The excitement of Christmas is now seems distant memory and Spring is now upon us. For those who have joined the ARRC family since the last publication, a very warm welcome to you and your families. Spring in Gloucestershire is a wonderful time and I hope you will take the opportunity to explore the local and regional attractions that are on offer in the lead in to Summer. The editorial team have included a good selection of attractions on the events page further inside.

This year will be professionally challenging but deeply rewarding as we prepare to take over as NATO’s high readiness reaction force Headquarters on 1st January 2017. This will involve us taking part in a number of challenging training exercises, both in the UK and overseas. It will be a busy time for all of us and the support our families provide will be an essential part of how we generate success over the coming months.

Sadly, this is the last time I write my introduction to the Imjin magazine. I leave the ARRC this Summer after a number of very happy years with the ARRC Group both in Germany and here in Gloucestershire. Your service and friendship to Helen and me has been tremendous; thank you. We leave with some tremendous memories and it has been a real privilege to command the Allied Rapid Reaction Corps.

I would also like to thank the wives and staff who have worked contributed to the Imjin magazine and in particular this latest edition; another great read!

Lt Gen Tim Evans CB CBE DSO
Commander, Headquarters Allied Rapid Reaction Corps
Hello and welcome to the Spring edition of The Imjin.
The pages are packed with lots of photographs, advice, recommendations and contacts so that you can make the most of your time here in Gloucestershire.

Despite being here for 2 years I actually only went to the races for the first time in March on Ladies Day of the Gold Cup week and I’m pleased to report that it is a great day out and strongly recommend it. The atmosphere is electric for all the races and don’t be put off by not knowing what to bet on, there is plenty to watch and eat and generally enjoy without placing a single bet.

Also, have you heard about the Imjin Music Festival yet? It is slightly different from last year inasmuch as it a double celebration; a chance to interact and thank the local community for all their support over the year and to celebrate The Queen’s 90th birthday. It is taking place inside the barracks on Thursday 9 June and there will be loads to see and join in for every age. I know that it’s a school night but please don’t let that put you off, the gates will open at 4.30 and it will all be over by 10 and the tickets are free so you can come along for as much or as little as you can.

You will need to register for tickets if you haven’t got an ID card for access onto camp but it should only take a few minutes. See the website for more details of all the acts and entertainment that we have confirmed so far: www.imjinmusicfestival.uk

Best regards

Anna Stephens
Editor
Lt Col
Welcome to the AIC (ARRC International Club)

Dear Families

I have been a bit stuck for something to write for my article for the spring addition of The Imjin, but the other day I was doing my usual walk to St Bartholomews Church up the very steep hill when I happened to glance at a huge host of daffodils bobbing in the wind and they made me smile and transported me back to my school days...

As we all know from experience, there is no escape in your school career, from standing up in front of the whole school to take assembly, something we all dread. So this particular Easter term Mrs Flood my form mistress randomly decided that it was my turn to humiliate myself in front of 250 girls, choose something Spring like was the vague instruction I was given! So choose I did; “I Wandered Lonely as a Cloud” (Daffodils) by William Wordsworth. My mother’s favourite poem as it happens and one I was determined to learn off by heart, its quite tongue twisting in places but I felt pretty confident I could nail it!

So Monday morning came, my whole weekend had been completely spoiled by the fear of standing, knees knocking up on stage for no more than a minute and a half, all eyes on me. It went swimmingly well if truth be told, until I got to the last verse when I glimpsed my friend Amanda sitting in the front row with tears of laughter rolling down her cheeks, her shoulders shaking... it completely threw me and my nerves overtook me and I too started to giggle and stumble and fluff my lines, whereupon my whole form dissolved hooting with laughter! Even now years later I can remember the shame of it as I limped into my last line uttered in a strangled squeak!

Needless to say I was duly admonished by my headmistress Mrs Warley... “Helen, a word... if you cannot recite a poem with accuracy and conduct yourself with decorum I would advise that in future you stick to a bible reading... Oh and a weeks detention!!”

Happy Easter to you all,

Helen

Daffodils

By William Wordsworth

I wandered lonely as a cloud
That floats on high o’er vales and hills,
When all at once I saw a crowd,
A host, of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.

