



the imjin

THE VOICE OF THE INNSWORTH
STATION COMMUNITY
Winter 2017

COVERING HQ ARRC, HQ 1 (UK) SIG BDE, DBS, ASHCURCH, ARRC SP BN, 252 SIG SQN

COMARRC's Introduction



Welcome to the winter edition of the Imjin Magazine. Over the summer, we bid a fond farewell to several families, but we're delighted to welcome in their replacements. I'm particularly pleased to welcome Romania and Spain into the HQ. To those who've just arrived, thank you for volunteering to serve at HQ ARRC and I encourage you to make the most of your time in Gloucestershire.

The autumn period is historically very busy for the ARRC; this year has been no exception. Once again, I'd like to extend my thanks to you, and your families, for your hard work and patience, during what has been a very busy year on standby as part of the NATO Response Force. In January, we hand over responsibility to NRDC Italy who I know will do an excellent job. I'm very proud of what we've achieved collectively this year, not least because our reputation remains high across NATO, because we continue to be innovative and because the ARRC is recognised as a happy environment in which to serve.

I hope you enjoy this edition of The Imjin and, as ever, my thanks to the production team for their hard work in creating such a useful magazine. I wish you all a very Happy Christmas and a peaceful New Year.

Lt Gen Tim Radford CB DSO OBE

Commander, Headquarters Allied Rapid Reaction Corps

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Find HQ ARRC on Facebook for the latest news updates.

Browse HQ ARRC's online photo albums using Flickr's HQ ARRC's photostream.

Follow HQ ARRC on Twitter and stay informed on current events using tweets, video links and other information.

Find more in depth information about the ARRC on our website.

For staff and families of the ARRC there is a private Facebook group. Search for ARRC Community and ask to join the group.



www.rrc.nato.int



www.facebook.com/alliedrapidreactioncorps



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Search for HQ ARRC's Photostream



www.twitter.com/#!/HQARRC



www.youtube.com/user/HQARRC



www.facebook.com/groups/arrccommunity

Email: pao.mr@rrc.nato.int
Telephone: +44 (0)1452 718500

Words from the Editor

If this is your first Christmas here in Gloucestershire, then you're in for a really special treat. If you've spent the festive period here before, like myself, you'll be excited to be able to experience again, everything the local area has to offer at this time of year.

With Christmas just around the corner, this issue has a strong focus on activities and events around the festive period. You will find activities for adults and children both in the run-up to Christmas and beyond into the New Year. If you are away from the area over the holiday then you will find important information in the magazine to help ensure a safe and secure festive season in our wonderful community.

There is a huge contribution from the Imjin Community that goes into producing this magazine which highlights the best activities and events that the local community and Gloucestershire have to offer. The information packed into this issue is hopefully for everybody's benefit, and will help provide you with a source of reference to make your time here as enjoyable as possible.

Should you need to refer to any of the information within the magazine whilst you're out and about, it's available online at www.rrc.nato.int and is mobile friendly.

Merry Christmas and enjoy the magazine,

Maj Ben Ford

Editor

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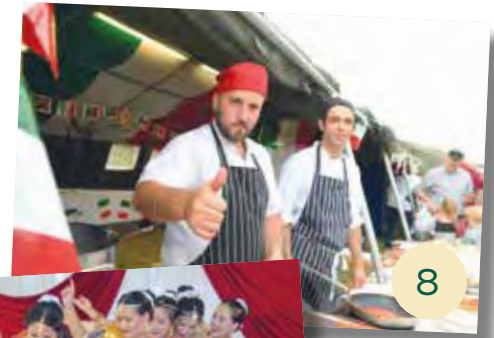
Editor's Notes

The publication of an advert, article or photo in the Imjin does not necessarily reflect the views of the ARRC, Partner nations or UK (MoD). The editor reserves the right to omit, amend or edit any advert, article or photo at the discretion of the HQ without liability. Should you wish to include an article or photo in future editions, please contact the Public Affairs Office on 01452 718007 or email arcrproductioncell@gmail.com.

Cover image: Tewkesbury Battlefield Commemorative Sculptures, taken by WO2 Tom Robinson.

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Around Imjin



Members of 252 (Hong Kong) Signal Squadron, part of 1 Signal Brigade and based at Imjin Barracks, celebrated the 24th Anniversary of its formation.



Junior NCOs, Senior NCOs and Warrant Officers of Imjin Barracks gathered in the Imjin WO's and Sgts' Mess for a day of leadership study and workshops.



After months of preparation, a team of 46 individuals made up of ARRC personnel, family and relatives took part in Cheltenham's Half Marathon 2017.



Members of HQ ARRC compete in the 2017 Imjin Cup. The relay-style event saw each member of the four-person team march a mile with a 15 kilogram pack and complete a quiz testing their ARRC and NATO knowledge.



In September, HQ ARRC welcomed Romania and Spain. 23 of the 29 NATO countries are represented at the Headquarters.



Cadets from 2342 (Innsworth) Squadron Air Training Corps hosted The Honourable Company of Gloucestershire Unit Awards Evening. The cadets were presented with their awards by Air Marshal Sir Dusty Miller KBE.



SACEUR (Supreme Allied Commander Europe) General Curtis Scaparrotti, addresses members of staff at the Imjin Briefing Centre during his visit to HQ ARRC



The servicemen and women of Imjin Barracks held a ceremony of remembrance and two minute silence in honour of Armistice Day, during Exercise ARRCADe Fusion 17 on 11 Nov 2017.



The Permanent Under Secretary to the MOD, Stephen Lovegrove met with the Chief of Staff, Major General Will Bramble CBE, to discuss defence matters during a visit to HQ ARRC.



The ceremony of remembrance was led by the Station Padre and the Regimental Sergeant Major from the ARRC Support Battalion.



Commander Multinational Corps from the German Army HQ, Lieutenant General Frank Leidenberger, visits HQ ARRC in Imjin Barracks. The visit was hosted by Chief of Staff, Major General Will Bramble CBE.



Personnel gathered to remember those from all nations who made the ultimate sacrifice during and since the First World War.



A Guard of Honour welcomes Chief of the General Staff, General Sir Nick Carter KCB CBE DSO ADC during his visit to HQ ARRC ahead of the transition to Corps recalibration.



Wreaths were laid during the ceremony; with messages of remembrance from servicemen and women of Imjin Barracks.

Family View Point

This issue we asked members of the Imjin Community how they would be spending Christmas, and what they enjoy doing as a family to make the festive period extra special.



Capt Viveash

For the first time in 27 years, I'm going to spend Christmas with my whole family. I will get to be with my sister and her children, my father, my mother, and all the grandchildren.



Cpl Yao

This year I'll be taking part in a church convention in Bristol and I'll also be organising a Christmas party for all the commonwealth soldiers.



Cpl Betts

I will go home to Wales to see my family. I will also spend time at my best friend's house over Christmas because they are like extended family. I start every Christmas morning by going to see my horse, but on Christmas Day I take an extra special treat. My horse likes Guinness, so she has a pint of Guinness in her breakfast on Christmas Day.



Maj Funtasal

We are planning on traveling to Spain this year for Christmas. Since we moved to Innsworth we haven't been back home, so we intend to visit my family after four months.



Lt Col Soural

My wife is going back home to prepare Christmas in the Czech Republic for my family and others. I will have to make sure that before I get to go home, I do plenty of exercise because I know we will not stop eating during the holiday period.



Capt Verner

This year I'm going back to America, back to California to see my family and have a big Christmas celebration. Before I go back I'd like to travel around the local area and see some of the Christmas markets, as I've heard they're really great and they're something I haven't experienced yet.

Rebecca

We keep it simple really. It's my son's 1st Christmas but we're going to do the same thing we do every year. If friends and family want to come to us they're more than welcome, but we don't travel anywhere. We like lamb for Christmas dinner and its always home grown as my brother in law is a farmer, and this year we can have lamb and beef, which will be wonderful.



Charline

We are staying Gloucestershire this year as it's our 1st Christmas as parents and both sets of grandparents will be coming to stay with us.



Sarah

We are spending Christmas here with our family, my 2 children and hopefully the grandparents will be able to make it over to stay. We like to try and keep it simple.



Kayleigh

This year we are going on holiday to Butlins and spending it as a family. We are going there for four days all together, enjoy a nice Christmas dinner and watch the children open their presents.



Natasha

This year we are all going to my mother-in-law's house. This is my son's 2nd Christmas but he was only four weeks old last year. This year is going to be wonderful because he's going to be more aware and be able to open presents and hopefully be full of giggles.



Ninajay

As long as you're with the family you love and care for, that's the main thing. Every Christmas is special because we're together.



International Families Day

The ARRC's second International Family Day took place this Summer at Imjin Barracks and like last year, it was a fantastic success. IFD is a day when nations represented within the ARRC share their cultures with other military personnel, civilians and families from Innsworth Station; allowing them to display a little piece of their culture and offer numerous activities for children and adults. The event was so successful that some of the families claimed that it was the best event of the year so far.



The timing of the event couldn't have been better and the weather couldn't have been more ideal; it was a beautiful August evening with a stunning sunset. Families had the opportunity to enjoy the weather and socialise in an outside setting and the event proved



to be a good way to welcome new families to the ARRC after the long summer break. It also allowed the children to enjoy themselves prior to returning to school.

As well as traditional samples of their food and drinks, the Innsworth Station community had great fun roaming all the activities on offer. The children's activities included two bouncy castles, a rock climbing wall, a bicycle obstacle course, face painting, a pastry decoration competition, corn hole game



and a football throwing game. There is no doubt that the children had a blast while their parents enjoyed the delicious servings on

offer. Introduced for this year was the IFD Olympics, where nations were able to compete in a friendly environment. The German contingency dominated the evening, winning the 2017 IFD Olympics and the pastry competition. The night concluded with the raffle of 62 prizes, donated from nations and local sponsors, and the presentation of two charity checks. Thanks to the organisation of the raffle



by the Italian contingency, the committee was able to present the Gloucester Foodbank and the Great Western Air Ambulance Charity (GWAAC) with a £700 cheque each. The ARRC received a thank you certificate from the GWAAC for its generous contribution and invitation to the event.

There is no question that the families enjoyed this year's International Family Day. The number and variety

of activities available were hugely well received by everyone who attended. The



event allowed the adults to socialise and navigate their way through the food and drink in the different national tents, while the children participated in the kid's activities. The pastry decoration, the IFD Olympics



and the music played by the band, created what was a wonderful community atmosphere and there is no doubt that the ARRC will continue the International Family Day for years to come.

Maj Roger Pineda

Innsworth Station Freshers' Fair 2017

September 2017 saw another extremely successful Imjin Barracks Freshers Fair, which showcased a large range of services and opportunities available to the community. This year, local business and charity organisations who wished to introduce themselves to



the Imjin community, set up display stands that filled the Station Officers' Mess.



We were able to interest a plethora of new stall holders including Jaguar cars, Sleekstone Home and Office Care, Spouse Recruitment, Tewkesbury School and the

ARRC International Club. Every stall on the day was there to provide information to new and existing members of the community. The event also provided an ideal setting for networking, gaining advice, finding information on the local area or simply catching up with friends.



The feedback from the stall holders and attendees said what a great

success the day was and that they look forward to next year's event, so keep a look out for next year's Freshers' Fair and put the date in your diary.

WO2 Paul Wilkinson – Unit Welfare Warrant Officer

Gurkha Temple Opening



In July this year, a new Temple was officially opened at Imjin Barracks with a ceremony presided over by Lieutenant General Tim Radford, Commander of the Allied Rapid Reaction Corps.

Until now, the growing number of Gurkha families



in the Imjin Community have had no local place of worship, with the closest temple being in Cheltenham, a forty-minute bus ride away.



Major Chinbahadur Thapa, the Quarter Master (Technical) of the Support Battalion said. "With the

growing number of Gurkha Soldiers and their families serving on the Station, this is very important event. When I first arrived there were 25 of us praying in a single small room, now there are over 100 Gurkhas and their families."



The facility, provided by the ARRC Support Battalion, will be used as the centre of all Gurkha cultural events throughout the year; including the religious festivals such as Dashain and Tihar.

For the ARRC's Hindu and Buddhist personnel and dependants, the temple will also present an opportunity for wider engagement with the local community; as a way to host events in a place they can call their own.

Capt Charles Stephenson



Dashain Festival

The Gurkha community bring a colourful presence to Imjin. However, in October there was an even more colourful event in Imjin barracks; the celebrations for the festival of Dashain. During the Nepalese month of Kartik, late September and early October, the Nepalese people celebrate their biggest festival of the year, Dashain. Dashain is the longest and the most propitious festival in the Gurkha calendar.

