COMARRC’s Introduction

Welcome to the Spring edition of the Imjin magazine. After a well-deserved Christmas break it’s been a very busy start to the year. We’ve now assumed responsibility for the Land Component Headquarters of the NATO Response Force, we’ve embarked in earnest on our journey of modernisation of the Corps HQ, and many have already been away on overseas Adventure Training.

There’s been a number of personnel changes in the HQ, so I’d like to take this opportunity to extend my warm welcome to all those who have joined, and in some cases re-joined the Imjin community. I hope that you and your families have settled in well to this wonderful part of the country.

Once again the team has produced a great publication. Thanks to everyone who has contributed; and as the weather improves, I’d really encourage you to take advantage of the many attractions that Gloucestershire and the surrounding area has to offer.

Thanks for everything you’re doing and my particular thanks to the families whose support and understanding ensures that our whole community can operate so effectively.

Lt Gen Tim Radford CB DSO OBE
Commander, Headquarters Allied Rapid Reaction Corps

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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.

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

Words from the Editor

As the weather is improving and the days are getting longer, the opportunities for experiencing everything that the local area has to offer are ever more present. The team and contributors of this edition of the Imjin magazine have provided reviews and information on a wide range of events and activities to help you get the most from the area. Thanks to the submissions from our contributors, this edition of your community magazine provides you with a wealth of information on local activities, sports clubs, local attractions, up-coming local and community events and welfare information to help you find the right person to speak to, should you need to. The ‘What’s On’ section on pages 18-19 will provide you with local events taking place all the way into July, and the AIC and Welfare sections will provide you with more community focused activities over the same period. One event that I am particularly looking forward to is the ‘Cotswold Olimpicks’ on the 2nd June 17. If you don’t know about this event then you need to check out the website as I’m sure you won’t have seen anything like it before.

www.olimpickgames.co.uk

As always, I hope you enjoy the contents of this edition of the magazine, and I’d like to personally thank everybody that has contributed to it. It is intended to benefit the whole Imjin community, and to showcase the ongoing work being done by groups and individuals to provide support, fun and entertainment to everyone associated with Imjin Barracks.

Enjoy the magazine,

Ben Ford
Editor
Major
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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 arrcproductioncell@gmail.com.
Cover image: Tewkesbury Abbey, taken by WO2 Dan Harmer.
The next edition of the Imjin will be issued in July 2017
The Imjin is designed and printed by Manor Printing Services – www.manorprinting.co.uk
This year marks the start of the first-ever Imjin Cup competition, a six-event series held throughout the year that began with a 5K run in February.

Despite the weather and distance, morale stayed high for the runners throughout the race.

In November last year, the ARRC Support Battalion put on a badminton tournament and raised £350 for MacMillan Cancer Relief.

The organisers from Support Battalion were put through their paces. Seen here with SSgt Evans (3rd from left).

The annual HQ ARRC sports day, held in December, encourages ‘esprit de corps’ and friendly competition between units and service members.

This year the competition featured an obstacle course in addition to the usual sports.

As always, sport is a big part of the day; the football tournament giving the Officers, Non-Commissioned Officers and Junior Ranks a chance to play for the yearly bragging rights.
In early March, 1st (UK) Signal Brigade held a boxing tournament, featuring several units from across the British Army.

The tournament featured 10 bouts between the units; ARRC Support Battalion, 22 Signal Regiment, 30 Signal Regiment, 4 LSR and 2 R Anglian.

In December servicemen and women from the ARRC participated in what has become an annual event; the Christmas carol service at Tewkesbury Abbey.

HQ ARRC service members read passages in several languages, including Estonian, Italian, French, German and English.

In March, HQ ARRC was visited by Poland’s National Security Bureau Chief, Pawel Soloch. Poland is one of 21 nations represented here at the ARRC.

In January the ARRC said good-bye to the outgoing Command Sergeant Major, WO1 Pete Batley and welcomed his replacement WO1 Allan Ridler.

Of the seven fights they were in, soldiers from ARRC Support Bn won four of them. 1 (UK) Signal Brigade Commander, Brigadier Paul Griffiths presented the awards.

In January the ARRC said good-bye to the outgoing Command Sergeant Major, WO1 Pete Batley and welcomed his replacement WO1 Allan Ridler.
This issue we asked members of Imjin Barracks what their favourite family activity in the local area was, and if they had any recommendations of where to visit locally.

**Lt Col Kustovny**
My favourite activity is taking advantage of our time in the UK; doing some sightseeing, seeing interesting places, and enjoying the UK culture.

**WO1 Marro**
I recommend the play group for babies. It is brilliantly run by the welfare office.

**WO1 Sheppard**
My eldest daughter attends Cheltenham Harriers running club. My other daughter swims with Tewkesbury Swimming club three times a week at the new leisure centre and my son plays football for Tewkesbury Town Colts.

**Maj Stone**
From a family activities point of view we like Jumptastic, the trampoline facility here in Gloucester. We also like to go to the Rush Skatepark near Stroud, for the scootering and skateboarding. We enjoy going to the Forest of Dean, the Wye River valley and looking at places like Symonds Yat, and Puzzlewood. There are some unique tree formations and creepy forests to explore.

**Maj Pourcelet**
We enjoy visiting places like Oxford, Stroud and the Cotswolds. We also enjoy participating in events that are organised by the ARRC or the Community Centre.

**Maj Stone**
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**Mrs Hussey**
The best activity in my opinion in the local area is hill walking, especially in the Malvern Hills. It’s a great place, there are routes for all different abilities. You can take the dogs, you can take the kids and they’ve got some great little cafés around the area so you can stop and refresh afterward.

**Lt Col Pukk**
My wife is very active in the Military Wives Choir and they have concerts in lots of different places. My girls are active in the musical world, and part of local drama clubs and the school plays. At the weekend my Son plays for Hucclecote RFC. He is also a member of the Innsworth Beavers club.
The spirit of giving was alive and well at Headquarters (HQ) Allied Rapid Reaction Corps (ARRC) this past holiday season. Once again the ARRC Charitable Committee decided to run a campaign in support of the Gloucester Food Bank; a national charitable organisation serving the broader community.

All HQ ARRC members were asked to provide non-perishable food, toiletry items, and cash donations to improve the holiday season (or just make it survivable) for those far less fortunate than themselves. The campaign was launched in the run-up to Christmas with collection boxes placed in the Officers’ Mess, the Headquarters’ foyer and the Warrant Officers’ and Sergeants’ Mess. Over 120 kg of non-perishable food items - primarily items in short supply such as long-life milk, fruit juices, tinned meats and assorted toiletry items - were collected. This year, the addition of an ARRC Charitable Committee fund-raiser also contributed over £621 in cash donations. The generosity of these cash donations allows the Food Bank to target items in very low supply and is always one of the easiest, yet most important ways, for everyone to contribute to helping their local community. All food bank donations were presented to the Gloucester Food Bank, where they were distributed across the local area over the holiday period.

Ms Anneliese Sterry, Manageress of the Gloucester Food Bank, provided the following feedback to the ARRC contribution: “Thank you very much to all members of HQ ARRC and Imjin Barracks for their generous contributions. Your generous food, toiletry and cash donations are most appreciated by the staff, volunteers and clients of the Gloucester Food Bank”.

This has been a great feat over such a short timeframe, but how did this charitable campaign come together? It comes down to the immense generosity of everyone involved and the keen collaborative spirit of the ARRC multi-national personnel. A short advertising blitz mass email, and the HQ wide briefing laid the foundations for the successful campaign. As the committee chair, I was extremely impressed and filled with joy when numerous volunteers from across the HQ stepped forward and expressed their willingness to help the campaign. This, of course, is critically important to ensure success; especially so over the busy end of year period. The highlights of the campaign for me were seeing the smiles on everyone’s faces when they so willingly parted with their cash - sometimes deciding to contribute their Costa Coffee money towards a cash donation - and when members brought in large bags of food and toiletry items. The crazy Christmas jumpers (sweaters for me as a Canadian), the reindeer horns, and the singing of Christmas carols by Santa’s helpers, all served to highlight that there is no better time of year to be in the spirit of giving than over the traditional end of year holiday season. The final heart-warming moment came when we were tallying up the donations and I published, via an internal email, that the campaign had raised over £580. Within minutes I had three HQ members personally drop by my office to provide additional and sizable personal cash donations. You know who you are – thanks so much! In the end, our simple but collective efforts over a short timeframe meaningfully contributed to such a great cause, helping members of our community in need.

As a footnote to this story, the ARRC Charitable Committee - along with numerous other Imjin Barracks charity drives - is looking to become more synchronised to provide greater unity of effort. The goal of synchronising the efforts of all the charitable initiatives is currently in the works, and will only serve to strengthen the overall focus towards charitable giving within the broader Imjin Barracks community. I look forward to working with everyone on future efforts to highlight the importance of spirited giving. We are all so fortunate to be a part of this great community, and coming together to support charitable causes is so enriching. Well done to all and thank you to everyone for your immense generosity.

Major Gary Stone
It’s good to see splashes of yellow breaking up the winter grey. The longer days are welcome too, and make it slightly easier to get the kids out of bed for school, now the mornings aren’t quite so dark. Spring seems to be just around the corner, and it’s that time of year when I start looking at the garden again, to see what needs doing - then wish I hadn’t!

If you enjoy a walk in someone else’s garden though, and would like to see some impressive Spring colour, one option might be Batsford Arboretum which is open all year round.

My ‘place to visit’ tip is a bit further afield - it’s the pretty Welsh border town of Hay-on-Wye; best known for the Hay Literary Festival held in May, but well worth a trip at any time of year. Find out more about Hay-on-Wye on page 10.

Closer to home, don’t forget to have a look at the AIC international lunches that are coming up - they’re a great way to find out more about the countries represented here, and there’s a lovely, relaxed atmosphere which I can vouch for now, having been a few times. Come and join us for a family Bingo evening on March 24th too, and don’t forget to check out what’s going on at the Innsworth Station Community Centre. The Welfare team has planned all kinds of imaginative, fun activities for kids and adults in the run up to Easter... and beyond!

Tracey Radford
AIC Chairwoman
Lost in Translation

As an American family, my most recent embarrassing British moment involves my youngest son Jack. We had just moved to the UK from Seoul, Korea, where we had experienced frequent language barriers. When we moved to the UK (another English speaking nation), we thought those days were over; however, this was not to be the case.