The waves beside them danced; but they
Out-did the sparkling waves in glee:
A poet could not but be gay,
In such a jocund company:
I gazed—and gazed—but little thought
What wealth the show to me had brought:

For oft, when on my couch I lie
In vacant or in pensive mood,
They flash upon that inward eye
Which is the bliss of solitude;
And then my heart with pleasure fills,
And dances with the daffodils.
The ARRC International Club (The AIC)

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Linn Mary Fjeldstad

Norway
Linn Mary Fjeldstad

Turkey
Hulya Erdogan

USA
Nancy Harrington

AIC Lunch Coordinator
Nancy Harris

SAVE THE DATE!

THURSDAY, MAY 5TH, 2016

AIC SPOUSES DINING IN:
AN EVENING WITH HOLLYWOOD’S GREATEST

FROM 7-11PM AT THE OFFICERS’ MESS
DRESS: HOLLYWOOD GLAM OR MOVIE CHARACTER
DINNER, DANCING, FUN WITH FRIENDS!
OPEN TO ALL RANKS
COST: TBD
STAY TUNED FOR FURTHER DETAILS
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, as well as 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 or sign up in the Officers’ Mess. Remember to sign in using your spouse’s Mess number or pay cash.

The 2016 lunch dates are:

- April 26th – Canada
- May 17th – Italy
- June 21st – Germany
- July 8th – AIC Family BBQ
- September 27th – UK
- November 22nd – USA

Danish Picnic Lunch Recipes

Herring on rye bread

One slice of rye bread with butter. Some salad topped with small bites of herring, onion rings and curry salad.

Ingredients:

- 1/4 teaspoon pepper
- One slice of hardboiled eggs, diced
- 5 sweet gherkins, diced (Cornichon in Danish)
- 3-4 tablespoons petite diced red onion
- 1 small apple, diced
- 1 cup mayonnaise
- 2 tablespoons whole grain mustard
- 1 tablespoon of a white onion
- 1 tablespoon parsley
- 1 tablespoon of capers
- dash of curry to taste

Directions:

Dice eggs, gherkins, onion and apple into small pieces. Add remaining ingredients and stir gently to combine.

Allow salad to rest in refrigerator for at least a couple of hours before serving. Will keep for about 1 week in refrigerator.

Roast beef on rye bread

One slice of rye bread with butter. Three thin slices of roast beef topped with remoulade sauce, fried onions and fresh horseradish.

Danish remoulade sauce recipe:

1 cup mayonnaise
1 tablespoon whole grain mustard
1 tablespoon of a white onion
1 tablespoon parsley
1 tablespoon of capers
dash of curry to taste

The ingredients below are optional:

1 tablespoon fresh lemon juice
1 teaspoon Worcestershire sauce
1 tablespoon finely chopped celery
1 teaspoon paprika
1/4 teaspoon fresh ground black pepper to taste

Directions:

Mince onion, parsley and capers. Be careful not to mince too much which will make them too watery.

Place 1 cup of mayonnaise, 1 tbsp. of mustard, 1 tbsp. of fresh lemon juice, and 1 tsp. of Worcestershire sauce in a medium mixing bowl. Add the remaining ingredients and whisk everything together in the bowl.

Cover and chill 1 hour. Rémoulade sauce is better if left for a few hours to let the flavours meld, which will allow the flavours to blend and intensify.

Keep refrigerated. Will keep for several days in an airtight container in the refrigerator.

Danish apple cake

(four small glasses)

Ingredients:

- Apple puree
- Five apples
- 50g (2 oz.) granulated sugar
- 1/2 dl (1/5 cup) water
- 1/2 - 1 vanilla bean
- 3 dl (1 1/4 cups) heavy cream (for whipped cream)
- Ten small (crushed) macaroons

Directions:

Rinse and peel the apples. Remove the core and cut the apples in smaller pieces.

In a saucepan; add water, the apple pieces, sugar and the seeds from a vanilla bean. Also add the empty vanilla bean; it still has a lot of flavour.

Heat up the apple mixture and let it simmer until the apples are tender. If the apples are sour, you should add a little extra sugar. When the apples are done; set aside to cool off completely.

Whip the heavy cream into a whipped cream.

Now the apple cake are to be assembled; Start with a layer of apple puree, then some crushed macaroons, then apple puree again and finish it with a layer of whipped cream.

Dice eggs, gherkins, onion and apple into small pieces. Add remaining ingredients and stir gently to combine.

