



The Rheindahlen Bulletin

**HAPPY
NEW YEAR**

NO. 91 • JANUARY

1978

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RB 1 /78

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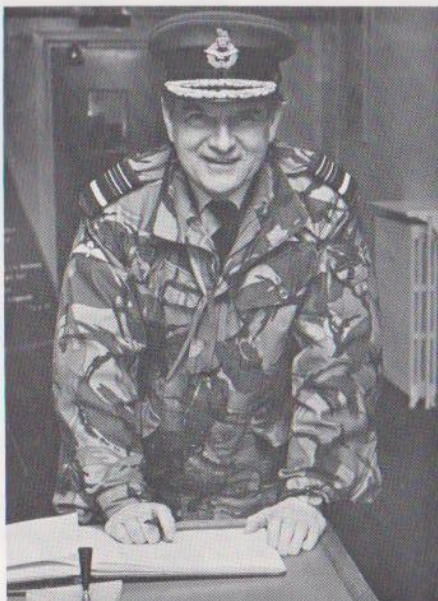
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ADDRESS



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Air Marshal Sir John Stacey

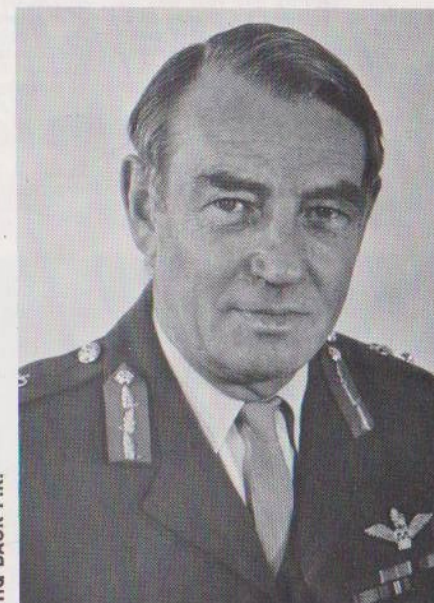


Command P.R. RAFG

Editorial

A NEW YEAR'S MESSAGE from the Commanders-in-Chief January 1978

General Sir Frank King



HQ BAOR P.R.

The Editors of the Rheindahlen Bulletin have once again given us the opportunity to offer our thanks to all Rheindahlen residents who have contributed so much in 1977 to maintain and strengthen the spirit of our community. As the New Year begins, it is right that the efforts throughout the past year of so many individuals in so many fields — including voluntary service, church, domestic, sporting and entertainment — should be remembered, especially in an international community such as ours. We thank you all for continuing to ensure that Rheindahlen remains such a pleasant and worthwhile place in which to live and serve.

May success attend you in 1978. We extend to the Rheindahlen community and every family of all nations represented here, our warmest wishes for a happy and peaceful New Year.



PADRE'S THOUGHTS FOR THE NEW YEAR

"I believe in the sun, even if it does not shine.
I believe in love, even if I do not feel it.
I believe in God, even if I do not see him."

A young man wrote those words on the wall of his room, as he sat waiting for certain death at the hands of a ruthless enemy. They expressed his hope, in what seemed for him a hopeless situation.

A New Year is a time for hope — that we can keep our well-intended resolutions; that we can turn our back on the old year and look for better things to come; but above all that God who can make all things new, will take the feebleness of our faith and give us Hope in the future of his creation. Graham Corderoy

THE CO-EDITORS WISH THEIR READERS AND CONTRIBUTORS A VERY HAPPY NEW YEAR.

The Rheindahlen Bulletin, a monthly publication, is published jointly by the Commander Rheindahlen Garrison and the Station Commander R.A.F. Rheindahlen.

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ADDRESS: Co-Editors, Rheindahlen Bulletin, H.Q. Rheindahlen Garrison, BFPO 40

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Front cover: "Frozen Falls" by Bob Clarke

ST. PATRICK'S SCHOOL FAIR

The celebrity this year was supposed to be Liz Shaw. However, due to a bout of 'flu, she was unable to attend; at short notice Andrew Pastoona (A.P.) stood in for her. The first prize in the raffle — a Hoover Tumble-dryer — was won by Mrs. Barbara Howard of RAF Rheindahlen. The other major prizes were as follows: —

2nd Prize — Return Cross Channel Ticket (plus Car) F/S Sheppard
R.A.F. Wildenrath
3rd Prize — Return Cross Channel Ticket (plus Car) W.O. 2 Clark
A Branch BAOR.
4th Prize — Moulinex Oven W.O. Dalton
R.A.F. Wegberg

The Fair raised DM 8,800. The Headmaster, Mr. David Winter, and the Chairman of the Committee, Wg. Cdr. J. Jones, wish to thank everyone who helped to make the fair a success.



Father Christmas and Andrew Pastoona seen in front of A.P.'s Rolls Royce with just a few of the children who queued to speak to Father Christmas. Photo: R.A.F.G. PRU.

ST. PATRICK'S SCHOOL NATIVITY PLAY



St. Patrick's School Nativity Play was held on 8th December. Sixty-six infants performed for their parents. Photo: R.A.F.G. PRU.

NEW COMMANDER FOR RHEINDAHLEN GARRISON COLONEL KEITH WINTLE OBE



Photo: Supervising Office HQ BAOR

Colonel Wintle assumed Command of Rheindahlen Garrison on 29th November, 1977.

Commissioned from the RMA Sandhurst into the Royal Regiment of Artillery in July 1950, Colonel Wintle has served in Malaysia and several stations in BAOR though only once previously at Rheindahlen: this was as a subaltern in a Gunner Regiment guarding JHQ during its final stage of construction in 1954.

He comes to us from an appointment in the Ministry of Defence. Colonel Wintle is married with three children and his youngest child, Sarah, will be coming to Rheindahlen and attending Queen's School.

A member of the British Model Soldier Society, he is also interested in modern military history.

RHEINDAHLEN HISTORICAL SOCIETY

A revived Rheindahlen Historical Society had its first meeting in the new lecture theatre at Queen's School on Thursday 8th December for a well-attended lecture by Mr. Patrick Farrell, Higher Education Centre, Mulheim. He spoke interestingly and, to a degree, provocatively about the part played by RAF Bomber Command in the defeat of Nazi Germany with a result that a stimulating discussion ensued.

This meeting and the advertisement which preceded it has produced a considerable show of interest among the local community and as a result a committee has been formed which will set about devising a programme of activities for the coming year.

Throughout the year it is hoped to organise lectures, meetings and visits which will be of interest to a variety of historical tastes.

Newcomers to Rheindahlen who wish to be put on the Historical Society's mailing list are invited to contact the Secretary, Major J. F. Morgan on RA 2538.

Details of the January meeting will be announced in Garrison and Station Orders and on posters throughout the Garrison Area.

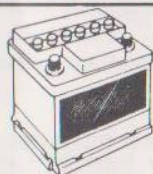


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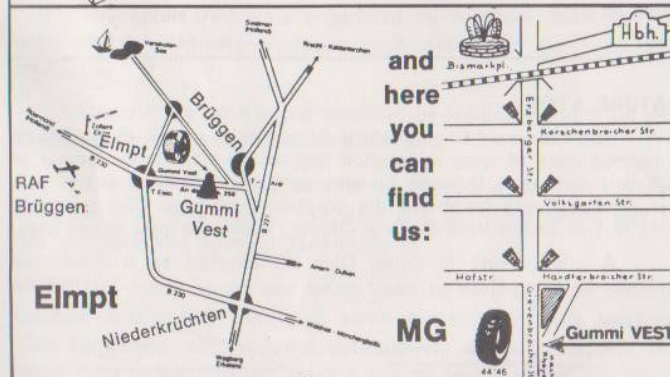


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Bulletin Photographer "Snapped" at LS & GC Presentation



Normally to be found behind a camera lens Sergeant Frank Line, regular photographic contributor to the Rheindahlen Bulletin, had to "watch the birdy" himself when a HQ BAOR Public Relations colleague took the official record of Frank's big day — the presentation of his Long Service and Good Conduct Medal by the Brigadier General Staff, Brigadier David Mostyn.

Frank is chief clerk to the PR branch. Postings during his service have included Borneo and Hong Kong.

