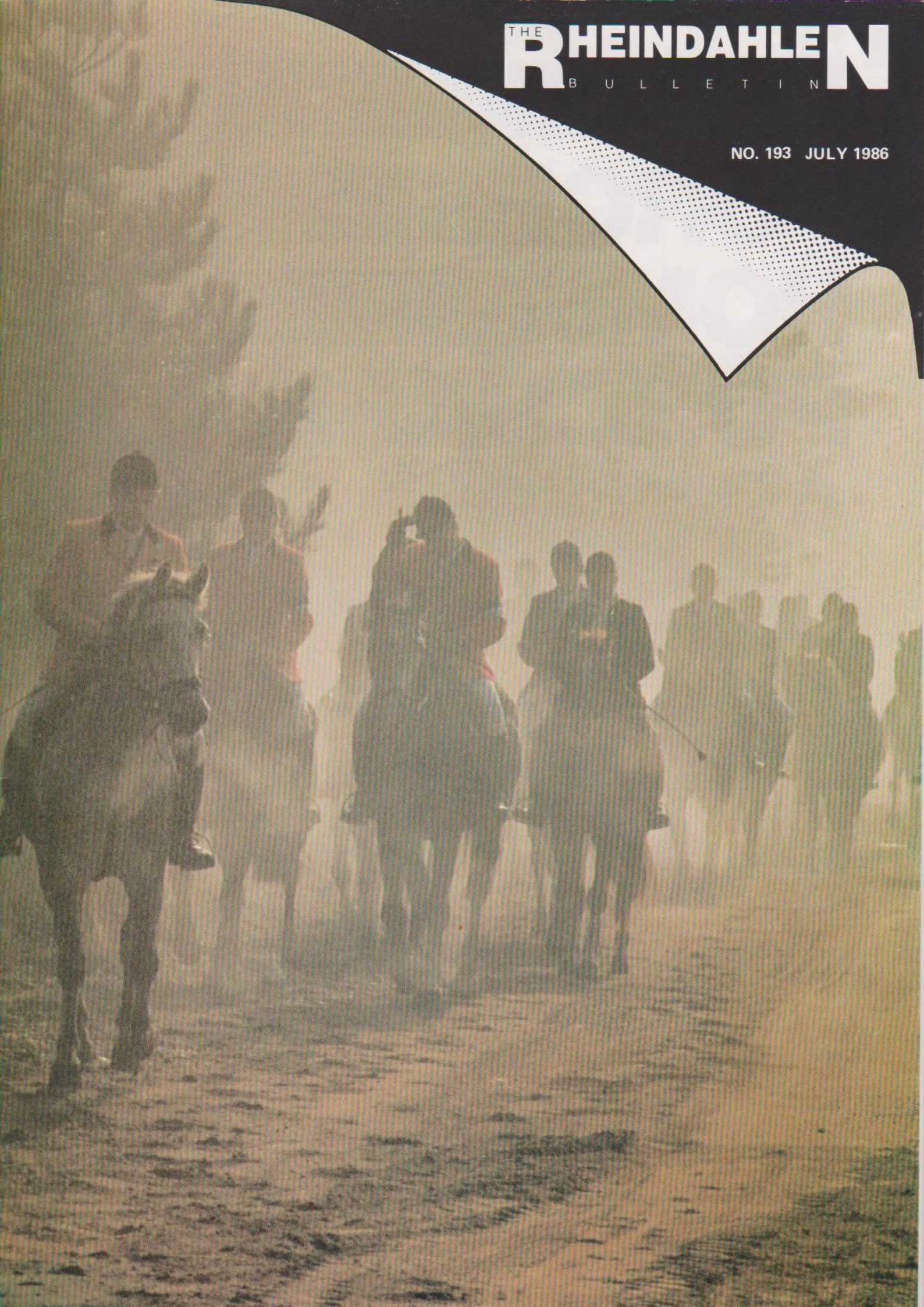


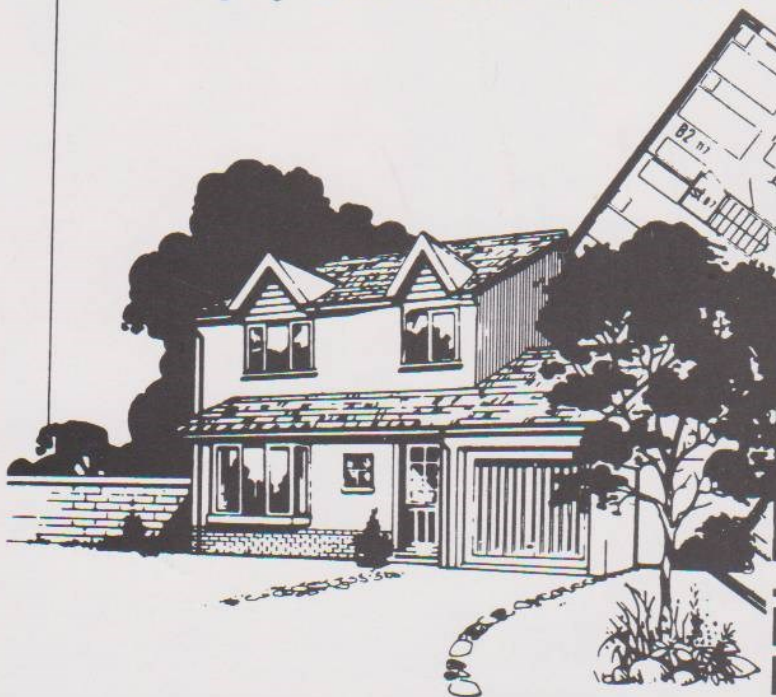
THE RHEINDAHLEN BULLETIN

NO. 193 JULY 1986



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.... or write to:
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**INSURANCE
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The Rheindahlen Bulletin, a monthly publication, is published jointly by the Commander Rheindahlen Garrison and the Station Commander RAF Rheindahlen.

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Address: Editor, Rheindahlen Bulletin, 34 AEC, BFPO 40.

Advertising: c/o Business Manager, 34 AEC, Moore Road, 4050 Mönchengladbach 5

Distribution: the GSM tel. 3351.

All businesses are invited to advertise in the Bulletin, which has a circulation of over 3,000 copies a month. Details can be obtained from Capt. O'Connell. The Editor hereby declares that the publication of an advertisement in the Bulletin in no way indicates or implies sponsorship by MOD or by any Service Establishments or Unit, of the advertiser or of his product or service advertised, nor will the Editor, Staff or any Service Authority become involved in any dispute arising out of any advertisement appearing in this magazine. Furthermore, the Editor reserves the right to omit, amend or edit any advertisement, at her sole discretion, without liability.

Already you will have noticed at least one change in our magazine; now turn the pages and there's more in store!

In January, I did tell you that the management team was updating the Bulletin and as we implement changes we would like to hear from you but please remember to give me your address or preferably, your telephone number so that I can discuss your ideas with you. Recently, I have had three letters which contained ideas worth pursuing but alas, I had no contact telephone numbers.

Our **Photograph Competition** was a great success — we

had lots of super photographs amongst the many entries. Mr Ian Dunn our judge, and our management team were unanimous in their choice of the winning photograph but actually choosing the runners up who would have their photos on future covers of The Bulletin, was an exceedingly hard task. The results were as follows:

Winner: Mr J. Lovegrove

Runners-Up: Adrian Cave; Mrs Fantham; Mrs Hewlett

Letters Page

It is proposed to offer this as a regular feature so if you

have a query our team will try to find the answer and if you have a point to make that is of general interest to our readership, please write to us.

FRONTCOVER



Background to the winning photo in the Photograph Competition by Mr J. Lovegrove

The Riding Club at Venekotensee, Die Venekotener Hobbyreiter, organises each year, in November, the equivalent of a 'Hunt' (Sportlicher Fuchsjagd - but no foxes!) across country and through woods to the West of Rheindahlen. There is a predetermined route which has jumps con-

structed at various points. Experienced riders follow this course and go over each of the 20 jumps at speed, less experienced choose to go more slowly, deciding whether to jump or not when they get there and novices just go where the others went deciding whether even to try next year! Several local riders, including two British ladies with horses stabled at Fischeln just a few hundred yards north of JHQ were in-

vited to join one of the Hunts and the photograph shows a group arriving at the lunch-time barbecue. Herr Dworak of Hehler is on the grey and Miss A McDermott of Kent School is also in the group on the bay, Jupiter.

Editor's note:

Mr Lovegrove's photograph was chosen by our judge, Mr Ian Dunn.

Thought for the Month

The theme for the first Sunday of this month is **'The more excellent way'**. The reference is of course to the way given to us by St Paul and is the way of love. Daily, we are confronted in the media with so many appalling problems, some national and some international. We all wish that some charismatic leader would emerge, who could show us the way through these problems, who could give us an alternative to nuclear power when the fossil fuels run out, could give us answers to the problems that emerge as a result of technological advance, like unemployment because people are simply not required and pollution of our environment through industrial waste and acid rain. Who could show us the way to a more just and humanitarian distribution of food, wealth and power. A former member of the Salvation Army, who are certainly experts in following the 'more excellent way' wrote: To do the loving thing with its possible inescapable Gethsemane and Cross, puts us on the side of life and resurrection, whereas to do the unloving thing, allies us to death and its agencies. Love has within it the seeds of resurrection, and these seeds germinate and grow whenever love is at work. This is the 'more excellent way', are you ready to follow it and plant some of these costly seeds?

M.J. Stokes



The Band of the 13/18 Hussars The RMP Dog Team
 Powered Aircraft Display Scout Troop Competition
 Gymnastics Display Judo & Karate Exhibition
 Lots of Sideshows and Stalls and Much, Much More

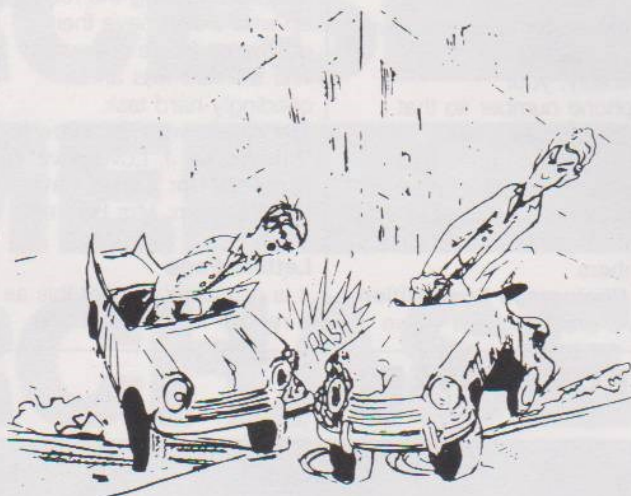


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**Phantasialand and
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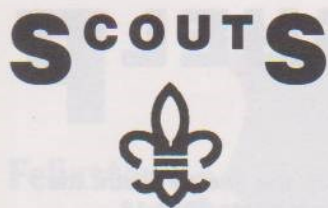
Shopping Centre JHQ.
 4050 Monchengladbach 5 / Rheindahlen
 Tel. 02161/559655.
 Office Hours: Monday's to Friday's 0900-1730 hours

Guild of St. Helena - Rheindahlen Branch

The branch in Rheindahlen meets on the first Tuesday of each month in the Church Centre at 10.15 am. Further details may be obtained by contacting:
 Mrs Pamela Newcombe, tel 551541
 Mrs Doreen Robinson, tel 558619.
 Our next meeting, on the **1st July**, will take the form of a visit to the Dutch village of Thorn. This is one of the famous 'white' villages, is very pretty (don't forget to bring your cameras) and has many historical connections. We will meet at the Church Centre at 9.30 am. In order that we may return by lunchtime. Anyone interested in going is requested to let Mrs Newcombe or Mrs Robinson know as soon as possible.

Record & Video Library - RAF Education Centre

Latest Videos:
 Pale Rider, My Beautiful Laundrette, Life Force, Plenty, Letter to Brezhnev, Cocoon, Creepers, Mad Max Beyond Thunderdome, Re-animator, Code of Silence, Came a Hot Friday.
 Special offer during the summer months - 4 videos for the price of 3. We stock the top 50 albums, a wide range of other LP records and a selection of compact discs.
 Opening times during July and August.
 11 am - 6 pm Mondays to Fridays.
 We have a Hitachi VHS Integrated Video Camera/Recorder for hire. This camera records straight onto VHS Video tapes. The hire charges are as follows:
 1 Night DM 20.00
 3 Nights DM 50.00
 7 Nights DM 100.000



The Rheindahlen Scout Group

As it is some time since a Scouting article appeared in the Bulletin, it is probably a good idea to inform the newcomers to the Garrison of a few basic details of the Scout group. The Scout headquarters in the Garrison is at the junction of York Drive and Snyders Road and has at least one meeting held on Monday-Friday each week. The details of particular meeting nights are:

Mon. 18.30 - 19.45 Cubs
 Tue. 17.30 - 18.45 Beavers
 19.00 - 21.00 Scouts
 19.00 - 21.30 Ventures
 Wed. 17.30 - 18.45 Beavers
 19.00 - 21.00 Scouts
 Thur. 18.30 - 19.45 Cubs
 Fri. 18.30 - 19.45 Cubs
 Some recent happenings of note:



Beaver Scouts

May 20th was an important day for the two Beaver Colonies in Rheindahlen when they got together for a special ceremony to become full members of the Scouting Association. All the boys were presented with the World Scout Badge by Tom Cran the ACC, after they had made the new Beaver Scout Promise. It was with regret that on this occasion we had to say goodbye to Mrs Evie Knight, who will be leaving the area soon and who has run Ontario Colony since its formation in February 1983.

We believe it was one of the first Beaver Colonies started in W. Germany. Evie will be missed by all the boys.