Allow salad to rest in refrigerator for at least a couple of hours before serving. Will keep for about 1 week in refrigerator.
Boeuf Bourguignon
for 4 persons

Ingredients:
1kg shoulder of beef
2 tablespoons of oil
100g fresh streaky slices
3 big onions
2 carrots
2 cloves of garlic
30g of flour
1/2 bottle of red wine
Salt and pepper

Directions:
Cut the meat in big and regular pieces.
Slice the streaky and the onions. Put the oil inside the pot and
cook onions and streaky. When the onions start to take the
colour, put them into a plate.
Then add oil inside the pot and cook the meat during 10 minutes.
Then add the flour, mix and cook 4 minutes. Add the salt, wine
and garlic + streaky and onions. The wine has to cover the meat.
In a regular pot, put the top and cook on the slowly warm during
1 hour. Carrots in the stove to the meat. Cover and cook for 1 hour.

Tarte Myrtille /
Blueberry Tart

Ingredients:
1 pastry dessert shortcrust - 500g
3 eggs
100 g caster sugar
25 cl de crème fraîche or double
cream
300 /400 g fresh blueberry
100 g ground almonds

Directions:
Preheat oven to 200°C/180°C fan/gas 5/6.
Gently stir the blueberries with almond.
Roll out the pastry and line a 28-cm (10/11-inch) pie plate with a
removable bottom.
Add the blueberries.
In a bowl, beat egg, sugar and cream. Spread the filling over the
berries.
Bake for 35/40 mins until the pastry is crisp and golden, and the
filling is golden and feels firm to the touch.
Cool the tart for 10 mins in the tin, then lift onto a serving
plate. Dust with a little icing sugar and serve warm or at room
temperature.

Gratin Dauphinois

Prep: 20 - 30 mins
Cook: 1 hr

Skill level: Easy
Servings: 6

Ingredients:
1kg Desiree potatoes
300ml full fat milk
284ml carton double cream
1 garlic clove, peeled and halved
pinch of freshly grated nutmeg

Directions:
Preheat the oven to 160°C/Gas 4/fan oven 140C. Rub the butter all
over the surface of a gratin dish. Peel and slice the potatoes. Lay
the slices on a clean tea towel and pat dry. Keep them covered
with the tea towel while you prepare the rest of the ingredients.
Pour the milk and cream into a saucepan. Add the garlic, slowly
heat the milk and, just as it is about to reach boiling point and you
see bubbles appearing around the edge of the pan, remove it from
the heat. Strain the liquid into a large jug, sprinkle in the nutmeg
and keep warm.
Layer half the potato slices in the dish, slightly overlapping the
slices and sprinkling with a little salt and freshly ground pepper
between each layer. You don’t have to be too neat with the lower
layers, but keep some of your best slices for later, so the top looks
good.
Pour half the hot milk and cream over the potatoes, then finish off
layering the rest of the potatoes (arranging them
a bit more carefully this time).
Pour over the rest of the hot milk and cream. Bake for about one hour, until
golden and tender.
Cranberry cream with matured rye bread

**Cream 25-30 portions**
12pc egg yolk
180gr of powdered sugar
120ml water

Boil the powder sugar with water. Place the eggs yolks in a bowl; add the syrup and heat up to 58°C in the water bath.

600gr cranberries.
150gr sugar
100ml water

Boil the sugar with water, add the berries and allow to cool. All grinded and squeezed through a sieve. Mass added lightly to the beaten eggs.

700ml double cream
500gr cream cream

Fresh cream mixed with double cream and add to the total mass. Place glasses or form, in portions. 75g / port. (Approx 30port.)

**Rye bread ripening:**
30porc
400grs rye bread
breadcrums
150gr sugar
150ml water
250gr cranberries.

Boil sugar with water, add berries and all grind. Heat the breadcrumbs, add cranberry sauce and allow swelling. Ready bread puts on top of the cranberry crema

**Cranberry jelly**
500gr cranberries
200gr sugar
200ml apple juice
20gr sheet gelatin plant origin

Sugar grind with cranberries, all boil with apple juice, add the matured gelatin. Pour into shapes and refrigerate. Before serving, cut.

Pot Luck Supper

January is often a quiet month after all the hectic activities in December, when many choose to keep a low profile after the busy time of Christmas. However, with a bit of long range planning by the AIC (ARRC International Club) organised a “pot luck” supper for all spouses to attend.

