



## RAMSTEIN NEWSLETTER

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PRODUCED BY THE CLO'S



### Foreword

By Sqn Ldr Brian Collins (Covid Guy)

Wow! We've barely gotten used to the empty space in our homes left by the Christmas tree and January is gone. Time certainly flies when you're having fun. We find ourselves looking down the barrel at half-term break for our kids and of course the upcoming Community Trip to Edelweiss in beautiful Garmisch. Flt Lt Ben Northwood has been indefatigable in his efforts to ensure that we have the opportunity to go and experience beautiful Bavaria in all its wintry glory. I am sure those attending later this month will remember to buy Ben a well-earned beer (or two) for ensuring that after last year's denial by the dreaded COVID, the UK community have something else to look forward to. Thanks to Ben for organising and to the SAF for making it very affordable.

Well, it's obvious that if the COVID guy is writing the foreword, there may be a little COVID information. The infectious nature of the Omicron variant has meant that quite a few of our families have experienced members testing positive (mine included) in recent weeks. Thankfully, there have been no reports of serious illness amongst any of the cases. Through the fine work of our CLO team and COVID Communications Officers, you will be aware that COVID entry rules for Germany have recently changed, as well as the length of quarantine period. Let's hope that we have seen the last of restrictions, and that we see the liberties of 2019 return unhindered. The direction of the change is positive news for any with travel plans this year or for any planning events.

Therefore, the timing couldn't be better as the Brit Bar and mess committees have announced a Families Happy Hour scheduled to take place on the first Friday of every month starting on Fri 4 Feb. The SNR and the organisers look forward to seeing you there. This will be an excellent opportunity for the community to get together as the weather improves and the evenings gets longer. Despite its recent postponement, the AIRCOM ball is back on the calendar for the RAF's 104th birthday, 1 Apr 22 (which despite the giggles of our Army colleagues was not an April Fools). Sqn Ldr Dave Emeny (Spy) Smith and his team of volunteers are working super hard to ensure a memorable event.

Whilst our No5s and best brim and tucker will be getting dusted off for the AIRCOM Ball, we will get another chance to use it in anger as the organisation for the UK Summer Ball has commenced. So, if you have some spare capacity, some good ideas or you're just a whizz with decorations for themed events, then please volunteer your services to the CMC of the WOSM, WO Shaun Kerr on [shaun.kerr@ac.nato.int](mailto:shaun.kerr@ac.nato.int) who is heading up the organisation for the event.

As always, the CLO team are here for you. We have a lot to look forward to this year, but there's always room for more. If you have ideas that will improve the experiences of our community, even if its travel experiences or tips, or events you would like to run, please don't stay silent.

# Community Notices

## Stay and Play



Every Monday in the Community House 0930-1130. €1 per family.

**There will be a TRAUMA RISK MANAGEMENT (TRIM) course held at SHAPE 8 – 10 Mar 22.**

**This is open to all service personnel.**

**Anyone wishing to attend the course should contact WO Hagan HOL at the NSE.**

### **EJSU Out of Hours Duty Contact Numbers**

EJSU Duty Field Officer: 0032 (0) 47991 1075

Duty Welfare Officer: 0032 (0) 478970280

JCCC: 0044 (0) 1452519951

**DIO Emergency Out of Hours Contact Number**  
0049 (0) 1735383562

## Reporting Covid



### **Covid 19 Reporting**

**If you or a member of your household test positive for covid, please report this via the link in EJSU for each individual who tests positive.**