The festival starts on the 'Shukla Paksha', the bright lunar fortnight of the month of 'Ashvin', and ends on 'Purnima', the full moon. During the fifteen days on which it is celebrated, the most important days are the first, seventh, eighth, ninth and the tenth. Dashain commemorates the victory of the Gods over the evil devils. One of the main victories was that of the Lord Ram over Ravana, the King of the devils. It is said that Lord Ram triumphed in the battle only when goddess Durga was evoked. The main celebration marks the triumph of good over evil and is



symbolised by the Goddess Durga slaying the Devil Mahisasur, who terrorised the earth in the form of a brutal water buffalo. The first nine days signify the nine days of ferocious battle between Durga and Mahisasur. The tenth day is the day when Mahisasur was killed and the last five days symbolise the celebration of the victory with the blessing of the Goddess.

This year's Dashain celebrations were held at the Innsworth Welfare Community Centre, and the festivities certainly did not disappoint. Those fortunate to be at the actual festivities were treated to traditional Nepalese music and dancing and some excellent Curries. The event was a resounding success and at the end of the evening, not one person left without a smile on their face.

Bernard Barton-Ancliffe

ARRC International Club



The AIC is an all-inclusive club set up for the partners of everybody posted to, or attached to the ARRC at Imjin Barracks. (HQ ARRC, HQ 1 Signal Brigade and ARRC Support Battalion).

The AIC arranges events to bring together all nationalities involved at the ARRC. These include monthly lunches and coffee mornings, which are hosted by different nations and give a real taste of each other's customs, traditions and culinary specialities. They are a wonderful opportunity to meet new people and learn more about the different cultures represented in the Imjin Community. The AIC also organises trips to craft fairs, places and events, such as Hampton Court Palace and Ascot Races, as well as various other activities throughout the year ranging from tennis coaching to Family Bingo.

Over the next few pages you will see some of the AIC activities and events that have recently taken place, with dates to save for the future, and all the dates for the upcoming Coffee Mornings. Towards the back of the magazine you will find all the dates for the upcoming International Lunches along with all the recipes from previous events, which you can cut-out and keep and try for yourself.

If you would like to get regular updates about future AIC events then please email the AIC Secretary, Camilla, at – theaicsecretary@gmail.com – and also join our Facebook group by searching for The AIC (ARRC International Club).

We look forward to seeing you soon.

Pass the Pen

"I declare after all there is no enjoyment like reading"
Pride and Prejudice

You will have all seen the new £10 note by now, with the image of Jane Austen on the reverse. This is a well-deserved honour for such a great English literary figure who has inspired, and continues to inspire, authors and artists the world over.

As great fans of Jane Austen, even before arriving in England, we were both quick to take the opportunity to visit Chawton, the home in Hampshire where the author spent the last eight years of her life.

Just under 2hrs drive from Innsworth, the cottage, in the heart of the village, has maintained the atmosphere as well as the furniture and fittings of the period. What a pleasure it was for us to feel as though we were the invited guests of the Austen family. We felt as though we had been transported to Georgian England, helped by the fact they have costumes from the period for visitors to put on and pretend to be Lizzy and Darcy. There was an emotional moment when we discovered her writing desk. It was amazing to think that this little table is where she wrote *Emma*, *Mansfield Park* and *Persuasion*.



Last but not least, if you want to visit, the house is open all year round and there are constantly changing exhibitions and activities to suit Jane Austen fans of all ages.

www.jane-austens-house-museum.org.uk

Julie Wierzbinski and Marie-Laure Pourcelet



Postcard from... Poland

Every year, more and more tourists choose to visit Poland because it is no longer seen as a distant country somewhere at the East end of Europe. Sitting proudly in Central Europe, between the Baltic Sea in the North and the Sudetes and the Carpathian Mountains in the South. Poland has many places to see and areas of interest span from the Baltic Sea to the Tatras Mountains.



Weather

The climate in Poland is moderately warm. Summer in Poland sees the country's highest temperatures, but also showers and thunderstorms, while in winter time you have to prepare for really heavy snow and temperatures that fall below minus 20 degrees Celsius. If you want to visit Poland, it is best to do it between April and June or between September to early October. Of course, anytime is a good time to visit Poland, but it's always advisable pack your umbrella.



Places To Visit

The most popular city destinations are Krakow, Warsaw, Wroclaw, Gdansk, Szczecin, Torun and Zakopane. More specifically, the main tourist locations within the country are The Wieliczka Salt Mine, the Auschwitz-Birkenau Concentration Camp memorial museum, the Baltic Sea Coast and the Tatra Mountains; with the highest peak of Poland being Rysy at 2499m. In short, Poland is diverse in terms of seasonal weather and the terrain; ranging from its beautiful coast line to numerous lakes, rivers, and stunning mountain ranges.

www.wieliczka-saltmine.com

www.auschwitz.org/en

www.visitpomerania.eu/beaches

www.poland.travel/en-gb/major-attractions/tatra-mountains

Cuisine

The Polish cuisine is varied and delicious. Dumplings are definitely one of the main symbols of the Polish cuisine and an absolute culinary hit. They can be served with potatoes and cheese (which we call Russian style), with sauerkraut and mushrooms (vegetarian), with meat, or with fruit. Also recommended is red borsch with 'Little Ear' soup (not real ears), bigos and many other dishes. The most common drink is tea, often with a slice of lemon and sweetened with sugar, and coffee.

Christmas In Poland

Most Poles are Catholics, so one of the important holidays is Christmas, which, in a few days we will be celebrating. The most important day of Christmas is Christmas Eve, celebrated on December 24. On this day, families gather together to have a traditional Christmas Eve dinner, which begins when the First Star appears in the night sky. The table is covered with a white cloth under which hay is placed to commemorate the birth of Jesus Christ. Christmas Eve is a day of fasting, so there is no meat on the table except for fish. There should be twelve dishes during dinner and the most commonly served are beetroot soup, fish soup, fried carp or jelly, cabbage with peas, cabbage dumplings, poppy dumplings, gingerbread and kutia (dessert of poppy, wheat and honey). There is always an extra plate laid at the table for the unexpected guest. Dinner begins with prayer and sharing the special wafer when exchanging Christmas greetings.



After dinner people open gifts and sing carols, and at midnight people go to the local church for a Shepherdess mass (or at least, watch it on television). People also go to church over the next two days of Christmas which, in Poland, are simply called the first and second holidays.

The Star (the shortened name for Christmas) in Poland is a very joyful holiday which everybody looks forward to, so I would like to wish you all a Merry Christmas and much joy in the coming year.

Ewa Maciejewska

The Early, Early Christmas Fair 2017

On Tuesday 26th September 2017 the ARRC International Club, with huge thanks to the brilliant organisational skills of our friend Jette, organised a trip to the annual Early Christmas Fair in support of Army Benevolent fund, The Soldier's Charity. The fair takes place every year in Tedworth Park, Tidworth, Wiltshire.

This was a wonderful trip for the spouses in early preparation for Christmas, but also with a valuable purpose; supporting a wonderful charity that helps so many of our soldiers, their families and children.

The visit to the market is a lovely shopping experience with a wide range of gifts for men, women and children, plenty of delicious treats, food specialities from different countries, gadgets, stationery, handmade cards, beauty and organic products and, of course, lots of Christmas decorations. It was lovely to see that for every purchase made at the market, the stall holder gives 10% of the money to the ABF charity.

The trip was a perfect opportunity to spend a day together with friends, to shop and to share a lovely lunch at the market; all whilst supporting such a worthwhile cause.

www.soldierscharity.org
www.eecfair.org.uk

Elisabetta Verardi



Super Santa Surprise!

Tired of the same old annual visit to see Santa in the local Garden or Shopping Centre? Fancy something a bit different this year? Well, there are quite a few places, not too far from Gloucester, that take Christmas Grottos to a different level!

If you'd like a change, why not try Puzzlewood in the Forest of Dean? Here, kids get to dress up as Little Red Riding Hood or the Woodcutter before they're taken through the magical ancient wood to find Father Christmas (who's visiting Grandma of course!), and there are a few surprises along the way...
www.puzzlewood.net

Christmas at Perrygrove Railway is always fun-packed. As well as a ride on a miniature steam train, there's a show, treasure hunts, treats for parents, and Santa actually comes down the chimney!
www.perrygrove.co.uk

For a totally different Grotto experience, it's hard to beat the one at Clearwell Caves, which are deep underground. Here you wind your way through the natural cave system, decorated with Christmas displays, until you find Santa in his present-filled cavern.
www.clearwellcaves.com

Check out the websites for information about times and prices. Booking is strongly recommended as they all get busy in the run up to Christmas. Worth avoiding weekends if at all possible!

Tracey Radford



AIC Walks



The walking group was blessed with a beautiful, warm and bright day for the first walk after the summer break. I was delighted to see so many new people on this walk, particularly those who had only moved in during July and August.

We began our September walk at the Red Lion pub, which is situated on the banks of the River Severn at Norton. The first half of the walk followed the river for around 2.5 kilometres and, apart from the odd slippery section, it was easy going. Next, the route headed away from the river and over a hilly section where we were able to admire the view towards the Malvern Hills before heading back to the Red Lion. Lunch was thoroughly enjoyable, sitting outside in the beautiful weather in the pub garden.

In early October the group met in the beautiful village of Painswick and completed a more lengthy and challenging route. I think that the recommended daily target of 10,000 steps was met by the half way point! I was particularly impressed by those ladies who managed to carry small children up the long hill to the Painswick Beacon in the middle of the walk. At the end of the walk we all headed to the Falcon Inn in Painswick, where we enjoyed the most delicious lunch. I can honestly say that I had the best Ploughman's lunch I have ever eaten.



If you would like to try this walk with friends or family then you can use the following link along with OS Explorer map 179:

www.rococogarden.org.uk/Portals/0/Walk_1.pdf

Please keep an eye on the AIC Facebook page where I will post details of the meeting point, approximate distance and some idea of the difficulty level for each upcoming walk. Please could you reply to the post if you are intending to come on the walk and stay for lunch. This will make it easier to make an accurate booking at the chosen pub.

Helen Clements

military wives Choirs Innsworth



August – We broke up for the well-deserved summer break, however, there was a lot going on behind the scenes in preparation for our very busy calendar for the rest of the year.

September – On the 2nd, we were invited to the Gloucester day parade for the first time. We were truly honoured to be invited



and we really made the most of it. The 6th was our first rehearsal after the Summer holidays. I think our ladies had been secretly practising as they sang with gusto a few favourites to warm up our voices. On the 9th there was a road trip to Birmingham for three of our Committee members for the annual MWC conference. There was lots of interesting discussion and a chance to sing with Joanna and Alexander L'Estrange, and we were informed we will be releasing an album to commemorate the end of WW1 - for more information, please visit www.pledgemusic.com/projects/mwc. We are all

excited and proud about this project and we think it's imperative that we remember those who gave so much. The 13th was the Imjin Freshers' Fayre, and what a day!! We recruited lots of new members which was absolutely wonderful, and a big warm welcome to all of you.

October – The 6th to the 9th was the New Yorkers Reunion in Bognor Regis. If we skip to the Monday morning, it was fair to say that we all had headaches, hoarse voices and sore stomach muscles from all the laughter. The photographs though, well, let's keep it short and just say we had an AMAZING time. On the 14th October we held 'An Audience with the Military Wives Choir Innsworth'. This sell out evening was simply amazing; I am so proud of the entire team. We sang 20 songs from our repertoire, all of which were sang with so much enthusiasm. Our special guests, the Spakeleles, had everyone singing along to some old favourites.

November – On the 10th, we visited the Royal British Legion Newnham (Womens Section). It is always a pleasure to sing for this worthy charity. Please see our Facebook page for reviews of this event as there is just far too much to cover here. On the 11th we were at Gloucester Rugby Club's home, Kingsholme Stadium, for Armed Forces Day. Again, this was an incredible

event and we felt extremely privileged to be invited. The 22nd of November saw us back on the Cathedral tour. We were lucky enough to be asked to take part in the Cathedral tour again this year, which will take us to Worcester Cathedral. Please see the poster over the page for further details.

December – The ARRC will hold their annual Christmas service on the 11th of December and we have very kindly been invited to perform. There is a slight change to the venue this year and we are very excited to be performing in the beautiful Gloucester Cathedral; we look forward to seeing you all there.

Please follow us on our Facebook page (Innsworth Military Wives Choir), and new members are always welcome. Just contact us via Facebook or email us at innsworth@militarywiveschoirs.org



We operate a buddy system where we meet you outside our rehearsal venue and introduce you to members of your section.