The idea behind a pot luck supper is very simple, a dinner party where everyone brings a course or a dish. It’s a great fun way of getting together, and having a fun plentiful evening, and which doesn’t break the bank. The only downside to a potluck is that without a little bit of longrange planning they don’t always work out or as you would wish – I went to one last year where there were six different Quiches’ and no pudding. (In sad face), However, one of our American ladies passed on some information about a downloadable software package called “Signup Genius” which makes group organising super-easy and Isabelle Ducret very kindly organised a very successful evening.

The Mess kindly made the Tewksbury Room available for us, and everyone simply pitched up with their food offerings and a fun, relaxing and delicious evening was had by all. Being such an international and talented bunch of ladies, the food was inspiring and plentiful, everyone brought so much good food – the Italian ladies in particular ensured that no one was going to go home hungry!

Thanks go to all the ladies who brought along their wonderful offerings and to Isabelle very kindly for setting it up. Personally, I can’t wait for the next one!

Sue Davies
Thanks to Christina (from Greece), the coffee mornings have taken a new twist this year! In turn, on a voluntary basis, each nation hosts the event to bake some of its local sweet recipes to share a bit of its culture with all.

The first themed coffee morning was a huge success! Christina spent a whole week in her kitchen to bake with love no less than 14 different cakes and yummy goodies. On the day, she also made greek coffee to treat the numerous women who attended. What an amazing start to the new themed coffee mornings!

Coffee mornings are held once a month, usually on a Tuesday, from 10am to midday in the Officer’s mess. They are open to all ranks and children are welcome.

Next dates are as follow:
April 19th – themed coffee morning – Turkey
May 24th – themed coffee morning – Estonia
September 20th – themed coffee morning – Czech Republic
October 11th – themed coffee morning – Norway
November 15th – themed coffee morning – Germany

On Tuesday 23 of February the Italian ladies hosted their first themed coffee morning at the Mess.

In this period, in Italy, we celebrate the Carnival, probably one of the most colourful celebration in the world.

The origins of Carnival date back to the Roman Saturnalia festival and the Italian term “carnevale” derives from the Latin “carnem levare” which means “take away the meat”; in ancient times the term was used to indicate the banquet held the last day before the period of the Christian Lent. Carnival in celebrated with masquerade parties and parades, the most renowned is certainly the Carnival of Venice declared a public celebration in 1296.

In this period every family cooks traditional recipes so we decided to offer the spouses some typical sweets, cakes and savouries form the different Italian regions adding also an international touch thanks to the Polish and Bosnian wives belonging to our community who prepared typical specialties of their countries.

A real Italian coffee morning had to include the real Italian coffee! We could prepare it directly at the Mess using our different coffee machines and it was a pleasure to smell its intense aroma.

It was a pleasant and relaxing morning to share food, culture but most of all friendship and sense of belonging.

Elisabetta Marinelli
AIC Walks Jan – March 16

The AIC walking group had its plans severely disrupted at the start of this year, mainly by the appallingly wet weather that turned our proposed walking routes into mud baths. The only solution was to head to the hills, so Jules Hill stepped in, when I wasn’t available, to lead a group over Crickley Hill. This is an area close to us (just 3 ½ miles from Gloucester) and managed jointly by the National Trust and Gloucester County Council. It provides some well-marked, and easily negotiated tracks and has toilets and good parking so it’s a great place to take dogs and children for a walk. It will definitely be worth a visit in the coming weeks as the beech woods will be filled with bluebells – take a camera! For more information see www.nationaltrust.org.uk/crickley-hill.

In March we finally headed out to walk the River Severn from Deerhurst, which is a 15 minute drive north along the A38. Following some very wet weather, the skies cleared and we were greeted with a lovely crisp, bright morning for our walk. We met at Odda’s Chapel which is a Saxon building dating back to 1056 (free entry – see www.english-heritage.org.uk/visit/places/oddas-chapel ). Before reaching the river we had the minor problem of paddling through a small flood caused by an overflowing stream. Luckily, most of the group had followed my suggestion to wear waterproof boots, so with a little shuttling back and forth with wellies, we all made it to the other side dry. The walk took us along the river for about 2 ½ km then back through the pretty village of Apperley.

At the end of the walk we made the short drive south to the riverside pub at Norton – The Red Lion. This has been recently refurbished and has a bistro feel to it. It serves reasonably priced, good quality food and generous portions. In warmer weather there are benches to sit out by the river.

