

# Ramstein Newsletter

Produced by the CLO's

**July 2022**

## Foreword by WO Brian Hagan

On 10th Jun 22, the NSE hosted the Queens Platinum Jubilee Celebrations at the Brit Bar on Ramstein base. The team spent several months in preparation for the extravaganza, booking entertainment, food and drinks, face painters and preparing an assortment of entertaining activities. Ollie the HNLO kindly sponsored 2 of his premier bouncy castles for the event.

After many hours decorating the bar, the doors opened to an amazing event that the sunny weather only enhanced. Families gathered, children played, adults took advantage of the free Pim's and Gin cocktails! The cake making competition was hard fought, but Mrs Ma Thov-Watkins was crowned the overall winner with an award winning pink crown cake, that tasted amazing. The queen was on hand in the photobooth for them all important selfies whilst the stream of the London Jubilee celebrations were shown in the background. A drawing competition held was fiercely difficult to choose the winners as there was so many amazing entries from the children. The four winners were all awarded with Smiths Toys vouchers.

A range of tasty food was on offer with more than enough to feed the masses. Copious amounts of ribs and pulled pork with a selection of delicious side dishes like Mac & cheese, potato salad and crispy coleslaw courtesy of our American allies over at 86th Engineering Group.

The celebrations also saw a spontaneous book sales and signing event hosted by our very own published author Sqn Ldr Steve O'Neill with his book; From Kosovo to Kandahar A March Through the Ranks or What the Hell - It'll be a laugh.

Ending with a booming disco with a professional DJ saw the event off in style. Enjoyed by children and adults alike with some questionable moves bringing joy and laughter to all onlookers.

A great night was had by all and the NSE can be proud of their efforts in hosting a once in a generation event.



# Dates for the Diary



Open daily  
from 0900-1400  
Community House

- 1st July - Families Happy Hour Brit Bar
- 1st - 3rd July - Freedom Fest
- 3rd - 4th July - Darts trip to Trier
- 8th July - Community Summer Party
- 15th July - St Davids School last day of term. School closes at 1200hrs
- 19th July - CLO Bacon Butty Coffee Morning
- 21st July - International School last day of term. Closes at 15.30



Every Monday 0930-1130  
Community House



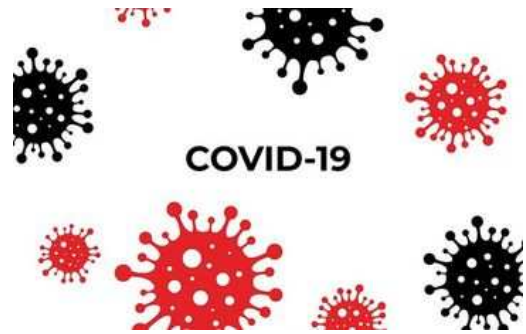
Every Tuesday 1530-1630  
Community House

# Community Notices

## 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)



## DIO Emergency Out of Hours Contact Number

0049 (0) 1735383562

## EJSU Out of Hours Duty Contact Numbers

EJSU Duty Field Officer:  
0032 (0) 479911075

Duty Welfare Officer:  
0032 (0) 478970280

JCCC:  
0044 (0) 1452519951

## Exchange rates for July:

£1 = €1.16

€1 = \$1.06







**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
06/07/2022	1400	1530	HOUSING OPTIONS BRIEF
20/07/2022	1400	1530	HOUSING OPTIONS BRIEF
27/07/2022	1400	1530	HOUSING OPTIONS BRIEF
17/08/2022	1400	1530	HOUSING OPTIONS BRIEF

**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.

**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



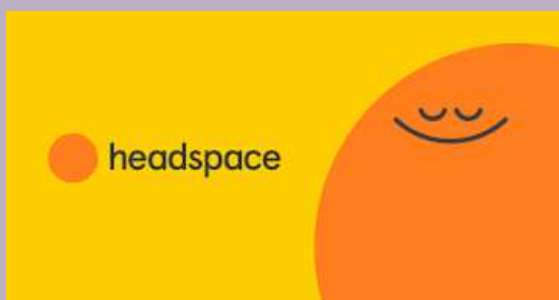
**MOD Referral Scheme**

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



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 armymail.mod.uk email address. The link to assess Headspace is:

Headspace for Work

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



EJSU Health Visitor Mrs Kerry Riley

T: +32 6544 5825

M: +32 (0) 471597932

Email: Kerry.riley997@mod.gov.uk

[FB group](#)

**Practical tips to prepare for potty training**

<b>Start chatting about wee and poo early</b>	<b>Avoid phrases like dirty and smelly, as this create negative associations.</b>
<b>Leave the toilet door open</b>	<b>Young children learn by copying, this means leaving inhibitions at the toilet door.</b>
<b>Keep nappies in the toilet</b>	<b>Change your child here too, so they associate wees and poos with that room.</b>
<b>Plan a reward system earlier than you think</b>	<b>Try to celebrate every little step, like getting dressed and washing their hands.</b>

**We want to hear from you!**



**ssafa** | the  
Armed Forces  
charity

Complete survey [HERE](#).



**first tooth has arrived?**

**1 toothbrush**

look for something with soft bristles and a smaller head



**2 toothpaste**

use a small smear or rice-sized amount once starting solids



@the.dentistmom

- ✓ start by brushing a few seconds a tooth
- ✓ integrate into your baby's daily routine
- ✓ slowly increase tolerance over time – even if it's a few seconds over the course of weeks!





All kinds of families choose to co-sleep with their baby for lots of different reasons. Whatever you decide, it's a good idea to familiarise yourself with the lullaby trusts guidance on safer co-sleeping.

[www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)

- Keep pillows and adult bedding away from baby
- Make sure baby won't fall out of bed or get trapped between the mattress and the wall
- Keep pets away from the bed and do not have other children sharing the bed
- Follow all of our other safer sleep advice to reduce the risk of SIDS such as sleeping baby on their back

You should not share a bed with your baby if:

- You or your partner have recently drunk any alcohol
- You or your partner smoke
- You have taken any drugs that make you feel sleepy or less aware
- Your baby was born prematurely or very small (before 37 weeks / weighs 2.5kg or 5½ lbs or less)



Cot bumpers pose a risk to your baby!

- Cot bumpers are NOT considered safe because they pose a risk of choking, suffocation and strangulation.
- They prevent the air circulating, the cot and mattresses need to be breathable.
- Once your baby is mobile (be this rolling, moving or pulling) they can also cause accidents and be used by babies to try and get out of the cot.



WO & SNCO

# Summer Party

FRIDAY 8th JULY

PRIZES FOR BEST FANCY DRESS  
TRANSPORT - BUFFET - LIVE MUSIC

Contact FS Andrew Healy to book your places.  
[Andrew.Healy@ncia.nato.int](mailto:Andrew.Healy@ncia.nato.int)

**BACK**   
**TO THE 80s AND 90s**  
**THEME** 



# Coffee With the Padre

## Bacon Roll or Avocado on Toast

Padre David Norfield, Chris Jones (Welfare Officer) and Ann McKenzie (Dep Welfare Officer) will be popping in so why dont you come for a bacon roll and a natter!

Community House  
Tuesday 19th July  
9.30 -11.30



So we know how much bacon to buy please sign up [here](#)



# Armed forces day at the Community House Tues 21st June





Mit freundlicher Unterstützung von:

**STADTWERK**

**ramstein**  
miesenbach GmbH



**5,-** Eintritt  
Sitzplätze  
Tickets im Vorverkauf

# Ramsteiner Sommer Lounge

Kultur vo(r)m



auf dem  
Vorplatz am CCR

**Simply  
Acoustic music**



**Freitag  
01. Juli 2022**

Einlass: 18.00 Uhr | Beginn 19.00 Uhr

**Calm and Exciting**  
Die Band für alle Fälle



**Freitag  
08. Juli 2022**

Einlass: 18.00 Uhr | Beginn 19.00 Uhr

**Birch Tree**  
Classics, Funk, Pop, Rock



**Freitag  
15. Juli 2022**

Einlass: 18.00 Uhr | Beginn 19.00 Uhr

**Beatboat**  
we make people dance



**Freitag  
22. Juli 2022**

Einlass: 18.00 Uhr | Beginn 19.00 Uhr

**Acoustic colour**  
Jazz - Pop - Soul



**Freitag  
29. Juli 2022**

Einlass: 18.00 Uhr | Beginn 19.00 Uhr

Alle Infos zu den Veranstaltungen auf unserer Homepage:

[www.cc-ramstein.de](http://www.cc-ramstein.de) | Tel. 06371/592-220



# NOW SHOWING

JULY 01-07, 2022



## MINIONS: THE RISE OF GRU

FRIDAY JULY 01  
1400 1600 1800 1900  
SATURDAY JULY 02  
1100 1300 1500 1600  
SUNDAY JULY 03  
1100 1300 1500 1600  
MONDAY JULY 04  
1100 1300 1500 1600  
TUESDAY JULY 05  
1100 1300  
WEDNESDAY JULY 06  
1100 1300  
THURSDAY JULY 07  
1100 1300

RATED  
PG



## ELVIS

FRIDAY JULY 01  
1800  
SATURDAY JULY 02  
1800  
SUNDAY JULY 03  
1800  
MONDAY JULY 04  
1800  
TUESDAY JULY 05  
1800  
WEDNESDAY JULY 06  
1800  
THURSDAY JULY 07  
1800

RATED  
PG-13



## THE BLACK PHONE

FRIDAY JULY 01  
1700  
SATURDAY JULY 02  
1700  
SUNDAY JULY 03  
1700  
MONDAY JULY 04  
1700  
TUESDAY JULY 05  
1700  
WEDNESDAY JULY 06  
1700  
THURSDAY JULY 07  
1700

RATED  
R



## LIGHTYEAR

FRIDAY JULY 01  
1100 1300 1500 1600  
SATURDAY JULY 02  
1100 1300 1500 1600  
SUNDAY JULY 03  
1100 1300 1500 1600  
MONDAY JULY 04  
1100 1300 1500 1600  
TUESDAY JULY 05  
1100 1300  
WEDNESDAY JULY 06  
1100 1300  
THURSDAY JULY 07  
1100 1300

RATED  
PG



## JURASSIC WORLD: DOMINION

FRIDAY JULY 01  
1140 1340  
SATURDAY JULY 02  
1140 1340  
SUNDAY JULY 03  
1140 1340  
MONDAY JULY 04  
1140 1340  
TUESDAY JULY 05  
1140 1340  
WEDNESDAY JULY 06  
1140 1340  
THURSDAY JULY 07  
1140 1340

RATED  
PG-13



## TOP GUN: MAVERICK

FRIDAY JULY 01  
1100 1300  
SATURDAY JULY 02  
1100 1300  
SUNDAY JULY 03  
1100 1300  
MONDAY JULY 04  
1100 1300  
TUESDAY JULY 05  
1100 1300  
WEDNESDAY JULY 06  
1100 1300  
THURSDAY JULY 07  
1100 1300

RATED  
PG-13



DON'T FORGET  
REELTIME  
*Snacks!*

Show times are subject to change. For extended show times, movie synopses, celebrity interviews and more visit online at [shop.greatmex.com](http://shop.greatmex.com)