Jack had started attending his new school and part of his curriculum was Religious Education. One Friday afternoon I picked Jack up from school and began asking the regular mom questions, “what did you do at school today Jack?”. He kind of shrugged and gave the typical kid response, “nothing”. I began to probe and asked him what classes he’d had. Jack explained to me that he had started a class called Religious Education. I was very interested in this and wanted to know what he was learning in this class, as you would not normally take Religious Education in an elementary school in the US. So again, I began to probe and asked him what it was they talked about. Jack then said, “well we learned about this guy in the bible and his name was Pizza”. This statement took me a bit off guard but I tried to maintain my composure and concentrate on my driving. I again began to inquire about his new class. I asked “Jack, are you sure his name was Pizza?”. He quickly replied “Yes mom, I am positive they said his name was Pizza”. At this point I became very curious, so I bravely asked my next question. “Jack, tell me more about this Pizza guy?”. Jack then replied, “well mom, he denied Christ three times”. Instantly I felt a wave of relief and realised that the guy’s name was actually Peter! I explained this to my son, but he vehemently declared that he was certain that they said his name was Pizza.

I let it be until the next morning, when I told Jack to ask for clarification on the name in question. When I picked Jack up from school, he came to the car with his head low. “Mom, you were right his name was Peter, BUT it sure did sound like PIZZA!!!”. I smiled and pulled my son in with a warm “I understand” hug.

Nancy Harris

Postcard From... France

France welcomes millions of visitors every year, and everybody knows Paris and its Eiffel Tower. Some people have heard about the famous traditional French dish ‘frog’s legs’, but France is much more than this; France is a very odd country...

In France our eggs are brown and not white like in USA, UK or Germany. It’s because we don’t use the same variety of egg laying hens. In France there is a law which prohibits the use of the name Napoleon for a pig, and the French Army is the only army in Europe to still have pigeons in its ranks; they live on a hill near Paris.

France is the European country with the greatest number of municipalities; 40% of all European municipalities are French. Interestingly, the French municipality with the shortest name is “Y” in the Somme. The inhabitants are referred to as ‘Ypsiloniens’.

The Monge, named after the 18th century mathematician Gaspard Monge, is a Missile Range Instrumentation Ship of the French Navy dedicated to tracking and measuring rocket trajectories. It can detect a 2€ coin at a distance of 800km.

France has half the world's roundabouts with around 30,000 across the country. This is a world record for France.

France is home to the ‘Routes des Vins’ (Wine Routes). The oldest is in Alsace which crosses over 70 villages and is the longest in the Loire Region, stretching 800km.

Tourists usually visit the main locations such as Paris, the ‘Château de Versailles’, the ‘Mont Saint Michel’, the ‘Cassis Calanques’ or Nice. However, there are many other wonderful places to visit, some of which are not well known at all. Some French people say that there are 20 unknown places to visit before you die. The ‘Orgues d’Ille-sur-Têt’ is one of them.

The ‘Orgues’ are set in the Catalan Pyrenees in the South-West of France. This amazing natural mineral site has been created over centuries of exposure to the elements. The soil cliffs - which are 10-12 metres high - are an ephemeral artwork in perpetual movement, even if they look idle in the arid countryside. This intriguing landscape provides a stunning backdrop for incredible photographs. Furthermore, if you enjoy walking, hiking, biking, even riding, there are plenty of places to discover in the area. The Oriental Pyrenees heritage site is particularly fascinating and nearby there are religious, military, prehistoric, medieval, modern and industrial sites to explore. You will also find several thematic safari parks and gorgeous natural areas where you can relax and enjoy the South of France way of life.

French people are very proud of their country, but even more so of their region, as evidenced by the Bretons, Corsicans, Parisians and Basques. The French contingent within the Imjin community are from many different regions. If you’re planning a visit and need some information, you only need to ask.

Delphine Barrau and Adriana Seignez
I’d like to share my favourite hobbies with you. Knitting, crocheting, sewing, weaving, and anything else creative is what keeps me energised. I am not a professional artist, but I cannot imagine a single evening or a long gloomy, rainy afternoon without partaking in some sort of creative process.

In my country, the Czech Republic, techniques such as knitting, crocheting and bobbin are among the traditional activities. It fills me with joy that they are experiencing a comeback, especially among younger people who are driven to create something with their own hands.

I made my very first wearable sweater when I was 14. Even back then, I was already fascinated by crocheting, which I picked up from my dear aunt. Since then I have not stopped pursuing my art, which makes me think whether or not it is a form of addiction for me now. However, it serves a meditation purpose for me as well.

Sewing eluded me until a little later on in life, perhaps thanks to my mom who managed to stitch up anything you could possibly imagine. That all changed when I met some lovely ladies from the UK during my three-year stay in Norway, and they introduced me to the magic of patchwork and quilting. I was amazed by the beautiful creations and astonishing designs and knew I had to give it a try. I started off by following guides I could find, predominantly on the internet or magazines, but it did not always turn out as I would like. The process included a lot of undoing the stitches and retracing my steps to find a way to bring it to perfection. However, something was still missing.

It was not until we moved to the UK two and a half years ago, I told myself I had to master the craft that is quilting and patchwork; that was when I met Melaney. Melaney is a brilliant tailor who leads the Knit and Stitch sewing club in Innsworth. She possesses an incredible gift for tutoring others, especially in how to tame a sewing machine. Her instructions have helped me to sew on zips, finish off pillow cases, hem curtains and dresses, or put together an apron that I have been putting off for the last two years. She also taught us nifty tricks which make everything so much more fun and enjoyable.

Our club is open to anyone who feels the need to craft something. Feel free to bring anything you wish. Whether it be crocheting or knitting, we all help each other. I know from personal experience what a sense of accomplishment you get when a self-made table cloth, pillow, or a blouse come to fruition. The biggest reward of it all is when your art makes someone else happy.

Martina Labáková

Hay Festival runs from 25th May to the 4th June this year, details at www.hayfestival.com

Tracey Radford

Pass the Pen

The Hay Festival of Literature and Arts has really put the small Welsh border town of Hay-on-Wye on the map.

For two weeks at the end of May it’s buzzing with book lovers and attracts a whole host of famous authors, presenters and comedians. There really is something for everyone, with a week of events for kids and a busy craft tent too. You don’t need tickets to get into the main Festival grounds, just for the talks you want to see, and it’s best to book those online before you go.

Despite the festival, Hay is well worth a visit at any time of year - there are second-hand book shops around almost every corner, as well as some lovely gift and antique shops and places to eat. I’d recommend the café tucked away at the back of Booth’s book shop. Books and good food, what could be better?!

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Tracey Radford
A New Year Ahead

Happy New Year! We were glad of a rest over the Christmas period, as we had such a busy lead up to the festive event. November saw us singing at both Gloucester Quays and Kingsholm Stadium for Remembrance Day. It’s always a warming sight to see the local community support our Armed Forces, both past and present. The exciting game that followed had us off our seats yelling until hoarse.

Also in November, we sang in the Officers’ Mess for the Alabare Dinner night; a charity that supports vulnerable, homeless and marginalised people.

Our excitement could hardly be contained on the launch of our album ‘Home for Christmas’ which did not do too badly - it came in the top 100! With the launch of the album came a tour, with the most memorable location being Hereford. Hereford Cathedral is absolutely amazing, and such a stunning venue for us to sing at. It was such a pleasure to be joined by two other Military Wives Choirs for the performance.

This was followed by TV performances for two of our members; Sylv, who starred on Songs of Praise, and Dawn on the Lorraine show and The Military Awards Ceremony.

In December we sang at the ARRC Christmas Fayre and Thirlestaine Park Care Home; not forgetting our very own Christmas get together at a local pub, the House in the Tree.

Dawn Osborne

If you would like to see what we are up to, join our Facebook page ‘Innsworth Military Wives Choir’ or if you would like to join us, please email innsworth@militarywiveschoirs.org

AIC Walks
Nov 2016 - Jan 2017

Our November walk started at the village hall in Brimpsfield near Birdlip, about 20 minutes drive from Innsworth. From the village hall we took a circular route passing through the Brimpsfield House estate to the village of Caudle, then back to Brimpsfield. This is a pretty and varied route, taking in woodland, farmland, and villages and is around 4 miles (6.4km).

The weather forecast that day was unpromising, and we were just congratulating ourselves on having avoided a soaking, when the heavens opened about half a mile from the end of the walk! As a result we all arrived back at the cars wet through and were unable to head off to our customary pub lunch. I can, however, recommend The Black Horse in nearby Cranham (GL4 8HP), if you head this way.

The next expedition was to the south of Gloucestershire, starting in the market town of Dursley. This is an easy half hour drive down the M5 and A38. We met at the free car park opposite The Old Spot Inn (GL11 4JQ). From there we walked up a steep hill following the signs for the Cotswold Way, until we reached the Stinchcombe golf course club house. The remainder

Proposed walking dates:
Tuesday 28th March
Thursday 16th May.

All are welcome on the forthcoming walks which are planned for Tuesday 28th March and Tuesday 16th May. Details on the meeting point, approximate distances and terrain are posted on the AIC Facebook page a week or so before the walk date.

Helen Clements
Pretty Muddy

The AIC is proudly taking part in the 2017 ‘Pretty Muddy’ Cancer Research UK Race for Life event.

A team of 20 very motivated, beautiful, international women are ready to face the muddy obstacles of the race. The race will take place at Cheltenham Racecourse on July 2nd 2017.

Ladies, if this sounds like something you would like to take part in then it is not too late to sign up for the team. Please contact Julie or Elisabetta through the AIC Facebook page.

Please support us as this is a fundraising challenge the team has decided to face together. As this is a 100% ARRC female team, it will be a great way to meet new people and to support your friends, family, neighbours or members of the Imjin community.

Let’s tackle the mud together to beat cancer sooner.

If you would like further information or would like to make a donation in support of the team, please visit: https://fundraise.cancerresearchuk.org/page/julies-fundraising-page-349

Julie Humbert and Elisabetta Verardi

The Severn Bore

The date was set, the cakes were baked (or purchased), the kettle was on and the time was approaching. Mother Nature was going to give a show to a group of international ladies, along with many other bystanders, on October 18th 2016. Unfortunately, the fearless and brave leader who coordinated the event (me) was not well enough to make the trek. However, she was fortunate enough to have great neighbours and friends willing to take on her role. Little did Liz and Stu know that they were going to become tour guides for the large group that was about to descend upon them.

What was it exactly that we were gathering to go and see? I’m glad you asked. Jodi Biliquist so eloquently described it as, “An awe inspiring phenomenon to watch a river suddenly flow backwards with enough force to create waves large enough for surfers to ride upstream”.

So what is this phenomenon? Another great question! It is known as the Severn Bore and here are some fun facts about it.

The Severn Bore is formed when the rising tide moves into the funnel-shaped Bristol Channel and Severn Estuary. The surging water forces its way upstream in a series of waves, often as far as Gloucester and beyond. The bore is rated on a 5 star scale, with a 5 star being the largest and 1 the weakest. On this day it was predicted to be a 4 star. Another interesting fact is that the Bore presents itself differently at different locations, and can be more dramatic from certain vantage points. Many factors affect the strength of the wave, including the height of the water, high tide, the barometric pressure and the wind speed and direction.