Sarah Bridge

CHIFFE & TAYLOR PRESENTS

MILITARY WIVES CHOIRS

H O M E F O R C H R I S T M A S



NOVEMBER 2017

WEDNESDAY	22 ND	WORCESTER CATHEDRAL
THURSDAY	23 RD	LLANDAFF CATHEDRAL, CARDIFF
FRIDAY	24 TH	WELLS CATHEDRAL
SATURDAY	25 TH	LICHFIELD CATHEDRAL
TUESDAY	28 TH	SOUTHWELL MINSTER
WEDNESDAY	29 TH	ELY CATHEDRAL

DECEMBER 2017

SATURDAY	2 ND	ST CLEMENT DANES, STRAND, LONDON
SUNDAY	3 RD	TRURO CATHEDRAL
THURSDAY	7 TH	SHEFFIELD CATHEDRAL
SATURDAY	9 TH	PETERBOROUGH CATHEDRAL
SATURDAY	16 TH	ST MICHAEL'S, TIDWORTH GARRISON CHURCH, WILTSHIRE
MONDAY	18 TH	GUILDFORD CATHEDRAL



FOR TICKETS VISIT

TICKETMASTER.CO.UK/MILITARYWIVESCHOIRS

#HOMEFORCHRISTMAS f t

REGISTERED CHARITY IN ENGLAND AND WALES (11482020 & SCOTLAND (SC043217). A COMPANY LIMITED BY GUARANTEE. REGISTERED COMPANY IN ENGLAND AND WALES (08698748) AND PART OF THE TLAPA GROUP.

Coffee Mornings

Coffee mornings are usually held once a month from 10am to midday in the Officers' Mess. They are open to all ranks, children are welcome and booking is not required.

Each month, a different nation hosts the coffee morning so you can have a taste of cookies and cakes that you may have not seen or tasted before. It is very informal and always delicious. Please come along and you will always be welcome!



COFFEE MORNING UPCOMING EVENTS

16th Jan – Italy
February – TBC
March – Greece
April – TBC

Danish Coffee Morning 3rd October 17

On October 3rd, the Danish contingent had the pleasure of hosting the monthly Coffee Morning. We were so pleased that so many people made the effort to attend and we really enjoyed hosting this event.



To offer a real taste of Denmark, we served Danish pastry (of course), yoghurt with granola and fruit, buns and rye bread with cheese, butter, jam and the famous pieces of flat chocolate known as Pålægsschokolade. Pålægsschokolade are thin slices of chocolate (or vekao) that are used as a topping on bread, such as rugbrød or white bread. It is available in both light and dark chocolate, with the light variety being the more common.

The coffee morning was a tremendous success and everything was served following in the tradition of "hygge", which means a quality of cosiness and comfortable conviviality that engenders a feeling of contentment or well-being; basically, when friends gather and enjoy each other's company.

Charlotte Vedsøe & Charlotte Svanberg Petersen

German Coffee Morning 12th Sept 17



Being the first event after Summer leave, we felt very honoured hosting the German Coffee Morning.

To welcome everyone back and also to welcome the new members of the community that attended, we started with a little introduction game, just to break the ice. We then developed a recommendation chart, where people could suggest ideas of places to visit and things to do in the local area. Also, for a bit of fun, and so we could really visualise the spread of nationalities here in the Imjin Community, we invited everybody to place a pin into our world map to indicate where they were from.

To give an authentic taste of Germany, Filterkaffee was served along with fresh baked German style waffles with a choice of home-made applesauce, hot cherry compote, fresh fruits, whipped cream or sugar icing. On behalf of all of the German Ladies, I would like to thank everyone that attended the coffee morning for making it so enjoyable to host. It was a pleasure to get to spend time with so many people.

Lisa Hackstein



Netherlands Coffee Morning 21st November 17



On November 21st, myself, my friend Jette and her daughter Michelle, hosted the Netherlands coffee morning at the Imjin Barracks Officers' Mess.

The days leading up to the coffee morning were all about planning; what should we bake, how much should we make and when will we fit in our shopping. It was a little bit stressful as this was the first time I'd organised something like this, but I had Jette by my side to keep me relaxed.

The coffee morning was wonderful and as the saying goes, time flies when you're having fun. We would like to thank everyone who attended and made the morning such a success. As it was the last coffee morning of this year, we would like to take the opportunity to wish everyone a Merry Christmas and a Happy New Year.

Jette Berfelo, Michelle & Jeannette Knol



Innsworth Station Welfare Team Charity Fund Raisers

MacMillan Coffee Morning – September 17

Innsworth Station Welfare Team organised its own coffee morning as part of the World's Biggest Coffee Morning fundraising event.

The World's Biggest Coffee Morning is Macmillan's biggest fundraising event for people facing cancer. People all over the UK host their own Coffee Mornings and donations on the day are made to Macmillan. Last year alone Macmillan raised £29.5 million.



The Coffee Morning hosted at the Imjin Community Welfare Centre was the perfect chance for friends to catch up over a cup of tea and a



slice of something else delicious, all in aid of a great cause. The event was supported by both serving soldiers and their families. With their help and kind donations we raised a fantastic £355 for Macmillan cancer support. For more information and how to host your own Macmillan coffee morning, please visit: www.coffee.macmillan.org.uk/about/what

SSAFA Big Brew – October 17



The Imjin Community Welfare Centre hosted another coffee morning event in October, this time in aid of SSAFA, as part of the national Big Brew Up.

SSAFA's biggest fundraising event of the year helps raise vital funds for the Armed Forces charity. They provide lifelong support to all our Forces and their families. Joanne and Dawn & the Welfare team did an amazing job in organising the coffee morning, and the event raised £120 for the charity. For more information and how to host your own SSAFA coffee morning, please visit: www.ssafa.org.uk/bigbrewup



Thank you to everyone from the community who came along and supported the event.



Halloween Disco – October 17

Children and adults got into the spooky spirit at this year's Innsworth Station Community Halloween Disco.

Everyone enjoyed all the fun of the disco and the dressing-up. The fancy dress costumes as always were brilliantly well done, with some innovative ideas and some very professional looking costumes.



Everybody had a thoroughly enjoyable time and all the children went home completely exhausted.



Discounted Tickets

For Local Attractions

Available From Your Welfare Office

Discounted tickets available from Welfare (£10.00 family ticket / £2.50 individual)



Innsworth Station Welfare Office has discounted tickets for the above local Attractions. The tickets are available to Service personnel, civil servants, and their families who live or work at Innsworth Station.

Tickets must be booked and paid for in advance. To book tickets for an Attraction, go to the Welfare Office, confirm availability of the Attraction and the date required, complete a booking form and pay for the tickets. Tickets cannot be reserved or booked over the telephone.

Booked tickets are collected on the morning of your visit, from the Welfare Office (Monday – Friday), or Station Guardroom (weekends and Stand Downs), and returned to the Guardroom that evening. (The tickets may be required for the following day).

Tickets are on a first come first service basis, as there is a limited number. So, do book early to avoid disappointment, especially at Stand Down periods and Public Holidays, as the tickets are very popular.

For information, contact Welfare Office **01452 362550 / extn 4550** or **welfarearrc@hotmail.co.uk**

Tickets for Attractions over the Christmas – New Year period must be booked by 14 Dec 17, before the Welfare Office closes.

Check the websites for their festive events, any additional event costs and other information.

Bristol Aquarium (Bristol centre) Bristol, BT1 5TT	Closed Christmas Day. Open times: 1000-1700hrs www.bristolaquarium.co.uk
Bristol Zoo Clifton, BS8 3HA	Closed Christmas Day. Open times: 0900-1730hrs www.bristolzoo.org.uk
Cattle Country Adventure Park Berkeley, GL13 9EW	Limited opening dates: 16-23 Dec, & 27 Dec 17-1 Jan 18. Open times: 1000-1600hrs www.cattlecountry.co.uk
Noah's Ark Zoo Farm Wraxall, Bristol, BS48 1PG	Closed 24-26 Dec 17. Open Monday – Saturday, 1030-1600hrs www.noahsarkzoofarm.co.uk
WWT Slimbridge Slimbridge, GL2 7BT	Closed Christmas Day. Open times: 0930-1700hrs www.wwt.org.uk/wetlands-centres/slimbridge

Noah's Ark Zoo Farm

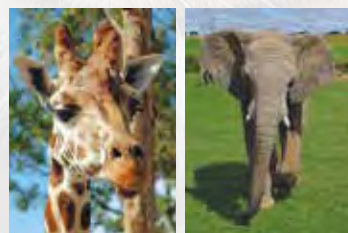


Noah's Ark is a unique hands-on zoo and working farm founded by Anthony and Christina Bush to celebrate the wonders of creation. We are a not-for-profit organisation located just outside Bristol and set in over 100 acres of beautiful countryside.



What started as a Farm Centre with farm animals, rabbits and guinea pigs and a small number of exotics like wallabies, has grown to become the largest zoo in the South-West welcoming over 200,000 visitors a year.

We now have a large range of exotic and endangered species, including African Elephants and Spectacled Bears, in our collection.



The theme of our zoo is Noah and his escape from a global flood. The story is familiar to most of us and of course the image of different animals gathered into the safety of an ark is very apt for a zoo, especially where one of its aims is conservation. But the theme also raises questions about whether such an extraordinary story could be true.

At Noah's Ark, we are passionate about caring for our animals and invite our visitors to have fun-filled, educational and exciting animal experiences through hands-on animal encounters, exhibits and keeper talks. We

encourage conservation through everything we do, including our educational workshops, fundraising events and the message we communicate on social media. A number of animals at Noah's Ark are also part of the breeding group, European Endangered Species Programme (EEP), which works with zoos across Europe to breed endangered species for repopulation.



We are winners of prestigious awards including:

The national 'Quality Badge' from the Learning Outside the Classroom Scheme;

- Gold Award in the Green Tourism Business Scheme;
- Silver Award for 'Sustainable Tourism' (2016) from Bristol, Bath and Somerset Tourism Awards;

- 'Access for All' Award in the Bristol Tourism & Hospitality Awards (2012);
- 'Best Innovation' Award from NFAN Awards (2015) for Elephant Eden.



Noah's Ark has also been recognised at a regional level with awards including North Somerset's Top Visitor Attraction and National Farm Attractions Network: Farm Attraction of the Year (Finalist).

For more information visit: www.noahsarkzoofarm.co.uk



What's On

December

Santa Specials on the GWSR

Santa Railcar Special - from Toddington station by an early 1960's rail car with Santa and his elves on board. Santa will come down the train giving out presents.

Santa Steam Special - from Cheltenham Racecourse Station by steam train all the way to Winchcombe (or the North Pole!) through the long tunnel, and visit Santa and his elves in his grotto.

Where: Cheltenham Racecourse, GL50 4SH, Toddington Station, GL54 5DT
Time: From 10am (see timetable)
Tickets/Admission: See website
Contact phone: 01242 621405
www.gwsr.com

2nd-24th

Sleeping Beauty The Roses Theatre

Sleeping Beauty delivers everything you've come to expect from a Roses pantomime; a gallant hero, a feisty damsel, a villainous baddie, plenty of comedy slapstick, dazzling costumes and fairytale sets. With music, dancing and laughter from start to finish, you're left with a fun-filled outing for the whole family this Christmas

Where: Roses Theatre, Sun Street, Tewkesbury, GL20 5NX
Time: Morning, matinee and evening performances
Tickets/Admission: £9.50 - £25
Contact phone: 01684 295074
www.roses theatre.org

2nd-31st

Spectacle of Light at Sudeley Castle

Explore the new illuminated trail around the castle's stunning grounds, marvelling at the majestic trees and romantic ruins all lit under the stars.

Sip festive warmers of mulled wine, cider and hot chocolate and tuck into hot savoury treats along the way.

Where: Sudeley Castle, Winchcombe, Glos. GL54 5JD
Time: 5pm onwards
Tickets/Admission: from £9.95
Contact phone: 01242 604244
www.sudeleycastle.co.uk/spectacle

8th-30th

Christmas Carols & Market at Gloucester Cathedral

Sung on the hour by Choirs of the Cathedral, each service lasts just 30mins. Then visit the Cathedral Cloisters to browse the stalls of the Christmas Market (from 10.00am).

Mince pies, mulled wine and festive refreshments are available in the Chapter House and Cathedral Coffee Shop. Outside the Cathedral will be a live Nativity scene.

