

Bringing the Community together

the

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JULY 2006

bulletin

HAPPY BIRTHDAY TO US!

36 and still going strong!

"ASTER'S" REMEMBERS

We talk to BFBS Radio 2's DJ as he hangs up his headphones for the last time



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FOREWORD

We have been fortunate over the last few editions to have the forewords written by COMMARRC and by the GOC (UKSC (G)). They have both articulated the benefits of a Garrison magazine to the community for the passage of information. Brigadier Marriner, Comd RESG, has taken this further and as his article in this month's Bulletin points out his theme for the coming months will be Communication. To continue this theme from a Station perspective it is important that people understand that communication is a two way street. The Station Staff through the Bulletin try to keep everyone informed of what is happening in your community, it is equally important for you to let us know what is going on. Everything that we as a Station do affects you; therefore we need you to tell us if we are going in the right direction. We would welcome your comments, good, bad or indifferent. Use the Bulletin e-mail address to give us your views and to voice your concerns. We do not promise that we will action everything you say but what we do promise is we will listen, investigate and respond.

We are now approaching probably the busiest months of the year for events and activities around the Station. The weather is improving and quite rightly the community look to making the best of it and to mix with other residents. The programme is packed and we would encourage you to make the most of it and get out and about and visit the many activities. The big event of the year will be the RMC Picnic in the Park taking place in the area of the pavilion near the old Sports and Social Club. This is an opportunity for the whole community to get together with their children and have a good day out. The details and entry tickets are produced later on in this edition (page 3) of your Bulletin. Please come along and have a fantastic day.

There are still a large number of our community deployed in various parts of the world, notably in Afghanistan and Iraq, and it remains our aim to ensure that we as a Station provide the best possible support to those left behind. There is no doubt that you are the Station Commanders top priority and everything currently being planned is geared to your best interests. We have recently introduced free entry to the Blue Pool in the hope that more of you will take up this excellent facility, and we will continue to look at other ways to improve your quality of life.

Let me finish by saying we as a community are extremely fortunate to live in the setting and area of Rheindahlen. We have facilities that are second to none and the envy of other Garrisons and Stations in Germany. Please make the most of your time in this marvellous area and help us to keep it such a unique and special place.

Major Terry Wynne 2IC RSU

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Front Cover Photograph.
An unforgettable performance of Willy Russell's "Blood Brothers" by CATS
By Laura Vickers
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All businesses are invited to advertise in the Bulletin, which has a circulation of over 4,000 copies a month. The Editor hereby declares that the publication of an advertisement in the Bulletin in no way indicates or implies sponsorship by MOD or by any Service establishments or Unit, of the advertiser or of their product or service advertised, nor will the Editor, Staff or any Service Authority become involved in any dispute arising out of any advertisement appearing in this magazine. Furthermore, the Editor reserves the right to omit, amend or edit any advertisement or article at their sole discretion, without liability.

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Sale offers available at the following NAAFI MAX stores: Fallingbostal, Gütersloh, Hohne, JHQ, Osnabrück & Sennelager and selected ranged offers Elmpt, Hameln & York Bks Münster Local Stores. All offers are strictly while stocks last 30/06/06 - 28/08/06, unless otherwise stated. All items are subject to availability, all details correct at time of printing. Errors and omissions excepted. Images shown for illustrative purposes only, some may not be representative of actual product on offer.

Part of NAAFI - Serving the Services

In the last 3 years, NAAFI has returned £8.5 million to the Forces benefiting a wide variety of welfare projects.

The month that was.

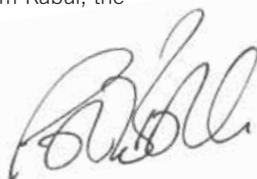
It's been a hectic month here at the bulletin offices. You could say, "So many events- so little time!" but it's great, the community is really pulling together and getting things done. There has been the film festival, the Rap poetry evening, openings of new facilities, 2 VIP visits from Sir Mike Jackson and Sir Geoff Hurst and more sport and activities going on for the whole community than you can shake a stick at!

Add to all that the increasing excitement in Germany with the FIFA World Cup and the huge success that it has been. There have been some interesting conversations in the German media who are concerned with the rise of 'Patriotism' in the wake of the success that Jürgen Klinsmann's team has aroused. Fortunately the English have never had that problem, we have always shown the flag and been proud of it. It now seems that the German nation as a whole is finding a new identity and one that it can be rightly proud of- Long may it continue.

The big event at JHQ in July is the Picnic and Party in the Park (See tickets below). A family day with bands, music and children's entertainment including the old favourites 'Splat the rat' a coconut shy, 'Beat the Goalie', and the electric line. And yes the bulletin will be there; try to guess the weight of our cake and win a ferry ticket courtesy of Stena Line, win other Stena goodies, and we may have a very special visitor dropping in for story time with a very special delicacy for the children to eat.

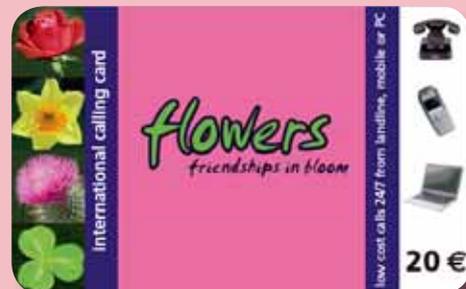
The idea for the Picnic in the Park is that you make your own picnic and enjoy it whilst watching the bands and other entertainment that will be there on the day. If you don't feel up to making your own just pop into the NAAFI Max at JHQ and they will make one for you. And of course there will be the usual drink and food stalls to cater for that last minute burger or dry throat.

This month we welcome Kalkar to the magazine, for the small British community 60km's north of JHQ it's nice to have you with us! We have all of the usual articles and reports plus the first instalment of Allyson Arnold's diary from Kabul, the second article from Jenny Naylor about the trials and tribulations of living with a 'Threenager'- and of course the magazine itself is 36 years old this month, but no time for a party, you the community are keeping us too busy!



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PARTY IN THE PARK

The Ord Brothers, Poison Ivy & Only Jules

16th July

BFG ENTITLED PERSONS FROM

RMC & JAVELIN BKS ONLY

Entrance ticket

18.00- 22.00

**Monies raised donated to the
RAAF and ABF**

1 ticket per household

PICNIC IN THE PARK

16th July

**BFG ENTITLED PERSONS FROM
RMC & JAVELIN BKS ONLY**

Entrance ticket

11.30- 16.00

**Monies raised donated to the
RAAF and ABF**

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HAPPY BIRTHDAY BULLETIN!



The First issue- July 1970!

It's amazing to think that this magazine that pops through your door for free every month is 36 years old. That makes it older than it's editor and all of it's staff!

There are however copies of the 'Original' Rheindahlen Bulletin that date back to the 25th of August 1967. The magazine was at that time more akin to Station Routine Orders with a nice cover. The publication evolved and became a 'proper' magazine in July 1970.

Way back then, when everything was so much simpler, the editorial was written by Wing Commander SD Baldock, MBE, DFM and Colonel CL Boynton, they said; "The primary object of this new magazine is to bring together all those who work and reside at Rheindahlen, regardless of uniform or civilian dress, by opening doors on all the amenities which are available to everyone here...As you turn the pages of the first issue, we are sure you will agree that they (Editorial team) have been extremely successful in producing a first class professional publication covering an extremely wide field with something of interest for us all."

It's nice to think that some things haven't changed, we still try to find something for everyone, although the Editorial team have changed their look slightly from the 1980 issue it seems that the clothing is now back in style!

Happy Birthday!

HOW THE BULLETIN GETS TO YOU

The first day of the month arrives and your copy of the Rheindahlen Bulletin is posted through your letterbox. Do you ever wonder just how the Bulletin gets to you?

Things start happening around the 10th of the month when the co-editors call in at the Bulletin office to collect what mail has arrived for inclusion in the following months issue. The Bulletin office is situated in Cambridge House and, contrary to widespread belief, is no bigger than a broom cupboard. The next stage in the development usually takes place over a cup of coffee and several children; the mail is opened and sorted into what 'Must go in' and what might go in'. At this stage the majority of 'news' tends to be information from the clubs and societies on the garrison and the co-editors, leave the meeting with fingers crossed that with in the next few days some articles or letters will be handed in to the office.



Photo by Cpl. Phil Jones PRU

The next meeting takes place around the 14th and by now a few more items have turned up - mainly those from the regular contributors - and the time has come to 'lay-out' the magazine. The co-editors take turns at this long and frustrating task made difficult by the fact that the advertisements (upon which the production of the magazine depends) never seem to be the right shape or size! The Bulletin must be ready for the printer on the

17th of the month for the proof copies to be printed and sometime around the latter half of the 16th a veritable deluge of material appears, seemingly from nowhere and most of which comes under the 'must go in' heading - many a frantic co-editor is to be found during the final hours of the 16th of every month.

A few days respite follows before the proofs are ready and these have to be read thoroughly as there are usually many mistakes to be altered. The german printers, naturally, are unaware of english spelling mistakes which is why the co-editors request that articles for submission are typed clearly (the co-editors are not fortunate enough to have a typist). The proofs are now returned to the printer and the final magazine is printed. The copies are sent to the Garrison R.S.M. or the SWO and he and his staff make sure that on the first weekday of the month a copy is delivered to each house on the garrison.

K. F.

ANNIVERSARY CELEBRATION

To celebrate the Bulletin's tenth anniversary the Malcolm Club kindly provided a buffet lunch for the co-editors and their guests. The luncheon was not only a celebration but also a chance to thank all the people past and present who have given up their time to help with the Bulletin. Thanks are also due to Miss Sheila Moore and her staff for the excellent meal provided.



Some things don't change even 26 years on!

10 Years on July 1980

There have been a great many people who have worked on, and contributed to the magazine over the years. Not to name names but Linda Butterworth was the driving force behind the Bulletin for over 20 years. It is a great credit to Linda that the magazine continued the ethos of the foreword from the 1st issue.

The current editorial team are still working hard to keep the ethos the same and producing a magazine that now reaches not only Rheindahlen but some 11 communities with a distance of nearly 5,000km's.
PB.

COMD RESG Summer Letter-



The past year has been a busy one for all of us living in Rhine Garrison. We have seen the intense training build-up and subsequent deployment of HQ ARRC and

1st Signal Brigade to Afghanistan – a deployment which is being watched closely at home in BFG, within the UK and further afield as NATO takes on the stabilisation and reconstruction tasks in that country.

Our thoughts and prayers stay with all those deployed for a successful tour and a safe return in early 2007. As a Garrison we remain committed to supporting those who remain behind within the Rhine area and are working closely at unit level and with the HQ ARRC Rear Party Command to get this right.

Away from Rhine and within the wider Defence picture, there are a number of major reviews and changes both in place and just around the corner. The Army is gearing up for the Future Army Structure; which – amongst other things – sees 19 Lt Bde move out of Catterick and 4 Mech Bde move into that Garrison on leaving Osnabrück in 2008. I suspect there will be quite a number of changes to where and how the British Army does business in Germany over the next 5 years and I hope these will become clearer as we move through Summer into the Autumn of this year. I am told there is to be a Ministerial announcement in July which should help to clarify the Germany-basing picture. When this is made public I will ensure that it is covered in The Bulletin and given the widest distribution possible across the Garrison. I wish I could tell you more about this – but until decisions are made by Ministers – it

RHINE GARRISON IN 2006 - 2007

With my earlier theme of communication in mind, I thought it might be useful to provide a short summary of what is going on here in Rhine Garrison during this year and include a quick look into 2007.



The **PUMA upgrade** of our houses and single living accommodation has been hit by spending cuts and what we are now doing is pushing through a reduced modernization programme — concentrating on kitchens and bathrooms. We are also starting to convert B Types (of which we are very short) to D Types (by knocking 2 B's into 1).

Staying with housing; some of you will recall the letter which came through your doors in February this year talking about a 4 Tier Grading Review of houses on the various estates. This was completed in April, but, I felt that it had failed to take into account the dispersed nature of our families housing and, while not intentionally so, was rather superficial. I have therefore given instructions for a comprehensive “street-by-street” 4 Tier Grading Review to be completed in the Autumn with the intention that any changes to grades and rents will be effective from the Spring of 2007.

As a backdrop to all of this estate work, we also need to sort out just where we are housing families in the Rhine Area. To that end we are looking to close the estates in Birgelen, Düsseldorf and Bracht by 2008 and focus all our houses onto Mönchengladbach/JHQ, Wildenrath and Elmpt. A study is being run now to look at how this can be achieved with the firm direction from me that I do not wish to see any of our people inconvenienced — if it must be so, then it is to be minimized and subsidised where appropriate by publicly funded moves.

would be quite misleading (*poor communications*) to do so.

In my 2005 Newsletter I outlined a strategy for developing a number of community forums to cover 7 core needs: *Community Safety, Health, Education and Training, Social Welfare, Spiritual Needs, Employment and Housing*. These have been working for some time now and to all of those within the community who have joined in I say many thanks indeed, your contribution has been invaluable. To those of you, perhaps those who arrived after the Summer of 2005, but who would like to get involved, please get along to your Station Staff Office and ask for details. *Volunteers are always welcomed with open arms!* The purpose of these committees – and crucially your involvement – remains “*to engage everyone in the maintenance and development of their community through openness and dialogue at all levels.*”

Which takes us neatly into my theme for this year – **Communication**. We think we're good at it, although I'm not sure why, because we always seem to be able to find folk who are completely unsighted on lots of issues within the Garrison. So, we clearly need to get better at it! To achieve this we are making more use of community forums, letter drops, The Bulletin, unit and station internet sites, notice boards and unit welfare offices. For your part, please act as a relay for information and do always challenge us to improve on the frequency and clarity of the messages going out to the Rhine community. Also, don't forget the marvelous work done by the HIVE and others – they provide an invaluable source of information, especially to new arrivals.



What Are My Concerns In Rhine Garrison?



In my spring letter to all of you last year I mentioned that **Pay as You Dine** was due into the JHQ site in Autumn 2007. I undertook to keep all of the community informed of any developments and — importantly — consulted through the various community forums and magazine. Indeed, I spoke to the AFF Roadshow about this in April and reinforced my promise of 2005 which I reiterate here: *As the Garrison Commander I will decide what falls inside the PAYD contract and what doesn't. With this in mind let me reassure you that, in implementing PAYD in the messes and cookhouse, I have no intention of losing other commercial outlets like the PX or the ECHOS Bridge (PMC as was). These facilities provide choice and healthy competition and I fully support them whilst they provide a valued service to our community.* There was some discussion in the letters page of 'Sixth Sense' on this and I hope what I have said here reinforces the message.

Staying with NAAFI, the Wildenrath shop will shortly be moving from its current site (a dreadful building) into the Community Centre building and, while we are on moves — it is planned that the PX on JHQ will move into the old OASE club on Queen's Avenue offering a much improved shop with an expanded clothing range. It is our intent to have the Wildenrath NAAFI in place in September this year and the PX open in its new building by the end of December.

The **Skate park** at JHQ - which I promised to RESPECT (our young adults committee in RESG) - is a great success and one which, given the funds, I would like to repeat on other stations and I am hoping to follow this up with a BMX track on the JHQ site, perhaps in the woods.



We have had two further successes in Javelin Barracks - the new Gym and the Youth Club - The Terminal. I wish to expand both facilities and intend to do so in this, and the next, financial year.

So, what are my concerns in Rhine

Garrison? There are a number, but I will focus on just 2: one welfare based and one on the estate.

YWCA. On Monday 12th June 2006, YWCA announced that they are to close their entire operation in Germany by Spring 2007. Coming pretty hard on the heels of their announcement earlier in the year of branch closures in Wildenrath (which we are very near to resolving) and Wegberg this is a very serious setback to our welfare support here in Rhine. It also means that the YWCA will no longer run The Ladybird Nursery in JHQ.

Let me deal with that last point first, as it has a major impact on families within the Garrison. I have spoken to the excellent team in the Ladybird and assured them that their jobs and the current running profile of the nursery will pass – intact – to another authority within my garrison and that there will be a near seamless transition from one to the other. **The Ladybird crèche will therefore stay open.** The next aspect we need to address is what we do about filling the hole left by the closure of the shop and café – the loss of this contact point is going to be felt in specific groups across the



community and we are starting to look at what we can do about it. Time is (just about) on our side as YWCA in Oxford has delayed all closures on the JHQ site until February 2007.

Building Projects. At Regional level sits the matter of a diminishing pot of money to maintain our estate and the removal of all money for any new projects like the Elmt Gym. I'm afraid this is a fact of life in the Army and I can't see any reversal of our fortunes in this matter. I do, however, intend to lean heavily on HQ UKSC (G) for maintenance money — if I cannot improve the estate with new buildings, I must at least maintain the existing ones to an acceptable level. In this, I know, I have Major General Bill's support.

We are living in a period of high operational tempo – indeed I suspect that everyone's life is probably at a peak point in one way or another – and with this workload comes uncertainty and with uncertainty comes stress. We must work toward reducing this, and its impact on families and service personnel. At the heart of that need sits the community theme for this year – communications. Talk to your neighbours and friends, talk to the unit welfare staff, talk to the professional supporters in the myriad organisations here to help you and talk to the command team who are charged with delivering help to you. We in turn must improve and refine our messages to you. No system involving people is ever perfect – but we have to have a target and perfection is a pretty good one.

Help us to deliver to you the best possible community we can.

How many sleeps 'til fairy day?

By Tanya Howard & Amy Riach



The rain and thunder didn't deter 80 fairies making their way to Division Fairy Day on Saturday 20th of May.

The event was organised by the 3rd Rheindahlen Rainbow Guiders, Jane Lackey, Mel Jennings, Tanya Howard and Amy Riach. The Rainbows from the West Rhine Division were invited to join in the fun with their Guiders, Unit helpers and Mum helpers.

The girls arrived, very excited and ready to make lots of lovely things. So they set about the task of creating sparkly wands, fairy wish boxes, Tinkerbell tiaras and Fairy princesses.

The magic came to an end after a fairy picnic and then they said their fairy fare-

wells to their new Rainbow friends in the Division. SSAFA In Forces Committees Rheindahlen joined the girls on the day to give out green wristbands with "Support Our Forces" written on them. SSAFA also kindly donated €500 to the Ranger Guides International Camp to Canada.

PADRE'S PEN

From Padre Brian Millson



After 5 years with our old Fiat, we have just got a new car. Now I have always wanted a British Racing Green car and in spite of a 4-month wait for my colour of choice, I opted to place an order. It is nice to be able to buy a tax-free car but I had forgotten about all the hoops one has to jump through (perhaps like a woman forgets the pain of childbirth – although I would not want to compare the two) and I mentioned to my CO that the next time I wanted to have this much fun, I would have a root canal instead.