Approximately 30 ladies showed up for the guided tour that was split between the wonderful Liz and her charming husband Stu. Nicole Kallo said, “Surfers were in the water hoping to catch a huge wave. There were quite a lot of people standing and watching this wave phenomenon and thankfully it was a nice day when the sun came out from behind the clouds”.

I was extremely disappointed to have missed all of the fun and excitement, but had nothing to worry about as I knew the ladies were in good hands. I had asked Liz to encourage everyone to please come back to the house and enjoy some cake, coffee and of course tea. (I know how to keep my British friends happy).

After everyone had departed my house I cautiously tiptoed downstairs. I was unsure if someone might still be in my kitchen and I didn’t want to frighten any of my friends with the scary nature of my appearance - trust me on that one. Much to my dismay, it looked as if the invitation to have cake and coffee was not accepted. However, upon further inspection I noticed the cakes were gone and packaging was in the trash, with a few slices still safe in the fridge. What an amazing group of friends I have. My kitchen was cleaner than I have ever seen, so I must make a note to invite them more often!

To all of those who missed the bore this time round, just search online for the timetable and try and catch the next one. Perhaps I will coordinate another date to gather and enjoy this wonder. Note to self: Make sure to correlate bore date with Liz’s days off.

Nancy Harris
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

4th April Italy
16th May Turkey
6th June New Zealand

French Coffee Morning,
10th January 17

We were very proud to organise the first coffee morning of the year. A good opportunity to wish - with “Madame la Tour Eiffel” - a very good year to all the ladies and their families.

The French ladies baked the famous homemade “Galette des rois”, or King Cakes. Some of these special cakes had “fèves” (or charms), which looked like French pastries, hidden inside of them.

King Cakes celebrate Epiphany and the arrival of the Three Wise Men in Bethlehem. In France, we share King Cakes with our family, our friends and our colleagues.

The King Cake is a puff pastry cake usually filled with frangipane which is a cream made from sweet almonds, butter, eggs and sugar. To cut and share the cake, the youngest child goes under the table and points out the guests who are to receive a cake first. The person who finds the charm is crowned, chooses their queen or king, and is granted the privilege of making the next King Cake.

In the past, the pastry would be cut into as many portions as there were guests, plus one. The last slice is called the “poor man’s share” and was traditionally saved for the first poor person who stopped by the house.

It was a real pleasure to share this tradition with the international community, and to crown the three most beautiful queens of the day.

If you want the recipe of the French King Cake, please contact Caroline at carolinepipier@free.fr

Delphine Barrau

German Coffee Morning,
15th November 16

Das Frühstück

“When you wake up in the morning, Pooh”, said Piglet at last, “what is the first thing you say to yourself?”

“What’s for breakfast?” said Pooh. “What do you say, Piglet?”

“I say, I wonder what is going to happen that’s exciting today?”

Pooh nodded thoughtfully, “It’s the same thing,” he said. What is it about our Frühstück that makes it so exciting? I was thinking about that and I had to assume the following. We are celebrating our day(s) off with a big and relaxing breakfast. It’s time to slow down from the week, have the family together or friends over, or just enjoy reading the newspaper. It is exciting when you’re loading up the Frühstückstisch with almost everything, whilst sipping your first fresh brewed coffee of the day. And the most important thing, the centre piece, is a basket full of Brötchen (bread rolls). You will find people queuing in front of the local bakery to get fresh crusty rolls, no matter what kind of weather. You will see this all over Germany whether you are buying “Rundstücke” in Hamburg, “Semmel” in Munich or “Schrippen” in Berlin.

Guten Appetit.

Jutta Düwel

American Coffee Morning,
7th February 2017

It was such an honour to host the February coffee morning. Thank you for joining us with your great cheer and your wonderful little children.

We were very pleased to share the celebration of Mardi Gras with our friends on this morning. Mardi Gras (Fat Tuesday) marks the end of the Carnival season and is celebrated the day before Ash Wednesday. It is a time to enjoy eating all the sweet and savoury foods prior to fasting for the Lent season.

At the coffee morning we served King Cakes in the fashion of Banana’s Foster, Cream Cheese and Pralines, and a Cinnamon Sugar Cake. We also feasted on Fleur-de-lis chocolate and vanilla cookies, candied pralines and pecans.

We decorated the room in the traditional colours of gold (power), green (faith) and purple (justice). We also had beads and masks to wear for the occasion. Each of these colours and items are symbols that play important roles during the celebration and originate in the Mardi Gras practice and the American approach to life:

“Laissez les bons temps rouler...Let the Good Times Roll”

Kimber Tritten
The 2016 Christmas market, or marché de Noël as the French refer to it, was such a pleasant evening for all. From my vantage point behind our French stall, I could take in all the festive ambiance without having to move an inch.

When I first arrived, I passed directly in front of the British Support Battalion stall, and my eyes feasted upon the delicious-looking sausages. A little further down I spotted some gorgeous Greek and Italian pastries.

My daughter then started running across to the other side of the Christmas Market to greet some friends, and naturally I followed. Enroute I gave in to the temptation of the Czech cookies, and was happily forced to sip some Glühwein at the German stall. I also couldn't resist purchasing a sparkling hairclip for myself, which was being sold by one of the military wives. Despite the short distance to my stall, my journey took much longer than expected!

Finally, I arrived at the French table, took my position and began to enjoy watching all the people happily walking by. I saw fathers and daughters arrive together, share a plate of cookies and then leave with bags full of treats. I saw mothers and sons marvelling at the yo-yos and discussing in detail whether it was too late or not to ask Father Christmas to put one in their stocking. I met some wonderful gentlemen who were all too happy to taste the French champagne and the orange wine. I enjoyed watching families sitting around the blazing fire and singing along with the Military Wives Choir.

I took in the smell of the burning wood, the lights reflecting in the children's eyes and the ease with which people chatted to each other. All of this made me feel ready for the Christmas season. It's not often that we are surrounded by such an international community with culture and life experiences to share. For this I am truly grateful.

Mary Le Carff

The AIC was proud to raise £1265.08 for two military-related charities.

Winston’s Wish
Helping children cope with the bereavement of a parent or sibling.
www.winstonswish.org.uk

Homes for Veterans - Alabare
Temporary accommodation for British Forces veterans who are homeless or at risk of becoming homeless.
www.alabare.co.uk

The Children’s Christmas Party

“Ho, ho, ho” said the gentleman in the scarlet suit with the white beard, as he sat down in his comfortable arm chair. The reindeer had been parked outside, and Santa was ready to hand out his presents to the 150 children who attended the Innsworth Station Children’s Christmas Party.

The noise inside was unmistakably that of extremely happy and excited children, and who could blame them? There were arts and crafts, feather birds to make and gingerbread houses to decorate with sweets, treats and icing. There were games such as pin the nose on the reindeer, find the treasure on the map and guess the name of the teddy bear. There was the opportunity to have photos taken for that special aunt or grandparent in front of a wonderfully crafted snowman. The supper of cupcakes and treats was followed by a magician and an entertainer, which allowed parents to take time out to enjoy the Christmas market and have a go in the raffle. To top it all off, all the children at the party were given a bag of Christmas cheer and goodies to take home at the end of the evening.

None of this would have been possible without the tremendous help of all the elves who worked so tirelessly behind the scenes. A huge thank you goes to Karen, the Mess Manageress and Mr T for their tireless support before and during the party; to the Officers’ Mess who provided funding; to Aramark for the food, to all who so generously donated gifts for the raffle; to the EXCEPTIONAL ladies in the Welfare Office, Dawn and Joanne for everything they did to make the event so great; and to Anna Schultz and the Youth Group DJs for providing the brilliant music. A massive mille fois mercis to Julie Humbert for her enthusiasm, help and for making most of the party games herself. A huge thank you to Tracey Radford and Simona Clark for providing the craft activities. An enormous shout out to Leena Pukk and her daughters for organising the party games and running the raffle with Laura Hussey. Thanks to Eve Hill for being a brilliant host on the door. Last but by no means least, a huge thank you for being the very best elf of them all, Mrs Copson.

Camilla Tennant

The people mentioned above and the entire AIC committee would like to thank Camilla Tennant for her tremendous work in coordinating such a large event. Thank you Camilla!

AIC Committee
Fund Raising in the Imjin Community

Children In Need - Friday 18 November 2016

Officers, Soldiers and families of Support Battalion HQ ARRC hosted a breakfast in aid of BBC’s Children in Need. None other than Pudsey Bear, the mascot of Children in Need, attended the event, and he got to meet the Commanding Officer and many of the troops.

Pudsey then went to Innsworth Infants School where he met the local children, who were all very excited to see him.

Everybody had a really great day and £330 was raised from the Breakfast.

Gloucestershire Home for Veterans Alabare - Friday 9 December 2016

Support Battalion held a CO’s Fun Run on Fri 9 Dec 2016, to raise funds for the Gloucestershire Home for Veterans Alabare. Afterwards they were welcomed for bacon sandwiches and cups of tea in the Innsworth Station Community Centre.

Gloucestershire Home for Veterans offers housing and support to ex-Service personnel who are homeless or are at risk of becoming homeless. All the residents must have served in the British Armed Forces and the home has 2 sites supporting up to 12 Veterans.

Super Hero Disco - Friday 24 February 2017

This event went off with a bang, in true super hero fashion. With over 40 children dressed up as their favourite super heroes, including Batman, a Ninja Turtle, Captain America, Wonder Woman, Superman and The Hulk. It was definitely a fantastic sight as they all enjoyed games including musical bumps, musical statues and dancing competitions. There were prizes for the best dressed, with The Hulk, Wonder Woman and the Ninja Turtle the worthy winners. It’s safe to say all the children went home totally shattered, but only after a thoroughly enjoyable time.
**Family Fun Bingo**

Why not bring the kids along for a family friendly Bingo evening on Friday 24th March?

Numbers will be called (and written down) at a pace to suit everyone. It’s being held in the Officers’ Mess from 6 - 8pm, and there’ll be lots of chocolate prizes, as well as refreshments and cake.

Tickets will be sold on the door, and money raised will go to a chosen charity.

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**Knit and Stitch**

Knit and Stitch meets up every Wednesday in the community centre, between 1pm and 2.30pm. We are lucky to have our qualified seamstress Melaney, who demonstrates technical skills, sets projects and offers practical help and answers any questions you may have. Having access to a sewing machine is useful but not essential. The classes are very relaxed and informal.

The aim of each class is to improve and build on sewing skills. Email theimjin@gmail.com for any further details.

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Hello, my name is Delphine BARRAU, and this March I walked 10 000 steps a day (approximately 8km/5miles) in aid of cancer. I walked because cancer can occur in anyone, and together we are stronger.

