



Brunssum and GK Community Newsletter



March 2023

It might still be a bit grey and damp, but Spring is definitely coming! The days are slowly getting longer, snowdrops and crocuses are appearing and in a few weeks we'll be putting the clocks forward (March 26th). To really get us in the mood for the new season, we are once again running the sunflower growing competition. This year, we're asking for €2 for each kit and we'll be offering a prize for the biggest sunflower! We had some really impressive specimens last year (the tallest was over 3m) so we look forward to seeing your efforts this year. Kits will be available from the CLO office from 20 March and you need to plant your seeds AFTER 31 March. We will judge the entries later in the summer.

We had a great turnout at the bar on 3 February and hope to see many of you again this month. After that, we'll be turning our attention to the Coronation in May. We will be hosting a Community Event on 4th May to celebrate in advance of the Coronation itself and to allow you to fully enjoy the long weekend. We'll be looking for a few volunteers to help make sure the day runs smoothly, so if you're interested, get in touch. You can also help out by baking! We'll be running a free BBQ on the day, with snacks and nibbles, but we'd love it if you could bring something sweet for afterwards. We'll have more information for you in April.

Finally—don't forget that 19th March is Mother's Day!

Your NSE Team

MARCH EVENTS

3RD MAR

Brit Bar 2-6pm.

6TH MAR

**NAAFI order
deadline for
delivery on 13th**

11TH MAR

**ENG v FRA rugby
Brit Bar open
from 15:00 to
21:30**

19TH MAR

Mothers Day

20TH MAR

**Collect kits from
CLO office for
sunflower
growing
competition**

21ST MAR

**Book Club -
Meets 3rd
Tuesday of
every month**

31ST MAR

**Brit Cafe
Breakfast
09:30 - 11:00**

EVERY WEDNESDAY

**Coffee Morning in the
Community Room 10:00 - 11:00**



Dutch Corner

Liquorice as candy

A real Dutch treat. You either love it or hate it.

Liquorice is a sweet made from the juice extracted from the root of the Glycyrrhiza Glabra, which belongs to the Fabaceae family. The liquorice many (but not all) of us know and love today is made from this juice, which is then combined with sugar, a binding agent and a base of acacia gum, gelatine or similar.

The Netherlands boasts the highest per capita consumption of liquorice in the world, with each person eating more than 4 pounds (2000 grams) per year! Although the Dutch (as well as Scandinavians and Germans) love black liquorice, many people do not enjoy the taste, especially the salty varieties.



Why The Need for Awareness!!!

- 1 in 3 of us will have a MH issue in our lifetime.
- Those serving **overseas** are more susceptible due to isolation, no jobs, language, being away from family support.
- Women are twice as likely to be diagnosed with anxiety than men.
- 1 in 6 people report experiencing a common mental health problem (like anxiety and depression) in any given week.



Mental Wellness & Domestic Abuse Awareness Presentation

- **When:** Mon 06 March 23, 1030hrs – 1230hrs
- **Where:** Alliance Theatre
- **Who:** All Serving Personnel and Spouses

Do Not Suffer in Silence, We are here to help!

POC: WO2 (SSM) Cornell x4348

Easter Fundraising bake sale



*Calling all bakers.... We need your
baked goods.*

*Please come along and help us make
our bake sale a great success.*

Place: Miners Rest entrance

When: Wednesday 29th March 2023

Time: 1000 - 1300

*Cakes can be dropped off at the same location between 0900
and 1000*

Please bring CASH

Take away

We are looking forward to seeing you there.

All monies raised are for the Brunssum Community

11 MARCH

1100-1600

LEGO SATURDAY @ THE HUB

LEGO BUILDING CHALLENGE FOR TEAMS (2 TO 5 P)

1100 WELCOME

1ST CHALLENGE 1100-1200

BREAK

2ND CHALLENGE 1300-1400

1430 ANNOUNCING THE WINNERS

PRIZES SPONSORED BY THE HUB

**ALSO: MOVIES, DUPLO ROOM, GIANT LEGO,
DISPLAYS AND ACTIVITIES**

SIGN UP @ THE LIBRARY



BOOK CLUB

Next meeting Tuesday 21st at 8pm

**This month's book is The Seven Husbands of
Evelyn Hugo**

**For more information see Brunssum
Book Club on Facebook**



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

**United States
Coffee & Culture Morning**

AMERICA THE BEAUTIFUL

Yosemite National Park
California

Everglades
Florida

Horseshoe Bend
Arizona

Arches National Park
Utah

Yellowstone National Park
Wyoming

Please join us
14 MARCH 2023
10 AM TO 12 PM
ICC/GENERAL EISENHOWER HOTEL

JFC
Brunssum
International
Club



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