# MOVIE

## FRIDAY JULY 8

Thor: Love & Thunder (PG-13) 1100 1345 1600 1900 1915

Thor: Love & Thunder 3D (PG-13) 1415

Minions: The Rise of Gru (PG) 1130 1345 1530 1645 1715

Elvis (PG-13) 1800

Black Phone (R) 1930

Lightyear (PG) 1145

Jurassic World: Dominion (PG-13) 1145

## SATURDAY JULY 9

Thor: Love & Thunder (PG-13) 1100 1345 1600 1900 1915

Thor: Love & Thunder 3D (PG-13) 1445

Minions: The Rise of Gru (PG) 1130 1345 1530 1645 1715

Minions: The Rise of Gru 3D (PG) 1745

Elvis (PG-13) 1800

Black Phone (R) 1945

Jurassic World: Dominion (PG-13) 1145

## SUNDAY JULY 10

Thor: Love & Thunder (PG-13) 1100 1345 1600 1900 1915

Thor: Love & Thunder 3D (PG-13) 1400

Minions: The Rise of Gru (PG) 1130 1345 1530 1645

Minions: The Rise of Gru 3D (PG) 1700

Elvis (PG-13) 1800

Black Phone (R) 1915

Lightyear (PG) 1130

Jurassic World: Dominion (PG-13) 1145

## MONDAY JULY 11

Thor: Love & Thunder (PG-13) 1600 1900

Minions: The Rise of Gru (PG) 1630

Black Phone (R) 1530 1930

Jurassic World: Dominion (PG-13) 1600 1800

Top Gun: Maverick (PG-13) 1845

## TUESDAY JULY 12

Thor: Love & Thunder (PG-13) 1600 1900

Minions: The Rise of Gru (PG) 1630

Black Phone (R) 1530 1930

Jurassic World: Dominion (PG-13) 1600 1800

Top Gun: Maverick (PG-13) 1845

## WEDNESDAY JULY 13

Thor: Love & Thunder (PG-13) 1600 1900

Minions: The Rise of Gru (PG) 1630

Black Phone (R) 1530 1930

Jurassic World: Dominion (PG-13) 1600 1800

Top Gun: Maverick (PG-13) 1845

## THURSDAY JULY 14

Thor: Love & Thunder (PG-13) 1600 1900

Minions: The Rise of Gru (PG) 1630

Black Phone (R) 1530 1930

Jurassic World: Dominion (PG-13) 1600 1800

Top Gun: Maverick (PG-13) 1845





*We want your Selfies!*



*SAY "CHEESE"*

## Summer Selfie Competition

Win a voucher for the BX for \$30.

Send in your best summer selfie by  
31st August

*Open to all ages!*



Any catering orders are 10% off this summer! We can do any item on our menu and any baked goods including scones, lemon raspberry scones, loafs, brownies, or cookies.

### Sunday Roast Luncheon

Hosted by The Brit Café

Sunday, July 31 @ 1:30pm

The Brit Café invites the Brit Community and your families to a Sunday Roast Luncheon! This event is exclusive to the Brit community. Price includes Sunday Roast, side salad, dessert, bottled water, and ice tea. You are welcome to bring your own wine or beer to the event. Keep in mind we do not have wine or beer glasses (sorry!). Hard not to have a glass of wine with Sunday Roast!!!

€15 per adult

€5 per child under 12

FREE 3 & under

RSVP REQUIRED BY Thursday, July 28 at NOON +49 06371401441

\*Cash Only





# For your information



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.

Pop into the NSE to sign out the tickets



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.



# Cultural Awareness

To try understand the cultures of the different nationalities of our friends in NATO, Sgt Allister Anderson (Ali) will focus on 2 different countries each month.



## BULGARIA



### A BRIEF HISTORY

Northern Bulgaria became self-governed in 1878 with the remainder becoming independent from the Ottoman Empire in 1908. Bulgaria fell under Soviet influence post World War II and became a People's Republic in 1946. Communist dominance ended in 1990, when Bulgaria held its first multiparty election since World War II and began moving toward political democracy and a market economy. Bulgaria joined NATO in 2004.



### SIMPLE PHRASES

Phrase	Word	Pronunciation
Hello	Здравейте	Z-dra-vay-te
Good Morning	добро утро	Dobro utro
How are you?	Как си?	Kak Si?
Good bye	Довиждане	Dovizh-dane
Please	Моля те	Molya te
Thank you	Благодаря ти	Bla-god-arya ti
Good	добре	Dob-ray

### SPECIAL DATES

Date	Event	Why
6 May	Day of Bulgarian Army	Armed forces day
24 May	Day of St. Cyril and St. Methodius	Day of culture and literacy
22 September	Independence day	Bulgaria's independence from the Ottoman Empire in 1908.
1 November	Day of the Bulgarian national revival leaders	Devoted to enlighteners, bookmen and fighters for national liberation who preserved the spiritual values of the nation over the centuries

### CULTURAL PARTICULARS AND NUANCES

In Bulgaria, gestures for indicating "yes" or "no" are opposite to the more common movements in the rest of Europe. A shaking of the head indicates "Yes," and a nod of the head indicates "No."

Bulgarians pride themselves on their hospitality and neighbourliness. At mealtimes, a guest will be offered food and drink, and at other times a drink (often homemade rakiya); it can be considered impolite not to accept this hospitality.

The obligation to accept a host's offer extends to situations outside of the home, such as when invited for a meal or a drink in a restaurant or other establishment.

It is customary to bring flowers or sweets when visiting someone's home.