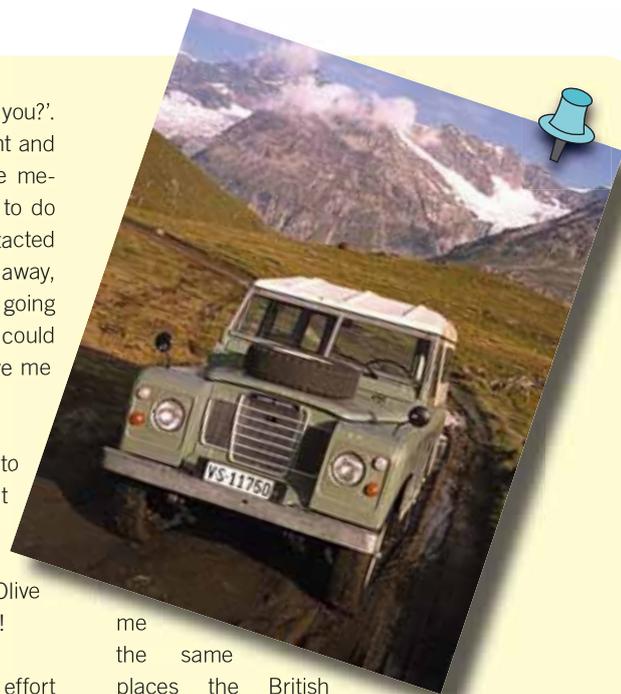
Eventually the great day arrived. I started out at 5am in gale like weather for the Chunnel. I duly proceeded to the MOT centre in Maidstone. After the inspection I was handed back the keys with the comment that the car needed about an hour's

work and 'What day is convenient for you?'. Well I had to be in Lincoln that night and only that day was convenient. The mechanic shook his head but agreed to do the work later that afternoon. I contacted the dealer, who was about 20 miles away, and he mentioned that as he was going to Maidstone that afternoon, we could exchange cars there in order to save me some time.

A few hours later the dealer came to Maidstone with my new car and it took my breath away. My 4-month wait for my British Racing Green car had resulted in a car that was Olive Metallic – think of a shiny Landrover!

I was furious. A great deal of time, effort and money had been spent and I had not got the car I wanted. But then I thought about it for a minute. I was getting a tax-free car, the car had every item on it that I wanted, the MOT mechanic had gone out of his way for me, as had the dealer. The salesman had given me a good deal on the car, admitted his error and promised to make amends on the next car.

Actually I had very little to feel annoyed about. The Olive Green car would take



me the same places the British Racing Green car would. Well I resolved to appreciate what I had rather than what I had not and I look forward to replacing the car with a new one next year. It may be red or blue or silver – in fact any colour except Olive Green!

*There will be a concert at St Boniface Church by the Band of the Royal Signals on the 30th July at 7pm.
All Welcome*

By Paul Baldwin

Photographs by Charlie Booker

The reopening of the 1st Elmpt Brownies and Rainbows was officially conducted by Mrs Caroline Richards, President of the British Guiders in Germany. Freshly painted murals by Ian Rowles adorned the walls in bright colours that are becoming a familiar sight around the Garrison.



Natalie McPherson receiving a bouquet of flowers as thanks for all her hard work

Natalie McPherson and Nicola Royston were the driving force behind the project, "We've been working on the project since January," explained Natalie, "We wanted to brighten up the rooms and raised money by getting donations from SSAFA and RESPECT and running a stall at the SSAFA Christmas fete. We then spoke to Ian Rowles who has done a fantastic job as you can see on the walls, and we also bought new furniture. We would also like to thank Major Graham Furey OC of Rhine Area Workshops for all his help, it has really made it a nice place for young people to come to".



Members of RESPECT who donated funding to help renovate the building.

Caroline Richards was very enthusiastic about the renovation, "It's wow! It's so lovely to see the community pulling together to provide something so magnificent. These organisations are so important and people are queuing up to join them, and to think that this all relies on volunteers is remarkable."



Caroline Richards talking to Bernie Smith and Anita White



Linda White gets a surprise and an award for her 5 years of voluntary service

A surprise was in store for Linda White one of the many volunteers who give up so much of their time to help the Guides, Brownies and Rainbows run; Linda was awarded her certificate for 5 years of voluntary work to the organisation.



Mural artist Ian Rowles surrounded by the grateful members of the 1st Elmpt Rainbows and Brownies

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ELMPT STATION COMMUNITY MEETING

Village Green
Tuesday 4th July
1800hrs

Come along and find out what is happening in your community.

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JULY 15TH
FROM 12.00

BY TEENS FOR TEENS

Teen Link Website;
Check out the new website for teenagers offering YOU a forum to voice your views on everyday life in BF(G).

www.teenlink@hive-bfg.co.uk

The Homeless of Mönchengladbach need your help!

Please remember the poorest members of our community when trying to get rid of unwanted clothing (change of season or moving house) I am collecting ALL clothing and ANY household item including SMALL pieces of furniture AND OLD BICYCLES.

We are also looking for volunteers to help with collection and sorting

Please phone Sylvia on JHQ (472) 2106 between 09.00- 13.00

Dates for the alternating services at St Andrew's and St Boniface Churches

2 July, St A	6 Aug, St B
9 July, St B	13 Aug, St A
16 July, St A	20 Aug, St B
23 July, St B	27 Aug, St A
30 July, St A	

COFFEE & A CHAT @ CHEEKY MONKEYS, JAVELIN BARRACKS

Every Tuesday Afternoon 1.45- 2.45pm
Every Thursday Afternoon 1pm- 3pm

Breakfast Alpha at St Andrews Church Starting Tuesday 9th May at 9.30am to 11.30am approx. Breakfast, Elevenses and Childcare Provided.

ALL FREE OF CHARGE.

Contact Church Centre for more information Tel. 472 2770

34 AEC JHQ BFPO 40

TUTORS URGENTLY REQUIRED

COMPUTER - CLAIT/CLAIT PLUS
LINE DANCING
SOFT FURNISHING
SUGARCRAFT
CAR MECHANICS
BALLROOM DANCING
SHORTHAND or SPEED WRITING

Or if you have a hobby and are willing to pass your skills on to others
Pop in for an informal chat with LINDA MUTCH
Contact: JHQ Mil 2842 or Civilian 02161 4722842



Betriebsvertretung Rhine ALSU Bedford Walk 3 41179 Mönchengladbach Tel.: 02161-472-3029



Gerd Soggeberg
Vorsitzender
Sprecher der Angestellten



Alf Klink
Stv. Vorsitzender
Sprecher der Arbeiter



Uwe Küsters
3. Stv. Vorsitzender
iv. Angestelltensprecher
Schriftführer
Tel.: 02161-472-3029

Leo Moors
2. Stv. Vorsitzender
Stv. Arbeitersprecher
AG: Arbeitssicherheit
Tel.: 02161-472-2645



Mönchengladbach, den 24.05.2006

Liebe Kolleginnen u. Kollegen,

Nach der konstituierenden Betriebsvertretungssitzung vom 23.05.2006 setzt sich das Gremium wie hier aufgeführt zusammen.

An dieser Stelle herzlichen DANK für die herausragende Unterstützung bei den Wahlen!

Mit kollegialen Grüßen

Gerd Soggeberg u. *Alf Klink*
Vorsitzender stellv.
Voratzender



Gisela Jungherr
Abt.: Lohnbüro
AG: BV INFO Tafeln
Tel.: 02161-472-3699



Sylvia Heck
Abt.: NSS
AG:
Dienstzeiteinrichtungen



Mathias Brox
Abt.: QM Dep.
AG: Arbeitssicherheit
02161-472-2255



Ulrich Rickert
Abt.: Naafi
AG: BV INFO Tafeln
Tel.: 02161-4699001



Petra Joeris
Abt.: QM Dep.
AG:
Dienstzeiteinrichtungen



Peter Rodenbücher
Abt.: GWA
Tel.: 02161-472-3625



Christa Stumpf
Abt.: Lohnbüro
AG: BV INFO Tafeln
Tel.: 02161-472-2702



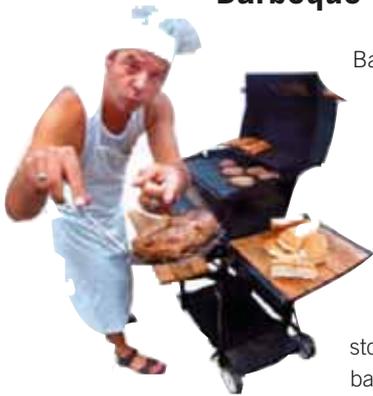
Rolf Herrmanns
Abt. German Guard
Service
AG:



Franz Dopierala
Abt.: G4
Tel.: 02161-472-2302

Safe While You Sizzle

Barbeque Safety



Barbeque season is in full swing and with that comes the usual array of burns and food poisoning. Here are a few tips to help make your barbeques memorable for the right reasons

Health and Safety

Ensure that the barbeque is situated away from fences, garden sheds, brush, trees and any other combustible material. All gas bottles should be stored in a cool dry place. Always use fuel and lighting materials suitable for barbeques and make sure that the manufacturers instructions are followed.

Use long utensils and oven gloves.

Ensure that you have a bucket of water and a first aid kit nearby.

Do not move the barbeque once lit and only remove the ashes when cold.

Food Safety

Always use separate utensils and preparation areas for all cooked meats, raw meats/poultry, vegetables/salads and for serving.

Fully defrost all raw meats and poultry prior to cooking.

All poultry, sausages, burgers and chopped or minced meats must be thoroughly cooked until juices run clear and no pink bits remain.

Always keep raw food away from food already cooked.

Make sure all vegetables and salads are thoroughly washed.

Keep all food covered. Any edible leftovers must be kept in the refrigerator and eaten within 48 hours.

Please pick up your Barbeque Safety leaflet from your HIVE.



Want to make a splash???



Summer swimming could be the answer. Rheindahlen / Elmpt garrison hosts three outdoor pools. The Blue Pool, JHQ, Elmpt and Wildenrath timings can be found in the HIVE Guide to Swimming Pools Beaches and More.

If you fancy a day at the beach don't despair. . Even though our nearest seaside is several hours drive away we are lucky enough to have a number of man made beaches in the vicinity. The nearest to us is Schiefbahn; there is a small entrance fee. It has a sandy beach and swimming area, snacks and drinks are available on site.

Another man-made beach is the Blaue Lagune at Wachtendonk (www.blaue-lagune.de). This has a large beach, grassy areas and a shop. Attractions include a water-ski tow, volleyball, football, a fitness area and bungee jumping!!

The Panheel Funbeach (Tel: 0031 475 579080) near Roermond boasts a beach, grassy areas, a café and play areas. More adventurous activities include volleyball, trampolines, canoes, water-skiing, beach buggies and lots more.



HIVE re-opening

Wildenrath HIVE is re-opening on the 4th July. The new opening times are Tuesday and Friday, 9.00 to 13.00. We would like to welcome Rachel Shulver and we all hope she will be really happy in her new post as HIVE information Officer.

But what about those grey days ??

Mönchengladbach has just opened the new Vitusbad. This brand new pool has a sports pool and a leisure pool that includes a wave area, water rapid, bubble area, waterfall and slide as well as a restaurant.



YOUR LOCAL HIVEOPENING TIMES:

RHEINDAHLEN HIVE

Tel: 02161 472 2519

hive.rheindahlen@bfgnet.de

Opening Hours

Monday-Friday

09.00-15.00hrs

ELMPT HIVE

Tel: 02163 973183

Hive.elmpt@bfgnet.de

Opening Hours

Monday-Friday 09.00-13.00hrs

Until further notice

WILDENRATH HIVE

Tel: 02432 81017

Hive.wildenrath@bfgnet.de



Opening Times	
Monday	10.00 – 20.00
Tuesday	10.00 – 17.00
Wednesday	10.00 – 17.00
Thursday	10.00 – 20.00
Friday	10.00 – 13.00
Saturday	10.00 – 13.00

Need a rest from the football?
We have some interesting new books on offer this month.

MILITARY BIOGRAPHY

Rules of Engagement – A Life in Conflict

by Tim Collins.

From the moment Tim Collins's speech to his men in Iraq was made public, he became a hero and inspiration to world leaders and infantrymen alike. Yet, only two months later Collins was pilloried by the press and accused of war crimes. But this is only part of the story told in this frank and compelling insight into the realities of life lived on the front line.

Highway to Hell

by John Geddes.

There is a second western army in present-day Iraq, second only in size to the US Army itself. It's a disparate and anarchic multi-national force numbering some 30,000. It's a mercenary army of men and a few women with guns for hire earning an average of \$1000 a day. They are there to provide security for the businessmen, sur-

veyors, building contractors, oil experts, aid workers and of course the TV crews who have flocked to Iraq.

One such man is John Geddes, ex-SAS Warrant Officer, who reveals in this book the inside story of this extraordinary private army.

ADULT NON-FICTION

What to Expect :

Babysitter and Nanny Handbook

by Heidi Murzoff.

Written for anyone who looks after children, it is packed with information and insight, covering all the basics. This is the book you will want your babysitters to read!

Get out of Debt Forever

by Lorraine Turner.

Packed full of practical information, this insightful guide offers clear, realistic ad-

vice on managing your money, including: Increasing your income, cutting your spending, financial experts who will sort out your finances at no cost and tips how to bargain-hunt and get the services you need for free.

Hairy Bikers' Cookbook

by Dave Myers and Si King.

Take two eccentric portly cooks, throw in a devil-may-care attitude, season with no-nonsense cuisine, stick them on two wheels, and what have you got? It's the Two Fat Ladies. Only they're male, not at all posh and slightly more hairy!

Freddie – the Biography of Andrew Flintoff

by Tim Ewbank

In this affectionate and revealing portrait, the author uncovers the man behind the remarkable lion-hearted cricketer and traces his rise from schoolboy to hero.



Knocking on Heavens Door, could it be the answer to your prayers? A new Beauty & Holistic salon has opened on Javelin barracks offering a real taste of paradise to the lucky residents of Elmpt station. Allison Maguire, who opened Heavens Door on 12th June, has worked in the Beauty Industry for many years and can offer head-to-toe treatments from Indian head massage, waxing and facials to reflexology.

Says Allison "I really hope that a visit to Heavens Door could give a big moral boost, especially to many of the wives who's husbands are away, I want to offer something that no one else has.



A spacious and relaxing environment with 2 treatment rooms, a shower facility and a warm & Friendly receptionist ready to welcome, and look after you from the moment you enter the salon"

We're looking at extending and having a steam pod fitted to compliment all the body treatments we offer, and due to the requests of our clients, were also getting a sunshower.

The salon is decorated in Thai theme so both male and female clients feel comfortable, with contemporary mixtures of mushroom and chocolate brown it's a real taste of heaven!

The salons opening times are Mondays & Thursdays 9 – 7 Tuesdays, Wednesdays and Fridays 9 – 5 and alternate Saturdays 10-3.

Knocking on Heavens Door!

Heavens Door

Is offering 10% off with this voucher to all "Bulletin" readers for the month of July.

Tel; 01754 255604



By Angela Emmerson and Lynn O'Connell

June the 8th 2006 saw the official opening of the Toy Library in Building 10, JHQ (next to the ARRC Welfare Centre) specifically aimed at supporting Registered Childminders. With a government childcare initiative concentrating on birth to three years, the Army Welfare Service are trying to encourage as many people as possible to become Registered Childminders, but with the initial financial costs involved this can put people off.

With this in mind Childminding Co-ordinators, Lynn O'Connell, Andrea Giles and Childcare Administrator Elizabeth Evans, who make up the Childcare Team RESG set about raising funds to support the idea of a local toy library. The types of toys available in the toy library vary greatly from books to musical instruments, from play mats to multi-cultural toys and cover areas within the Ofsted guidelines for provision for under fives.

The hope is that childminders will make it a regular stop on their weekly or monthly calendar as the Toy Library will be open on Mondays from 9:30am till 11:30am and Thursdays from 1pm till 3pm to start with, as Lynn O'Connell said, "We are hoping it will be open more as more people use it". Covering SHAPE, Ramstein, Dülmen as well as JHQ and the surrounding area the Childcare Team aim to take a box of toys with them when they go visiting so that childminders who are unable to travel to JHQ may also have access to this valuable resource. As Andrea Giles said, "Childminding is a proper job, being registered is not the end, it is ongoing. Educationalists



are now valuing the education that comes from being in a home environment and shopping with mummy".

The Childcare Team would like to thank everyone who attended the launch and especially SSAFA In Forces Committee Rheindahlen who donated €300 to purchase multi-cultural toys. Louise Marriner, Chair of the Rheindahlen Committee attended on the day and can be seen above with the Childcare Team and some of the toys available.

The glue that holds the superstructure together- Tina Pringle Commended

Photographs by Charlie Booker



Tina receiving her award from Comd RESG

In a ceremony at Andrew Humphrey School Tina Pringle was presented with Comd RESG's certificate of appreciation by the Commander Brigadier Marriner. Tina has carried out a large amount of work with SSAFA, the Elmpt and Wildenrath communities, Rainbows and on the advisory body of Andrew Humphrey school.

SSO of Elmpt Station Maj (Retd) Ben Tyler who recommended Tina for the award said, "Tina does so much work and doesn't make waves about it, she just gets on with the job at hand and Comd RESG would like to thank her on behalf of the community. She is the glue that holds the superstructure together."

The children of Andrew Humphrey were on hand to witness the presentation and sing "When it's a sunny day". Comd RESG summed up the mood as Tina was visibly moved by the surprise presentation, "Your singing this morning was wonderful, and this is a wonderful school." PB



Receiving a bouquet of flowers from Lynn Eckersley Headteacher of Andrew Humphrey School

TEAM TARGET £22,400



Following on from the article in the June bulletin, the Mission Trek Peru Team have continued to work hard at providing entertainment and activities for the community and raising funds for our 8 person, SSAFA Forces Help target of £22,400.00.



Over the last month, a number of events have been held, which have all been great fun. Churchill Officers' Mess organised and hosted an excellent Race evening, when the Mess members supported us with their enthusiastic betting and purchasing of horses!



We had a lovely Garden Party, hosted by Susie, Sean and Saffy Altmeyer-Ennis! A Pamper Evening was held in the Rheindahlen Rooms, where 33 ladies enjoyed a variety of therapies and

treatments, courtesy of Lil Wiles and the Holistic Therapy Group! The RAF Blues Club kindly donated the pitch fees from the Car Boot Sale which they organised (see photo, top) and we provided hotdogs, cakes and drinks in glorious sunshine, whilst painting faces - mostly with the England flag, in honour of the day's match with Paraguay. We also Sacked & Packed

in the NAAFI Max once again. Thank you to all those people and organisations who have assisted and supported us in these ventures!