For our next walk I plan to take the group to the Malvern Hills, from which there are fantastic views. As it is quite a distance, however, if the weather is awful I may save it for later in the spring.

If you have any questions regarding the walks please feel free to contact me via the AIC Facebook page.

Helen Clements

Dates for the diary

Tuesday 10th May
The River Severn from Norton

Tuesday 7th June
Broadway
I want to take the opportunity to share my experience in the occasion of the best moment of my life: the birth of my second child in the UK.

It has been the best idea ever to be assisted within the NHS for the delivery other than coming back to my country. I couldn’t hide my concerns when you look at the diversities and differences between THE 2 healthcare system. In the aftermath I can say that “others” is not wrong it is just different. This is a bit of essence of my cultural awareness that increased drastically during this fantastic experience.

Something that looked to me a bit curious was I have been Checked during the pregnancy time by a midwife rather than a medical doctor specialised as a gynaecologist.

All in all I suddenly realised the midwives education was at a really high standard, their attitude was extremely professional and the behaviour was looking to accommodate and answer any requests I had. Moreover the midwives were all aware I came from another country and their awareness were outstanding.

The major take away Is that the assistance given by the midwives community was exceptional and sensitive regarding any aspect of my personal experience. This behaviours has been increased during the three days when I was hospitalised in occasion of the delivery.

Another insight I would like to underpin is the awesome relationship that I established with the maternity ward staff.

When the delivery has been finished and I realised what the magnificent of the life is, I can tell you the delivery units specifically set up for the circumstances was fitting with my needs.

In conclusion I want you to take a moment to consider that being brave enough to accept the diversity in such moment could take you the best experience ever in your life.

Have a great pregnancy time in the UK.

Silvia Marini
Restaurant Review
A flavour from French Provence in Cheltenham

L’ARTISAN
Opening times: Tue - Sat, 12:00 to 14:00 and 18:00 to 21:30
30 Clarence Street, Cheltenham GL50 3NX,
01242 571257

This is the true meeting place for French gourmets and lovers of French food and wines.

We enjoy going there for special occasions or just for a delighting meal, only both or with friends. Behind the typical frontage of the restaurant, the warm ochre of the walls brings us back the colours and the sun of Provence. Intentionally not only the owners but all the staff is French and you will be welcomed in French, “bien sur!”. Therefore you will be immediately sent back to your last holidays in France, if so!

Elisabeth and Yves, the owners (and Chef) come from the South of France and have lived in the UK for years now. They successfully ran a restaurant in the Leicestershire when they decided to move to Cheltenham for our pleasure.

Food is lovely prepared on site using the best local and French ingredients. In the evening you can enjoy a menu “A la carte” with a huge choice of starters and main courses such as “French Rabbit Ballotine stuffed with smoked sausages and pistachios” or “Scared Duck Breast with a raspberry and balsamic sauce”. Let yourself be tempted by all these delicious dishes and try the “Trou Normand”! (Shot of Normandy Calvados to drink between dishes for the digestion).

For Lunch they propose a menu with a choice of 5 starters and 5 main courses plenty of rich flavours and tastes. Bread is made by Head Chef Yves and the wine come from France. They have also a beautiful room upstairs for your parties or events (until 35 people).

So, yes, it is very French, full of colours, perfumes and spirit.... And if you cannot rely on the French Rugby team, you could rely on Elisabeth and Yves team to make your trip to Cheltenham fantastic!

Thierry & Isabelle Ducret

Croquet – A very British Game?

For many people the sight of a game of croquet is a very British thing, a sedate game, played on a sunny day, in a large garden, with its height of popularity in Victorian England. In many ways it is a simple game that involves hitting plastic or wooden balls with a mallet through hoops which are embedded in grass; however on closer examination croquet it is a difficult and complex game, with a long list of rules, tactics and manoeuvres provided by The Croquet Associations’ of England and Wales, Australia, New Zealand and the United States!

There are two theories as to the origins of the game, which took England by storm in the 1860s and then spread overseas, “faster than tobacco smoke”. The first is that the game was introduced to Britain from France and was played under the name of Paille-Maille, or Pall Mall, it became a fashionable amusement in the reign of Charles the Second, and the walk in St James’s Palk in London, now called the Mall, received its name from the game, where it was frequently played.