By the end of the month, I had completed 310 000 steps (248km/155miles). You can still support me on my fundraising page: https://fundraise.cancerresearchuk.org/page/delphine
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

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
Forces personnel can have 20% off classes and a £1.00 joining fee.

CHECKERS ACROBATIC GYMNASTICS AND TUMBLING CLUB
Website: www.checkersacro.com
Email: info@checkersacro.com
Phone: 01452 501 536
Age Group 3 upwards

PUDDLE DUCKS SWIMMING LESSONS
Website: www.puddleducks.com/
Email: gloucestershire@puddleducks.com
Phone: 01452 473073
Age Group 0-4 and 4-10 years

GIRLGUIDING IN GLOUCESTERSHIRE
www.girlguidinggloucestershire.org.uk
@GirlguidingGlos on Twitter
Girlguiding Gloucestershire on Facebook
For questions please email: news@girlguidinggloucestershire.org.uk

GLOUCESTER SAXONS BASKETBALL CLUB
Website: http://gcblazers.co.uk/
Email: geoffsteer@outlook.com
Mobile: 07505 456586/07913 326190
Age Group Under 11 – 16 years

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

GLOUCESTERSHIRE SCAVENGERS
Website: www.girlguidinggloucestershire.org.uk
@GirlguidingGlos on Twitter
Girlguiding Gloucestershire on Facebook
For questions please email: news@girlguidinggloucestershire.org.uk

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

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

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
Forces personnel can have 20% off classes and a £1.00 joining fee.

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www.girlguidinggloucestershire.org.uk
@GirlguidingGlos on Twitter
Girlguiding Gloucestershire on Facebook
For questions please email: news@girlguidinggloucestershire.org.uk
April

**Victorian May Day at Sudeley Castle**
Queen Victoria cordially invites you to Sudeley’s annual Victorian May Day.
The wonderful Steamhorse will add a different twist – they specialise in providing original and interactive entertainment for all ages and will be performing their Victorian themed Circus and Horse Show to Sudeley.
*Where: Sudeley Castle & Gardens, Winchcombe, Gloucestershire GL5 4UJ*
*Time: 10am*
*Admission: Adults £14.95, Concessions £13.95, Children (5-15) £6.00, Under 5s FOC*
*Telephone: 01454 218375 www.sudeleycastle.co.uk*

**The Badminton Horse Trails**
Badminton Horse Trails is one of the toughest and most exciting equestrian events – the pinnacle of the world’s 3-day Event calendar.
Horses and riders must complete a dressage test demonstrating Obedience, Discipline, Accuracy and Elegance. They will complete a cross country ride jumping several obstacles within a set time. Finally they must complete a course of showjumps designed to test their agility and accuracy at speed.
*Where: Badminton, Glos, GL9 1DF*
*Time: 8am - 5pm (last Event)*
*Admission: see website*
*Telephone: 01454 218375 www.badminton-horse.co.uk*

**Dragon Boat Race**
The high-adrenaline Dragon Boat Regatta Race will return to Gloucester Docks this May. The event sees a number of teams battle it out in decorative 40-foot long boats - it truly is a race like no other!
This is a fun day out for all the family, with lots of entertainment on hand, with a fun and plenty of stalls on offer.
*Where: Gloucester Docks, Gloucester, Gloucestershire, GL1 2DH*
*Time: TBC*
*Admission: FOC*
*Telephone: 01452 20702 www.thecityofgloucester.org*

May

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*Time: TBC*
*Admission: FOC*
*Telephone: 01452 20702 www.thecityofgloucester.org*

**Gloucester Fake Festival**
Fake Festivals are bringing 3 great tributes to Queen, Oasis & The Proclaimers to Gloucester. There will be a massive line up of live musical bands and a fully stocked bar all inside our huge marquees plus an outside entertainment arena.
*Where: Gloucester Park, Gloucester, GL1 2LD*
*Time: 12.30 – 10.30pm*
*Admission: see website*
*Telephone: 01452 20702 www.fakefestivals.co.uk*
*Telephone: 01452 20702*

June

**Coswold Olimpick Games**
Dover’s Hill, above Chipping Campden and overlooking the Vale of Evesham, is a beautiful plateau commanding extensive views from the plains of the Avon and the Severn to the foothills of the Welsh mountains. Owned by the National Trust, it provides an ideal setting for open air games.
Each year, on the traditional date of Friday after Spring Bank Holiday, the hill echoes with the shouts and cheers of competitors as Robert Dover’s Coswold Olimpick Games (not Olympic Games) are celebrated. Marching of competitors as Robert Dover’s Cotswold ‘Olimpick’ Games.
*Where: Coswold Olimpick Games, Donnington, Gloucestershire GL5 4UJ*
*Time: 10am*
*Admission: see website*
*Telephone: 01454 218375 www.coswoldolimpickgames.co.uk*

**Classic Vehicle Day at GWSR**
Classic Vehicle Days provide you with just that when Todmorden Station car park is covered with classic cars, motorcycles, commercials, buses etc. Please note that for visitors wishing to visit the site, view these classic vehicles but not travel on the train, there will be a site entry charge of £3. This does not apply to anyone purchasing a train ticket at our normal prices.
*Where: Gloucester Warwickshire Railway, The Railway, Toddington, Glos. GL5 4DT*
*Time: From 10am (see red timetable)*
*Admission: All day ticket - adult £16, senior £15, child £7.*
*Telephone: 01452 621405 www.gwsr.com*

**Gin Festival in Gloucester**
Gin enthusiasts will be flocking to Gloucester for a tasty tipple or two when the Gin Festival returns this summer. Discerning drinkers and gin fans will be flocking to Gloucester this summer for the anticipated Gin Festival, returning to Blackfriars after its sell-out success in 2016.
Offering exclusive gins, live music and entertainment on Friday 16 June and Saturday 17 June, visitors can whet their whistle with delicious cocktails, and mix and mingle with masterclassers from industry experts.
*Where: Blackfriars Priory, Gloucester*
*Time: From 6.30pm on Friday; from 12.30pm and 6.30pm on Saturday*
*Admission: Tickets cost £19.50*
*Telephone: Not available*
*www.ginfestival.com/events/gin-festival-gloucester-2017*

July

**Midsummer Fiesta**
Music from live local bands, a fun fair, children’s village and sports village are just some of things sure to bring in the crowds to Montpelier Gardens in Cheltenham.
The event will also showcase: Live Music, Dance displays, The Worthington – will spend the day children’s entertainment, Fun fair, Arts and crafts, Stalls.
*Where: Montpelier Gardens, Cheltenham*
*Time: 12pm - 9pm*
*Admission: FOC*
*Telephone: 01242 775156 www.midsommerfiesta.com*

**The Cotswold Show & Food Festival 2017**
Expect another jam-packed weekend!
From show stopping performances in the main arena, a whole host of action packed activities for the whole family and fascinating country pursuits, to the very best in handmade crafts, plus food and drink heaven in our fabulous Food Village.
*Where: Cirencester Park, Cirencester, GL7 2BU (use Deer Park School entrance GL7 1XB)*
*Time: 9am - 6pm*
*Admission: see details above*
*Telephone: 01285 652007 www.cotswoldshow.co.uk*

**The Watermill: Romeo and Juliet & Twelfth Night at the Everyman Theatre**
Following an incredibly successful and vibrant run at The Watermill Theatre in 2016, Romeo and Juliet will return on tour in 2017.
The production combines a thrilling contemporary feel with an outstanding ensemble of actor-musicians. Featuring music from 15th to our facsimiles, The Civil Wars, Hozer and new original music by Johnny Flynn, the aim of the production is to challenge the way live music is used alongside text and to investigate new responses to Shakespeare’s work.
*Where: Everyman Theatre, Cheltenham, GL50 1HQ*
*Time: Eves 7.45pm; Thu and Sat Mats 2pm*
*Admission: £15 – £30*
*Telephone: 01242 572573 www.everymantheatre.org.uk*
What’s On

April

**Gloucester Quays Spring Fest 2017**
The fabulous Spring Fest will return this April to coincide with Easter 2017! With plenty of food, drink and entertainment, for all ages there is a fantastic family day out. Better still, the event is free of charge to all, especially the young, and soak up the wonderful atmosphere! More details on specific stalls and timings is expected to be released on the website linked to this page in due course.

Where: Gloucester Quays, Merchant’s Road, Gloucester, Gloucestershire, GL2 4RG
Admission: FOC
Telephone: 01452 396492
www.gloucesterquays.co.uk

**Mad Hatters Tea Party**
**Prinknash Bird & Deer Park**
The Marquee will be festooned with fabulous Alice in Wonderland back drops creating a magical atmosphere and taking you into Alice’s imaginary world. Bookings can be made and Children in fancy dress costumes will be admitted for half price.

Where: Prinknash Bird & Deer Park, Cranham, Nr. Gloucester. GL4 8EN
Time: 10am - 3pm
Admission: Adult £17.80, child £6.80, senior £7.40
Telephone: 01452 812727
www.thebirdpark.com/

May

**Dire Streets**
Dire Streets perfectly capture the distinctive, authentic sound of one of the biggest guitar bands of all time. Fronted by finger picking guitar ace John Brunson and his band of acoustics, they play with an attention to detail and musicianship that marks them as the stand-out Dire Straits tribute in the UK.

Dire Streets cover tracks from early classics like Sultans of Swing, to钱 Floyd, through to the mega-hits of the 80’s and Brothers in Arms, taking in all the classic album and live versions from the seminal Alchemy, Live Aid and Mandela concerts.

Where: Gloucester Guildhall, 23 Eastgate Street, Gloucester, GL1 1NS
Time: Doors 7.30pm. Over 14s only.
Admission: £18 ADV, £19 ODT
Telephone: 01452 503050
www.venues.gloucester.gov.uk/Freetime/Guildhall/listings/music

**Gloucester Tall Ships**
The award-winning Gloucester Tall Ships Festival makes its return voyage to the city’s historic docks on Spring Bank Holiday 2017.

Five tall ships will sail into the docks and moor up on the quayside for visitors to see. There will be a raft of entertainment featuring marquee pirates including Captain Jack Sparrow, nautical activities, fun games for all the family, food and drink and taking you into Alice’s imaginary world.

Where: The Docks, Gloucester, GL1 2ER
Time: 10.00 - 6pm
Admission: see Website
Telephone: 01452 396572
www.thecityofgloucester.co.uk/tallships

**Father’s day gladiator arena at Chedworth Roman Villa**
Legio II Augusta, a premier Roman re-enactment group return with their gladiator arena.

Watch exciting displays of gladiatorial fighting. Bring your dad along and see him sold as a slave to fight in the arena. With demonstrations, chat & activities, the weekend will be one of great family fun.