**COVID19 REPORTING – European Joint Support Unit ([ejsu.net](https://ejsu.net))**

### **Upcoming Holidays**

**21st Feb Presidents day**

**21st-25th Feb St Davids Half Term**

**23rd Feb –4th Mar International School Half Term**



EST - 2019

# THE BRIT BAR

RAMSTEIN AIR BASE

# FEBRUARY

**3 & 4** - Normal Opening (Thurs 1600 - 2200, Fri 1500 - 2300)

**5 & 6** - 6 Nations

**10 & 11** - Normal Opening (Thurs 1600 - 2200, Fri 1500 - 2300)

**12 & 13** - 6 Nations

**17** - Normal Opening (Thurs 1600 - 2200)

**18** - Valentines Bingo

**24 & 25** - Normal Opening (Thurs 1600 - 2200, Fri 1500 - 2300)

**26 & 27** - 6 Nations

EST - 2019

# THE BRIT BAR

RAMSTEIN AIR BASE

**GUINNESS SIX NATIONS**

5th February  
 Ireland v Wales 1615hrs  
 Scotland v England 1845hrs

6th February  
 France v Italy 1700hrs

12th February  
 Wales v Scotland 1615hrs  
 France v Ireland 1845hrs

13th February  
 Italy v England 1700hrs

26th February  
 Scotland v France 1615hrs  
 England v Wales 1845hrs

27th February  
 Ireland v Italy 1700hrs

11th March  
 Wales v France 2200hrs

12th March  
 Italy v Scotland 1615hrs  
 England v Ireland 1845hrs

19th March  
 Wales v Italy 1615hrs  
 Ireland v Scotland 1845hrs  
 France v England 2200hrs

All times are German local

EST - 2019

# THE BRIT BAR

RAMSTEIN AIR BASE

## BRITISH FAMILIES HAPPY HOUR

1st Friday of every month

**2 for 1 on all drinks  
Food will be provided**

**STARTS 4 Feb 22**

Please note the bar is open to everyone, however, the food and drinks promotion is for Brit families only.

EST - 2019

# THE BRIT BAR

RAMSTEIN AIR BASE

**The Bar is currently operating under  
2G+ rules.**

This means patrons will have to adhere to the following:

- Masks to be worn inside unless seated at a table or eating/drinking.
- They will be required to check in on Eve to allow Contact tracing.
- They should present proof of a booster or negative test, they can take a lateral flow test in front of you if they want but cannot turn up with one they 'did at home'.



We are working 1 category higher than the base, which is at 2G, this is the direction of the SNR and in keeping with the local area rules.



# FEBRUARY PROMOTIONS

# BRIT SHOP

**BIG  
SIZES  
1.75L**



**BACARDI WHITE RUM**  
REG. 18.00 **16.00**

**ABSOLUT VODKA BLUE**  
REG. 24.00 **22.00**

**JIM BEAM WHISKEY**  
REG. 21.00 **19.00**

**CAPT. MORGAN SPICED RUM**  
REG. 18.25 **16.25**



**BARON DE LEY RESERVA**  
750ML  
REG. 8.15  
**7.40**



**JAMESON TRIPLE TRIPLE**  
1L  
REG. 31.50  
**29.50**



**GLENGOYNE BALBAINA**  
1L  
REG. 44.00  
**41.00**

**TANQUERAY NO.10 GIN**  
1L  
REG. 40.00  
**38.00**



**SILENT POOL DRY GIN**  
700ML  
REG. 40.00  
**37.50**



**WEST SILVER OR RED**  
400'S  
REG. 53.00



**50.00**

**MON-FRI 09.00-17.30 HRS.**  
**SATURDAY 10.00-14.00 HRS.**  
**TEL. 06371 401442**  
**E-MAIL. BRIT.SHOP@YAHOO.COM**





Join the Brit Café for a Valentine's Day Themed Group/Family Tea-Time

on Saturday February 12<sup>th</sup> at 1300

RSVP through the link on Facebook 😊

**Sign up here**



#### - DAILY BREAKFAST SPECIALS -

Have Breakfast at BritCafé! Everything is House-Made and Fresh Baked. Check our Facebook Page for Daily Updates!



**Monday** Is when our case is stocked with scones, cookies, cakes and even cupcakes! Check our Facebook page for our current selection!



**Tuesday French Toast Bake**  
A delicious, cinnamon scented oven-baked French toast treat topped with warm berry compote, whipped cream and real Canadian maple syrup on the side! 7€



**Wednesday Eggs Benedict**  
An open-faced English muffin with sliced turkey, two poached eggs topped with hollandaise sauce. 7€



**Thursday Pancake Breakfast**  
A stack of 3 buttermilk pancakes served with scrambled eggs, hash browns, and your choice of bacon or sausage. 9€



**Friday Cinnamon Rolls**  
A soft, fresh baked cinnamon roll with a side of vanilla bean cream cheese icing. 4€

Daily Specials are available in addition to our regular menu items. Availability of daily specials is not guaranteed! Order ahead on our Facebook Page, or call (0)6371401441

\*Ask about our gourmet coffee selection. We stock a variety of syrups and can satisfy your every craving with your coffee or espresso!

#### - DAILY LUNCH SPECIALS -

BritCafé offers Daily Lunch Specials that are ready quickly, and may not be available on other days of the week. Check our Facebook Page for Daily Updates!



