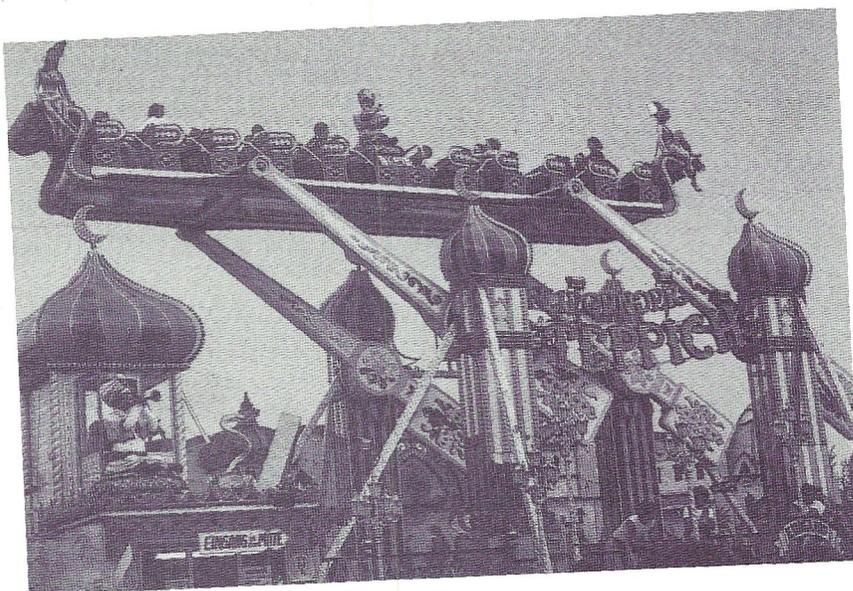
Information

The RAF Information Room, situated in the RAF Education Centre, offers general information on places to visit, where and how to get things done in the local area and the staff will try to answer any questions you may have. They will also help with language problems; for example booking hotel accommodation in German. The Information Room keeps a 'Lifts Book' for people offering and seeking lifts to and from the UK. Every attempt is made to offer a comprehensive service, please use it.

Volkshochschule

The Volkshochschule or 'Peoples High School' is the German version of an Adult Education college. Classes are in German, but there is a useful and comprehensive set of courses in German for foreigners (Deutsch für Ausländer) which starts at a very basic level and gradually builds up vocabulary and conversational ability.

The Volkshochschule in Mönchengladbach is situated in Bismarckstr. No. 99, Telephone MG 27022-45-49. Enrolment is by semester and costs between DM 10.00



and DM 50.00 per term depending on the number of instructional hours.

The RAF Information Room has details of all the courses.

Some Local Customs

Your contact with Germany will be much more enjoyable if you take an interest in some of the local traditions. Here are just a few examples.

Schützenfest

Many villages in this part of Germany hold an annual festival known as a "Schützenfest". This is a sort of huntsmen's festival at which the "Schützenkönig" - the king of the huntsmen - is crowned. The Schützenkönig has to win a shooting competition but, since he needs to be fairly well off to keep up his entertaining commitments during his period in office, the result of the competition is often a foregone conclusion.

Kirmes

You will see advertised on posters throughout the Mönchengladbach area, especially in Summer, a village festival called "Kirmes". This was traditionally held to celebrate the consecration of the local church. There are the usual fun-fairs, market stalls and dances, though the religious origins are also not ignored and the church is very much involved in the festival.

Karneval

The Karneval season is a speciality of the Rheinland. It begins on the 11th day in the 11th month at 11 a.m., but things really "hot up" during the weeks leading up to Lent. The highlights, apart from the numerous Karneval Balls and drinking and joke sessions, known as "Sitzungen", are the processions held in Cologne, Düsseldorf and Mainz on the day before Shrove Tuesday, known as "Rosenmontag". Mönchengladbach has its procession on the following day, "Veilchendienstag", and there is always a childrens procession and smaller celebration in Rheindahlen village on the Sunday.

Weinfeste

All along the Rhine and Mosel during late Summer and early Autumn, there are wine festivals. Each village selects a different time, but the pattern is fairly standard: plenty of drinking and merry-making. However, it is a good thing to go with somebody who knows something about wine, because you may end up paying more for wine than you would in the local supermarket!

Der Rhein in Flammen

Taking place from July to October in various locations, the "Rhine in Flames" is a spectacle not to be missed. Best seen from the river itself at Koblenz, the illuminations along this romantic stretch of the Rhine provide one of the sights of Germany.

LIBRARIES

The Command Library

Collingwood Road, Ext. 2616
 Mon 1300-2000 hrs
 Tue 1000-1700 hrs
 Wed Closed
 Thur 1300-2000 hrs
 Fri 1000-1700 hrs
 Sat 1000-1300 hrs

The Command Library holds an extensive stock of books for study and recreation, and is particularly well supplied in military science and technology. There are children's books, large print books for the partially-sighted, easy readers, a paperback swap-shop, text books, educational and language courses, magazines and talking book cassettes. There is also a fine reference section. Tuesday 2.15-2.45 is Story Time for pre-school children. We have something for all the family.

The Record and Video Library

In the RAF Education Centre, Grenville Road, Ext. 4784.
 Mon-Fri 1000-1300 and 1400-1900 hrs
 Sat Closed

The record library has an extensive selection of pop, solo, classical, jazz and instrumental, children's and humorous records. An initial membership fee is charged for the whole tour and a small charge is made for each record hired.

The Video library caters for those with VHS recorders and has a continually growing catalogue of titles. They also have a video recorder and camera available for hire, and a photocopier for use at 30 Pfg a copy. A CBM 64 computer is also available for hire along with a collection of games.



Germany, like UK, has a wide selection of Supermarkets and Department stores, most of which are in the town centres and easily found. Below, we list a few which are more out of the way, but well worth a visit.

Handelshof MG 52021 Roermonderstraße 471, Mon-Fri 0730-2030 hrs.

This is a wholesale warehouse for which a card is required. These can be borrowed from clubs and messes. Good value for bulk purchases although not everything is sold in bulk - it is possible to buy individual items. Cheap for household cleaning materials (in large size containers) and freezer items, also clothing, gardening, electrical, etc. depts. Signposted from the end of the main road through Hardt.

Massa MG 664071 Krefelderstr. 643

This is a very large supermarket with a household dept. Good for tools and car parts and accessories. The butchery and delicatessen depts. are also good value and have a wide selection. Plenty of car parking space. Take the Mönchengladbach/Neuwerk turn off the motorway. Massa is about 2 miles along the road on the left - a large blue building.

Furniture Shops

Schaffrath MG 24201, Theodor Heuss Str. 99

Opening Times Mon-Fri 0900-1830
Sat 0830-1400
1st Sat of month 0830-1800

Ikea (Kaarst) 02101-67041
Düsseldorfer Str. 1-7

A Scandinavian firm selling fairly cheap and cheerful modern furniture that comes in pieces to be assembled at home. Also household accessories - cushions, kitchenware, bedding, etc.

Opening Times Mon-Fri 0900-1830
Sat 0800-1400
1st Sat of month 0800-1800
Autobahn 57 - Krefeld-Köln Neuss/Kaarst exit.

Shops in Venlo & Roermond

Several shops in Venlo and Roermond are closed on Monday morning. Thursday is their late night. The shops are open from 0900-2100. Between St. Nicolas (6th Dec) and Christmas, they have several late nights.

Syben - Maasnielderweg 33, Roermond
(Tel. 0031-4750-16141)

This is a large furniture shop. Most of the staff speak English and they are very helpful, and you can buy tax free on items over DM 500.00 or equivalent.