Over 30 Scouts from the group attended 'Inter-camp 86', an international camp held in Nijmegen over the recent Bank Holiday weekend. The camp was attended by approximately 2,500 scouts of many nationalities. A full programme filled the whole weekend and saw some tired but happy lads returning to Rheindahlen at the end of a beautifully sunny long weekend.

We, in the Scout group, are always on the lookout for leaders, especially with our nomadic type existence. If you think you could spare a couple of hours per week (and it doesn't matter if you do not have any previous experience) then please contact me. We are especially looking for Cub Scout leaders to commence in the Summer.

If any parents want any further details on scouting (including Ventures, Scouts, Cub and Beavers) then please contact me, Jim Skinner, either at work (JHQ 2249) or home (M/G 558814). I will be only too pleased to help.

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GUIDES

Guide Shop

Block 35, Grenville Road, JHQ (situated off Collingwood Road, by Rheindahlen Gar- rison HQ).

Opening Hours:

Tuesday & Thursday:

0930-1130 hrs

Wednesday: 1530-1800 hrs

Saturday (1st in month):

1030-1230 hrs

The Guide Shop, working ex- clusively for the British Guides in Germany, is to come under new management this month. After 2½ years in the Guide and Brownie Shop at JHQ Mrs Dorothy Turpy and Mrs Pam Pritchard are returning to UK, and handing over to Mrs Janice Fleuty and Mrs Theresa Wilmott. The Shop forwarded some DM 12000 last year towards Guide funds by giving a Counter Service on three days a week and a prompt Mail Order Service throughout Europe. Also twice a year the 'Shop' takes to the road for Dortmund Training week- ends, enabling Guiders from other areas to see some of the stock held at Rhein- dahlen.

Sales continue to do well and opening times are to remain the same. It is hoped that all Guiders, Guides and Brownies will continue to give their support to the new management, content in the knowledge that all profits are for the benefit of the Guides own fund.

T-shirts and shorts are in ready for Summer Camps and Pack Holidays, plus nor- mal uniform items, books and gifts.

The summer recess will be from July 25 1986 re-opening on September 9 1986. However, during that time the Mail Order Service continues and orders will be actioned as quickly as possible.

What is a girl?

She is the person who is going to carry on what you have started in the world.

She is going to sit where you are sitting and, when you are gone attend to all those things you think are so important.

She is going to take over your committees, your home and your school, your clubs, your sewing circle, your coffee mornings. You can adopt all the policies you please, but how they are carried out in her age will depend on her.

She is going to marry your son, she is going to rock the cradle of your grandchild.

She is going to share in the af- fairs and control of your village, your town, your nation. She is going to have a voice in the wor- kings of your schools, your Guide activities, your churches, universi- ties and corporations.

She is going to be in charge of your woods, your forests, nature parks and wildlife reserves, and all your natural resources.

How she pursues a full and re- warding life depends on the di- rection she is following now. Her individual search for happi- ness will be determined by the set of values she is amassing now.

All your work is going to be jud- ged, praised and condemned by her. Her future is in your hands. But your reputation, and your life in your old age are in her hands. So it is as well to pay some atten- tion and give her some of your hands NOW.

Once again we are asking for more helpers for what we feel is an important job. Extra hands are particularly needed for Brownie meetings on a Monday, Tuesday and Wednesday evenings. Please contact the District Com- missioner (Tel. 550269) if one of these sets of hands could be yours.

BOOKSHELF

Some recent additions to Command Library stock:

Fiction Paperbacks

Bradley, M Z: The catch trap
Daily, J: The pride of Hannah
Wade

McDowel, M: Blackwater 5:
the fortune

Price, A: War game

Rayner, C: Bedford Row:

book 5 of the Performers

Reeman, D: Rendezvous -

South Atlantic

Sheldon, S: If tomorrow

comes

Non-Fiction

The British soldier: a social history from 1661 to the present day,

by J M Brereton

Insights into the physical and moral environment in which the soldier lived, his pay and quarters, the treatment of his dependants, his training and the discipline.

Running your best,

by R Daws

The committed runner's guide to training and racing.



Small space gardening,

by H Evans

Every aspect of planning, stocking and maintaining a small space garden is fully described and illustrated.

The kayaking book,

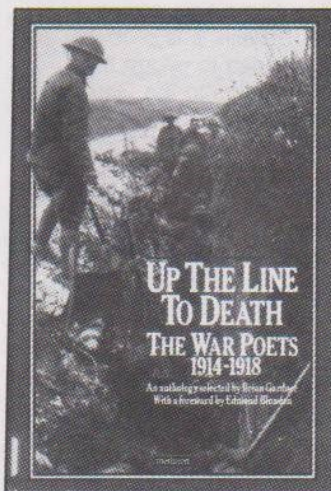
by J Evans

All the newest information on slalom and wildwater racing rules, ocean kayaking, equip- ment, materials, repair methods and clothing.

Up the line to death: the war poets 1914-18,

by B Gardner

A leading anthology of the poetry of the First World War.



Camra Dictionary of beer

by B Glover

All the British breweries and in- dividual beers, including the best-known ones from arounds the world are described.

Buying a shop: the Daily Telegraph guide,

by A St J Price

Aims to help anyone buying a shop to avoid making any major mistakes.

The Pan book of machine knitting, by H Ratcliffe

Expert advice on what machine to buy, essential ac- cessories, care and maintenance of the machine, varieties of stitching, yarns and how to design your own knitwear.

The food and cookery book, D Smith Ed

Recipes from all over the world compiled for the African Aid appeal.



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**TOWNSEND
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Do You Know About General Insurance?

by Kenneth Turner,
Pioneer Mutual

In the May '86 edition of the Rheindahlen Bulletin I talked about house insurance, house contents insurance, and all risks insurance. In this article I shall cover 'All Risks' and motor insurance. I must mention at this stage that when I write about different types of Insurance I am of course referring to British Companies rules and regulations and where applicable British law. I had many telephone calls on this matter and I hope this clears up any misunderstanding and generally speaking all British service people and dependants etc. are covered by these rules even when serving abroad.

All-risks Insurance

All-risks insurance provides cover for personal belongings in the event of loss and in certain cases accidental damage in circumstances where cover would not be provided under the home contents policy. Thus, an all-risks policy (or the all-risks portion of households contents policies) would cover the loss of a diamond ring in the home in circumstances other than the normal perils of theft or fire covered by the contents policy. An all-risks policy would cover personal possessions while being carried around from place to place or worn on the person, and cover can be taken out for the U.K. only or on a limited geographical basis or on a worldwide basis. Thus, a fur coat may be covered by the ordinary household contents policy if damaged by fire or stolen while in the house, but it would not be covered if stolen from the cloakroom at the police ball unless separate all-risks cover had been taken out. Typical examples of articles for which all-risks cover would be appropriate are jewellery, furs, watches, cameras, binoculars and other valuable items of personal use or ornament. Also, as mentioned above, articles in the home may be covered for damage not otherwise covered by a contents policy.

The insurer will require all articles above a stated value, e.g. £50, to be listed in the proposal form and in the case of all items above a stated value, e.g. £250, the insurer will normally require a separate certificate of value. Most all-risk policies are now available on a new-for-old basis and, with a large number of companies, the cover can be index linked. Premiums vary considerably depending upon the nature of the articles insured and the geographical extent of the cover. In some cases, the rates will apply only if cover is also taken out with the same company for general contents insurance. The basic level of all-risks premiums among the leading companies varies from £1% in the low cost areas of the U.K. to £3% in central London.

Motor insurance

There are four broad categories of motor insurance:

- insurance under the Road Traffic Act,
 - third party insurance,
 - third party, fire and theft insurance,
 - comprehensive insurance.
- These are considered in turn.

Road Traffic Act Insurance

This is the minimum insurance required by law before anybody may venture on the public highway with a licensed vehicle. Anyone who takes on a public road a vehicle covered by the Act without the basic insurance required under the Act commits a criminal offence. Road Traffic Act insurance covers (a) the owner or (b) any person driving the car with the owner's permission (provided they are authorised to do so under the policy) against claims for death or injury to any other persons, including passengers in the car. This basic insurance covers no more than that. It does not, for example, cover damage or injury caused by the driver when driving the car elsewhere than on a public highway. It does not cover any damage to a car or other property belonging to any other person in any circumstances whatever. The risk of taking a car on the road in modern conditions are so great that this basic insurance for the purpose of the Road Traffic Act is quite inadequate and few, if any, insurance companies would encourage drivers to take out this minimum insurance.

Third party insurance

This type of cover includes the minimum insurance required under the Act, but provides also for injury to other parties and damage to other people's property.

This type of cover protects the owner and any driver who is driving with the owner's permission within the terms of the policy against any claim by another party, but it does not enable the owner or driver to claim against the insurance company for any injury or damage to himself, his car or his other property.

Third party, fire and theft insurance

This is a combination of the two foregoing categories plus cover for damage or loss occasioned by fire or theft.

Many car owners regard this last category of insurance as sufficient for their purpose.

It does not enable the insured to claim against the insurance company for any damage to the car or its contents as a result of an accident and does not cover loss or damage to the contents of the car as a result of fire or theft.

Comprehensive insurance

This embraces the three categories of insurance stated above, together with cover for the owner in the event of damage to his car and damage to or loss of any of the contents. The extent of the cover will depend in each case on the wording of the policy but, in the case of the contents of the car, would not normally extend to items carried in the course of business. These should therefore be separately covered. Variations in cover

Although the aforementioned four categories of motor insurance are common to all insurers, there is a degree of variation in the extent of cover which they provide in each category. The following are the principal areas of difference:

- Some companies will not insure drivers under the age of 25 years for driving highpowered cars.
- The cover for theft may be restricted if the car is not kept in a locked garage.
- Most insurers will not cover anyone driving a car for business purposes other than the insured person named in or covered by the policy.
- Many companies will not cover the contents of a car above a stipulated figure.
- Money and jewellery will not normally be covered if lost from a motor car.

No claims discount

The premium discount allowed by insurers in the event of there being no claim over a given period (colloquially referred to as a no claims bonus) may be lost if the insurer is called upon to make any contribution to a particular claim, notwithstanding that the insured may not have been in any way responsible for the loss or damage. This may arise, for example, where the person causing the loss or damage is not known, e.g. another driver who did not stop.

The same situation may arise where the insurer has a so-called 'knock for knock' agreement with the other party's insurer. Such an agreement, under which each insurance company pays for the

damage incurred by its own insured party regardless of blame, can result in the loss to an innocent party of a no claims discount. This can be avoided by (a) taking out a policy which some companies offer whereby a no claims discount can be preserved on payment of a higher basic premium, but even here there is usually a limit on the number of claims which may be made without the loss of a discount, or (b) getting the other party and/or their insurers to admit liability and meet the whole of the claim. Any insured person who does not wish to lose his no claims discount may in any case commence proceedings against any party whom he considers to be to blame for the accident. Such proceedings may be somewhat drawn out but, if successful, the other party and/or his insurers will pay the damages.

Certificate of insurance
No vehicle may lawfully be driven on the road unless the driver is in possession of a valid certificate of insurance. A 'cover note' issued by the insurer pending the issue of the certificate of insurance will serve as a temporary certificate for the period named in the cover note. The possession of a motor car policy does not of itself authorise the insured to take a vehicle on the road. The certificate of insurance will indicate who is covered by the policy in question, e.g. the owner and one named driver.

The possession of a valid certificate of insurance will cover a driver while driving someone else's car (if this is within the terms of the policy, as would normally be the case), but such cover only extends to that required under the Road Traffic Act plus third party cover. It does not cover the driver for any damage done to the car he is driving.

Insurance against loss of licence or incapacity

At least one insurance company (New Hampshire Insurance Company of the U.S.A.) provides cover for drivers in the event of disqualification, whether because of a series of endorsements or because of a breathalyser test and incapacity to drive occasioned by injury. Details are available from Chauffeurplan Limited, Westland House 17c Curzon Street, London W1Y 8AQ. Information on similar schemes is available from the St Christopher Motorists' Security Association Ltd, 4th Floor, 1 Great Cumberland Place, London W1H 7AL.

If you require more information please call me on 55451/2 or call in and see us at the Pioneer Mutual Office in the JHQ Shopping Precinct, where you will be made very welcome.

Yours sincerely
K. B. Turner



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THE FINALS

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POLICE DOG WORKING TRIALS
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THE RAF SPORTS GROUND RHEINDAHLEN
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Pioneer Mutual

The Low Start Mortgage Plan

The practical way to a home of your own



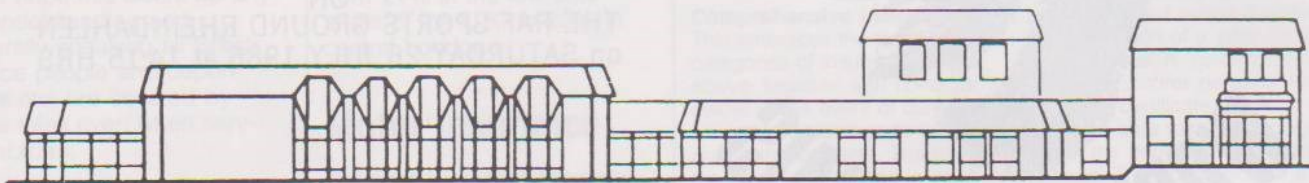
- Low Start
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PATRICIA'S BOUTIQUE

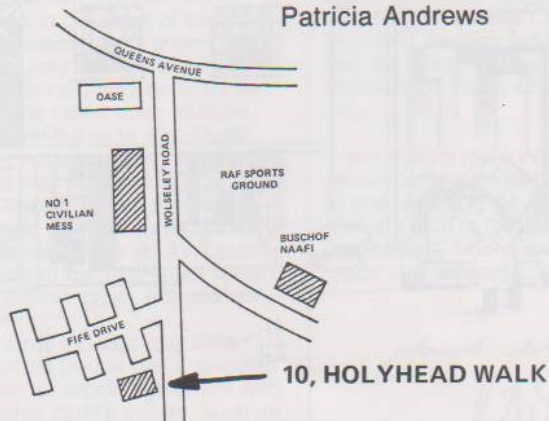
Summer collection of dresses, skirts, blouses, shorts, silk and cotton belts, etc.

