



# WELCOME TO RHEINDAHLEN HIVE

A NEW ARRIVAL GUIDE FOR SINGLE  
PERSONNEL





## CONTENTS

Welcome to Rheindahlen	page 2
HIVE opening hours	page 3
HIVE Mission Statement & Disclaimer	page 4
What can we do for you?	page 5
A –Z of HIVE Information	page 6-10
Emergency numbers	page 11
Shopping Guide	page 12-14
HIVE's across Europe	page 15
Clothing Guide	page 16
Food translations	page 17-20
Other Agencies	page 21-22
Opening Times	page 23-28
Clubs List	page 29-32
Notes	page 33
Customer feedback form	page 34

The HIVE is situated at  
44 Trenchard Road, 41179 Mönchengladbach

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## WELCOME TO RHEINDAHLEN

The HIVE would like to offer you a warm welcome to Rheindahlen. This booklet is designed to answer some of the questions that may arise when you first arrive in Rheindahlen, particularly if it is your first posting to Germany. The HIVE is situated at 44 Trenchard Road and our opening hours are on the following page. Please feel free to pop in and see us, leave us a message on our answer phone or send us an E-mail and we will get back to you.

The HIVE is an information centre for the Service Community, which includes single and married serving personnel, civilian MOD employees and their dependents.

Our aim is to provide a professional information and referral service. We endeavour to answer all your queries and find the information you need, or point you in the right direction for the best possible help and support. We can offer you a welcome pack with maps and information leaflets to get you started in your new posting.

If you are arriving from outside Germany you should have received a copy of "So You Are Posted to Germany", which gives you information on everything you need to know on arrival, e.g. documentation, pay, registering your vehicle, claiming Job Seekers Allowance etc. You should also have received a copy of the Rheindahlen Service Community Official Guide, which gives more detailed information about the local community including housing, schools, welfare support and station facilities. Copies of both these booklets are available from The HIVE.

If you are on the Internet the website [www.hive-europe.co.uk](http://www.hive-europe.co.uk) will also give you lots of useful information. You will find The HIVE E Mail address here too.

## **HIVE OPENING HOURS**

MONDAY	09:00 to 15:00
TUESDAY	09:00 to 15:00
WEDNESDAY	09:00 to 15:00
THURSDAY	09:00 to 15:00
FRIDAY	09:00 to 15:00
SATURDAY/SUNDAY	CLOSED

TELEPHONE 02161 472 2519

FAX 02161 551489

E MAIL [rheindahlen@hive-europe.co.uk](mailto:rheindahlen@hive-europe.co.uk)

We look forward to seeing you at The HIVE

## **MISSION STATEMENT**

HIVE Information Centres support the chain of command and Tri-service communities through the provision of up to date and relevant information.

## WHAT CAN YOUR HIVE DO FOR YOU?

We can provide you with information of the following areas:

New arrival Information	Consumer & Business
Transport and holidays	Legal matters
Local tourism	Postings & Departures
Travel	Communications
Clubs & Societies	Education
Family & Welfare	Theme parks
Employment	Great days out
Leisure	Benefits
Health & Safety	Taxes
Customs	

## A – Z OF USEFUL INFORMATION

The following information is aimed at providing a general guide, which we hope will make settling in to Rheindahlen a little easier. More detailed information on many of these subjects can be found in the Rheindahlen Service Community Guide, or by contacting the HIVE team.

### ACCOMMODATION

If you have family visiting from UK and need details of accommodation, call in the HIVE for a comprehensive list of local B&B and Hotels.

### BANKS

There is a Sparkasse Bank on JHQ with cash point machines which accept most credit/debit cards. There is also a Commerzbank cashpoint machine next to the NAAFI Financial Services office and a cashpoint machine in the NAAFI foyer that takes UK cards. (There may be a small handling charge for cashpoint transactions on some cards). The NAAFI takes UK bank cards, German bank cards and Eurocheque cards and will give cash-back.

### BFG THE CAR

You are required under British Army (Germany) Standing order 3213 to register your vehicle with the BFG Vehicle Licensing Office. The unit BFG Registration Office, (depending on your unit) will advise you on the correct procedure to be followed. All members of BFG must register their vehicles with the BFG VLO within 30 days of arrival. Before registration all drivers must take a matrix test and be issued with a BFG Driving Permit. The Master Drivers guide to driving in Germany is available on the HIVE Europe website [www.hive-europe.co.uk](http://www.hive-europe.co.uk) The BFG VLO helpline number is 02161 472 4100.

### BULLETIN

The Rheindahlen and Elmpt BULLETIN is the monthly garrison magazine and is a very useful source of information. It is delivered to quarters and copies (including back numbers) are available from The HIVE. Tel: 02161 472 4795 or e mail to [teambulletin@hotmail.com](mailto:teambulletin@hotmail.com)

### CHURCHES

There are three churches on the RMC

St Boniface – Church of England

St Thomas Moore - Roman Catholic

All are contacted through the Church Centre, next to the Post Office, near the NAAFI complex. Tel: 02161 472 2770. The Chaplains are also available on this number.

## CLUBS

A list of contacts for local clubs and groups, from Air Training corps to War Gaming is included. Further copies available in the HIVE.

## COINS AND STAMPS

The HIVE collects all your unused foreign currency for charity. Over £2,500 has been donated to Children In Need from the Rheindahlen HIVE collection alone. We also collect used stamps for Guide Dogs for the Blind.

## DENTIST

The Dental Centre is situated on Beresford Road. You should register with the Dental Centre as soon as possible as there is sometimes a waiting list for check ups. Everybody except Military personnel pay National Health charges. Tel: 02161 472 2495.

## EDUCATION

The HIVE holds information on courses and classes run by 34 Army Education Centre (AEC) at Cambridge House. They offer a wide range of day and evening classes covering everything from wine tasting to GCSE and A Levels. The AEC also has an Army Learning Centre where you can access on-line learning from a choice of over 200 courses, run by Learn Direct. Other courses are run at Salmond House Training Centre (SHTC). All classes/courses are free to military personnel, with a small charge to civilians and dependents. 34 AEC – 02161 472 3303. Salmond House – 02161 472 4130

## FAX/PHOTOCOPYING/LAMINATING SERVICE

The HIVE operates a non-public fund fax, photocopying and laminating service. There is therefore a small charge.

## HIVE DATABASE

The HIVE's computer database is an A-Z of useful local information, services, clubs, businesses, telephone numbers etc.

The database is updated regularly and if you would like something to be included please contact a member of the HIVE team.

## ID CARDS/NAAFI SHOPPING PERMITS

All military personnel, entitled civilians and dependants are required to carry an ID card. A NAAFI Shopping Permit is issued to all entitled personnel and will be required to use the NAAFI shopping facilities. They are available for Military personnel and their dependants from the RSU Welfare Centre or the ARRC Welfare Centre. MOD Civilians, DCSA, SCE and NSS get their ID cards from their own Personnel Departments.

A NAAFI Shopping Permit is issued to all entitled personnel and will be required to use the NAAFI shopping facilities. Shopping Permits are available from the Welfare Offices.

## INTERNET

Internet access is provided free of charge at the Library. Tel: 02161 472 2616 – telephone for an internet slot.

The Royal British Legion offer internet facilities. Telephone: 02161 472 557346.