Where: Gloucester Cathedral, College Green, GL1 2LX
Time: 11am - 4pm
Tickets/Admission: Free entry
Contact phone: 01452 528095
www.gloucestercathedral.org.uk

9th

January

Gin Tasting

Join us for an evening of Ginformation. Our Gin Tasting Guide will take you on a journey through Gin while tantalizing your taste buds!!! Your Ginformational journey will take you and your taste buds through the history of Brennen & Brown and the team's fabulous creations.

learn about garnish and the difference they can make to what you taste in your glass.

Please allow up to 2 hours for this event. Please do NOT drive as you are drinking Gin, and we have limited parking available.

Gin tasters must be 18 or over.

Where: Brennen & Brown Ltd, Unit 2C, Alstone Lane, Cheltenham, GL51 8HE
Time: 5.30pm
Ticket/Admission: £35
Contact phone: 01242 370400
www.brennenandbrown.com/gin-tasting

Thur & Fri

New Year's racing at Cheltenham Racecourse

Toast 2018 at Cheltenham Racecourse, where a host of thrilling races and a chance to continue the New Year celebrations with family and friends awaits this New Year's Day. Whether you're a racing expert or want to start the New Year with a spot of trackside action in the festive fresh air, the New Year's Day racing event in Cheltenham is a highlight on the town's annual calendar.

There are seven compelling contests lined up on the track, while Paddington Bear will be making an appearance throughout the day, with a kids' entertainment area and fun activities.

Spending New Year's Day at Cheltenham Racecourse beats a day in front of the box.

Where: Cheltenham Racecourse
Times: To be confirmed
Ticket/Admission: From £10 per person
Contact phone: 0344 579 3003
www.cheltenham.thejockeyclub.co.uk

1st

Fastlove: A Tribute to George Michael at the Everyman Theatre

Get ready for an unforgettable evening with a global superstar, as he puts the Boom Boom into your heart in the all new production for 2017 - Fastlove: A Tribute to George Michael.

This is a spellbinding experience you don't want to miss. You'll be getting up (to get down) to all your favourite songs. Relive the passion, the flare, and the unique sensitivity of George Michael in this incredible concert sensation.

Where: Everyman Theatre, Cheltenham, Gloucestershire GL50 1HQ
Time: 7.30pm
Ticket/Admission: £19 - £25
Contact phone: 01242 572573
www.everymantheatre.org.uk

11th

February

Community Pottery Workshops

Currently there are sessions running on Tuesdays and Wednesdays for different age groups, offering the opportunity to work on individual projects.

Bespoke sessions can also be arranged for groups, and the studio is available for hire by teachers wishing to run their own classes. Facilities include a light and airy main studio with five wheels, a glazing room with plenty of hand building tables and storage shelves, and a firing room with gas and electric kilns.

Where: The Centre for Science & Arts, 13 Lansdown, Stroud, GL5 1BB
Time: Various
Ticket/Admission: £12 per 2hr
Contact phone: 01453 837537
www.rmt.org

Tue & Wed

Gloucester Prison Ghost Hunt

HMP Gloucester has a long and chilling history with many of the executed criminals remain buried in the grounds of the prison. Some of the most infamous serial killers have been incarcerated within the walls of Gloucester Prison.

An experience that will really test your nerve and maybe an experience that you will not forget. With suffering torment and death deeply etched into the very fabric of this imposing prison. The remains of the executed are still within the walls and may never leave. Gloucester Prison was also home to the notorious serial killer Fred West.

You make contact with those who remain as we carryout séances, vigils and experiments in the most active areas of this imposing location. You will be well looked after by the experienced team during your night ghost hunting.

Where: Gloucester Prison, Barrack Square, Gloucester, GL1 2JN
Time: 21:00 until 03:00
Tickets/Admission: £59.00
Contact phone: 0115 9720570
www.hauntedhappenings.co.uk

3rd

Flowing Yoga

This fun, friendly class will give you an energy boost. You will improve your balance and coordination, strengthening your body and increasing resilience. Bodywork lengthens and tones muscles, shedding tension, leaving you feeling refreshed.

Suitable for beginners but also structured to give more experienced practitioners all the benefits of a well-rounded yoga practice.

Yoga mats and meditation cushions available to borrow on a first come, first served basis.

Where: The Isbourne, 4 Wolseley Terrace, Cheltenham, GL50 1TH
Time: 9.30am to 10.45am
Ticket/Admission: £10.00 or £30.00 for four-session block
Contact phone: 01242 254321
www.isbourne.org/whats-on/our-categories/69-physicality

3rd-24th

March

The Marley Experience

The Marley Experience are an eight piece UK Midlands based Bob Marley Tribute band with a difference, with our lead vocalist Lionart & his undeniable vocal resemblance to the late great King of Reggae Bob Marley himself.

Lionart has performed on stage alongside famous Reggae stars such as Dawn Penn, Erroll Dunkley & David Rodigan and has been the lead vocalist in bands such as the Friendly fire band & the Roots Ambassadors as well as playing trumpet for Reggae band Natural Mystic.

Where: Stroud Subscription Rooms, George Street, Stroud, GL51 1AE
Time: 8.00pm
Tickets/Admission: £15 or £18 on the Door
Contact phone: 01453 760900
www.subscriptionrooms.org.uk/whats-on

2nd

Choose Your Battles

Lucy Porter's brand new stand-up tour. In these combative times, it's easy to be irritated, offended or downright enraged by other people. How do we know which causes are worth fighting for? Lucy uses her hilarious experiences to help you decide.

Recent TV and radio appearances include: QI, Insert Name Here, Alan Davies' As Yet Untitled, Room 101, News Quiz and The Now Show.

Where: Gloucester Guildhall, 23 Eastgate Street, Gloucester, GL1 1NS
Time: 7.30pm
Tickets/Admission: £14 / £12 Cons
Contact phone: 01452 503050
www.everymantheatre.org.uk

10th

The Banff Mountain Film Festival 2018

Experience an extraordinary collection of short films from the world's most prestigious mountain film festival.

Follow the expeditions of some of today's most incredible adventurers, see amazing footage of adrenaline packed action sports and be inspired by thought-provoking pieces shot from the far flung corners of the globe.

This year there are two evenings that will ignite your passion for adventure, action and travel. For double the adventure come along both nights for two entirely different film programmes.

Where: Cheltenham Town Hall, Imperial Square, Cheltenham, GL50 1QA
Time: 7.30pm
Tickets/Admission: £12.50
Contact phone: 0844 5762210
www.cheltenhamtownhall.org.uk/whats-on

7th

What's On

December

Sail with Santa Cruises from Gloucester Docks

An ideal treat for all the family on a very special one-hour cruise. Enjoy freshly brewed tea and coffee with hot mince pie for the adults, biscuits and cold drink for the children whilst waiting for the magical moment for Santa to arrive. Children receive a present from Santa.

Make a day of it, your ticket includes free admission to the museum.

Where: National Waterways Museum, Llanthony Warehouse, Gloucester Docks, GL1 2EH
Time: 3 sailings daily
Tickets/Admission: £10.50
Contact phone: 01452 318200
www.canalrivertrust.org.uk/enjoy-the-waterways

9th, 11th & 16th-23rd

Santa Experiences at WWT Slimbridge

Join the elves for breakfast or afternoon tea in the beautiful setting of WWT Slimbridge Wetland Centre, visit Santa in his magical grotto, ice gingerbread men, toast marshmallows, get creative making arts and crafts - and don't forget to send a letter to the North Pole at the WWT post office!

This Christmas WWT is offering a full day of festive fun which the whole family will love.

Event must be booked in advance..

Where: WWT Slimbridge Wetland Centre, Slimbridge, Glos. GL2 7BT
Time: 9.30am to 5pm
Tickets/Admission: See website
Contact phone: 01453 891900
www.wwt.org.uk/wetland-centres/slimbridge

16th-22nd

The Snowman & Carnival of the Animals at Cheltenham Town Hall

The Mozart Symphony Orchestra is back again this year at Cheltenham Town Hall with the perennial favourite The Snowman, plus the Carnival of the Animals.

Give the whole family a magical Christmas treat as The Snowman is shown on the big screen while the Mozart Symphony Orchestra provides a live soundtrack.

Saint-Saëns' Carnival of the Animals will be performed with lots of extras and fun surprises including poetry by Ogden Nash and others, terrible Christmas jokes from the conductor's podium and wonderful cartoon animations projected onto a screen above the orchestra.

Where: Cheltenham Town Hall, Imperial Square, Cheltenham, GL50 1QA
Time: 1.30pm
Tickets/Admission: £30.00, £25.00, £20.00, £15.00
Contact phone: 0844 576 2210
www.cheltenhamtownhall.org.uk

22nd

January

Floodlit Swan Suppers at Slimbridge WWT

Experience the beauty & sounds of hundreds of wild swans on a floodlit lake before enjoying a delicious two course meal at WWT Slimbridge Wetland Centre.

Settle into the warm Peng Observatory and watch the wild swans, geese and ducks. The warden commentates the feed describing the impressive journey each species makes to reach Slimbridge, its winter home.

Following the bird feeding, guests head to the Kingfisher Kitchen to enjoy their own meal - a sumptuous two courses followed by a hot drink.

Where: WWT, Slimbridge, Glos. GL2 7BT
Time: 6.15pm
Tickets/Admission: £29.95
Contact phone: 01453 891223
www.wwt.org.uk/wetland-centres/slimbridge

12th-13th

Fairport Convention at the Roses Theatre

Fairport Convention has been making great music for over fifty years. Credited with originating British folk-rock music, the band has been through many changes but the current members retain a passion for live performance.

This year's Winter Tour will feature a mix of long-established Fairport favourites and new material from their most recent studio album 50:50:50 celebrating their Golden anniversary.

The band has won a coveted BBC Lifetime Achievement Award; Radio 2 listeners voted Fairport's groundbreaking album Liege & Lief 'The Most Influential Folk Album of All Time'; and their story has been celebrated with a major documentary on BBC Four television. Whether you are a long-time fan or a newcomer to their music, an evening with Fairport Convention is sure to surprise and delight you.

Where: Roses Theatre, Sun Street, Tewkesbury, GL20 5NX
Time: 7.30pm
Tickets/Admission: £27
Contact phone: 01684 295074
www.roses theatre.org

25th

Ben Holder Jazz Trio at Gloucester Cathedral

Enjoy an evening of live jazz in the intimate atmosphere of the newly restored Lady Chapel.

Jazz violinist Ben Holder will be joined by guitarist Jez Cook and bassist Paul Jefferies

Doors open at 6.45pm for pre-concert drinks.

Where: Gloucester Cathedral, College Green, GL1 2LX
Time: 7.30pm
Tickets/Admission: £16
Contact phone: 01452 768928
www.gloucestercathedral.org.uk

27th

February

David Baddiel at Everyman Theatre

Enjoy a night of no-holds-barred comedy when television personality David Baddiel takes his critically acclaimed show, My Family: Not the Sitcom, to Everyman Theatre. Flying high off the success of two West End runs.

The favourite funnyman is sure to delight - and offend - audiences with his signature brand of humour. Hailed by Den of the Geek as 'an exceptional piece of comedy', David's show offers a disrespectful celebration of the lives of his late sex-mad mother, Sarah, and dementia-ridden father, Colin.

Where: Everyman Theatre, Cheltenham, GL50 1HQ
Time: 7.30pm
Tickets/Admission: TBC
Contact phone: 01242 572573
www.everymantheatre.org.uk

4th

Valentine Winter Owl Evening at ICBP Newent

You will be taken on a guided tour by torchlight, where the owls are awake - very different from as you see them during the day. After the tour warm up with a hog roast and mulled wine or hot apple juice (vegetarian option available). This is followed by a flying demonstration which takes place in the Indoor Flying area.

The evening ends with owls free flying in their natural element - outside in the flying field with special underground low level lighting. Remember to wear warm sensible clothes and bring a torch.

Where: The International Centre for Birds of Prey, Bouldson House, Newent, GL18 1JJ
Time: Arrive 6.30pm for a 7pm start
Tickets/Admission: Adults £35
Contact phone: 01531 820286
www.icbp.org/site

14th

An Evening with Ant Middleton

Ant Middleton, adventurer, survival expert, TV presenter, ex elite forces soldier, will be sharing his experiences and exploits as a modern day explorer and expedition leader. His TV roles include "SAS (Who Dares Wins)", "Mu-tiny" and "Escape" (Channel 4).

In this adventure filled one-man show, Ant recounts his extraordinary life in the military, with tales that will defy belief for their sheer bravery and danger.

The tour also includes further tales and behind the scenes moments, revelations and gossip from his TV shows; and will give us an exclusive insight into his life and exciting future TV projects!