Trefcenter - Nymeegeeweg 20, Venlo
(Tel. 0031-77-40551)

A large supermarket with a household department. Good for electrical, clothing, gardening. Every week they have a special offer which is a very good buy. Opening times:

Mon	1300-1800 hrs
Tue, Wed and Fri	0900-1800 hrs
Thu	0900-2100 hrs
Sat	0900-1700 hrs

In Venlo follow signpost for Nijmegen, it is on your right.

Markets

Germany

Rheindahlen:
Friday 1300-1800 hrs

Rheydt:
Wednesday and Saturday mornings

Mönchengladbach:
Tuesday, Thursday and Saturday 0700-1300 hrs (Alte Market)
Monday, Wednesday and Friday 0700-1300 hrs (behind Hauptbahnhof Eickener Straße)

Wegberg:
Friday morning

Waldniel:
Tuesday and Friday mornings

Viersen:
Friday and Saturday mornings

Erkelenz:
Friday morning

Holland

Venlo: Saturday 0900-1230 hrs

Roermond: Saturday 0900-1300 hrs



As members of the British Forces or as attached civilians stationed in Germany, you and your dependants are entitled to use the American PX, the Dutch shop and the Belgian shop.

Opening times of these are shown below as well as those of the NAAFI shops. A valid Identity Card must be shown on entry or purchase in all these shops. You may make purchases in DM in the Dutch and Belgian shop. At the PX dollars and DM are accepted. NAAFI will also accept a UK cheque.

NAAFI MGL 55343-6

Monday	Tuesday	Wednesday
0900-1730	0900-1730	0900-1730
Thursday	Friday	Saturday
0900-1800	0900-1730	0900-1600

JHQ Shops

Buschhof NAAFI MGL 550991

Monday	Tuesday	Wednesday
0900-1300 1415-1730	0930-1300 1415-1730	0900-1300 Closed
Thursday	Friday	Saturday
0900-1300 1415-1730	0900-1300 1415-1730	0900-1300 Closed

NAAFI Car Sales MGL 55371

Monday	Tuesday	Wednesday
0900-1245 1400-1730	0900-1245 1400-1730	0900-1245 1400-1730
Thursday	Friday	Saturday
0900-1245 1400-1730	0900-1245 1400-1615	0900-1200 Closed

SHOPPING

YWCA Book and Paper Shop

(opposite Main NAAFI) MG 559547

and YWCA Stationary Shop

Mon-Fri 0900-1700
Sat 0900-1530
Sun 1000-1230 (papers only)

Paper Sales

Papers are also available on Weekdays and Saturday mornings from Buschof NAAFI and on Sunday morning Buschof Naafi Carpark.

Wool and Craft MG 557873

(Garrison Parade Square by International Restaurant)

Monday 1600-1800
Tuesday 1400-1630
Wednesday 1400-1630
Thursday Closed
Friday 1000-1300

The Scout and Guide Shop

(Block 35 Grenville Road)

Scout Shop opening times:
Tue & Wed 1000-1230
Wed 1400-1700
1st Sat in month 1000-1230
last Sat in month 1000-1700

Guide Shop opening times:

Tue & Thur 0930-1130
Wed 1530-1800
last Sat in month 1030-1230

RAF PSI Shop ext 4368 Station HQ

Mon-Fri 0900-1700
Sat 0830-1230

RAF Officers' Mess Shop

ext 4526 (In RAF Officers' Mess)

Mon-Fri 1100-1430 1500-1800
Sat 1000-1300

RAF Thrift Shop (adjacent to

NAAFI Dry Cleaners)

Monday	Tuesday	Wednesday
closed	0930-1200 1400-1545 selling and paying out and taking in	0930-1200 1400-1545 selling
Thursday	Friday	
0930-1200 1400-1545 selling and paying out and taking in	0930-1200 1400-1545 selling	

Milatrael MG 55317

Mon-Fri Sat
0900-1700 0900-1200



Cinema Globe - MG 559518

Cinema programme and times can be found in the Rheindahlen Bulletin and Sixth Sense.

Launderette Tel. 559633

Mon-Fri 0800-1800
The RAF Station Institute Fund Launderette is located in building 15 on the road running from Grenville Road at the side of the Garrison Parade Square.

Army Thrift Shop (opposite main

NAAFI next to YWCA)

Monday	Tuesday	Wednesday
Closed	taking in: 0930-1100 1430-1530	Paying out: 0930-1100 1430-1530
	Selling: 0930-1130 1430-1600	Selling: 0930-1130 1430-1600
	Thursday	Friday
	Taking in: 0930-1100 1430-1530	Paying out: 0930-1100 1430-1530
	Selling: 0930-1130 1430-1600	Selling: 0930-1130 Closed

Dutch Shop ext 5587 (Block 11)

Monday Tue-Fri Saturday
Closed 1000-1700 Closed

Garrison Nursery MG 558124

Snyders Road

Mon-Fri Sat
0800-1200 0900-1200
1315-1630

Stadtsparkasse

Bank MG 2793708

Mon-Tue Wed-Fri Thu
0810-1230 0810-1230 0810-1230
1415-1645 1415-1645 1415-1730

Commerzbank

MG 55301 and 55302

Mo-Tu-Wed Thu Fri
0830-1230 0830-1230 0830-1230
1400-1630 1400-1715 1400-1600

JHQ Main Post Office Tel. 2475

Mon-Fri Sat Telegrams
0815-1300 closed Ext 3360
1330-1700

German Post Office Tel. 272562

Mon-Fri Sat
0830-1230 0845-1145
1430-1730

Belgian Shop, MG 97-30140

Akazien Str.

Monday	Tuesday	Wednesday
1000-1200	1000-1200 1400-1830	1000-1200
Thursday	Friday	Saturday
1000-1200 1400-1830	1000-1200 1400-1700	0930-1200

American PX MG 559522

Wolsely Road

Monday Tue-Fri Sat
Closed 1000-1730 1000-1500

B.P. Garage MG 559595

Mon-Fri Sat Sunday
0730-1900 0800-1700 0900-1400

NAAFI Dry Cleaners

MG 551213

Mon-Fri Sat
0930-1400 0930-1300

German Dry Cleaners

Tel. MG 559633

Monday	Tuesday	Wednesday
0830-1300 1400-1730	0830-1300 1400-1730	0830-1300 Closed
Thursday	Friday	Saturday
0830-1300 1400-1730	0830-1300 1400-1730	0830-1300 Closed

Culpeck Travel & Insurance

MG 559346 - 559655

Mon-Fri Sat
0900-1730
0900-1200 (Insurance only)

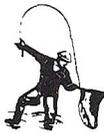
Vets

Dr. M Herrman, Tel. MG 52003
Beltinghovener Straße 1
Dr. Joh. Bruckner, Tel. 02431-2338
Bruckstr. 78, 5140 Erkelenz
Dr. Meier, Tel. 02163-4246
Regentenstr. 108, 4050 Mönchengladb.
or Tel. MG 26736

This section aims to cover all the facilities available in Rheindahlen for Recreational Sport. It does not cover Station/Garrison sports. Information on official sports should be sought from:

RAF Ext. 4100 Army Ext. 2150

An up-to-date list of the representatives for each of the sports below is available in the RAF Information Room (Ext. 4784)



Angling. There is an active Angling Club for both coarse and game (bait and fly) fishing, which organises fishing trips and competitions.



Badminton.

1. The Rheindahlen Garrison Badminton Club holds Club nights in the Garrison Gymnasium on Monday evenings 2000-2200 hrs. Anyone interested should go along.