The second theory is that Croquet was the forerunner of golf, a derivative of ground billiards, popular in Western Europe back to the 14th century, played as Chole, Trucco, Jue de mail and Kolven. Whatever the origins, the game became the most popular amateur sport on both sides of the Atlantic, however was eclipsed by tennis in the late 1870’s, and many croquet clubs, including the famous All England Lawn Tennis and Croquet Club in Wimbledon, converted their lawns to tennis courts.

Association Croquet is played throughout the world, but on a domestic level, garden croquet is still very popular in the Britain, for the very simple reason that it is terrific fun, it can be played by anyone, and although there are many rules and tactics, it is hard to think of another sport which can easily be played after a long leisurely lunch with a chilled bottle of rose wine to hand. The Cheltenham Croquet Club is one of the largest and oldest in the country, with full size lawns and a practice area, they arrange Taster Days, and also run structured lessons for a fee. They can be contacted by their website www.cheltenhamcroquet.org, or by phone on 01242 512933.

Sue Davis
A fun place to go to with kids

**Jumptastic**

Jumptastic is a trampolining park in Gloucester which is a big hit with my two boys. We have been regular visitors since we have arrived in Innsworth – whether it be to help burn off some energy during a rainy weekend or a quick treat after school.

Our most recent visit was at the request of my seven year old for his birthday treat. I booked on line for 4 children to jump for an hour at a cost of £10 per head. All the boys had been before so no need to buy the green sticky socks (£1 per pair). The on line booking system is easy to use. Unfortunately one of the boys was ill on the day so Jumptastic have credited me £10 for our next visit. Nice touch!

There are some party options (Jump n Munch or Jump and Go) but we chose to jump and then come home for tea!

On arrival, the children are asked to watch a safety video which explains the rules of the park. And then they are free to go and jump on one of the 90 connected trampolines, play dodgeball or try their aerial manoeuvres into the foam pits. Its thirsty work so take water!

While the kids are jumping, I sat in the café with the viewing gallery upstairs and sipped on a latte and munched my way through a millionaire’s shortbread.

**Julie Hill**

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**Beating Retreat**

Later this year on Thursday 9th June The Imjin Proms, including the ceremony of Beating Retreat, will celebrate the 90th Birthday of Her Majesty Queen Elizabeth II. But what does Beating Retreat mean?

Beating Retreat has its origins in the early years of organised warfare when the beating of drums and the parading of Post Guards heralded the closing of camp gates and the lowering of flags at the end of the day. Originally it was known as watch setting and was initiated at sunset by the firing of a single round from the evening gun.

Beating Retreat is now a ceremonial event to be watched and enjoyed whilst imagining those bygone days, for me it captures all that is good about the pomp and ceremony of the British military and has meant various things over the years.

My first Beating Retreat as ‘girlfriend of’ was at Fort George, Inverness. Attired in black tie as per the invitation, on arrival, we were shown to our seats and offered a scratchy woollen blanket. Others questioned the need on, what was, a warm, sunny August evening. As others refused, I quickly realised I had an unfair advantage over other invited guests. Being Scottish, underneath my long dress and cardigan was a thermal vest, knee length boots and ski socks. I accepted the woollen blanket gratefully and settled to watch the magnificent performance of The Pipes & Drums 1RHF. As dusk fell, the evening ending with a lone piper playing on the ramparts of the ancient fort. A true ‘goosebumps’ moment for me. Others were experiencing goosebumps of their own, but it had more to do with the plummeting temperature indicative of a late summer evening in Scotland.

My first Beating Retreat as ‘wife of’ and ‘mother of’ was in the heat of a Cypriot Summer. No need for woollen blankets this time. Beating Retreat is, traditionally, timed to finish at sunset which can often mean an early evening start depending on where in the world you are and the time of year. When an invitation arrives requesting the pleasure of your company at 5.30pm and you have three children under two your heart sinks and a heated discussion takes place with your husband about the unmarried PMC who clearly hadn’t thought through the implications of trying to leave the house at 5.15pm dressed in ‘smart casual’ (don’t get me started on the ambiguity of that dreaded dress code) never mind finding the time to brush your hair whilst feeding, bathing and putting babies to bed. However, once there, sundowner in hand, the stunning backdrop of Happy Valley, Episkopi to watch the regimental Pipes & Drums, the chaos beforehand was long forgotten and well worth it.