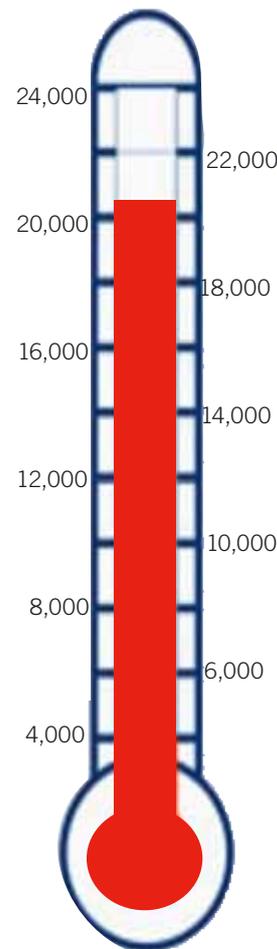
We would like to thank Ridgeway International and the Rheindahlen and Elmpt Shooting Club for the very generous donations that they have made!

Sandra's Plant Sale at the beginning of the month was a great success. "I would like to say a big thank you to everyone who supported me!" said Sandra, whose hard work spent planting and nurturing over previous weeks certainly showed with the fabulous display, which she had on sale outside the NAAFI Max. One of the two beautiful pots, which she raffled was won by Louise Barker and I am delighted to say that the other was won by me!



We also received a visit from Clare Bradley of SSAFA Forces Help in London and Steve Clark of Across the Divide. They came to JHQ to meet the Germany contingent of the Peru trek, give their presentation and answer our burning questions. Across the Divide run many treks worldwide including this one, which SSAFA have commissioned for 2006.

Seventeen of the thirty volunteers trekking in September live in Germany or Holland and it was great to meet them and find out more about all aspects of the trek, from the good i.e. beautiful, awe inspiring views, to the bad i.e. drop toilets and altitude sickness! Now we just need to find some hills and the time to step up the training!



Cumulative total of funds raised, individually and as a group

Look out for the following events:

- Gala Cinema Night - Kinky Boots,**
Globe Cinema, Thursday 13th July
- Its a Knockout Fun Day,**
Sports Fields, Friday 28th July

The auction for the Army Team rugby shirt is progressing well. The shirt is signed by the entire team who played in and won the final of the Babcock Trophy. Currently, the auction is between two rival bidders who are in competition to display the coveted shirt in their respective messes. If you would like to join the fray, please register your bid at teambulletin@hotmail.co.uk - all those who enter the auction will be kept up to date with its progress. Bidding currently stands at €290.

THE POSTAL AND COURIER SERVICE IN BFG

24 REGIMENT RLC – THE ONLY BFPO PROVIDER IN BFG

- . 24 Regt RLC moves around 2,000,000 bags of mail annually.
- . 24 Regt RLC is dedicated to providing the best and most efficient BFPO service to entitled personnel in BFG within resources.
- . BFPO mail is scanned for your security.

99 POSTAL & COURIER SQN – BFG SOUTH WEST – COUNT THE '9'S

- . 99 PC Sqn commands 15 Mobile and 6 static Forces Post Offices:

MÜNSTER, SONTHOFEN, DÜLMEN, RHEINDALEN, OSNABRÜCK
ELMPT

- . 99.99% of all Mail arrives at these FPOs (except Sonthofen) within 9 hours of reaching Germany from UK (at around 9 am)!

- . 99% of Unit Postal Orderlies, responsible for collecting the mail to distribute within the unit, can and should do so by 1030 am daily.

- . RALSU employs 35 civilians in 99 PC Sqn (60% of its manpower).

IT'S NOT ALWAYS OUR FAULT...HONEST GOV!

- . All mail movement is vulnerable, at all times, to aircraft/vehicle delays and breakdowns, staff shortages, strikes, mishandling etc.
- . A civilian haulage firm moves all BFPO mail to/from UK daily.
- . BFPO has no control over mail when it enters Royal Mail.
- . 90% of BFPO mail delays are due to incorrect addressing of mail.

Ensure you know your correct BFPO address before giving it to others. As a reminder it is:

Service No Rank Name
22222222 LCpl A Soldier
Sub Unit
D Company
Unit
2 Blankshires Regiment
BFPO BFPO xxx

Do not write anything, like the country, under the BFPO number!

CHANGES TO YOUR SERVICE

- . 99 Postal and Courier Sqn, 24 Regt RLC operates the above Forces Post Offices and has had to deploy soldiers to Operations in IRAQ and the BALKANS. Support to Ops is its first priority.

- . 99 PC Sqn soldiers are now deployed on Ops - fulfilling their first priority; this has inevitably reduced the level of service to BFG.

- . Unfortunately expansion in Afghanistan and the high tempo of operations have drained military personnel all round. 99 PC Squadron is currently operating daily at around 50% military manning. This is due to get worse because more soldiers are deploying to Iraq without backfill from Aug 06 until May 07 including pre deployment training and post tour leave.

HOW AM I AFFECTED?

- . If a civilian counter clerk, driver or sorter is absent through sickness or leave, a Forces Post Office counter may be closed and mail delayed because the soldiers who previously might have replaced those civilians are now deployed on Operations.
- . Make full use of your Unit Postal Orderly (UPO)! All units have one and he/she is trained to sell stamps and registered envelopes as well as collecting and despatching the mail.

PUT SIMPLY:

- . Civilian counter clerks, sorters or drivers who are ill/on leave cannot be replaced by soldiers like before as they are now on Ops.
- . As a result, counters may have to be closed and mail delayed.
- . But... counters will close only if RALSU is unable to staff the Sqn 100% and remaining military personnel are committed elsewhere.

WHEN WILL THE SITUATION RETURN TO NORMAL?

- . The high operational tempo looks set to remain for a while.
- . 24 Regt RLC is attempting to obtain replacement military and civilian personnel to enable 99 PC Sqn to resume normal service. 99 PC Sqn remains committed to



providing you the best service within our limited resources - please bear with us!

SOLDIERS FIRST, TRADESMEN SECOND BUT.....PEOPLE ALL THE TIME!

- . 99 PC Sqn is committed to providing a 1st Class Service and its military and civilian staff work hard 24/6 to provide it.

- . Like all Army servicemen, 99 PC Sqn military personnel are proud to be soldiers first, tradesmen second.

- . Under uniform, "Posties" are people with feelings who do not grow on trees. In peacetime they are entitled to leave, time with their families, courses and sports afternoons like every serving soldier.

- . They hugely appreciate your understanding and support. Please be courteous to all staff. They are at times very busy and at day's end, have to account for every transaction they process. Unlike UK Post Offices, all accounting is done manually, not by computer.

- . In return, I invite your understanding and forbearance when shortages in manpower, outside the Sqn and Regiment's control, contrive to weaken what is usually, a rock solid service.

- . Should you have issues with BFPO service or ideas for its improvement, please speak to the Non Commissioned Officer in charge of the FPO. If he/she cannot resolve the matter, it will be passed up the chain of command for further action.

- . With the assistance of my staff and your co-operation, I, as Officer Commanding 99 PC Squadron, pledge to provide you, the entitled customer, with the best possible service achievable within resources and shall endeavour to give you as much notice of disruption to your BFPO service as I can.

DENTAL CHECK-UPS FOR DEPENDANTS



If you have been used to regular check-ups every 6 months, you may find this will change. The gap could be longer or shorter than this, depending on how healthy your teeth and gums are and your risk of future problems.

Why is a check-up important?

It lets the dentist see if you have any dental problems and helps you keep your mouth healthy. It is best to prevent problems or treat them early on – leaving them could mean that treatment is more difficult in the future.

What happens at each check-up?

At each check-up your dentist should:

- Examine your teeth, gums and mouth
- Ask about your general health and any problems you've had with your teeth, mouth or gums since your last visit
- Ask about and give advice on your diet, tobacco and alcohol use, and teeth cleaning habits
- Discuss with you a date for your next visit.

How often should I come back for a check-up?

After your check-up, your dentist will recommend a date for your next visit, and discuss this with you. The time until your next check-up could be as short as 3 months or as long as 2 years – or up to 1 year if you are under 18. Generally speaking, the lower your risk of dental problems, the longer the gap will be before your next check-up. This may vary at different times of your life depending on the condition of your teeth, gums and mouth or other changes in your health or lifestyle.

What about other treatments?

This advice is about routine check-ups only. You may have other appointments for treatments such as teeth cleaning (scale and polish), fillings or having a tooth out, or for emergency treatment.

If you have problems with your teeth between check-ups, contact your dentist's surgery to make an earlier appointment.

THE FUTURE OF BRITISH FORCES CINEMAS

The future of British Forces cinemas was under discussion at the SSSC Cinema Symposium in Herford recently. Staff from around the world gathered to discuss future plans and ways of combating falling audience figures.

One of the issues highlighted was the need for cinemas to raise their profile within the Forces community. With fewer people going to see films year on year, support from the local community is paramount to the future of these facilities.

Nicky Ness, Director of Entertainment, was present to give an overview of the latest industry news – particularly digital cinema and

the UK Film Council's Digital Screen Network, which is currently rolling out digital projectors across the UK industry.

Nicky said, 'One of the big advantages of digital technology is increased programming flexibility. Exhibitors, in partnership with distributors, will be able to respond more effectively to audience demand because the usual need to return the 35mm print or move it on to another cinema will no longer exist. D-Cinema is the future, and with sensible financial planning we may see the move away from 35mm in Forces cinemas over the next 5-10 years.'

Although Forces cinemas are managed by

military units, SSSC selects the films and provides full marketing and publicity support, scheduling to individual unit requirements, freight, engineering support, complete financial management and distribution of revenue.

SSVC Forces Cinemas has been providing and operating cinemas to HM Forces for over 50 years. There are currently twenty static cinemas in Cyprus, Germany, the Falkland Islands, the UK and Northern Ireland, with a state-of-the-art mobile cinema (the Movie Machine) in the Balkans. SSSC brings the very latest box office movies to British Forces, through this worldwide cinema network, within weeks of their UK release.



Fancy reducing waste and helping the Developing World without spending a penny?



ActionAid Recycling collects empty printer cartridges, old mobile phones and PDAs and recycles them. Profits are donated to ActionAid, a charity with no religious or political allegiances (http://www.actionaid.org.uk/index.asp?page_id=289). This amounted to some £1.3 million last year.

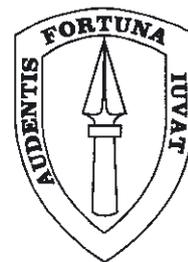
Working in over 40 countries in partnership with over 2,000 local groups, ActionAid's work reaches almost 13 million people. They don't impose solutions, but work with communities over many years to strengthen their own efforts to throw off poverty. They have prioritised five areas of work where they can make the most difference: education, HIV/AIDS, food, emergencies, women and girls. These issues are often linked, and so they have developed projects that tackle them holistically.

The cartridges are refilled and resold. The phones are either sold on, used in the Developing World where landlines are scarce or, if the phones do not work, they are recycled for the valuable ingredients and to keep toxins out of landfill sites. Following the success of an ActionAid recycling collection at the JHQ Medical Centre, we have had permission to collect more widely in BFG. UKSC(G), RESG and RSU have already agreed to have collection points. We are immensely grateful to the hauliers Eddie Stobart Ltd who have agreed to carry the phones, cartridges and PDAs back to the UK.

Please check at home for old mobiles or PDAs and pop them and any empty printer cartridges (ideally in their old boxes) in the distinctive ActionAid Recycling bins in your workplace or the Medical Centre or phone 02161 4770055 for more information.



The Café on
Band Walk 13
is part of the
ARRC PRI Facility.



OPEN: Monday to Friday 9.30 AM – 3PM. Last orders for hot food 2pm.

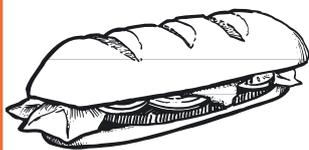
• BREAKFAST BAGUETTE • TOASTED SANDWICHES •

Booking, phone orders, tel. 02161 - 575 43 89

Freshly made:

- Jacket Potatoes • Rolls
- Sandwiches • Baguettes

All Hot and Cold Filled



• ALL DAY BREAKFAST • SOUP OF THE DAY • PIES, PASTIES & BURGERS •

Come and Sample our Menu



ARRC PRISHOP



Opening times

Monday, Tuesday, Wednesday and Friday

1000 hrs - 1600 hrs

Thursday 1000 hrs - 1800 hrs (late night shopping)

**THE ONLY PLACE IN TOWN WHERE YOU CAN SHOP
UNDER ONE ROOF FOR ALL YOUR ESSENTIAL
MILITARY KIT, PORTMEIRION, DENBY, BARBOUR,
PERFUME AND MUCH MUCH MORE.**

**PHONE:
JHQ 3635**

So come along and have a look we are at:

13 band walk, JHQ

**PHONE:
JHQ 3635**



NOW ACCEPTING ALL MAJOR CREDIT/ DEBIT CARDS





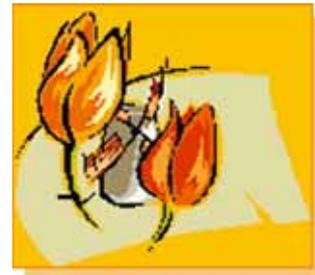
RSU Community Newsletter

Congratulations to everyone who took part in the Community Garage Sale despite the awful weather. We raised over €300 for SSAFA and a presentation to the SSAFA representative will take place shortly.

Forthcoming events and trips

Saturday, 8 July 2006 PLEASE NOTE DATE CHANGE Amsterdam

There is an extensive shopping area starting at the Dam Square or you can visit one of the many attractions such as The Anne Frank House, Van Gogh Gallery, Heineken Brewery or take a canal cruise. Names required by 29 June 2006



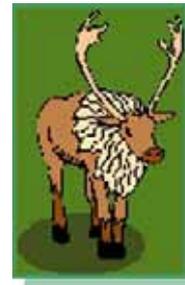
Saturday, 15 July 2006 Klein Zwitserland

Adventureland offering the longest tunnel-slide and highest swings in Europe, Tarzen swing, wobbly rope bridge, towers to climb plus waterpark with children's pool and many other attractions.



Thursday, 10 August 2006 Zoo Parc Overloon

See rare animals; walk amongst the antelopes and pelicans. Visit the Botanical Garden and Butterfly Valley. You will find the monkeys, raccoons and prairie dogs at Kids' Kingdom where children can play in the recreation ground.



Saturday, 16 September 2006 Sankt Goar

Join us for this spectacular firework display over the Rhine whilst sampling the local wines and specialities.



Contact House

A contact house is now available for single soldiers to have access to their children. For further details please contact the RSU Welfare Centre.

Administration issues

Passport applications and permanent ID cards are processed by Mr Morris Matthew down at the RSU Admin Office on Grenville Road. Ration cards and temporary ID cards can also be issued there.

Items for hire

Bouncy Castle
Giant Games
Power Washer
Carpet Cleaner

Petrol Coupons

Monday & Wednesday only
14.00—16.00 hrs

Volunteers wanted

Volunteers wanted to run activities in our new community room.
Contact Kay or Beckie on 02161 472 4268/2488

RAAF Gains Momentum

By Caroline Richards

The RAAF continues to gain momentum. I would like to thank everyone who has contributed in so many different ways to the appeal. The response has been magnificent - from runners, to slimmers and footballers - and mystery donations from far a field. We also held a pampering evening in the RFOM. Our soldiers in Afghanistan and the Rear Party back at home are all participating and thank you all so much.

The RAAF Afghan Exhibition was open by General Sir Mike Jackson on June 12th. We hope to run this for the duration of the tour and would like to thank Colin Craven and his staff for all their help. If you have anything you would like to loan or give to this exhibition we would be delighted. Children's letter and drawings can be displayed. The Imperial War Museum are interested in exhibiting items from the exhibition after the end of the tour.

Jools Rixon has written a song for Afghanistan 'One Step at a Time' which was played for General Sir Mike Jackson in the Welfare Centre. We are busy promoting this; please come to hear it live at 'Picnic in the Park'. Debbie McEwan from RESG has also written the lyrics for another fabulous song titled 'Tour of Duty', which we also hope to record and promote for the RAAF. Our thanks to Jools and Debbie - what talent!

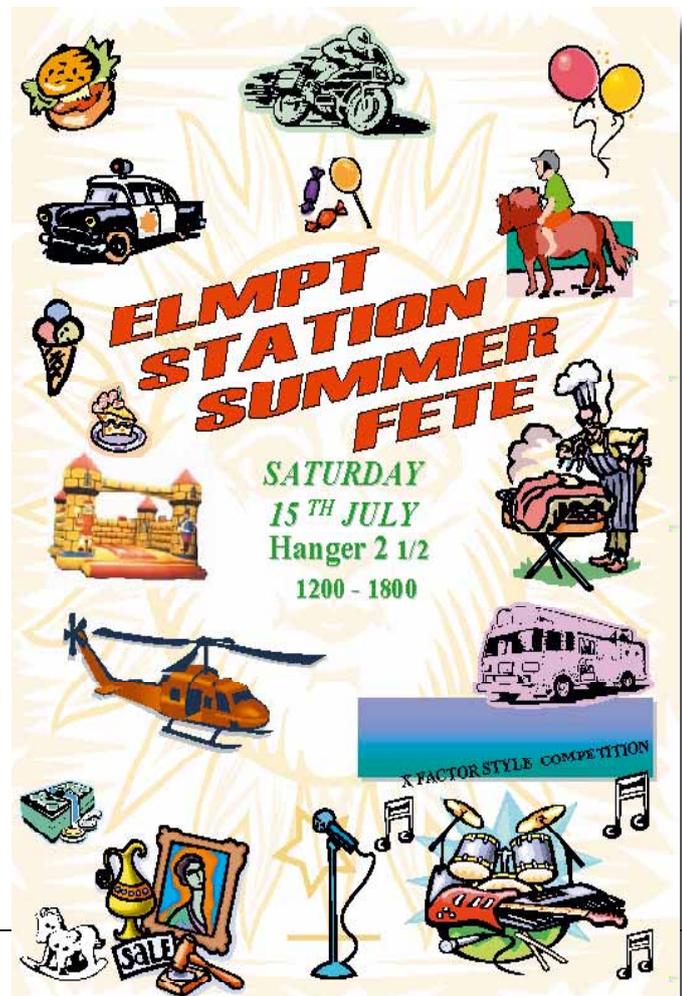
Another large community event is the JHQ Film Festival. It sounds enormously good fun so please pass the word and come along and enjoy yourselves.