2. The RAF Badminton Club meets on a Friday night from 2000-2200 hrs in the RAF Gymnasium.

3. There is Ladies' Badminton in the RAF Gymnasium Mondays 1400-1600 hrs and Thursdays 1000-1200 hrs.



Boxing. The Boxing Club meets in the RAF Gymnasium on Thursday from 1830-2000 hrs.

Canoe Club Meets Mon and Wed evenings at 1900 hrs in the Sub-aqua building. Open to all over 14 years old.

Fencing Thursday evenings at 2000 hrs in the Queens School Gym.



Gliding. RAF Brügggen runs a gliding club where beginners are welcomed. They meet every Saturday and Sunday and on public holidays. For details, contact OC GD Flt, at RAF Brügggen.



Golf. There is a good golf course at RAF Brügggen. Any golfers interested in playing should contact their Rheindahlen representative in the first instance.



Gymnastics (Children).

Gymnastic classes for children are held on Mondays in Queen's School from 1630-1730 hrs for beginners and from 1730-1830 for the more advanced.



Hockey (Ladies). There are two ladies' hockey clubs in Rheindahlen.

1. Ladybirds Hockey Club
2. Lillywhite Hockey Club



Ice Skating. There is a large indoor and outdoor skating rink at Grefrath. Opening times are Mon - Sat 1000 - 1200, 1430-1530 and 2000-2200; Fri evenings 2030-2300; Tuesday and Saturday evenings closed. Telephone 02158-1076. Open in winter season only.



Jogging - Running for Fun

1. The RAF holds a 3 mile "Fun Run" on the last Thursday of every month starting at 1740 hrs in Summer and 1235 hrs in Winter at the RAF Cricket Pavillon. This run is open to all,

including families, and a certificate is awarded to anyone who betters his or her previous best time.

2. Runners go out every lunchtime from the Army Gymnasium leaving at 1235 hrs. Anyone interested in running is welcome to go along.

3. Hash House Harriers. The Rheindahlen branch of the Hash House Harriers meets on Monday evenings in the summer and Saturday afternoons in the winter. This Hash is open to all serving officers and civilians of officer status.

4. See also Rambling.



Judo. Judo classes are held every Sunday in Ayrshire Barracks from 1000-1115 hrs for juniors and from 1115-1230 hrs for adults.

Karate. The Garrison Karate Club holds training sessions in Shotokan style karate on Monday, Wednesday and Friday evenings.



Keep Fit.

1. There is a Ladies' Keep Fit class in the RAF Gymnasium on Wednesday from 0930-1030 hrs. There is a charge for this class.

2. Free Keep Fit classes of a fairly strenuous nature, for both sexes are held in the winter in the RAF Gymnasium from 1230-1330 hrs on Tuesday and Thursday.

3. Keep Fit classes are also held in the evenings as follows:

- a) Mon 1930-2000 St Andrew's School
 - Thur 1930-2000 Kent School
 - b) Aerobics Mon & Thur 1930-2015 & 2030 2115 St Georges School
- Mrs Philips Ext 5481



Netball. A Ladies netball club meets in the RAF Gymnasium on Sunday evenings from 1730-2030 hrs and Sat 1500-1700. Sec. Mrs A W Heywood, Tel. 02161-551594.

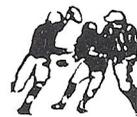


Rambling. The Rheindahlen Rambling Club (Rheindahlen Allied Marchers -RAMS)

meets every Sunday on the Garrison Square at 0800 hrs.

Free transport is provided to

take members to events organised by clubs in Germany, Holland and Belgium. Transport returns at approximately 1700 hrs. These "Volkslauf" and "Volkswandern" can be enjoyed by the whole family. You can walk or run as you prefer, a course of anything from 5-30 kms. No great level of fitness is required - you go as quickly or as slowly as you want.



Rugby.

The Rheindahlen "Rhinos" Rugby club is open to both service personnel and civilians. The club runs two teams and welcomes

players of all standards. Training nights are Monday and Thursday.



Saddle Club.

Membership of the Saddle Club is open to all British and NATO Service personnel and sponsored civilians. Unfortunately the Club can accept neither complete

beginners nor children under 9 years old. Experienced riders can hack out in the surrounding countryside and less experienced riders are offered lessons and hacks under supervision. Membership forms and further details can be obtained by ringing Ext 2992 or visiting the stables at the top of Norwich Walk. Experienced riders can join at once, less experienced ones may have to wait a while.



Sailing

Dinghy Sailing. All military personnel and entitled civilians are eligible to join the British Roermond Sailing Club.

Full membership costs DM 90.00 for an individual and DM 120.00 for a family per year. The Club has Bosun dinghies and lazars and also a Windsurfing section. Anyone interested should contact the membership secretary.

Offshore Sailing. Offshore Sailing is run by the British Kiel Yacht Club. Details of courses are published in DCIs.



Skiing. The ski club holds monthly meetings usually on a Monday in the RAF Sports and Social Club. The season begins late September, early October.

RECREATIONAL SPORTS



Squash.

- Both the Army and RAF run Squash teams and ladders.
- Ladies meet to play squash every Wednesday and Friday from 0930-1130 hrs at the Garrison Squash Courts. All are welcome including beginners.



Swimming. Please note that swimming hats are compulsory in most pools in Germany.

1. The Garrison Swimming Pool, 'The Blue Pool' is open during the summer months. Exact opening dates are published in GRO/SROs.

2. Mönchengladbach has a large indoor swimming pool with a wave making machine. It is in Lüpertzender Straße near the Church. Telephone MG 4038. Opening times are as follows:

Monday	closed
Tuesday	0615-2000 hrs
Wednesday	0615-2000 hrs
Thursday	0615-2000 hrs
Friday	0615-2100 hrs
Saturday	0630-1700 hrs
Sunday	0800-1230 hrs

Waves:	
Monday	closed
Tuesday	1400-1910 hrs
Wednesday	1400-1910 hrs
Thursday	1400-1910 hrs
Friday	1400-1910 hrs
Saturday	1030-1610 hrs
Sunday	0800-1210 hrs

3. There are also swimming pools at Rheindahlen and Wegberg which are open for public bathing as follows:

Rheindahlen

Monday	Closed
Tuesday	0800-1900 hrs
Wednesday	0800-2100 hrs
Thursday	0630-2100 hrs
Friday	0800-1900 hrs
Saturday	0800-1700 hrs
Sunday	Closed

Wegberg

Monday	Closed
Tuesday	1500-2130 hrs
Wednesday	(Ladies only) 0945-1115 hrs 1500-2130 hrs
Thursday	0630-0800 hrs 1400-1800 hrs
Friday	1500-2130 hrs
Saturday	1000-1530 hrs
Sunday	0800-1200 hrs

Waldniel

Monday	1500-1800 hrs
Tuesday	0700-0800 hrs 1500-2100 hrs

Wednesday 1500-2100 hrs
Thursday 0700-0800 hrs
1500-2000 hrs

Friday 1500-2100 hrs
Saturday 0800-1700 hrs
Sunday 0900-1300 hrs

4. **Childrens Swimming Club.** This is a voluntarily run club which always needs helpers. The club runs teaching sessions as follows:

Tuesday 1815-2030 hrs
Thursday 1830-2000 hrs
Saturday 0815-1030 hrs

Membership forms for children can be obtained from the RAF Information Room.

Sub Aqua. The Sub Aqua Club meets every Monday at 1730 hrs in Block 34 Nairn Walk for films, lectures and pool training.



Table Tennis. The Rheindahlen Table Tennis Association runs 2 Army teams, one RAF team and 5 civilian teams.

Tae Kwon Do Class every Tue/Thu/Fri at Queens School 1800-2000.



Tennis.