Where: Cheltenham Town Hall, Imperial Square, Cheltenham, GL50 1QA
Time: 7.30pm
Tickets/Admission: £24.50
Contact phone: 0844 5762210
www.cheltenhamtownhall.org.uk/whats-on

24th

March

Cheltenham Festival and Gold Cup

The Festival returns to Cheltenham - four days of unrivalled horseracing action from the Home of Jump racing between. The Cheltenham Festival is one of sport's most enthralling extravaganzas and in 2018 the nation will once again be swept by horse racing fever as gamblers and racing fanatics prepare to embark on an unrivalled path of excitement.

The course can expect to welcome over 200,000 racegoers from all over the world, with it believed that more than £500 million will be gambled throughout the week. While it is impossible to know what next year's meeting will bring, one thing is for certain: the action is sure to be explosive, exhilarating and thoroughly intriguing.

Where: Cheltenham Racecourse, Evesham Road, Prestbury, Cheltenham, GL50 4SH
Time: See Website
Tickets/Admission: See Website
Contact phone: 0344 579 3003
www.thefestival.co.uk

13th-16th

Pasha - The Magic of Hollywood

Pasha Kovalev from Strictly Come Dancing returns with his brand new show - The Magic of Hollywood.

An amazing new show packed with sequins, glitz and glamour as Pasha takes to the stage with his sensational dancers performing Oscar worthy numbers set to a Hollywood theme.

3 performances only. Book now to avoid disappointment.

Where: Everyman Theatre, Cheltenham, Gloucestershire GL50 1HQ
Time: Eves: 7.30pm; Sat Mat 2pm
Tickets/Admission: £25
Contact phone: 01242 572573
www.everymantheatre.org.uk

23rd-24th

Brighton Rock

Pilot Theatre and York Theatre Royal are proud to bring the dark underworld of Graham Greene's classic novel, Brighton Rock (which has also been made into two feature films starring Richard Attenborough and Helen Mirren) to the stage in this new adaptation by acclaimed writer and Tony Award-Nominee Bryony Lavery, whose credits include Her Achting Heart, Frozen and Treasure Island (National Theatre).

Where: Everyman Theatre, Cheltenham, GL50 1HQ
Time: Eves: 7.30pm;
 Thu & Sat Mat 2pm
Tickets/Admission: £18 - £30
Contact phone: 01242 572573
www.everymantheatre.org.uk

27th-31st

Cheltenham Christmas Market

(23 Nov 2017 - 16 Dec 2017)

Day	Times
Mon - Wed	10:00 - 18:00
Thu - Sat	10:00 - 20:00
Sunday	11:00 - 17:00

Cheltenham Christmas Market will run from Thursday 23 November through to Saturday 16 December, seven days a week. There will be dozens of wooden chalets selling a wide range of festive crafts and gifts, food and drink, all situated in the beautiful setting of Cheltenham Promenade.

Now in its 15th year, 2017 offers an excellent opportunity for those with

an eye for quality to experience one of the best Christmas Markets in the United Kingdom. Visitors from around the UK will continue to be attracted by the range of hand crafted jewellery, seasonal arts & crafts and hand paintings, to the more unusual gifts and collectables.



Gloucester Quays Christmas Market

(27 Nov 2017 - 24 Dec 2017)

Day	Times
Mon - Fri	12:00 - 19:00
Saturday	10:00 - 19:00
Sunday	11:00 - 17:00

Spread across the Quays and nestled around the open air Ice Rink in Orchard Square, this magical market will be open every day until Christmas Eve.

This year, the market will feature around 40 traditional chalets selling high quality seasonal food, drink, art, jewellery, accessories and festive gifts that you won't find on the high street. With new artisan producers attending

each week, there'll always be something different to discover. The market will also feature an M&S Outlet Christmas Pop Up Shop, Winter Bandstand with live seasonal entertainment, live music and street acts during the evenings and at weekends, a magnificent traditional Ferris Wheel and of course the spectacular, open air Ice Rink!





CHURCHDOWN PANTHERS FOOTBALL CLUB

Churchdown Panthers FC
Secretary U7's to U18's

Website: www.churchdownpanthers.co.uk
Email: info@churchdownpanthers.co.uk

Phone: 07985803152

Age Group 7-18 years



KINGSWAY PARK RUN

It is a 5km run - it's you against the clock
It's free!

Website: www.parkrun.org.uk/kingsway/
Email: kingswayoffice@parkrun.com
Facebook

Age Group Various



PUDDLE DUCKS SWIMMING LESSONS

Website: www.puddleducks.com/local-teams/gloucestershire
Email: gloucestershire@puddleducks.com
Phone: 01452 473073

Age Group 0-4 and 4-10 years

7 Locations across the Imjin Community

Email: kathryn@rugbytots.co.uk

Telephone: 0345 313 0014

Mobile: 07476 663505

Age Group 2-7 years

Web: www.rugbytots.co.uk



GLOUCESTER SAXONS BASKETBALL CLUB

Website: <http://gcbazers.co.uk/>
Email: geoffsteer@outlook.com
Mobile: 07505 456588/07913 326190

Age Group Under 11 - 16 years



Girlguiding Gloucestershire girls in the lead.

GIRLGUIDING IN GLOUCESTERSHIRE

www.girlguidinggloucestershire.org.uk
@GirlguidingGlos on Twitter

Girlguiding Gloucestershire on Facebook

For question please email: news@girlguidinggloucestershire.org.uk



GLOUCESTERSHIRE SCOUTS

The contact for the group based at Imjin is Rachel Corish, Group Scout Leader.

Website: <http://gloucestershire-scouts.org.uk/>

Email: foxrachel@blueyonder.co.uk

Sessions at The Hive on the following days and times:

Beavers - Monday - 17.30 to 19.00

Cubs - Tuesday - 18.30 to 20.00

Scouts - Monday - 19.15 to 20.45



CHECKERS ACROBATIC GYMNASTICS AND TUMBLING CLUB

Website: www.checkersacro.com
Email: info@checkersacro.com

Phone: 01452 501 536

Age Group 3 upwards

MONKEY MUSIC CHELTENHAM AND GLOUCESTER

Website:

www.monkeymusic.co.uk

Email: cheltenham.gloucester@monkeymusic.co.uk
Phone: 01242 525750 or 07768 457403

Age Group 0-4 years

(Wednesday mornings at St Andrews Church, Churchdown)
Forces personnel can have 20% off classes and a £1.00 joining fee.



Words from the Station

1st (United Kingdom) Signal Brigade Who we are and what we do



1st (United Kingdom) Signal Brigade is based in Gloucester and commands, prepares and generates forces which are held at high states of readiness, to support current and future operations all over the world. Professional, motivated and innovative, brigade units deliver robust and resilient Command Support (capabilities which assist commanders in the exercise of command), Communications Information Systems and Real Life Support (accommodation, power, medical support, feeding) to formations including:

- The NATO Allied Rapid Reaction Corps (ARRC)
- The Joint Rapid Reaction Force
- The Vanguard Aviation Force
- The Air Assault Task Force
- The Vanguard Field Hospital
- The Foreign and Commonwealth Office (FCO)

EX JAVELIN ACCOLADE

In order to develop an understanding of past conflicts, and improve the knowledge of historical battles around the world, the military often conduct battlefield studies to deliver descriptive, and at times personalised, accounts of a given campaign. Having the opportunity to walk the ground and visualise scenarios, with assistance from specialised guides, enables the participants to gain a true insight to the challenges and emotions that must have been felt at the time.

Last May, members of HQ 1(UK) Sig Bde conducted a battlefield study on the Greek island of Leros, one of the Dodecanese Islands; located in the Aegean Sea a few short miles from the Turkish coast. The Study focussed on the little-known 1943 campaign to occupy the Dodecanese islands by both British (under the banner of Operation ACCOLADE) and German forces following the surrender by the Italians on 8 September.

The study of such a little-known campaign, constrained in space and time and about which a limited amount of written history and analysis exists, has certain advantages. For the level of experience of attendees (largely first time Battlefield Students), the scope of the campaign and limited amount of reading material made the study accessible, whilst the size of the island easily allowed the group to understand the context and difficulties of the operation due to the high ground and the sea boundaries.



The academic study, through the medium of vignettes delivered by the guide and syndicate presentations, was interspersed with cultural and interest visits to Pandeli Castle, the private war memorabilia collection of local enthusiast Giannis Paraponiaris, and the various war memorials in and around the Lakki waterfront. The participants also paid their respect to the fallen in a short ceremony and wreath-laying at the CWGC Leros War Cemetery; located in a pleasant spot on the water's edge in Alinda Bay.

The Dodecanese Campaign offers lessons on political friction, strategic decision making, working in a coalition, operational planning, joint cooperation and the employment of special forces. The Long Range Desert Group (LRDG) and Special Boat Service (SBS), both featured significantly in the campaign, among others.

As challenging as it was enjoyable, all the students came back with a better understanding of the Political and Strategic challenges of conducting Joint Multinational Operations, and how those challenges manifest themselves today.

Capt Ben Swatridge

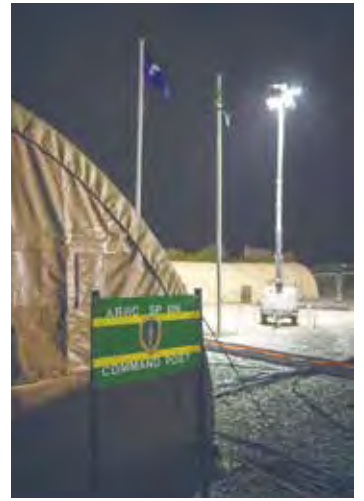


Words from the Station

ARRC Support Battalion Who we are and what we do

ARRC Support Battalion is a multi-trade organisation whose mission is to provide support to the HQ ARRC and HQ 1 (UK) Signal Brigade on deployed operations, exercises and in barracks. This mission sees the battalion providing food, power, accommodation, working spaces, security, medical support and training for the deployed Force. When not deployed the Battalion also supports Station functions such as the Medical and Welfare Centres, as well as any event for the Station and the community.

The Battalion's soldiers come from 17 different cap badges of the British Army, but predominantly from the Royal Logistic Corps, the Royal Engineers and the Brigade of Gurkhas. Lt Col Nick Thomas QDG is both the Battalion Commanding Officer and the Imjin Station Commander.



The Support Battalion has continued to keep relations high with the local community. Two examples of the ways in which it has achieved this are below.

Chosen Hill School

The ARRC Support Battalion is always looking to integrate, and improve relations, with the local community. Working with Chosen Hill School is one of these.

Chosen Hill School, a local academy trust school, sent 8 Year 10 students to the Battalion to undertake work experience at the beginning of July. The students started the week with Catering Troop where they practised improvised cooking in the field. The students then moved on to learn the functions and capabilities of the Light Aid Detachment and Transport Troop, conduct Basic Life Support training, and experience improvised explosive device awareness training. The students rounded the week off with introductory shoots on the 25m pistol range, and a day on the rifle range.

The week proved to be an enjoyable and out of the ordinary experience for both the hosts and the students; showing off the wide variety of skills and experiences available in the Support Battalion and the Army as a whole.



Forest Green Rovers

Before summer leave, the Support Battalion Football team hosted Forest Green Rovers U21 side, a national League 2 team. The Battalion gave them a taste of drill, military physical training, and army life. Following this busy morning and a curry lunch, the Battalion football team met the Rovers on the pitch where, despite much heart and determination, they were defeated 9-0; not a surprising result given the skill of the opposition! Overall the visit was a huge success and the Battalion hopes to meet the Rovers in the future for a re-match.

Capt Charles Stephenson

Words from the Station

Defence Business Services (DBS)

DBS provide corporate support services to businesses and individuals across Defence. At Imjin, the DBS Military Personnel pillar provides services through the Joint Casualty and Compassionate Centre (JCCC) and the MOD Medal Office supporting military personnel and their families, veterans and entitled civilian personnel.

Further information on DBS services can be found on the **GOV.UK** website or intranet for Service Personnel.



The Ministry of Defence Medal Office – Stars and Medals of World War II

The MoD Medal Office located at Imjin Barracks issues approximately 45,000 medals each year to current service personnel, civilians, veterans and their families. Two teams within the office focus on issuing the 9 Stars and 2 Medals of WWII to the last surviving veterans of the war and their families.