# CANADA



## A BRIEF HISTORY

A land of vast distances, cultural differences across its regions, and rich in natural resources. Canada became a self-governing colony in 1867, but retained ties to the British crown. Canada brought home its constitution from the UK in 1982, severing the final colonial tie although keeping its links with the Monarchy as a member of the Commonwealth of Nations. Canada is a country with dual nationality, which have their roots in the British conquest of the French colony (around Quebec and Ontario) in 1760.



## SIMPLE PHRASES

Phrase	Word (English)	Word (French)
Hello	Hello	Bonjour/Salut
Good Morning	Good Morning	Bonjour
How are you?	How are you?	Comment allez-vous
Good bye	Good bye	Au revoir
Please	Please	S'il vous plaît
Thank you	Thank you	Merci
Good	Good	Bon

## SPECIAL DATES

Date	Event	Why
Last Monday preceding 25 May	Victoria Day	The holiday, which is only celebrated in Canada and Scotland, began as a festival to honour Queen Victoria's birthday.
1 July	Canada Day	Celebrates the anniversary of Canadian confederation which occurred on July 1, 1867.
Third Monday in October	Thanksgiving Day	Celebrates the harvest and other blessings of the past year.
24 June	Saint-Jean-Baptiste Day	Celebrated in the Canadian province of Quebec and by French Canadians.

## CULTURAL PARTICULARS AND NUANCES

Canadians are generally polite, tolerant, and relatively informal. Canadians are proud of their rich resources and have a deep respect for the environment. A very famous export of Canada is maple syrup, particularly good on pancakes, waffles and even bacon! Ice hockey is the National winter sport in Canada with La Crosse being the summer sport. The Royal Canadian Mounted Police, colloquially known as the "Mounties" are the federal and national police service of Canada, providing law enforcement at the federal level.



# Community Accommodation Recommendations

With Summer fast approaching and life beginning to go back to normal, we have started venturing out more on holidays. Here are a few recommendations on campsites which have been tried and tested!!

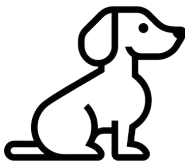
If you have stayed somewhere amazing (campsite or hotel) and want to share the details please email them to [GSO-EJSU-SWGermany-CLO-Mailbox@mod.gov.uk](mailto:GSO-EJSU-SWGermany-CLO-Mailbox@mod.gov.uk)

There is also a FB page created by Jacqui Skoyles where we can share campsites, if you want to check it out or share some sites head on over to her page

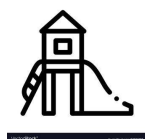
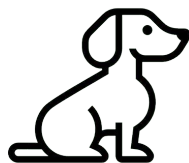
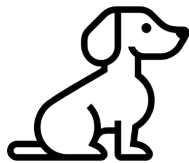
[Uk Community Camping Guide](#)



## France - Strasbourg Camping de Strasbourg



## Holland - Netherlands Duinrell



Shower

Waste disposal

Dog friendly

Wifi

Fire pit

Swimming

Playground



Restaurant



Shop



Skiing



Hiking



Bike trails



# JULY PROMOTIONS

# BRIT SHOP

WHITLEY NEILL GIN

1L

REG. 17.35

**14.35**



BLOOD ORANGE



RHUBARB GINGER

LEMONGRASS & GINGER



TITOS VODKA

1L

REG. 17.50

**15.50**

JOSE CUERVO ESPE REPOSADO TEQUILA GOLD

1L

REG. 14.35

**12.35**



MALIBU COCONUT RUM

1L

REG. 15.50

**14.00**



GRAND MARNIER RED

1L

REG. 27.00

**25.00**

GRAHAM'S 10 YEAR OLD PORT

750ML

REG. 21.00

**19.50**



CAPTAIN MORGAN SPICED RUM

1.75L

REG. 18.25

**16.75**

JIM BEAM WHISKEY

1.75L

REG. 21.50

**20.00**



GLENLIVET 12 YEAR OLD SINGLE MALT

750ML

REG. 32.50

**29.50**



WEST SILVER OR RED

400s

REG. 53.00

**50.00**

MON-FRI 09.00-17.30 HRS.

SATURDAY 10.00-14.00 HRS.