Also presented with his Long Service and Good Conduct Medal was Sergeant Roger Slade (centre of picture) who works in HQ BAOR as NCO in charge of Reproduction Services.

SMALL ADS

THE RAOB INSTITUTE — Situated at 25 Norwich Walk, Rheindahlen Garrison is open to the General Public seven nights a week. Each Wednesday & Sunday — **TOMBOLA** commences at 9.00 p.m. prompt. **WHIST DRIVE** — every Saturday at 8.30 p.m. prompt. Professionals and Beginners are Welcome. Good Bar facility.

FIGURE TRIM — Eight weeks of progressive gymnastics designed to help you **LOOK GOOD** and **FEEL GREAT**. Classes are held on Monday and Thursday evenings at the St George's School from 8 — 9.30 pm. Registration and first class will be on 9 January 1978. Cost: DM 35,— per person per course. For additional information please contact Monika Ingraham at RA 2819.

A GRAND EXTERMINATION

I tell the tale of a Lyttle mouse
And Young spider "Chops"
They lived mongst the files
In the plans in piles
In the home of God Q-ops.

But sad to tell as you will see
They suffered terrible fate
A grand extermination
A mad fumigation
Took place last Friday's date.

Forty gallant boys in Noddy suits
All ready for a fight
Descended here
Without their beer
To put the place to right'.

Alas, alack, an awful fate
Befell these two dear friends
The mouse traps came
And gas the same
But not to make amends.

Our creatures found a little nook
By central heating pipe
In here they crept
And later slept
Until the time was ripe.

On Monday morn they reappeared
All clean and fresh, not putri'
A grand evasion
Missed fumigation
They'd done their weekend duty.

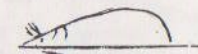
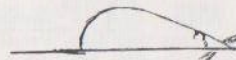
SAPPERS

Note: Q-ops & Plans were fumigated last Friday — no work was done all day!

NATURE STORY

The Garrison Pest Control Officer was called to deal with a serious case of mice infestation last month. The proud owner of a new F-r- C-rt-n- thought he was suffering from the usual new car squeaks until he found the squeaks had legs. The score to date is 1-0 to the Pest Control Officer, with poisoned rolled oats.

A pity no-one is doing Dick Whittington as a Christmas
Pantomime. Hotline



JOINT SERVICES RECORD LIBRARY OPENING



Photograph —
R.A.F.G. PRU

Left to right: —
Mrs. Ford,
Mrs. Catherine Hartnett,
Mrs. Merle Carrol &
Colonel Keith Wintle,
O.B.E.

The Joint Services Record Library in the R.A.F. Education Centre, Rheindahlen, was opened on Wednesday 7th December at 1600 hours by Mrs. Barbara Ford, wife of the R.A.F. Station Commander. Also present were the new Garrison Commander Col. Keith Wintle, Station Commander Wing Commander Bob Ford, Officer Commanding Education and Training Centre Sqn. Ldr. Frank Hartnett, and Mrs. Hartnett and Mrs. Carrol, who will be running the Record Library.

Please see Stop Press for details of times of opening etc.

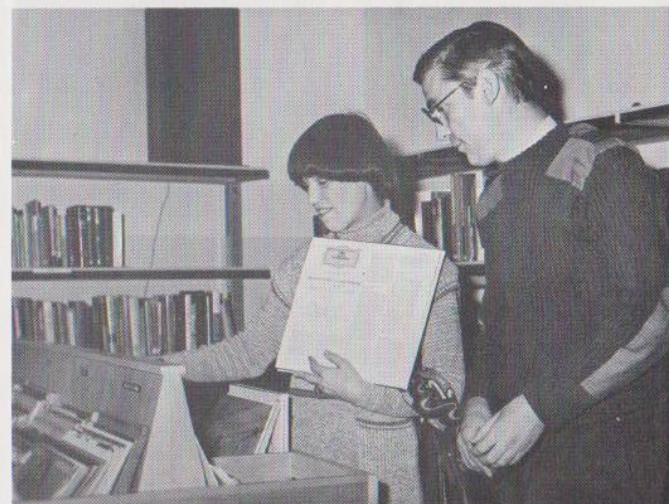
SPONSORED WALK AT MÖNCHENGLADBACH

The sponsored walk organised by Ayrshire Barracks Medical Centre, Mönchengladbach took place on Saturday 16th November.

Despite the cold damp weather, 54 walkers turned out and funds totalling over DM 4000 were pledged.

The SMO F/L Baron and his committee would like to thank all those who took part in the walk and its preparations and all the sponsors who gave so generously.

The funds raised are being used to purchase two items of medical equipment, namely a sonic aid and an ECG Machine. This equipment, although not essential for a small unit, will certainly help to improve the service offered to our patients.



Mrs. Ford with Sqn. Ldr. Hartnett choosing a record from the many in the Library.
Photo: RAFG PRU

MILITARY MODELLING

Competition and Wargames Convention

The Rheinbund International Model and Wargames Society will be holding their 2nd Exhibition and Wargames Convention in the Air Trooping Centre, Düsseldorf in February. Inspired by the success of their previous exhibition they intend to have an open competition for figure modellers and collectors. For further information please contact Major R Moore, 28 Tpt & Mov Regt. RCT — Tel. Düsseldorf Military 357/8.

CHANGE OF BANKING HOURS — COMMERZBANK

With effect from Monday 2nd January the new opening times for the COMMERZBANK will be as follows: —

Mornings:	Monday to Friday	8.30—12.30 hrs.
Afternoons:	Monday, Tuesday & Wednesday	14.00—16.30 hrs.
	Thursday	14.00—17.15 hrs.
	Friday	14.00—16.00 hrs.

Station Commanders Meet



Photo: RAF PRU

When, during a recent visit to HQ RAF Germany, Wing Commander Mick Marsh, who commands the RAF UK Support Unit at Decimomannu in Sardinia, called on Wing Commander Bob Ford, Station Commander RAF Rheindahlen, they took the opportunity of exchanging shields depicting their unit badges. Our picture shows Wing Commander Ford (right) presenting the RAF Rheindahlen Shield to Wing Commander Marsh.

The two commanders have several interests in common. Not only are their Units in the same Command, but RAF Rheindahlen provides the Sardinian-based Support Unit with a number of important services. Noteworthy among these is the provision of education and training support to the RAF personnel based at Decimomannu and to the many RAF squadrons that visit Sardinia from Germany and the UK. This support ranges from arranging promotion examinations and advising on nursery schools to re-settlement counselling and the scripting and making of television video tapes. It involves the RAF Rheindahlen Education Staff in regular visits to the sun-drenched Mediterranean Isle. Despite the 600 miles separating them, the link between the two Units, already very strong, has now been further cemented by the meeting of the two Station Commanders.

DUSTBIN CLEARANCE

The following arrangements have been made for the clearance of dustbins during the holiday periods of January and February 1978:

- a. Monday 2 Jan 78 is **not** a German holiday and dustbins will be cleared as normal.
- b. Tuesday 7 Feb 78 German holiday (Carnival). No clearance — dustbins normally cleared on this day will be cleared on Wednesday 8 Feb 78.

RH - - - D - - - N

In this Garrison town "somewhere in BAOR" there are, I believe, eight churches. Sunday services are many and varied, but on six days a week where is the place of worship? Why, 'tis surely the NAAFI, its gigantic blue/red "N" blazoning its message far and wide: "COME AND CONSUME! HURRY FOR THE DAY OF THE TURKEY IS AT HAND!"

It is 11'o'clock on a Monday morning. We stand silently outside the forbidding steel grille, awaiting with impatient feet our entrance. The barrier is soon raised by unseen hands — we bow our heads and pass through the portals to the temple itself. An acolyte is in attendance behind the gleaming turnstile — he must verify that we are true subjects dedicated to daily obeisance to the Great Frozen Foods Factory. We show our insignia and proceed, pausing to extricate, with painful slowness, a fearfully-designed receptacle on wheels wherein we must place our vic-tuals. Though man does not live by bread alone (What's that? Dashed good thing too? I quite agree with you, sir) a doorstep of Farmhouse Bran goes down well with a chunk of alte Gouda, what?