In 1948, Royal approval was finally granted to the 1939-45 Star, Atlantic Star, Air Crew Europe Star, Africa Star, Pacific Star, Burma Star, Italy Star, France and Germany Star, Defence Medal and War Medal 1939-45. Following the independent Medal Review conducted in 2013 by Sir John Holmes, the Arctic Star and Bomber Command Clasp were added to the list of WWII Stars and Medals. Since the announcement in 2013, the MoD Medal Office has issued 18,000 Arctic Stars and 12,000 Bomber Command Clasps to Veterans or their Next of Kin.

King George VI personally designed the ribbons for the WWII Stars and Medals with the colours having symbolic meaning. For example, the ribbon for the Defence Medal is green for the fields of England, orange for the fires of the Blitz and black for the Black Out. The colours of the 1939-45 Star represent the tri-services whilst the Air Crew Europe Star is blue for the sky, black for night flying and yellow for the enemy searchlights.

The criteria was constructed so that no more than 5 Stars could be awarded to one person. This increased to 6 with the



introduction of the Arctic Star. If an individual qualified for more stars, they would instead receive a clasp with the title of that Star to affix to one of the others already awarded.

In the years of austerity that followed the war it was ruled that the state would not issue medals to veterans, as was the case after WWI, but the onus was on the individual to apply retrospectively. Austerity measures also saw that Stars and Medals were issued unnamed. Boots the pharmacy capitalised on this by offering an engraving service where individuals could take their medals and stars and have them engraved at their own expense. Sadly, many never claimed their medals. The MoD Medal Office continues to issue these medals daily, helping to recognise the dedication and sacrifice made by these WWII heroes.

Should you wish to apply for a relative's medals then please visit:

www.gov.uk/apply-medal-or-veterans-badge



Words from the Station

Padre's Pen

In a World Cup year, what choices will you make?

It's the World Cup Final, and a man makes his way to his seat right next to the pitch. He sits down, noticing that the seat next to him is empty. He leans over and asks his neighbour if someone will be sitting there.

'No,' says the neighbour. *'The seat is empty.'*

'This is incredible,' said the man. *'Who in their right mind would have a seat like this for the Final and not use it?'*

The neighbour says, *'Well actually the seat belongs to me. I was supposed to come with my wife, but she passed away. This is the first World Cup Final we haven't been to together since we got married.'*

'Oh, I'm so sorry to hear that. That's terrible....But couldn't you find someone else, a friend, relative or even a neighbour to take her seat?'

The man shakes his head. 'No,' he says. *'They're all at the funeral.'*

What is most important to you? Christmas holidays and New Year's resolutions all provide opportunity to contemplate life and set goals for the future. This is a really important opportunity and you must not miss it. So, I am compelled to ask you four serious questions.

Where have you come from? As you consider these questions you need to consider where you have come from. It is good to reflect on what has happened over the last year. A lot can happen in a year, and not all of it good. What challenges have you faced, what pain have you endured? Adversity affects us in many ways, but not just in bad ways. Adversity can make us resilient. A person who hasn't experienced any adversity in their life is going to have a hard time when it does hit them. Adversity can help build coping skills, and also help put things into perspective.

Where are you going? Resilience is not just about coping with the past but also planning for the future. Resilient people have goals: goals in their lives, their careers, their relationships, in practically everything they do. So what are your priorities? Where are you going with life? What is most important to you?

How are you going to get there? Setting goals and forward planning will not remove all adversity. Think of physical activity, as many of us do post-Christmas. It is not my desire to be hot, sweaty and out of breath. But sometimes you have to suffer to achieve something better. The goal is the endpoint (body of a Greek god), the journey, however, may be tough (sweat, pain, lack of oxygen, loss of vision, unconsciousness). But when you are on the journey, the key is to focus on the endpoint, the goal, the reward, and that will motivate and strengthen you to continue through adversity.

Do you need help? In the Bible, God says he has plans for you, to prosper you and not to harm you; plans to give you a hope and a future. But those plans involve sacrifice, service, and submission to a higher purpose. Service,



sacrifice and submission to a higher purpose are concepts Military families well understand. But rather than glory, honour and a nice pension, for those who call on God, the end point is out of this world!

So as you face a New Year, give time to reflect on the direction of your life and what is most important to you, but more importantly, what help do you need to achieve your goal?

Padre Mark

Lunchtime Church Service

On the first Thursday of each month there will be a short service held in the Chaplain's Centre across from the Guardroom. The service will commence at 1300, and last no more than a half hour and will be non-denominational.

News From Station Headquarters

As I write this there are only fifty five days until Christmas. At one time I would have said forty seven shopping days, but with Sunday trading, every day is a shopping day. I put this in just so you have no excuse for not buying your loved ones what they really want for Christmas. Anyway, what is happening around Gloucestershire?

Christmas Markets

Christmas markets have been a tradition in Britain for many years. When I was a young lad, I remember fondly going round them with my Mum and Dad. A treat for us was to buy hot chestnuts from one of the food stalls. These days the Christmas Markets are generally more international, especially the food stalls, with offerings such as Bratwurst from Germany and crepes from France. The market in Cheltenham is quite large and always popular.



Railways

Regular readers will know that I have a passion for railways. When our children were younger, we used to go to one of the preserved steam railways to take them to see Santa. There are a couple of such railways not far from here (see pages 18-19). Be warned though, if you fancy going, book early as places get booked up very quickly.



Going Away

Although we live locally and have a traditional Christmas at home, when I was in the military, Christmas was often spent with parents or in-laws. Being military, holidays are one of the few chances we got to visit our extended families. If any of you are going away for Christmas, don't forget the usual safety precautions.

- If a neighbour has a spare car, ask them to park one on your driveway. A car coming and going from a house can give the impression that it is occupied.
- Get a timer plug for your lamps. You can buy a timer plug for less than £10. They can be programmed to switch on and off at different times of the day. You could also connect your radio to a timer plug. This will give the casual observer the impression that the house is occupied.
- Get a trusted neighbour to keep an eye on your property for you. Also give them a contact number so that they can get in touch in an emergency.
- Ask a neighbour to put your rubbish bins out – and to put them back, even if they are empty. Again, this gives the impression that people are still in the house.

Most importantly, when you are away at Christmas, have a great time and don't forget to leave a note for the man with the white beard to let him know where you are. We wouldn't want him to leave the presents at the wrong house!

Family Traditions

Although each country has its own famous traditions, many families have their own special ones. We have three sons, and in our family it has become a tradition the boys go to the pub on Christmas Eve while Mum stays at home watching television in peace. When we get home from the pub we have a mince pie or two and then off to bed, ready for the big day. On Christmas Day, after Church, it's dad who does the cooking starting with a full cooked breakfast, then straight on to cook Christmas Dinner to be ready for 2.00 pm. Whether we've finished dinner or not, we have Her Majesty the Queen's Christmas message at three o'clock. Christmas dinner finishes with Christmas pudding and then at about six o'clock, we have Christmas tea, turkey and ham sandwiches and Christmas cake. The day is generally finished off with the whole family watching a traditional Christmas film on TV. I recommend George C Scott in "A Christmas Carol".

Happy Christmas to everyone,

Bernard Barton-Ancliffe

Bernard.Barton-Ancliffe801@mod.uk

Telephone: **01452 718200**



News From Station Welfare

Family Information Service (FIS)

(Gloucestershire County Council)

The Family Information Service provides free impartial information, advice and support for all children, young people and their families in Gloucestershire.

They can advise on – finding and paying for childcare, how to become a childminder, local and national support for families, lone parents and new parents, activities and events during the school holidays and seasonal events, advice on changing or starting school and provide support for special educational needs and disability.

The Family Information Directory provides a wide range of resources and information. See their website for more information, www.glofamiliesdirectory.org.uk

The Key is the Gloucestershire children and young people's disability register. It helps to plan and develop services, and to inform and share information with families. It provides a newsletter of local and national services, charities and events.

Further information about FIS, the Family Information Directory and the Key, can be found at the Gloucestershire County Council website: www.gloucestershire.gov.uk – Health and social care – Children, young people and families – Family Information Service.

GL Card

The loyalty card to use in Gloucester



The GL Card is a loyalty card for local workers, residents and visitors, to encourage those living and working in Gloucester to support the city centre. The Card is a contactless card, mobile app, and website, and provides the opportunity to earn rewards and receive exclusive offers & deals from shops, eateries and attractions.

You can pick up a GL Card from the Gloucester Tourist Information Centre on Southgate Street and at the Customer Reception Desk at Gloucester Quays. Once you have your Card, you then register it online, via the website or mobile app.

Just scan your Card or mobile app at a Touchpoint kiosk, and find the offers available. Offers can be by printing out a voucher, or by showing the Card to a retailer.

Participating retailers can be found by going to a Touchpoint kiosk, visiting the Card website, or by searching the Card App. Retailers include, restaurants/cafes, opticians, shops, local buses, pubs, taxis, attractions and hotels. Full details of retailers offering the latest offers are on the website.

Touchpoint kiosks are situated in the Eastgate Shopping Centre, GL1 Leisure Centre, Kings Walk Shopping Centre and the Tourist Information Office.

www.GLcard.co.uk

Secure your Home over the Leave Period

Residents are reminded to be extra vigilant and ensure the security of their home and items, now that the darker Winter months are here, and particularly over the Christmas & New Year leave period.

- Don't leave empty packaging/boxes outside your home.
- Do put away any items in the house, shed or garage.
- Do ensure that your house, sheds, garages and vehicles are locked & secured.

If you will be going away over the Leave period, remember to:

- Cancel milk, papers and other regular deliveries
- Ensure doors & windows are closed and locked
- Use timer switches, upstairs and downstairs
- Secure & lock side gates, sheds and garages
- Tell your neighbours that you will be away and give them your contact number.

Further details for keeping yourself and your home & property safe can be found on the Gloucestershire Constabulary website: www.gloucestershire.police.uk – staying safe.

GLoucester Police - CONTACT NUMBERS

Should you see or hear anything suspicious in your street, please report it immediately to the Police:

Non-emergency: 101
Emergency: 999

Welfare Office Closure Christmas & New Year

The Welfare Office will be closed from 12.30hrs 15 December 2017 and will re-open at 0830hrs Tuesday 2 January 2018

For an emergency need to contact the Duty Welfare Officer over the leave period, please contact the Station Duty Officer through the Guardroom

01452 712612 ext 7089 or 6402



Allied Rapid Reaction Corps Carol Service

Monday 11th of December 17 1600-1700hrs Gloucester Cathedral



Come and join us for a Carol Service at the spectacular Gloucester Cathedral. An opportunity to bring families and guests together to celebrate the festive season.

Music by The Band of the Price of Wales' Division and the Innsworth Military Wives Choir. Mince pies, gluhwein and soft drinks will be available after the Service. Return transport will be provided from Imjin Barracks.

For further information, please contact Major George Grieve by email at: gordon.grieve303@mod.uk or phone: **01452 718727**



Innsworth Station Community – Upcoming Events

Tues 05 Dec 2017	Kids Movie Tea Time 2 – 16 years	Innsworth Stn Community Centre - The Grinch	1600-1800
Tues 16 Jan 2018	Kids Movie Tea Time 2 – 16 years	Innsworth Stn Community Centre	1600-1800
Tues 20 Feb 2018	Kids Movie Tea Time 2 – 16 years	Innsworth Stn Community Centre	1600-1800
Tues 13 Mar 2018	Kids Movie Tea Time 2 – 16 years	Innsworth Stn Community Centre	1600-1800
Fri 30 Mar 2018	Kids Disco 2 – 16 years	Innsworth Stn Community Centre - Easter Disco	1600-1800
Fri 26 Jan 2018	Event	Innsworth Stn Community Centre - Bingo	TBC
Fri 02 Mar 2018	Event	Innsworth Stn Community Centre - Cheese and Nibble Night	TBC
TBC	Event	Innsworth Stn Community Centre - Easter Arts & Crafts	TBC
TBC	Event	Innsworth Stn Community Centre - Themed Dinner Night	TBC
TBC	Event	Innsworth Stn Community Centre - Wine Tasting	TBC
TBC	Event	Innsworth Stn Community Centre - Behind The Scenes of Everyman Theatre	TBC
TBC	Event	Innsworth Stn Community Centre - Medium/Clairvoyant	TBC
Tues 05 Dec 2017	Coffee Morning	Innsworth Stn Community Centre	0930-1100
Tues 12 Dec 2017	Coffee Morning	Innsworth Stn Community Centre - Themed Cakes	0930-1100
Tues 09 Jan 2018	Coffee Morning	Innsworth Stn Community Centre	0930-1100
Tues 16 Jan 2018	Coffee Morning	Innsworth Stn Community Centre	0930-1100
Tues 23 Jan 2018	Coffee Morning	Innsworth Stn Community Centre	0930-1100
Tues 30 Jan 2018	Coffee Morning	Innsworth Stn Community Centre	0930-1100
Tues 06 Feb 2018	Coffee Morning	Innsworth Stn Community Centre	0930-1100
Tues 20 Feb 2018	Coffee Morning	Innsworth Stn Community Centre	0930-1100
Tues 27 Feb 2018	Coffee Morning	Innsworth Stn Community Centre	0930-1100
Tues 06 Mar 2018	Coffee Morning	Innsworth Stn Community Centre	0930-1100
Tues 13 Mar 2018	Coffee Morning	Innsworth Stn Community Centre	0930-1100
Tues 20 Mar 2018	Coffee Morning	Innsworth Stn Community Centre	0930-1100
Tues 27 Mar 2018	Coffee Morning	Innsworth Stn Community Centre	0930-1100

Tickets are required for certain events and must be booked and paid for in advance, at the Welfare Office. All events/functions are subject to change depending on participation and/or unforeseen circumstances. Contact Joanne or Dawn for more info, and look out on Facebook

Closed Groups:

Contact Joanne or Dawn to get access to all the latest community information relevant to your needs.