## LEAFLETS

The HIVE holds leaflets containing a huge variety of information on everything from benefits to bus timetables. We hold core information on a variety of subjects including education, social security, health, housing, communications etc. We also have dozens of pamphlets on local attractions and places of interest, as well as things to do further a field. We have produced comprehensive booklets giving you ideas for day trips either with or without children in mind. If you're stuck for ideas on what to do or where to go, then just pop in to see us.

## LEGAL HELP and INFORMATION

The HIVE has a list of useful contacts and telephone numbers. Legal Assistance Clinics are held in the Bielefeld area.

## LEISURE ACTIVITIES

The HIVE has brochures giving you ideas for days out and leisure activities, as well as contacts for all the local clubs.

## LIBRARY

The library is situated on Collingwood Road opposite the ARRC WO's and Sgt's Mess. It also offers free internet access. Tel: 02161 472 2616.

## MAPS

We can print street maps and routes for you

## MEDICAL MATTERS

Rheindahlen is served by one Medical Centre which is situated near the NAAFI. You should register with the Medical Centre as soon as you have a contact telephone number, so that your medical documents can be sent for. Prescriptions are free to everybody. Please note that ALL personnel and dependents must carry individual EHC cards, the application forms for these cards are obtainable from Post Office counters. Telephone: 472 2969.

## OPENING TIMES

A comprehensive list of opening times and telephone numbers for facilities, shops and clubs on JHQ is attached. Further copies available from the HIVE.

## PETROL COUPONS

Duty Free Fuel Coupons cannot be sold to you unless you have a Vehicle Registration Card with an up to date and valid light/roadworthiness stamp on it. Petrol coupons, which are rationed, are available from the RSU Admin Office, Grenville Road or the RSU Welfare Centre on Trenchard Road.

## POSTINGS

The HIVE can obtain Garrison Guides and HIVE 'Welcome' packs from other stations. We also have a comprehensive 'Get You Back Pack'.

## QUESTIONS

The HIVE will endeavour to answer all your questions. You will not leave the HIVE empty handed. We will either refer you to another agency, give you the details you want, a phone number or a promise that we will get back to you, if we do not have the information you are after.

## RESTAURANTS

The HIVE has a comprehensive guide to Eating Out in the area.

## SHOPPING (TAX FREE)

Some items in Germany can be bought without Mehrwertsteuer (German VAT). Only goods totaling over Euro 50 may be purchased with a MWST form. To get VAT exemption on purchases you have to obtain an official order form (an Auftrag Form) from the following places:

Officers, WOs and SNCOs - Mess

Cpls and below - Unit Admin Office

Civilians - RSU Admin Office or Civilian Mess

## SHOPPING

The HIVE has a comprehensive guide to shops, supermarkets and shopping malls in the area.

## TELEPHONE CONNECTIONS/DISCONNECTIONS

Telephone services can be set up with Deutsche Telekom, or with other providers which use DT lines, similar to systems which operate in UK. Connections can be set up at the Deutsche Telecom Shop in Mönchengladbach, or via the German Post Office opposite the RSU Welfare Centre), or at the Telecom Warehouse situated in the shopping Complex on Trenchard Road. (Please note the information may not be impartial). Contact numbers are at the back of this booklet. Prepaid telephone cards are available from various outlets, which can be used from any telephone and have very competitive rates to UK.

## TELEVISION

Cable television is available in all quarters for a small monthly fee. For restrictions regarding satellite dishes please refer to the Rheindahlen Service Community Official Guide. For cable connection telephone 02161 570286.

You may be entitled to a free top box which enables you to receive BFBS TV & Radio. For more information contact the local SSVC Office 02161 955975.

## TRANSPORT (local)

Information on local bus services and community bus timetables are available from the HIVE. For Rail information please visit O.Girke's travel agents opposite the BP Garage or go to [www.bahn.de](http://www.bahn.de) for Germany or [www.ns.nl](http://www.ns.nl) for Holland. For Mönchengladbach taxis phone 02161 13013.

## USEFUL TELEPHONE NUMBERS

Please see the list provided on page 11. The German direct enquiries number is 11833.

## VISITORS

When immediate family are visiting you in Germany you should obtain a Close Relatives Form from the RSU Welfare Centre or ARRC Families Office. The form entitles visitors to shop for non-rationed items in the NAAFI, gain access in and out of camp, and minor medical treatment in the medical centre. **Visitors should all be in possession of an EHIC (European Health Insurance Card).**

## WHAT'S ON INFO

We try to keep as much information as possible about local events, concert tours and activities, within JHQ and beyond.

Although The HIVE is closed at weekends there is a **WHAT'S ON** board outside which is regularly updated. A What's On list is also on our website [www.hive-europe.co.uk](http://www.hive-europe.co.uk), in the link to the Rheindahlen page.

## **EMERGENCY AND USEFUL NUMBERS**

Civilian Number prefix: 02161 472

RMP	2222
JHQ POLICE STATION	2333/4000
BFG CRIMELINE	0800 1842222
FIRE SERVICE	4444
MEDICAL EMERGENCIES	3333
MEDICAL CENTRE	2969
DENTAL CENTRE	2495
ARMY WELFARE SERVICE	2715
GERMAN EMERGENCY SERVICES	110
GERMAN FIRE SERVICE	112
DETENTION ROOMS	2082
PADRE	2770
HIVE	2519
BFG OFFICE	2934
GWA (QUARTER FAULTS)	4001
HOMESTART	3570
CONFIDENTIAL SUPPORT LINE	0800 1827395
VICTIM SUPPORT	2272
SAMARITANS	0800 1810 721/722
RELATE	2826
TALK TO FRANK	0800 776600
CHILDLINE	0044(0)800 1111

## **SHOPS ON JHQ**

### **NAAFI – JHQ COMPLEX**

Foodhall	901112
Customer Service	901122
Mon-Thurs	8.30-19.00
Fri	8.30-20.00
Sat	9.00-18.00
Sun	10.00-16.00

### **MARLBOROUGH EXPRESS SHOP**

Civil	558402
Mon-Fri	08.00-22.00
Sat & Sun	09.00-22.00

### **AMERICAN PX**

02161 5699704  
Food, household items, clothing, bicycles, beer and wine.  
Also a catalogue to order from  
Mon-Sat 10.00-19.00  
Sun 10.00-17.00  
Closed only on Christmas, New Year's Day & Thanksgiving.

### **ARRC SP BN PRI SHOP**

13 Band Walk  
JHQ 3635  
Gifts, some clothing, table wear, perfume.  
Mon-Fri 10.00-16.00

### **DUTCH ARMY SHOP**

Block 11, Band Walk.  
Civil 57540125  
Gifts, perfume, electrical goods, luggage, Lego, sportswear.  
Mon-Thu 09.30-17.00  
Fri 09.30-14.00

### **ALADDIN'S CAVE**

02161 559601  
Vast selection of items from gifts, hardware and haberdashery to fancy dress!  
Mon-Fri 09.30-17.00  
Sat 09.30-16.00  
[www.aladdinscave.de](http://www.aladdinscave.de)

### **BANK (SPARKASSE)**

02161 2791080  
Mon-Wed 08.15-11.45  
12.45-16.00  
Thu 08.15-11.45  
12.45-17.45  
Fri 08.15-11.45  
12.45-15.30

ATM machine. There is also an ATM in the main NAAFI foyer.