The high priest sits in his eyrie, benign smile lighting his weary features. Occasionally he perambulates, Pope-like, among the people, who genuflect as he passes, the lucky ones actually managing to knock him with their trolleys in their progress. As the anniversary of the Coming of Our Lord approaches, the atmosphere becomes more frenetic. Shelves are stacked high and wide with tempting sweetmeats and exotic goodies. Myriad boxes of chocolates vie with each other, each bearing a lid more original and more inappropriate than its neighbour. Shall we celebrate Jesus' birth by contributing to Cadbury's coffers, or to those of their German counter-parts, Stollwerk?

The religious and the secular wage their annual war. Round-mouthed choirboys leer crookedly several feet above our heads as we file like supplicants past the pay-off (sorry, check-out). The day of reckoning is at hand. "What a mercy it's only once a year, innit?" "My dear, the expense!" But reflect for a moment. What price did He pay?

N. Biles

34 AEC — PART TIME CLASSES

If you missed the chance to enrol for the wide variety of part-time classes at Cambridge House before Christmas, you have another opportunity in the infancy of 1978! Enrolment for classes will be as follows: —

4 and 5 January	1000 — 1200 hrs
	1400 — 1600 hrs

Are you planning your Summer holidays? Why not brush up your German, French or Italian? Details available at 34 AEC.

BLOOD DONORS

There is a continuing requirement for Blood Donors at the RAF(H) Wegberg. With the winter season now upon us this need is now becoming very urgent. Any person who is willing to give blood to save others is urgently requested to register with the MRS Rheindahlen on RA 2693.

NAAFI NOTE BOOK

A VERY HAPPY NEW YEAR TO YOU ALL!

As far as money is concerned, this month is always something of a lean time — almost as traditional as a post Hogmanay head. No doubt the financial headaches will clear somewhat once our traditional clothing sale of autumn and winter lines gets under way during the month. There's something for everyone — men, women and children — but with prices reduced by up to 50 per cent, you'll have to be quick off the mark to get your share of the bargains. Something that's not included on sale are our range of sheepskin coats, but then in December we reduced them all by a big 25 per cent — so there's no excuse for being cold this winter. Whatever clothing item you buy, whether it's in the sale or not, do remember to ask for stamps. A bonus dividend certificate can be used to buy DM 41.50 worth of clothes at one cash point, which leaves you just a balance of DM 4.00 to pay.

It's not just the clothing department helping to spread the load this month, the foodhall is doing it's bit as well. Our first special offer period starts on the 10th and lasts until the 28th. The 1978 special offer season kicks off with the bumper crop of more than 50 money savers, including food lines, household products and toiletries. Make sure you pick up a copy of the special offer leaflet and keep homing in on those single red star signs. Incidentally, our special offer includes a wine of the month. January's is a Sönniger Rebstock, a white table wine selling at DM 1.56 a bottle. And if all that isn't enough good news, there'll be a couple of double star weeks as well.

Whether you're shopping in the foodhall, the clothing department or the gifts and durables and you're paying by cheque, do make sure it's filled out correctly. First thing the date: Remember it's 1978 now. If you want to avoid making this common error, write in 1978 on the first half dozen cheques. And if you're using this method of payment in the foodhall, write in as many details as possible before going through the check-out, just leaving the amount blank. That way you'll help keep those queues going through at a rate of knots. By the way, please don't attempt to pay by cheque at the express till, that defeats it's purpose.

And on that cautionary note may I wish you all good fortune for the New Year once again — see you next month!

Peter Gallon



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ARMY THRIFT SHOP

The Army Thrift Shop have great pleasure in announcing their distribution of approximately DM 15,500 to Charities for the year 1977 as follows: -

Army Benevolent Fund	£1,000
Guide Dogs for the Blind	700
Star and Garter Homes	700
Royal Cambridge Homes	400
Help the Aged	200
Scotland: Whiteford House	500
	£3,500
Local Charities:	
Wegberg Hospital	DM 500
SSAFA Local Fund	500
YWCA	100
	DM 1100

We thank all our customers for their continued support which resulted in this marvellous amount and hope this will continue in 1978.

Special Opening:

January 5th Take in and selling 9.30-11.30 am.

Re-Open after Christmas break:

January 17th Usual times.

A Happy New Year to all our Customers.

RHEINDAHLEN COMBINED SERVICES NAAFI CUSTOMER RELATIONS COMMITTEE

The next meeting of the Rheindahlen Combined Services Naafi Customer Relations Committee will be held on 31st January. Points for inclusion in the Agenda should be forwarded to reach representatives by 6th January.

Committee Members as at 1th November 1977

Representing	Member
HQ Northag	Mrs. Collman
HQ BAOR Staff Branches	Mrs. Shepherd
R Signals	Mrs. Baldwin
RCT	Mrs. Grant
RAOC	Mrs. Embley
RMP	Mrs. Deans
Rheindahlen Garrison	To be notified
HQ 2 ATAF	Mrs. Swan
HQ RAFG Air Staff	Mrs. Hedges
HQ RAFG Admin Staff	Mrs. Hewitt
HQ RAFG Civil Staff	Mrs. D'Allenger
RAF Rheindahlen	Mrs. Ford
RAF Hospital Wegberg	Mrs. Baxendawe
Wickrath Estate	Mrs. Baron
Civil Sec. BFG	Mrs. Crossley
BFES	Mrs. Maguire
PSA	Mrs. Brown



ANOTHER PLAQUE FOR "QUEEN'S" COLLECTION

During a recent conducted tour of the New-Look Queen's School, Wing Commander Bob Ford, the Station Commander, viewed the School's collection of unit badge plaques. To his dismay, he noticed that RAF Rheindahlen's was conspicuous by its absence. He is here pictured rectifying the omission by presenting the Headmaster, Mr Jim Lovegrove, with the missing "collector's piece" at a simple ceremony in the Station Headquarters.



QUEEN'S HIT THE ROAD

The first frost of the season lay hard upon the ground as a blue minibus rumbled towards Zeebrugge carrying a group of twelve senior hockey players from Queen's School, Rheindahlen, to their destination - Crowborough, Sussex.

This was to be their first taste of a hockey exchange tour with a school in England, so though spirits were high the mood was somewhat apprehensive.

The girls were hosted by senior pupils from Beacon School, Crowborough, and although the trip was full and tiring, I think all thought it worthwhile.

The first battle of the sticks was on Monday afternoon when, in arctic conditions, Queen's lost 4-0. However, the highlight of the tour came on the Wednesday, when in the afternoon a tournament had been organised to include five other schools from the area as well as Queen's. School had won their pool and went through to the play off for first and second position.

At the end of full time there was no score and at the end of a further full time, anticipation was high and nerves on edge, when in order to produce a clear result, the decision was made to take penalty flicks, five to each team - and not always a Queen's forte! The teams took alternate flicks and Queen's took the winning position, as the second try, made by Jacky Usher, fell into the back of the net - amidst loud cheers and congratulations.

Judith Hull

Library Notes

NEW FICTION

Jon Cleary — Vortex
Catherine Cookson — Girl
Dick Francis — Risk
Philip McCutchan — The Dead Line
Alastair Maclean — Goodbye California
J R R Tolkien — Silmarillion

NON-FICTION

A hundred years of eating by James P Johnston — For anyone at all interested in their daily intake of food and drink this book will prove a fascinating read.

According to the Evidence — In this most challenging and exhausting study yet, Erich Von Däniken undertakes to prove to his critics once and for all his theory: That in prehistoric and early historic times Earth was visited by unknown beings from the cosmos.

Dracula Country by Andrew MacKenzie — This is a book for the folklorist, the historian, the fan of Dracula of stage and screen, and above all, for those who feel the lure of remote corners of Europe.

Diaries of a Cabinet Minister Vol III — by Richard Crossmann.

Fighter: The true story of the Battle of Britain by Len Deighton — For the first time the battle is described as much from the German as from the British point of view. For people who have been brought up to believe the mythology created by wartime propaganda, reading this sobering account of the battle will come as a shock.

Hitler's Children, the story of the Baader-Meinhof Gang by Jillian Becker — The protest of the post Hitler generation in Germany has its place in a world terrorist movement.

Dunkirk, The Great Escape — Using new material from French, German and English sources, A J Barker has produced a complete and authoritative account of this dramatic story.