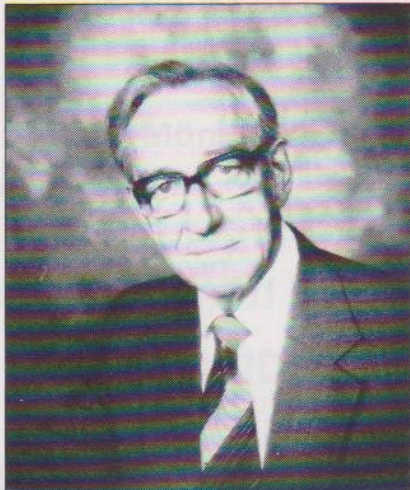
Come and view at 10, Holyhead Walk, SW Extension, JHQ Rheindahlen

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On production of this advertisement I shall give you 5% discount on any purchases made and DM 1.00 to the Garrison Commander's St. Francis Special Playgroup Trust Fund Appeal.

Patricia Andrews





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Director WRAC Brigadier Helen Meechie Visits JHQ

When Brigadier Helen Meechie goes to the Royal College of Defence Studies in 1987 it will be a first for the Women's Royal Army Corps - she is the only female officer ever to be selected for the course.

The Brigadier who is the current Director WRAC was in Rheindahlen recently and attended a special WRAC weekend.

During her visit the Brigadier was able to meet members of WRAC stationed here in Germany.

The first day of her visit was a Corps Study day - over 70 officers, Warrant Officers and Staff Sergeants took part. A Regimental dinner night followed in the Officers' Mess. On Sunday the Brigadier attended a Corps Church Service at St Boniface church. Here there was a Guard of Honour, which represented all WRAC trades in Germany. During the lunch that followed Brigadier Meechie made

several presentations. The Regimental Sergeant Major of BAOR and Berlin WO1 Mitchell was awarded with a Long Service and Good Conduct medal in recognition of her many years of service.

Two young officers Lt Fesemeyer and 2 Lt Vickers were each presented with a silver paper knife and a third Lt Julia Hands with a silver carriage clock - a reminder of their achievements during officer training at Sandhurst.

There was also a mention for Colonel (retd) Renne who is now celebrating 40 years with the Women's Royal Army Corps.

After lunch in the Sergeants Mess Commander WRAC Colonel Nan Robertson made a farewell speech and presented Brigadier Meechie with a plaque as a memento of her visit to BAOR.

WRAC officers and senior ranks gave the Brigadier a final send off as they lined the road and saluted their farewell.

Photo caption:

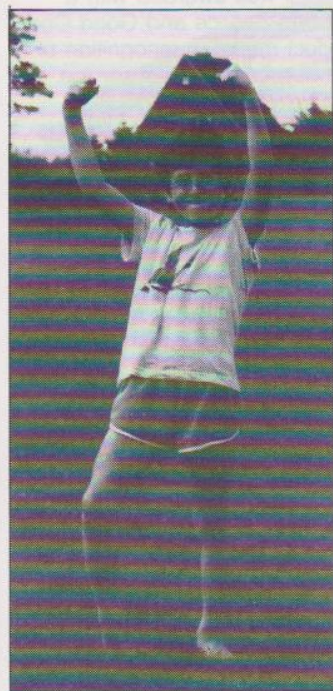
WRAC officers and Senior NCO's say farewell to Brigadier Meechie as she leaves the Sgts Mess in Rheindahlen.



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Sponsored Walk at Kent School

On the morning of May 16th some 600 pupils at Kent School set out on their annual sponsored walk to raise money for school amenities and charity. The walk, in the immediate vicinity of Kent School, took place in ideal weather conditions and many pupils completed 30 km or more during the day. Our photograph shows Ian Johnson, a second year and one of the smallest pupils in the school, celebrating his record distance of 54 km.

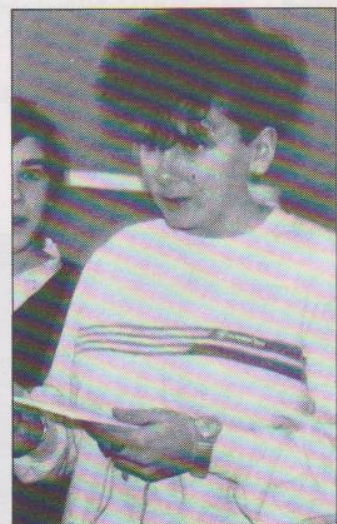


C.S.L.A. at Kent School

C.S.L.A. or Community Sports Leaders Award Scheme is designed for people over the age of 16 who wish to acquire confidence and ability in organising groups in games and physical recreation.

The scheme is sponsored by the Central Council of Physical Recreation and Kent School is the first establishment outside UK to complete the course with 15 Sixth Form pupils receiving books and certificates.

The award includes 6 categories - organisation and method, fitness for sport, leagues and competitions, minor games and skills, first aid and some knowledge of local and national facilities. Students also have to give a minimum of 10 hours voluntary work. This was done at lunchtimes in school working



with teams and clubs. Hopefully the students will continue their work with young people and derive pleasure and satisfaction from providing a valuable service to the community.

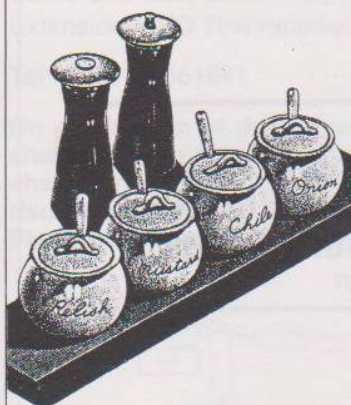
The photographs show the group who passed the course and received their awards and Tina Dewsnap working with a group of lower school pupils.

St. George's School



Douglas Taylor and Byron Beatty from St. George's who are junior members of the West Rhine Hash House Harriers (H3) recently participated in a '1000 mile run' in aid of Local Charities. 36 dedicated runners from WRH 3 completed the distance by stages within 24 hrs and managed to raise over DM 7000 from individual sponsorships and an organised Raffle.

Discovering herbs and spices



As part of our project on the Middle Ages the children of J.4. and Mr Hepworth, our teacher, have been looking at the food they ate and in particular the way in which it was flavoured or preserved. The peasant girls would cook all the meal and do all the

household chores. The demand for spices came when the noble families had meat on the menu. The meat had been preserved in salty water and it must have been disgusting so they disguised the awful taste with spices. The peasants used herbs because they couldn't afford spices. To see if we could taste the difference Liz, Cheryl, Glynn and Michael made some Spicy Biscuits, they used Nutmeg, Cinnamon, Ground Ginger and Whole Ginger (to compare them). Everyone had a taste and after a poll was taken to see which flavour was best, the Ground Ginger won. Mrs Heavey from Kent School came to show us how to preserve meat, this is how it was done.

How to salt meat - for one chop

First place two tablespoons of salt on a plate and next add a teaspoon of Salt Peter.

Then score the meat on both sides and rub the meat into the salt mixture. Then in a jug or bowl pour in about six centimetres of water and add a spoonful of treacle, onion seeds, bay leaves, black pepper corns and fennel. Once the meat is in the water weight it under with a lid.

In six weeks we are going to open it to see what it is like!!!

Optik H. Schulte

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Tel. RY 4 65 45

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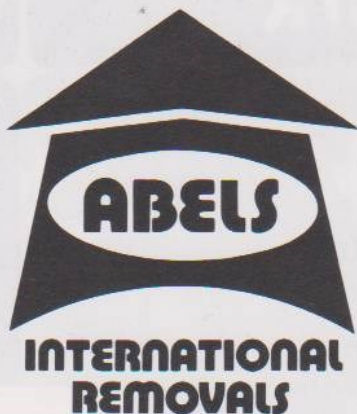
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- ★ Representatives in West Germany
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(Inland & Overseas Groups)

Number:

RING (02151) 794514

Abels Local Representative:
John Edgar, 105 Krefelderstrasse, 4154 Toenistorst 1.
Branches also in Norfolk, Cambs, Essex, Herts & Oxon.



**Cafe-Restaurant Holtmühle, Holtmühlenweg 2
5144 Wegberg**

500 m from the Wegberg Hospital, overlooking a beautiful scenic lake is situated this welcoming restaurant, with international chef.

Daily lunch time menu from DM 5.50

Special Salad week from 28 June - 6 July with 18 different salads to choose from.

Guest rooms, which have views over the old mill wheel to forest scenery, are available on half-board, full board or bed and breakfast terms. There is also an elevated sun terrace overlooking the lake.

Breakfasts served until Midday.

Your hosts Loretta and Charles look forward to greeting you.

Inh: Loretta Schopphoven-Golze, ☎ (02434) 4996

Autohaus A. Türk

Erkelenzer Straße 32, 4050 Mönchengladbach-Rheindahlen, Tel. (02161) 58918

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Money for the St Francis Trust Fund Appeal

As a follow-up to last month's report on Major Lambert's Marathon run, we picture him here waiting to present his cheque to Mrs Penny Redding for the St Francis Trust Fund Appeal. The Marlborough Club Committee headed by WO1 I.P. Kidd

(RCT) also generously donated the entire earnings of a Friday night disco, a grand total of 1800 DM. Mrs Redding would like to stress that the money raised will go directly to the 'Trust Fund' to gain as much interest over the years as possible. (Also seen in the picture are: Lance Corporal D. Hadgraft - WRAC; Corporal B. Michie; Lance Corporal G. Young)



Presentation at RAF Rheindahlen-May 86

A presentation took place in the Sergeant's Mess on 23 May 86. The following awards were presented:

(bottom row L to R):

WO Thompson: Royal Warrant

WO Starr: Clasp to Long Service and Good Conduct Medal

Wg Cdr Matson: Stn Cdr

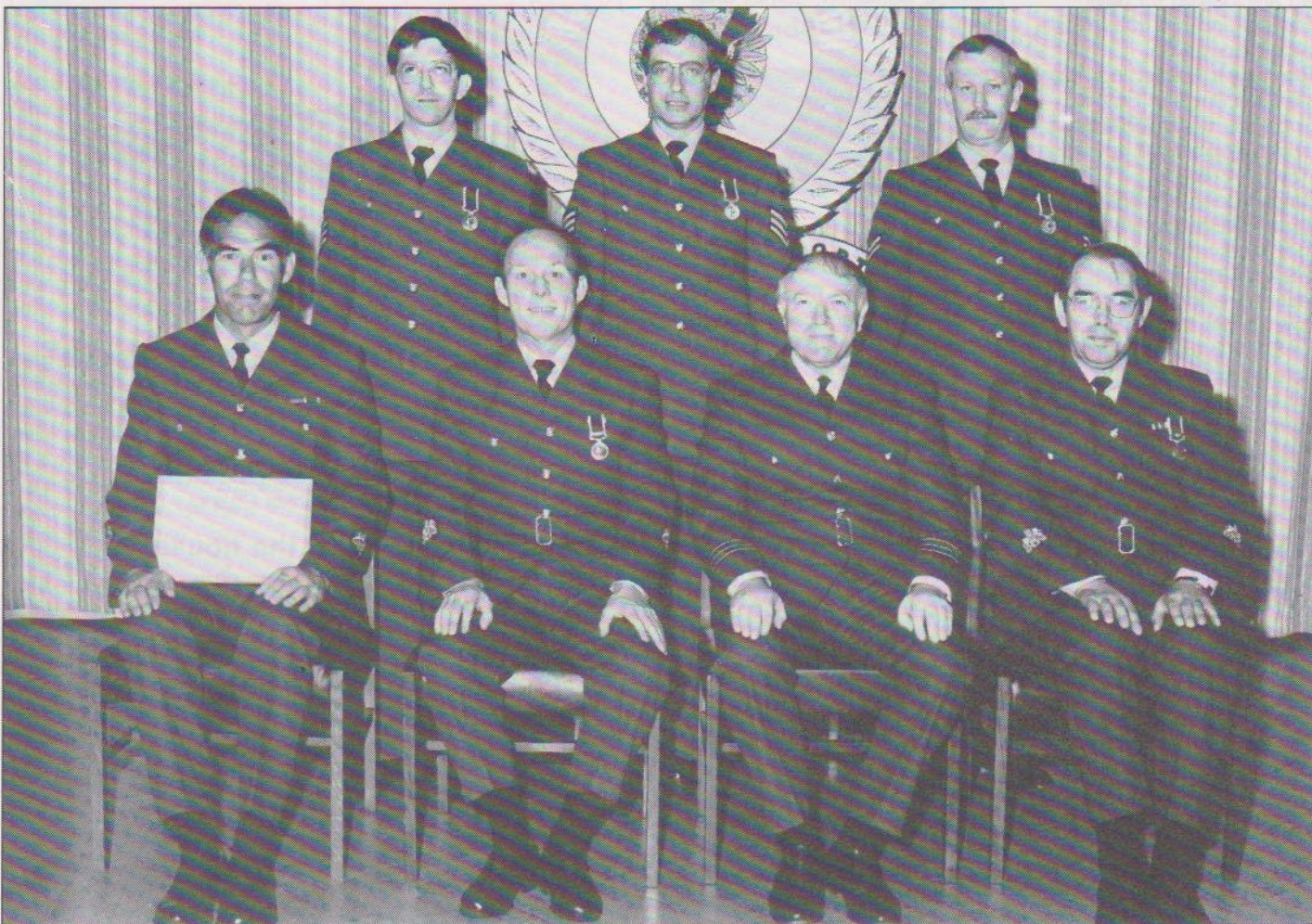
WO Rothery: Clasp to Long Service and Good Conduct Medal

(top row, L to R):

Chf Tech Williams: Long Service and Good Conduct Medal

Sgt James: Long Service and Good Conduct Medal

Cpl Kirkaldy: Long Service and Good Conduct Medal



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- **Electronical engine tuning (SUN computer).**
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- **Exhaust service (for all models).**
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- **Motorbike tyre depot (approx. 200 different types).**
- **Car accessories in the self service shop.**

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INFORMATION

Looking for somewhere to take your visitors? Why not try these three chosen for us by our YTS worker.