Complete guides to shopping and eating out in the local area are available from the HIVE. We also hold directions to American PX's.

## **PLACES TO EAT and DRINK ON JHQ**

### **MARLBOROUGH FISH BAR**

Civil 559667  
Mon-Thurs – 17.00 to 23.30.  
Fri-Sat 11.00 to 14.00  
17.00 to 23.30  
Sun 17.00 to 23.30

### **DUTCH PMC RESTAURANT (ECHOES)Chazel Road**

Meals,snacks and drinks  
JHQ 02161 472 5307  
Mon 07.30-19.00  
Tues-Thurs 07.30-20.00  
Fri 07.30-19.00  
Kitchen closes at 18.00  
Sat 10.00-16.00  
Kitchen closes at 15.00

### **BOWLING ALLEY**

Reading Way  
Snacks,burgers etc  
Civil: 551388  
Mon-Fri 17.00-22.00  
Sat & Sun 10.00-22.00

### **JOE'S PIZZA ITALIA**

JHQ Shopping Precinct  
Tel: 559486  
Usual pizzeria food to eat in or take away (free delivery on JHQ)

### **BEAN HERE**

ARRC PRI Cafe  
Band Walk  
Tel: 5754389.  
Mon-Fri 9.30-2.30

**PX PIZZA/HOT DOGS ETC** Situated outside the PX Store on Wolesey Road.

**JB'S** All ranks, families & civilians.  
Mon-Fri Breakfast 06.15 to 08.45  
Lunch 11.45 to 13.30  
Dinner 06.45 to 18.15  
Sat-Sun Breakfast 09.00 to 10.00  
Lunch 10.30 to 13.00  
Dinner 16.30 to 17.30

## **TAKE AWAYS**

### **Chinese**

**Hong Kong** Wegberg-Rickelrath 02434 1277

**China Garten** Wegberg-Beeck 02434 10 69 Open every day

**China Town** Schwalmthal 02163 49724 Closed Mondays.

**Happy Garden** Niederkruchten-Elmpt 02163 577781

Several of the Chinese restaurants locally will offer a delivery service. Alternatively many will offer free transport from JHQ for 4 or more people.

### **Indian**

**The India Palace** Tandoori Restaurant Mönchengladbach 02161 206405

### **Indian and Fish'n'Chips**

02161 478886

### **Balkan**

**Dalmatiner** Balkan Restaurant  
Vorster Str.321 MG-Hardt 02161 559344.

### **Italian**

**Joe's Pizza Italia**  
JHQ Shopping Precinct  
02161 559486

### **Greek**

**Santorini**  
Hardter Strasse 533, 41179 Mönchengladbach 02161 40 78 518  
Take Away, but no delivery service

## HIVE INFORMATION CENTRES EUROPE

Email address	HIVE (location)	Phone No. Civ/Mil	Mil. No.
<a href="mailto:bielefeld@hive-europe.co.uk">bielefeld@hive-europe.co.uk</a>	Bielefeld	0521 92543122	81 3122
<a href="mailto:brunssum@hive-europe.co.uk">brunssum@hive-europe.co.uk</a>	Brunssum	0031 45 5262891	
<a href="mailto:celle@hive-europe.co.uk">celle@hive-europe.co.uk</a>	Celle	05141 9632340	78 2340
<a href="mailto:detmold@hive-europe.co.uk">detmold@hive-europe.co.uk</a>	Detmold	05231 37864	
<a href="mailto:dulmen@hive-europe.co.uk">dulmen@hive-europe.co.uk</a>	Dulmen	02594 9622512	63 2512
<a href="mailto:elmpf@hive-europe.co.uk">elmpf@hive-europe.co.uk</a>	Elmpf	02163 973183	68 3183
<a href="mailto:fallingbostel@hive-europe.co.uk">fallingbostel@hive-europe.co.uk</a>	Fallingbostel	05162 9712204	76 2204
<a href="mailto:gutersloh.mb@hive-europe.co.uk">gutersloh.mb@hive-europe.co.uk</a>	Gutersloh – Mansergh Bks	05241 842220	73 2220
<a href="mailto:gutersloh.prb@hive-europe.co.uk">gutersloh.prb@hive-europe.co.uk</a>	Gutersloh – PRB	05241 842692	73 2692
<a href="mailto:hameln@hive-europe.co.uk">hameln@hive-europe.co.uk</a>	Hameln	05151 917464	83 2464
<a href="mailto:herford@hive-europe.co.uk">herford@hive-europe.co.uk</a>	Herford	05221 9953127	82 3127
<a href="mailto:hohne@hive-europe.co.uk">hohne@hive-europe.co.uk</a>	Hohne	05051 962303	77 2303
<a href="mailto:munster-south@hive-europe.co.uk">munster-south@hive-europe.co.uk</a>	Munster - South	0251 9272388	60 2388
<a href="mailto:munster-west@hive-europe.co.uk">munster-west@hive-europe.co.uk</a>	Munster - West	0251 9272163	60 2163
<a href="mailto:naples@hive-europe.co.uk">naples@hive-europe.co.uk</a>	Naples	0039 081 5092628	
<a href="mailto:paderborn@hive-europe.co.uk">paderborn@hive-europe.co.uk</a>	Paderborn	05251 57191	
<a href="mailto:portugal@hive-europe.co.uk">portugal@hive-europe.co.uk</a>	Portugal	0035 121 4404328	
<a href="mailto:ramstein@hive-europe.co.uk">ramstein@hive-europe.co.uk</a>	Ramstein	06371 401445	
<a href="mailto:rheindahlen@hive-europe.co.uk">rheindahlen@hive-europe.co.uk</a>	Rheindahlen	02161 472 2519	72 2519
<a href="mailto:sennelager@hive-europe.co.uk">sennelager@hive-europe.co.uk</a>	Sennelager	05254 9822771	79 2771
<a href="mailto:shape@hive-europe.co.uk">shape@hive-europe.co.uk</a>	Shape	003265 443984	9205423 3984
<a href="mailto:wildenrath@hive-europe.co.uk">wildenrath@hive-europe.co.uk</a>	Wildenrath	02432 81017	

## CLOTHING SIZE GUIDE

WOMAN'S DRESSES, SUITS, SKIRTS & COATS													
BRITISH	10	12	14	16	18	20							
GERMAN	36	38	40	42/44	46/48	50							
AMERICAN	8	10	12	14	16	18							
BRA SIZES													
BRITISH	32	34	36	38	40	42							
GERMAN	70	75	80	85	90	95							
WOMAN'S SHOES													
BRITISH	3	3½	4	4½	5	5½	6	6½	7	7½	8		
GERMAN	36	36/37	37	37/38	38	38/39	39	40	40/41	41	42		
AMERICAN	-	-	5½	6	6½	7	7½	8	8½	9	9½		
CHILDREN'S SHOES													
BRITISH	4	4½	5	5½	6	6½	7	7½	8	8½	9	9½	10
GERMAN	20	21	21/22	22	23	23/24	24	25	25/26	26	27	27/28	28
BRITISH	10½	11	12	13	13½	14	14½	2	2½				
GERMAN	29	30/31	31	32	32/33	33	33/34	34	35				
CHILDREN'S CLOTHES													
BRITISH (age)	2	3	4	5	6	7	8	9	10	11	12	13	14
GERMAN SIZE	92	98	104	110	116	122	128	134	140	147	152	158	164
Height in cms	91	96	102	109	114	122	127	135	140	147	152	157	164
MEN'S SUITS & OVERCOATS													
BRITISH & US	36	38	40	42	44	46							
GERMAN	44	46	48	50	52	54							
MEN'S SHIRTS													
BRITISH & US	13	13½	14	14½	15	15½	16	16½	17				
GERMAN	33	34	35/36	37	38	39/40	41	42	43				
MEN'S SOCKS													
BRITISH & US	9½	10	10½	11	11½	12	12½						
GERMAN	39	40	41	42	43	44	45						
MEN'S SHOES													
BRITISH	7	7½	8	8½	9	9½	10	10½	11	11½			
GERMAN	41	41/42	42	42/43	43	44	45	45/46	46	46/47			
AMERICAN	-	-	8½	9	9½	10	10½	11	11½	12			