Where: Chedworth Roman Villa, Yanworth, Nr. Cheltenham, Gloucestershire, GL54 3LJ
Time: 11am-3.30pm
Admission: National Trust members free. Standard Admission prices apply. Telephone: 01242 890256
www.nationaltrust.org.uk/chedworth-roman-villa

**Annual Woolsock Races and Traditional Street Fair**
It is thought that the races originated in the 17th Century by young drovers showing off to local women by running up the hill carrying a woolsack. It has been going for over 30 years now with world records entered in the ‘Guinness Book of Records’.

Yearly, competitors from far and wide compete to test their mettle and see if they can become World Champions. The race events are complemented by a street fair featuring varied stalls, a funfair, musical entertainments and roving entertainers. In over thirty years of operation, the Woolsock Races have proven to be a fantastic family day out and (more importantly) have raised a considerable amount of much needed money for local causes.

Where: Gloucester, GL1 9BQ
Telephone: 01453 810303
www.berkeley-castle.com/visit.html

**Cheltenham Carnival**
Gloucester Carnival is a fabulous, free and vibrant procession which makes its way through the city centre each year.

The procession encompasses floats and entertainers, and finishes in Gloucester Park. From there you can enjoy live music, a fun fair and plenty to keep them entertained.

Where: Cheltenham City centre and Gloucester Park, Gloucester, GL54 5DT
Telephone: 01452 207020
www.cheltenhamcarnival.org.uk

June

**Royal Three Counties Show**
Celebrate the best of the British countryside at the Royal Three Counties Show a fun day out for the whole family.

Join TV presenter and local farmer, Adam Henson, to celebrate the countryside in the heart of England at the Royal Three Counties Show. The Region’s Premier Agricultural Show offering excellent entertainment, and showcasing the best of British food, farming and rural life.

See magnificent animals, rural crafts and sample food from the finest producers and wash it all down with a good choice of real ale or cider.

Where: Three Counties Showground, Malvern, Worcestershire WR3 6NW
Time: 9am - 6pm
Admission: Adult £19, Child £5, Under 5’s FOC
Telephone: 01684 584924
www.threecounties.co.uk

**Father’s Day at Berkeley Castle**
King Henry VIII, Queen Ann Boleyn and their courtiers welcome visitors to the Castle. Enjoy an audience with the King & Queen. Enjoy a special Father’s Day Medieval Archery Show, find out how men made their living as an archer. Dance with the Queen in the Castle. Cantry archery and their courtiers welcome visitors to the Castle. Enjoy an audience with the King & Queen. Enjoy a special Father’s Day Medieval Archery Show, find out how men made their living as an archer. Dance with the Queen in the Castle.

Where: Berkeley Castle, Berkeley, GL13 9BQ
Time: 11am - 5pm (last entry at 4pm)
Admission: Normal entry adult £16, senior £15, child £7 (5-15yrs), family £42 (2+3)
Telephone: 01453 810303
www.berkeley-castle.com/visit.html

**Royal International Air Tattoo**
The 73rd Cheltenham Music Festival presents a vast range of classical music – symphonic, choral, chamber, contemporary and early music – joined by jazz, folk, electronica, spoken word, film and media.

Where: Various locations – see website
Time: various - see website
Telephone: 01452 850270
www.cheltenhamfestivals.com/music

** Gloucester Quays Food Festival**
Gloucester Quays will be hosting another annual Food Festival this summer, with demonstration, tasty treats and plenty to keep you occupied.

A great day out for all, this event is free to enter and will provide food and drink for all to enjoy!

Where: Gloucester Quays, Merchant’s Road, Gloucester, GL1 1PA
Time: See Website
Admission: See Website
Telephone: 01452 389833
www.gloucesterquays.co.uk

3rd

**Cheltenham Air Tattoo**
Come along to RAF Fairford and watch the world’s largest military air show and watch aircrafts fly past. During the flying display see fast jets, giant transports, historic aircraft, and much more.

There will also be lots of things to do to keep you entertained throughout the day. The perfect day out for all the family.

Where: RAF Fairford, Horcott Hill, GL54 7RP
Time: various - see website
Admission: see website
Telephone: 01452 850270
www.cheltenhammusicfestival.org.uk
The Innsworth Station Welfare Office has discounted tickets for the above local attractions. The tickets are available to all Service personnel, civil servants and their families who live at or work within Innsworth Station. Bristol Aquarium & Zoo are in the Bristol area, about 40 miles; Cattle Country Park is south of Gloucester, about 40 miles; Noah’s Ark Zoo Farm Park is south of Bristol, about 44 miles; Slimbridge Wetlands Centre is south of Gloucester, about 20 miles.

To Book Tickets for the Attractions
The discounted tickets for the Attractions, at £10 for 4 people or £2.50 individual, are available from the Welfare Office. All tickets are booked and paid for in advance.

Discounted Tickets
For Local Attractions
Available From Your Welfare Office

The daily talks and feeds are listed below. These may be subject to change so it's always best to call on the day of your visit to check it is taking place as planned.

11:30am Daily CORAL REEF
1pm Daily BAY OF RAYS
2:30pm Mon, Wed, Fri, Sun SEAHORSES
2:30pm Tues, Thurs, Sat AMAZON
3:30pm Mon, Wed, Fri NATIVE
3:30pm Tues, Thurs, Sat, Sun SHARKS

Bristol Aquarium

Bristol Aquarium in Bristol’s historic Harbourside area takes you and your family and friends on a spectacular undersea safari.

Bristol Aquarium showcases tropical, marine and freshwater creatures from around the world in naturally-themed habitats, all designed to inspire deeper understanding and appreciation of the natural world.

Embark on a fascinating journey from the British coast through warmer waters to exotic tropical seas. Highlights include a life-size recreation of a sunken ship, a Bristol harbour scene, a walk-in seahorse display and a wooden footbridge, over the open-top giant coral seas display, which are home to tropical sharks and unicorn fish.

From the hidden world of UK waters, the Bristol Aquarium transports visitors to the spectacular underwater gardens of the Mediterranean and the stunning beauty of tropical waters, which are home to everything from fox faced rabbitfish and puffer fish to living corals and clownfish.

Other displays recreate mangroves, giant rock pools, Amazon rainforest pools and a South American fishing village. Part of the aquarium is also contained within a giant glasshouse, which is home to a huge variety of living plants and trees. There are even bananas growing!

The centre of the aquarium is the coral seas display, where visitors can enjoy the closest of undersea encounters in an underwater walk-through tunnel through the reef, from inside a glass cavern and via bubble window viewing points. More than forty other naturally-themed displays reveal the sheer variety of life in the deep, from crabs and lobsters to piranhas and archer fish.

Whichever day you visit you’ll be able to enjoy an interesting talk and exciting feed by one of the team!

See page 28 for Easter specific events taking place at the discounted attractions.

Contact the Welfare Office for further information – 01452 362550 / extn 4550, or welfarearrc@hotmail.co.uk

Bristol Aquarium
The Joint Casualty and Compassionate Centre (JCCC) has launched the MOD ICE app and two briefing films to help you and your families access their services.

Once downloaded to a mobile phone or device the MOD ICE app provides a very simplistic ‘click and call’ facility that will direct the user to the most appropriate organisation if they are faced with a family emergency.

Ask your service person to download the MOD ICE app from the Defence Gateway app store onto your phone.

The two short films explain more about JCCC’s services and key actions you should take to update JPA.

To watch the films, scan the code or search for “JCCC” on www.gov.uk
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)

News from HQ 1 (United Kingdom) Signal Brigade
Ex Tiger Snow Spear

On Saturday 28 Jan 17, members of HQ 1 (UK) Sig Bde, plus a few augmentees from the wider Bde, set off on our annual skiing expedition. Capt Richard Gilgar’s plan was to get the vast majority of the Bde HQ out to Serre Chavalier in the French Alps, for some valuable time away from a fast paced work environment, and to enable them to gain Ski Foundation 1 and Ski Foundation 2 qualifications.

After arriving at the airport, we moved into the UCPA Hostel, which provided very comfortable accommodation and excellent facilities for the duration of our stay. After a solid night’s sleep, everyone was eager to get on the slopes. The group quickly met up with instructor Sgt Dale McMahon and Capt Abigail Roberts. WO1 Roy French and WO2 Ben Collins who were both novices, had some intensive early morning training with their instructor to prepare them for what lay ahead. Regardless of ability, all members of the expedition were keen, excited and ready to learn!

After the first day we saw some weary looking faces return to the UCPA Hostel but luckily the friendly atmosphere and great food soon perked everyone up!

The first few mornings of the week saw those new to skiing wake up with incredibly sore legs, and a number of the group, when walking down the stairs for breakfast, resembled a scene from the Walking Dead; noises included!

WO2 Ben Collins aged quite substantially throughout the week and complained of a new ailment with each day. On one particular day, this included an aching Adam’s Apple from grimacing so hard down the slopes.

On the last day our two groups skied together. Due to the adverse weather, a lot of the foundation group decided to ski back to the resort. Sgt Ash O’Brien and I decided to join the top group (aptly named ‘Mountain Troop’), to ascend up the mountain on a rickety old chair lift. Like frightened mountain goats, we genuinely thought the old wires, wood and metal that were keeping us suspended were going to collapse. When we eventually got to the top and looked over the ridge, our nerves only increased as we saw what lay before us.

All in all, it is safe to say that everyone involved thoroughly enjoyed the week, improved their skiing, and had a welcome break from a very busy Bde HQ. Our thanks go to the instructors for showing patience and providing a great atmosphere in which to learn, and to Capt Richard Gilgar for organising the trip.

LCpl Julie Sutton
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 Ghurkhas. Lt Col Nick ABRAM MBE is both the Battalion Commanding Officer and the Imjin Station Commander.

News from Support Battalion

Age Concern Christmas Lunch

On the 8th December 2016, personnel from the ARRC Support Battalion were given the opportunity to work with Age Concern Churchdown (part of Age UK), and host their annual Christmas lunch for elderly people within the community.

When we arrived, we set up all the tables and chairs and put up the decorations in line with the organiser’s plan. Once that was complete, we started to greet the guests and help to get them all seated. Everyone was served with a hot cup of tea or coffee, and a biscuit or pastry before lunch, which was prepared entirely by Age Concern Churchdown volunteers.

It was amazing how many of the older gentlemen were ex-Forces, and they really seemed to enjoy chatting about how things have changed. It was very interesting to hear how things were done in their time, and how they felt about the current generation.

It was a great opportunity to get out into the local community and give a little back; especially at this time of year, and with people who may otherwise not have the chance to get together for Christmas dinner. As part of the military it is very easy to stay within our close knit communities, which can sometimes make it appear that we are unapproachable. This was the perfect opportunity to show the local people that we are all part of the same community, and that we are very willing to contribute in whatever way we can.

Every guest of Age Concern Churchdown was given mince pies to take home with them, some of which were made by the Catering Troop of the ARRC Support Battalion.