**Monday Brit Burger**  
A brioche bun with an all-beef patty on a bed of bacon, lettuce, and tomato, topped with cheddar and a sunny-side up egg, sprinkled with fresh-cracked pepper. With side of chips, soup\* or salad. 9€



**Tuesday Club Sandwich**  
Deli turkey, egg mayo, and cheddar on toasted bread topped with lettuce, tomato, and bacon. Served with side of chips, soup\* or salad. 9€



**Wednesday Chef's Choice!**  
Something seasonal, British favorites or a customer suggestion. Check our Facebook page for this week's selection! 8-9€



**Thursday Spicy Chicken Curry**  
A generous bowl of British-style curry with chicken, carrots, potatoes, tomatoes, spinach, and our special spice blend. Served over your choice of rice, chips, or half and half. 9€



**Friday British Fish & Chips**  
A large, deep-fried fish fillet with lemon and tartar sauce, served with chips. Our most popular item! 8€

Daily Specials are available in addition to our regular menu items. Availability of daily specials is not guaranteed. Order ahead on our Facebook Page, or call (0)6371401441

\*Ask about our soup selection. All of our soups are house-made, and we use all fresh ingredients!

#### MENU

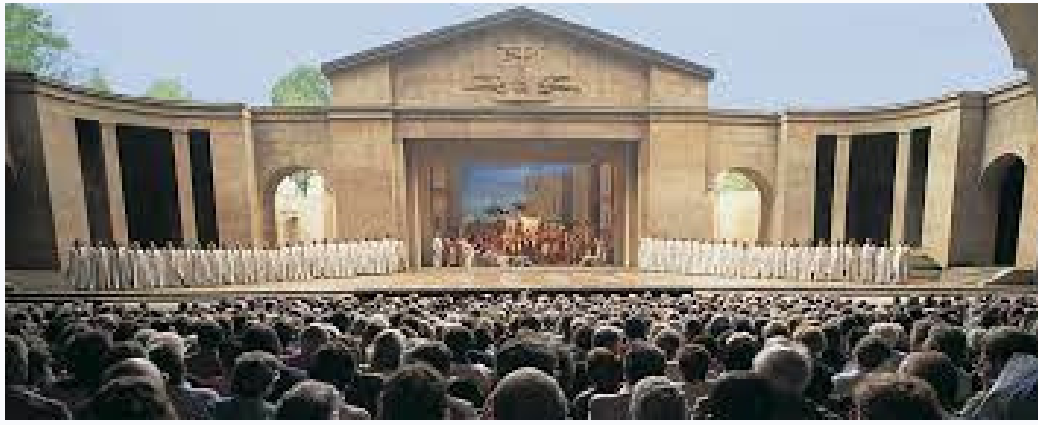


**RAMSTEIN AIR BASE**  
BLDG 539, Jefferson Avenue  
Across from the Library

**Open Hours:**  
**Monday—Friday**  
**0700-1300**

**Closed Family Days and Holidays.**  
Please check our Facebook Page for up-to-date information

\*Now Offering Catering, Specialty Baking Orders, & Tea Times!\*



**Dear GBR Community,**

**At a Town Hall meeting on 11 November, I received approval to advertise and run the Oberammergau Passion Play as a Community event.**

**The Passion Play at Oberammergau happens once every 10 years, and 2022 will be the 42nd iteration in a piece of history dating back to 1663. Only two World Wars and COVID have stopped the performances in that time. It is a unique World heritage event and one that may interest you, whether religious or not. The reason it began was in thanksgiving for the ravages of the Black Death having largely passed by the villages of Unterammergau and Oberammergau. Only people from those two villages are allowed to perform. If you go to Oberammergau now you will notice that the postman, baker and local hoteliers all resemble biblical characters as they prepare for their parts in the performance. Being chosen to participate is regarded as a huge lifetime honour amongst the villagers.**

**This event is not dissimilar to the way we organised discounted events during the height of COVID, where individuals and families could go to an attraction or park, keep the receipts and claim 50% back through SAF. The reason we will not be able to attend together on one date is as follows:**

- 1. Given World-wide demand for tickets and in particular accommodation, the Passion Play Box office only allows up to 6 tickets to be bought per individual making the booking.**
- 2. The event takes place 5 times a week from 14 May to 2 October 2022, so lots of scope for everyone to take advantage of this unique event, at a time that suits you.**