LTC Felix Gedney and Gary Bateman are shortly to depart Afghanistan on a sponsored motorbike ride from Afghanistan to Germany. The ride is titled 'Long Way Home' and aims to raise money for the Rheindalen Afghan Appeal. The route can be seen in the Afghan Exhibit that is located in the Church Centre.

On 15th Jul there will be a sponsored cycle ride and hike in support of the Afghan Schools Appeal. The aim is to raise as much money as possible for the development of our chosen school in Kabul. The event will start from the ARRC Families Centre at 1000, it is open to anyone over 10 years old and sponsorship forms are available from the ARRC Families Centre. So get on your bike or hike!

There are dozens more ideas and events that I can't mention in this allotted space. But we are looking for 'Pots of Money'. Put your small change in a jar for the duration of the tour and donate it to us. Children can join in with this too. We also need helpers for collecting money outside the main supermarkets. We aim for these collections to take place in the UK and Germany during the summer. If you are willing to help, please phone CO RSU's Secretary (JHQ Mil 2088) or Mrs Nicky Yardley (JHQ Mil 5478).

Rheindahlen
Afghanistan
Appeal Fund



Long Way Home



On 30 Jun, 2 officers from HQ ARRC, currently serving as part of HQ ISAF in Afghanistan, will begin a journey across Central Asia, the Caucasus and Eastern Europe to take the long way home to Rheindahlen. Lieutenant Colonels Felix Gedney and Gary Bateman plan to travel by motorcycle from Kabul to Mönchengladbach, Germany. They will travel with no travelling support team across rarely travelled mountainous and desert terrain.

Travelling in the tracks of the ancient Silk Route traders and the legendary players in the nineteenth century Great Game, the riders will travel over 10,000 kilometres across some of the most rugged, hot and remote parts of the world. They intend to forgo the traditional trans-Asian route through Pakistan and Iran for the high altitude passes of the Hindu Kush, Pamir and Fan mountain ranges, and Central Asia's hottest place - the black sands of Turkmenistan's Garagum Desert.

The two riders will face many challenges during the 5 week ride: "Keeping the bikes going at altitude and in the heat of the desert will be tough" Gary explained. For Felix the greatest challenge is "a further 5 weeks away from the family". They will each be riding 1988 Yamaha motorcycles, which they hope will be easily mended on route if they breakdown.



The riders have received sponsorship from a number of organizations, including the Welten-

bummler

expedition

shop in Erkelenz. A sweepstake is also being run to guess the total mileage of the trip home and to a number of milestones along the route, including when they reach the Caspian Sea and when they have their first breakdown.



The expedition is raising money for the Rheindahlen Afghan Appeal Fund, which has been set up in JHQ by Mrs Caroline Richards as a focus for fund raising during the HQ ARRC deployment to Kabul. The fund will raise money for Afghan charities, including The Sandy Gall Afghan Appeal. As well as the ride, fund raising events are being held in Rheindahlen throughout the 9 month duration of the headquarter's deployment.

The progress of the ride can be followed at www.longway-home.org.uk. Further details of the Weltenbummler shop in Erkelenz can be found at www.weltenbummler-erkelenz.de

Gary and Felix at the Sandy Gall Afghan Appeal Clinic in Kabul

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Kabul Diary

By Allyson Arnold in Kabul



On the 29th May, my journey to Afghanistan started out eventful, as I departed JHQ on the day of the worst riots seen in Kabul since the fall of the Taliban – this forced a decision by my organisation, the International Medical Corps (IMC) to defer my flight into Kabul, so I was held up in Dubai until the next UN flight in a couple of days. In a way, after starting my journey I just wanted to get to Kabul as soon as

possible, but a couple of days of sun and shopping never did any woman harm! Finally, however, the day had arrived that I was to board the UN flight into Kabul and to say that I was nervous was an understatement – my stomach was officially the world's greatest gymnast, completing numerous flips and somersaults for most of the morning.



However, as I was flying over Afghanistan and into Kabul, a strange sort of calm hovered over me and as I saw the breathtaking mountains and sandy landscape grow bigger, I was just happy to be finally arriving into a country that until then was almost a fairytale existence, that was only obtainable through books and photographs.

Day 1 - 1 June

After a brief reunion with my husband Philip who had managed to get to the airport to greet me, I was collected by one of our security officers and taken to our headquarters. The journey through Kabul city was remarkable and filled with bustling markets and people going about their daily business. After our security briefing I was taken to our accommodation, which is a beautiful, spacious house, only about ½ km away from ISAF Headquarters. Once there I finally met my expatriate colleagues and housemates and I immediately felt at home. The people living here all have a different story to tell and we have been sharing different experiences yet at the same time we all have a common denominator which is sharing our skills with the people of Afghanistan.

2 June

It is Friday and the start of our weekend, so I went to the ISAF market this morning and met up with Philip – it was



"One thing is for certain the women here are some of the most positive women I have met,"

lovely to be able to just spend time with each other and browse the bazaar stalls – Afghanistan certainly has a wonderful array of goods from jewellery to carpets and the salesmen also try hard to drum up business. I have a feeling I will be hearing a lot of 'Madam, come to my stall – looking is free!' during these next 8 months!

4 June

Started my first day at the Rabia Balkhi hospital. The hospital is only a 10-15 mins drive away but it is through the centre of Kabul and there is always lots of chaotic traffic to tackle – Khaled, my driver is very experienced and although there have been many near misses with other cars, people and cyclists, there never seems to be any accidents! Having worked in a developing country before I was prepared for a third world hospital, however sometimes it is still difficult to see a place lacking in such basic commodities that we take for granted. Trying to teach midwives about infection control when there is no running water in the ward and flies everywhere is a challenge in itself however it is important to remain upbeat. One thing is for certain the women here are some of the most positive women I have met – the last decades of war have not eroded their spirit and their smiles are very infectious. In Dari there is an expression 'awal salAm bAz kalAm', which means 'first greetings then talking' – it is important to affectionately greet every person first; one thing this does do is set a positive mood and a friendly atmosphere. It is funny how something so simple can be so powerful.

14 June

Today is Mother's day in Afghanistan. During the daily morning midwife's report the hospital director came in to wish all of the midwives a Happy Mother's day. At the end of the day, probably more than 40 Afghan women will become mothers once again at the Rabia Balkhi hospital. They are averaging between 40 and 60 births per day, and I have not seen as many multiple pregnancies before. Many women are on their 8th and higher pregnancies

and therefore there are a lot of complications to look out for...one woman today had her 5th child yet did not provide any joyous reaction as I am accustomed to seeing in the Western world – this baby was a girl and she had no boys yet so after all her hard work she felt that she had failed.



While there is a lot of cheerfulness in Afghanistan, many of the women who come to the Rabia Balkhi hospital to give birth are from outlying areas and have limited or no education, and it is sometimes difficult to find any happiness in their faces. The eyes of Afghan women are normally a lovely deep brown or dark green colour and they hold so much life and aspiration. However, in some of the patient's eyes all hope seems to be lost and there is no expression; only a blank, irreparable numbness that penetrates so deeply yet there is nothing one can do.

15 June

In Afghanistan, it is customary for visitors to bring presents or food as a welcoming gift – so, myself and two expatriate doctors from the States provided a huge lunch for all of the staff at IMC (approximately 25 national staff). It was our way to say thank you for such a wonderful welcoming and also to come together as a team. The local employees are amazing people and have been extremely

hospitable since arriving here. Also, any excuse to eat traditional Afghan food is a good one – so much for the diet here in Kabul!

"In some of the patient's eyes all hope seems to be lost and there is no expression; only a blank, irreparable numbness that penetrates so deeply..."



18 June

It has now been just over two weeks since I arrived in Kabul and needless to say it feels like a lot more time has passed since my daily routine at JHQ. Life in Kabul is certainly not dull and more importantly the decision to come here is reinforced daily as one of the best. I look forward to many more exciting experiences and stories to share in the upcoming months.

Clothes for Newborn's

Allyson says' "I am looking for for any newborn clothes, especially little hats...these poor babies lose so much heat I think because they don't have hats on right after delivery."

Please send anything you may have to;

Allyson Arnold,
C/O Sqn Ldr Arnold
5208088R
MNLIC, CJ4
HQ ISAF IX
BFPO 764

Or give it to your husbands returning after R&R and I will collect it.

For more details please contact Allyson on her mobile in Afghanistan on 079 814 5297

YOUTHS INJURED IN TRAGIC SCHOOL FIRE TREATED BY ISAF

Four young girls injured after a tragic school fire were treated at the ISAF military hospital in Herat on June 19th by Spanish military doctors. The accident reportedly occurred at 11 a.m. shortly after a fire apparently caused by a small burner falling to the floor inside the school. Tragically, during evacuation of the building a crush ensued in which local authorities report five young girls died and another 25 suffered injuries.

The injured were initially transported to the civilian hospital in Herat. But due to the number of injured the hospital requested assistance from the Italian led Provincial Reconstruction Team based in Herat, which immediately dispatched its doctor, Lt. Marco Brongo, and additional medical supplies to assist at the hospital. Four of the girls were very seriously injured. After consultation with the Herat Hospital doctor, Doctor Baris Ahad, it was agreed to move the girls to the Military hospital at the ISAF Forward Support Base. The girls were accompanied to the military hospital by their relatives.

Three of the girls were stabilised at the military hospital by Spanish ISAF doctors and medical staff. But a fourth, named Roquia, twelve years old, needed additional treatment. Roquia was airlifted by an American C130 medical evacuation aircraft to the German Military Hospital in Kabul. Commenting after the event, Italian Brigadier General Danilo Errico, Commander of Regional Command West in Herat said, "ISAF troops are here to help Afghan people in every possible way. Today, soldiers of different nations, but with a single peaceful purpose, cooperated to the full with local doctors, for the benefit of a group of young Afghan girls injured during an accident."

General Jackson visits JHQ



By Di Burke

The Afghanistan Museum at JHQ was officially opened on Monday 12th June, by General Sir Mike Jackson. This was to be his farewell visit to UKSC(G), which began with a visit to the ARRC Welfare Centre, where he met families of some of those deployed in Afghanistan. He then made a brief tour of the museum and met some of the children who had designed kites for the competition run over the Easter holidays for the primary school children. General Jackson will be visiting the troops

ISAF soldiers bring a smile to Kabul children's faces

Smiles appeared on a multitude of crippled children's faces when they saw two British officers who serve with ISAF come into their care facility, the Kabul Orthopaedic Organization (KOO) on the 6th of June.



Lt. Col. Felix Gedney and Lt. Col. Gary Bateman rode up to the clinic's front door on the motorcycles that they plan to ride 10,000 harrowing kilometres, as a charity fundraiser for the clinic and for Sandy Gall's Afghan Appeal. The riders visited in order to view the facility that they are donating to and to deliver seven crates of crutches to the needy children.

The relatively new clinic, which has been handling everything from physical therapy to casting and moulding new prosthetic limbs for patients since 2004, needs about \$80,000 to run effectively for the

on the ground in Afghanistan towards the end of June.

The museum, has been set up by Mrs Caroline Richards, CO RSU, Lt Col Sean Armstrong and the Rear Based MA to Comm ARRC, Maj Adam Griffiths. It gives a flavour of life in Afghanistan and Afghanistan culture, with authentic fabrics, rugs, jewellery, traditional dress and other pieces, displayed along with maps and other information pertinent to the deployment, including a DVD from Theatre, which will be periodically updated with new images as they are available.

The museum is behind the Church Centre, adjacent to the RSU Welfare Centre. Schools are invited to take along small groups or classes to visit this excellent resource offering the children an opportunity to experience on a small scale, a little of the culture of Afghanistan, and perhaps

allow them to imagine the environment in which many of their fathers are deployed.

Some of the pieces on display in the museum, including the rugs and jewellery are available for sale. They have been purchased in Afghanistan from local traders, providing valuable support to the community. Money raised by their sale will go to the Afghan Appeal Fund. The museum will remain in JHQ for 9 months, after which it will be relocated, to the Imperial War Museum in London.



year. The clinic depends on the generosity of the donors throughout the world. The only support from the Government of Afghanistan is the use of the building they are in without paying rent. Heating and lighting are supplied by the Ministry of Defence because senior leaders from the Afghan National Army use the facility.

"The donations from these men will help our patients receive the care that they need," said Abdul Mahpeky, who is an orthotic assistant and financial director for the clinic. So far, over €3,500 of donations have been collected by Cols Bateman and Gedney during the fundraiser campaign for the KOO. The goal for the two is to raise €5,000.

During their visit, they spoke with several of the patients in the clinic who were undergoing treatment. They also viewed the facilities that the patients use for their treatment and watched as the workers made new prosthetic limbs.

The clinic rests on a sun-scorched hill near the bustling city of Kabul and treats about 75 injured patients each day. The "do it all" physical therapy clinic takes in children and adults who are crippled in any

way, whether it is a mine, car crash or a person who suffers from polio. "Most of our patients are amputee victims, birth deformities and polio victims," said Mrs Gul Makay Siowash, the KOO director.

The clinic takes on a patient and advises them of a physical therapy routine. The doctors also identify what type of corrective devices such as artificial limbs or back braces that the patients need. Upgrades that Mr Mahpeky plans for the clinic are for the improvement of the facility, such as acquiring an x-ray and an ultrasound machine.

With patients travelling further from other parts of the country to receive treatment, the demand on the doctors and staff at the clinic is increasing. "The donations given by the men will help make life a little easier for our patients," said Mahpeky.



ISAF conducts Hearts and Minds Patrol in Kabul

By SSgt Brian Lamar US Army, HQ ISAF

For the first time in over three years, ISAF soldiers have been mingling with the local population on a daily basis as they conduct foot patrols throughout the heart of Kabul. ISAF, using the adopted hearts and minds techniques learned in Northern Ireland, use these patrols to interface with the citizens of Kabul and get an idea of how the citizens feel about ISAF troops.

“Any verbal contact is better than no contact. These patrols help the civilians see ISAF troops in a good light. If you just see a strange man with a gun in his hand, you automatically think of him as hostile. If he smiles at you and asks

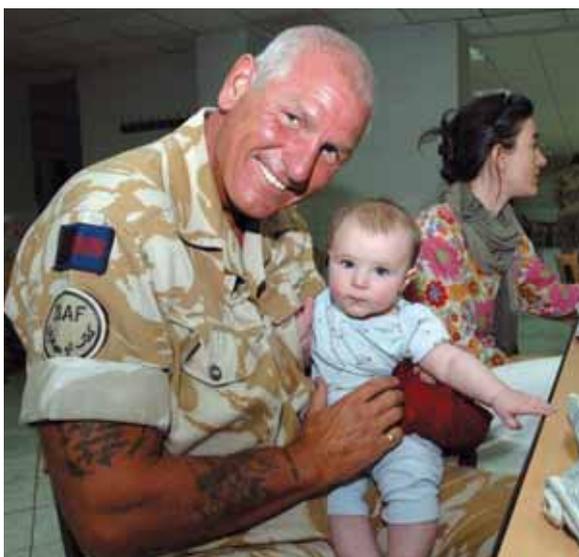


you how you are doing or for directions, you will think differently of him,” explained Cpl Daniel James, interpreter for the Commander of ISAF. “It is important to have an interpreter along with the patrols because it helps bridge the language gap that may occur in the city,” Daniel said, “Nine out of ten people start treating me like I am one of their own and actually help me as much as they possibly can with information when I speak their native language,” he explained.

The feedback that the soldiers are getting is positive, “Patrolling on foot gives you the chance to introduce yourself to the locals and gives you more situational awareness than looking at a map,” explained Sgt Danny Daintith, a patrol commander. ISAF conducts about 40 foot patrols each week. This gives the locals the impression that ISAF is here and are interested about what goes on outside the compound gates. During the patrol, the soldiers are swarmed with smiling children and can expect to receive many greetings from older Afghans.



I-SAF(E) PAIR OF HANDS



Baby Jannik sits happily on the lap of burly British WO1 Peter McNab, Scots Guards, after being rescued from a rioting mob by NATO troops in Kabul. Five-month-old Jannik, whose German parents are part of the European Union delegation to Afghanistan, was among 21 diplomats and their families, plucked to safety by NATO troops, as rioting broke out in Kabul.

The EU compound, in the Diplomatic Quarter of the city, came under threat as trouble erupted in the city. Rampaging crowds stoned Afghan security forces, and looted and burned dwellings and businesses. As the situation on the ground worsened, Head of Delegation, Karl Harbo, appealed for help and ISAF commander, Lt Gen David Richards, despatched a troop of British Royal Marines.

Capt Rob Newton, who led the rescue, said the mission through the dangerous streets of Kabul went like clockwork. “We managed to get in there, secure the street and extract the families within minutes. “They were very glad to see us. They had had a rough time and they were quite shaken by their experience,” he said.

Thanking the NATO troops, Head of Delegation, Karl Harbo, said, “We are extremely grateful to all those involved in the rescue. It was a tense time.” Lt Gen Richards was delighted with the success of the mission, “This was not a straightforward task. It carried a significant element of risk and I am very pleased that everyone is now safe,” he said.

QBR Round Up

As Her Majesty the Queen celebrated her 80th birthday so did the Forces communities within RESG. Receptions were held at Bonn, JHQ Elmpt and Ramstein to mark the occasion as civic dignitaries from the German community were invited to join their British counterparts to raise a glass in a toast to our Monarch. PB



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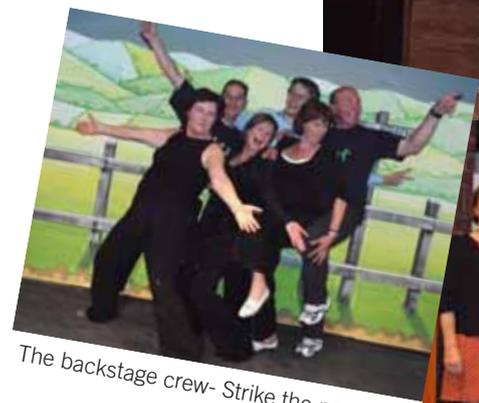
And for our younger guests and young at heart we have an 18 hole crazy golf course, rowing boats and a play area.

CATS- Blood Brothers

Photographs by Laura Vickers

Probably the best show in years is how many of the stunned audience summed up the masterful portrayal of Willy Russells powerful and emotive drama. There wasn't a dry eye left in the house or anyone who was not on their feet at the end of the performance. Simply breath taking. PB

Auditions for 'Scrooge' will take place in July- check the Isotronic notice boards for details.



The backstage crew- Strike the pose!



The band being cool!





"This is a special evening when teachers feel proud of their students of all ages, but particularly of those who are about to finish their education." This is how the Headteacher of Windsor School, Brian Davis summed up the evening in the Globe cinema. "It's an important occasion when we recognise the achievements of young people and it is essential to the life of the school, they are all worthy winners."