## FOOD TRANSLATIONS

ENGLISH	GERMAN	DUTCH
<b>Sugar</b>		
Sugar	Zucker	Suiker
Brown Sugar	Brauner Zucker	Bruin Suiker
Caster Sugar	Feinster Zucker	Fijne Suiker
Cube Sugar	Würfelzucker	Suikerklontjes
Granulated Sugar	Raffinierter Zucker	Suiker
Icing Sugar	Puderzucker	Poeder Suiker
Preserving Sugar	Einmachzucker	Gelei Suiker
Saccharin Tablets	Süßstofftabletten	Zoetstoff

ENGLISH	GERMAN	DUTCH
<b>VEGETABLES AND FRUIT</b>		
Potatoes	Kartoffeln	Aardappelen
Chips	Pommes/Fritten	Frietjes/patat
Carrots	Möhren	Wortelen
Peas	Erbsen	Erwten
Asparagus	Spargel	Asperges
	Apfelsinen/Orangen	Sinasappels

ENGLISH	GERMAN	DUTCH
<b>BAKING</b>		
Flour	Mehl	Bloem
Almonds	Mandeln	Amandelen
Baking Essence	Backaroma	Bakaroma
Baking Powder	Backpulver	Bakpoeder
Candied Fruit	Kandierte Früchte	Kandijt Fruit
Candied Lemon Peel	Zitronat	Bakzitroenschil
Candied Orange Peel	Orangeat	Baksinasappelschil
Chocolate Sprinkles	Schokostreusel	Chocoladehagelslag
Coconut (dessicated)	Kokosraspeln	Gerasptecocosnoot
Cornflour	Stärkemehl	Mayzena
Gelatine	Gelantine	Gelantine
Poppyseed	Mohn	Maanzaad
Potatoe Flour	Kartoffelmehl	Aardappelmeel
Vanilla	Vanilleextract	Vanille extract
Yeast	Hefe	Gist

ENGLISH	GERMAN	DUTCH
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<b>HERBS AND SPICES</b>		
Mixed spice	Spekulatiusgewürz	Speculaas kruiden
Aniseed	Anis	Anijszaad
Basil	Basilikum	Basilikum
Bayleaf	Lorbeerblatt	Laurierbladen
Caraway	Kümmel ganz	Komijnzaad
Celery Salt	Selleriesalz	Selderijzout
Chilli Powder	Chilipulver	Chilli Poeder
Chives	Schnittlauch	Bieslook
Cinnamon (ground)	Zimt (gemahlen)	Kaneel (gemalen)
Cloves (ground)	Zimt (gemahlen)	Kruidnagel
Cumin	Kümmelpuder	Komijnpoeder
Curry	Curry	Kerrie
Garlic	Knoblauch	Knoflook
Ginger	Ingwer	Gember
Juniper Berries	Wacholderbeeren	Junipers
Marjoram	Marjoran	Majoraan
Mint	Pfefferminz	Munt
Mustard (strong)	Senf (scharf)	Mosterd (scherp)
Nutmeg	Muskatnüsse	Nootmuskaat
Onion Powder	Zwiebelpulver	Uipoeder
Parsley	Petersilie	Peterselie
Pepper	Pfeffer	Peper
Saffron	Safran	Saffraan
Sage	Salbei	Salie
Salt	Salz	Zout
Soy Sauce	Sojasoße	Sojasaus
Thyme	Thymian	Thijm
Vinegar	Essig	Azijn
Vinegar (wine)	Weinessig	Wijn Azijn

ENGLISH	GERMAN	DUTCH
<b>MEATS</b>		
Chicken	Huhnchenfleisch	Kippevlees
Pork	Schweinefleisch	Varkensvlees
Beef	Rindfleisch	Rundvlees
Minced meat	Gehacktes	Gehakt
Meat balls	Frikadellen	Gehaktballen
Turkey	Putenfleisch	

ENGLISH	GERMAN	DUTCH
<b>DAIRY PRODUCTS/FATS</b>		
Butter	Butter	Boter
Cheese	Käse	Kaas
Cottage Cheese	Hüttenkäse	Huttenkaas
Cream Cheese	Frischkäse/ Sahnekäse	Roomkaascream
Cream	Sahne	Slagroom
Drinking Chocolate	Kakao	Chocolademelk
Egg/Eggs	Ei/Eier	Ei/Eieren
Evaporated milk	Kaffeerahm	Koffie melk
Full fat milk	Vollmilch	Volle melk
Low fat milk	Fettarme Milch	Halfvolle melk
Pasteurised Milk	Pasteurisierte Milch	Gepastureerde melk
Powdered Skim. Milk	Magermilchpulver	Magere poedermelk
Oil	Öl	Olíe
Sunflower Oil	Sonnenblumenöl	Zonnebloom olie
Vegetable Oil	Pflanzenöl	Plantaardige olie
Soured Cream	Saure Sahne	Zure room
Lard	Schweinfett	Varkensvet
Whipped Cream	Schlagsahne	Slagroom
Yoghurt	Joghurt	Yoghurt
Semolina	Gries	Griesmeel

ENGLISH	GERMAN	DUTCH
<b>BREADS AND CEREALS</b>		
Bread Crumbs	Paniermehl	Paneermeel
Brown Bread	Graubrot	Bruin brood
Oatmeal	Haferflocken	Haveremout
Roll	Brötchen	Broodje
Rusk	Zwieback	Beschuit
Rye Bread	Roggen Brot	Roggebrood
<i>White Bread</i>	<i>Weissbrot</i>	<i>Wit brood</i>
Wheat Bread	Vollkornbrot	Volkoren brood
Whole Wheat	Crispbreads	Knäckebrot

### GERMAN SPECIALITIES

GERMAN	ENGLISH
Reibekuchen	grated raw potatoes fried into a pancake

Stollen	traditional German Christmas cake
Glühwein	hot spiced red wine sold at Christmas markets
Feuerzangenbowle	burnt rum and red wine punch
Jägertee	Alcoholic drink based on rum, served hot
Bockwurst	sausage
Strammer Max	bread topped with slices of cheese, ham, gurken and fried eggs
Berliner	doughnuts

### DUTCH SPECIALITIES

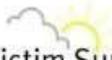
DUTCH	ENGLISH
Pannekoek	pancakes
Poffertjes	miniature pancakes served with Grand Marnier or butter flakes
Vla	general term for a variety of puddings
Vlaai	general term for a variety of cakes topped with fruit or creamed rice pudding for example
Peperkoek	ginger biscuits
Koffiekoek	large soft biscuit made with almonds
Ontbijtkoek	spiced with ginger breakfast cake
Beschuit met muisjes	Rusks with blue or pink sugar sprinkles Traditionally served to celebrate the birth of a child
Rookworst	smoked sausage
Hutspot	mashed carrots, potatoes and onion
Boerekool	curly kale mashed with potatoes
Uitsmijter	bread with slices of ham, cheese, gurkin and fried eggs
Griesmeelpap	semolina pudding
Rijstepap	cream rice pudding
Nonnevotten	doughnuts traditionally sold during the carnival season

### OTHER AGENCIES



SSAFA Forces Help In-service Committees provide assistance and support to serving men, women and their families in need. They meet regularly to decide how money is raised and distributed and discuss other matters of concern to the local

community. For more information, call JHQ Mil: 3392 or Civil: 02161 472 3392.