1. The Rheindahlen Garrison Tennis Courts controlled by the Army are Courts Nos 1-12 opposite the Blue Pool and Courts 13-14 next to No 1 Civilian Mess.

Courts 1-12 can be booked at the Club House opposite the Blue Pool, and except for some set periods there is no prior booking for courts 13 & 14.

The rules for the usage of the courts are published in Garrison Routine Orders, a copy of which is pinned on the Club House Notice Board. The entitled users for the Army controlled courts are: All British Army personnel and their families, British Army sponsored civilians who are employed or reside in the Garrison and their families, and Army personnel of the Nato Forces stationed at JHQ.

All RAF personnel, RAF sponsored civilians, and Air Force personnel of Nato Forces stationed in Rheindahlen and their families should use the RAF controlled courts. The 3 courts by the RAF Officers Mess are bookable through the Mess Reception, however there is no booking system for the 5 courts behind the RAF Sgts Mess.

Players are reminded that they must be in possession of their ID cards as checks of entitled players will be made.

Trainers with studs or ribbing, as used for cross country running, are NOT to be worn on the red shale courts as they damage the surface.

The Garrison Army Tennis Officer is at JHQ 2026 or 2069 and the RAF Rheindahlen Tennis Officer is at JHQ 4450 or 4295.

2. **Rheindahlen and Mönchengladbach Officers' Tennis Club.** The club plays every Sunday during the season on the courts opposite the Blue Pool.

3. **RAF Officers' Tennis Club.** Members play mixed doubles every day on the courts opposite the RAF Officers' Mess.

4. **Ladies Tennis.** The RAF Ladies play on the courts opposite the RAF Officers' Mess on Mondays from 1400-1600 hrs. The Army Ladies meet for social tennis every Wednesday and Friday from 1000-1230 hrs on the courts opposite the Blue Pool.

5. **Junior Tennis.** Garrison Courts 9-12 opposite the Blue Pool are set aside every Monday evening from 1730-1930 hrs throughout the season for Junior tennis. The first hour is for 11-13 year olds and the second hour for 14 plus. A tennis coach is in attendance. Maj Cann ext 2026.



Ten Pin Bowling.

Rheindahlen has its own Ten Pin Bowling Alley which is situated in the old Queens Lower School at the west end of the camp, just off Queens Avenue. It is staffed by NAAFI but the overall responsibility is shared between NAAFI, PSI and PRI. Opening hours are as follows:

Monday - Saturday 1100-2300 hrs
Sunday 1400-2300 hrs

There are six lanes and there are also bar and snack facilities. League bowling takes place Monday to Thursday nights but there is still plenty of time for individuals to bowl. Lanes may be booked one week in advance by ringing MG 551388.

Officers Ten Pin Bowling. The club is open to all Officers and their dependants for recreational and league bowling. It is located in the basement of the Naafi car showrooms. Tel 4488.

Volleyball Every Thursday in the RAF Gym at 2000 hrs.

Windsurfing. See under Sailing.

Yoga. Yoga classes are held as follows:

Wednesday 0945-1145 Blue Pool
Thursday 1000-1200 Blue Pool
Tuesday 1915-2115 St. Patrick's School

Other Facilities

Sauna and Solarium. There is a sauna and solarium with a UVA bed in the RAF Gymnasium. Bookings can be made on Ext. 4789.



Aeromodelling

The Aero Modellers' Club meets every Monday at 1830 hrs in the Hobbies Centre.

Anglo-German Club

The Anglo-German Club offers an opportunity for British and German people to meet socially. The president is the OC RAF Command Language Training Centre, Ext. 4063.

Ballroom Dancing Club

The Ballroom Dancing Club meets every Thursday evening at 2030 hrs in the Assembly Hall at Queens School for Modern and Latin American dancing and instruction.

Bird Watching

The Bird Watching Club meets once a month either for a film, discussion in the evening or for an expedition in the morning. The club is open to all service personnel, civilians and families.

Bridge Clubs

1. **Rheindahlen Bridge Club.** This club meets every Tuesday evening from 1930 hrs onwards to play friendly duplicate bridge. Players of all levels, including beginners, are welcome.

2. **Ladies' Bridge Club.** The Ladies' Bridge Club meets in the B Officers' Mess every Wednesday from 1345 to 1645 hrs. Ring MG 558250 evenings.

Camera Club

The RAF Camera Club meets every Monday evening at 2000 hrs in the Hobbies Centre (Building 19).

Ceramics Club

The Ceramics Club runs 6 classes a week, Mon to Thu evenings and Wed afternoons. The Club meets in the Hobbies Centre. There is usually a waiting list to join the classes.

Computer Club

The Computer Club meets on the first Thursday every month. Meetings are held in Cambridge House and begin at 1930 hrs.

Flower Club

The Rheindahlen Flower Club meets once a month, usually the first Thursday in the month, in the Marlborough Rooms. The doors open at 1230 hrs and there are stalls selling silk flowers, flower arranging materials, porcelain, pictures etc. There is also a library of books on flowers and flower arranging. A creche is available. The demonstration begins at approximately 1345 hrs.

Folk Club

The Folk Club meets once a fortnight upstairs in the Blue Pool. Professional folk musicians are booked to play in the Club and local talent is also welcome.

Model Railway Club

A model railway club has recently formed in Rheindahlen. Contact S/L Stephens ext 4613 for details.

Morris Dancing

Traditional English Morris Dancing is practised in a social atmosphere every Tuesday evening at 1830 hrs in Queen's School.

Recorded Music Society

Meets once a fortnight in Rm 14, 34 AEC on Fridays at 1930 to hear an invited speaker play music and talk about it.

Rheindahlen Decorative and Fine Arts Society

(Affiliated to N.A.D.F.A.S.)

N.A.D.F.A.S. stands for the National Association of Decorative and Fine Arts Society, and the first overseas branch is here in Rheindahlen. The aim of the Society is to promote interest and enjoyment in all facets of the art world.

The meetings take place once a month, usually the second Wednesday in the month, in the Astra Cinema, at 7.30 pm. It is open to all service and civilian personnel and their families. There is an attendance fee of 5 DM for the evening, or a yearly membership fee of DM 25.

Slimming Group

The Slimming Club meets at 2000 hrs every Wednesday evening in the Church Centre. You pay DM 2 to be weighed and have a chat over a cup of coffee.

Stamp Club

The Stamp Club holds meetings on the second and fourth Thursday of each month in the RAOB Club at 1930 hrs.

Theatre Clubs

1. **Ariel Theatre Guild.** Club nights are Tuesdays from 2000 hrs in the Little Theatre.

2. **Rhine Army Theatre Society (RATS).** Club nights are Thursdays from 2000 hrs in the Little Theatre.

3. **West Rhine Musical Society (WRMS).** Club nights are Wednesdays from 2000 hrs in the Little Theatre.

St Boniface Choral Society

The chorus is open to all voices - soprano, alto, tenor and base. The season is from Sept-April and they meet at 2000 hrs each Thursday in St Boniface Church. They give two concerts a year in spring and autumn.

Anyone interested in any of the Theatre Clubs is invited to go along on club nights.

The Guild of St Helena

The Guild meets on the first and third Tuesday of every month in the Church Centre at 1030. It is open to all denominations, all ranks and all service and civilian wives.

War Games Club

There is a War Games Club at RAF Brügger which welcomes personnel from Rheindahlen.

Wives Club

The Rheindahlen Wives' Club, which is open to all service and civilian wives, meets on alternate Mondays from 2000 hrs to 2230 hrs in the RAF Sports Pavilion.

The **Allied Officers Wives Club** meets once a month for coffee mornings and organizes various outings and activities.