The Globe was full as the whole of year 11 received their Progress files and diplomas. Swelling the numbers were members of Year's 7,8,9, and 10 who had been nominated to receive awards for Academic, Community or Effort within the school. One of the highlights of the evening was the announcement of the Duke of Edinburgh's Award winners (Bronze, Silver and Gold). Nik Turk donned a pink pvc rain hat whilst naming the silver winners, apparently he had promised the recipients that he would wear the hat during an expedition to Cyprus earlier this year!

Brian Davis explained the reasons behind the evening, "This is part of a tradition and an opportunity for us to say thankyou to our students and that we appreciate them, but that's not all, we also say thank you to the parents who are the other side of the partnership, it's nice for them to see their children rewarded and recognised."

WINDSOR SCHOOL AWARDS

By Paul Baldwin



The Sixth Sense Trophy for Mathematics to;

Tracy Evans

The Howarth Award for Boarding to;

Junior; Tiffany Cutler
Senior; Stephanie Rae

The Kilbride Award for Academic Achievement to;

Martin Bateman (5AS Levels) Tracy Evans (Bath University) & Paris Gartzonikas (4AS Levels in his second language!)

The AFNORTH Award to;

Thomas Fieldhouse

The Kilbride Award for Progress in Studies to;

Sarah Wellstead (Bournemouth Art Institute) & Timothy Woods

The MEP Award to;

Rachel Gascoigne, Thomas Fieldhouse & Elizabeth Barnes

The Anne Farrell Outstanding Service Award to;

Thomas Walvin, Laura Vickers & Thomas Elliott

The RSU Commanders Cup to;

Rachel Gascoigne (Nottingham University)

The Duke of Edinburgh's Award (Bronze, Silver & Gold) to;

Laura Ceasar, Paul Withers, Michael Byrne, Georgina Davis, Jenny Gascoigne, Francesca Carlin, James Robinson, Michelle Blagdon, Heather Blandford, Richelle Drewery, Laila Freckleton, Rebecca Washer, Philippa Painting & Tom Fieldhouse

Year 7 Awards;

Academic; Callum Kelly, David O'Brien & Amy Beazley
Effort; Ceri Colman, Christopher Monger & Catherine Rose
Community; Elizabeth Davies, Ruby Painting & Chloe Burke

Year 8 Awards;

Academic; James Jochimsen, Ben Ord & Pinar Telli
Effort; Kelly Baldwin, Gillian Kirkland & Jasmine Wyatt
Community; Jack Dean & John Cofie

Year 9 Awards;

Academic; Katherine Elliott, Kristian Stanley & Sam Fidler
Effort; Maria Naisarani, Matthew Donald, Freddie Rowland & Daniel Wilkinson
Community; Jordan Walvin, Ben Brown, Mark Wheeler & Lewis Richmond

Year 10 Awards;

Academic; Laura Ceasar, Dilveer Chaggar & Lily Jochimsen
Effort; Enrico Lamanna, Karl Swithenbank & Abigail Moreton
Community; Ashleigh Pritchard & Emma Lackey

Year 11 Awards;

Academic; Liam Woods, Jane Gosney, Sam Parish & Luke McKenzie
Effort; Jessica Williams, Huw Bowdler & Victoria Perris
Community; Charlotte Brind & Daniel Coultas



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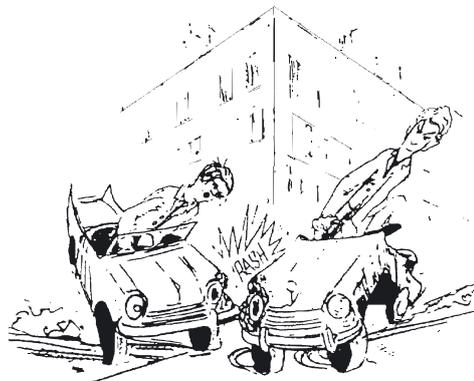
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Holbein Str, MG	09.20	10.23	11.00	12.03	12.38	14.03	14.40	15.43		
Bebricher Str, MG	09.23	10.20	11.03	12.00	12.41	14.00	14.43	15.40		
Danziger Str, MG	09.25	10.18	11.05	11.58	12.43	13.58	14.45	15.38		
Lilienthal Str, MG	09.33	10.08	11.13	11.48	12.51	13.48	14.53	15.28		
Hugo- Eckner Str, MG	09.35	10.10	11.15	11.50	12.53	13.50	14.55	15.30		
Main NAAFI, JHQ	09.48	09.55	11.28	11.35	13.05	13.35	15.08	15.15		
BUS STOP										
Community Centre, Wildenrath	08.50	09.55	10.15	11.25	11.45	13.45	14.00	15.10	15.30	16.40
Canberra Crescent, Wildenrath	09.00	09.50	10.25	11.20	11.55	13.40	14.10	15.05	15.40	16.35
Med Centre, Javelin Barracks	09.20	-	10.45	-	12.15	-	14.30	-	16.00	-
NAAFI Car park, Javelin Barracks	09.25	09.30	10.50	11.00	12.20	13.15	14.35	14.45	16.05	16.15
BUS STOP										
Community Centre, Wildenrath	08.55	09.55	10.20	11.25	11.50	13.45	14.05	15.10	15.35	16.40
Canberra Crescent, Wildenrath	09.00	09.50	10.25	11.20	11.55	13.40	14.10	15.05	15.40	16.35
Main NAAFI, JHQ	09.20	09.30	10.45	11.00	12.15	13.15	14.30	14.45	16.00	16.15

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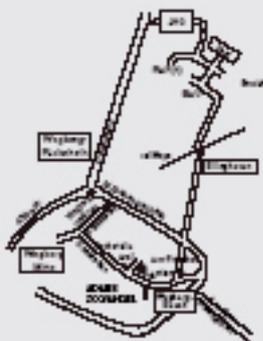
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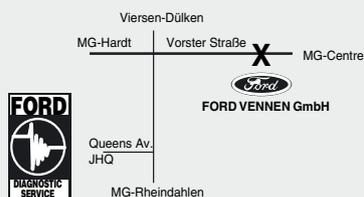
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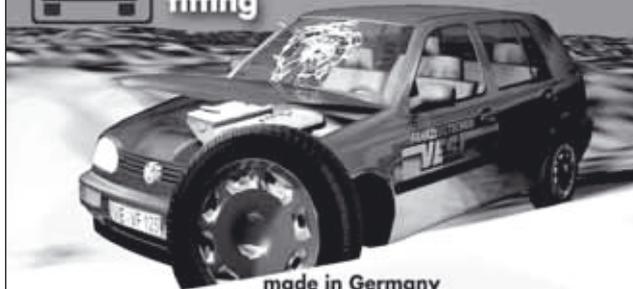
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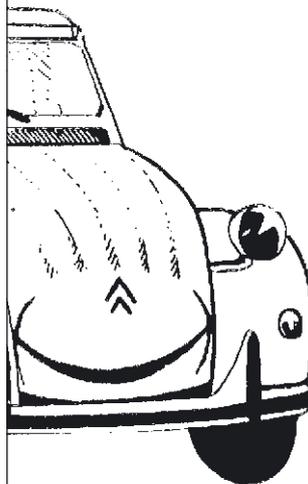
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RH/038

JULY

1	ATC Parade- Big House Elmpt WO & Sgt's Mess Summer Ball JHQ Film Festival- Globe Cinema. Madagascar (U) JHQ Film Festival- Globe Cinema. Grease (U)
2	Families Sunday Lunch- Echos (PMC) St Patrick's School Fete Concert. Bob Dylan- Gelsenkirchen, Amphitheater Concert. John Fogerty- Bonn, Museumsplatz Globe Cinema- The Da Vinci Code (12A)
3	
4	FIFA World Cup Semi- Final Globe Cinema- 16 Blocks (12A) Elmpt Station Community Meeting
5	ARRC Group Restaurant Night- Düsseldorf FIFA World Cup Semi- Final
6	Concert. James Blunt- Gelsenkirchen, Amphitheater Concert. The Ten Tenors- Köln, Philharmonie Globe Cinema- Failure to launch (12A)
7	Concert. Madness- Bonn, Museumsplatz Concert. Fury in the Slaughterhouse- Dortmund Concert. The Ten Tenors- Köln, Philharmonie Globe Cinema- The Da Vinci Code (12A)
8	RSU Families Day- Iron Duke Club, RSU Amsterdam Trip FIFA World Cup 3rd - 4th Play off, Concert. The Ten Tenors- Köln, Philharmonie Medieval Festival- Schloss Rheydt, ARRC Mushroom Park Trip, Globe Cinema- The Da Vinci Code (12A)
9	Families Sunday Lunch- Echos (PMC) FIFA World Cup Final Medieval Festival- Schloss Rheydt Globe Cinema- United 93 (15)
10	AWS Summer Programme Bookings Commence
11	AWS Summer Programme Bookings Charity Cycle Ride- Ayrshire Bks Concert. James Blunt- Köln, Open Air am Tanzbrunnen Concert. The WHO- Bonn, Museumsplatz Globe Cinema- United 93 (15)
12	It's a Knockout!!- Iron Duke Club Elmpt Station Cheese & Wine Tastin evening
13	AWS Meet a Mate BBQ- RYC Concert. Eric Clapton- Köln Arena Globe Cinema Event- Kinky Boots
14	Inter School Athletics Tournament Concert. Eric Clapton- Dortmund, Westfalenhalle Globe Cinema- The Wild (U)
15	Elmpt Station Fete, RSU Trip to Klein Zwitterland Inter School Tennis Tournament, ARRC Group- Sponsored 20km Bike ride & Advenutre Hike Churchill Mess Summer Ball Globe Cinema- The Wild (U)

Community

16	Families Sunday Lunch- Echos (PMC) Families Sunday Lunch- RFOM COMMUNITY EVENT - PICNIC IN THE PARK Concert. Jeff Beck- Bonn, Museumsplatz Globe Cinema- Poseidon (12A)
17	Concert. Joe Jackson- Köln Live Musis Hall Concert. Pet Shop Boys- Bonn Museumsplatz
18	Nijmegen Marches Globe Cinema- Mission: Impossible III (12A)
19	Nijmegen Marches Elmpt Station Cheese & Wine Tasting evening
20	Nijmegen Marches Concert. Liza Minelli- Bonn, Museumsplatz Globe Cinema- Mission: Impossible III (12A)
21	Last day of Summer Term- SCE Schools. ARRC Group Düsseldorf Fair & Frieworks Trip Concert. Manfred Manns Earthband- Warsteiner Hockey Park- MG Concert. SEAL- Bonn, Museumsplatz Globe Cinema- Poseidon (12A)
22	Cricket- BA(G) Vs NRWU- JHQ Concert. ABBA Mania- Warsteiner Hockey Park- MG Globe Cinema- Poseidon (12A)
23	Families Sunday Lunch- Echos (PMC) Concert. Billy Idol- Bonn, Museumsplatz Globe Cinema- X-Men: The Last Stand (12A)
24	HQ SCE Summer Holiday AWS Summer Activites Programme starts, Camp Adventure starts RYFC/ Burnley Football AWS Sailing Residential Adventure Camp, DofE Silver & Gold expedition
25	HQ SCE Summer Holiday RYFC/ Burnley Football AWS Sailing Residential Adventure Camp, DofE Silver & Gold expedition Concert. Herbie Hancock- Bonn, Museumsplatz Globe Cinema- X-Men: The Last Stand (12A)
26	HQ SCE Summer Holiday RYFC/ Burnley Football AWS Sailing ResidentialAdventure Camp, DofE Silver & Gold expedition Concert. Jamie Cullum- Bonn, Museumsplatz
27	HQ SCE Summer Holiday RYFC/ Burnley Football AWS Sailing Residential Adventure Camp, DofE Silver & Gold expedition, ARRC Group Bingo Night Globe Cinema- X-Men: The Last Stand (12A)
28	HQ SCE Summer Holiday Concert. Melanie C- Bonn, Museumsplatz Concert. Die Fledermaus- Open Air Classics, Monschau Globe Cinema- Curious George (U) It's a Knockout- Fun day
29	AWS Tennis School Concert. Rigoletto- Open Air Classics, Monschau Globe Cinema- Curious George (U)
30	Families Sunday Lunch- Echos (PMC) Brunsum Summer Fete, AWS Tennis School Concert. Eric Burdon and the Animals- Bonn Concert. Nabucco- Open Air Classics, Monschau Globe Cinema- The Omen (15)
31	HQ SCE Summer Holiday AWS Tennis School, AWS Sailing ResidentialAdventure Camp

Calendar

AUGUST

HQ SCE Summer Holiday AWS Sailing ResidentialAdventure Camp AWS Tennis School Globe Cinema- The Omen (15)	1
HQ SCE Summer Holiday AWS Sailing ResidentialAdventure Camp AWS Tennis School	2
HQ SCE Summer Holiday AWS Sailing ResidentialAdventure Camp AWS Tennis School Globe Cinema- The Shaggy Dog (U)	3
HQ SCE Summer Holiday AWS Sailing ResidentialAdventure Camp Globe Cinema- Ice Age 2: The Meltdown (U)	4
Globe Cinema- The Pink Panther (PG)	5
	6
HQ SCE Summer Holiday	7
HQ SCE Summer Holiday Concert. Stomp- Konzerthaus, Dortmund	8
HQ SCE Summer Holiday Concert. Stomp- Konzerthaus, Dortmund	9
HQ SCE Summer Holiday RSU Trip to Zoo Park Overloon. Concert. Stomp- Konzerthaus, Dortmund	10
HQ SCE Summer Holiday Concert. Stomp- Konzerthaus, Dortmund	11
Concert. Stomp- Konzerthaus, Dortmund	12
Concert. Stomp- Konzerthaus, Dortmund	13
HQ SCE Summer Holiday	14
HQ SCE Summer Holiday	15

HQ SCE Summer Holiday	16
HQ SCE Summer Holiday	17
HQ SCE Summer Holiday	18
Concert. Simply Red- Bonn	19
	20
HQ SCE Summer Holiday	21
HQ SCE Summer Holiday	22
HQ SCE Summer Holiday	23
HQ SCE Summer Holiday	24
HQ SCE Summer Holiday Bundeswehr International Military March Competition	25
Bundeswehr International Military March Competition	26
Bundeswehr International Military March Competition	27
HQ SCE Summer Holiday RYFC/ LAOLA Football School	28
HQ SCE Summer Holiday RYFC/ LAOLA Football School	29
HQ SCE Summer Holiday RYFC/ LAOLA Football School	30
HQ SCE Summer Holiday RYFC/ LAOLA Football School	31

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Tuesday - Sports and Social Club (behind
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Wednesday - Pegasus Building Wildenrath
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RH/260b

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RH/500_a

AFGHAN ANNOUNCEMENTS

The message has to be handed into your Welfare Office who will forward it to us at the magazine.

Message to be handed in no later than the 15th of each month.

To:

From;

Message;

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.....

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(Space for drawing)





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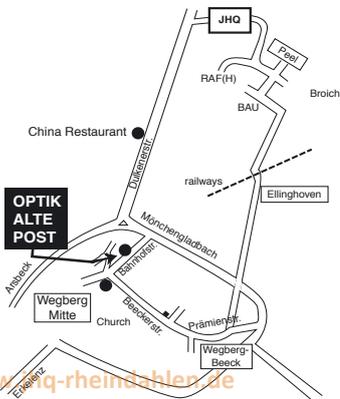
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I would like to take part in the FRONT GARDEN COMPETITION;

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Contact Telephone Number:.....

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By signing this application I give permission for pictures of myself and my garden to be used for publication in 'the bulletin' at a later date.

Send your application to: **SSgt Green 'Fingers',
RSHWO,
HQ RSU
BFPO 40**



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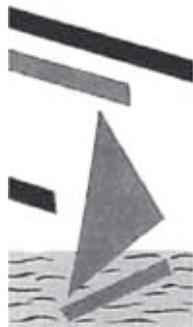
Sundays and Bankholidays

10:00 - 16:00



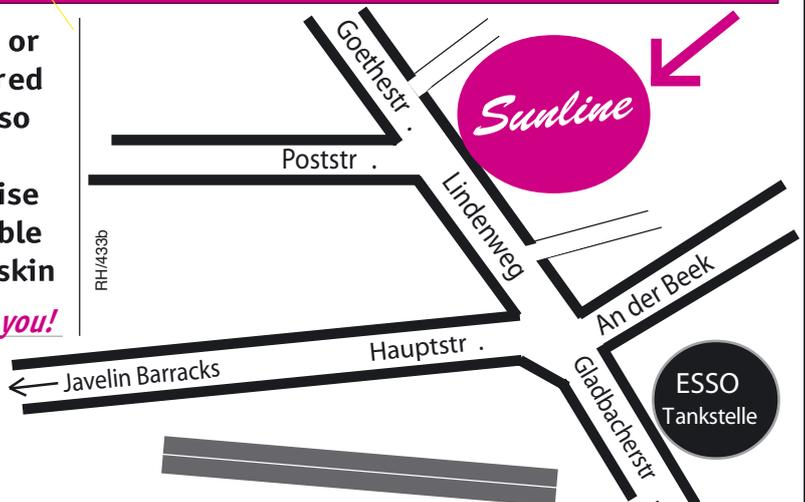
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The Next thrilling instalment (dahn dahn daaaahh..!)



By Jenny Naylor



Top Tip: When planting vegetables do not throw away the seed packet as it has lots of handy information needed after the seeds have been planted, for instance the likely time of harvest. I have a veritable forest of vegetable greenery in the patch however when Holly pulled out a huge radish plant so she could take it to 'show and tell' at nursery, the radish underneath would not even have fed a ravenous slug. It was however a radish, it was beginning to turn that wonderful deep pink, so off she went with her evidence.

Unfortunately now she knows how easily they come out of the ground she has been checking their progress almost daily. We had a long talk last night about the difficulties of putting radishes back in the ground if they are not ready yet. On the plus side as the Mummy Monster had 'tidied' the packets away this has been a helpful indicator that it was not yet harvest time.

As a working mum these glorious long sunny days are a brilliant opportunity to get out and about with the 'threenager'. There has been an avalanche of smudged and sellotaped Blueys flying out to BFPO 764 as Holly has been painting episodes from her day to send to Fun Dad, and everyone else she knows who is out there. She is particularly good at painting over the edges with the glue on!! I usually find I have to annotate pictures to give the addressee some idea of what it actually is. One particular picture involved a long story about her saving my friend from monsters at the



seaside! One can only guess what goes on in the mind of wee ones.