**There are 6 tiers of ticket prices. Tiers 4 to 6 are so far away from the stage you might as well be in the next village. Tier 1 tickets are 180E, Tier 2, 150 and tier 3, 120, all tiers attract a 12% booking fee. SAF has agreed to fund 50% of a tier 2 or 3 ticket plus booking fee, and 50% of accommodation costs for one night up to 100 euros for a 2 plus 2 family and 50 euros for a single. Please note that the performance is unlikely to be suitable for young children, primarily because it is a 5-hour performance with a 3-hour break to take a meal break.**

**If you are interested in this event please visit the website. <https://www.passionplay2022.de/>**

**Finally, if you decide it is for you, please do not book anything without coming through me, Sqn Ldr Steve O'Neill first as the Proj0; otherwise you risk not obtaining a SAF refund.**





**The NSE have x4 FC Kaiserslautern football tickets available for SP's to sign out. You will be billed 10 euro per ticket to your mess bill.**

**The next home game is Saturday 12th Feb 2022 at 1400hrs. FC Kaiserslautern v FC Magdeburg**

**From now on there can be 10,000 people in the stadium at Kaiserslautern, but only season ticket holders with 2G+ (fully vaccinated and boosted) masks must be worn at all times unless eating or drinking.**

**Pop into the NSE to sign out the tickets.**



**For all technical queries, from help with the initial set up to any unforeseen breaks or interruptions to services, contact the BFBS service desk on +44 (0) 203 750 4567 or email [servicedesk@bfbs.com](mailto:servicedesk@bfbs.com) Lines are open Monday to F**

### **February Exchange Rates**

**€1.00 = \$1.13**  
**£1.00 = €1.20**



**EJSU.net contains a whole host of information ranging from Healthcare, Welfare, Vehicle information and EJSU.net can be accessed on all devices. However, to access Routine orders will require a DLE login.**



**AMAZING**

**WELL DONE EVERYONE TAKING PART IN THE HEALTHY EATING CHALLENGE**

**WINNER**  
**Maria Haworth - 13lbs**

**Runner up**  
**Lily Hazelwood - 11.5lbs**

# COCKTAIL MAKING NIGHT

Friday 11th March

7pm. Location tbc but will be in **€5 per person**  
Ramstein

Join us and Sid Moore  
IV Cocktails for a  
night of cocktail  
making.

You will learn  
how to make a  
Margarita,  
Cosmo and  
Mojito

This is open to all over 18's, to  
sign up email [EJSU-Ramstein-  
CLOmailbox@mod.gov.uk](mailto:EJSU-Ramstein-CLOmailbox@mod.gov.uk)  
Closing date to sign up 25th  
Feb





# HAPPY PANCAKE DAY

1 MARCH, 2022

Join us at the Community House from 1500 for pancakes!



## WOSM SPOUSES BOTTOMLESS BRUNCH



Sunday 6th March

10am

*Legends*

BOTTOMLESS  
MIMOSA  
OR COFFEE



**aff** | army  
families  
federation

the voice of Army families

**AFF is always there to help, wherever 'there' may be.**

The Army Families Federation is an independent organisation, with a UK-based team of Specialists, and Regional Leads located across the UK and overseas. We're here to help:

- With access to information and services
- To provide guidance where you have a concern
- To capture issues and raise them confidentially with the chain of command, other agencies and MOD
- To help push for change where families feel it's needed

To get in touch with your EJSU Regional Lead - Lesley Slater

Email [ejsu@aff.org.uk](mailto:ejsu@aff.org.uk)

Or call **0032 (0)474 08 80 83**



**Lesley Slater**  
Regional Lead EJSU



Army Families Federation is a charitable incorporated organisation registered in England and Wales with registered charity number 1176393 and a charity registered in Scotland with registered charity number SC048282 having its principal office at IDL 454, Floor 1, Zone 6, Ramillies Building, Marlborough Lines, Morston Road, Andover SP11 1HJ