## Victim Support Western Europe

Victim Support offers emotional support, information and practical help to those who have been affected by crime. Volunteers attend courses specially designed for them which allows them to help victims come to terms with the disturbing effects of crime. Interested volunteers should contact JHQ Mil: 2272 or Civil: 02161 472 2272



## British Guides in Germany

### Girlguiding

There are lots of Rainbow, Brownie and Guides units here in Germany. We have waiting lists because of the continuing popularity of Girlguiding and a shortage of adults coming forward to offer a little of their time in helping to run the groups. More adult helpers means shorter waiting lists. Any help you can offer will be much appreciated and we will soon be able to offer more girls the chance to take part in guiding. Contact your local HIVE and ask for more details.



## St John & Red Cross Defence Medical Welfare Service (DMWS)

DMWS is a hospital based practical and emotional support service, which is provided by qualified staff. There are five teams of welfare officers based at the five Designated Provider Hospitals (DGP's) in Hannover, Osnabrück, Bielefeld, Paderborn and Viersen/Dülken.

Contact: Welfare Manager Germany & Cyprus, DMWS, DMWS J1 Branch, UKSC, BFPO 140  
Tel: 02161 472 4564, Mil: 72 4564, Fax: 02161 472 4614, Mil: 72 4614  
Email: UKSCG-G1-MedDMWS-WMG

COUNCIL OF VOLUNTARY WELFARE WORK (CVWW) (BFG)



The Council of Voluntary Welfare Work (CVWW) offers a varied selection of

opportunities to volunteer. Whether working with children in childcare centres,

with the European Christian Homes for the Soldier (ECHOS) in the Balkans or Iraq, in any of the Church Army, or Salvation Army centres in around the military Garrisons. You could even help the troops on exercise in Poland, there is always a need for volunteers. For more information on what is available, call Lt Col (Retd) John Batty on 05221 25001 or Herford Mil 3921

## Air Training Corps

Air Training Corps is aimed at young adults between the ages of 13 and 18. The cadets take part in fieldcraft, weapon handling, shooting, drill and airmanship. During the year cadets can attend flying camps in UK, weapons camps in Germany and fund raising events for both Army and RAF Benevolent Funds. There are currently 3 Squadrons in BFG, located in JHQ, Gutersloh and Herford. Our volunteers need no experience or qualifications as full training is provided. For more information please contact Graham Pearce on JHQ Mil 2085 or email: No8os@hotmail.com.



## bfsws

British Forces Social Work Service

Foster carers provide stability, encouragement and a loving home to children who are temporarily unable to live with their own families. British Forces

Social Work Service currently need foster carers in all areas of BFG. If you feel that you could be a foster carer, call The Fostering Senior Social Work Practitioner on 05221 691897.

## JHQ OPENING TIMES

**ABBEY NATIONAL**  
(co-located with NAAFI Financial Services) 02161 955160  
Mon-Fri 9.30 –14.00, 14.45 -17.00  
& 1st Sat of month 10.00-14.00

**ALADDIN'S CAVE**  
02161 559601  
Mon-Fri 09.30-17.00  
Sat 09.30-16.00  
[www.aladdinscave.de](http://www.aladdinscave.de)

**AMERICAN PX**

02161 5699704

Mon-Sat 10.00-19.00  
 Sun 10.00-17.00  
 Closed only on Christmas, New Year's Day & Thanksgiving.

**ARMY WELFARE SERVICES**

Reception/Office Manager 3603  
 Childminding Coordinator 4939  
 Childcare Advisor 2189  
 Youth Activities 3562  
 Mon-Fri 8.00-16.00

**ARRC WELFARE CENTRE**

8 Beresford Road  
 (opposite Dental Centre)  
 Welfare Officer 5735  
 UWWO 5738  
 JHQ 5754  
 Events Co-ord 5634  
 Office Manager 6109  
 BFG Clerk 2525  
 Closed between 13.00-14.00 for lunch.  
 Mon-Thu 08.30-16.30  
 Fri 08.30-13.00

**ARRC SP BN PRI SHOP**

13 Band Walk  
 JHQ 3635  
 Mon-Fri 10.00-16.00

**BANK (SPARKASSE)**

02161 2791080  
 Mon-Wed 08.15-11.45  
 12.45-16.00  
 Thu 08.15-11.45  
 12.45-17.45  
 Fri 08.15-11.45  
 12.45-15.30

**BEAUTY SALON –USCHI'S**

(situated within Figaro's Hair Salon)  
 02161 5623518 or 01783880456  
 Mon Closed  
 Tues,Thurs,Fri 09.00-17.30  
 Wed 09.00-19.00

Sat 10.00-14.00

**BFG MORTGAGE**

5 Trenchard Road, JHQ,  
 02161 557375

**BFG VEHICLE HELPLINE**

JHQ 4100  
 Mon-Thu 08.30-12.15  
 13.30-16.15  
 Fri 08.30-12.15  
 13.30-14.30

Please leave a message on the answerphone.

**BFG REGISTRATION OFFICE**

Bldg 37, Grenville Road  
 JHQ 2934  
 Mon-Fri 08.30-15.00

**BFG INSPECTION**

Snyders Road, JHQ & Javelin Barracks.  
 Book in on a centralised booking system.  
 Tel: Mil 68 2300 or Civ: 02163 972300  
 Customers will be given an appointment at the test centre of their choice.

**BOWLING ALLEY**

Reading Way  
 Civil: 551388  
 Mon-Fri 17.00-22.00  
 Sat & Sun 10.00-22.00  
 Timings will change Easter, Summer and Christmas school holidays

**BP GARAGE**

Civil: 559595  
 Mon-Fri 08.00-18.00  
 Sat 09.00-17.00

**BRITISH TRAVEL SERVICES**

Civil: 9015015

Mon-Fri 09.00-17.00

**BULLETIN**

Editor-JHQ 4795  
 Assistant Editor 4789  
 Advertising Manager 3284  
 Office/Fax-JHQ 3284  
 E-Mail teambulletin@hotmail.co.uk

**BUSCHOF NAAFI**

Cambridge Drive  
 Civil: 550991  
 Mon-Sat 08.00-21.00  
 Sun 09.00-21.00

**CABLE TV**

Am Wickrather tor 17,  
 41179 Mönchengladbach  
 Civil: 570286  
 Emergencies, Repairs & Callouts:  
 Civil: 0209 999 1699

**CAREERS CENTRE**

JHQ 2585/2838  
 Mon-Thu 08.30-16.15  
 Fri 08.30-16.00  
 For under 25's, call for an appointment

**PUPIL AND FAMILY SERVICES**

Chazal Road 33  
 JHQ 8501/8504  
 Fax 8503

**CHURCH CENTRE**

JHQ 2770  
 Mon-Thu 09.00-17.00  
 Fri 09.00-13.00

**ST BONIFACE CHURCH****CHURCH OF ENGLAND**

Sunday Service – 11.00am  
 Choir Practice – Thur – 18.30am.