TEL. 06371 401442

E-MAIL. BRITSHOP@YAHOO.COM



**JULY 2022****RAMSTEIN & VOGELWEH**

# FITNESS CENTER

## CALENDAR

**MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****SATURDAY**

27

28

29

30

1

2

**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.

# Free Class • \$ Paid Class

Alpha Warrior: Every Tuesday and Thursday 1100 at Northside

**Family  
Day****No Classes****Holiday  
Weekend****No Classes**

4

**4<sup>th</sup> of July  
No Classes**

5

0900 Strong Nation \$  
1115 Conditioning #  
1230 Spin #

6

0610 Spin #  
1230 Spin #

7

0900 Strong Nation \$  
1115 Conditioning #  
1230 Spin #  
1800 HIIT (Vogelweh)

8

0610 Spin #

9

11

0610 Spin #  
1115 Cardio Kickboxing \$  
1800 HIIT (Vogelweh)

12

0900 Strong Nation \$  
1115 Conditioning #  
1230 Spin #

13

0610 Spin #  
1230 Spin #

14

0900 Strong Nation \$  
1115 Conditioning #  
1230 Spin #  
1800 HIIT (Vogelweh)

15

0610 Spin #

16

18

0610 Spin #  
1115 Cardio Kickboxing \$  
1800 HIIT (Vogelweh)

19

0900 Strong Nation \$  
1115 Conditioning #  
1230 Spin #

20

0610 Spin #  
1230 Spin #

21

0900 Strong Nation \$  
1115 Conditioning #  
1230 Spin #  
1800 HIIT (Vogelweh)

22

0610 Spin #

23

25

0610 Spin #  
1115 Cardio Kickboxing \$  
1800 HIIT (Vogelweh)

26

0900 Strong Nation \$  
1115 Conditioning #  
1230 Spin #

27

0610 Spin #  
1230 Spin #

28

0900 Strong Nation \$  
1115 Conditioning #  
1230 Spin #  
1800 HIIT (Vogelweh)

29

0610 Spin #

30

**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





Mon	Tue	Wed	Thurs	Fri	Sat	Sun
12,50 Euro drop-in PRE-BOOK CLASSES BY EMAIL	50 Euro 5-class pass	Running late? Feel like staying home? <b>ZOOM OPTIONS</b> BY REQUEST!		1 08:30-10:00 Ashtanga / Vinyasa  10:15-11:15 Gentle Yoga / Gongbath	2	3 08:30-10:00 Ashtanga / Vinyasa  10:15-11:15 Gentle Yoga / Gongbath
4 Kundalini Yoga* Mondays (Sabine) 18.30	5 (Kundalini*) ←email for details, runs separately	6	7	8 08:30-10:00 Ashtanga / Vinyasa  10:15-11:15 Gentle Yoga / Gongbath	9	10 08:30-10:00 Ashtanga / Vinyasa  10:15-11:15 Gentle Yoga / Gongbath
11	12	13	14 Yoga/ Breathwork Gong Soundbath 18.30-20.00	15 08:30-10:00 Ashtanga / Vinyasa  10:15-11:15 Gentle Yoga / Gongbath	16	17 08:30-10:00 Ashtanga / Vinyasa  10:15-11:15 Gentle Yoga / Gongbath
18	19	20	21	22 08:30-10:00 Ashtanga / Vinyasa  10:15-11:15 Yoga / Gongbath	23	24 NO CLASS
25	26	27	28	29 NO CLASS	30	31 NO CLASS

thank you!

Landsthul

[info@sunburstyoga.org](mailto:info@sunburstyoga.org)



## **SAF Trip 17th-18<sup>th</sup> December (Self-drive) – organised by Laura Watson**

After coming home from ~~Phantasia~~ last Christmas, we knew we wanted to do it again! Nothing will get you in the Christmas Spirit more than a trip to this wonderful winter wonderland, a week before the big man comes!

### **What's included?**

2 x park tickets

1 x nights hotel stay including breakfast

1 x evening meal (optional)

### **How much?**

These prices are only a rough guide, I won't know the full amount until I hear back from ~~Phantasia~~. This price will be discounted by either 33% or 50% by SAF. This price does not include the evening meal.

Family of 5 €781.00, family of 4 €667.50, family of 3 €497.00, family of 2 €400.00, single €249.00.

Don't miss out on this wonderful trip. Sign up using the attached link.