The weekends had really been beginning to get me down, after a particularly bad one, when I ended up walking round camp pushing the buggy for about three hours, then dealing with Holly having an epic tantrum in the NAAFI (in front of a queue of people for maximum effect), I made a command decision to not let boredom win. I have decided to plan at least one thing for each weekend even if it is just going to one of the local Saturday markets.

Sundays I thought were going to be a problem but not so if you look closely. A friend asked me if we wanted to join her and her son on a visit to the Mushroom Park in Roermond (which is open Sundays and Bank Holidays), it certainly proved to be a wonderful day out, all for the princely sum of 80 Cents entry fee. We took a huge picnic and the kids (three, lively, three year olds) had a whale of a time, culminating in a good soaking in the paddling pool, no cozzies, just pants and a t-shirt, the kids that is, not us. Not sure about the name of the park, must be due to the fact that 'Fun Guys' like us go there (sorry couldn't help it!).

Another weekend a bunch of us got together and ended up at Cologne Zoo (again open Sundays and Bank Holidays). You can go all the way by train but we chose to drive so the children could have a good sleep on the way back. We arrived bright and early (10.30am) unfortunately the bears were still asleep (must have been males) and the big cats were obviously waiting for their morning rations before doing anything active (again...). Thankfully the monkeys were amusing, if a little amorous, and the Flamingos went

down a treat with the girls due to their pinkness. We could however have saved ourselves the €24 (€12 for adults, free for under 4's) by taking them to a train station as they spent most of the time chasing the pigeons and sparrows.

Last weekend we also took advantage of the voucher in the Bulletin to go to the Brügggen Tier-Park (*Thanks for the plug! It's on page 44 this month. Ed*). Again we went with friends, and this time we had a daddy to help with all the mad running around while the mums chatted. It was a



lovely day, there are a good range of animals and a large play park with some very interesting variations on things that go round fast and swing lots. Well worth the trip, once you find it!!

By the time this is published the World Cup will be in full swing. I am pleased to say, in the absence of Fun Dad, the whole event is passing me by as I enjoy a house free from all things football. I have spent the money Fun Dad would have used to buy Holly the latest England kit on some groovy pink kiddie jodhpurs (Pony Hof here we come) and whilst I do hope England do well (and that from a Scot) as from experience, football fans are easier to deal with when they are happy than when they are 'robbed'.

Mummy Monster.



ARRC Group Families' Website

There is a website specifically set up for families of the ARRC Group during the deployment.

Step by Step Instructions to Open the Website:

1. Open your Internet Browser Window
2. Type in www.rrc.nato.int/rear_hq
3. Press 'Go' or Enter
4. The website should appear.

There is a wealth of information available which is continually being updated. You can find out about 'What's On' in JHQ, what the weather forecast is, link to the news pages about Afghanistan, read the Bulletin, get hold of emergency contact details and so on.

Log on and see for yourself.

If you have any suggestions about the website please contact Jo Oliver on 02161 565 5733 or email

whatson.rhine@googlemail.com



The ARRC Welfare Office:

Unit Welfare Officer:

Capt Mark Smallshaw – Tel 472 5739

Welfare Warrant Officer:

WO1 Wright – Tel 472 5738

Welfare SNCO:

Sgt Jo Morrison – Tel 472 5754

Events Coordinators:

Mel Hill – Tel 472 5634

email: rrcwelfare@hotmail.com

16 Signal Regiment Welfare Office:

Unit Welfare Officer:

Capt Steve Maclaren – Tel 02163 973761

Email Address:

The16SignalRegimentGrouping@hotmail.com

7 Signal Regiment Welfare Office:

Unit Welfare Officer:

Capt Gary Greaves – Tel 02163 974745

1 MI Bn Welfare Office:

Welfare Officer:

WO1 Boswell – Tel 02161 472 3746

14 Geo Sqn Welfare Office:

Unit Welfare Officer – SSgt Philip Roper

FORECAST OF EVENTS

5th July- Restaurant Night in Düsseldorf

Coach will leave at 1900hrs and return at 2300hrs.

8th July- Mushroom Park

In Roermond for children up to the age of 10 Coach leaves at 1000hrs and returns at 1600hrs €3.50 per person

12th July- It's a knockout!!

At Iron Duke Club (Sports & Social) Great day for all ages & BBQ 1700hrs- 2000hrs

12th & 19th July

Elmpt Station Cheese and Wine tasting evening

A variety of fine wines & cheeses from around the world. Cost €3. 1900-2100hrs

15th July- Sponsored 20km bike ride and Adventure hike.

For the Afghanistan School appeal. Leaving the ARRC Welfare centre at 1000hrs. Adventure hike leaves #2 Gym at 1000hrs, and pack a picnic! Contact Mel on JHQ Mil 5634

16th July- Picnic in the Park

Tickets at the front of the magazine.

21st July- Düsseldorf biggest fair ground and fireworks display

Coach leaves at 1800hrs and returns at midnight. €2.50 per person

27th July- Bingo Night

At the ARRC Welfare centre 1900hrs- 2300hrs €25 for 8 games

Day of Week	Event	Location	Timings	Contact
Mondays	Coffee Morning	Wildenrath Community Centre	0930 - 1130	Elmpt UWO
Tuesdays	Coffee Afternoon	Cheeky Monkeys Javelin Barracks	1245 - 1445	Elmpt UWO
Wednesdays	Coffee Afternoon	Wildenrath YWCA	1300 - 1500	Elmpt UWO
	Handelshof Shopping Trip	Handelshof	1100 - 1300	ARRC UWO
Thursdays	Coffee Afternoon	Cheeky Monkeys Javelin Barracks	1300 - 1500	Elmpt UWO
	Coffee Morning	ARRC UWO	1000 - 1300	ARRC UWO
Fridays	Shopping Trip	Various	0915 - 1200	Elmpt UWO
	Shopping Trip	REAL	1100 - 1300	ARRC UWO
	TGI Friday	RFOM	1600 onwards	RFOM
	Families Friday (All ranks)	RFWOSM	1600 onwards	RFWOSM
Saturdays				
Sundays	Sunday Lunch	Dutch PMC	1200 - 1500	Any UWO

Maj Taff Watts, Maj Chris Violet, Maj Martin Clarke, Lt Col Wilson, and Lt Col Bateman

Hello boys! Having a great evening losing all your cash at Bingo. Typically Mandy is the only one to have won. No clubbing, drinking, or wild nights out for us- This is much more fun!
Alex, Claire, Liz, Mandy & Katy.

Kelly Eaton

Can't wait to get home on R&R.
Miss you like mad (2months left).
Sean



Sue and Mattie Wood

Hi Dudes! Hope you are all well in sunny JHQ. Roll on Oct and even more sun.
Love you both zillions.
The Woodmeister

Sgt Pearson

To Dad, this picture is especially for you, hope you like it,
Love Amy xx
To Richard, just to say I love you lots and miss you loads.
Kathy, Adrian and Amy xxxx



Julie, Carlie & Owen James

A wee message to say I love & miss you'es millions. Can't wait 'till R&R.
'Till then take care and kids be good
Leigh

Special R&R Offer

Do you want somewhere romantic to have dinner; soft music, candle light, champagne- just the 2 of you?

The bulletin and the 'Kupferpfanne' have teamed up to offer you just that.



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Valid until 27th October. 1 Voucher per household



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Monday and Tuesday only open for group reservations.

AFGHANISTAN ANNOUNCEMENTS

Jade Davis and Kiki

Hi there, how are you? I am doing fine.
Missing you lots and will be home soon.
Love you and can't wait to see you both soon.
Love you lots, Alun xxxx

Wendy & Rebecca Cowley

Thanks for all the blueys and lovely birthday presents. Hope selling the car goes ok, and you have a great time in UK.
All my love and thoughts.
John

Mark Eames

Mark, 5 star hotel fab, facilities great, bars, gardens, fountains etc. Now I know how the RAF live! BBQ not up to your standards!! See you when I return from 'Holiday HQ ISAF'
Paula

Matt Fasham

Hi Sexy Bum!
How's the body building going?!!
Keep up with the training, before you know it you'll be going for your PTI course, the amount of time you spend in the bathroom.
Love P XX
(That's a crating!)

Jane Anne Lockwood

Hallo Jane and Cameron, I hope you are fine. I miss you like mad and I can't wait to go on R&R and sit in the garden and relax. See you soon Princess.
Love Carl xx

LCpl Aitken, HQ ISAF

Just a little message to say "We love you so much", can't wait for your R&R, we're counting down the days. Jordan and Imogen send you all their love. Can't wait for a kiss and cuddle. Lots of love, hugs and kisses, your loving family.
Jane, Jordan and Imogen

Lynda, Jennifer, Joanna, Jack and Deaf Toby dog

Weather's great, pool is perfect and the beer is cool. The only thing missing is you lot whinging!! Love and miss you all- Get that grass cut! Andy xxxx



Catherine and Bethany Waites

Happy anniversary to us, exciting wasn't it?! Things here as expected but hotter and I shouldn't have left my travel sickness tablets behind! Hope you are both well. R&R before you know it!
Love from Afghanistan xxx

Mrs RD Trebilcock

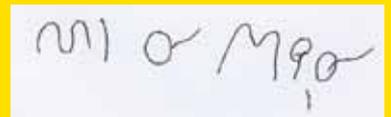
Hi, lots of love, miss you loads.
See you soon. TC

Cpl Simon Jones

Hiya Babe! Missing you loads, can't wait for your R&R, not long now. Me and the girls miss you loads, can't wait to hold you in our arms. We love you so much. Stay safe, keep smiling. You R my life always and forever xxxx
Lisa, Ellie-Paige & Macey-Leigh

Sig Newstead

Hi Baby, thanks for a fun 2 weeks, hope you enjoyed it as much as me. Missing you already. Kaylee stood again, getting brave. Little Mia is fine too. See you soon, take care.
Loads of love from Marie xxxx



W02 Darren Hill

Hope you are enjoying your R&R, it's great to be a family again, and we prefer your cooking! Love you loads, can't wait for your end of tour.
xxxxx Mel, Simon, Dome and Jessy xxxxx



Cpl Mark Taylor, HQ ISAF

Hi again Babe. Love U so much, need U now! Hurry home, not long for R&R. Missing U so much, kids send their love. Happy Fathers day, all our love and kisses.xxx
Love you Babe.
Anne- Marie, Mica Jordan

Lyndsey Greetham

To the love of my life. I hope you are well. Big hugs and kisses for Elliot and make sure he is nappy trained for when I get back... or I am going to extend!
Thinking of you both always, Love Damon x

Maj Keith Emmerson

Happy Fathers Day Daddy! We hope you enjoy your day and we can't wait 'til you come home. Miss you and love you loads.
Charlotte, Mummy and the little devil,
Sophie Pie! xxxx



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SUMMER ACTIVITIES FOR YOUNG PEOPLE 2006



SUMMER ACTIVITIES PROGRAMME

WEEK 1 24 - 28 July

Camp Adventure – Activity Club	24 – 28 July
Activity Week	24 – 28 July
Theatre Workshop	24 – 28 July
Dummersee Residential Y8+	24 – 28 July
Burnley Soccer Schools	24 – 27 July
Horse & Stable Management	24 – 26 July
Laser Quest & Bowling	24 July
Skiing & Snowboarding	25 July
Climbing	25 July
Canoeing	26 July
Windsurfing	26 July
Toverland	27 July
Sub Aqua	28 July

WEEK 2 31 July–4 August

Camp Adventure – Activity Club	31 July – 4 August
Activity Week	31 July – 4 August
Theatre Workshop	31 July – 4 August
Dummersee Residential Y6-Y7	31 July – 4 August
Tennis Week Y1-Y5	29 July – 31 July
Tennis Week Y6+ and Adults	1 Aug – 3 AUG
Laser Quest & Bowling	31 July
Skiing & Snowboarding	1 August
Climbing	1 August
Canoeing	2 August
Windsurfing	2 August
Phantasialand	3 August
Combat Kids	4 August
Sub Aqua	4 August

WEEK 3 7 – 11 August

Camp Adventure – Activity Club	7 – 11 August
Activity Week	7 – 11 August
MTV Dance Workshop Y2-Y4	7 – 11 August
MTV Dance Workshop Y5 +	7 – 11 August
Laser Quest & Bowling	7 August
Skiing & Snowboarding	8 August
Climbing	8 August
Canoeing	9 August
Windsurfing	9 August
Movie Park	10 August
Sub Aqua	11 August

WEEK 4 14 – 18 August

Camp Adventure – Activity Club	14 – 18 August
Activity Week	14 – 18 August
Music Workshop	14 – 18 August
Horse & Stable Management	14 – 16 August
Laser Quest & Bowling	14 August
Skiing & Snowboarding	15 August
Climbing	15 August
Canoeing	16 August
Windsurfing	16 August
Break Out	17 August
Combat Kids	18 August
Sub Aqua	18 August

WEEK 5 21 – 25 August

Camp Adventure – Activity Club	21 – 25 August
Activity Week	21 – 25 August
Music Workshop	21 – 25 August
Horse & Stable Management	21 – 23 August
Laser Quest & Bowling	21 August
Skiing & Snowboarding	22 August
Climbing	22 August
Canoeing	23 August
Windsurfing	23 August
Bobbejaanland	24 August
Sub Aqua	25 August

WEEK 6 28 August–1 September

Camp Adventure – Activity Club	28 August – 1 September
Activity Week	28 August – 1 September
MTV Dance Workshop Y2-Y4	28 August – 1 September
MTV Dance Workshop Y5 +	28 August – 1 September
Laser Quest & Bowling	28 August
LAOLA	28 – 31 August
Skiing & Snowboarding	29 August
Climbing	29 August
Canoeing	30 August
Windsurfing	30 August
Efteling	31 August
Combat Kids	1 September
Sub Aqua	1 September

SUMMER ACTIVITIES FOR YOUNG PEOPLE 2006

BOOKINGS START 10TH JULY

Booking Times:

Rhiendahlen 1000—1400hrs
10th –14th July Rheindahlen Bookings at Youth Centre
17th July onwards- AWS, Queens Avenue, JHQ

Elmpt and Wildenrath 0930-1200hrs
Bookings will be taken at AWS Offices, unless otherwise indicated.

Programmes and booking forms will be distributed through all SCE junior schools, youth clubs and AWS offices in early July.

BORING BUT IMPORTANT

Eligibility

The programme is available to dependants of service personnel and entitled civilians. Visiting relatives and friends will only be accepted on a fill-up basis having demonstrated that they have adequate Third Party Public Liability and Medical Insurance.

Payments and Refunds

All payments must be made at the time of registration. Refunds will only be made if:
·Your place can be reallocated
·No expense is incurred by the Army Welfare Service (AWS)
·AWS cancel the event

Activity Prices

Every effort has been made to keep costs to a minimum. Prices range from €5 to €50 for most activities.

Camp Adventure €60

LAOLA €80

Dummer See €170

All prices are per person and no discount is given for multiple bookings of siblings.

No EHIC+Passport No Trip

Those participating in activities that take them outside Germany must bring their own EHIC Card and Passport on each occasion.

NO BOOKINGS WILL BE TAKEN BEFORE MONDAY 10TH July 2006 ALL ACTIVITIES, DATES AND TIMINGS MAY BE SUBJECT TO CHANGE

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Uri Gagarin- It's like cream cheese!



By Jasmine Nicholson

On May 25th we had a fantastic 1960's day. We all dressed up in different costumes. I went as Uri Gagarin, others went as famous rock stars or hippies and everyday life 60's girls. In the morning we sung some Beatles songs and rehearsed for a groovy 60's assembly, for the rest of the children in St Andrews.

In our assembly we told facts about the history in the 1960's like space travel and the 1940's to the year 2000. We also did 2 dances one called the jive and the other called the twist.

After assembly it was time for lunch. We ate quickly because we all wanted to go the 60's disco. So after lunch all Y4 ran out of the hall, ate our 60's food, had our poster competition and went to the disco!

We danced and danced and danced. We were worn out! It was a fantastic way to end our fabulous groovy day!!!

'It's like cream cheese!'

'This will either be very exciting or rather boring for you depending how much you like art,' was how visiting artist Sue Deighton put the content of her art masterclass across to her 30 students in the Rheindahlen Rooms. It wasn't what I had expected, mind you my knowledge of art stops at the Mona Lisa, and Rolf Harris she certainly wasn't!

'You have to get the brush to draw,' Sue explained as she led her class in the intricacies of brushes with round, pointed and square tips, various types of paint, oils, crayons you name it Sue knew about it. Having taught for more than 30 years and exhibited at the Royal Academy amongst others it definitely was not, 'Can you tell what it is yet?'. Sue had spent a week at JHQ visiting schools and as CO RSU said 'Sue has been an inspiration to the children.'



Sue likes to think of herself as an impressionist (the fragmentation of the surface, the paint is mixed on the canvas rather than on the palette- are you impressed? Sue told us that!). But if your hands are itching to pick up a pencil then the best way is to get a small sketch pad, a pencil, pens and 7 crayons, why 7? Because that's all the colour you need!

The majority of Sue's paintings feature African animals and you needed to be adult to listen to her descriptions of the breeding habits of the African Elephant, believe me. Sue has painted pictures with elephant dung 'exported' from Zimbabwe in a tea pot cover (it's all in the microwaving apparently!) 'It's all about getting hands on and getting used to colour, spread the paint like it's cream cheese' Sue said, 'I'm here to prove that art is for all'. PB



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Sunday 11.00 – 22.30 (Bar later)



WHITSUN CAMP at HAUS St. GEORG, WEGBERG

The sun shone this Whit weekend as 1st Münster Guides joined up with 1st and 2nd Rheindahlen Guides for a three day camp on the German Scouts' Site at Wegberg, near JHQ.



The girls practised putting up their tents and making their bedding rolls at Guide meetings before the camp and their teamwork skills certainly bore fruits as the camp sprang up from nowhere!

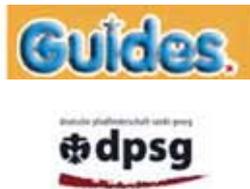
On Friday afternoon, the girls played what is known as a 'wide game', comprising a number of challenges based on a theme. The plot had the girls stranded on an island, with survival challenges to master. To complicate matters, the girls were tied to their team mates by the wrist and each had to carry a raw egg (in a plastic bag) around with them for the duration of the game, without breaking it – and all this whilst watching out for the island natives (i.e. the Guiders and Young Leaders) who were infected with fungal spores (i.e. flour bombs) which, once airborne, could easily spread...