Minidomm

How would you like to visit the most famous and diverse sights in the world such as Cape Kennedy, the leaning tower of Pisa and the statue of Liberty all in one day? Well then why not visit Minidomm where everything has been recreated in miniature detail. A wonderful place for the whole family to enjoy. Just off the B227, between Mulheim and Wuppertal.

Walibi Park

Walibi offers excitement and entertainment for all ages - if you are looking for roller-coasters and fun rides Walibi is the place to be.

Admission Rates: individual rate: 350 Belgium Francs (gives you un-limited free access to Walibi's 36 rides and shows).

Times: Daily from 29th March - 28th September from 10 am to 7 pm Weekday closing: 6 pm except July and August 7 pm.

How to get there: By car the E411 Brussels-Namur motorway (formerly the E40) exit 6 to Wavre.

Information:
Walibi - b 1350 Wavre Tel. 010/41.44.66

Come to Cologne

If you want a visit to something a bit more local why not try Cologne and visit the world famous Dom, renowned for its Gothic Architecture. Or try next door to the cathedral in the Roman-Germanic museum where the 2,000 year old history from Roman arts, mosaics, tombs and precious glassware is on display.

Children's Holiday Club

This is an inter-denominational event run by the Church Army at St Patrick's School Rheindahlen

Daily 9 am - 3 pm.

Monday 4th August - Friday 8th August

Monday 11th August - Friday 15th August

Monday 18th August - Friday 22nd August

Enrolment will take place in JHQ Naafi Foyer on

Wednesday 30th July

Thursday 31st July

Friday 1st August

From 9am - 5 pm

Costs daily DM 2 per child (up to 2 children per family) any more free

Each child to bring a packed lunch

Activities include Art, craft, music workshop, drama workshop, games and outings

Telephone Tariffs: Do you know that it is cheaper to use the telephone between 1800 hrs and 0800 hrs?

Driver of the Year

Royal Air Force Rheindahlen is holding its annual Driver of the year Competition on **7th September 1986**. It is open to all RAF Rheindahlen personnel including civilians and their dependants, especially ladies.

Trophies will be awarded to the best drivers, runner up and best Lady driver. There will also be a team trophy. There will be a car and caravan show, something for the kids, refreshments and a grand raffle with a star prize of a moped.

Entrance fees will be 3 DM per individual and DM 5 per team. Non competitors free. Further details are available from the MT Licensing Office on Ext 4389.

Come along for a good day out and watch the experts going through their paces.

RAF Rheindahlen Cycle Day

The RAF Rheindahlen Cycle Day is to be held in the MEF Compound on Sunday **13 July 1986**, from 13.00 - 16.00 hrs. Children are invited to come along and have their bicycles inspected by a qualified mechanic, and take part in a cycling proficiency test, successful entrants will be awarded a certificate. Refreshments will be available and it is hoped to have a display of Bicycles and accessories.

Safety Gates

Married quarter occupants will be aware of the recent decision to fit posts for children's safety gates to all AMQs and to Type 4 and Type 5 OMQs. Occupants with young children up to 2 years of age, staircases and fitted Newell posts may obtain safety gates by contacting the RAF Rheindahlen Barrack Control office on Ext 4417.

St. Boniface Church

Sacrament of Confirmation
The Bishop to the Forces, the Right Reverend Ronald Gordon will administer the Sacrament of Confirmation in St Boniface's Church on **Saturday 22nd November 1986** at 1500 hrs.

The Service will be preceded by a light lunch in the Church Centre at 1230 hrs.

Rehearsal (obligatory for all candidates) will be in Church at 1330 hrs.

After the Service tea will be provided in the PMC for candidates and their families which will enable people to meet the Bishop.

Padre Robert and Padre Haydn will announce dates, times and venue of Confirmation Classes later.

Names should be given to the Chaplains ASP.

The Reverend H L Jones CF
Garrison Chaplain Office Tel: JHQ 2770 Home Tel: Mg 551537

The Reverend E R Andrews
RAF Station Chaplain Office
Tel: JHQ 4707 Home Tel: JHQ 4080



Willkommen „Im Fuchsbau“

Inh. M. Vennen

Enter from the Hardter Wald Strasse
next to the Matthias Chapel.

Speciality of the house

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also to take away (Phone 02161-559307)

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Gannen Alt

OPENING TIMES

Summertime:

Saturday, Sunday
and on public holidays 11-24 h
on weekdays 15-24 h

Wintertime:

Saturday, Sunday
and on public holidays 11-24 h
on weekdays 17-24 h

Tuesday closed

Rheindahlen Summer Activities Programme RAF

30th July - 27th August

Once again this year, the Summer Activities Programme will be implemented by two summer volunteers who can be contacted at Cambridge House on ext. 3303.

General Information

Provision has been made this year for both junior and seniors. If you have any queries about the information below please contact Pam Griffin, Youth Worker, 34 AEC Ext 3303 or one of the summer student volunteers.

Rheindahlen Youth Centre

The Youth Centre will operate as normal on Tuesday and Friday evenings from 7.30 - 10pm, for seniors (14+) and on Thursdays from 6.30-8.30pm, for juniors (3rd year primary up to and including 2nd year secondary). Seniors and juniors will be able to enrol for activities on all three evenings (during the first hour and a half)

Youth Centre Opening Times

Tuesday 7.30 - 10.00pm
Seniors
Thursday 6.30 - 8.30pm
Juniors
Friday 7.30 - 10.00pm Senior
Summer membership for young people who are of resident in the area is DM2.

Registration for all activities will take place in the Youth Centre

Initial registration for juniors for each week of the programme and for specific sessions for Seniors will take place at the Youth Centre during normal opening hours. Further details of where and when to meet will be displayed in the Youth Centre. This is in order to avoid the disappointment of young people who go straight to a meeting place only to find that the session is fully subscribed. In this way we can hope to afford young people the opportunity to try activities of their choice and ensure adequate provision of supervisors and equipment.

It is important for our staff to meet participants before an activity for two main reasons; firstly the young person knows who is in charge and can relate to them; secondly the possibility of leaving someone behind is minimised and time is not wasted looking for a name and face which is unfamiliar.

Swimming

Supervised swimming sessions will be available in the Blue Pool 10am - 12 noon Mondays and Wednesdays. All young people wishing to attend must register in the Youth Centre.

Canoeing

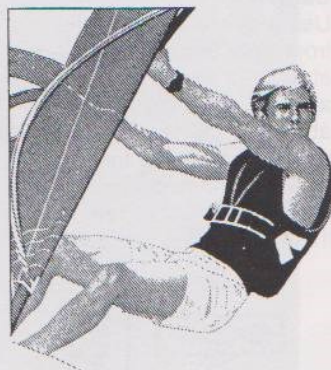
Basic canoeing instruction will be available for seniors (14+) at Roermond on Wednesday. Participants will need, an old sweatshirt, old plimsols, towel, packed lunch and suitable clothing. Please register in the Youth Centre.

Football Coaching

Football coaching will be held Wednesday and Friday afternoons for Juniors. The coaching is linked to a Junior Garrison football team, which plays in a local league. Participants will need; Sports Kit and trainers/football boots. Register in the Youth Centre.

Windsurfing

In conjunction with canoeing, windsurfing instruction will be on offer on Wednesday, Age Range - Seniors. Participants will need; swimwear, an old sweatshirt, old plimsols, towel, packed lunch, full UK passport and suitable clothing. Register in the Youth Centre please.



Ten Pin Bowling

Instruction and coaching in ten pin bowling, culminating in a competition is on offer on Wednesday 12 August. Age range: Juniors and Senior.

Gym Sessions

Gym sessions organised by PTI's will be held on Monday afternoons and Tuesday and Friday mornings. Age range: Juniors. Participants will need; Sports Kit. Times, venues and

list of activities will be advertised in the Youth Centre. Register in the Youth Centre.

Pam Griffin
Rheindahlen Youth Worker

**RHEINDAHLEN
Summer
FETE**

Model Railway Toys! RMP Dog Team Aircraft
Take your picture Karate Cake Tombola
Scout Troop Competition Wholefood Powered Light Aunt Sally!
Books Raffle Dresses
White Elephant Fire Engine
Helicopter Strawberry Teas Grocery
Pit Stop Display Bomb Disposal
Sports Clothing Across Trust
Scorpion Light Tank Punch + Judy
Judo Exhibition New Cars for Sale
Coconut Shy China Gifts Cards Gymnastics Display
Band of the 13/18 Hussars
Darts

**Rheindahlen Summer Fete
Sat 5th July 2pm.**

POLICEMAN'S NOTE BOOK

Crime Prevention

Burglaries of Married Quarters are, regrettably, common occurrences in BAOR. The purpose of these notes is to assist families in taking precautions against such incidents and to make them aware of the present threat of the common thief.

Families should be aware that the most likely target is an empty or unoccupied MQ and that there are very few occasions, when occupants are likely to come into contact with the thief.

There are three main methods of stealing from houses:

Sneak stealing - This usually occurs during your working day, e.g. while you are at the Naafi or in the garden. This is effected by a quick walk up to the door or window by the thief who has a ready made excuse for his presence if he is noticed e.g. trader or potential gardener. This type of offence is prevalent in summer and warm weather.

Unimpeded Entry - Which usually occurs when the house is unoccupied, or at night. Access is gained by insecure windows, cellar flaps, or downstairs toilet windows which are invariably left open.



Breaking and entering -

This is a noisy business usually practised on an empty house, but not always. The back door, windows or coal chute are favourite methods of entry.

What Information do the Police Want?

The exact location of the incident.

A full description and number of people involved.

A description of the scene. Registration numbers and makes of vehicles used.

It's all so simple.

Your own Property

Keep a note of serial numbers of your valuables. If any are stolen, the police will stand a better chance of recovering them if you can give a full description and details of serial numbers.

Don't think: 'It can't happen to me' or 'I've nothing worth taking anyway'. It does happen. The thief is often quite content with the ordinary things:

Bicycle Camera
Television Stereo Equipment
Radio Binoculars

Cpl Russ Fisher
Community Policeman
Tel: 4000/2333

Here are but a few tips that will help protect your valuables.

Money

Never keep more money in the house than you require. Keep it in the Bank and keep your cheque book and cheque card in a safe place.



Leave a Light

Don't switch off all the lights when you go out to the SSVC or the Mess. Thieves usually avoid houses with lights on. Keep a light burning in one of the rooms, not in the hall.



Valuables

Don't leave valuables on view to the thief. Close your curtains at night and even when you go out in the evening (and don't forget the light). Don't leave your camera, watches, wallet and silverware etc on the table or side-board. Put them in a drawer out of sight.



Holidays

When the time of year comes for you to get away for that break, go with peace of mind. Lock your valuables away. Ask a neighbour to keep an eye on your house and to report anything suspicious. Make that extra check in that the house is secure and then inform the RMP.



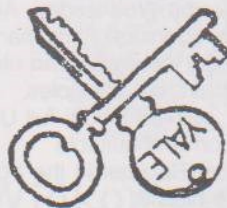
Security of your MQ

Always lock all exterior doors when leaving the house, even for a short period. Be sure all windows are fastened, including those in the cellar.



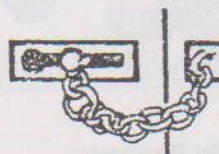
Keys

Don't leave your key inserted in the lock on the outside of the door, even when you are sitting in the house. It only takes seconds to make a wax impression and then you may get unwanted visitors and never know how they got in. Nor should you leave a key under the mat or dust-bin; the thief will find it sooner or later.



Callers

Use a safety chain on the front door when you answer it at night or when you are alone. Always satisfy yourself about the credentials of strangers claiming to be PSA, agents for insurance companies etc., before admitting them. Be warned against the



danger of doing business with callers at the door. Some are genuine, some are not. In BAOR you should never find the need to hand over money

in advance to casual callers who carry out repairs and so on. So don't.



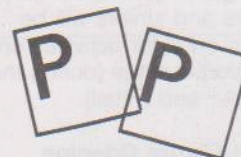
Tell the RMP

If you are at all suspicious about prowlers don't hesitate - call the police. Some day you may be thankful someone did the same for you.

By using a little common-sense, taking precautions and being vigilant, you can help reduce crime and catch the criminals. The police need your help in beating the criminal. After all, it's your duty as a citizen.

If you saw someone being attacked you would call the police wouldn't you? So, call them just the same if you see someone lurking around your neighbour's house or trying car doors. The police prefer a false alarm to a burglary or a stolen car.

And ring at once - seconds count



Note: Where you see this sign you must display the blue coloured parking disc.

You must set the time display on arrival and not exceed the time limit displayed on the sign. This is a mandatory requirement by German law and failure to do so may result in a fine.

Places on the Garrison

where these are displayed

are the Post office (time allowed 1 hour) and the Main Naafi and Oakham Way (time allowed 2 hours).

Parking Discs can be purchased from the NAAFI or any Garage or large store.

Cpl. R. Fisher



PHOTOCOMPETITION **N** Runners-up



Mrs Fantham



'Grot Lake' by Karin Hewlett



Freeze Frame, Adrian Cave



Mrs Fantham



J. Lovegrove



Wegberg this January by Karin Hewlett

CLUBS

PSA Wives Club

**Wednesday 2nd July
Church Centre 10 am**

Can you resist Strawberries & Cream? That is what we shall be having this morning, plus the odd glass of wine (a small charge will have to be made for this), together with various sales tables for your perusal.