My first Beating Retreat as ‘Mother of 3 at boarding school’ took place at Schloss Bredebeck, Hohne, Germany. We arrived in a car and sat in comfortable chairs near the front and afterwards were, unexpectedly, invited to join the 9th/12th Royal Lancers in their stunning mess for supper. We let the car return to Fallingbostel and later, much later, ended a really fun evening by hitching a ride home in a minibus full of subalterns. It had been many years since I had arrived home in daylight. But sometimes it’s good to remember that despite the pomp and ceremony and allocation of a comfortable chair there is still a ‘girlfriend of’ inside all of us.

**Jill Abram**

Editors Note: “This year the Imjin Music Festival will feature the Band and Bugles of the Rifles so it is referred to as the Sounding Retreat and they do things a little differently - you'll have to go along to see what I mean...”
Around the Headquarters
In addition to this activity, we will be introducing Forest School learning to our school in the very near future. Forest School has its roots deeply embedded in the Scandinavian culture of ‘Friluftsliv’ – free-air life. It is reported that in 1957, a retired soldier named Gosta Frohm introduced the ‘Skogsmulle’ School in Sweden. At Skogsmulle, children discover nature through play and learn about the most common plants and animals of the forests around them. The actual word ‘Skogsmulle’ has no direct English translation, other than ‘Woodland Creature’! Since the late 1950s, it is estimated that over 2 million children have experienced this form of education in Swedish pre-schools. Skogsmulle activities aim to teach children the joy of discovery, as well as developing a sense of responsibility for living creatures and the environment. Having been lucky enough to have visited Sweden for a European Comenius project focusing on Forest School provision, several members of our staff have seen first-hand just how much children get from this type of education. All children at our school will get the chance to use penknives, billhooks, bow saws and a range of other exciting equipment – all of course in a safe and controlled environment!

To keep the outdoor and energetic themes going, we will also be inviting all of our 240 pupils to take part in an assault course – led by the PTI from the Imjin Barracks. The aim is to raise money for a force’s charity and to have some fun in an active way. We look forward to working with the staff from the ARRc and we know the children can’t wait to get stuck in!

The next big community event on our calendar is our annual Summer Show…a summer fete with a difference! This year’s event takes place on Saturday 26th June. Keep an eye out for banners outside the school advertising the show. We would be delighted to welcome all residents of Churchdown to join us on the day.

Please do not hesitate to contact me at any time. I would be delighted to share our vision for the school with current and potential members of the Churchdown Village Junior School community.

Kind regards

Mark Bacon
Headteacher
Meeting the Queen...
as seen through the eyes of two foreign pupils from Chosen Hill School

It all started during a usual Monday. I was in an art lesson getting my book out ready to start a new project, when my teacher called me for an unknown reason... I went to see what was going on and... what a surprise! I found Mrs. Turner standing right in front of me. I immediately realized that it had to be something very important, because she was so excited and she was also smiling. I followed Mrs. Turner into her office to talk in private. When I came out I was shocked, nervous and happy at the same time: I was going to meet the Queen! I waited impatiently for two days until the long-awaited moment finally came. I went with Mrs. Turner into her office and Maria (a Y.9 student). We first went to a place near the army base (Innsworth) where we split into 10 groups, I remember we were group number 8, with two Churchdown pupils and two from Dean Close. Then we all went to the Officer Mess (the place where all the important events take place). We went straight into the main hall and waited for about 30_40 minutes, chatting with other people. But then she arrived, my legs went numb, my hands were sweating and I almost collapsed when she came in front of me. She was small and she was wearing a dress with black gloves. She was not posh at all and this surprised me a lot; another thing that surprised me was that at even at age 89, you can tell that she is young inside. We talked for about 2 minutes discussing Chosen Hill and Churchdown (that same afternoon we were due to play a rugby match against Churchdown School). The great and, at the same, ironic thing is that she said: « good luck both of you! » I was so excited and I could not stop smiling... even during the match I was playing with a big smile on my face.

Alessio Beneduce – Yr. 10

On the 12th of November, I had the privilege of meeting the Queen. A boy from year 10 named Alessio and I were selected to represent Chosen Hill School at the Queen’s visit to Imjin Barracks on the occasion of the HQ deployment ARRC in the Baltics to contact NATO exercise.