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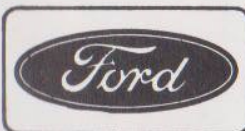
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ROWING COLOURS AND CERTIFICATE PRESENTATION



On 16 November 1977 Wg Cdr R Ford, Station Commander of Royal Air Force Rheindahlen presented SACW Carol Walley with the RAF Support Command Colours and Certificate for rowing.

SACW Walley represented the Command on at least four occasions during 1976. Photo: RAFG PRU

L.S. and GCM PRESENTATION



Photo: HQ

Maj Gen J M Gow as Colonel Commandant of the Intelligence Corps visited HQ Intelligence & Security Group Germany recently. During the visit he presented the Long Service and Good Conduct Medal to SSGT T S Darley currently serving with Group HQ in Rheindahlen and who has just completed 19 years service in the Army.

RHEINDAHLEN



Children Entertain

Schools have been busy again entertaining parents with Christmas activities. Children enjoy this time of year as they can show their parents how well they have done at school. Our pictures show St. Christophers above and below St. Georges primary schools during their Christmas activities. Photos: F.C. Line



ROUNDAABOUT

VISIT OF CHIEF OF THE GENERAL STAFF



WO1 (GSM) JW Gemmell welcomes the Chief of the General Staff General Sir Roland Gibbs, GCB CBE DSO MC to the Garrison WO's and Sgts' Mess recently.

BAOR PR



TRANSFER OF CHAIRMANSHIP

Commander-In-Chief, British Army of the Rhine, General Sir Frank King handing over the Chairmanship of the Commander-In-Chief's Committee to the Commander-In-Chief RAF Germany, Air Marshal Sir John Stacey.

PRESENTATION TO HERR LOTHAR HOFFMANN

Lothar was presented with a Certificate of 25 Years' Meritorious Service on the 4th of November. Lothar started work for the British Forces in 1952 as a NAAFI salesman in Bad Oeynhausen and is now a member of the Works Executive branch of the PSA Regional HQ. The picture shows Lothar Hoffmann (left) with the Regional Director PSA Bertie Roberts.

COMMANDER VISITS SIGNALS SQUADRON

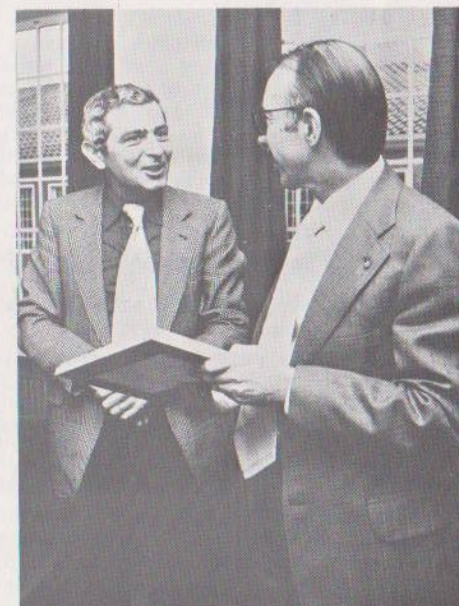


Photo: Northag PI

General Sir Frank King, the Commander of Northern Army Group, visited the 1st (Netherlands) Signals Squadron at Mönchengladbach. He spoke with many officers and soldiers. He is seen here discussing cable-laying with Sgt. Hettinga.

This is the only Netherlands Army unit under the operational command of NATO's Northern Army Group now — the national contingents of the 200,000 strong army group remain under national command in peacetime.

The Squadron is part of Northern Army Group's Signal Support Group, which is commanded by a German Army Colonel, the other units in the signals group are from Belgium, Britain and Germany.



KEEP YOUR HEATING BILLS DOWN!

Have you noticed that the rebates were a bit lower last time? Is it perhaps something to do with these individual central heating boilers? Do you want to cut heating costs? Then read this article; it could save you some money at a very small outlay.

Mr G W HORSLEY of the Atomic Energy Research Establishment has proved that domestic clingfilm, correctly applied, has 90% of the efficiency of professional double-glazing using glass. He has double-glazed his three bedroomed home for £1 with domestic clingfilm, obtainable here through NAAFI. He has also reaped the second benefit of double-glazing, a reduction in external noise levels. Here are the instructions.

THE PRINCIPLE

Double glazing traps a layer of still air. The air is the insulator. It does not matter how the air is trapped; it must be still. Clingfilm will do this just as well as glass and, because it is self-adhesive, requires much less effort to install.

WHAT YOU NEED

1. A roll of clingfilm. This can be obtained in two sizes, usually 30 cm, but 45 cm rolls are some times available.
2. A very sharp blade.
3. Absolute cleanliness — hands, glass, paintwork. Remove all grease, and if the paint is very old, apply a thin coat of gloss paint and allow to dry for 24 hours. This should not be the case in married quarters.
4. Care, patience, gentleness.

HOW YOU DO IT

Take the roll of clingfilm and gently unwind two inches. Suspend the roll by putting your two little fingers in the hollow ends. Grip the two corners of the unrolled piece of film between finger and thumb of each hand (it sounds difficult, but it is quite easy) and offer up the film to the top of the window frame so that the film unwinds from the far side of the roll. Press the film gently but firmly against the paintwork; it will soon adhere. Get rid of any air bubbles by rolling them to the edges.

Now unroll the film a little and lay it under slight tension across the pane. Again secure the grip of the film by pressing it on to the window frame.

Having covered the full pane, cut the film with the blade and lay down the roll.

The window pane is now sealed but crinkly. To remove crinkles start at one of the top corners. Pick off the film, stretch it slightly, reseal. Repeat all the way round and you will gradually remove the crinkles, and you will have a clear insulated window.

LIMITATIONS

The width of the available clingfilm will dictate your ability to double-glaze. Sometimes it may be necessary to make a simple painted frame, where the panes are particularly large.

Clingfilm is not permanent and might need replacing annually in November. This might cost you as much as DM 10.

THE BOOK OF CARTEMAS

Chapter 5

1. Cartemas to the host of Brit in the land of Germ, greetings.
2. Lo, I, even Cartemas the scribe, am come unto the host of Brit in the land of Germ who worship the god whose name is called Loa.
3. And in the name of Loa gave the rulers of the land of Brit silver and gold unto the host of Brit according to their need, yea even unto the stealers of beans was Loa's bounty granted.
4. And the men and women of the host of Brit held their heads high amongst the people of Germ, but not so high as those of the host of Nat from the lands of Belg and Ned. Nevertheless, by the grace of Loa they were not ashamed.
5. But on a day came heathen unto the host of Brit, who sought to belittle Loa and to cause his bounty to be shrunken. And they lifted up their voice against Loa, saying, Lo, the host of Brit in the land of Uk are poor, living on husks and clad in sack-cloth. How shall the god Loa shed his blessings upon ye in the land of Germ, when thy brethren are in such case?
6. And they made tally of the price of that which the men of the host of Brit in the land of Germ could buy. And it was more than the price in the land of Uk, but the heathen made outcry, saying, Loa must fall.
7. Then the host of Brit in the land of Germ made sacrifices unto Loa, and sent emissaries unto the Chief who was over all of the host of Brit. And his name was called, Mul Lee.
8. And the messengers awakened him from a deep sleep, saying, Lo'd, we are undone, for the heathen seek to destroy the god Loa. And there is weeping and Lamentation in thy host. And peradventure shall they, and their wives, and those of their children who are of an age, cast their votes in a certain way because of this thing.
9. Then Mul Lee prophesied to the Captains of the hosts, saying, Say unto thy men, for twelve months shall the god Loa remain for thy worship. But after this time can I not prophesy.
10. And the host of Brit ceased for to chunter, and the stealers of beans smiled on their ceaseless journeyings unto the bank.
11. But who knoweth what the future shall hold, for it is written, He who knocketh Loa, playeth with fire, but he who holdeth the pursestrings, calleth also the tune.

Paicol

The Co-Editors wish to apologise to the Author Paicol. We found your psalm in Station Headquarters, it had been there for 1½ months.

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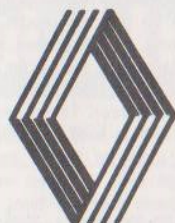
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CERTIFICATES GALORE!