PSA BBQ - Friday 11th July
The PSA BBQ will now be held on the above mentioned date, at No 1 Civilian Mess at 8 pm.

Tickets for this evening are available now, costing 20 DM each, this event is also open to your friends. Tickets include a good BBQ, wine at the table + music by Chris & Aileen.

There will be lots of side shows as well as a raffle. So come armed with lots of change, and try your luck on the Wheel of Fortune. There will also be a cash bar for your other drink requirements.

Wegberg Ladies Circle

**Cheese and Wine evening
Wednesday 9th July - 7.30 pm**
Amenities Centre, RAF Hospital Wegberg.

Everyone at Wegberg is welcome to come along to this evening meeting of the Wegberg Ladies Circle.

Various wine and cheeses will be available to sample, and there will be cheese for sale at the end of the meeting. Do come along and bring a friend to this informal evening, the cost of which will be DM5. For further information please telephone Sue Knight on extn 7320.

RAF Rheindahlen Thrift Shop

Hours of business:

Tuesday and Thursday
Selling, Taking in and Paying out 9.30 - 11.45, 2.00 - 3.45

Wednesday and Friday
Selling Only 9.30 - 11.45 & 2.00 - 3.45

We shall be closed for the Summer holidays as usual, but keep your eye on the

Naafi noticeboard for more detailed information. We may open for the odd day during the holidays subject to the availability of help.

S.C.S. Ladies Club

Wednesday 9th July - Pop in for our last coffee morning of the Summer Term at the Church Centre between 10 and 12 noon. Everyone is welcome and we will be holding our usual raffle.

Sunday 13th July - Bring the whole family to our lunchtime Barbecue from 12.30 onwards at St. Andrew's School. Returns in by **4th July** please.

Sponsored Aerobics for Charity

On the 2nd May at 20.00 hrs the Wickrath Aerobic Club commenced a 12hr Aerobic session to raise money for the Ben Hardwick Appeal and the Heather House Hospice for Dying Children. Nineteen ladies started the session, ten of whom intended to complete the full 12 hours and despite a valiant effort four ladies had to retire in the early hours of the morning.

However the remaining six brave souls led by Ellen Whittle duly completed the marathon session and indeed looked decidedly better for wear than those of us who slept through the event.

Starting and finishing with a vigorous routine the ladies maintained a variety of exercises in 45 minute periods with only five minute breaks during the 12 hours. Around DM3,000 was raised.

Well done ladies and thankyou to all those who sponsored the event.

Photo Inserts:

A. The Happy Beginners.
B. The Finishers. Left to right: Terry Howell, Tina de-Haven, Ellen Whittle, Angie Buckingham, Carol MacCafferty, Helen Young.



Rheindahlen Army Thrift Shop

Opening Hours:

Selling: Tuesday, Wednesday, Thursday 9.30 - 11.30 am

2.30 - 4.00 pm

Friday 9.30 - 11.30 am

Saturday (provided sufficient helpers available)

10.00 - 12.00 noon

Taking-In: Tuesday, Thursday

9.30 - 11.00 am

2.30 - 3.30 pm

Paying-Out: Wednesday, Friday

9.30 - 11.00 am

2.30 - 3.30 pm

Helpers are urgently needed.

If you have a morning or afternoon to spare do call in at the shop and introduce yourself.

Mother and Toddler Group

Come along any Tuesday or Thursday afternoon between 2 pm and 4 pm to St Christophers School, Auckland Crescent (Buschoff area). We have plenty of toys and space for your energetic toddler!

Enquiries to: Mary Rushmere, Tel. 02161/551887

Please note that the group will continue to meet during the Summer holidays on Thursday only.

Enquiries to: Gill Hopton Tel: 02161 - 551199

Rheindahlen Draw Results

The undermentioned personnel shared in a pay-out of DM 3,400 for the Rheindahlen Draw made on 9 Jun 86 by the Stn Cdr:

1st prize WO Hobden Supply Sqn Ticket no 181

2nd prize Sgt Stinson

CICG(G) Ticket no 213

3rd prize Mrs Williams Supply Sqn Ticket No 170

4th prize Mrs O'Sullivan No 1

Civilian Ticket No 197 Mess

All personnel who wish to enter the draw should contact Sgt Upton on Ext 4155 now if

they are to be included in the next Rheindahlen Draw (8 July 86).

Rheindahlen Wool and Craft Club

Entrance off the Garrison Parade Ground next to the Little Theatre.

Opening Hours

Monday 4.00pm to 6.00pm

Tuesday 2.00pm to 4.30pm

Wednesday 2.00pm to 4.30pm

Thursday 10.00am to 12.30pm

Friday 10.00am to 2.00pm

Saturday 5th July 10.00 am to 12.30 pm

Before we close for the summer we shall be holding a sale during the week **21st - 25th July** when all goods will have a **10% reduction**. This is a marvellous opportunity for you to stock up for the summer before we re-open on **1st September**.

Our Annual General Meeting this year will be held on Thursday 24th July at 2.00 pm at the Church Centre and we would welcome all our customers'.

MOD Civilian Ladies Club

There will be no Coffee Morning during the months of July and August.

The next Coffee Morning will be on Monday 29 September 1986 in the Church Centre starting at our usual time of 10.00 am.

Rheindahlen Flower Club

Please join us for the next meeting of the Rheindahlen Flower Club in the Rheindahlen Rooms on Thursday 3rd July at 10.30 am when the Demonstrator will be Mr Norman Berry.

Mr Berry is a popular National Demonstrator and his arrangements are marvellous and original.

Doors open at 10 am for sales of floral aids, silk flowers, porcelain etc. There is a creche for young children and coffee and snacks will be available.

The Flower Club takes a break for summer after this Meeting, then in September we are hosting the BBC's Gardeners' Question Time (7.30 pm Wednesday, 24th September) and resume normal meetings on 9th October.

Rheindahlen Garrison Sgts Mess Wives Club Summer Barbeque

A reminder to all the ladies whose names are down for the Summer Barbeque that it is to be held in the Garrison Sgts Mess on **15th July 1986** and will start about 8 pm. As you know, as well as plenty of beautiful food, there will be a Grand Raffle with many good prizes. If your name isn't on the list, but you would still like to attend, please ring Mrs Whiteway on MG 559279, before **8 July 1986**, so that arrangements can be made for extra food. The cost is DM 8.50 per person, which includes all food, wine and coffee.



Rheindahlen Garrison Stamp Club

The Stamp Club meets every second and fourth Thursday in the month, at 8 p.m., in the Club room of the RAOB building near the stables. There stamp collectors can talk about stamps, swop or buy and sell stamps amongst themselves. The bar is open. Stamp collectors of every experience are welcome.

Cpl's Club RAF Rheindahlen

The events not to be missed in July are:
Friday **11 July** at 1700 hrs Happy Hour
Saturday **12 July** at 2000 hrs Summer Ball
Friday **18 July** at 2000 hrs Twofers Disco
Friday **25 July** at 2000 hrs Happy Hour
The Summer Ball on the 12 July will feature the group Pepper Box, who were very popular at Christmas and they will be supported by a Disco. There will be a late BAR, Cold Buffet and late Night Bar-B-Q.
The cost will be DM 25 and tickets are available behind

the Bar or from your friendly Committee Member.
August will bring us
Friday 8 Aug Happy Hour
Sunday 17 August A Car Treasure Hunt
Friday 22 Aug. Twofers Disco
Friday 29 Aug. Happy hour.

Anglo-German Ramble on Sunday 13 July 1986

The Anglo-German Club Ramble will be held on Sunday, 13 July 1986 in the Eifel. Non-members are welcome to take part - all that is needed are a stout pair of shoes and a packed lunch. The route takes us through the Eifel valley, past the largest radio-telescope in the world, which has a diameter of 100 metres, and on to Binzenbach; then via the Houverather Mühle, Limbach and Wald, back to the starting point.

The ramble will take about 3½ hours, and it takes 1¾ hours to drive from JHQ to the starting point - so participants will need their own transport.

The rendez-vous is at the car-park opposite the Blue-Pool on Queen's Avenue at 09.30 hours on 13th July. Remember - all are welcome! If you have any need for more information, the OIC, Flt Lt Simpson, can be contacted on ext 4063.

RAFA Rheindahlen

The Branch remains in good health and heart and we continue to enjoy ourselves and our activities. **April.** On Saturday, 12 April, Jon Blackie ran in the RAF Bruggen 10 mile road race. Although far from well, Jon achieved a creditable time and raised more than 600 DMs for RAFA charities. Well done, Jon - and many thanks to those who sponsored him. **May.** The RAFA Annual Conference 1986 took place in Harrogate from the 9th to the 11th May. The Branch was represented by Fiona Varey and Gary Hurst, and attended also by Squadron Leader Pat Wilson, RAF Rheindahlen RAFA Liason Officer. A most interesting and happy weekend

was enjoyed by all. **June.** The Branch inaugural barbeque took place on Sunday, 1 June and was enjoyed by all those who attended. **July.** The Branch is staging a darts tournament on Friday, 4th July and plans to enter a team in the Wegberg Bed Push on Saturday, 19th July. Monies realised will be donated to RAFA charities. **September** Please support the RAFA Wings Appeal during the course of this month. **October.** The RAFA Grand Summer Draw will take place in London on Friday the 3rd of October. The first prize is a two week P&O Cruise for two with other attractive prizes. Tickets can be obtained from behind the Branch bar at 50 pfgs each, or 5DMs per book.

Membership. The Branch is pleased to welcome new and joining members - particularly at the Officer and SNCO levels. The Branch Secretary is currently SAC (W) Jacquie Bird, Air Staff Registry, Ext 4381. **Wings Appeal Committee.** The Branch has formed a small committee but requires a co-ordinator if it is to be really successful. A volunteer would therefore be most welcome! **Administration.** The Branch continues to maintain a close liaison with a number of European RAFA Branches and RAFALOS.

Services Caravan Club (Germany)



The Services Caravan Club is for all British people in Europe who are connected

with the Services. Membership is only DM20 a year, for which you receive monthly newsletter, which has helpful information for all caravaners, special reductions from many dealers also a chance to take part in our very interesting social programme. This consists of social evenings once a month in the winter, normally at JHQ, and get togethers, or rallies as we call them, throughout the summer months.

Our July programme is as follows:

July 4-6 Laarbruch: A chance to fly, swim, play golf, A full programme including a bar-b-que.

July 11-13 Lubbecke: A very peaceful setting in an interesting part of Germany.

July 18-20 Tecklenburg: A super site with swimming pools.

July 25-27 Kalkar: Windsurfing lessons, boating and swimming near the ancient town of Kleve.

August 1-3 Harz: A chance to camp in the Harz mountains.

August 1-3 Amsterdam: See the canals, watch a clogmaker and see how cheese is made.

If you are interested in any of these events, please contact our rally member Geoff Wood on RAF Wildenrath ext. 5220. To join contact Bill Haif on 02163-49455.

Services Caravan Club's **Change of Chairman** Wing Commander Cliff Farrell is seen here receiving his 'Oscar' from Padre Bob Andrews on taking over as Chairman of the Services Caravan Club (Germany).



RAF Rheindahlen Boardsailing Club

In spite of the unsettled weather in May and early June Club meetings for Intermediates and Beginners were held on Tuesday and Thursday evenings. After two evenings of dry land instruction the beginners progressed to Roermond lakes. The lessons learnt on the simulator were put to good use and by the end of the first evening on the water all students were mastering the difficult task of balancing for the first time on a floating board and were able to sail unaided almost in a straight line. It is hoped that the weather will be kinder to the beginners in June so they may progress to sailing a triangular course and receiving the National Boardsailing Award.

Club meetings for the Intermediates were held throughout May on Roermond lakes and provided race practice with the RAF Bruggen and Geilenkirchen Clubs, although high winds and heavy rain on some Tuesday evenings resulted in more swimming than sailing. The first part of the Improvers Course was held in early June and instruction was given on beach starts and jump turns. The second round of the RAFG Major Units Competition planned for the 21 May was cancelled leaving Bruggen still in the lead. The next legs of the Competition are on 18 Jun and 2 Jul and sailors for the Rheindahlen team are desperately needed to topple Bruggen's superiority in numbers.

Forthcoming Boardsailing events in July are as follows: Major Units Competition - 2 Jul - Dummersee 1986 RAFG Individual and Team Championships 3, 4 Jul - Dummersee BFG Team Race - 9 Jul - Dummersee For further information contact F.S. Brian Boston ext 5252 or Sgt Colin Slater ext 4419.

ARIEL, RATS,WRMS

There will be an Old Time Music Hall with a Supper served during the interval at the Little Theatre on the Gar-

rison Square from Tuesday 15 July to Friday 18 July. Box Office MG 551316. Admission plus supper — DM15. Curtain Up at 19.30.

German Affairs Course in the Ruhr

The annual German Affairs Course, organised by the Higher Education Centre (Germany), will be held in Mülheim from **29 Sept to 3 Oct**. The aim of the course is to widen the officer's knowledge of current German military, political, economic, social and cultural life by lectures, discussions and visits, with the aim of strengthening Anglo-German relations. It is primarily aimed at field officers (Maj to Colonel) who have contact with the German community and require a deeper understanding of our host country. However, junior officers can also be accepted for the course.

Course participants will be given a series of presentations and visits ranging from lectures on recent German political history, Trade Unions, educational system, economic background, and future political eventualities, to visits to the Bundestag and Ministry of Defence in Bonn for lunch and tour, to local industry, to the local offices of the West Deutsche Allgemeine Zeitung and to the Chambers of the local Town Hall.