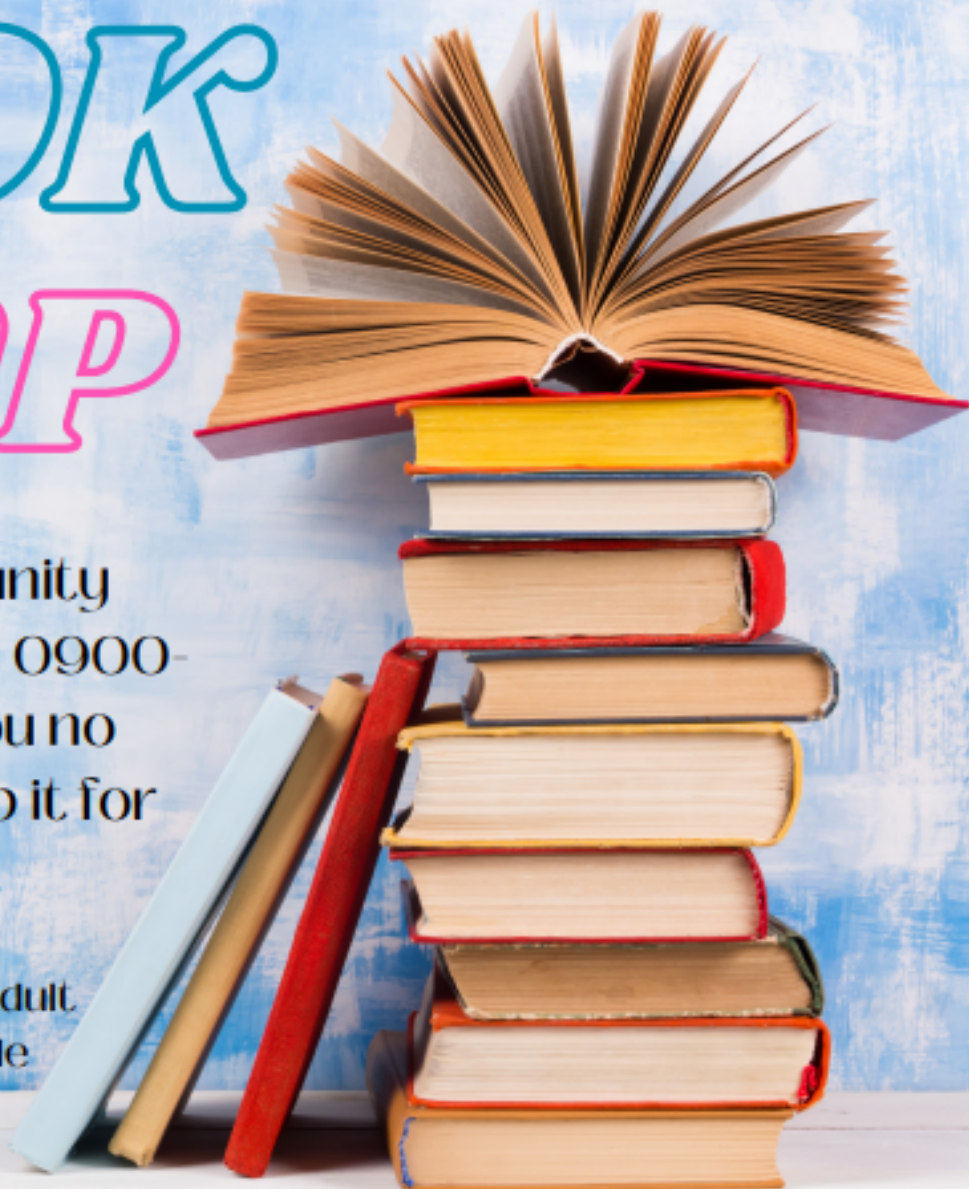
**aff.org.uk**



# BOOK SWAP

Pop into the Community  
House Monday - Friday 0900-  
1400 with a book you no  
longer need and swap it for  
something else.

We have a small collection of adult  
and children's books available



Ministry  
of Defence

## The Joint Service Housing Advice Office (JSHAO)

The MODs Tri-Service focal point on civilian  
housing options.

### Civilian Housing Options Brief

Date	Start Time	End Time	Brief Type
09/03/2022	1400	1500	HOUSING OPTIONS BRIEF
10/03/2022	1000	1100	HOUSING OPTIONS BRIEF
22/03/2022	1400	1500	HOUSING OPTIONS BRIEF
23/03/2022	1000	1100	FORCES HELP TO BUY WKSP

Online via MS Teams

To register please email us at:

[RC-PERS-JSHAO-0Mailbox@mod.gov.uk](mailto:RC-PERS-JSHAO-0Mailbox@mod.gov.uk)

Regardless of how long you  
have served, or how long  
you have left to serve, it is  
important to understand  
your housing options.

Have you considered your  
civilian housing options?

Are you thinking about home  
purchase, private rental, or  
social housing?