RAF PRU

The Stn Cdr recently presented Long Service Certificates to 8 civilians working at RAF Rheindahlen. Pictured with the Stn Cdr above are:

Back row (l to r) Herr Brinkmann (25 years service), Flt Lt Lovewell, OC MEF, Herr Thelen (12 years service) Flt Lt Stafferton OC RAFG PRU, Herr Schlichtmann (25 years service) Sqn Ldr Kirk (SMO), Herr Riedl (12 years service) Flt Lt Wardle, Eng Co-ord.

Front Row (l to r): Herr Orzechewski (12 years service), Frau Walle (12 years service), Stn Cdr, Frau Prest (12 years service), Frau Schwarz (25 years service).

Know Your Trees



THE YEW (TAXUS BACCATA)

The Yew described here is the most common Yew. It is the only common tree to retain its old English name in modern English, the old Anglo-Saxon name of HEBEN having been dropped. In Welsh, it is known as YW and in Gaelic as IUBHAR; in German as EIBE.

The Yew has grown from an early stage of prehistoric forest development and is found in both the Northern and Southern hemispheres. Fossils indicate that the Yew was once more abundant. It is native to the chalk downs in Southern England as well as the limestone in the North, and in

oakwoods on other soils. It is indifferent to soil and will grow on any ground of reasonable fertility. Well known woods of Yew are to be found at Kingley Vale on the Hampshire downs near Havant, near Tintern in the Wye Valley and in West Sussex. The Yew, however, usually occurs as an occasional tree and lends itself to topiary in gardens and parks on account of its bushiness. The veterans are the huge ancient trees to be found in churchyards from Kent to Devon, and in Monmouth, Hereford, Merioneth and Denbighshire in particular. Some of them are 1,000 years old and have girths of 30ft. They are all hollow, but this has no effect on their health. These churchyard Yews preserve an old tradition of early Christian and pre-Christian meetings of people gathered together under the dense shade of its branches before the church was built. So ancient usage gave the Yew its ecclesiastical significance rather than consecration.

Because the Yew grows slowly and has an appearance of venerable antiquity, one is apt to over-estimate the age. Of this one can never be sure because the heart of the trunk bearing the annual ring record has always rotted away and growth is only preserved by the fluted sapwood of the trunk's circumference. The Yew has a peculiarity in that it does not conform with the growing measurements of other trees. Without an earlier record of its girth, it is thus very difficult to estimate the age of a large Yew and few can be properly assessed. A rough guide is: 8ft = 100/150 years old; 16ft = 300/400; 20ft = 500/600 and 30ft = 850/1,000. It is interesting to note that at Midhurst in Sussex there are several specimens which have attained a height of 90ft! Old trees have long ceased growth in height, and growth in girth declines to 0.5 cm a year and in very old trees it is almost non-existent. The Yew is the longest living tree in Britain and its sole scourge is the Yew-gall insect.

The crown of the Yew is broad to very broad conic when single-stemmed. When multi-stemmed, irregular spreading occurs. The bole is often partly covered by a dense growth of sprouts. Its leaf-sprays are easily identifiable; the flat, soft, dark green needles up to 1" in length, are spirally arranged and appear as two racks on one plane. The branches are long and sweep out, being low on the tree. The shoots remain green for three years. The tree is either male or female — the male flowers are small and globular along the underside of the shoots of the previous year. These become yellow and shed clouds of pollen in February. The female tree has minute solitary green flowers which are barely noticeable until its fleshy cup swells in March. By mid-September, this cup is bright red, its deep cavity usually containing one seed though occasionally there may be two. Clivy, Virgil and Caesar all noted that the seeds, foliage and bark contain an alkaloid — Taxin, which is very poisonous to birds, animals and man, yet, surprisingly, both fieldfares and thrushes eat the juicy flesh surrounding the seed with impunity. The trunk of the Yew is usually much divided and the thin reddish-brown bark flakes off in patches. The Yew regenerates naturally since grazing stock avoid the seedlings.

A branch of Yew makes a first-class beater in a forest fire because its branches are long and springy and the foliage is non-inflammable due to an absence of resin. The tree is of little commercial value because of its slow growth, and has a creamy band of sapwood around a brown heartwood. The wood is mainly used for local gate posts because of its heaviness, strength and durability although a certain amount finds its way into fine carving and decorative turnery because of the beauty of its irregular grain. Yew, of course, was once used in the English longbow due to its special elasticity and suppleness. Common bows for practice were made from branches while the best bow staves were obtained by cleaving straight grown trunks free from knots.

V SIMS

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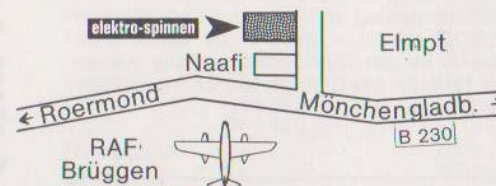
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EX SNOW QUEEN — RAOC BAOR SKI HUT

Due to cancellations, there are now 4 course vacancies for HQ BAOR/Rheindahlen Garrison RAOC personnel at the Ski Hut in Bavaria, between Dec 77, and March 78. The courses are for 14 days duration and the cost which includes ski equipment, lift passes, food and accommodation is DM 175.00 — the majority of this may be reclaimed by single soldiers. A brand new, fully winterised 4/5 berth caravan is available for families at a giveaway, all inclusive charge of DM 450 per fortnight. Personnel are reminded that Snow Queen courses are duty and do not count against annual leave entitlement. For further details contact Capt. Stone (RA 2461).

CHILDRENS' SKI-ING

The 1978 Inter Prep Schools Ski Championships will be held in Gerlos, Austria on 4 and 5 April. The Championships offer prizes to Open and Novice Teams and Individual prizes in Open, Intermediate and Novice classes. Races are open to boys and girls under 14 on 1 January 78. Those who meet the age requirement but who are now at their Public Schools may compete as individuals and girls should attend any IAPS, HMC or similar school. The main sponsors also offer bursaries for three young children who show promise. As the meeting is very much a family affair with parents and elder and younger brothers and sisters in Gerlos, the Giant Slalom is run as an All-comers race with prizes for many classes including Public Schools' Pairs, Veterans and Minimus (under eight). The two runs of the Slalom are reserved for the competition proper with the second run being set on a more difficult course and the Novices excluded unless they are running as part of their School's Open team. For the last two years the Junior School to King's School, Bruton have carried off all the major Open Individual and Team trophies for boys. This year they will face tougher opposition from the British Embassy Prep. School in Bonn's team. So far seventeen schools have entered teams and many as individuals. Should your son or daughter go to a school which hasn't entered, you could organise a team yourself. (School groups of 10 or more are entitled to a free place for the leader.) Unaccompanied children and beginners of all ages are welcome from March 29 — April 8 (by coach from Rheindahlen) or any dates if by car. For further details please contact the Secretary, The Dolphin Ski Club on Mönchengladbach 550927 or 14 Lincoln Drive JHQ.

RHEINDAHLEN BULLETIN LOTTERY JANUARY 1978

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RHEINDAHLEN DRY SKI SLOPE — CHILDRENS INTERMEDIATE COURSE

A childrens intermediate course will be held at the Rheindahlen Dry Ski Slope commencing 10th January and consisting of 6 x 1 hour lessons. To be eligible for the course, pupils must be able to perform snow plough turns. Cost of the course will be DM 20, and bookings and further information may be obtained from the RAF Gymnasium (RA 4287).