Various groups of wives (such as PSA, SCS) run their own Wives Club. These are too numerous to mention but a newly arrived wife who is eligible for such a club will almost invariably be contacted on arrival.

Woodwork Club

The Woodwork Club offers comprehensive equipment and facilities for D.I.Y. It is situated in the Hobbies Centre (Block 19). Anyone who wants to use the equipment must first join the club.

Contact names and telephone numbers for all clubs can be obtained from the RAF Information Room Ext. 4748.

N.B. Club Secretaries are asked to keep the Information Room informed of any changes to the above details.

Social Clubs

Rheindahlen Room Collingwood Road Rooms (including Ballroom) available for letting. Tel. 2135, Bars and catering service. Tel.: 2934.

Sportsmans Club

off Cliff Road behind JHQ Police Station.

Bars available for letting. Catering service. Tel.: 2934.

Marlborough Club Collingwood Road Army Junior Ranks Club.

Naafi service - shop - dance hall - Tavern bar - cocktail lounge - games room - TV room - private parties - UK telephone facilities. Tel.: MG 559667.

Halfway House

22 St Vincent Road

RAF/WRAF corporals. Bar - games room - TV room. Tel.: 4672.

Queensway Club

Queens Avenue/Grenville Road RAF Junior Ranks and NATO Air Force equivalents. Restaurant - bar - dance hall - private parties. Tel.: MG 559857.

YWCA Oakham Road

Canteen

Malcolm Club

Oakham Road/Trenchard Road Cafeteria - buttry - private parties.

RAF Sports and Social Club

Antrim Road

Tel.: 4171

Bookings through PSI. Tel.: 4368.

Civil Service Sports and Social Club

Reading Way

Bookings Tel.: 2444

EATING OUT

This is not a list of recommendations, neither it is possible to give a comprehensive survey of eating places in this area. It is a selection of restaurants you might like to try.

German/International

Haus Schuppen Tel. 02434-3383
Harbeckenstr. Schwaam.

Closed on Thursday and Friday.

A good German orientated restaurant.

* **Spickhoven** Tel. 02163-2332

Dahlener Str. 88, Rheydt

Open daily.

German/International cuisine.

Im Fuchsbau Tel. MG 559307

In the woods off the road from JHQ to Hardt. Watch for signpost.

Closed on Tuesday.

Half chicken is their speciality but they also serve other dishes.

* **Mühlrather Mühle** Tel. 02163-2332

Hariksee

Open daily.

German/International cuisine.

Haus Waldnieler Heide Tel. 02163-4134

Leave JHQ by western exit and turn right towards Waldniel. Restaurant is at cross-roads with B 230.

Zur Alten Post Tel. 580724

Hardter Str. 12, Rheindahlen

On the road from JHQ to Rheindahlen Village.

Open daily.



The Waldhaus (previously Onkel Gustav's)
Tel. 02161/559636.

Hardterwald, Brahmstrasse 142.

The "Hosts" both speak English.

Alte Brüggener Mühle Tel. 02163-6322

Burgwall 3, Brüggem

Open Wed to Sat 1100-1430 1730-0100 Sunday 1100 to midnight.

Closed Monday & Tuesday.

Grill specialities with "Do it yourself" option by arrangement.

Barbecue Steak-House Tel. 02434-4423

Beecker Str. 60, Wegberg

Open 1200-1430 1800-2230

Closed Wednesday and Saturday, afternoon only.

Haus Waldfrieden Tel. 02163-5530

Natur- und Tierpark, 4057 Brüggem/ Ndrh (off Route B 221)

Rooswinkel, Petit Restaurant

Tel. 04750-18390, Markt 28, Roermond

Open daily except Friday 0900-2000



Lichthof off Hindenburgstr.

Open daily 1200-1500 1800-2400

Kanton Tel. 02166-43999

Limiten Str. 71, Rheydt

Open daily 1200-1500 1730-2400

Closed Wednesday



Ristorante-Pizzeria "Nido"

Tel. 02166-47481

Pizzeria Vesuvio Tel. MG 584743

Am Mühlentor 31, go to Rheindahlen village, straight across at the traffic lights; on your right.

Open daily 1030-1430 1700-0100

The centre of Mönchengladbach has countless Italian restaurants.

Indonesian (Holland)

Tin San Tel. 0031-4750 32679

Indonesian and Chinese Restaurant, Varkensmarkt 1, Roermond

It's in the main shopping street leading to the Market.



"Knossos" Tel. 02166-390453

Bachstr. 182, Rheydt (opposite Grenzland)

Open daily 1200-1500 1800-0100

Athen Tel. MG 580388

Stadtwaldstr. 369

On your left driving to Rheydt from Rheindahlen.



Balkan

* **Arsbecker Hof** Tel. 02436-628

situated in Arsbeck village on the way to Wildenrath. Turn right to park behind the church before the traffic lights.

Open daily 1200-1500 1800-2400 except Tuesday

* **Dubrovnik Restaurant**

(previously Haus Schrey)

Tel. MG 520155

On the road into Rheindahlen from JHQ.

Open Tue-Sat 1700-0100

Sunday 1030-1400 1700-0100

Friendly atmosphere.

Dalmatiner Stuben Tel. MG 559344

Vorster Str. 312, Hardt (next to BP Garage)

Open daily 1200-1500 1800-2400

* **Restaurant Balkanland**

Tel. 02161/580410

Gerkerathwinkel - back road to Dorthausen.

Open daily 1200-1430 1800-2330

* Restaurants marked with an asterisk can cater for large groups, by arrangement.

This section lists places of interest easily accessible from Rheindahlen. If you would like more information about these and other places, there is a book available called "Selected Ideas for Excursions" which is an invaluable guide to the local area, compiled by WOll O'Brien of HQ BAOR. The book is on sale in the Information Rooms. It costs DM 3 and all money collected goes to charity.

The Local Area

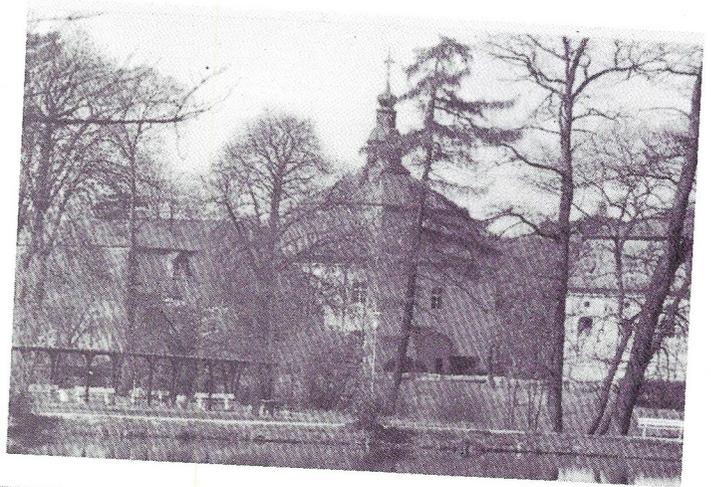
Schloß Rheydt - a 15th century moated Schloß situated just outside Rheydt, going north.

Schloß Dyck - a large moated castle, 12 kms east of Rheydt off B 230.

