



Brunssum and GK Community Newsletter



January 2023

Welcome back everyone! We hope you had a good break over Christmas and spent time relaxing.

JANUARY REMINDERS

You can do anything, but
not everything at the same time

You don't have to figure
everything out

Restart as many times as needed

Your inner peace is too expensive
to be sacrificed -- 🧘

Do more of what makes you
forget about time

OurMindfulLife.com

January is a tough month for many of us, for many reasons—we feel bad for over-indulging at Christmas, the days are dark and grey and our next holiday seems a long way off. But we don't have to enter January in this negative mindset. Instead of 'I need to lose weight', think 'I want to invest in myself for a healthy future', it's not all dark and grey, the days **are** getting longer, and a holiday can be as simple as a break from the norm. Our focus for January should be to be kinder to ourselves.

There is much to look forward to in the coming months—Carnival at the end of February, King's Day in April, the Coronation, as well as activities at the Arts and Crafts Centre, weekly drop-in sessions in the NSE, monthly events in the Brit Bar and much more. If there's something you want to see happening, get in touch. We can help you plan and publicise an event or activity.

We are really looking forward to welcoming new members of the community, but whether you've been here for a few weeks, only have a few weeks left or anywhere in between, do pop in and see us if there's anything we can help you with or you just want a chat.

Your NSE Team

JANUARY

2023 **UPCOMING** **EVENTS**

Coffee morning
every
Wednesday
1000-1100

16th Jan
Language course
registration
opens

Brit Cafe open
from 17th Jan
every Tues &
Weds 1000-1300

Fri 20th Jan
Beat the January
blues
Brit Bar 1400-1800

Tue 24th Jan
International
Club Italian Coffee
Morning ICC

NAAFI Orders
place by Feb 6th
for delivery on
Feb 13th

Jan 21st
Winter Family Craft
Fun
1100-1400
JFC Arts & Crafts Centre

Book Club 24th Jan
Meets 3rd Tuesday of every
month in the Brit Bar
See page 7 for details

Hello

JANUARY

Beat the January blues

Friday 20th Jan, 2-6pm
Join us in the Brit Bar for an
opportunity to socialise and
meet new people

Cash bar with free nibbles

Dry January - no problem!
We have a selection of non-alcoholic drinks,
tea, coffee and even mocktails



Dutch Corner

Welcome to our new feature - Dutch Corner. Each month we will bring you a new fun fact about Dutch culture and living in the Netherlands

How is the colour orange related to the Netherlands?

The colour orange refers to the family name of the Dutch royal family, the House of Orange-Nassau. Their ancestor, William of Orange, is the founder of the Netherlands. The colour orange symbolizes our national unity, and the Dutch express



Defence Infrastructure Organisation

Mould and Damp

Below you can find some information about damp and mould in the property and some helpful tips for how to minimise damp, condensation and mould in your home

Causes of dampness and condensation in your house

- Lack of adequate heating and/or ventilation.
- Water coming in from the outside through leakage, seepage
- Rising damp - dampness from the ground rising up into the building fabric
- High levels of moisture/water vapour being produced inside the house

Humidity and condensation

When the humidity is high inside a house and it is cold outside the water vapour condenses on cold surfaces. The following areas might have problems with condensation and dampness:

- Cold surfaces such as mirrors, windows, and metal window frames
- Kitchens and bathrooms
- Solid, uninsulated walls of unheated rooms
- Cold corners in unheated rooms, particularly where outside walls meet
- Wardrobes, cupboards.

Top tips keep your house dry and avoid condensation

- On dry days open some windows to allow humid air to ventilate out of the house. It is better to open a few windows a little throughout the whole house. This helps the air to move through the house.
- Keep lids on your pots and pans when you cook – simmer rather than boil hard.
- Keep the doors to the bathroom and kitchen closed when you are bathing or cooking.
- Always wipe excess moisture from windows
- Limit the number of pot plants in your house.
- Keep furniture away from outside walls to allow air circulation.
- On cold days try to keep indoor temperatures at least 18°C.
- Avoid portable gas heaters as they create high levels of humidity.
- Dehumidifiers extract moisture from the air and can help reduce humidity. of
- Wherever possible, dry your clothes outside.