All officers interested in attending this course should apply in writing to the Commandant HEC(G), BFPO 34 as soon as possible and certainly by **15 Aug**. Final acceptance will be published by 29 Aug.

Registration of Children for Autumn Term 1986

Children whose 5th birthday occurs on or before the 31st December 1986 are eligible to commence school at the beginning of the Autumn Term 1986.

Those children living in the South West Extension or Buschhof areas will attend St George's School and we would ask you to register as soon as possible either by calling at the school or ringing JHQ 2840'.



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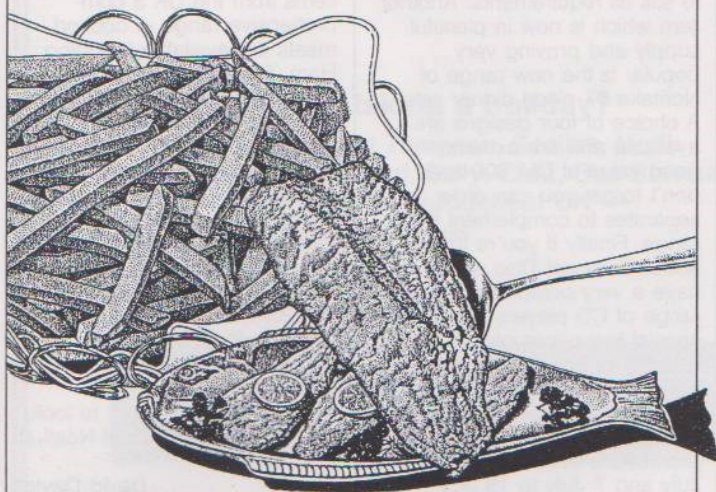
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NAAFI

NOTE BOOK

There will be lots going on in the Naafi Complex at JHQ this month but before giving some details I would just like to remind you about the **Services Shop** situated within the Marlborough Club next to the Army Gym in Collingwood Road. The Services Shop is open all week and most importantly on Sundays. If you've run out of something over the weekend the shop is open from 10 am to 5 pm and stocks a range of food and medicinal items, potatoes, ice cream, BarBQ items, film, cigarettes and drinks and lots more. So if you're out of a basic item over the weekend please pop into the Services Shop which is the only shop around which is open on a Sunday. In the JHQ Complex the big event in the Clothing department will be the **SALE** which starts on **Thursday 24th**. The sale will last for two weeks and will take place in the foyer. There will be lots of bargains for the whole family and excellent reductions will be made on the existing stock range so come early to get the best buys. Another special offer will be for the fragrance of the

month and for the ladies this will be Cinnabar 2oz reduced from DM 34 to DM 29 and for the gents Cacharel aftershave reduced from DM 24.50 to DM 20.

The main event in the Gifts & Durables department will be the new **'Star Buy'** programme commencing on the 29 June until 10 August. All items in the programme are genuine reductions and a selection of the special offers are a Hoover Washing Machine A3332 at DM 770, a Samsung 14" colour TV at DM500, a Sharp Video Cassette recorder at DM 995, a Canon AE1 camera kit at DM 515, a Hoover vacuum cleaner at DM 180, a range of Bermas suit cases and lots more. Look out for the coloured brochure available in the shop from the end of June and find out full details of over 40 items in the promotion.

The new, much talked about addition to the Microwave range will soon be in the shop. The National Panasonic 972 microwave and convector oven with built in grill really is the ultimate in microwaves and at DM 1260 is exceptionally good value for money. Silvia Hill from Panasonic will be demonstrating this item in JHQ for three days from 31st July. In addition we shall be holding **a toy sale** in the foyer from 7th

to 19th July. Also we shall be having an in-store demonstration of the new range of Tannoy Speakers and AKG headphones from 2nd to 5th July so come along and bend your ears. The Camping and Outdoor life promotion is also continuing with lots of nice garden furniture and BarBQ's to suit all requirements. Another item which is now in plentiful supply and proving very popular is the new range of Noritake 67 piece dinner sets. A choice of four designs are available and are extremely good value at DM 600 and don't forget you can order separates to complement the range. Finally if you're thinking about Compact Disc we now have a very comprehensive range of CD players all at special low prices plus a large quantity of the discs.

In the foodhall there will be lots of bargains throughout the month with the two 'supersaver' promotions from 23 June to 5 July and 7 July to 19 July. Details of the offers will be displayed on the posters and all 'supersavers' have the orange price tickets. The foyer promotion for July will be for Coca Cola products with cans reduced to 49pfg and lots of freebies for the kids plus a free draw for a bicycle and lots of other prizes. In addition the

new Cherry Coca Cola will be available to taste. Foodhall in-store promotions will feature a taste and try for Seagrams Myers Cream on 4 July, Pimms on the 11 July and Hennessy Cognac on 31 July. Another excellent new range of products now available will be the Plumrose range of delicatessen items from the UK a comprehensive range of cooked meats are available including Ham, Pork Loin, Roastbeef, Pork roll etc - give them a try they're great with salads or with the German rolls. We are also re-introducing Ambrosia creamed rice and 'sugar free' Angel Delight. New bakery lines are Pitta Bread (6's) at DM 1.70, Coconut Treats (5's) at DM 2.20 and Harlequins (6's) at DM 2.40. Also the fruit and veg section will be in full swing with all the summer fruits now in season.

All in all a good month to look forward to in your local Naafi at JHQ.

David Davies
District Manager

Naafi

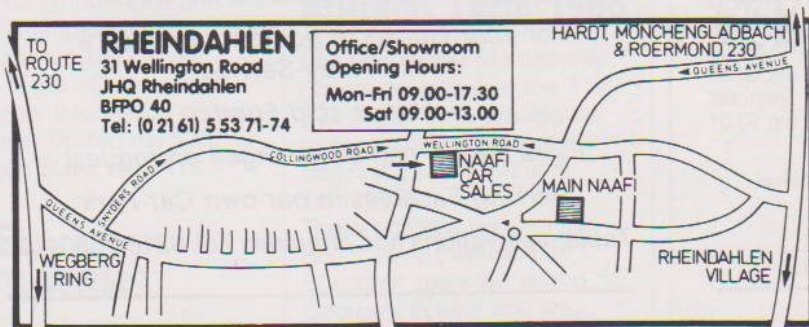
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Visit or telephone: **MG 559346**
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33 Years Service

On Wednesday 30 April 1986 the Quartermasters Department Rheindahlen Garrison, bade a fond farewell to Herr Peter Kunicki on his retirement after long and loyal service to the British Forces. Herr Kunicki was first employed by the British Forces on 28 Aug 1953 with the RAF Command Movements at Bad Eilsen, moving to the Joint Headquarters Rheindahlen in Oct 1954. In 1975 after 22 years with the Royal Air Force he joined the Quartermasters Department where he has since served.

We all wish Herr Peter Kunicki and his wife Marianne a very happy retirement. Our picture shows the Quartermaster Headquarters Rheindahlen Garrison, Major (QM) A M Lambert MBE RCT, presenting Herr Kunicki with one of the many gifts he received from past and present members of the department.

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Duvets for the Children's Ward

Members of HQ P&SS
(RAFG) Social Club voted that
a sum of money raised for
charity in various projects
should be donated to the
Children's Ward, RAF (H)
Wegberg. The result was a
number of duvet covers
chosen by the nursing staff
and paid for by HQ P&SS
(RAFG) Social Club members.
The photograph shows WO
John Osborne (Chairman),
Sgt John Murkin (Treasurer),
Sister Mandy Parker and
Sister Carma Beckwith with
some of the children who will
benefit from the gift.
Photo by Sgt Bassett

ACROSS

Oops! I made an error in last month's article when I gave the date for the helpers meeting. It is, of course, the last day of July - not the last day of June. So please note the date of 31 July in Chatham House at 1900 hours. Please come along and enjoy a really rewarding experience. Sorry if my error caused inconvenience. Two days after the helpers meeting, the Jumbulance will roll to a stop outside Chatham House on Saturday 2nd August with a full load of Across visitors who will be expecting a holiday of a lifetime. We are determined not to

disappoint them. Our plans are laid and all we need now is a good supply of voluntary helpers and we still need to raise funds to pay for the holiday. You were very generous during our flag days on 6 & 7 June but more money is needed. So if you have any surplus funds to dispose of or would like to embark on a fund raising activity on our behalf or are wondering which body should benefit from your sponsored activity please remember Across. If you want any advice or help contact Major Geoff Catling on JHQ 2095 or MG 557315. May I remind you also that I have two Videos depicting the work of Across. The first is 'Across a Decade' presented by Jimmy Saville which tells the story of the first 10 years of Across and the second shows the highlights of the 1985 holiday in Rheindahlen. Both run for about 30 minutes and are available free of charge if you would like to show them at your club, society, school etc - contact Derek Falvey on JHQ 2678 or MG 559113. As in previous years ACROSS will be running the cake stall

at the Inter-Church Senate Fete on Saturday 5th July. Our perennial problem is that we run out of goods to sell very quickly. Last year despite having some 300 cakes we were sold out in the first hour! So may I make a special appeal to the ladies of Rheindahlen to start baking. We need all the produce you can supply. To make it easy for you your cakes may be delivered to any of the following.
Mrs Gillian Sanderson, 17 Canberra Crescent, MG 551164
Mrs Sophie Hulton, 43 Ottawa Avenue, MG 559841
Mrs Lydia Brice, 4 Dolgelly

Walk, MG 551152
Mrs Anny Catling, 2 Canterbury Way, MG 557315
Mrs Mary Sneyd, 14 Dundee Way, JHQ 2687
Mrs Joyce Falvey, 26 Sussex Drive, MG 559113
If this is not convenient then a telephone call to any of the above numbers will bring one of us round to collect your contribution or you may deliver it in person to our tent on the parade ground at any time on the Saturday morning of the Fete. Lets see if we can keep the cake stall selling a little longer this year. See you at the helpers meeting on 31 July.



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GASTRONOMIQUE

Veal Escalopes In Mustard Sauce

Unlike the U.K. the local butchers always have a plentiful supply of veal (kalbfleisch), ask for kalbsnitzel when you require escalopes. This recipe is quick and easy to make and goes well with chips and sweetcorn.

Ingredients (serves 4)

4 Veal escalopes, beaten flat
1 garlic clove, halved
½ teaspoon salt
½ teaspoon pepper
60 grms butter
180 grms Gruyère cheese, grated
2 tablespoons French mustard
4 fl ozs double cream

Method

1. Rub the veal with the two halves of garlic then sprinkle with the salt and pepper.

2. In a large frying pan melt the butter and, when the foam subsides, cook the veal escalopes for 3-4 minutes on each side until tender.

Transfer them with a slotted spoon to a flameproof dish large enough to hold them in a single layer.

3. Preheat the grill then place the cheese, mustard and cream in a bowl and beat the mixture with a fork until it is well combined. Spread this mixture evenly over the escalopes.

4. Place under the grill and cook until the cheese is golden brown and bubbling. Serve at once.

Apple Plait

This is an unusual looking and tasting dessert which is equally nice served hot or cold.

Ingredients

30 gms fresh white bread-crumbs
30 gms butter
240 gms puff pastry
500 gms cooking apples, peeled and sliced
grated rind of a lemon
2 tablespoons sugar
240 gms cottage cheese
120 gms raisins
milk
castar sugar

Method

1. Fry the breadcrumbs in the butter until crisp and golden. Leave to cool.

2. Roll out the pastry into an

oblong shape and place a narrow column of apples down the centre. Sprinkle the apples with the lemon rind and sugar and then spread the cottage cheese over the apples. Top the cheese with the raisins and breadcrumbs.

3. Fold the top and bottom ends of the pastry over the apple column, slice the sides into ½" strips and fold each alternating ½" strip over the column to cover in a plait pattern of pastry.

4. Brush with milk, sprinkle with caster sugar and cook for 30 minutes in an oven heated to 200°C / 400°F Gas mark 7. Serve hot or cold.

Alan Boxx



Quick Holiday Meals. Holiday time is not always relaxing for Mothers, children and husbands tend to get twice as hungry, and on a long car or bus journey, eating relieves the boredom. Cook, or buy a cooked chicken before you depart on holiday, and you will find it will make a variety of different meals.



Chicken and peanut butter.

Use the dark flesh from the wings and legs, chop finely, mix with a generous portion of peanut butter and spread on French bread or rolls, tip with lettuce.



Devilled chicken. Blend a pinch of curry powder, a few drops of Worcestershire sauce and cayenne pepper with butter, spread over bread then cover with thin slices of chicken.



Chicken and lemon. Blend finely grated lemon rind and a few drops of lemon juice with butter, spread on bread, then add thin slices of chicken. The very delicate flavour of the lemon adds interest to the sandwich.



Curried chicken and banana open sandwich.

Blend sliced bananas, mayonnaise and a little curry powder with chicken cut in tiny bits. Place a little crisp lettuce on to a rye bread, or crispbread, place a generous portion of chicken mixture on top, garnish with a pineapple ring.



Trinidad chicken. A meal to make before your journey and enjoy in a picnic place off the motorway.

3oz seedless raising
3 tablespoons rum
Pour rum over raisins and leave to soak overnight
6 tablespoons green label chutney
2 tablespoons cream
1 cup mayonnaise
chicken (approx. 1.5 kilos) cooked

a little lemon juice
salt and pepper to taste
1oz dessicated coconut
2oz salted peanuts
2 large bananas
1 ripe avocado (optional)
chopped parsley
Chop the chicken into bite size chunks. Blend mayonnaise, chutney, coconut, peanuts, creams, raising and rum in a large mixing bowl, add the chicken and one of the bananas chopped up in slices. Add salt and pepper. You can leave in the bowl until ready to serve.