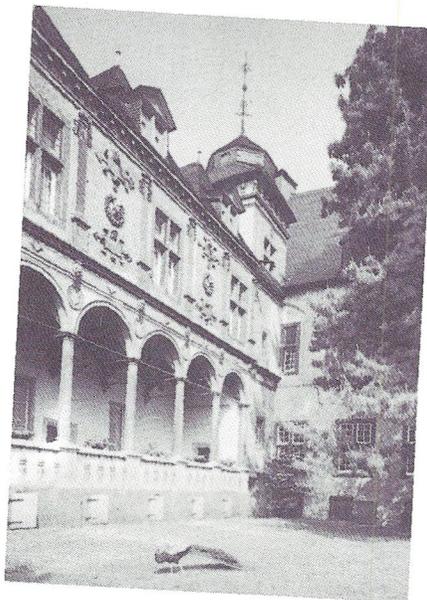
Schloß Wickrath - a moated castle situated in the centre of Wickrath.

Schwalmthal - All along the river Schwalm there are pretty walks and old mill houses converted into restaurants. About 8 kms from Rheindahlen on the way to Roermond, the river opens up into the Hariksee.

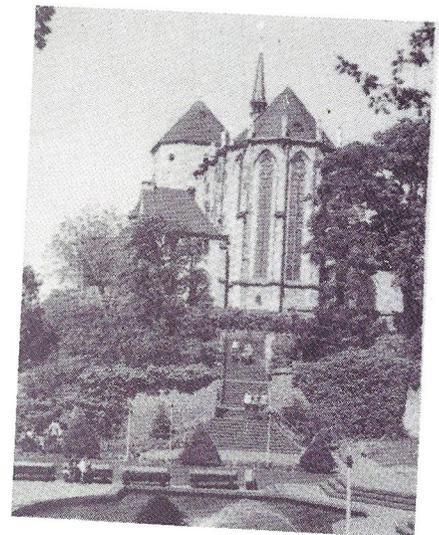
Mönchengladbach Münster - an 18th Century Münster set high on a hill on the way into Mönchengladbach town centre from JHQ.



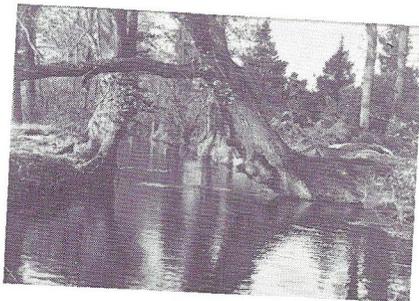
Schloß Wickrath



Schloß Rheydt



Mönchengladbach Münster



The River Schwalm

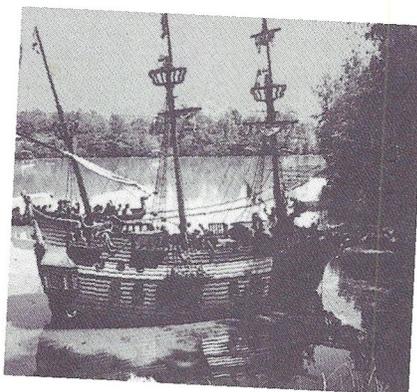
Tüddern Safari Park - Situated 53 kms from JHQ via route 57 to Geilenkirchen and route 56 to Tüddern. You can drive your car or take a bus through the Park and see lions, monkeys, giraffes, buffalos, etc. roaming wild. There is also a wild west town and children's play park.

The Mosel - A trip down the Mosel to the famous wine growing districts is well worthwhile. Although the northern towns can be reached in a day, the southern Mosel would need to be visited over a weekend. At the confluence of the Rhine and Mosel stands Koblenz where, in 1216, the Teutonic Knights founded their first settlement and gave rise to the name Deutsches Eck. Further down is the mediaeval town of Cochem, a popular resort and wine tasting centre. Just behind it is the beautiful, fairy-tale castle, Burg Eitz (open Apr - 31 Oct).

Day Trips

Minidom - Situated north of Düsseldorf at the junction of the E 36 and B 1, this is a beautifully reproduced mini town of all the famous buildings in Germany, plus many other world-famous sights (The Eiffel Tower, St. Paul's etc.), complete with working harbours, airfield and railway.

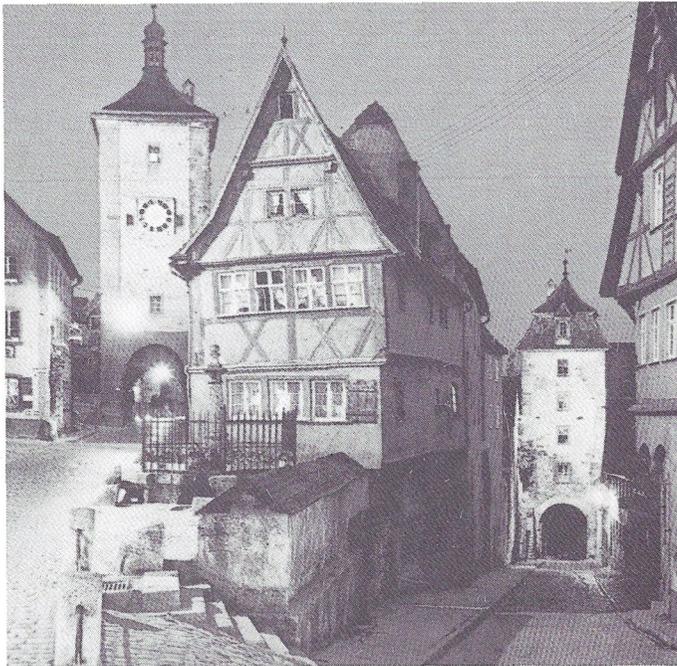
Phantasialand - Located at Brühl, near Cologne, this is Germany's answer to Disneyland.



Phantasialand

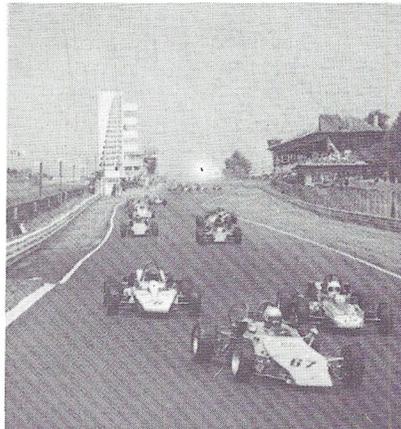
The Romantic Road - The Romantic Road is a route which goes from Würzburg through Taubertschheim, Rothenburg ob der Tauber, Augsburg and Schwangau to Füssen. It traverses beautiful countryside, many towns of great historical interest, wine producing areas and villages rich in folklore. By following this route, or part of it, the traveller would see some of the oldest and prettiest parts of Germany.

Rothenburg ob der Tauber



The Eifel - The Eifel is a hilly area west of the Rhine and South East of Aachen which forms part of the massif stretching across the frontier to the Ardennes. There are many pretty towns worth visiting in the area. Monschau is set in the Rur gorge, and crooked old half timbered houses cluster along the steep river bank; the mediaeval town of Bad Münstereifel has a history stretching back over 11 centuries and there are many well-preserved old buildings. Also in this area is the Rursee which offers many pleasant walks and boat trips. The famous Nürburgring race track is in the area formed by the triangle of the B 412, B 258 and B 257. When no races are being held you can pay to take your own car or motorbike round the course.

Nürburgring



Trier - Porta Nigra



The Southern Mosel, Trier and Luxembourg

A trip down the Mosel could well culminate in a night's stay in Trier. Trier was founded by the Romans in 16 BC and became an important provincial capital and cultural centre. It is a fascinating town with architecture from all periods, including the famous Roman gateway 'Porta Nigra'. It is at the centre of the wine growing area which produces the famous Riesling wines. The vast cellars of the wine producers make an interesting visit. Trier makes a convenient base for a short tour into Luxembourg.

The Black Forest - The Black Forest or Schwarzwald is a very popular holiday area. This hilly region stretches out to the east of the Rhine and south of Karlsruhe. It offers lovely scenery, pleasant walks, good sporting facilities, including skiing in winter, and some fine towns. Particularly well-known is the mediaeval spa town of Baden-Baden with its famous casino.