Or do you want to know more  
about the MOD Referral  
Scheme?

The session will be delivered  
by JSHAO, who will be able to  
answer questions and provide  
advice relating to your future  
housing options.



**MOD Referral Scheme**

#### JSHAO can provide information on the following:

- Purchasing and Renting
- Affordable home ownership schemes
- Forces Help to Buy Scheme
- MoD Referral Scheme
- Social Housing
- Charities

If you have any questions, please email: [RC-PERS-JSHAO-0MAILBOX@MOD.GOV.UK](mailto:RC-PERS-JSHAO-0MAILBOX@MOD.GOV.UK)

## GBR SUMMER BALL 2022

- WE NEED YOUR HELP -

THIS IS A WHOLE COMMUNITY EVENT AND WE ARE LOOKING  
FOR VOLUNTEERS TO HELP ORGANISE A FANTASTIC SUMMER  
BALL

IF YOU HAVE A PASSION FOR ORGANISING, OR SIMPLY HAVE  
A GREAT IDEA THEN PLEASE STEP FORWARD.

ANYONE FROM WITHIN THE COMMUNITY CAN VOLUNTEER TO  
BE PART OF THE ORGANISATION TEAM.

PLEASE CONTACT WO SHAUN KERR IF YOU WOULD LIKE TO  
VOLUNTEER.

[SHAUN.KERR@AC.NATO.INT](mailto:SHAUN.KERR@AC.NATO.INT)

JULY 8TH 2022





**Lets get moving - lets get  
fitter!**

# **MARCH STEPS CHALLENGE**

**To enter the challenge email [ejsu-ramstein-clomailbox@mod.gov.uk](mailto:ejsu-ramstein-clomailbox@mod.gov.uk) before the 1st March.**

**Email a screenshot of your steps for the week every  
Monday morning, no later than 0900. FREE to enter!**

**1st Prize €30 Decathlon voucher**

**2nd Prize €20 Decathlon**

**3rd Prize €10 Decathlon voucher**

# FITNESS CENTER

## CALENDAR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

31

0700 Tabata **1**  
0800 Functional Core  
0900 Strong Nation  
1000 Yoga  
1115 Zumba Gold  
1230 Spin  
1600 Cardio Kickboxing  
1800 Zumba Toning

0610 Spin **2**  
0700 HIIT  
0800 Yoga  
0900 Pilates  
1000 Spin  
1115 Barbell  
1230 Zumba  
1730 High Fit  
1830 Zumba

0700 Turn & Burn **3**  
0800 Tabata  
0900 Conditioning  
1000 Yoga  
1115 Zumba  
1230 Spin  
1700 Spin  
1800 Zumba

0610 Spin **4**  
0900 Yoga  
1000 Spin  
1115 Kickboxing  
1230 Conditioning

0930 Zumba **5**

0610 Spin **7**  
0700 HIIT  
0800 Mobility Flow  
0900 Bootcamp  
1115 Cardio Kickboxing  
1230 Barbell  
1600 Zumba

0700 Tabata **8**  
0800 Functional Core  
0900 Strong Nation  
1000 Yoga  
1115 Zumba Gold  
1230 Spin  
1600 Cardio Kickboxing  
1800 Zumba Toning

0610 Spin **9**  
0700 HIIT  
0800 Yoga  
0900 Pilates  
1000 Spin  
1115 Barbell  
1230 Zumba  
1730 High Fit  
1830 Zumba

0700 Turn & Burn **10**  
0800 Tabata  
0900 Conditioning  
1000 Yoga  
1115 Zumba  
1230 Spin  
1700 Spin  
1800 Zumba

0610 Spin **11**  
0900 Yoga  
1000 Spin  
1115 Kickboxing  
1230 Conditioning

0930 Zumba **12**

0610 Spin **14**  
0700 HIIT  
0800 Mobility Flow  
0900 Bootcamp  
1115 Cardio Kickboxing  
1230 Barbell  
1600 Zumba

0700 Tabata **15**  
0800 Functional Core  
0900 Strong Nation  
1000 Yoga  
1115 Zumba Gold  
1230 Spin  
1600 Cardio Kickboxing  
1800 Zumba Toning

0610 Spin **16**  
0700 HIIT  
0800 Yoga  
0900 Pilates  
1000 Spin  
1115 Barbell  
1230 Zumba  
1730 High Fit  
1830 Zumba