LCpl David McGimpsey
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. Approximately 80 staff work within these two departments supporting military personnel and their families, veterans and entitled civilian personnel.

Further information regarding Defence Business Services, MOD Medal Office, or the Joint Casualty and Compassionate Centre can be found on the GOV.UK website.

The MOD Medal Office

The MOD Medal Office issues approximately 45,000 awards each year, and is responsible for instituting new operational medals. It can take in excess of 2 years for a new medal to be instituted, and recommendations for medals undergo strict scrutiny following a specific process. This process ensures the Ministry of Defence upholds the integrity of the honours and awards system.

“\nThe object of giving medals, stars and ribbons is to give pride and pleasure to those who have deserved them. At the same time a distinction is something which everybody does not possess. If all have it, it is of less value. There must, therefore, be heartburnings and disappointments on the borderline. A medal glitters, but it also casts a shadow. The task of drawing up regulations for such awards is one which does not admit of a perfect solution. It is not possible to satisfy everybody without running the risk of satisfying nobody. All that is possible is to give the greatest satisfaction to the greatest number and to hurt the feelings of the fewest."

Winston Churchill
I read this in a magazine recently: A study conducted by a University Department of Psychiatry has revealed that the kind of face a woman finds attractive on a man can differ depending on where she is in her menstrual cycle. For example: If she is ovulating, she is attracted to men with rugged and masculine features. However, if she is menstruating, or menopausal, she tends to be more attracted to a man with duct tape over his mouth and a spear lodged in his chest while he is on fire. No further studies are expected.

We all deal with stresses and challenges differently. But the simple fact is we all face stressful times and challenging situations. The real question is: what are you going to do when you do?

In the gospel of Matthew, the apostle Peter knows he is in trouble. He is with his friends in a small boat in the middle of a violent storm. The winds roar down onto the Sea of Galilee, lightning flashes and rain slaps against the deck of the boat until everyone is soaked and shaking. Ten-foot waves pick them up and slam them down with tremendous force. These men don't look like a team of apostles who are a decade away from changing the world. The one with the widest eyes is the one with the biggest biceps, Peter. He's seen these storms before. He knows what the fury of wind and wave can do and he knows this is a time to get some help.

In the middle of the storm Jesus is the point of calm and peace. That is why, when he sees Jesus walking on the water, he is the first to say, "Lord, if it's you ... tell me to come to you on the water". He is aware of two facts, he's going down, and Jesus is staying up. It doesn't take him too long to decide where he would rather be. Perhaps a better interpretation would be, "Jesus, if it's you, get me out of here!".

Jesus says "Come".

It's not every day that you walk on water through waves taller than you are, but when faced with the alternative of sure death, Peter knows what to do. The first steps go well. Miracles do happen! A few strides onto the water, he takes his eyes off Jesus and looks up to the waves, and down he goes. He cries out "Help me!".

And a hand comes through the storm and pulls him up. The message is clear: as long as Jesus is one of many options, he is no option. As long as you can carry your burdens alone, you don't need a burden bearer. As long as your situation brings you no grief, you will receive no comfort. As long as you can take him or leave him, you might as well leave him, because he won't be taken half-heartedly.

When you mourn, when you get to the point of sorrow, when you admit that you have no other option but to cast all your cares on him, and when there is truly no other name that you can call, then cast all your cares on him, for he is waiting in the midst of the storm.

Padre Mark
Well doesn't time just fly! Last time I wrote these notes we were waiting for Santa Claus to arrive. He has come and gone again, and Spring is well and truly upon us. I have started this year's work on my allotment and have planted the first lot of potatoes already. The bulbs and spring flowers that I planted last Autumn are now in bloom and the lighter days are here. Roll on Summer.

About This Time of Year …

Easter Bunny. I mentioned earlier that Santa Claus had been and gone, and now we are waiting for the Easter Bunny. Have you ever wondered where the story of the Easter Bunny comes from? Like all such stories, everyone claims to know the real origin, though in truth, no one knows for certain. Anyhow, here's my version. I blame two of the Partner Nations, the Germans and the Americans. It appears that the Easter Bunny, or the Easter Hare as he was known, originated in Germany. The story was taken to the New World by German settlers in the 1700s; they never thought to stop off in the UK and tell us! Anyhow, the Easter Bunny, like Halloween, became widespread in the United States, and as it became more commercialised, it found its way to the UK. Traditionally, the Easter Bunny brings Easter Eggs. He leaves them in children's houses and sometimes scattered around outside, hence the tradition of the Easter Egg Hunt.

Easter Eggs. This appears to be another German tradition, though the rationale could have come from anywhere in Europe around the Middle Ages. In Christian tradition, certain foods were given up for Lent as a sort of penance. Among these were eggs. Now chickens do not stop laying eggs just because it is Lent. So what do you do with the eggs? They would be rather rotten if you kept them for up to six weeks, particularly as fridges had not been invented then. The solution was to boil them or bake them, that way they could be kept and would be eaten as a celebration of the end of the fast and the arrival of Easter. To make it more festive, the eggs were sometimes painted bright colours. Later, the tradition of not eating eggs in Lent lapsed. That was no good for anyone looking forward to eggs as a treat at Easter, so the tradition changed from eating hard boiled eggs at Easter to eating chocolate ones.

Daffodils. Easter is meant to mark the beginning of new life and the bringing of light out of darkness. Daffodils are one of the first flowers to appear in Spring and have often been adopted as a traditional flower at Easter to celebrate the return of new life to the earth. Another flower associated with Easter is the Easter Lilly. Yellow, the colour of the daffodil, and the white of the Easter Lilly are the traditional Easter colours.

Morris Dancers. This is a very British tradition, though I have seen very similar displays in many parts of Germany. It is carried out mainly by men, though nowadays women take part too. The dancers dress up in fancy costumes and usually have bells tied to their legs. They wave sticks or handkerchiefs and produce a very colourful spectacle. Morris dancers are seen in many towns and villages from Spring to Autumn. Look out for them.

Whipping Monday. Now here's one I had not heard about before, a tradition in a European Country. Which country I couldn't possibly say, but it appears that on Easter Monday, it is a tradition to whip young girls and women to keep them beautiful and to maintain their fertility. All I can say is that speaking from experience, if I'd ever tried that on my Wife she would have continued to be beautiful but far away from me! In any case, she's beautiful and we've got three children, so there was never a need for it. (Look up Whipping Monday on the Internet if you don't believe this one).

And Finally!

Last time I mentioned that we were going to Malta for our wedding Anniversary, we had a great time there. Malta really is a fantastic place to visit. We had the bonus of meeting up with some of our old friends from our time in the Army. This year I am planning a holiday in another part of the world, though I can't say where in these pages as my Wife doesn't know of the plans yet. Let's just say that it is to one of the countries represented here in Innsworth so I might be coming to you for ideas. I'll bring some photos back for a future edition.

Best wishes to you all,

Bernard Barton-Ancliffe
Bernard.Barton-Ancliffe801@mod.uk
Telephone: 01452 718200
Civilian Housing Brief

Briefing Centre, Imjin Barracks, Innsworth, Gloucester, GL3 1HW

Wed 21 Jun 17 at 10:00

Book via Email: arrchealth_housing@hotmail.co.uk

Understanding YOUR housing options

- House Purchase
- Affordable Home Ownership Schemes
- Private Rent
- Social Housing
- Homelessness

- MoD and Government Incentives
  - Forces Help To Buy
  - Government Help To Buy
  - Affordable Home Ownership Schemes

- The MOD Referral Scheme

- Independent Financial Advice

Housing Briefs are designed primarily for Service Personnel and their dependants who intend to settle in the UK, and open to everyone at any point in their career.

Attendance at this course does not count against Resettlement Entitlement.
## Local Attractions

### EASTER 2017

**Bristol Aquarium**
www.bristolaquarium.co.uk

- **Submarine Easter** 8-23 April  1000-1700
  The Aquarium will be showcasing the wonderful world of the submarine with many exciting attractions from the deep.

**Bristol Zoo**
www.bristolzoo.org.uk

- **Eggstravaganza** 8-23 April  0900-1700
  Activities include a giant egg trail around the zoo & gardens, creative crafts in the Activity centre and egg-citing fun for the animals.

**Cattle Country Adventure Park**
www.cattlecountry.co.uk

- 1 April – 3 September  Mon-Fri  100-1500  Sat & Sun  1000-1700
  Check the website for Easter events.

**Noah’s Ark Zoo Farm Park**
www.noahsarkzoofarm.co.uk

- **Mega Maze Bunny Hunt** 1-17 April  1000-1700
  Look for and find all the bunnies in Europe's largest hedge maze. A free treasure hunt adventure for everyone, and real bunny handling sessions too.

**Slimbridge WWF**
www.wwt.org.uk/wetlands-centres/slimbridge

- **Easter Giant Duck Hunt** 8-23 April  1000-1700
  The fun hunt will take you around all the Centre grounds to find the giant ducks.

### To Book Tickets for the Attractions

To book tickets, go to the Welfare Office, confirm availability, complete a booking form and pay for the tickets. During the Easter leave period, booked tickets are collected from and returned to the Guardroom, on the day of the visit. Tickets must be booked and paid for in advance of the visit. Discounted tickets are available for £2.50 each.

For further information, contact the Welfare Office  01452 362550, or welfarearrc@hotmail.co.uk

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## Innsworth Station Community - Upcoming Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues 4 April</td>
<td>Coffee Morning</td>
<td>Innsworth Stn Community Centre</td>
<td>0930-1130</td>
</tr>
<tr>
<td>Fri 7 April</td>
<td>Coffee Morning</td>
<td>Kingsway – Beacons Children Centre</td>
<td>tbc</td>
</tr>
<tr>
<td>Tues 18 April</td>
<td>Kids Movie Tea Time</td>
<td>Innsworth Stn Community Centre</td>
<td>1630-1800</td>
</tr>
<tr>
<td></td>
<td>4 - 11 years</td>
<td></td>
<td>1900-2100</td>
</tr>
<tr>
<td></td>
<td>12years plus</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fri 21 April</td>
<td>Kids Disco</td>
<td>Innsworth Stn Community Centre</td>
<td>1600-1800</td>
</tr>
<tr>
<td>Thurs 27 April</td>
<td>Coffee Afternoon</td>
<td>Kingsway – Beacons Children Centre</td>
<td>1330-1500</td>
</tr>
</tbody>
</table>