The Harz Mountains - Germany's most northerly mountains, the Harz is another good area for walking and outdoor sports. Worth a visit is the town of Goslar with its old imperial palace and the spa town of Bad Harzburg.

N.B. A very useful booklet, "Happy Days in Germany", published by the German Tourist Authority can be obtained from the RAF Information Office.

Holland

Keukenhof - This is about 3 1/2 hours drive away and a visitor may prefer to include it in a weekend trip to Amsterdam. However, it is possible to make a day trip. Keukenhof is the national display garden of the Dutch bulb industry. It takes approximately 3 - 6 hours to see all the displays. The best time to go is at the end of April/beginning of May.

Arnhem - Famous as the site of the battle for the Rhine Bridge in World War II. The open air museum at Apeldoorn just outside Arnhem contains examples of architecture and craft from all parts of Holland. 5 kms to the west of Arnhem is the Airborne museum at Ossterbeek and on the same road is the Airborne cemetery. Also in the area are the Hage Veluwe National Park and the Burgers Zoo and Safari Park.



Keukenhof

Maastricht - Oldest fortified town in Holland, founded in Roman days, with many mediaeval ramparts and gates, French bastions and well preserved town centre. Maastricht is a lovely shopping centre and there are boat trips which go to the nearby caves.

Overloon - Approximately 30 kms North East of Venlo, this is an open air museum set in the woods with all kinds of British, German and American weapons and also an indoor museum showing facets of war.

Amsterdam



Beekse Bergen Safari-Park

De Efteling

Beekse Bergen Safari Park - This Safari Park covers 120 acres and contains 600 wild animals - 70 species in their natural habitats. There is also a lake lined with a sandy beach and lots of attractions such as boat trips, pony rides, children's farm and so on.

De Efteling - This is a marvellous place for young children with re-creations of well-loved fairy tales, such as Snow White, Sleeping Beauty, Red Riding Hood, etc. Included on the site are 2 fun fairs, an antique steam carousel, miniature steam railway, 2 water organs, swimming and rowing, the world's biggest swing boat and Python roller coaster which loops the loop four times.

Evoluon - Evoluon was built by Philips Industries and is a unique exhibition of Science and technology of great interest to children from 6 to 60 years. An impressive spectacle of sound, shape and motion where you can 'play' and experiment with the exhibits yourself. Photos may be taken.



Useful telephone numbers

Banks

Commerzbank MG 55301/2
 Stadtparkasse MG 2793708

Canteens & Clubs

Malcolm Club MG 559590
 Marlborough Club MG 559667
 Queensway Club MG 559857
 RAF Sports & Social Club 4171/4462
 Rheindahlen Rooms 2135
 Sportsmens Club Bookings 2934
 YWCA Canteen MG 559634

Church & Chaplains

Chaplain C of E 2770
 Chaplain C of S 2807
 Chaplain RC 2808
 Church Centre 2770

Driving Information

BFG Tick Tests (Army) 2934
 BFG Tick Tests (RAF) 4389
 BFG Vehicle Inspections (Army) 2121
 (RAF) 4229
 BP Garage MG 559595

Emergency Numbers

Fire 4444
 Guard Room (Army) 2082
 Guard Room (RAF) 4400
 JHQ Police Station 4000/2333
 MRS Emergency 2797
 PSA Emergency Repair 2333
 RAF Police Ops Room 4767
 Terralart 3333
 Welfare Officer (Civsec) 2716/2473

Duty Personnel

Duty Clerk RAF Rheindahlen 4420
 Duty Medical Officer (RAF) 4111
 Duty Medical Officer (Army) 2792
 Duty NCO Garrison 2787
 Duty NCO 68 Sqn RCT 2547
 Duty NCO Transit Wing 3362
 Duty Officer HQ BAOR 2194
 Duty Officer RAF Rheindahlen 4526
 Duty Officer NORTHAG 5301
 Duty Ops Officer RAF(G) 4637
 Duty WO RAF Rheindahlen 4540

Entertainments/Sports

Bowling Officers 4488
 Blue Pool 2669
 Education Centre (Army) 2066
 Education Centre (RAF) 4155
 Gym (RAF) 4287
 Gymnasium (Army) 2150

Garrison Theatre 2262
 Globe Cinema MG 559518
 Rheindahlen Bowl MG 551388
 Saddle Club 2992
 Squash Courts Bookings 2082
 Video Library (RAF) 4784
 SSVC Video Centre MG 557416

Families Admin/Housing

Admin Officer (Army) 2390
 Applications for NAAFI Cards,
 Garages, visits of close relatives
 & Identity Cards (Army) 2477
 (RAF) 4511
 Barrack Sales Cell (Army, RAF) 2058
 Estates Wardens (Army) 2059
 Barrack Wardens (RAF) 4085
 Married Quarters Admin (Army) 2425
 Married Quarters Repairs (Army) 2958
 Married Quarters Inventories (Army, RAF) 4339
 Married Quarters Furnishings (Army, RAF) 4742
 School Childrens Visits Staff (Army) 2453
 Works Services (RAF) 4654
 XY Cell (Army, RAF) 4745
 Garden Centre MG 558124

Hairdressing

Figaro MG 559568
 Frau Bohmke Mg 550550

Insurance

Culpeck Insurance MG 559655
 NAAFI Car Insurance MG 550947
 JHQ Entrance No 1 4159
 JHQ Entrance No 2 4058
 JHQ Entrance No 3 2829
 JHQ Entrance No 14 4107
 JHQ Entrance No 33 4467

Leave & Travel

British Airways Düsseldorf 0211/80021
 Culpeck Travel MG 559346
 Gutersloh Flights 05241/26021
 Ext 430/261/342
 Leave & Mov Garrison HQ 2741
 Milatravel MG 55317/9
 PSI Flights Wildenrath 02432/60440
 Railway Station (Mönchengladbach) MG 26060 (day)
 MG 2711 (night)

Service Air 0211/4216464
 Taxis MG 550977
 MG 13013
 MG 13333

Legal Branch (Army) 2627
 Legal Branch (RAF) 4683/5
 Library (Command) 2616/2359/2536
 Information Service 4784

Medical and Dental

Medical Centre (Army) 2969/2693
 Medical Centre (RAF) 4111
 Medical Centre Wickrath 02166/52933
 Dental Centre (Army) 2495
 Dental Centre (RAF) 4043
 Child Guidance Clinic 3355/2273
 SSAFA Nursing Service 2815/2820
 Wegberg Hospital Reception 7249/7330

Messes & Hostels

A Mess 3111
 B Mess 3112
 E Mess 3115
 Civilian Mess No 1 3107
 Civilian Mess No 3 3130
 Cassels House 4234
 International Restaurant 4408
 Garrison Sgts Mess 3281
 RAF Officers Mess 4297
 RAF Sgts Mess 4509
 Visitors Mess 2182
 WRAC Sgts Mess 2892
 York Restaurant 2732

MFO

MFO Enquiries 2791
 GFA MG 54661/2

NAAFI

Buschof Shop MG 550968
 Credit Services MG 55371
 Car Showroom MG 55371
 Clothing Department MG 551502
 Foodhall MG 55343
 Gifts & Durables MG 55344
 Hi-Fi MG 55345
 Life Assurance
 Abbey National MG 557656
 Noritake/Wedgwood MG 551503
 Wickrath Shop 02166/57232
 Pay Office (Army) 2098
 PLSU Employment Office 2784

Schools/Boarding Houses

Chatham House 2485
 Deal House 3254
 Kent School 0324-48
 Queens School 2412
 Pre School Playgroups
 Association 3355/2273
 St Andrews School 2344
 St Clements School 02166/52860
 St Francis School MG 558373
 St Georges School 2840
 St Patricks School 3151
 Windsor House 3353
 Garrison Youth Centre 2430
 Swallow Club 2430
 Youth Training Scheme 3274

CONVERSION CHART FOR SHOPPERS

N.B. Please use this chart as a guide only.