You can contact me via email: [laura.watson111@mod.gov.uk](mailto:laura.watson111@mod.gov.uk)



# A Whole Lot of Hot Air!!!

By Squadron Leader Ruairidh Jackson



Saturday the 18th June saw a team of Brit thrill seekers, of all ages, choose to spend the hottest day of the year so far donning fetching blue boiler suits and white helmets and then throwing themselves feet first, and occasionally head first, into a huge hair drier.

The Indoor skydiving Tunnel at Viernheim was the venue for this thrill-seeking excursion. Expertly hosted by the super friendly staff at the tunnel, 33 members of the Brit community, ranging in age from 5 all the way to....ahem we never ask someone their age, took advantage of this community event to experience the thrill of skydiving without the fear of putting their safety in the hands of a pilot and have to actually jump out of a plane.



With around 5 minutes each, the equivalent of nearly 10 skydives, it saw some people go from complete novice to flying around **unaided**. It also saw others go from complete novice to complete novice but having a great time in the process, it must be said the children certainly put the adults to shame!! It was great to see everyone come out of the tunnel with a huge beaming smile on their face, and a thirst for the next opportunity to have a go.







I would like to take the opportunity to thank SAF for providing funds to support this event, and all of the participants for throwing themselves into the experience and coming out with such joy on their faces.

Keep your eyes peeled for a potential second instalment, SAF funding dependent, later in the year for all those who missed out this time or want in on the action having seen the photos and heard the bragging in the bar.





# KAISERSLAUTERN ROD AND GUN



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67661 Kaiserslautern

Email:  
kaiserslauternguns@gmail.com

FOLLOW US ON FACEBOOK  
@MYRODANDGUNCLUB

## ACTIVITIES

- RIFLE SHOOTING
- PISTOL SHOOTING
- TRAP SHOOTING
- SKEET SHOOTING

- PAINTBALL
- AIR SOFT
- AX / KNIFE THROWING
- ARCHERY

## CLASSES

- GERMAN HUNTING COURSE
- GERMAN FISHING COURSE
- INTRODUCTION TO FIREARMS

- INTRODUCTION TO SKEET SHOOTING
- INTRODUCTION TO ARCHERY
- MARSKMANSHIP 101



Sgt Mess Trip organised by Neil Finnigan to the Kaiserslautern Rod and Gun Club for clay pigeon shooting.



A small write up below for our man Benno.

Cosy's leaving doo was also the chance to say a fond farewell to a founding and irreplaceable member of "The Ramming Steins". Our multi-talented welsh ( but we won't hold that against him 😊 ) musical genius Benno. Spending hours on end annoying his wonderful family by repeating the same solo, his perfectionism has inspired the whole band to better things. It won't be the same without him and his barefooted rehearsal rockstar ways, but "The Ramming Steins" will continue to perform and get the party rocking in his honor. It has been a true pleasure to know and perform with Benno.

Simone, Spy, Kenny and Ben xx



# CLO News



Wow!! What a busy month June has been. Kicking things off with a fantastic trip to Europa Park and Rulantica. This was an amazing trip and the kids absolutley loved it. Big thanks to Laura Watson for organising such a great trip.

We then had the Queens Jubilee party in the Brit Bar, I think you will agree it was a great day and we celebrated the Queens 70 years in reign in style. I want to say a huge thank you to the children who took part in the CLO colouring competition, all your pictures were great. There were 4 categories with 1 winner from each category. The winning pictures were picked by the new SNR Mike Carver. Our winners were Jenna French, Lainey Johnson-Nichols, Elsa O'Brien and Marnie Johnson-Nichols.

We want to say a big well done to the riders who took part in the RAAFA challenge. They managed to complete a whooping 124 miles. Amazing job!!

With the summer holidays fast approaching if you find any hidden gems of places to visit or have any great pictures from your holidays and want to share, you can send them over to us on email. Dont forget to send us in your selfies to be in with a chance of winning \$30 BX voucher.

We wish you all a lovely summer holiday where ever you may be travelling to.

Nikki & Laura x



Jenna French  
age 15



Lainey Johnson-  
Nichols age 9



Elsa O'Brien  
age 8



Marnie Johnson-  
Nichols age 4



The RAAFA ride victory team!