**ST THOMAS MORE****ROMAN CATHOLIC CHURCH**

Times of Masses:  
 Sat – 18.30  
 Sun – 11.00

**CHURCHILL OFFICERS MESS**

Manager – JHQ 4679  
 Reception/Mehrwersteuer 4297  
 Mon-Fri 07.30-15.00  
 Accounts – JHQ 4251  
 Mon-Fri 08.30-15.00

**CINEMA**

Civil 550518  
 (See Bulletin for programme or pick one up from the HIVE)  
 www.ssvc.com/cinema

**CLEANING CONTRACT OFFICE**

JHQ 2425  
 Mon-Thu 08.00-17.00  
 Fri 08.00-12.30

**CULPECK INSURANCE**

Civil 559655  
 Mon-Thu 09.00-17.00  
 Fri 09.00-16.00

**DENTAL CENTRE**

JHQ 2495  
 Mon-Thu 07.45-12.30  
 13.30-16.30  
 Fri 07.45-12.30  
 13.30-16.00

Emergency appointments available every day. Ring between 07.45-08.30. Weekend cover via Detention Rooms.

**DUTCH PMC RESTAURANT (ECHOES)**

JHQ 5307  
 Mon 07.30-19.00  
 Tues-Thurs 07.30-20.00

Fri 07.30-19.00  
 Kitchen closes at 18.00  
 Sat 10.00-16.00  
 Kitchen closes at 15.00

**DUTCH ARMY SHOP**

Block 11, Band Walk.  
 Civil 57540125  
 Mon-Thu 09.30-17.00  
 Fri 09.30-14.00

**BRITISH FORCES EARLY YEARS SERVICE**

JHQ 4450/4095  
 Fax 3516  
 Mon-Fri 8.30 to 14.00.

**EDUCATION CENTRE**

34 AEC  
 JHQ 3303  
 Mon-Thu 08.30-16.30  
 Fri 08.30-14.30

**FIGARO HAIR SALON**

**Main Salon** (opp BP Station)  
 Civil 559568/556139  
 Tues 09.00-17.30  
 Wed 0900- 14.00  
 Thurs 0900- 19.30  
 Fri 0900- 17.30  
 Sat 09.00-14.00

**FORCES FINANCIAL**

Mon-Fri 9.00-17.00  
 & first Sat of every month.  
 Next to JHQ NAAFI  
 Civ 02161 955160/955161

**FIRE STATION**  
 (non-emergency)

JHQ 2345/2353

**FITNESS CENTRE**

York Drive.  
 JHQ 4731  
 Mon-Thu 07.00-21.00  
 Fri 07.00-19.00

Sat,Sun & German Bank Holidays  
 10.00-14.00

**FITNESS - INDUCTION TIMES**

Mon 07.30  
 Tue 19.00  
 Wed 09.30  
 Sun 11.30

**FORCES FINANCIAL**

Mon-Fri 9.00-17.00  
 & first Sat of every month.  
 Next to JHQ NAAFI  
 Civ 02161 955160/955161

**GUIDE SHOP**

10 Beresford Road  
 JHQ 3398  
 Tue & Fri 09.00-12.00  
 1<sup>st</sup> & 3<sup>rd</sup> Sats in month 09.00-12.00  
 Closed during school holidays.  
 Full mail order service available.  
 E-Mail guideshopgermany@gmx.de

**HIVE**

44 Trenchard Road (opp BP Station)  
 JHQ 2519  
 Mon-Fri 09.00-15.00

**HOMESTART**

Next to the Hive  
 JHQ 3570  
 Mon-Fri 09.00-13.00  
 24hr answerphone.  
 Tel appointments can be made for afternoons.

**LIBRARY**

JHQ 2616  
 Mon & Thu 10.00-20.00  
 Tue & Wed 10.00-17.00  
 Fri & Sat 10.00-13.00  
 Website-www.armylibraries.mod.uk  
 Email-rheilib@alibs.detsa.co.uk

**LILLIES**

Mon-Fri 9.30-18.00  
 Sat 9.30-16.00  
 Sun – special occasions  
 02161 8207771

**MARIANNE'S HAIR SALON**

Next to Cassels House  
 Civil 02161 550550  
 Tue-Fri 9.00-17.30  
 Sat 8.30-13.00

**MARLBOROUGH EXPRESS SHOP**

Civil 558402  
 Mon-Fri 08.00-22.00  
 Sat & Sun 09.00-22.00

**MARLBOROUGH FISH BAR**

Civil 559667  
 Mon-Thurs – 17.00 to 23.30.  
 Fri-Sat 11.00 to 14.00  
 17.00 to 23.30  
 Sun 17.00 to 23.30

**MARLBOROUGH CLUB SWEENEY'S BAR**

Civil 559667  
 Mon-Thurs 18.30-23.00  
 Fri 18.30-01.30  
 Sat 14.00-00.00  
 Sun 13.00-22.00

**MEDICAL CENTRE**  
**7 days 8.00-20.00**

Reception 2969  
 Emergency 3333  
 Transport 2847  
 Hospital Appts 2641

**NAAFI CAR SHOWROOM**

Civil 562960  
 Mon-Fri 09.00-17.30  
 Sat 09.00-16.00  
 Website-www.naaficarsales.com

**NAAFI – JHQ COMPLEX**

Foodhall 901112

Customer Service 901122  
 Mon-Thurs 8.30-19.00  
 Fri 8.30-20.00  
 Sat 9.00-18.00  
 Sun 10.00-16.00

**NAAFI OFFICIAL PROCUREMENT AGENCY (VEHICLES)**

Civil 950160  
 Mon-Thu 09.00-17.15  
 Fri 09.00-16.00  
 Closed for lunch 13.00-14.00  
 Closed on UK Bank Holidays

**NATEX**

Civil 02451 62072230  
 Mon-Fri 08.00-18.00  
 Sat 10.00-18.00  
 Sun 10.00-17.00

**O.GIRKE – INSURANCE & TRAVEL**

Civil 55317  
 Mon-Fri 09.00-17.00

**PETROL COUPONS & CASHIER**

RAO, Bldg 37, Grenville Rd  
 JHQ 2874  
 Mon-Fri 08.30-15.00

**POLICE (Non-Emergency)**

JHQ 4000 or 2333

**POST OFFICE COUNTER**

Oakham Way  
 JHQ 2475  
 Mon,Tues,Thurs,Fri 08.15-17.00  
 Wed 08.15-16.00

**POST OFFICE – GERMAN**

Civil 5737447  
 Mon-Thurs 9.00-15.00  
 Fri 9.00- 13.00

**REGT ACCOUNTS**

Bldg 37 (rear entrance), Grenville Road  
 JHQ 2832  
 Mon-Fri 10.00-15.00

**RALSU**

JHQ 4281 OR 3253  
 Mon-Thu 09.00-12.00

**REFUSE DEPOT**

Mon-Thur 08.00-15.30  
 Fri 08.00-12.30  
 Otto Schmalbruch Str. (very end of road by barrier).