SKI SAUERLAND

This month we have chosen three of the nearer ski resorts to comment on — these three are within day trip range of Rheindahlen (but that also means day trip range of Köln and Düsseldorf!). The first is HAGEN-WILDEWIESE, the slopes here are from 500 to 650 m above sea level and there are 5 major ski lifts, with the longest run being 1.2 km. There is a ski jump, nursery lifts and slopes, a langlauf track, ski school and flood-lit slope for night time skiers. The Verkehrsverein's Tel. No. is 02393-293 and there are 4 guesthouses and 15 pensions in the area. The route from JHQ is Düsseldorf — Hagen Kreuz — south on Autobahn 45 turn off at Lüdenscheid and follow route 229 to Wildewiese. As an alternative there is MEINERZHAGEN, from 400 to 660 m with the route as above but turn off at Meinerzhagen. This village has ski lifts, langlauf tracks and nursery slopes — more for the beginner, possibly. The Verkehrsamt's tel No. is 02354-6051. Third in the trio is HILCHENBACH, a little further from here than the other two. The slopes are from 360 to 680 m and the journey is by the route above but turn off at Siegen and follow route 62 to Lützel. Hilchenbach has ski touring facilities, ski jumps, ski school, small ski lifts a flood-lit ski-ing area, toboggan tracks and other ski facilities. The Telephone number to check snow conditions here is: 02733-831. Happy Ski-ing. Remember to check all your bindings BEFORE you start, later could be too late. In February we will report on the Winterberg area.

ARMY SPORTS BOOKING JANUARY

Date	Teams	Venue	Time
RUGBY			
4	Rhino's Wed V 13 Signal Regt	'B' Rugby	1430 hrs
14	Rhino's 1st XV V Brussels British	'A' Rugby	1430 hrs
14	Rhino's 2nd XV V Brussels British	'B' Rugby	1430 hrs
18	Rhino's WED V RAF Laarbruch	'B' Rugby	1430 hrs
28	Rhino's 1st XV V RAF Laarbruch	'A' Rugby	1430 hrs
28	Rhino's 2nd XV V RAF Laarbruch	'B' Rugby	1430 hrs
SOCCER			
8	NAAFI Staff V Marlborough Club A	'B' Soccer	1415 hrs
8	Marlborough Club V Scribes B	'E' Soccer	1415 hrs
8	Scribes 'A' V Queen's School	'A' Soccer	1415 hrs
22	NAAFI Staff V 11 SU 'B'	'B' Soccer	1415 hrs
22	Marlborough Club V 11 SU 'A'	'A' Soccer	1415 hrs
25	Northag AFC V 21 Army Sp Sqn RE	'B' Soccer	1415 hrs
29	Scribes 'B' V Kent School	'B' Soccer	1415 hrs
29	Marlborough Club V MES	'A' Soccer	1415 hrs

HOCKEY			
15	Queen's School V 29 Coy WRAC	Nursery Shale	1400 hrs

SQUASH			
9	BAOR Squash Championships	Army Squash Courts	0900 daily
12	Garrison V RAF Rheindahlen	Army Squash Courts	1900 hrs
19	Garrison V Maastricht SRC	Army Squash Courts	1900 hrs
26	Garrison V 23 Tpt & Mov Regt RCT	Army Squash Courts	1900 hrs

Motor Cycling (2)

THE RIGHT WAY TO TURN LEFT

For all turning manoeuvres, and particularly when turning left, the rider, before actually turning the corner, should be aware of the traffic behind and in front of him. He should also be in the correct position on the road for the turn and travelling at the right speed with the correct gear engaged.

To achieve this on a left turn, it is necessary first to take the correct position on the road, which is just right of the centre line. Before moving out to this position, the use of the mirrors, or a look behind by turning the head, is important to see what vehicles are following. Before taking up the turning left position, a directional signal must be made.

When in this position, the speed at which the rider can make the turn must be assessed and, whilst still travelling in a straight line, the adjustment made. Before doing so, a look behind is imperative. When the speed for the turn has been reached the appropriate gear should be selected. Under some circumstances, the speed of the machine may be reduced entirely through the use of the gears.

In the sequence for turning left, the riders' position is now correct and the speed and gear is correct. A directional signal (turn left) is required for the information of oncoming or following traffic, it should be given at this stage, just before the actual turn. The last look over the shoulder, the **Lifesaver**, is imperative. Whilst steering around the corner, the rider should maintain gentle acceleration to ensure maximum stability, having regard to the road surface conditions and pedestrians who may be crossing.

If, owing to the presence of oncoming traffic the rider cannot complete the turn, the waiting position is opposite the junction into which he intends to turn, just right of the centre line.

By keeping to the correct central position, ample room is available for cars to pass on the rider's offside and nearside.

RHEINDAHLEN GARRISON HOCKEY

Membership of the Rheindahlen Garrison Hockey Club is open to Military and civilian members of the units in the garrison and also to civilian components of PSA, NAAFI etc. Hopefully, also a Ladies Section will be formed if there is sufficient interest. All those interested should contact the Captain on RA 2618 or the Secretary on RA 2720 to give their details of experience.

SQUASH The BAOR Squash Championships will be held at Rheindahlen from 9 to 13 January.

KEEP FIT WITH YOGA

The next Yoga term starts on Tuesday 17th January. The new evening class is on Tuesday from 6 pm to 8 pm at St. David's School. At last there are some vacancies in the classes, anyone interested please phone RA 2820 or call at 15 Carlisle Way.

SPORTS Representatives

May we remind you of your Army Sports Representatives: Contact them if you would like to take part in the sports involved:

Adventure Training		Capt MJ Melody	Tel 2042
Assn. Football	BAOR	Brig PB Cockburn	2979
	Garrison	WO1 TW Holt	2249
	Scribes	Mr CJG Ballinger	96/579
Assn. Football	Refs.	WO1 P Cussons	2475
Athletics	Garrison	Maj JCF Wilcocks	2278
Badminton	BAOR	Col AA Julius	2266
	Garrison	WO1 D Shepherd	2910
Basketball		Mr RJ McCrimmon	2349
Boxing		WO2 J Miskimmin	2150
Canoeing		Capt MJ Melody	2042
Cross Country		Maj MJ Bryant	2077
Cricket	Garrison	Lt Col BS Turner	2116
	Casuals	Mr R Thomas	2410
Fencing		Capt GM Simmonds	2793
Golf		Maj GB Clark	2310
Hockey	BAOR	Col RK Kelsey	2302
	Garrison	Maj RC Wallace	2618
Judo		Flt Lt J Crawford	4342
Karate		Flt Lt J Crawford	4342
Marching		SSgt R Hewish	2606
Orienteering		Maj JA Hawke	2033
Riding		Col AW Gallon	2662
Rugby	Rhinos	Brig FP Crawley	2002
Sailing		Wg Cdr R Ford	4204
Shooting	Target Rifle	Col RH Gilbertson	3311
	Game Shooting	Lt Col FAM Thierry	8/245
	Gun Club	Flt Lt J Lawn	4544
	No 1 Game Syn.	Maj NRM Petrie	2848
	No 2 Game Syn.	Maj CJ Roberts	2607
Squash	Garrison	Maj MT Cook	2004
	Civilian Club	Mr B Fox	2774
	BAOR	Brig FP Crawley	2002
Ski-ing		Flt Lt J Lyons	4287
Sub-Aqua Club		Maj L Haylor	2688
Swimming		WO2 FA Dawes	4423
Table Tennis	Civilian	Mr G Wilkinson	3185
	Garrison	Lt Col B Reeves	2537
Tennis	BAOR	Maj Gen PAC Baldwin	2075
	Garrison	Lt Col B Reeves	2537
	R & MG	Lt Col GA Attard-Manche	2900
Trampoline		WO2 J Miskimmin	2150
Volleyball		WO2 J Miskimmin	2150

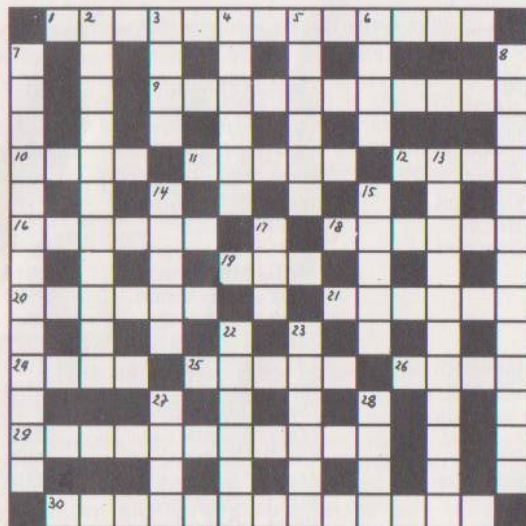
FAMILIES BADMINTON

Families Badminton has re-started in the RAF Gymnasium on Friday evenings from 2000 hours.