Men's Shirts

British	German	US
13	33	—
13 1/2	34	—
14	35/36	—
14 1/2	37	37
15	38	38
15 1/2	39/40	39/40
16	41	40/41
16 1/2	42	42
17	43	43

Women's Dresses, Suits, Slacks, Skirts and Coats

British	German	US
10	36	8
12	38	10
14	40	12
16	42/44	14
18	46/48	18
20	50	—

Children's Clothes

British Age	German cms	Height and size	US Size
2	91	92	92
3	96	98	98
4	102	104	104
5	109	110	110
6	114	116	116
7	122	122	122
8	127	128	128
9	135	134	134
10	140	140	140
11	147	146	146
12	152	152	152
13	157	158	158
14	164	164	164

Women's Shoes

British	German	US
3	36/36	4 1/2
3 1/2	36/37	5
4	37	5 1/2
4 1/2	37/38	6
5	38	6 1/2
5 1/2	38/39	7
6	39	7 1/2
6 1/2	40	8
7	40/41	8 1/2
7 1/2	41	9
8	42	9 1/2

Men's Suits and Overcoats

British	German	US
36	44	34
38	46	36
40	48	38
42	50	40
44	52	42
46	54	44

Children's Shoes

British	German	US
4	20	—
4 1/2	21	—
5	21/22	—
5 1/2	22	—
6	23	—
6 1/2	23/24	—
7	24	—
7 1/2	25	7
8	25/26	—
8 1/2	26	8
9	27	—
9 1/2	27/28	9
10	28	10
10 1/2	29	11
11	30	—
11 1/2	30/31	12
12	31	—
12 1/2	31/32	13
13	32	—
13 1/2	32/33	—
1	33	—
1 1/2	33/34	—
2	34	—
2 1/2	35	—

Men's Shoes

British	German	US
7	41	8
7 1/2	41/42	—
8	42	9
8 1/2	42/43	—
9	43	10
9 1/2	44	11
10	45	12
10 1/2	45/46	—
11	46	—
11 1/2	46/47	—

Bras

British	German	US
32	70	—
34	75	—
36	80	—
38	85	—
40	90	—
42	95	—

Weights

Gramme	Ounces
50	approx 1 3/4
100	approx 3 1/2
125	approx 8 3/4
250	approx 8 3/4
500 (1 Pfund)	approx 1 lb 1 1/2
1,000 (1 Kilo)	approx 2 lb 3

Men's Sweaters

British	German	US
34	40/44	Small
36/38	46/48	Medium
40	50	Large
42/44	52/54	Extra Large

Men's Socks

British	German	US
9 1/2	39	—
10	40	—
10 1/2	41	—
11	42	—
11 1/2	43	—
12	44	—
12 1/2	45	—

Ounces

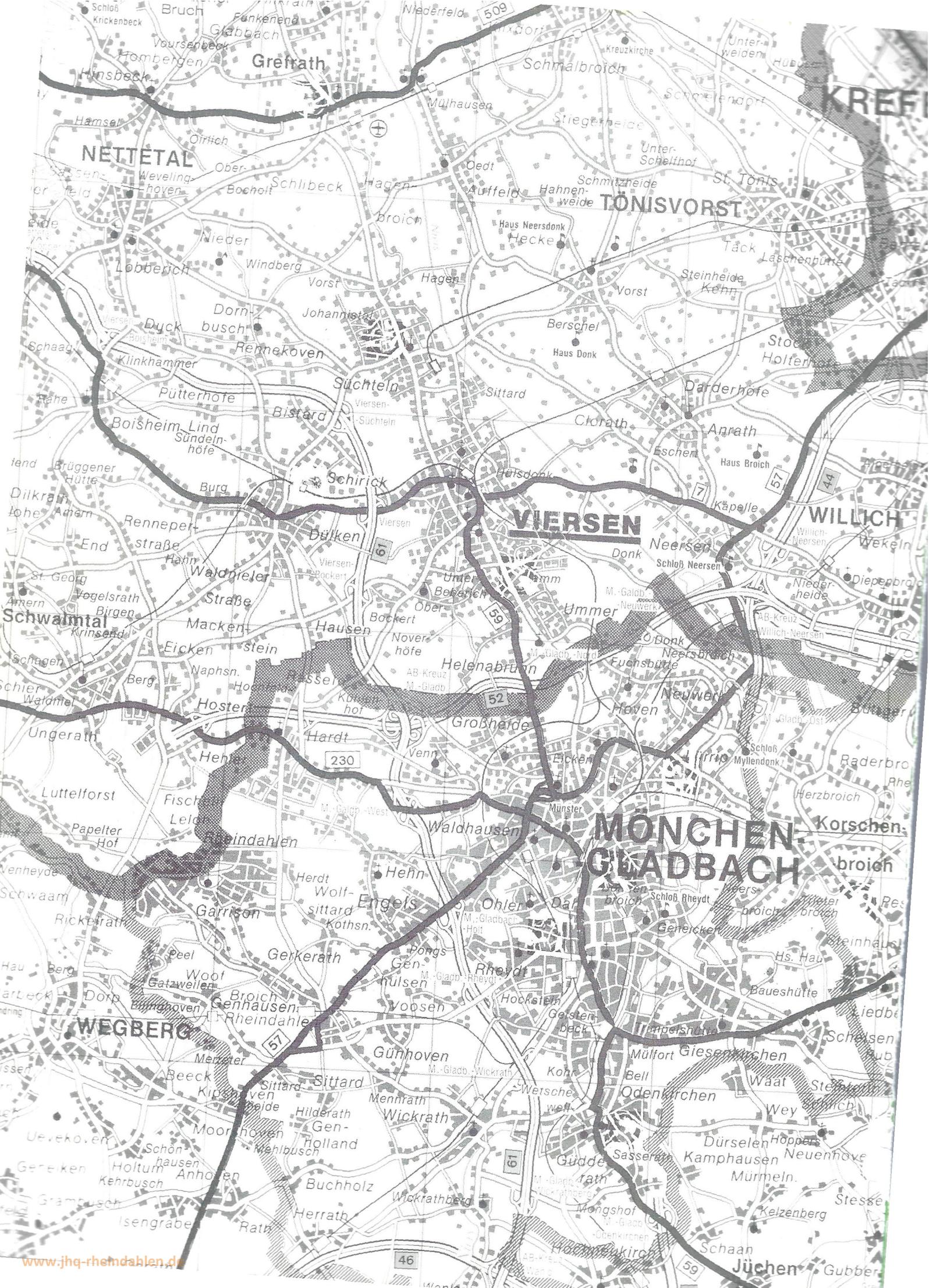
Ounces	Gramme
1	approx 28
2	approx 56
5	approx 142
8 (1/2 lb)	approx 227
12	approx 340
16 (1 lb)	approx 453

Length

1 Centimetre =	2/5 inch
2 1/2 Centimetre =	1 inch
30 Centimetre =	1 foot
91 Centimetre =	1 yard
1 Metre =	39 inches

Liquid Measures

1 Litre =	1.75 pints 4.5
Litres =	1 gallon



KREF

NETTETAL

TONISVORST

VIERSEN

WILLICH

MONCHENGLADBACH

WEGBERG