To serve. Arrange chicken mixture in a serving dish. Cut the remaining banana and avocado (if used) in thin strips and arrange on top. Squeeze a little lemon juice on top to prevent discoloration. Sprinkle chopped parsley on top. Serve with rice or green salad.



All in one breakfast flap-jacks.

(For two hungry campers, or four normal) Make a batter with 4oz flour and 2ggs mixed with a little milk. Stir 4oz of quick porridge oats into the mixture. Drop spoonfuls into hot fat in your frying pan, turn to cook the other side. Serve with honey. Very quick, easy and filling.

Angela Oatridge

INFORMATION

SSVC

Looking ahead...

Some of the programmes to be shown on SSVC Television during July include:

Special events

July is always a month for special events and SSVC Television will be providing either direct transmission or recorded highlights of as many as possible. For example, the Lawn Tennis Championships are already under way at the All England Club, Wimbledon. We will, of course, continue our highlights of daily matches up to and including the Ladies Singles Final on Saturday 5th July, and the Men's Singles Final on Sunday 6th July, both of which will be taken 'live'.

Cricket: The later matches in the Test series against India will be covered by means of 'highlights'; and **Athletics** will include direct transmission or highlights of many of the more important events and meetings, including the Dream Mile from the Bislett Games, Norway.

Royal Wedding

But the event that will no doubt attract larger crowds and viewers than all the spor-

ting fixtures put together will be the Royal Wedding on Wednesday 23rd July. We will, of course, be taking full coverage of the ceremony 'live' as shown in the UK.

Situation Vacant

A part-time Secretary is required by the GNO SSAFA, working at the Station Medical Centre, RAF Rheindahlen, commencing 1 September 1986.

Typing essential, shorthand useful.

Hours of work 08.30 - 12.30 Monday - Friday, occasional afternoons.

Written applications before 8 August 1986 (with telephone contact number) to Mrs P Green, GNO SSAFA, Station Medical Centre, RAF Rheindahlen.

Interviews will take place on Thursday 14 August. Applicants must have at least one year to complete in present tour.

Vacancy Teacher of Business Studies

A full-time or part-time teacher of Business Studies is required at Kent School,

Hostert, starting in September 1986.

Preferred subjects include typing, commerce, office practise.

Please contact the Headmaster on Hostert Military 48 or Civil (02163) 4600.

'Welcome to Germany'

A welcome to Germany presentation will take place at 34 AEC on Thursday 3rd July. The presentation is for newly arrived personnel and their families. For further details ring JHQ 2066.

The Royal Opens

Don't miss this month's opening of Rheindahlen's brand new rustic pub The Royal at the Blue Pool, Queens Avenue, JHQ.

The pub will open on Monday 23 July (that's Royal Wedding

Day so there's no excuse for forgetting!) so make sure you pop down and check out the opening times.

A full range of alcoholic and on-alcoholic beverages plus traditional pub grub will be available, so make sure you pop along and give it your full support.

SSVC TV Channel Change - JHQ

During the next few months the TV channel which serves viewers in the JHQ, Mönchengladbach area will be changed to Channel 23. The channel change has been advised by the Deutsche Bundespost.

Viewers will be informed of the exact date of the change when it is known as some will need to replace their TV aerials.

SSVC aerial installers will, where necessary renew free of charge, and at the earliest opportunity aerials rented from the SSVC.

Viewers in Viersen now watching channel 23 may also need to have their aerials renewed or re-orientated. Further information is available from the SSVC Shop, Rheindahlen on Mönchengladbach 557416.

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Ascona Sport 5 door	17,375 DM
Manta Coupe to UK spec	17,600 DM
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THEATRE

Ariel Theatre Guild - Festival of One Act Plays 1986

Variety was the order of the day when the Ariel Festival was adjudicated by Mr Cliff Overton of Kent School on Saturday, 24th May at the Little Theatre. The three plays presented to a capacity audience were all totally different in style, presentation and content.

The 'Miasma of Mostyn Mews' by Alan Ogden and directed by Alan Boxx was a thought provoking comedy about the ordinary people faced with Town Hall bureaucracy and their attempts to have their complaints and worries listened to and acted upon. Archie Cooper, the ailing resident of Mostyn Mews, well portrayed by Peter Grist with Betty Franklin as his wife, Iris, set the scene very nicely aided by their spinster neighbour played by Pam Boxx. The bureaucrats played by Richard Hannay, Steve Field, and Virginia Crosbie were nicely balanced if a little wooden at times. The play moved quite smoothly towards its climax with a twist in the tail, much appreciated by the audience.

The second play of the evening was 'The Lover' by Harold Pinter, directed by Graham Lawson. This was a deep and subtle play involving a role-playing married couple and their 'extra marital affairs'. Beginning with the shock that Sarah, beautifully played by Julie Ham, was having an affair which was quietly accepted by her husband; confusing twists and turns then followed to show that 'the affair' was a game played between Sarah and her husband, Richard, played by Andrew Salmon thought it was much more than a game to the two players. Was the milkman (Del Hendrickson) having a fling with Sarah? All was made clear in the end, or was it?

The final play was 'Fluff' by John Scholes and directed by Geoff Barden. This was a delightful, silly comedy set in

where the wealthy owner was throwing a party. Someone was trying to steal the guests' furs (the Fluff), and some of the guests were not what they seemed. The two main characters, Sally and Joe Goodwin, played by Rosie Coveney and Stuart McDill who were two 'naturals' in their parts and whenever present on stage demanded attention, led the play on at its merry pace. Sally has fallen for Nigel, played by Mike Dellow, whom she thinks is rich, but who along with Alice, played by Maxine Marlow, is really also after the 'fluff'. When Nigel decides to make a play for Sally it is left to Joe and Alice to complete the 'job'.

It was the final play that won the adjudicator's vote but the audience obviously decided that all the plays were winners in what was the best Ariel One Act Festival for some time. Nice one, Ariel!

Taurus



Rhine Army Theatre Society

At the approach of the summer recess and departure on various holidays, (even the Dusseldorf Opera House has a break in August), a vacuum of non-theatre descends on the Garrison.

To prepare you all for this desert of enjoyment a delight of entertainment will be presented by the combined Societies and Guilds of this community from the **15th to the 18th July** inclusive in the Little Theatre. The programme we shall offer will follow the light hearted theme of **Music Hall** with individual acts and combined groups performing monologues, songs (perhaps a dance or two) and extravaganza resurrected from our British heritage.

The cost of a ticket, yet to be decided, is to include supper, a glass of wine, programme and entrance to the

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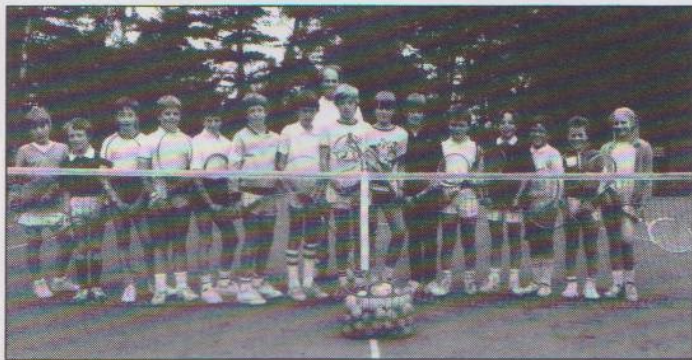
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SPORTS

Junior Tennis Coaching Week 1986

The Junior Tennis Coaching Week, held by Major F.J.



Cann, came to a close on Friday the 6th June after a successful week of training children in the 'ways of racket', Both 'Group A' (12 years and under) and 'Group B' (13 years and over) were tutored in basic strokes which also helped to extend the skills of those who had been

on similar courses. Each entry had to be of a minimum standard of being able to hit a tennis ball in the right direction and each had to turn up wearing the right gear. All were definitely up to John McEnroe standard. Photos by Mark Ottowell.



Borussia Mönchengladbach Soccer Fixtures Season 1986/1987

19 Aug v Hamburger SV
2 or 3 Sep v Bremen
13 Sep v Frankfurt
27 Sep v Bayer Leverkusen
11 Oct v F C Homburg
1 Nov v Stuttgart
15 Nov v Dortmund
29 Nov v 1 FC Köln
All Saturday matches begin at 1530 hrs and evening matches usually at 2000 hrs.

Rheindahlen Junior Tennis Tournament

The Junior Tennis Coaching Week and Tournament for 1986 is to be held **From 20th to 26th July**. It is open to all children of the Rheindahlen Military Complex over 10 years old but under 19 on 1st August 1986. Some outsiders and holiday guests are also permitted to enter. Coaching is held each day for one hour from Sunday to Thursday inclusive, and the Tournament is on the Friday and Saturday. The event closes with a barbeque after the prizegiving for which a limited number of tickets are available for parents and friends. The complete entry fee is DM 30. Further details and the entry forms are available from Major F.J. Cann - OC C Coy HQ Rheindahlen Garrison Tel: JHQ 2026

Closing Date for entries is Friday 18th July at 1200 hrs



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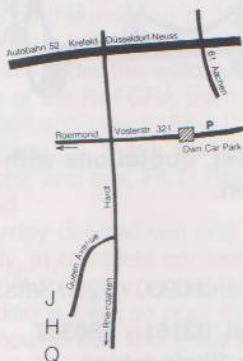
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The ZOW Hockey Club Festival - Nijmegen 86

As a result of the contacts with the Dutch Army through NORTHAG, the Rheindahlen Garrison Hockey Club was invited to take part in the annual club festival at Nijmegen on 31 May/ 1 June 1986. Along with a few 'guests', the Garrison side went to the ZOW club to find an excellent organisation and facilities for both hockey and social events. Some fourteen mens and fourteen ladies teams had been invited and the club had marked out five grass pitches all within a few dozen meters of the clubhouse. The Garrison side were identified by our Dutch hosts as 'old men' (the continental players stop playing top class hockey in their twenties) and, therefore likely to be easy opposition. It is true that at least three Garrison players were over 40, but several were in their twenties! Our first match was against the ZOW 1st XI who in a very tight game found the 'old men' of Garrison too hot to handle with Garrison winning 1-0. This was followed by a 2-1 win, three draws and a further 2-1 win to take the Garrison side through to the semi-finals. In another very tight match against VVV, neither side managed to score and the match had to be decided by a 'penalty shuffle'.

The Penalty Shuffle. This was a new one on the Garrison players, though on reflection it is a super way to decide a drawn game. Each

team selects three players, who alternately run the ball from the halfway line towards a goal defended only by the opposing keeper. The attacker has 20 seconds, two saves by the keeper or before the ball goes out of play to score. He can score from anywhere on the pitch by any 'legal' means. It is a test of skill for both the attacking players and the keeper. The Garrison side unused to the penalty shuffle were well beaten by VVV who went on to win the final (also on penalties). It was then on to the playoff for 3/4 place with players beginning to tire after seven matches in two days with only a long night of socialising to break the monotony. In the play off, the Garrison side continued to show the speed and aggression that is their hallmark and scored two excellent goals with the opposition scoring a fine solo effort. The good Garrison performance in the festival and the excellent social side have done much towards Anglo-Dutch relations. It is hoped that the ZOW club can come to Rheindahlen later this year so that their hospitality can be re-paid in part (and also to play some hockey). If we made a good impression both on and off the field we hope to be invited back next year.

Photo: L to R

Back Row:

Cpl J Day, Maj S Moralee, Sgt C Walts, L/Cpl C Milne, WO2 J Collins, Pte M Tijssen.

Front Row:

L/Cpl S Calt, L/Cpl A Craggs, WO1 L Cheetham, Maj FA Ham, Sgt M Batly.



Rheindahlen Garrison Athletic Championships 1986

On Wednesday 28th May, the Rheindahlen Garrison held the annual Athletic Championship for 1986, all competing for the Champion Unit Shield. As you can see from the results a high standard of sportsmanship was achieved. Best all round athlete-male: BDR Duhaney
Female: Cpl. Holmes.

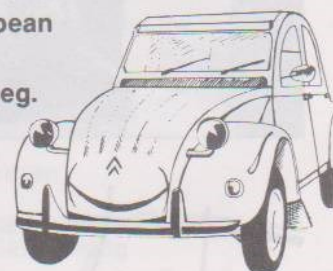
Best all round veteran: Major Hazelwood
Tug of war Champions: 68 Sqn. RCT
WRAC Champion team: 29 Coy WRAC 'A'
Garrison Champion Unit 1986: Northag

Teams (men)	Points
1st Northag	233
2nd HQ BAOR (B)	228
3rd 68 Sqn RCT	183
4th HQ BAOR (A)	171
5th Garrison	108
Teams Ladies	
1st 29 COY A	35
2nd 29 COY B	22
3rd 16/28 Regt	18

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RAFG Rowing - RAF Championships and Joint Service Regattas

The RAFG and BAOR rowing squads departed from Germany on 15 May to compete in the 1986 RAF Championships and Joint-Service Regattas. Both events are held at Peterborough, over the same weekend, on the Peterborough Rowing Club's 1000-metre 6-lane course. The 2 squads of 10 RAF personnel and 9 Army assembled at Huntingdon Rowing Club on the morning of 16 May for a full day's practice session under the watchful eyes of the RAFGRA team captain and coach, FS 'H' Firth and the club's rowing instructor and cox, Flt Lt Ray Wood. Saturday dawned wet and windy, in complete contrast to the previous day; in fact the conditions were so poor that the course was shortened to 750 metres for the RAF Championships. The RAFG Squad had entered the following men's

events: Novice Coxed IVs, Novice 'B' Coxed Pairs, Senior Coxed Pairs and Senior, Novice and Novice 'B' Sculls. In addition, the ladies had entered 3 events: the Novice and Open Coxed Pairs and Open Coxed IVs. The racing was extremely competitive and all the crews acquitted themselves exceptionally well with SAC Paddy Keogh winning his heat in the Novice 'B' Sculls, to be narrowly beaten into second place in the final by a sculler from RAF Benson. In the Novice 'B' Pairs, Cpl Mick Pocknell and SAC Andy Guy won their heat convincingly against 2 RAF Coltishall crews and one RAF Abdingdon crew. However, over-enthusiasm and tension in the final contributed to a single mistake by the RAFG third in a closely contested race. FS 'H' Firth and Flt Lt Duncan Henderson were knocked out of the Senior Pairs event in the first heat, both crews achieving a very fast time. Unfortunately this was the only event of the day in which the fastest losers of the heats did not go into the final.