0700 Turn & Burn **17**  
0800 Tabata  
0900 Conditioning  
1000 Yoga  
1115 Zumba  
1230 Spin  
1700 Spin  
1800 Zumba

**18**  
**Family Day**  
**No Classes**

0930 Zumba **19**

**21**  
**Presidents Day**  
**No Classes**

0700 Tabata **22**  
0800 Functional Core  
0900 Strong Nation  
1000 Yoga  
1115 Zumba Gold  
1230 Spin  
1600 Cardio Kickboxing  
1800 Zumba Toning

0610 Spin **23**  
0700 HIIT  
0800 Yoga  
0900 Pilates  
1000 Spin  
1115 Barbell  
1230 Zumba  
1730 High Fit  
1830 Zumba

0700 Turn & Burn **24**  
0800 Tabata  
0900 Conditioning  
1000 Yoga  
1115 Zumba  
1230 Spin  
1700 Spin  
1800 Zumba

0610 Spin **25**  
0900 Yoga  
1000 Spin  
1115 Kickboxing  
1230 Conditioning

0930 Zumba **26**

**28**  
0610 Spin  
0700 HIIT  
0800 Mobility Flow  
0900 Bootcamp  
1115 Cardio Kickboxing  
1230 Barbell  
1600 Zumba

### IMPORTANT INFO

**Call SSFC to sign-up for any class on the calendar.**

Military members have priority, DOD civilians and host nation first responders can sign-up starting 24 hours before the class. All classes held indoors, 20 max participants.

**Alpha Warrior Every Tuesday and Thursday 1100 at Northside**  
**The WOD: Every Monday and Wednesday 1100 at Northside**

Southside:  
**Red**  
Northside:  
**Green**

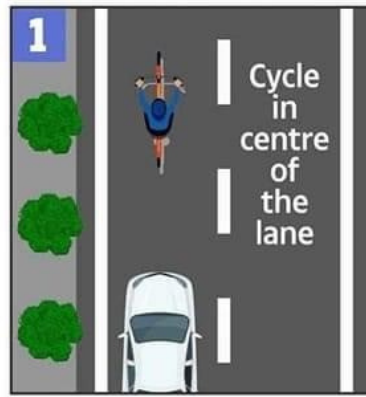
**Southside Fitness Center (SSFC)**  
DSN 480-0294, CIV 06371-47-0294  
Mon-Fri: 0600-2200  
Saturday: 0800-1800  
Sunday/Holiday: 24 hour access

**Northside Fitness Center (NSFC)**  
DSN 480-8085, CIV 06371-47-8085  
Mon-Fri: 0800-1700  
Saturday/Sunday: 24 hour access





# THE FIVE HIGHWAY CODE CHANGES ON DRIVING NEAR CYCLISTS



# Changes to UK highway code

To find out more information on the Highway Code, road safety and vehicle rules head over to [GOV.UK](https://www.gov.uk)

## HIGHWAY CODE CHANGES



### NEW RULE

Cyclists & horse-riders can now ride in the centre of the lane to make themselves visible in certain situations



### NEW PRIORITTY FOR PEDESTRIANS AT JUNCTIONS

Drivers, motorcyclists and cyclists should give way to pedestrians crossing or waiting to cross a road into which or from which they are turning. Drivers should give way to pedestrians waiting at a zebra crossing and to pedestrians and cyclists waiting to cross a parallel crossing

## WHAT YOU NEED TO KNOW!

### HIERARCHY OF ROAD USERS

Drivers of vehicles that can cause the greatest harm in the event of a collision bear the greatest responsibility to take care and reduce the danger to others. This principle applies most strongly to drivers of trucks, buses, minibuses, vans, cars and motorcycles. Cyclists and horse-riders also have a responsibility to reduce danger to pedestrians



### PRIORITTY FOR CYCLISTS WHEN CARS ARE TURNING

Drivers should not cut across cyclists, horse-riders or horse drawn vehicles going ahead when turning into or out of a junction or changing direction or lane. Drivers should give way whether the riders are using the road, cycle lane or track. Do not turn at a junction if to do so would cause the cyclist, horse rider or horse drawn vehicle going straight ahead to swerve. Drivers should stop and wait for a safe gap if necessary