If you are experiencing mould or see mould forming in your Service accommodation then please report it immediately via the DIO fault reporting system.

What is the Brunssum International Club and why would I join?

The Brunssum International Club (BIC) is open to all NATO ID holders and spouses. It meets monthly for Coffee and Culture mornings, hosted by different delegations and runs various events throughout the year. Membership is 12 Euros for the year. For more information, including how to sign up, head to www.jfcbic.com

JFC Brunssum International Club

DISCOVER ITALY:
A UNESCO
WORLD HERITAGE

24TH
JAN.
10 AM
@ICC

REGISTER BY 17TH JAN.
[HTTPS://BIT.LY/3UTMTDZ](https://bit.ly/3UTMTDZ)

THERMEN MUSEUM

MARCO'S LISTA
Exclusive Italian Food & Wine

SPECIAL GUESTS:
KAREN JENESON · BENOIT MATER · JODY MARTENS
AND MARCO FIORAVANTE

JFC BRUNSSUM ARTS&CRAFTS

WINTER *Family Craft Fun*

January Saturday
21 from 11.00-14.00

For all ages! No sign up needed, just walk-in!

Black light painting | Mosaics | Ceramic painting | Dutch clog decorating | Sculpting and more! Winter special: try your hand at the Pottery wheel!



More Information
045 526 3821

Or email us:
jfcframeshop@jfcbs.nato.int





BFBS Germany is running a 'Design your year' drawing competition! All you need to do to enter is to print off a template (available via BFBS Germany Facebook site) or pick one up from the CLO office and design your year using pictures of events coming up, people who means a lot to you or anything you think will be important in 2023.

There are 3 age categories—0-3 years, 4-8 years and 9+. Winner and Runner Up prizes for each age group.

Full Terms and Conditions are available on the BFBS Germany Facebook page.

BOOK CLUB

Next meeting Tuesday 24th Jan at 8pm

Still time left to read *Maggie Murders* by Anthony Howowitz or join us anyway

For more information see Brunssum Book Club on Facebook



NAAFI

BRUNSSUM ON-LINE SHOPPING SERVICE



FULL RANGE OF GROCERY PRODUCTS AVAILABLE

Orders can be placed via e-mail:
naafionline@naafi.co.uk

Card and Cash payments accepted.
Payment will be accepted on delivery.
Coffee, Whisky, Gin, Cigarettes and Tobacco are rationed items.
Please produce your ration card at the time of purchase.

ORDER DATES	DELIVERY
2023	
2 nd January 2023	9 th January 2023
6 th February 2023	13 th February 2023
6 th March 2023	13 th March 2023
3 rd April 2023	10 th April 2023
1 st May 2023	8 th May 2023
5 th June 2023	12 th June 2023
3 rd July 2023	10 th July 2023

EMERGENCY NUMBERS

Police - 112

Fire - 112

Ambulance - 112

Nightcare Heerlen - 045 577 8844 / +3145 577 8844

Healix - +44208 4817800 / 0208 4817800

Duty Officer - +3165 1520 896 / 065 1520 896

Joint Casualty and Compassionate Centre

01452 519951 / +441452 519951

Military Police - +31 45526 2616 / 045526 2616

Main Gate - +31 45526 4041 / 045526 4041



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Support Contacts

In addition to contacting your CLOs, JFC Welfare Champions and the NSE, there are organisations and people who can help in many ways.

Please take note of the below welfare points of contact for future use:

For details on multiple available supporting organisations, and to contact the EJSU welfare team, please visit: www.ejsu.net/welfare

Padre:

Maj. Nia Williams: Email: Nia.Williams264@mod.gov.uk

European Welfare Officer (EWO)

Ann Mckenzie

Office: 0032 (0) 6544 8082

Mobile: 0032 (0) 478 97 02 80

Email Address: annmarie.mckenzie114@mod.gov.uk

SSAFA Health Visitor, Kerry Riley: UKStratCom-DMS-DPHC-EJSU-CEPGrp@mod.gov.uk

Army Families Federation: ejsu@aff.org.uk

Brunssum Hive: brunssumhive@armymail.mod.uk