COFFEE MORNING - LADY GOLFERS

On Tuesday January 10th at 10.30 hrs. at RAF(G) GOLF CLUB, R.A.F. Bruggen. All Lady Golfers including those who are interested in taking golf up, are welcome. Please come along and meet us all.

CROSSWORD - Competition Nr. 20 by Aries



Last date for the Crossword Competition is 10th January. Winner will be the first correct entry opened on 12th January. Only one entry per household. Prize of DM 20. Envelope to be marked "Crossword Competition No. 20" and sent C/o the Child Guidance Clinic, Rheindahlen.

Name
Address Tel. Ext.

Poor Aries by the muse is ta'en and justice poetic doth claim.
So 'ware, you crossword fans of mine, some words, perchance, just fill the rhyme!

ACROSS:

1. Just twist and bend your ear, or fold to find a time — not very old ... (4, 2, 3, 4)
10. ... when hearing, list'ners are in tears ... (4)
11. ... and sometimes tarts may walk like queers ... (5)
17. ... but are the queers to make a fire? (6)
18. The food is served — you root in mire ... (4, 2)
19. 12, 9. ... and 'bang' your noises went. Real vows are made, so break them not, just now. (3, 4, 11)
20. By motorway and Nat'l Trust newspaperman made money thus.
21. But stay! Rolls in a cloudless night ... (6)
24. ... rolls in and out at diff'rent height. (4)
25. A bit of face is lost, I thinks, when I comes in and works on Links (5)
26. O. beautiful island in the sun you sound so much like damned pun (4)
29. The winning soccer teams on time and welcomed as the bells do chime (5-6)
30. With Eastern 'plane the jumble might be jumble or be jumbo bright (5, 8)

DOWN:

2. Come, I entreat, you danced like hell and in the end? — looked after well! (11)
3. Unusual rear — all tarted up. ... (4)
4. ... and very old! Ship wrapped up in silver paper. Or a blade ... (6)
5. ... to open up and fully shave? (6)
6. A once lamented curious tale ... (4)
7. ... so dreary it without a fail will drill them 'til they cannot stir. (4, 4, 5)
8. With hay or plastics seek you, Sir of how and why the stars do gleam ... (13)
13. ... and bark 'attention' after 'em. Sounds like it's time to board the 'plane ... (11)
14. ... Which ever way you look. 'Tis plain ... (5)
15. ... this box may fly much like a bird ... (5)
17. ... and cob may fly much like this bird ... (3)
22. ... whilst who sits here owns both, I deem ... (6)
23. ... and wears the tartan it would seem. (6)
27. Test flown? Then all is as it was ... (4)
28. ... the span of time marched on, because. (4)

DEVISE A CAPTION COMPETITION

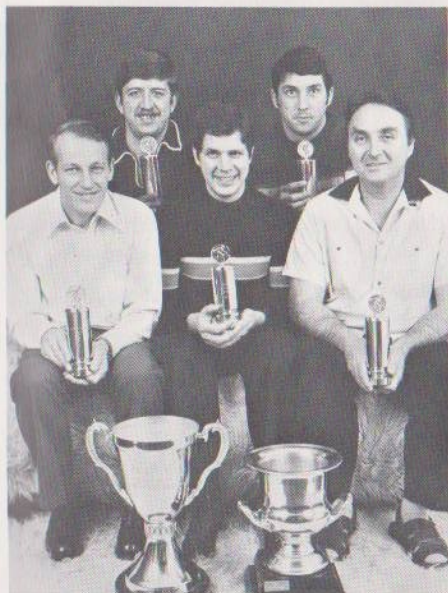


This photograph must be one of the most exciting ever taken ... the 200th Meeting of the Housing Committee ... suitable caption please.



This photograph was taken of ... on ... He has agreed to have it published. Caption please.

Rheindahlen bowled them over



Bowlers from RAF Rheindahlen are the RAFG Bowling Champions. They recently took the individual masters — Corporal Mike Behagg, the doubles — Tony Hall and John Brown and the 'Five man team' which consisted of John Brown, Mick Greenstreet, Tony Hall, Steve Poyntz and Mike Behagg. Our photograph shows the Five Man Team with trophies.

Frank Line

The Supercooks Column

This month I thought we might take a look at soups; it will make a change from the seasonal Christmas 'fodder' that we have been eating over the last few weeks. First a look at definitions: 'soupe' is the French word used to describe what goes into the liquid or broth; 'potage' is an expression used to cover peasant-style soups and they are usually thick, made of vegetables and garnished with bread; 'consommés' are clear soups and they can be presented either cold or hot and even as a jelly with parsley sprinkled on the top. But essentially soups are either thick or thin, hot or cold and should be in harmony with the complete table menu.

The basis of any good soup is the stock from which it is made, and as many people buy their meat in bulk for the deep freeze, there must be many a bone lurking in the bottom of freezers, just waiting to be made into stock. For those who do not acquire bones this way, I'm sure that the Naafi will oblige if you ask the butcher nicely.

To make a good basic stock, cover the bones with cold water (the bones can be beef, pork, lamb or chicken), and leave for 2-3 hrs. This softens the tissue and allows more flavour to be extracted. Then put the bones and water on to a good heat, bring to the boil, skim off the scum and allow to simmer for 3 hrs. After this time add some cut up vegetables-carrots, onions, celery (parsnips go particularly well with chicken stock) some herbs (for example bay leaf and parsley stalks), some pepper-corns and even all-spice if you have it and allow to simmer again for 2-3 hrs. Finally, strain the stock, allow it to go cold and remove any fat. Your stock is now ready to make into any soup you like. One thing to notice, never use salt when making stock as this could become concentrated during the long cooking time, it's much safer to add salt to the finished soup.

Ingredients

- 1½ lbs onions
- 2 ozs butter
- pepper
- salt
- 3 pts basic stock
- 1 glass white wine
- 4 slice toast
- 7 oz grated Cheddar (or Gruyere) cheese

1. Slice the onions and cook gently in the butter until soft.
2. Add in the stock and seasoning and simmer for 20 mins.
3. Add wine, pour into a tureen, float slices of toast on top, sprinkle generously with cheese and place under a grill or in an oven to melt the cheese.
4. Serve for lunch with a glass of red wine.

RAF RHEINDAHLEN WIVES CLUB

would like to thank all who contributed to their Christmas Draw held on Monday, 12th December. It was a great success, and made a little over DM 1000, which will be going to Charities. Our next meeting will be held, as usual, in the R.A.F. Sports and Social Club on Monday 16th January, when we will be having our Annual General Meeting. All dependants of both Service and Civilian personnel are most welcome. Buses will be available at the usual times.

Monday, 30th January, Mrs. Bryan will give a talk and demonstration on Pressed Flowers. Please do give us your support and attend. A Happy New Year to everyone.

CINEMA PROGRAMME

ALL PERFORMANCES AT 1930 hrs UNLESS OTHERWISE STATED.

GLOBE

1	COLUMBIA CARTOON PROGRAMME — At 1400 hours only	U
1, 2	SHIVERS	X
	CANNIBAL GIRLS	X
3	CARRY ON ENGLAND	AA
	DOBERMAN GANG	A
4, 5	KING KONG	A
6	MASSACRE IN ROME	AA
	FUGITIVE GIRLS	AA
7	PICNIC AT HANGING ROCK	A
8	BAMBI — At 1400 hours only	U
8, 9	FLASH AND THE FIRECAT	AA
	SWAMP BAIT	AA
10	DUCHESS AND THE DIRTWATER FOX	AA
11	MURDER BY DEATH	A
12	NIGHT HAIR CHILD	X
	DEATH LINE	X
13, 14	FUN WITH DICK AND JANE	A
14	DIGBY THE BIGGEST DOG IN THE WORLD — At 1030 hours only	U
15	STRONGEST MAN IN THE WORLD — At 1400 hours only	U
15, 16	S.T.A.B.	X
	STORNER	X
17	SCHIZO	X
	ALOHA, BOBSY AND ROSE	AA
18	FUTURE WORLD	A
	BUNNY O'HARE	A
19	PERCY	X
	THE VAMPIRE LOVERS	X
20, 21	THE FRONT	AA
	HARRY AND WALTER GO TO NEW YORK	U
22	COLUMBIA CARTOON PROGRAMME NO. 4 — At 1400 hours only	U
22, 23	THE GREATEST	A
24	BUG	X
	DEADLY BEES	X
25	THE WIND AND THE LION	A
26, 27, 28, 29	ONE HUNDRED AND ONE DALMATIANS	U
	RISE A WILD PONY — Matinee on Sunday 1400 hrs only	U
28	PETER PAN — Matinee on Saturday 1030 hrs only	U
29, 30	MARCH OR DIE — Sunday at 1900 hrs	U
31	40 CARATS	A