Imjin Community (for all Innsworth Station personnel and dependants)

www.facebook.com/groups/Imjincommunity

ARRC Support Battalion Community Group (for all Sp BN personnel and their dependants)

www.facebook.com/groups/arrcspbncommunity

Kingsway Patch Facebook Group

www.facebook.com/groups/177246079003096

Innsworth SFA Refurbishment Programme

For those residents on the Innsworth patch affected by the extensive Service Family Accommodation (SFA) refurbishment programme; there's good news on the horizon. The disruption is coming to an end and we can look forward to the welcome return of relative tranquillity!!!

It's also nearly time for the residents to say good bye to a draughty old, fuel expensive dowdy looking SFA. Those who have experienced the refurbishment programme can now look



Before refurbishment

forward to a much improved insulated and efficient house that will result in reduced fuel bills. The other added bonus, is a house with an exterior that is aesthetically pleasing to the eye.

So how have many of the Innsworth residents found themselves in these energy efficient homes.

Work on the refurbishment programme commenced back in October 16 with a forecasted completion date of December this year. Initially the intention was only to replace windows, doors and apply external wall installation.

However, during the early stages of the 148 house refurbishment programme DIO announced that it was very likely that more funds would be released for the project. These additional funds would enable the contractor to replace and fit new roof tiles, remove chimneys, fit new boilers and distribution boxes, upgrade outhouses and move overhead electrical supplies underground. It was estimated that work on each property would take approximately 6 weeks.

Unfortunately, that 6 weeks period was significantly longer for some residents. As work on the initial project had already commenced on a number of properties it was deemed impracticable to take down scaffolding and therefore it had to remain in place until this additional funding was released. To further exacerbate the problem, before work could begin on the roofs the scaffolding had to be re-configured and this resulted in the scaffolding remaining in place for a significant period.

Recognising the delays and inconvenience to all those affected by the refurbishment DIO authorised a partial rent rebate to residents depending on the period scaffolding was in place at individual properties.



During refurbishment

It would be wrong to suggest there were not other problems to overcome, however considering the enormity of the task you would expect demanding challenges.

Andy Kawczynsky the Carillion Amey Project Manager considered it a unique environment to operate in. He also acknowledged the problems associated with bringing a workforce of 80 onto a residential site each day. Noise, mechanical machinery, the movement of heavy goods vehicles maintaining a supply chain, storage areas, security, varying levels of pollution, were just some of the many factors which had to be considered daily.

Paramount and instilled in everyone's mind whilst on site was the wellbeing and health and safety of the residents. Before the onset of any task during this operation an in-depth risk assessment was undertaken to identify and minimize any hazard. However even with all the control measures in place, when undertaking a project of this size, there is still going to be a certain level of disturbance.

At times it must have been difficult for the residents as no one likes to see the street they live in resemble a building site or come home in the evening to see their house surrounded by scaffolding. Despite this and in the main the residents have been very cooperative and understanding.

Of course, there have been incidents where things have not gone as well as we would have liked, but in all these cases we worked tirelessly to resolve the issues as quickly as we possibly could.

Although there is still plenty to do Andy has advised that the project is now entering into its final phases and there would now be a steady reduction in the workforce. One of the focuses will be for a team of workers to go round the site to rectify any outstanding snags to on-going works that need to be corrected before finally being signed off. There will also be a making good of the site so that the area is returned to how, or as close as possible to how it was when we first arrived.

Andy concluded by saying that as the Project Manager he was very happy to have achieved all the objectives required of him. The properties are now visually appealing; enhancing the insulation of a house will add to the



After refurbishment

residents' comfort, create a healthier home environment, reduce energy bills and have a positive environmental impact.

Chepstow & Innsworth HIVE

Tel: 01291 645354

Email: chepstowhive@armymail.mod.uk

Web: www.army.mod.uk/hives

Chepstow HIVE Blog: www.chepstowhive.blogspot.com

Opening Hours: Mon-Thurs 0830-1630, Fri 0830-1600

Sarah Stokes, HIVE Information Support Officer

As you may know, HIVE is a part of the Army Welfare Service, and as such we are the MOD's primary information provider and a resource available to Unit Commands, Service Personnel, their Family Members and the wider Service Community.



FLOG the BLOG

The HIVE BLOG is an internet-based electronic notice board, which is updated with news, events and important official Service community information on an almost daily basis. HIVE BLOGS have become an increasingly popular means to disseminate useful information, as evidenced by an average of 200-300 page loads per week for the Chepstow and Innsworth HIVE BLOG alone.

Health Services in Gloucestershire

In Gloucestershire, there are many choices of healthcare services available, particularly for minor ailments & injuries. Hospital Emergency departments are there for serious injuries & emergencies.

If you are unsure of the health service you need for advice and/or treatment, the information & details of the services can be found at the **Advice ASAP** website and the **NHS 111 Service**.

Advice ASAP (App, Search, Ask, Pharmacy)

Advice ASAP is available at: **www.asapglos.nhs.uk** and also as an app. On the website, you can search and find details for local health services, and **to search by medical condition**.

NHS 111 Service

The NHS 111 Service is available 24 hours a day, 365 days a year. It's the NHS non-emergency number, calls to 111 are free from landlines and mobile phones.

You should call 111 if :

- You need medical help fast, but it's not a 999 life-threatening emergency
- You don't know who to call for medical help
- You don't think it can wait for an appointment with your GP, or you don't have a GP.

Gloucestershire Out of Hours Service

The Gloucestershire Out of Hours Service provides urgent medical advice and treatment to residents and visitors, when GP Surgeries are closed. The Service is contacted by calling 111. The Service operates: Mon-Fri 1830hrs-0800hrs, Sat, Sun & Bank Holidays – 24hours.

NB: The Out of Hours Service is only for urgent out of hours medical matters.

It is important to remember that Hospital Emergency departments are there for serious injuries and emergencies.



Registering with a Doctors' Surgery

When you move into the area, you must register your spouse and family members with the nearest Doctors' Surgery to your SFA. A list of Surgeries nearest to the SFA area is noted in the SFA Area Information Booklet, included in the Welcome Pack.

To register with a Surgery, telephone or visit the Surgery, and the Reception staff will explain and assist with the registering process. Further information is available on the Surgery's website.

If you are having problems with registering with a Surgery, contact/visit the HWLO at Innsworth Station Welfare Office, (tel No **01452 362553**), for assistance.



Absence from School

Only a school can authorise an absence from school. If your child is ill or cannot go to school for some reason, you need to contact the school immediately to tell them. The school will then decide if it can authorise the absence.

Holidays in Term Time

Time off for family holidays is not a right. Schools have discretion in 'exceptional circumstances' to authorise a holiday, if they believe it is for a genuine reason. You can be given a Penalty Notice or prosecuted for periods of unauthorised absence.

Please contact your child's school head teacher for further information about absences from school and the school's policies.

SFA Occupants Meeting

At the last Occupants Meeting in October 2017, various issues were brought up and discussed.

The issues were - hedge cutting programme, refurbishment of Innsworth SFAs, showers, street lighting Luke Lane, maintenance of heater/hot water during winter months, cleanliness of houses at Move-In, and grass cutting on the estate.

Please do come along to these meetings to raise your concerns, problems and issues, both positive and negative, about your SFA or the SFA areas, with representatives from the Station, DIO, Carillion Amey, and Local Police.

The next Meeting will be held in the New Year. Details of the date & time will be advertised on the Community Facebook sites and by emails to Unit Depts.

If you are unable to attend the Meeting, but you have an issue that you wish brought up, you can email your issue to Sue Miles (Secretary) at **arrhealth_housing@hotmail.co.uk**

If you have a housing issue between meetings, do contact the Housing Officer Paul Wheable, at the Welfare Office on **01452 362554 / extn 4554**.



Healthy Soldier Cook Book

Quick, easy to follow and tasty recipes for:

**Microwave
On the Hob
Smoothies**



Army
Health
Promotion

FIT FOR LIFE | FIT TO FIGHT

Visit:

[www.army.mod.uk/documents/
general/Healthy_cookbook.pdf](http://www.army.mod.uk/documents/general/Healthy_cookbook.pdf)



ARMY

International Lunches

Join us at our monthly International lunches – an opportunity to experience the food, drink and hospitality of each Partner Nation.

Every month, a different nation takes a turn at hosting an International Lunch. The lunch usually consists of a welcome drink followed by a two or three course meal or buffet, with coffee, all for £15. The menus and recipes for each recent lunch are given here so you can try and recreate the delicious dishes at home. At lunch, there is a raffle with prizes from the host nation and you will also learn a little bit about that nation and have the opportunity to meet new people and catch up with some familiar faces. Lunches are organized by the AIC and are open to every spouse and partner of every rank. They run from 12:15 to 2pm promptly.

Keep an eye on the AIC Facebook page for details. You can sign up in person in the Officers' Mess, or by phone 01452 712 x 6225 or via email 8832OfficersMess@aramark.co.uk

Remember to sign in using your spouse's Mess number or pay cash a week before the event at the latest.

Ladies' lunches coming up:

24th Jan	Canada
February	TBC
March	France

Lithuanian Recipes



Fried bread, beans, and cheese salad

Ingredients:

(Servers 4)
200g dark rye bread (5 slices)
1 cup of dried or 1 can of white beans
150g cheese
Half cucumber
3-4 tablespoons mayonnaise
Lemon juice
Salt and pepper
Cooking oil
Pinch of chopped parsley



If you are using dried beans, it's best to let them soak for a couple of hours in cold water or better yet, overnight. Boil them in unsalted water until they become soft (½ -1½ hours), salting only at the end. Drain them and then let them cool. If you are using canned beans, drain them well and make sure they're dry.

Cut the crusts off the bread. Cut the slices into cubes. Heat the oil in a pan or small pot (use enough to cover the bread). Add the bread cubes, and fry them until they've browned then leave the bread cubes to cool.

Peel the cucumber and chop into small cubes. Shred the cheese and mix the mayonnaise with the splash of lemon juice. Now combine and mix all ingredients. Season with salt and pepper, then sprinkle with parsley and serve.

Balandėliai (Cabbage Rolls)



Ingredients:

(Makes 7)
1 head fresh cabbage
250g lean ground beef, 50g dry rice
½ onion, 4 carrots, parsley or dill
Salt, pepper and chili pepper
0.5 litre chicken stock
2 tablespoons sour cream
1 tablespoon butter
1 tablespoon flour
4 tablespoons of ketchup



Boil the rice for 7 minutes and leave to dry. Mince and rice mix with salt, pepper and chili pepper.

Cut out the sweetheart cabbage stem with a sharp knife and cover it with boiling water in a large pot and boil it for a few minutes. Turn off the heat and let it stand.

When the cabbage feels soft, pour off the hot water and replace it with cold water. Take the cabbage apart and remove any remaining thick edges (towards the stem end). Place a small handful of mince filling on each leaf and roll.

Cover the bottom of pot with a layer of cabbage leaves and arrange the cabbage rolls side by side at the bottom of the pot. Chop up the carrots and add with some ketchup. Add the chicken stock to one fisure above the rolls, cover and simmer for about one hour.

Remove the cabbage rolls to a plate so that it's easier to stir the remaining liquid. Melt a tablespoon of butter in a separate pot or bowl. Add a tablespoon of sour cream to the liquid, add the flour to the butter and mix in then put the stuffed cabbage rolls back in the pot until they are warm again. Serve hot with large amounts of dill or parsley and, if you wish, mashed potatoes.