Saturday saw the campers heading for the river Niers, near Grefrath, for a canoeing venture which almost didn't happen - we are all very grateful to qualified canoe instructor QMSI Corley from 7 Sigs Regt, Javelin Barracks, for stepping in at the last minute when our instructor suddenly couldn't make it – THANKS, SPIKE!!! The girls did really well and soon picked it up. It is a beautiful stretch of river, with swans, ducks, dragonflies, moorhens, the odd frog...CLONK! Oops, hit the bank again, too busy looking and not paddling!



New Guides take their Promise

Guides is as popular as ever, and with an influx of new girls, the campfire at Whit weekend saw eight girls take their Guide Promise, making the whole camp extra special; Imogen Day, Danielle Mutch, Kayleigh Snow, Dana Browne, Annie Fidler, Anja Samy, Rebecca Taylor and Lauren Williams



20 years long service

The celebrations continued at camp as Mrs Kerry Holthuisen was presented with her 20 year long service certificate, brooch and a bottle of bubbly. Kerry has been a Guider on JHQ for many years, working with all units from Rainbows right through to Rangers. Her mum was a Guider and first took Kerry with her to Guide camp when Kerry was a toddler. "So I've actually been involved in Guiding for much longer than my 20 years as a Leader," said Kerry. "I became a Guider when I was nine...!", she joked. Congratulations and many thanks for all your hard work, Kerry.

Mrs Kerry Holthuisen (left), receives her 20 year long service certificate and brooch from Mrs Veronica Hynes, Assistant County Commissioner for British Guides in Germany



BFBS Radio 2 presenter Richard Astbury is retiring from radio after 38 years with the company. The distinctive dulcet tones of Nasters Asters will be sorely missed from the airwaves as he enjoys a spot of R&R after a full and hectic career. Gerry Waters caught up with him as he prepared his last show and reminisced over his time as one of BFBS's much loved 'larger than life' DJ's.

"I joined BFBS on the 9th May 1969, my first posting was Cyprus and I was really enjoying it and having a lovely time and it's like anything else in BFBS as soon as you're well established they move you on. So I only spent 18 months in Cyprus, in the good old days before the war, I was then posted to the legendary Cologne. In those days I made frequent trips to Rhe-

indahlen mainly to the NAAFI but there wasn't much of a studio, there was a small place in an office block and that was about it. BFBS in its present form didn't exist at all.



CHEEKY CHAPPIE

" I did 4 years on the mid morning show, chatting up the housewives I was very politically incorrect in those days, I used to talk to a lot of the wives whose hubbies were in Northern Ireland. Very often they were young wives who had never been abroad before, left on their own with young kids it was my job to cheer up their spirits and I was always very suggestive with them.

" One birthday whilst I was presenting the morning show I went on air just after the nine o'clock news and they played in my theme tune from the control room and as I opened my microphone I realised that the tune was playing and I wasn't talking over it.



in Herford since the autumn.
ON THE MOVE AGAIN

“ Anyway after 4 years of great success in Cologne I was moved on to Berlin and I ran our Berlin studio. Of course the wall was up in those days and it was a very interesting place to live but only again for a relatively short amount of time until March of '78 when I was asked to run Malta. The diplomatic situation was very difficult with Dom Mintoff the prime minister at the time; I was only there for a year as my job was to run it down. I closed it down twice in fact, Dom Mintoff in the summer of 1978 instructed the British Government to close the station so we were closed for three months before we reopened and then we were on the air until March 1979 until all the British pulled out. We were very popular. The people didn't want us to go, it was very emotional, I actually cried when I handed over the keys to the Malta Government.

After a quick year's posting to Cyprus I was called back to Cologne as programme director for 5 years. Those were good days, they were great days, and I had a wonderful boss Dick Norton, now deceased. He was probably one of the best bosses I ever had, he was a great charismatic character, we had lots of visits to various outside broadcasts and of course the Eurovision Song Contests.

There was a pre recording of a 3 year old wishing me a Happy Birthday, which took me completely by surprise. And as you know my son Andrew has been with BFBS



POP AROUND EUROPE

“It was Dick's idea for the new programme. I didn't want to do the show originally. Commercial radio had started in the early seventies and BRMB in Birmingham offered me a presenting slot. I accepted the job and then went off to Berlin to do some outdoor broadcasts and had such a wonderful time I changed my mind. They weren't too impressed. The show itself reflected what was going on, on the music scene around Europe and I said, “I didn't think it would work”. I very reluctantly had a month to prepare and got to know what was going on in the European charts and I ended up doing it every Sunday afternoon for 5 years or more.

I carried on doing it in Berlin and then it was suggested that I do it again in the early eighties for another five years. That's what took me to the European Song contest on many occasions and that's when I really got to know ABBA of course. I was actually there when ABBA won the contest in 1974 in Brighton and I was invited to fly on their private jet.

A BREAK'S AS GOOD AS A REST

“Back in the early eighties my first marriage broke up. I decided to move out of BFBS as I felt I was getting a bit stale and wanted a bit of a challenge. I was offered a job to run Rivera Radio in Italy, an English language radio station. I said I'd take the job if I could take a year off, so I got a sabbatical from BFBS. I left in the May of 1985 and I stayed there for 18 months and then I returned to London in January 1987 and was posted after 3 months to Belize. After 7 months I returned to run BFBS in Paddington.



THE MAN ON THE TELLY

“Getting into TV was a pure coincidence. A man called Gordon Randle was in charge of BFBS Television whilst I was running the Paddington Radio studios. He asked me if I had ever considered doing television presentation and I said, “No I'd never thought about it”. And he said “Why don't you start thinking about it as you might be quite useful to us for a UK based programme called Scene There”. So I tried it out and started presenting a weekly programme of service stories originating from the UK.

That was the time when the Balkans crisis was starting to blow up and there was a great deal of activity in the United Kingdom of troops being deployed to the Bal-

kans. Scene There was being presented from Chalfont whilst Scene Here came from Rheindahlen. Then they decided to up sticks and move the whole programme to the UK and it was then they asked me

work for me." So I worked for BFBS for 3 days a week and for 2 days a week for 6 months I worked for Jim and helped him set up his British Forces Foundation. It's still in existence today but not funded by the MOD, it's not as prolific as CSE.

BACK ON THE AIRWAVES

"After a while I was going to leave all together and they decided to take me back onto Radio. I hadn't actually been on the air for ten years so when I came back on the relaunch for Radio 2, I didn't really know whether I could sound like a radio presenter does again. I didn't want to do it at all, I didn't want to go back on air, I was scared that I wouldn't be able to do it properly. But I feel now that the afternoon show is going better than ever and it's better to go out on a high than when you're on a low. And the degree of support from everyone around the world has been absolutely unbelievable, I'm very, very grateful for all the wonderful emails I've had.

ago when I was given the MBE for my contribution to broadcasting to the Forces - that meant an enormous amount to me. When I was given the MBE I was sent over 120 letters and emails from people who I hadn't heard from for years and some people I hadn't met. Doing a job like this you can't be liked by all of the people all of the time but I think most of the people most of the time appear to have enjoyed what I have been doing most of the time.

FINAL CURTAIN CALL



The ultimate accolade came 18 months

to continue to present it live with Petrie Hoskins and subsequently it became BFBS Reports.

FIVE FUN FILLED YEARS

"BFBS moved to Chalfont and I'd only been there a little while when I was asked to take over Combined Service Entertainment. I had five years of fun touring all over the world with shows, I took the Stranglers to Bosnia, Bobby Davro to Germany and we rock and rolled around the Balkans, the Falkland Islands and Cyprus.

Then they virtually closed down the operation of CSE and it looked like I was going to be made redundant. But I'd got to know Jim Davidson really well because he worked for CSE and he said "what! - They gonna get rid of you Rich, you wanna just tell 'em to bog off, come and



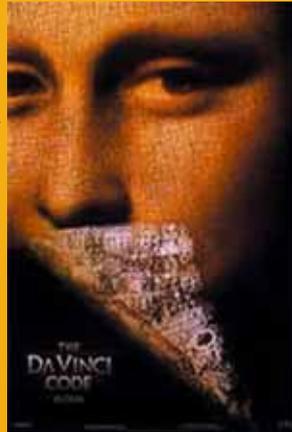
"Well I suppose it's an end of an era in many ways, yes, there have been quite a lot of end of eras, I feel a bit like Frank Sinatra always announcing my last concert. Although I'm very sorry to go I was actually supposed to retire 2 years ago when I was sixty but Charles Foster the boss asked me to stay on an extra couple of years.

I always knew once these 2 years were over I would be leaving. So I am leaving, I'm leaving the full time staff and that comes to an end on the 9th June".

OR IS IT?

I'm gonna take 3 months off during the summer and then I'm gonna come back in September to present Classic weekend breakfast and also present the new BFBS Reports which goes to 3 days a week.

When an elderly curator of the Louvre is murdered inside the museum, Harvard symbologist Robert Langdon is called upon to decipher a strange symbol found near the body. Joining him in his adventure through Paris and beyond is a talented French cryptologist, Sophie Neveu. Together, they discover a trail of clues hidden in the works of Da Vinci.



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"The film opened in the spring of 2006; the protests started straight away."

-- Richard Horgan, FILMSTEW.COM



"The book that everyone owns and no one has read becomes the movie that everyone is excited about and can't tell you why."

-- Joshua Tyler, CINEMABLEND.COM



"You cannot make a convincing case against terrorism by showing one graphic scene after another of cold-blooded murder."

-- Frederic and Mary Ann Brussat, SPIRITUALITY AND HEALTH



"Daniel Craig echoes the sentiment of soldiers and architects for peace everywhere, "Let us do our job." That's all Spielberg is doing and he does it better than anyone."

-- Erik Childress, EFILMCRTIC.COM



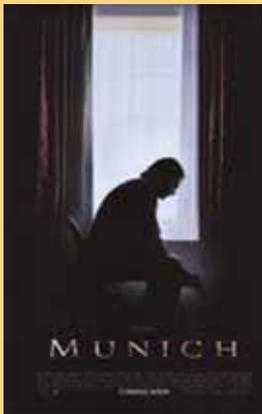
"A film of uncommon depth, intelligence, and sensitivity, Munich defies easy labelling."

-- James Berardinelli, REELVIEWS



"If this is a valid detailing of how the Israelis actually operate, then its primary virtue is in that revelation because sympathetic involvement isn't much provided by the script."

-- Jules Brenner (FC), CINEMA SIGNALS



Tell us what you think of the Globe cinema, and SSSVC cinemas in general. Do you like the service, do you like the choice of films, what would you change?

Send in your answer and win a family ticket to the Globe Cinema at JHQ!



Elton John's Peach Tree Road Tour, brought the singer to Mönchengladbach recently when, on 6th June he performed in the Borussia Park Stadium promoting his new CD, 'Peachtree Road'.

Not having been to a concert in Germany before, it was surprising to see that the vast majority of the audience remained seated for most of the performance and I would guess that the few who could not restrain themselves from dancing and singing were almost entirely from the British community. It was not until the show seemed to be drawing to a close and the star's cars were seen pulling up to the back of the stage, that the bouncers' seats were removed from the front of the stage and a crowd surged forward. "Standing right in front of Elton John and watching his fingers mastermind the piano keys to produce such fantastic music was a night I'll always remember!" enthused Sally Gosling later, a long time avid fan who was one of those who managed to get right to the front. At that point Elton broke into Crocodile Rock and the party got going, performing a dozen or so of his most popular numbers before making a very slick get away.

He and his entourage left the park in a couple of black limousines and vans, directly to a waiting helicopter which wasted no time



in whisking them away. Speculation was rife regarding their destination, perhaps the Black Forest to join Posh & Becks for a post concert, pre World Cup party. Maybe they had even been part of the cavalcade - who knows? We didn't, but we did have a really good night, a post concert bratty and a very short drive home.

Elton John

By Di Burke

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Warthog!



Goodbye Warthog

By Di Burke

On Monday 19th June the Beavers said goodbye to John and Eileen Leber, who have been very active members of the Rheindahlen community for the last 3 years. John is a member of staff and very popular key-worker at Woodlands Nursery and has also instructed many youngsters at Roermond Sailing Club.

After stepping in to the breach to prevent the 1st Rheindahlen Ottawa Beaver Colony from closing, two years ago John has devoted a huge amount of his time and energy into the running of the Group. "It has been great, to have a male figure around to lead the colony", said Sharon Lindstrom who assists John, or Warthog as he is known to the Beavers, "the boys really listen to him. He and Eileen will be missed very much". Eileen has done a great deal of work producing the newsletters and planning behind the scenes and she too, was thanked by the group for her commitment.

John, Eileen, Callum and Andrew are off to East Kilbride in Scotland, where John has already accepted a position with another Beaver Colony. All of the boys and helpers at the 1st Rheindahlen Ottawa Beaver Colony are very sad to see the family go but wish them all the very best of luck in their new home.

Would you be interested in taking on John's role with the Beaver Colony and keeping it running? It is a great opportunity to do something really rewarding for the community, volunteering with young people. There is a good team of support in place with Sharon and the parent helpers and you do not need to be a fully warranted leader already, training can be provided. For more information contact David Haigh on 472 2805 or Sharon Lindstrom on 559224.



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Three Legged Races

By Di Burke

The second gymkhana of the year was held at the Rheindahlen Saddle Club in late May.

The gymkhanas are intended to allow all members a chance to meet one another and enjoy ponies and riding, as a group. Children have lessons on different days and only meet others in the lessons prior to or following their own. At the gymkhanas they are able to meet, mix and share their experiences and love of the ponies. There is no pressure and it is a fabulous opportunity for inexperienced riders to compete in team events in a relaxed and fun atmosphere.



Teams were organised with a mixed age and ability range with an instructor in each team. Siblings were teamed together, which allowed them to cheer for one another and meant the families could watch just one team – a great idea, for which, I for one, was very grateful.

Events were mainly relays, with the riders expected to perform a variety of tasks; from dropping bean-bags into buckets or collecting flags, with their ponies (who were none too keen on the buckets or the flags), to three legged races - without the ponies I hasten to add. The less experienced riders were able to join in all of these events, as their ponies were led for them.

The Saddle Club once again kindly donated the use of the ponies, which kept the costs down and allowed all of the funds raised, at €10 per child entering the event, to be donated to the Saddle Club. Funds raised go towards the purchase of new ponies and equipment. Several of the current favourites are coming to the end of their time with the Saddle Club. It is best not to keep a pony within a school environment for more than 6 years, so they are moving on and new ponies are arriving.

“Gymkhanas are all about taking part, whatever your level of experience”, said Lil, “they’re about having fun”. Although my daughter has competed in a couple of riding events at the stables, the gymkhana was very different. As a complete non-riding Mum I found the whole event gave the children (who have been having lessons for about 6 months) and me, a very relaxed and totally enjoyable introduction into competition.



The organisers Lil and Lorna received hearty thanks from the team members and the parents who all enjoyed a great day. Sarah Paterson was also thanked for her assistance with the scoring and Elaine Draper for the refreshments. The ladies hope to hold another gymkhana during the summer. As Lil is off to pastures new, the Saddle Club is looking for a new Events Rep to take her place. If you would like to find out more please call the saddle club on 472 2992.

RHEINDAHLEN AND ELMPT SADDLE CLUB- TEEN CLUB

By Sue Davis



There's a new club at the Saddle Club which has been started specifically for Year 7s – late teens. Its for teenagers (& almost!) who are competent riders but you don't need your own pony nor do you need to be regular riders at the Saddle Club – temporary membership can be arranged for the holidays.

We started last Easter holidays with dressage & jumping sessions and a hack out in the woods. Last half-term we continued with another hack – this time early morning (6:30am!) which we all know teenagers are no good at! Also a masterclass dressage training evening with some fabulous instruction from Michelle Tilleman and some less demanding flatwork. Although the riding is important, just as crucial and enjoyable is getting the horses ready together and just talking “horse”... well, perhaps not

much conversation at 6 in the morning but for the rest of the time it's fun! The club members also manage to arrange a social evening too – work hard, play hard!

During the summer, I hope to continue the club & run regular training sessions, hacks, & some unmounted rallies too so... if you can ride but just don't have the time to get down to the Saddle Club regularly, or perhaps you are back in UK during term time, and if My Little Pony is missing from your life – then get in touch! More information from Sue Davis – Tel: 308 6258, or from the Saddle Club – (472) 2992.

The picture shows Pippa Davis, Isobel Draper, Robyn Wiles & Sarah-Louise Harrington, with their equine stars at a Teen Club dressage evening in May.

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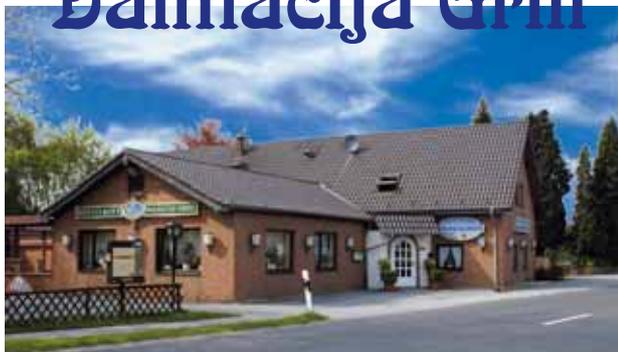
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“More rugby please!”

Mini Rhinos Rugby Tournament

By Di Burke

The Mini Rhinos' Rugby Tournament was held on Sunday 11th June, with teams invited from all over BFG and from the German Community. The day was organised by Sgt Andy Farrer, Secretary of JHQ's Mini Rhinos, who put a huge amount of effort into the organisation of the teams and the event as a whole, both prior to and on the day.

As a few of the visiting teams were unable to make it and a couple were low on numbers, some last minute changes were required and some of



the players are to be commended for gamely joining other teams to even out the numbers. This did not detract from the success of the event, or the enjoyment of the players and spectators who were out in full force, giving excellent support to the games.

Play and sunshine continued throughout the afternoon and it was a great day for everyone involved. “An excellent standard of rugby was played at all levels,” said Andy Farrer, “Well done!”

The teams who took part were: Rheindahlen's Mini Rhinos, Aachen, Bonn, Hurth, Koln, Dusseldorf and Krefeld, but the Rhinos won the day, with the teams taking first place in three of the four categories.



Category	First	Second	Third	Fourth
Under 17s	Rhinos	Hurth	Bonn	
Under 15s	Rhinos B	Hurth	Rhinos A	Koln
Under 13s	Rhinos	Aachen	Hurth	Bonn
Under 11s	Bonn 1	Aachen	Bonn 2	



Ian Davies, Club Chairman thanked Andy Farrer for all of his hard work in organising the event and stated that “Rugby is the winner!”. Comd RESG Brigadier Max Marriner presented the trophies and medals to the teams and he reiterated Ian's words, adding “More rugby please!”