### Easter Activities & Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues 11 April</td>
<td>Easter Bonnets &amp; Crafts</td>
<td>Innsworth Stn Community Centre</td>
<td>1330-1530</td>
</tr>
<tr>
<td>Wed 12 April</td>
<td>Easter Egg Decorating &amp; Competition</td>
<td>Innsworth Stn Community Centre</td>
<td>1000-1200</td>
</tr>
<tr>
<td>Thurs 13 April</td>
<td>Easter Egg Hunt</td>
<td>Innsworth Stn Community Centre</td>
<td>1330-1430</td>
</tr>
<tr>
<td></td>
<td>5-8yrs</td>
<td></td>
<td>1500-1600</td>
</tr>
<tr>
<td>Fri 5 May</td>
<td>Coffee Morning</td>
<td>Tewkesbury, Wheatpieces Centre</td>
<td>1000-1100</td>
</tr>
<tr>
<td>Tues 9 May</td>
<td>Coffee Morning</td>
<td>Innsworth Stn Community Centre</td>
<td>0930-1130</td>
</tr>
<tr>
<td>Fri 19 May</td>
<td>Coffee Morning</td>
<td>Kingsway – Beacons Children Centre</td>
<td>tbc</td>
</tr>
<tr>
<td>Tues 23 May</td>
<td>Kids Movie Tea Time</td>
<td>Innsworth Stn Community Centre</td>
<td>1600-1800</td>
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<tr>
<td>Tues 6 June</td>
<td>Coffee Morning</td>
<td>Innsworth Stn Community Centre</td>
<td>0930-1130</td>
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<tr>
<td>Fri 16 June</td>
<td>Coffee Morning</td>
<td>Kingsway – Beacons Children Centre</td>
<td>tbc</td>
</tr>
<tr>
<td>Tues 20 June</td>
<td>Kids Movie Tea Time</td>
<td>Innsworth Stn Community Centre</td>
<td>1600-1800</td>
</tr>
<tr>
<td>Thurs 29 June</td>
<td>Coffee Afternoon</td>
<td>Innsworth Stn Community Centre</td>
<td>1330-1500</td>
</tr>
<tr>
<td>Fri 7 July</td>
<td>Coffee Morning</td>
<td>Kingsway – Beacons Children Centre</td>
<td>tbc</td>
</tr>
<tr>
<td>Tues 11 July</td>
<td>Coffee Morning</td>
<td>Innsworth Stn Community Centre</td>
<td>0930-1130</td>
</tr>
<tr>
<td>Tues 18 July</td>
<td>Kids Movie Tea Time</td>
<td>Innsworth Stn Community Centre</td>
<td>1600-1800</td>
</tr>
<tr>
<td>Tues 25 July</td>
<td>Coffee Afternoon</td>
<td>Innsworth Stn Community Centre</td>
<td>1330-1500</td>
</tr>
</tbody>
</table>

Tickets for 'Kids Movie Tea Time' must be booked and paid for in advance, at the Welfare Office.

For further details about the above events and how to book contact Jo or Dawn on the Facebook sites -

www.facebook.com/groups/arrccommunity  www.facebook.com/groups/arrcspbncommunity
Innsworth Station Freshers Fair

WEDNESDAY 13 SEPTEMBER 2017
1000 – 1400hrs

Everyone welcome at the Imjin Barracks Officers’ Mess
Come along and meet with local businesses and service providers
For further details contact Ann Peaple, Innsworth Stn Welfare Office
ext 4550, 01452 362550 or email welfarearrc@hotmail.co.uk

Chepstow & Innsworth HIVE

Tel: 01291 645354
E: chepstowhive@armymail.mod.uk
W: 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.

HIVE BLOG Posts are filtered into the following categories for ease of reference:

- What’s On - local events and activities
- Notice Board - news and useful information
- Discounts - local and national forces discounts, plus Defence Discount Service news
- Service Leavers - Transition events UK-wide, plus transition-related news and useful information
- Employment - job vacancies and career news
- Welfare - support agencies and MOD health and welfare campaigns
- Accommodation - Service Family Accommodation news, civilian housing options and information
- Fundraising - charity support events
- Deployment - news and updates on deployment communications and support

To make the HIVE BLOG even more effective for service users, features include:

- Blog Search - enables a specific Blog post to be located immediately
- Follow by Email - service users who sign up receive an email summarising each day’s new posts
- Blog Archive - lists and links to all posts uploaded during individual months

SFA Occupants Meeting

The latest Occupants Meeting was held on 28 February 2017. Representatives from the Station, Carillion Amey and the Local Police Team attended the meeting to discuss various issues.

Issues covered:
The need for street reps, personnel & home security, possible rent rebate during building works on Innsworth SFA estate, additional programme to replace roofs & demolish chimneys, completion of Check Sheets at Move-in, grass cutting of communal areas on SFA estate, communication about missed appointments with tradesmen, customer survey after repair works, speeding vehicles on Mottershead Drive Innsworth, CAAS grading challenges and dependants passes.

The Innsworth & Churchdown Local Police Team now have an office at 39/41 Mottershead Drive, Innsworth. It will be manned on an adhoc basis, dependent on staff availability.

These meetings are an open forum (with refreshments) for all SFA residents of Innsworth Station. Come along to these meetings to raise your concerns, problems and issues, both positive and negative, about your SFA/SFA areas. You will have the opportunity to question representatives from the Station, DIO, Carillion Amey and the Local Police Team.

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

Moving Out of SFA

Move Out
In order not to be disappointed, and to secure the date and time you request, personnel living in SFA are advised to book a Move Out as soon as possible after receiving an assignment order to move.

Don’t Forget to Book Your Mandatory Pre-Move Out Advisory Visit (PMOV)
It is a mandatory requirement for a PMOV to take place 2 months before the expected date of vacation. Furthermore, it is the Service Licensee’s responsibility to arrange the date of the PMOV.

Book both a Pre-Move Out Advisory Visit and Move Out by phoning Carillion Amey on 0800 707 6000, option 3 and then option 1.

If you have any queries/problems, do contact Paul Wheable – Housing Officer, ext 4554 or 01452 362554.
Health Services in Gloucestershire

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

If you are unsure of the health service you need for advice and/or treatment, 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 Advice ASAP website, you can search and find details for local health services – pharmacy, GP Surgery, Out of Hours Service, Gloucester Health Access Centre, Community Minor Injury & Illness Units, or to search by medical condition – by A-Z or by symptoms.

Pharmacy (chemist) – a pharmacist can offer expert advice on coughs/colds/flu, sore throat, earache, headache, sprains, stomach upsets, bites & stings, skin rashes and allergies. You can search for your local pharmacist on Advice ASAP website.

Gloucestershire Out of Hours Service – The Out of Hours Service provides urgent medical advice & treatment to residents & visitors, when GP Surgeries are closed. The Out of Hours Service operates: Monday-Friday 1830hrs-0800hrs, and 24 hours on Saturdays/Sundays/Bank Holidays.

The Out of Hours Service is contacted by calling NHS 111. Calls are answered by experienced call handlers, and where appropriate, callers are transferred to the Out of Hours Service. They will ask you for details of the medical problem, a clinician will call you back to discuss your problem & give advice.

If there is a clinical need for you to see a doctor, you will be given an appointment at a local Primary Care Centre, at Gloucestershire Royal Hospital or Cheltenham General Hospital.

Gloucester Health Access Centre (GHAC) - The GHAC is in Eastgate House, Eastgate Street, Gloucester GL1 1PX, Tel No 01452 336290.

The Centre is open 0800-2000hrs, 7 days a week. It provides advice & treatment for minor injuries & ailments. Anyone can use the GHAC, but it’s advisable to contact them first to make an appointment.

Community Minor Injury & Illness Units - The Units provide treatments for a variety of non-serious injuries & illnesses – sprains, cuts & wounds, rashes/bites/stings/infections, minor eye injuries, and minor fractures/head injuries. An appointment is not needed.

There are Community Minor Injury & Illness Units at various Hospitals in Gloucestershire; the Units are open Monday-Friday, from 0800-2000hrs. Full details on the Advice ASAP website.

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

When you call NHS 111 you will speak to a fully trained adviser, supported by health clinicians. You will be asked questions to assess your symptoms/medical problem, and then given the health advice you need or directed to the local service that can help you best.

If the adviser thinks you need an ambulance, they will immediately arrange for one to be sent to you.

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.

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, it is important to register your family with the nearest Doctors’ Surgery to your SFA, before they may need medical treatment. A list of Surgeries near to the SFA area you live is in your Welcome Pack.

To register with a Surgery, either telephone or visit the Surgery, and the Reception staff will assist with the registration process.

You will need to take a completed Family Doctor Services Registration form (form NHS GMS1); take 2 forms of photo identification and proof of residency with you to register. The Registration form is available from the Surgery, and also from the Welfare Office.

Photo identification can be a passport or photo driving licence. Proof of residency can be a document with your new address – utility bill, bank statement.

If you are asked to provide a letter confirming that your family are entitled to NHS care & treatment, please contact Suzanne Harding - ILO for this letter (01452 712612 extn 5000).

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 even prosecuted for periods of unauthorised absence.

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

Thank You Anna Scheultz

Anna has moved onto another Community Development Worker (CDW) post. Our thanks to Anna for her excellent work with the Youth Groups and assistance with the Community activities & events.
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 01 452 712 x 6225 or via email 8832OofficersMess@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:
25th April France
23rd May Croatia
13th June Greece

Nepalese Recipes

Chicken Momo Dumplings

Ingredients:
300g plain flour, plus extra to dust
¼ tsp fine sea salt
300g free-range skinless chicken thigh fillets, finely chopped
2 shallots (around 60g), finely chopped
20g fresh coriander, finely chopped
2 garlic cloves, finely chopped
2 tsp finely chopped fresh ginger
2 lemongrass stems, woody outer leaves removed, finely chopped

To make the dough, mix the flour and the ¼ tsp salt in a large bowl, then make a well in the centre. Pour in 175ml cold water and mix with a wooden spoon until you have a shaggy but well-combined dough, adding a little extra water if necessary. Turn out onto a lightly floured surface, bring together with your hands and knead for 5 minutes or until smooth and elastic. Shape into a ball and wrap in cling film. Set aside for 20 minutes to rest.

Mix the chicken, shallots, coriander, garlic, ginger and lemongrass.

Oil a large baking sheet.

Divide the dough into 30 tablespoon-size balls (17-20g each) and flatten with the palm of your hand, then roll out to 10cm circles on a lightly floured surface, bring together with your hands and knead for 5 minutes or until smooth and elastic. Shape into a ball and wrap in cling film. Set aside for 20 minutes to rest.

Mix the chicken, shallots, coriander, garlic, ginger and lemongrass. Oil a large baking sheet.

Divide the dough into 30 tablespoon-size balls (17-20g each) and flatten with the palm of your hand, then roll out to 10cm circles on a lightly floured surface. Holding a dough disc in the palm of one hand, put 1 tbsp (about 25g) of chicken mixture in the centre. Dip a finger in water and wet the edges of the pastry. Bring the edges together to enclose the filling, folding in and pinching to seal like a little money bag. Put on the prepared sheet and cover with a clean, damp tea towel. Repeat with the remaining dough and filling until everything is used up.