Medaus Tortas (Honey Cake)



Ingredients:

The layers:
250g honey, 200g unsalted butter
100g soft light brown sugar, 100g brown muscovado sugar
2 eggs, 2 tablespoons crème fraiche, 750 g flour
2 teaspoons baking powder
2 teaspoons cinnamon
Pinch of salt
The cream filling:
1200ml crème fraiche
1 lemon zest and juice
100g icing sugar



The layers: Mix the butter, sugar, honey and place on a medium heat. Heat it through, mixing constantly until sugar has dissolved but don't let it boil. Add the pinch salt and whisk in well. Take the pot off the heat and let the mixture cool. Sift the flour with the baking powder and cinnamon in a large bowl and set aside. Whisk the eggs together with two tablespoons of crème fraiche. Mix with the flour and separate into 6 parts and refrigerate for an hour. Preheat the oven to 180°C. Roll each part to 3mm thickness, cut out and bake in the preheated oven until golden brown. Continue until all the dough has been used. Bake some of the leftover corners for decorating the cake.

Filling and assembly: Mix the crème fraiche with grated lemon zest, icing sugar and lemon juice. It should have a light sweet-sour taste. Place one of the cake layers on a serving tray, layer with cream and continue to build. Put the cake corners in a bag and crush them with a rolling pin. Apply the remaining filling to the top and sides of the cake and sprinkle with crumbs then place the cake in the refrigerator overnight to set.

United Kingdom Recipes



Earl Grey Spritzer

Ingredients:

- 1 cup sugar
- 2 earl Grey tea bags
- Champagne or sparkling wine, very cold
- 2 thin lemon slices

Dissolve the sugar in 1 cup water and bring to a boil in a small saucepan.

Reduce the heat to low and cook until the mixture turns syrupy which will be after about 5 minutes. Remove from the heat. Place the tea bags in the saucepan and let the mixture come to room temperature. Refrigerate until cold, about 2 hours. (Syrup will keep up to one month stored in the refrigerator in a container with a tight fitting lid.)

Spoon 3 tablespoons of the cold Earl Grey simple syrup into each Champagne flute and fill with Champagne or sparkling wine. Garnish with a thin slice of lemon.



Fish and Chips Starter



Ingredients:

The fish

- 50g plain flour, 50g cornflour
- 1 teaspoon baking powder and Turmeric
- 75ml lager beer
- 75ml sparkling water
- 1ltr sunflower oil, for frying
- 400g fillet cod or haddock

The chips

- 750g potatoes, peeled and sliced into thin chips
- 2 tablespoons plain flour
- 2 tablespoons sunflower oil

Combine the flour, cornflour, baking powder and turmeric in a large bowl, season, then spoon 1 tbsp onto a plate and set aside. Gradually pour the beer and water into the bowl, stirring with a wooden spoon until you have a smooth, lump-free batter. Leave to rest for 30 mins.

Heat oven to 200C/fan 180C/gas 6. Boil a large pan of water, then add the chipped potatoes and boil for 2-3 mins until the outsides are just tender but not soft. Drain well, then tip onto a large baking tray with the flour, oil and some salt. Gently toss together until all the potatoes are evenly coated and the flour is no longer dusty. Roast for 30 mins, turning occasionally, until the chips are golden and crisp.

To cook the fish, heat the 1 litre oil in a deep saucepan until a drop of batter sizzles and crisps up straight away. Pat the fish dry with kitchen paper, then toss it in the reserved turmeric flour mix. Shake off any excess, then dip into the batter. Carefully lower each fillet into the hot oil and fry for 6-8 mins – depending on the thickness of the fish – until golden and crisp. Using a large slotted spoon, lift out the fish, drain on kitchen paper, then sprinkle with salt.

Chicken Tikka Masala



Ingredients

(Serves 10)

- 4 tablespoons vegetable oil
- 25g butter
- 4 onions, roughly chopped
- 6 tablespoons chicken masala paste
- 2 red peppers, deseeded and cut into chunks
- 8 boneless, skinless chicken breasts, cut into 2 1/2cm cubes
- 2 x 400g cans chopped tomatoes
- 4 tablespoons tomato puree
- 2-3 tablespoons mango chutney
- 150ml double cream
- 150ml natural yoghurt
- Chopped coriander leaves to serve

Heat the oil and butter in a large, lidded casserole on the hob, then add the onions and a pinch of salt. Cook for 15-20 mins until soft and golden. Add the paste and peppers, then cook for 5 mins more to cook out the rawness of the spices.

Add the chicken and stir well to coat in the paste. Cook for 2 mins, then tip in the tomatoes, purée and 200ml water. Cover with a lid and gently simmer for 15 mins, stirring occasionally, until the chicken is cooked through.

Remove the lid, stir through the mango chutney, cream and yoghurt, then gently warm through. Season, then set aside whatever you want to freeze. Scatter the rest with coriander leaves and serve with basmati rice and naan bread.



Bakewell Tart



Ingredients:

- 280g plain flour, 65g caster sugar
- 1 small egg, 1 egg yolk
- 165g unsalted butter
- 30g ground almonds
- For the filling**
- 300g ground almonds
- 130g caster sugar
- 6 free-range eggs
- Almond essence, raspberry jam
- 25g flaked almonds

For the pastry, place the flour, salt, sugar, butter and almonds into a food processor and pulse until the mixture resembles breadcrumbs. Add the eggs and egg yolk one at a time and pulse until a smooth dough is formed. Wrap the dough in cling film and chill in the fridge for half an hour. Preheat the oven to 180C/160C Fan/Gas 4 and grease and flour a loose-bottomed tart tin. Unwrap the chilled pastry and roll out onto a cold, floured work surface. Line the tart tin with the pastry and trim off any excess. Prick the base then cover the pastry lightly with some baking parchment. Cover the parchment with baking beans or uncooked rice and place into the oven to bake for 15 minutes. Remove from the oven and remove the baking beans or rice and the baking parchment and set aside to cool. Reduce the oven temperature to 165C/145C Fan/Gas 2. For the filling, place the ground almonds and caster sugar into a bowl and mix. Add the beaten eggs and almond essence and mix well. When the pastry has cooled spread a generous layer of raspberry jam onto the pastry base. Pour the filling mixture over the raspberry jam to fill the pastry case. Top with flaked almonds, then bake in the oven for 25-30 minutes. Serve warm or cold.



USA Recipes



Spiced Apple Cider

Ingredients:

16 cups (1 gallon) apple cider
1/4 cup light brown sugar
1 teaspoon allspice
Pinch grated nutmeg
2 teaspoons whole cloves
1 orange
Cinnamon sticks, for garnish
2 cups bourbon, optional

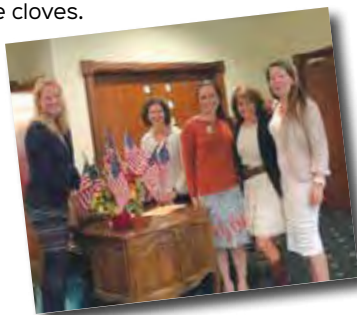


In a large pot over medium heat, add the apple cider. Stir in the brown sugar, allspice and nutmeg until the sugar is dissolved and bring to a low boil.

Stick the pointy ends of the cloves into the orange so that just the buds of the cloves are visible. The entire orange should be covered with the cloves.

Add the orange to the cider and reduce the heat to simmer. Cover and continue cooking for 20 minutes.

Serve in warm mugs with a cinnamon stick garnish and a dash of bourbon on those extra cold nights.



Mulled Apple Juice (Non-Alcoholic)



Ingredients:

1 ltr apple juice
Strips of orange peel
1 cinnamon stick, plus extra to garnish, if you like
3 cloves
Sugar or honey, to taste

Simmer the apple juice with the strips of orange peel, cinnamon stick and cloves for about 5-10 mins until all the flavours have infused. Sweeten to taste.

Serve each drink with a little orange peel and a piece of cinnamon stick.



Sweet Potato Casserole with Marshmallow Topping



Ingredients:

(Serves 8)

Sweet Potato Mixture:

3 pounds of sweet potatoes
2 tablespoons of unsalted butter
1/4 cup of milk
1/2 teaspoon of ground cinnamon
2 tablespoons of brown sugar
1/2 teaspoon of salt

Topping:

4 tablespoons unsalted butter
1/4 cup brown sugar, 1/4 cup of flour
1/2 teaspoon ground cinnamon
Salt, 1/2 cup chopped pecans
2/3 cups mini marshmallows



Wash and dry the sweet potatoes and bake them at 200°C for 50-60 minutes. Reduce oven to 190°C and spray medium size casserole with nonstick spray. Skin the sweet potatoes and in a mixing bowl combine the sweet potatoes, butter, milk cinnamon brown sugar and salt and beat thoroughly with a hand mixer for about 3-4 minutes. Pour the mixture into a baking dish and bake until heated through.

Combine butter, brown sugar, flour, cinnamon, salt and pecans in a mixing bowl and stir until thoroughly combined.

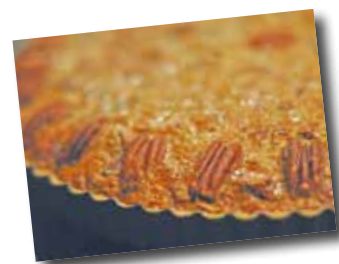
Sprinkle the surface of the sweet potato mixture evenly with the pecan topping and top with mini marshmallows, return to oven for 10-20 minutes or until the topping is bubbly and brown. Keep an eye on it so that the marshmallows don't burn.

Pecan Pie



Ingredients:

250g readymade shortcrust pastry
100g pecan halves
100g light muscovado sugar
1 tablespoon plain flour
50g butter, softened
3 eggs, beaten
140g golden syrup
1 teaspoon vanilla extract
50ml single cream
cream or crème fraîche, to serve



Preheat the oven to Gas Mark 7, 220 °C, fan 200 °C. On a lightly floured surface, roll the pastry into a circle large enough to line a loose-bottomed flan tin 23cm (9in) round and around 2.5cm (1in) deep. Press the pastry into the tin and trim off the edges and allow to chill.

Scatter the pecans on a baking sheet and put in the oven for about 6-8 minutes until slightly browned. Cool, then chop.

Mix the sugar and flour. Beat the butter until soft and creamy then gradually stir in the sugar mixture. Slowly beat in the eggs a little at a time, then the syrup and vanilla (it will look curdled, but don't worry). Stir in the cream and the chopped pecans.

Put the lined flan tin on a baking sheet. Pour the filling mixture into the pastry case. Bake for 5 minutes, then lower the heat to Gas Mark 4, 180 °C, fan 160 °C and bake for another 20-25 mins or until the filling is set and looks slightly cracked and puffy (it will settle once cooled). Serve warm with cream or crème fraîche.

Useful telephone numbers

INNSWORTH STATION

Welfare Office	01452 362 550
Imjin Barracks Guardroom (24hrs)	01452 712612 ext 7089
Imjin Barracks Medical Centre	01452 712612 ext 5999
Imjin Barracks Dental	01452 712612 ext 5920
HQ ARRC Public Affairs Office	01452 718007
Station Staff Officer	01452 712612 ext 7848
Joint Casualty & Compassionate Centre	01452 519951

Out of hours Emergencies:

ARRC Staff Duty Officer	07788 418577
ARRC Sp Bn Duty Officer	07733 014295
Padre	07798 577394

EMERGENCY SERVICES

Emergency Services

Police, Ambulance, Fire Brigade	999
Police Non-Emergency	101

HOUSING

Carillion Amey – Occupancy Service (All SFA areas)	0800 707 6000 Opt 3, Opt 1 (Mon-Fri 0800-1500)
Carillion Amey – Maintenance Services Ashchurch, Churchdown, Innsworth and Quedgeley SFA areas	0800 707 6000 Opt 1 (24 hrs)
Touchstone Maintenance Hucclecote, Kingsway and Tewkesbury SFA areas.	0800 9882433 (24 hrs)
MEARS Group	0800 0324547
Robin Horton Carillion Amey Housing (Innsworth)	01452 739223
Accommodation Stores (ASU) (Furniture for Quarters)	01452 712612 ext 7387

LOCAL AREA

Innsworth Barber Shop	01452 712612 ext 6033
Gloucester Tourist Information Centre	01452 396572
Cheltenham Tourist Information Centre	01242 522878
Gloucester City Council	01452 396396
Gloucestershire County Council	01452 425000
Tewkesbury Borough Council	01684 295010
Tewkesbury Community Centre	01684 294713
Kingsway Community Centre	01452 721552
Churchdown Community Centre	01452 712553



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