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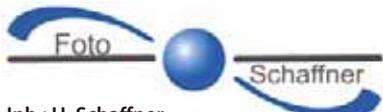
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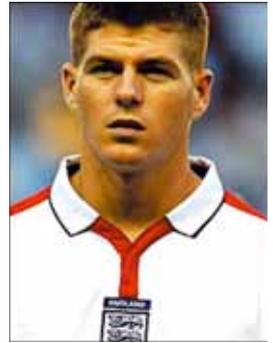
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ENGLAND TEAM MASCOT

By Media Ops BFG



Eight-year-old George Sheath was the lucky winner of the McDonalds Mascot draw for the preliminary round of the Fifa World Championships. He was the only child from the British Forces Germany communities chosen to be a mascot for the England team. His dad Jason, is a Sergeant serving with 16 Signal Regiment in Elmpt where he lives with his mother Catherine, his six-year-old brother Toby and his little sister Eloise, aged three. George was a mascot for England's first match in these prestigious championships in Germany. The match against Paraguay was played in Frankfurt on Saturday 10 Jun. He is one of 33 lucky children chosen to be team mascots for the three matches of the preliminary round and had the honour of holding Steven Gerrard's hand at the start of the match, and during the national anthems.



George, who is a very keen footballer, plays in two local teams, one of which is the Rheindahlen Youth Football Club.



It is the only Germany based development club to conform to the FA charter standards. The club was asked to support the draw and George's name was pulled out of a hat. His mum Catherine broke the news to him at school – it left him speechless. He said: "I thought that my Mum was pulling my leg so I didn't say anything. When it sank in, I was shocked and so very happy. We sang in the car on the way home from school. I don't mind which player's hand I can hold but Beckham would be great. I was allowed to watch the match with my dad. I want to be a professional footballer one day."

More Success for RYFC

By Bev Jarvis



On a weekend in late May the Bambinis and "F" age groups represented RYFC at a local tournament hosted by Rott Weiss Venn. The Bambinis, playing on a very dull and overcast Saturday were unlucky to lose their first 2 matches by a single goal having had the majority of the possession in both games but they soon got into the swing of things and won their remaining 3 matches comfortably with scores of 4-0, 5-1 and 5-0. Overall they finished a creditable 3rd place (out of 6 teams).

The squad was: Samuel Lacey, Charlotte Jarvis, Zach Beacom, Kieran Williams, Lewis McAlpine, Maurice Gedney, Harry Phoenix, George White. (Green & White striped shirts)

On Sunday it was the turn of the 'F' age group. Thankfully the torrential rain from the previous evening had dis-

appeared and the whole day remained sunny. Their first match against the host's 3rd team saw an impressive 3-0 victory. Their 2nd match that looked as if it might be their hardest was against Venn 1. The team played magnificently and ran out 5-1 winners. A vital 1-0 win against FC Dohr put the team at the top of the league. A draw in their 4th match meant that they only needed to draw their final match to win the tournament. Once again they turned on the style and had a very impressive 2-0 win over Vikoria Rheydt.

The winning squad: Charlie Davies, Dery Sausman, Ethan Jones, Daniel Jarvis, Jordan Sawyers, Dylan Banks, Jonathon Keohane, George Bartlam, Bradley Coleman and Kaylem Wilkinson.



JAPAN WIN ISAF MINI WORLD CUP

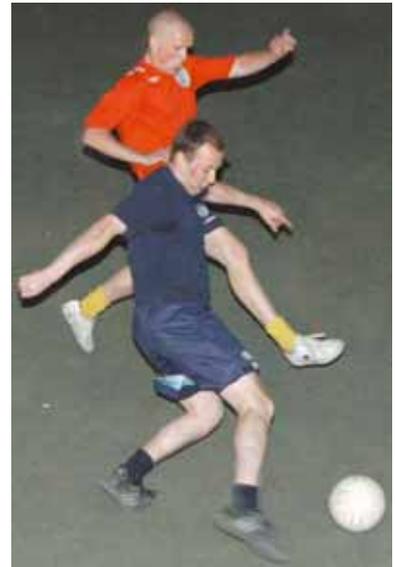
ISAF soldiers play for charity in mini-World Cup

By Staff Sgt. Brian Lamar, HQ ISAF

HQ ISAF personnel took part in a mini-World Cup tournament, organized by Cpl. Mummery, for the Sandy Gall Afghan Appeal. 32 teams, who took on the identities and represented countries from around the world, battled it out in a no-holds barred finish that left Japan and Ecuador in a final showdown.



To kick off the final, the Japanese and the Ecuadorian national anthems were played while Lt. Gen. David Richards, the Commander of ISAF, greeted the players. During a speech at the award ceremony after the tournament the Commander addressed all the players. "I am really proud of you (players) and what you have achieved by helping these deserving people (Afghans)," he said.



During the tournament, Japan waded through the onslaught of 7 teams to come out on top in the finals with a win over Ecuador 2-0. "It was a very physical tournament especially when we played the England team," said Lt. Jim McDonnah, the captain for Team Japan.

Although the Japan team celebrated a sweeping victory, they are still remembering the hard-fought battle in the semi-finals against one of the ruthless and most physical teams. "We are just an average team and this is the first time we've played together. We knew that if we could beat England, we could go all the way," Jim explained.



Over the span of the competition, spectators and players gave donations with 1,100 Euros being raised. This added a sense of purpose to the tournament. Each player paid an entry fee of five Euros. "Many of the guys got involved because it was for a good cause," said Jim. "It was just a few bucks to us, but together we achieved something great. It makes us feel good to know that we have helped make a difference."



Inter School Hockey Tournament

By Di Burke

On Monday 12th June, girls and boys teams from Andrew Humphries, St Andrew's, St George's and St Patrick's Schools met at the Astroturf in JHQ, for their Interschool Hockey Tournament. The children were

drawn from years 3 and 4, with most of them having attended after-school hockey clubs in preparation for the tournament. The children all played incredibly well and for the parents who were able to come and support their youngsters it was a real treat to watch them.



"Hockey is still a relatively new sport for the children, so the tournament will run with this in mind. The umpires will coach and officiate in equal measures, allowing the children to understand and appreciate the game as well as compete against other schools", said Mr. Steve Wilkinson, Curriculum Development Teacher for PE, who coached many of the children involved, in the months prior to the tournament.



It was incredibly hot on the day, with little or no shade available either on the pitch or off, but it was evident that the children thoroughly enjoyed themselves despite this, putting everything that they had into the matches.

The tournament really was a great success and many people would like to see the sport develop further within JHQ. Mr. Dave Reeves, Curriculum Development Teacher for Music, organized the event and officiated on the day. "This has been a great start and we must try to build on it and keep the children playing the sport",

DÜSSELDORF/KABUL MARATHON CHALLENGE



ISAF couple put others first.

By Staff Sgt. Brian Lamar, HQ ISAF

Maj. Phil White and his wife Fi wanted to make a difference in the world. In order to do that, they decided to raise money for the Sandy Gall Afghan Children's Appeal and the Army Benevolent Fund by running a marathon together while they were apart.



Phil was determined to keep his promise to his wife that he would run a marathon at the same time she did. The only problem was that he would be deployed while Fi was participating in the marathon in Düsseldorf on May 7th. In order to keep his promise, Phil ran 79 laps on a 560-metre track inside the ISAF HQ compound.

"I think the idea of completing 79 laps on my own could have been quite a challenge. The fact that Rob Thompson agreed to complete the distance with me to the end and so many of the staff came out to run a few laps made a huge difference," Phil explained, "I am really grateful to everyone else who came out to cheer us on and for the tremendous support from all of the HQ ISAF staff and everyone else who sponsored us." The pair were able to raise a little over a thousand Euros from the donations made by friends, family and colleagues.

Even though Phil finished with a time of 3 hours and 51 minutes and beat his wife by 8 minutes, once he started, he soon realised the trouble he was in, "I quickly began to regret it (the marathon), it was probably because of the altitude and the heat," said Phil. To combat the elements, he began at 4:40 a.m.

Friends and colleagues gave him support during the run, "Maj. Rob Thompson (Operational Analysis Branch) ran with me for the entire marathon. The Chief of Staff (Maj. Gen. Chris Brown) and Brigadier Pope also joined in for a couple of laps," Phil surmised, "The feeling that I have now is very rewarding. When you drive around Kabul, it is plain to see that the children have very little. The last ten laps were beginning to be quite tough but we were able to push through it. I just kept going because I knew that I was doing it for a good cause."

he said. "For me, hockey has been 7 days a week, for 30 odd years – it really is a sport for life". On being asked whether he had considered starting a Rheindahlen Hockey Club, Mr. Reeves admitted that he would love to and that he has already discussed with the Army Welfare Service, the possibility of something alongside the

youth activities over the summer holidays. His sons, who both play in the UK for Milwall, should be available to assist in providing coaching.

It would be a particularly good time to build on the current interest recently generated by the tournament, as the Men's Hockey World Cup will be taking place right here in Mönchengladbach, from 6th-17th September. In fact, our Editor, Paul Baldwin, will be covering the event alongside BFBS presenter, Gerry Waters.



In the meantime, back in JHQ, Mrs Brenda Tittley, Head Teacher of St Andrew's School, is hoping that another informal hockey tournament between the schools, can be arranged before the end of the summer term.



	First	Second	Third	Fourth
Boys	St George's	Andrew Humphrey	St Andrews	St Patrick's
Girls	St Andrew's	St George's	Andrew Humphrey	St Patrick's

Afghan National Side v ISAF IX

By LCpl Vinnell, HQ ISAF



Think of Afghanistan and you probably don't think of cricket. But the Afghan national team is on its way to England for a tour, and guess what - they are pretty good.

Their final warm up game took place in Kabul on Sunday against ISAF (International Security Assistance Force), a team made up of British Army soldiers and officers. It was one-sided, to say the least. The ISAF team were crushed by 153 runs in a 20/20 'international'.

Afghans have been playing the game since around 1992. They originally learnt the game in the vast refugee camps of Pakistan. The Taliban regime once banned it, reportedly because they thought it was an American game. On the fall of the Taliban in 2001, hundreds of enthusiasts came home and brought the game with them. Since then, cricket has boomed. The game is played all around the country - all 29 provinces have a team. Only buskashi and football are more popular than cricket. Buskashi by the way is a bit like polo, but instead of using a ball and sticks, they use the carcass of a goat.

Growing up in Afghanistan is, it is fair to say, a bit of a rollercoaster ride. That, therefore, is the way they play their cricket. They hit it hard and a long way, and they bowl fast. No Asian team would be the same without a couple of mystic twirlers either. The Afghans had an off-spinner and a leggie who turned it miles. The ISAF batsmen - and some of them are decent players - were no match.

Not all the Afghan first XI played in this match either. Their opening bowler, Ha-

mid Hassan, is thought to chuck it down well over 90mph. There would have been bloodshed had he played.

Batsman Mohammad Nabi did play. He arrived in form. In a match in Pakistan recently, Nabi smashed 116 against an MCC side led by Mike Gatting and filled with minor county cricketers. The Afghans scored 356 for 7 off 50 overs in that game, and bowled MCC out for 185.

The only reminder that the game was being played in Kabul were the armed guards. Other than that, you could have been on a village green in Surrey. Watching from the stands were a clutch of dignitaries, including ISAF commander Lt Gen David Richards accompanied by Afghan ministers. Either side of the posh seats, off-duty British soldiers did the best they could to explain the game to curious Danish, Italian, German and American soldiers. To no avail.



The game was probably lost in the ISAF players' heads before the match started. They made the mistake of watching the Afghans warm up. Warm-ups tell you quite a bit about teams. These guys were slick. A batsman skied a few, the fielders caught it (every time) and hurled it into the keeper at a hundred miles an hour. The keeper never had to move more than a foot.

The ISAF players watched open-mouthed, shuffling their feet nervously. They made the correct decision not to try and emulate the Afghans. A few sucked nervously on cigarettes.

Afghanistan won the toss and elected to bat. The ISAF opening bowler, big Max Richards from Jamaica, sent down the first two right

on the money, met with immaculate defence. Down came the third, on the same spot. The last time anyone saw the ball it is was heading towards Jalalabad. That man Nabi.



The first 50 came up in four overs and, apart from extras, every scoring shot was a six. Eventually though the wickets began to fall, the batsmen holing out on various spots on the boundary. Nabi filled his boots, clubbing 92 of the most violent runs you will ever see off around 40 balls. At least ISAF did better than the MCC where Nabi was concerned.

When the ISAF slow bowlers came on, they were dispatched to most parts of Kabul. It was carnage. The Afghans rattled up 270-6 in their 20 overs. Well over 100 of those were in sixes. A few of these hits were truly monstrous.

A word about the pitch. A lot of effort was put into it by the ISAF team in the days preceding the match. It was watered and rolled and mowed endlessly. But, being in the middle of the Afghan National Army's football pitch, it was never likely to be a batting paradise. Balls kept low, they leapt up high. You could never quite tell. The Afghans made it look like a Taunton belter.

ISAF made a good start in reply, the open-





ers putting on 40. But then it all went wrong. The spinners came on, and that was that. The middle order collapsed horribly. The batting star was Lance Corporal Tal El-Sherbiny, who hit a fine 42. The rest did their best, nudging, edging and occasionally clubbing their way to 117 all out.

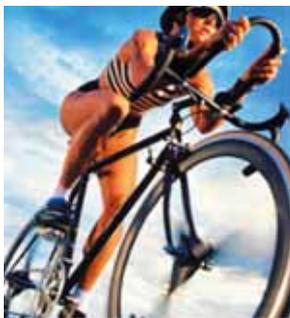
Your correspondent by the way, chipped in with a dogged three. Still, my international average will still be better than Monty Panesar's.

So how good are they? Team coach Taj Malik Alam said: "We have beaten all the other minor sides in Asia. The tour to England is our first time outside Asia, so we are looking forward to learning and playing a different variety of cricket. We have good

fast bowlers and powerful batsmen, so I think we will do well over there."

They will do well. This is no cricket circus. These guys are serious about the game, and they are seriously good. Their dream is to play in the World Cup and they may not be too many years away. Word reached England that decent opposition was needed. So the Afghans will play seven matches, three against county second XIs. If you get the chance, go and watch. Entertainment is guaranteed.

The final word to ISAF team manager Captain Ed Sutthery: "They are far better than we are. At the moment they are training with concrete wickets, they don't have much infrastructure but their ability is phenomenal -- there are going to be some very surprised county players."



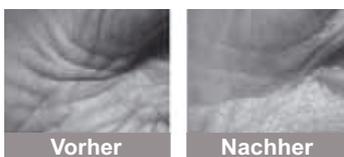
Ride BFG

On 24 Jul 06, a group of friends from Rheindahlen will be riding across BFG in order to raise awareness and cash for the Motor Neurone Disease Association and the Afghan Appeal. The cycle ride will start in Hohne on Monday morning and aims to finish in JHQ on Thursday evening. The whole route is outlined below, and in the 4 days the team will ride approx 650Km and spend about 6 to 7hrs in the saddle each day.

The event is being organised by Maj Graham Martin, OC ETS RESG and will call in at all 10 Army Education Centres(AEC) in Germany during the trip. For further information on either of the charities and to give support or sponsorship please contact your local AEC or Graham on JHQ 3279 or 3303.

Mon 24 Jul	Hohne – Fallingbostal – Hameln	Leg distance = 165Km		
Tue 25 Jul	Hameln – Paderborn – Gutesloh – Herford	Leg distance = 160Km		
Wed 26 Jul	Herford – Osnabruck – Munster	Leg distance = 145Km		
Thu 27 Jul	Munster – Elmpt – JHQ	Leg distance = 180Km	Total	= 650Km

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On the 31.08.2006 we will close the summer camp with coffee and cake to which all families with children taking part in the summer camp are invited to!



Borussia Mönchengladbach celebrating their 3rd season start-

Borussia park 29th- 30th July



A varied and successful season has come to a close and the plans for next season- the third at the Borussia Park- are well under-way.

New manager Jupp Heynckes will be at the helm for the first time as the new season kicks off on the 29th of July at the usual

Bundesliga time of 3.30pm, with a match against the 15 time Turkish Champions Galatasaray Istanbul. Gates will open at 1pm and the official team presentation will start at 2.30pm.



Directly after the match Borussia will be offering its supporters a special highlight by hosting a 'Fan party' in front of the stadium. Artists such as 'B.O.' and 'Just Is'

will guarantee great entertainment. Borussia is offering its members, as well as those of the fan project an additional award; their entry is free.



The party continues on Sunday at 11am as the official start to the season is celebrated around the stadium. As in years past the day is aimed particularly at families. There are plenty of activities, and a



colourful supporting programme for young and old on numerous stages, guided tours around the grounds as well as fun stands that encourage

visitors to take part. As you would expect food and drink will be on offer. The highlight of the day will no doubt be the autograph sessions of the players. PB



BRIDGE



The Rheindahlen Bridge Club has been re-formed and will meet:

On: Thu 6 Jul & Thu 7 Sept
At: 1900 hrs
In: the ARRC Officers' Mess

Players of all abilities are welcome to join in. If you cannot make this date please put a note in your diary for every Thursday, same time, same place (except during school holidays).

For further details please contact:

Karin or Nick Barnard on
02161 3088 069
or better still, send us an e-mail with your telephone number(s) at:
barnards@freenet.de
so that we can add you to our mailing list.

Coming Up Next Month

.The British Days and Country Fair at Burg Linn- Krefeld

.The Hockey World Championships come to Möncengladbach

.Summer day out tips and ideas

.News from Afghanistan

.Walk for life 'Pink Ladies' do it in style!

.Schutzenfest at Dülmen

And all of your other favourites!

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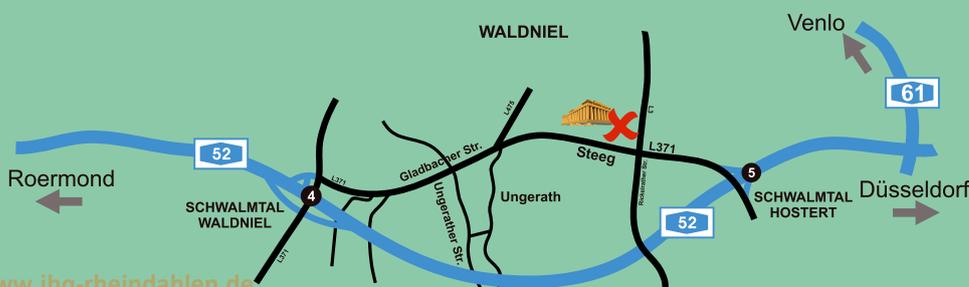


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straight on. Next lights, bear right
At junction turn left, drive straight
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Go over the lights, D'Oude Spinde is
immediately on your right.
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