**SSAFA Health Visitor**

**Kerry Riley**

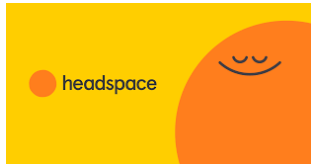
**UK Medical Centre – CEP.**

**Tel: 0032 6544 4643**

**UKStratCom-DMS-DPHC-**

**EJSU-CEPGrp@mod.gov.uk**

**Healthy child programme**



**The British Army have joined the other 2 Services and now offer the Mindfulness App, free of charge.**

**However, it can only be authenticated by use of the service persons armyemail.mod.uk email address. The link to assess Headspace is:**

**Headspace for Work**

**COVID Communications Officer (CCO)  
email: clo.ramstein@gmail.com**

**Robert Koch Institute**

**WELFARE – Protecting your Grey Matter**  
**Knowing where to go for mental health support and advice can be daunting. Check out Protecting your Grey Matter HERE for more info.**



**Women's Health –**  
**<https://www.nhs.uk/common-health-questions/womens-health/>**

**Men's Health –**  
**<https://www.nhs.uk/common-health-questions/mens-health/>**

**Better Sleep – NHS Every Mind Matters – Better Sleep**

**NHS Apps for Health and Wellbeing –**  
**<https://www.my-therapy.co.uk/>**

**Mind – [www.mind.org.uk](http://www.mind.org.uk) – Committed to improving mental health**

**CEP Feb newsletter**



# **Nikki's recipe recommendation**

## **Sweet and Sticky Chicken**

### **Ingredients**

- **750g (26.5oz) of raw boneless skinless chicken thighs (chicken breasts also work) trimmed of all visible fat and sliced into strips**
- **1 tbs of grated ginger**
- **Sea salt and black pepper**
- **½ tsp of onion powder**
- **½ tsp of garlic powder**



### **For the sweet and sticky sauce**

- **4 tbs of maple syrup**
- **3 tbs of balsamic vinegar**
- **1 tbs of soy sauce**
- **1 tbs of tomato paste (puree)**
- **120ml of water**
- **Cooking oil spray**

### **Method**

- 1. In a jug combine the water, maple syrup, balsamic vinegar, soy sauce and tomato puree.**
- 2. Spray a frying pan over a high heat with some spray oil.**
- 3. Add the chicken, ginger, onion powder, garlic powder and season well with salt and pepper.**
- 4. Fry until lightly golden on all sides then remove and set aside.**
- 5. Add the sauce ingredients to the frying pan and bubble the sauce on high until it starts to thicken. (When you can run a wooden spoon through the sauce, and it divides you know it is ready)**
- 6. Add the chicken back into the pan and simmer until the chicken is well coated in the sauce and cooked through.**
- 7. Taste and season with salt and pepper as needed**
- 8. Serve with your choice of sides and enjoy!!! ( I usually serve with rice or homemade chips and veggies)**

**If you have a recipe you would like to share, let us know and  
we will put it in next months Newsletter**



# CLO News

**We hope you have enjoyed the February edition of the community newsletter. We have decided going forward do this monthly to bring you all the news for the weeks ahead; don't we have a lot to look forward to! Cocktail making night, bowling on base, Pancake Day, March Steps and Lego...to name a few. Make sure you email us before each event closing date.**

**SAF trips are also in full flow, Rome next month, Germany adventures and beyond in the diary for July and Oberammergau Passion Play. If you would like to organise a SAF trip you can contact Steve McCormack or Scott Dobson, you can reach them on [Brian.MCCORMACK@ac.nato.int](mailto:Brian.MCCORMACK@ac.nato.int) [Scott.DOBSON@ac.nato.int](mailto:Scott.DOBSON@ac.nato.int). Both have the authority to advise upon and approve community events. It really is that easy!**

**A massive well done to everyone who took part in the healthy eating challenge, the combined loss for the four weeks was a whopping 7stone and 4lbs. Maria Haworth was our winner with the biggest loss of 13lbs and Lily Hazelwood runner up with an amazing loss of 11.5lbs. WELL DONE EVERYONE!**

**Every Tuesday either Laura or I will be working in the NSE 0900-1400, please do come along and say hello!**

**Unfortunately, the Community House is still closed due to a problem with the boiler. As soon as its fixed the Lego Club will get up and running. We will keep you posted!  
In the meantime, if you need to get in touch you can reach us on email at [EJSU-ramstein-clomailbox@mod.gov.uk](mailto:EJSU-ramstein-clomailbox@mod.gov.uk)**

**As we move further into February, we will start to see the lighter nights coming in and the start of spring. That in its own is something to look forward to!**

**Nikki & Laura x**