ASTRA

1, 2	THE CAR	AA
	MY SWEET LADY	A
3	THE EIGER SANCTION	AA
4, 5	VANESSA	X
	UNDER THE BED	X
6	SKC BINGO — Doors open at 1930 hrs	U
7	MYSTERIOUS WRECK — Matinee 1030 hrs	A
7	JAWS	A
8, 9	THE CASSANDRA CROSSING	X
10	CONFESSIONS OF A DRIVING INSTRUCTOR	AA
	SEX SYMBOL	A
11, 12	CAR WASH	A
13	SKC BINGO — Doors open at 1930 hrs	A
14, 15, 16	THE SPY WHO LOVED ME	X
17	ADVENTURES OF A TAXI DRIVER	X
	BLONDY	X
18	TOBRUK	A
19	BARBARELLA	X
20	SKC BINGO — Doors open at 1930 hrs	U
21	SHE — Matinee at 1030 hrs	A
21, 22	ORCA — KILLER WHALE	AA
24	TOMMY	U
25	STATION ZEBRA	X
26	CATCH 22	A
27	SKC BINGO — Doors open at 1930 hrs	A
28	LOGAN'S RUN	X
29	ROCKY	X
31	SURVIVE	X
	KEEP IT UP DOWNSTAIRS	X



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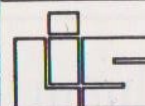
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STOP PRESS

SSAFA WOOL SHOP

The SSAFA wool shop is situated behind Station Headquarters, RAF Rheindahlen. It re-opens on Tuesday 10th January.

Opening times:

Tuesdays	2 pm. to 4.30 pm.
Wednesdays	2 pm. to 4.30 pm.
Thursdays	9.30 to 12 noon
Fridays	10 am to 1 pm.

P.S.A. WIVES CLUB

Our first meeting in the New Year will be a pressed Flower Demonstration at the Church Centre at 10.15 am when we hope to see you all.

B.F.E.S. LADIES CLUB

If you are didactically inclined or are connected with BFES generally you are welcome to our first Coffee Morning of the New Year which will be held in the Church Centre on Tuesday 10th of January from 10 am. to 12 noon. There will be a Games Night on Friday 27th January in No. 2 Civilian Mess at 8 pm. Bar facilities and pub food will be available. Book these dates NOW!

LADIES BADMINTON

Ladies Badminton will recommence after the Christmas break on Thursday 12th January. Any Ladies who have recently arrived at Rheindahlen and would like to join us will be most welcome. We play badminton every Monday 2-4 pm and Thursday 10-12 noon, in the RAF Gymnasium (on Queen's Avenue). Further details can be obtained from Mrs. Lorna Fall, 11 Stornoway Walk, SW Ext. We propose holding a double Knock-Out tournament during Feb./March and any Club Member who is interested in taking part, is asked to hand in her name before the end of January.

ANGLO GERMAN CLUB

The next main meeting of the Anglo-German Club will be held in the RAF Sports and Social Club at JHQ Rheindahlen on Wednesday 18th January at 2000 hrs. For information about the Club and its aims, ring Spn. Ldr. E P Vivash on RA 4063.

RAF OFFICERS MESS — WIVES COFFEE MORNING

Change of day.

The next Coffee Morning at the RAF Officers' Mess will be held on Wednesday 25th January at 10.30 am. Wives of all members, including Civilians and NATO Air Force Officers' are cordially invited. We hope many of you will find the time to come along. A creche will be available.

ALLIED OFFICERS WIVES CLUB

Why not bring your husband to our International Soup Kitchen for lunch and then visit our International Flea Market on Thursday 19th January in the Rheindahlen Rooms? We are using the Tudor Room entrance and doors open at 12.30 pm. for lunch (Adults DM 2 children DM 1). There will be raffles and tea will be served as usual in the afternoon. The creche will be open throughout (DM 1 per child). All Allied Officers' Wives and similar status civilians living in the Rheindahlen area are most welcome to join this Club.

R.A.F. THRIFT SHOP

We are starting the New Year with a JUMBLE SALE so do come along to hunt for bargains on FRIDAY 6th JANUARY. The shop will be open at 9.30 a.m. and close at 11.30 a.m., then re-open at 2.30 p.m. until 3.45 p.m. Happy Hunting! The First Take-in Day will be Thursday 12th January, and the First Pay-Out Day will be Friday 13th January. The Helpers' Take-in Day is Wednesday, 11th January.

RHEINDAHLEN YOUTH CLUB

The Rheindahlen Youth Club situated in Block 8 Beresford Road is open to sons and daughters of Servicemen and UK Based

Civilians between the ages of 13 and 18. Memberships is renewable annually on 1st November at a cost of DM 2. Application forms can be obtained from Mr. C. Gregory, the Youth Tutor, at the Youth Club on Tues & Wed (1930-2200 hrs), Fri (1930-2300 hrs) and Sat and Sun (1400-1700 hrs).

RAF HOSPITAL WEGBERG STAMP CLUB

The New Year programme of fortnightly meetings of the RAF Hospital Wegberg Stamp Club will commence at 1930 hours on 4 January in the Hospital Conference Room. A programme has been prepared with the junior to medium collectors in mind which will include a presentation "Classification of Postage Stamps" by Tom Lloyd, a regular contributor to Stamp Collecting Weekly Magazine. Those on school holidays together with members of the Services, dependants and the Civilian component will be warmly welcomed. There is no charge for membership.

CIV. SEC. D.A.C. AND MET. OFFICE LADIES CLUB

The January meeting will be held on Monday January 16th at 8.30 pm in No. 2 Civilian Mess when Mrs. Hazel McClelland will give a talk and demonstration of 'Making your own Beauty Aids. The coffee morning will be on Wednesday January 18th at the home of Mrs. Gloria Griffin, 23 Aylesbury Way from 10.30 until 12 noon, friends welcome.

RHEINDAHLEN FLOWER CLUB

Ladies, we start the New Year meeting on Tuesday 12th January at 2.30 p.m. in the Marlborough Club Ballroom. We will be having our Annual General Meeting and we need your support, advice and suggestions on how to run your Club and to elect new members to the Committee. The sales tables and Library will be available, also coffee and biscuits.

WORMS is holding a party in the Little Hut, and a short Annual General Meeting on 25th January at 8 p.m., when the next production will be announced. A Buffet will be served.

JOINT SERVICES RECORD LIBRARY

A new Record Library was opened in the RAF Education and Trade Training Centre. Opening hours are as follows: —

Monday to Thursday inclusive 1400-1900 hrs.

Friday only 1400-1700 hrs.

It costs DM 5 to join and members will be able to borrow 2 records at DM 1 each for three days. Open to R.A.F., Army, and U.K. Based Civilians, British NAAFI employees, and all dependants, who must live or work in Rheindahlen.

CHIROPODY TREATMENT

This is available to all members of the combined services and civilians every Wednesday at the RAF Station Medical Centre, HQ (Unit). Please ring RA 4262 for an appointment.

WELL WOMAN CLINIC

Every Tuesday from 1400 to 1530 hrs a 'Well Woman Clinic' is held, by appointment at the MRS Rheindahlen. The 'Well Woman' comprises of: —

- 1 Cervical ("Cancer") smears. Our policy is: —
 - (a) Under 35 years — every two years.
 - (b) Over 35 years — once a year.
- 2 Routine Breast examinations.
- 3 Blood pressure estimation.
- 4 Urine testing.
- 5 General advice on gynaecological or family planning problems.

The aim is to provide more time in morning clinics for urgent cases, and to provide a more leisurely screening and family planning service on Tuesday afternoons.

ALCOHOLICS ANONYMOUS RA 2202

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