Bring a pan of water to the boil and top with a bamboo steamer or steamer insert, lined with oiled baking paper. Put the momos into the steamer, cover for 10 minutes until cooked through. Transfer to a serving tray and leave to cool slightly before serving.

On the 22nd November 2016, on a grey winter’s day in the UK, we experienced a ray of sunshine in the form of a delightful AIC lunch hosted by Nepal.

The room was beautifully decorated with flowers in highly polished vases. The Nepalese flag was proudly displayed, and the dining room was set for a wonderful lunch, to showcase the delights of Nepal.

The cold outside couldn’t dampen the warmth of the welcome we received, and we eagerly awaited our Nepalese curry lunch.

Firstly, we watched a slideshow informing us of interesting facts about Nepal; we all learned something new that day.

The buffet lunch was delicious, and we were lucky enough to be entertained by ladies wearing traditional dress and performing traditional dances.

We watched a beautiful group dance, known as Kauda, from the Magar and Gurung ethnic group of Nepal. With more than 50 ethnic groups in Nepal, the music and dance is diverse.

Dressed in a traditional Nepalese costume of a Fariya (top) and Cholo (wrapped skirt) and also wearing some traditional Nepalese accessories such as Hariyo Pote (tiny beaded green necklace), Sirbandi (in her hair), Chura (bangles), Jhumka (earrings) and red tika on her forehead, Alisha performed a contemporary solo dance to the title song of the 1966 classic Nepalese movie ‘Maitighar’. The lyrics of the song describes love for the motherland “Nepal”, the mountains of the Himalayas, the rivers and the country’s rich biodiversity.

On that day we were all touched by the beauty of Nepal and its people.
Estonia

For centuries, because of its strategic location, Estonia has been forced to play host to a number of its more powerful neighbours: Denmark, Sweden, Germany and Russia. Each of these occupiers inevitably played a part in influencing Estonia’s culture, language, lifestyle, especially its culinary art.

Generally, Estonian meals are quite simple. Traditional Estonian food may be categorised as rustic farm cuisine. The most important food was leavened rye bread. The main ingredients in most recipes are salt and black pepper for seasoning, pork, a variety of wild mushrooms, and potatoes; which were initially met with quite a resistance when first introduced to Estonia.

It was only a few generations ago that it was customary for the whole family to sit at the dinner table during a meal. After all, eating a meal was considered a serious, almost sacred, ritual; and it was typical that no one spoke a word at the dinner table. Along with the ritual came the superstitions: if one spilled food on the table, one would end up with a negligent spouse; if the table was wiped with bare hands after the meal, then there would be a quarrel in the family; if one wiped the table with a woollen cloth, then poverty and hardship would set in.

This tradition has faded over the last few decades due to modern lifestyles but can still be seen on the weekends. Often, urban Estonians can be found dining at one of the many fine local or ethnic restaurants that are now flourishing in the cities.

Despite these welcomed changes, traditional Estonian food items like sour-dough rye bread, various sauerkraut dishes and hard cheese (sült) remain popular.

Estonian Recipes

Cottage Cheese Raspberry Cake

Ingredients:
Crust:
200g Digestive biscuits
90g melted butter
Filling:
200g raspberries
600g cottage cheese
2 cups whipped cream
0.5 cup sugar
Vanilla sugar
12 gelatine leaves
Topping:
200g raspberries

For the crust mix crushed biscuits and melted butter. Place it in the baking tray and leave to harden in the fridge. For the filling whip the whipping cream with sugar and vanilla sugar. Then stir whipping cream together with cottage cheese. Put the gelatine into cold water for 5min then squeeze and dissolve it in hot water. Put the gelatine by stirring into the cottage cheese. Lay the raspberries to the bottom and pour the cottage cheese mix on the cake. Leave it into cold at least for 3 hours. When ready to serve, garnish with raspberries.

Fur Coat with Smoked Salmon

Ingredients:
(For 6 people)
200g smoked salmon
400g cooked potatoes
200g cooked beetroot
1 onion
250g cooked carrots
2 eggs

Dressing:
300g mayonnaise
100g sour cream (half fat Crème Fraiche)

Cut the salmon and onions into small cubes. Coarsely chop the potatoes, beetroots and carrots. Place a thin layer of salmon on the bottom of a glass bowl. Over the salmon add single layers of potatoes and onions. Mix the dressing ingredients together and pour half of the dressing over salad. Over the dressing add more single layers of beetroots over carrots and pour the remaining dressing over the top. Cover with plastic wrap and refrigerate for at least 2 hours. When ready to serve, garnish with hard-boiled eggs which should be cut up into small pieces and garnish with greens.

Cobble Stone Meat

Ingredients:
(Serves 4)
800g boneless pork ribs
Salt, Water, Birch wood splinters

Place the meat in salt water for 24 hours (1 l water and 100 ml coarse salt). Dry the salted pork and place it on an oven pan that has been covered with birch wood splinters. Add some water to the pan. Bake in a 180º oven for about one and a half hours basting the meat occasionally with the liquid in the pan. Serve the meat sliced with oven baked potatoes and stewed sauerkraut.

Stewed Sauerkraut

Ingredients:
(Serves 4)
600g sauerkraut
150g pork ribs
400ml water and salt
2-3 tbsp. Honey

Place the sauerkraut with the meat, water and salt into a pot. Stew on the stove top or in the oven until done (the approximate cooking time is one and a half hours). Season with honey.

Oven Baked Potatoes

Ingredients:
(Serves 4)
1 kg potatoes
100g pork fat or oil or butter and salt

Place the peeled potatoes either whole or quartered lengthwise on a baking sheet. Add the fat and sprinkle with salt. Bake in a 200º oven until done which should take about one hour.
**Turkish Recipes**

**Turkish Ezogelin Soup**

**Ingredients:**
- 1 medium onion, very finely diced
- 1 cup split Red Lentils
- 4 tbsp extra fine Bulgur Wheat
- 2 tbsp. Turkish Baldo Rice
- 3 cloves of garlic, finely diced
- 1 heaping tbsp. flour, 2 tbsp. butter and 3 tbsp. virgin olive oil
- 1 large vine tomato, skin peeled, finely chopped
- 2 tbsp. tomato paste or sweet red pepper paste
- 8 cups beef or chicken stock, 1 tsp. salt
- 0,5 tsp. chilli flakes, 1 tsp. black pepper, 1 tsp. oregano, 2 tsp. dried mint and Juice of half lemon

Melt the butter in a large saucepan olive oil. Add the onion and garlic, fry and stir with a spoon under low heat until soft and transparent. Now add your rice, bulgur and lentils to the pan and fry them a little bit. Pour 6 cups of the beef/chicken stock in and keep stirring, making sure it’s mixed well, bring to a slow boil. Blend for a smoother taste. Simmer for 20 minute until the pulses are soft and the desired thickness is achieved according to preference. Heat the remaining olive oil in a frying pan, add the flour and keep stirring. Mix on the finely chopped tomato and your choice of paste according to taste. Keep stirring. Pour in the remaining 2 cups of beef/chicken stock and keep stirring. Add red pepper, oregano, and mint at this stage. Add this sauce into the soup. Add salt according to taste and boil for 1-2 minutes. Add hot water for desired thickness. Serve the soup with a generous squeezing of lemon. Dip fried bread and parsley on the top.

**Sekerpare**

**Ingredients:**
- 125g unsalted butter (room temperature)
- 0.5 cup of powdered sugar
- 3 tbsp semolina
- 1 egg
- 2.5 cups of sifted flour (self raising, 1 cup = 200ml)
- 1 package vanilla
- 1 tsp baking powder
- 0.5 cup of hazelnut

Syrup:
- 2 cups of granulated sugar
- 3 cups of water
- 4-5 drops of lemon juice

First of all, prepare syrup. To do this, place the syrup ingredients into a pot and mix until sugar melts. Then simmer until it boils. After that, add lemon juice and continue to boil on low heat for 15 minutes. Finally, set aside for cooling.

Combine the butter with icy sugar in a kneading pot and mix. Add the egg yolks and mix well with your hands.

Now, pour in semolina, baking powder, vanilla then very slowly add the flour (otherwise the mixture will clump). You will end up with very soft and light colored dough. Cover it with plastic wrap and put aside for 15 minutes.

Take walnut sized pieces from the dough, roll them on your palm and make nearly 20 small balls. Meanwhile, preheat oven to 180 °C (355 °F). Then lightly press on their tops and put a hazelnut on the centre of each sekerpare.

Place them on an oiled oven tray. Bake them 20-25 minutes (until they become gold yellow)

With a scoop or a table spoon pour warm syrup over hot Sekerpare (2 minutes after taking the sekerpares from the oven). Repeat this a few times and let them soak with the syrup for about 10-15 minutes. Wait for a couple hours and serve. Then with a spatula remove them from the syrup and place on a service plate.
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<tbody>
<tr>
<td>Welfare Office</td>
<td>01452 362 550</td>
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<tr>
<td>Imjin Barracks Guardroom (24hrs)</td>
<td>01452 712612 ext 7089</td>
</tr>
<tr>
<td>Imjin Barracks Medical Centre</td>
<td>01452 712612 ext 5999</td>
</tr>
<tr>
<td>Imjin Barracks Dental</td>
<td>01452 712612 ext 5920</td>
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<tr>
<td>HQ ARRC Public Affairs Office</td>
<td>01452 718007</td>
</tr>
<tr>
<td>Station Staff Officer</td>
<td>01452 712612 ext 7848</td>
</tr>
<tr>
<td>Joint Casualty &amp; Compassionate Centre</td>
<td>01452 519951</td>
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### 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: 0800 707 6000 Opt 1 (24 hrs)
- Ashchurch, Churchdown, Innsworth and Quedgeley SFA areas: Carillion Amey – Maintenance Services: 0800 707 6000 Opt 1 (24 hrs)
- Brockworth, Hucclecote, Kingsway, Market Place Gloucester SFA areas: Touchstone Maintenance: 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

<table>
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<tr>
<th>Location</th>
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<tbody>
<tr>
<td>Innsworth Barber Shop</td>
<td>01452 712612 ext 6033</td>
</tr>
<tr>
<td>Gloucester Tourist Information Centre</td>
<td>01452 396572</td>
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<tr>
<td>Cheltenham Tourist Information Centre</td>
<td>01242 522878</td>
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<td>Gloucester City Council</td>
<td>01452 396396</td>
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<td>Gloucestershire County Council</td>
<td>01452 425000</td>
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<td>Tewkesbury Borough Council</td>
<td>01684 295010</td>
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<tr>
<td>Tewkesbury Community Centre</td>
<td>01684 294713</td>
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<tr>
<td>Kingsway Community Centre</td>
<td>01452 721552</td>
</tr>
<tr>
<td>Churchdown Community Centre</td>
<td>01452 712553</td>
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