**RELATE**

JHQ x2826  
 From any military phone  
 Mon-Fri 09.00-17.00  
 Answerphone at other times.

**RHEINDAHLEN COMMUNITY HALL**

**CAFÉ** (previously encounters)  
 Mon-Fri 9.00-15.00 hrs

**ROYAL BRITISH LEGION**

Reading Way (behind the Bowling Alley).  
 Mr Richardson 02161 558037  
 Office. Mil: 2551  
 Wed – Bingo 19.00  
 Fri 16.00  
 Sun 13.00  
 (Membership not required).

**RSU ADMIN OFFICE**

**Mon-Fri 08.00-13.00**  
 Bldg 39, Grenville Road  
 RAO 2928  
 RAOWO 3319  
 FSA 3038  
 Leave & Movements 2939  
 Travel Claims & Pay  
 & Documents 3079/2098

**RSU WELFARE CENTRE**

Trenchard Rd (behind the HIVE)  
 JHQ 4268  
 Mon-Thu 08.30-16.30

Fri 08.30-16.00

**SERENITY & COOL NAILS**

02161 828458

**SSAFA Forces Help HQ**

(Western Europe)  
 Volunteer Projects Office  
 JHQ 3392  
 Victim Support  
 JHQ 2272  
 Confidential Support Line  
 Civil 0800 1827395

**SSAFA Forces Help**

(Germany Branch)  
 Ex-Service Dept  
 JHQ: X2553

**SSAFA Share Shop**

(Rear of Cassels House)  
 JHQ 2553

**By appointment****STATION STORES**

Building 56, Snyders Rd.  
 JHQ 2273  
 Mon - Thur 08.00-12.30  
 13.15-16.00  
 Fri 08.00-12.00

**SSVC SHOP**

Trenchard Rd 44  
 Civil 955975  
 Mon-Fri 09.00-17.00  
 Sat 10.00-14.00

**ST JOHN & RED CROSS DEFENCE MEDICAL WELFARE SERVICE**

All German hospitals  
 Civil 02162 104 2279  
 Mob 0172 203 7241  
 The Welfare Officers provide a confidential Hospital Welfare Service to all Service personnel, providing support

and assistance. A Duty Welfare Officer is available 24 hrs for emergencies

**TAXI**

Civil 13013  
 Or 02434 7676

**THRIFT SHOP**

Trenchard Rd 44, JHQ. 4724506  
 (Term time only.)  
 Mon Closed  
 Tue & Thur 09.30-11.45  
 13.00-15.00  
 Wed 09.30-15.00  
 Fri 09.30-12.00

**TICK TESTS**

ARRC Personnel go to the ARRC Welfare Centre on Beresford Rd. Dependants, UKBC and other civilians go to the RSU Welfare Centre. All military must go to the GTO in the Snyders Rd compound during the following hours:  
 Tue & Thur 08.30-11.30  
 13.30-16.00

ARRC Welfare Centre: X5739  
 RSU Welfare Centre: X4268

**TKS**

Situated in the NAAFI  
 Civil 01804 857762  
 Local number 477688  
 Mon-Sat 08.30-19.00

**WRVS**

Linda Flood 02163 97 2668

**YOUTH CENTRE**

JHQ 4483  
 Mob: 01738873029

**NB. To access all JHQ extensions from a civil phone you must put 472 in front of the number.**

**Unless otherwise stated all civil numbers begin with 02161 for Mönchengladbach.**

**CLUBS LIST****ABC BABY SITTING CIRCLE**

Angela Chaplin 3088534 or Sarah Littlely 5764642

**AIR TRAINING CORPS**

(ATC) No 8(overseas) Sqn.  
 8/10 York Drive (opp. Fitness Centre)  
 RMC  
 Ages between 13-21 years  
 Mon and Thurs 18.30 – 20.30  
 Tel: 472 2085 or 01713692561  
 Or email: [No8os@hotmail.com](mailto:No8os@hotmail.com)  
 Service volunteers welcome

**RHEINDAHLEN BADMINTON CLUB**

Mon - 1845-2030 hrs at Gym 2  
 Military/Civilian and Dependants  
 All standards welcome  
 Lt Col Dave Duggan-02161 472 5324  
 WO2 T. Thorne- 02161 472 5669

**BIBLE STUDY**

Tues 10.00 at the bungalow next to the  
 Catholic Church  
 Prayer Meetings -  
 Friday 10.00am at the above venue  
 Held at different venues.  
 Contact: Lou Pearce 02161 3087926  
 Fiona Leakey 02161 4951876  
 Alfie Carter 02161 3083445

**BINGO**

British Legion, Lions Head,  
 Reading Way 10  
 Wed – 19.00  
 Tel: 02161 3086071  
[www.rblrheind.com](http://www.rblrheind.com)

**BODY COMBAT & BODY  
CONDITIONING**

Classes – No 2 gym  
 Every Tuesday 1730  
 Contact: Ann 02434 8003387  
 Or 67 2294

**BRIDGE CLUB**

Gitta Finn 51505  
[g.finn@t-online.de](mailto:g.finn@t-online.de)  
 Silla Weaving 477765  
 Churchill Mess at 1400 hrs on  
 Wednesday

**BUFFALOS**

Regular meetings  
 Mr S Gannon  
 Tel: 02161 472 3258

**BUGGY WALKING**

Tues/Fri- 0930

Meet outside Homestart  
 Louise Graves- 015121052740

**CATS**

Theatre Club  
 The Little Theatre, Band Walk.  
 Tues: 19.30  
 Contact Steve Bridgewater(chairman)  
 02161 4692337

**CERAMICS**

Tues 1900-2100  
 Beresford Road 19  
 Louise Beresford 01744404272  
 Gisela 02161 472 4740 or  
 016090368394

**CIRCUIT TRAINING** No 2 Gym

Mon & Wed  
 Contact: Ann 02434 8003387 or  
 67 2294

**CIRCUIT TRAINING**

Tuesday and Thursday 1215-1300 hrs  
 At No1 Gym  
 WO1 (SMI) Evans APTC – 472 3550

**COOKERY CLUB**

Mrs. Martina Hercus  
 01741793728 or  
 02161 5778588  
 Email: [martina.hercus@freenet.de](mailto:martina.hercus@freenet.de)

**CRICKET CLUB**

Dave Richards 02161 472 2561  
 Steve Miller 02161 472 3295

**CHOIRS AT ST BONIFACE CHURCH**

Church Centre, 472 2770.

**DANCE CLASSES**

Adults & Childrens Classes –  
 Ballet, Tap & Modern theatre dance

& Hip Hop  
 Rachel Moores 02163 990330

**DANCING**

Traditional Highland Dancing  
 Windsor School gym  
 Weds – 4 years and up  
 May McBain 472 2466  
 Or 02163 450873

**DIVING CLUB**

Bob Conroy-Training Officer  
 - 472 4476

**DOG SCHOOL**

David Mair Ext: 5754  
 02433 912456  
 Mob: 0173 7895960

**DUKE OF EDINBURGH'S AWARD**

Brian Howarth 472 4009

**FISHING**

Rhine Garrison Angling Club  
 Rob Tuck-Brown 472 4395

**FITNESS**

Fitness Centre,  
 York Drive.  
 472 4731.