The ladies' events were just as competitive with the Ladies Open IV coming 3rd in the final. And in the final of the Ladies' Open Pairs Cpls (W) Penny Pockwell and Carol Frogatt were beaten by an RAF Akrotiri crew. In the Novice Pairs event SACWs Jenny Lee and Karen Heap had a convincing win in their heat but once again an unforced error in the final cost the girls the title. In fact their winning time in the heat was much faster than the RAF Digby crew's time in the final. The highlight of the day was the Men's Novice IVs and in a nerve-racking finish the RAFG crew managed to win by half a length to take the Novice IVs trophy to Germany for the first time. Following the race the cox was ceremoniously thrown into the water, a tradition not wholly enjoyed by coxes. The winning crew was as follows: Flt Lt Duncan Henderson - Bow, SAC Andy Guy - 2, Cpl Mick Pocknell - 3, SAC Paddy



Keogh - Stroke, and FS 'H' Firth - Cox. The RAFG teams were delighted especially with the strong support the squad had received from the BAOR contingent throughout the day.

Joint Service Regatta

On Sunday at the Joint-Service Regatta the weather was even worse than the previous day; although reasonably dry, a very strong wind was blowing along the length of the 1000-metre course. The water conditions were very difficult with 1½-foot waves occurring in places along the course. The BAOR squad of predominantly ladies from Int and Security Group Germany represented the WRAC in the following ladies' non-status events: Coxed IVs - 2 crews, Coxed Pairs - 3 crews, and the whole team in the Eights event. RAFG had been

selected to compete in the Ladies' Pairs and Men's Novice IVs events. But unfortunately neither team was successful even though the men's team reached the final. Loyalties were certainly stretched with both FS 'H' Firth and Flt Lt Ray Wood coxing the WRAC Germany crews. The WRAC ladies rowed exceptionally well considering the level of competition that they were against and the short time that the ladies have been rowing. Furthermore, because the ladies' events were non-status the WRAC Novices were competing against Senior and Open status ladies from the other Services. Even so, both the ladies, IV teams and 2 of the ladies pairs reached the finals of their events. However, due to the number of events in which the WRAC crews were entered compared to the Navy and WRAF crews and the very strong head wind encountered when rowing the 1000 metres to the start, the ladies were beaten in the finals by the fresher Navy and WRAF crews. In the event, the WRAC ladies were only a few seconds behind and had to settle for 3rd and 4th places and a weekend's valuable rowing experience. Next year the WRAF and Navy had better beware because the WRAC will be back at the Joint-Service Regatta again with more experience and an even greater 'will to win'. A final mention must go to the only male member of the BAOR squad, Cpl Dave Marshall, who put in a creditable performance in the Single Sculls, Novice IV and Novice Eights events for the Army. The BAOR squad comprised the following: in Boat 1: Cpl Lorraine Dale - Bow, LCpl Dennis Mathews - 2, Cpl Jan Williams - 3, Cpl Ann Marshall - Stroke. In Boat 2: LCpl Maggie Rowson - Bow, Cpl Sue Ball - 2, LCpl Haley Pearson - 3, Cpl Sharon Mason - Stroke.

Anyone interested in learning more about the sport should contact either Flt Lt Ray Wood on Ext 4450 (JHQ) or Flt Lt Duncan Henderson on Ext 4683.

CINEMA PROGRAMME

VIDEO

1	Police Academy - Farical Comedy (Steve Guttenburg, Kim Cattrall)	15
2/3	The Mean Season - Mass Murder Thriller (Kurt Russell, Mariel Hemingway)	15
4	Bingo	
5	Matinee: Hijack	U
5/6/7	Commando - Adventure (Arnold Schwarzenegger, Nae Dawn Chung)	18
8	Conan the Destroyer - Fantasy Adventure (Arnold Schwarzenegger, Grace Jones)	15
9/10	Brewster's Millions - Comedy (Richard Pryor, John Candy)	PG
11	Bingo	
12	Matinee: Neverending Story - Fantasy Adventure (Noah Hathaway, Sames Hampton)	U
12/13/14	Teen Wolf - Spoof Teenage Horror (Michael J. Fox, Barret Oliver)	PG
15	Gremlins - Supernatural Adventure (Hoyt Axton, John Louie)	15
16/17	Battlerage - War Drama (Chuck Norris, Soon-Tech Oh)	18
18	Bingo	
19 Matinee	Super Snooper (Terence Hill, Ernest Borgnine)	PG
19/20/21	Clockwise - Comedy (John Cleese, Alison Steadman)	PG
22	Ghostbusters - Ghostly Comedy (Bill Murray, Dan Akroyd)	PG
23/24	Rambo First Blood II (Sylvester Stallone, Richard Crenna)	15
25	Bingo	
26	Shipwreck - Outdoor Adventure (Robert Logan, Nikki Jamieson-Olsen)	U
26/27/28	Jewel of the Nile - Adventure (Michael Douglas, Kathleen Turner)	PG
29	The Woman in Red - Comedy (Gene Wilder, Charles Grodin)	15
30/31	Rappin - Musical (Marie van Peebles, Tasia Velenza)	PG

Desperately Seeking Susan '15' 99 mins

The pop star Madonna turns from black vinyl to the silver screen to star in this comedy thriller.

Susan (Madonna) and New Jersey housewife Roberta, (Rosanna Arquette) become involved in a case of mistaken identity, which is to change both their lives.

While visiting the hairdressers Roberta follows the romance of Susan and her boyfriend Jimmy (Roberta Jay) who arrange a rendezvous through the personal column of the local newspaper. Roberta decides to spy on the two at their next meeting and becomes involved in Susan's strange lifestyle. She loses her memory after being attacked by thugs looking for Susan and some priceless stolen earrings. Des (Aiden Quinn), a friend of Jimmys comes to Roberta's rescue. This is a delightful film with a good performance by Rosanna Arquette and it also boasts a lively soundtrack which includes 'Into the groove' by Madonna.

Invasion USA '18' 96 mins

Chuck Norris is back in this latest all action blockbuster produced by Menahem Golan and Yoram Globus, whose finances seem to have no limits.

An army of international terrorists, organised by Russian Agent, Mikal Rostov (Richard Lynch) land on the beaches of Miami and their mission is to create as much chaos as is needed to break down the fabric of American society and turn everyone against each other, resulting in the demise of democracy. So retired US agent, Matt Hunter (Chuck Norris) is tempted out of retirement and his beloved everglades to take control of the situation, as it seems he is the only man in America that can save them. As fast as Norris takes care of one incident ten more seem to start, until he devises a plan to trap Rostov and his troops, and a mighty battle ensues in an exciting climax.

Acting ability is not in great evidence here but full marks for action including car chases, exploding helicopters, murder and mayhem. The action doesn't cease from the opening

minute of the film. Chuck Norris is invincible as ever and Richard Lynch is excellent as Rostov. The female interest is represented by Melissa Prophet, recently of 'The Cotton Club' as a freelance photographer who is always where the action is.

Mask '15' 115 mins

This moving and endearing movie is the true story of Rocky Dennis, a teenager who suffers from the disease Lionities, a calcium disorder of the skull, which leaves Rocky with an enlarged skull and facial deformities. Eric Stolz gives a sensitive performance as Rocky, which emphasises his characters compassion, best seen when Rocky meets Diana, a blind girl, whom he helps on an adventure holiday. Cher, who won the best actress award for her portrayal of Rusty Dennis at the Cannes Film Festival in 1985, is superb as Rocky's mother. They both hang out with a bunch of Hells Angels whose leader is Gar, played by Sam Elliott, one of Rusty's ex lovers. Rusty's dependance on drugs makes her difficult to live with and both Rocky and Gar strive to help her through the bad times. Peter Bogdanovich (The Last Picture Show and Paper Moon) does an excellent job as director and it is guaranteed to bring a tear to the eye of the most hardened viewer.

Electric Dreams 'PG' 96 mins

Lenny von Dohlen plays Miles, an architect with a junior job but an ambition to design a brick that will withstand earthquakes. He has to organise himself so that he can do both, and the solution he comes up with, is getting a computer. He ends up with every conceivable computer accessory you can think of, but an accident with a bottle of champagne and an overload gives the computer a personality all of its own. Now Edgar wants Miles undivided attention. Unfortunately Miles cannot give all his time to Edgar, as he has fallen for Madeleine, a beautiful young musician (Virginia Madsen) who has moved into the apartment above. Good entertainment with some amusing moments and good music from Heaven 17, Culture Club, Georgie Morader and Phil Oakey.

All the above films are available from the RAF Video library.

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Garrison Garden Centre

The Garrison Garden Centre offers for sale this month, a large selection of bedding plants, Geranium, Fuchsia, Bizzy Lizzy, Petunia, Marigold, Verbena, Dahlia, and some other varieties, also a selection of freshly cut flowers will be on display for sale. The Garden Centre also has garden tools, and insecticide for sale at very reasonable prices.

Quiteamess and the Pit

(or the holes reach Shrewsbury Way)

Residents of the patch beware, Of the latest Rheindahlen scare, It is not disease or blight, Or the plague or other plight, But a bloody great 'ole, What grows over night.

Whats this terrible thing, I can hear people sing? What about me plants? Me next door neighbour chants, As the mighty 'oles, Make their advance.

The 'oles move on, The gas pipes have gone, The grass laid to waste, In the workmans haste, To improve the quarter, Wiv new bricks and mortar.

Until at last,... They're a thing of the past! They 'ave all gone! But it took so long, To see their movement, For a simple house improvement!

Anon

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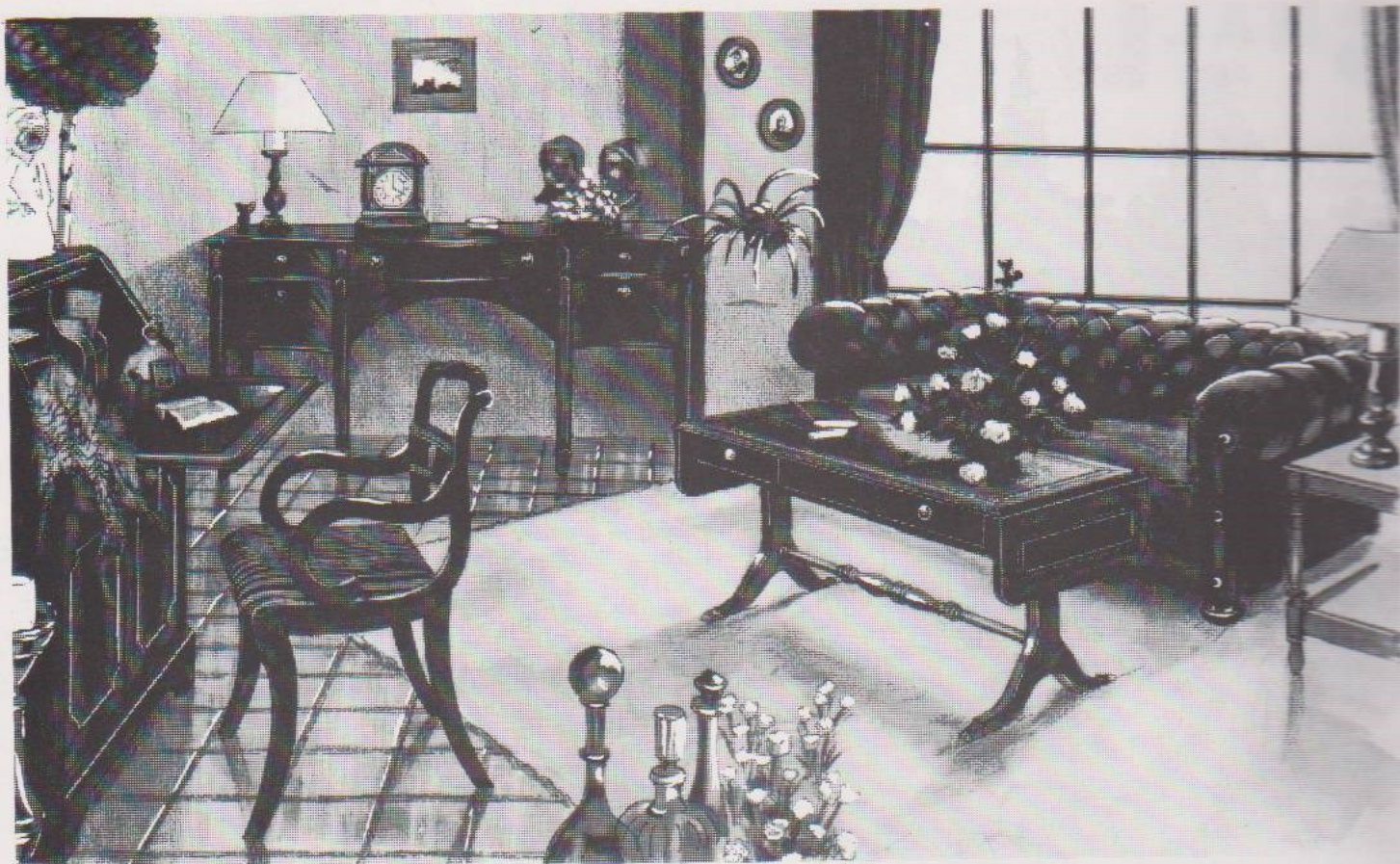
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