**FOOTBALL**

Rheindahlen Youth Football Club 5-16  
 yrs. Girls and boys  
[www.ryfc.bravehost.com](http://www.ryfc.bravehost.com)  
 A list of contacts are on the website

**GLIDING CLUB**

Elmpt Airfield every weekend weather  
 permitting also Wednesday evening  
 Maj Pye – 01744404272  
[www.baggc.com](http://www.baggc.com)

**GOLF**

West Rhine Golf Club 18 hole course at  
 Javelin Barracks  
 02163 97 4463

[www.westrhinegc.co.uk](http://www.westrhinegc.co.uk)

Also ladies club.

**JHQ HOCKEY CLUB**

Every Wednesday at The Astro turf(No  
 1 Gym)19.00-21.00 hrs  
 WO2 Lawson 02161 472 5341

**JUNIOR GOLF SECTION**

Only Summer Months  
 Every Thursday 17.30-19.30  
 Contact: SSGT Kenny McGeehan  
 01722538142

**GUIDES, BROWNIES & RAINBOWS**

Registration forms available from the  
 HIVE 472 2519 or the Guide shop 472  
 3398.

**GUILD OF ST HELENA**

Naomi Brind MG 556902 or Church  
 Centre on 472 2770.

**RHEINDAHLEN INTERNATIONAL  
HASH HOUSE HARRIERS**

Sqn Ldr (Rtd) Ian Murray 472 4941  
 Or Chris 2926

**KARATE**

Sarah Parkin  
 Tel: 02161 5769861 or WO1 Parkin  
 02161 4958674

**MOTOR CLUB**

Rheindahlen Motor Club, Building 26,  
 Grenville Road.  
 Peter Hall  
 Mil: 882305  
 Civ: 02161 597308

**MUSIC – KIDDY JINGLES**

Babies & Toddlers  
 Contact: Vicky MacGregor  
 02161 308 8452

Or [cvmacg@msn.com](mailto:cvmacg@msn.com)

#### **NETBALL**

Rheindahlen Ladies Netball Club. No 1 Gym. Wed 18.50 – 20.45  
Mandy Jones 02434 20891  
Debbie McEwan 472 2517

#### **PARENTCRAFT AND ANTENATAL**

02161 472 2968  
Rhine Midwifery Team

#### **PERSONAL TRAINING**

Louise Graves 015121052740

#### **QUILTING CLUB**

Karin Clark 660744  
Telephone for more information.

#### **RIDING**

Rheindahlen Saddle Club 472 2992

#### **RIDING FOR THE DISABLED**

Rheindahlen Saddle Club 472 2992

#### **ROYAL AIR FORCE ASSOCIATION**

Cpl Potter- 02161 472 4410

#### **ROYAL BRITISH LEGION**

Lion's Head (behind Rheindahlen Bowling Alley)  
10 Reading Way.  
Legion Office 02161 558037 or 472 2551  
Poppy Appeal, Roger Adcock 02161 472 3046  
Email [RBLRheind@t-online.de](mailto:RBLRheind@t-online.de)  
[www.rblrheind.com](http://www.rblrheind.com)

#### **MINI RHINOS RUGBY**

Boys & girls aged 5-17.  
Sunday 10.30 am.  
JHQ Rugby pitches.

David Pollock-02161 472 2374 or 3085848  
Dave Richards- 02161 472 2561 or 4000289  
Paul Melton – 02161 472 2637 or 495864

#### **ELMPT FALCONS RUGBY CLUB**

[www.webjam.com/elmpfalcons](http://www.webjam.com/elmpfalcons)

#### **SAILING - INLAND**

British Roermond Sailing Club.  
[www.brsailingclub.co.uk](http://www.brsailingclub.co.uk)

#### **SCOUTS, CUB SCOUTS and BEAVERS**

Scout Headquarters, 22 York Drive.  
Mr David Haigh – 02161 550824  
email – skip2399@aol.com

#### **1ST NORDPARK SCOUTS** (Ayrshire

Barracks – all welcome)  
Tam Pearce: 02154 2647

#### **SHOOTING**

Shooting Club – Elmpt  
Pistols & Shotguns  
Ian Torrie Mob : 01738 873 801  
[sec@resclub.de](mailto:sec@resclub.de)

#### **SHOOTING(GAME)**

Maj Bryant – 02161 472 5851

#### **SINGERS INTERNATIONAL**

Adrian/Naomi Brind 02161 556902

#### **SLIMMING WORLD**

Mon – Laura MG 558616  
St Andrews Church Hall- 1800hrs  
Tues – Rebecca Bailey- 02161 3084095 or 01703837715  
[beccaluca@hotmail.com](mailto:beccaluca@hotmail.com)  
Sports & Social Club (Iron Duke) at 1730 hrs

#### **ST. JOHNS AMBULANCE CADETS**

10 Wolseley Road

Cadets- 10-18 years  
Tues-18.00-19.45

#### **SUB-AQUA/DIVING CLUB**

Bob Conroy-Training Officer  
- 472 4476

#### **SWIMMING CLUB**

Rheindahlen Pool. Contact via website  
[www.swim-jhq.org](http://www.swim-jhq.org) Application forms from The HIVE 472 2519.

#### **LADIES TENNIS CLUB**

Tues 0945-1145 at Wegburg Tennis Club  
Lucy Bryant 02161 472 3081517

#### **RHEINDAHLEN MILITARY TENNIS CLUB**

JHQ tennis courts  
Lt Col Millwater- 02161 472 2926

#### **WEGBERG TENNIS CLUB**

Lily 02434 6611

**TUMBLING TOTS**Contact: Homestart  
472 3570

#### **WINGTSJUN(Kungfu style)**

and self defence

Contac Dean West- 02161 472 2490 Or 01732073421

#### **WRVS CLUB**

Javelin Bks next door to JB's  
Mon-Fri- 1000-1330  
Sun-Thurs 1800-2130  
Linda Flood 02163 97 2668.

#### **WARGAMERS**

10 Reading Way  
Weds – 19.00 23.00  
[www.rheindahlen-wargames.com](http://www.rheindahlen-wargames.com)

#### **YOGA**

Mon & Wed- 1800-1900 hrs  
Sat- 1000hrs  
At ARRC WO & Sgts Mess  
Louise Graves Tel: 015121052740

#### **YOUTH CLUB**

JHQ Youth Centre, Queens Avenue.  
Brian Howarth: 472 4483 or 4009.  
Mon Seniors (YR+7) 19.00-21.30  
Tues Juniors (YR5/6) 18.30-20.30  
Weds Seniors (YR+7) 19.00-21.30  
Thurs Juniors (YR5/6) 18.30-21.30

#### **Sunday Music Workshop**

Juniors 13.00 – 15.00  
Seniors 15.00-17.00

## **NOTES**

We make every effort to ensure that our information is current and correct. Your help is invaluable in keeping our records up to date by informing us of any changes to our handouts, or by sharing any additional information, which may be of interest to others.



**This guide has been produced by Rheindahlen HIVE**