Firstly, the Queen had lunch in the Mess Hall and met the representatives of the 19 different nations housed in Innsworth. Meanwhile, Alessio and I were filled with trepidation and enthusiasm as the time passed and became more and more excited about the event. We were let to a big hall along with many more Army officers and representatives of local schools like us. Within a few minutes, Queen Elizabeth came in to the room.

She was dressed in bright pink and red colours and as she walked across the room, she was smiling to each and every one of us. I believe that everyone was nervous that day because although the Queen wanted this to be an informal visit, it had an enormous effect not only on the people who met her, but on the whole Innsworth community and we felt honoured to be part of it.

The Queen shook hands and spoke to every single person in that room. When she walked near us, Mrs. Turner introduced us to her and she asked us, in a normal and natural way, if we like school. At that moment I could feel a huge range of emotions flooding my brain. I can remember asking myself ‘is that really me?’ and I think that was when I realized that I was living this moment, it was real! The Queen of England was standing right in front of me. She was smiling at me. She had just asked me a question. I am sorry if I disappoint you all reading this but our answer to the Queen’s questions was just ‘yes’. It was the best thing we could think of that moment.

I am personally feeling incredibly proud of myself and maybe a little lucky for being able to meet the Queen Elizabeth II and also represent my school because I know that it is an experience I will remember for the rest of my life.

Maria Kalkentinidou – Yr. 9
Have you downloaded MOD ICE THE JCCC APP?

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
Joint Casualty and Compassionate Centre (JCCC)

Hidden within Imjin Barracks lies the Joint Casualty and Compassionate Centre (JCCC), a civilian run department who operate 24 hours a day, 7 days a week, 365 days a year to support serving personnel and their families.

Many of you may have heard of the JCCC however for those of you who do not know, the JCCC is the lead organisation in Defence responsible for managing casualty and compassionate cases. Should the very worst occur and a service person is killed in an incident, the JCCC are there to support you. The team will ensure that all of the associated requirements such as repatriation, deceased estates, inheritance tax and even inscriptions on headstones are handled in a professional and delicate manner.

Handling both casualty and compassionate cases, the JCCC receives approximately 150 calls per day with an average of 50-60,000 calls per year. As you can imagine, it is an extremely busy and varied department with each case having its own unique set of requirements. When dealing with cases, the JCCC rely on personal information on the Joint Personnel Administration (JPA) system. Therefore it is vital that service personnel keep this information up to date at all times, especially if there has been a significant change in your life such as marriage, the birth of a child or if you have moved house. Keeping this information up to date will enable the JCCC to take action upon receiving your call as quickly as possible.

Whilst we hope you may never need us, the JCCC are there to support the service community and you can contact them at any point should you be faced with a family emergency. Many of you will already be familiar with the P001 card and may have used it in the past to contact the JCCC. To compliment this card, the JCCC have developed an APP which provides a simplistic click and call facility for users on the go. The MOD ICE (In Case of Emergency) APP can be downloaded on up to 5 devices to ensure the whole family has access to the appropriate support services should they ever need them.

The JCCC have also developed two briefing films, one aimed at service personnel and one aimed at their families to help explain the role of the JCCC. The films have been designed to highlight how the JCCC can support the service community and what you can do to help them help you. If you would like to find out more about the JCCC or you would like to watch these films, please visit the JCCC page on the GOV.UK website.

Exercise ARRCADE CRESTA

Exercise ARRCADE CRESTA took place in St Moritz, Switzerland between 6-13 Jan. A new exercise for the HQ ARRC, this was designed to take members of the Headquarters out of their comfort zone and experience a true adrenaline sport, travelling at high speed inches off the ice.

The Cresta Run is a unique run, founded in 1885 in St Moritz, 1200 metres long and with a drop of 157metres. Unlike other ice sports, such as bob skeleton, as the corners of the run are not banked up fully. Riders have to steer with knives at the end of their runners and “rakes” – sharp spikes on the fronts of their boots allowing them to steer around the corners and control their speed.

From the ARRC we took out a team consisting of four beginners and one returning rider, Maj Halford-Macleod, who had not been out for a decade. Lieutenant Colonels Philpott, Natarajan and Kerihuel made up the rest of the team, together with a private from the ARRC support battalion, Pte Ingledew. Whilst the team were not close to breaking any records on the Cresta, they certainly challenged their fears and I think by the end of the week, all felt that they had achieved something. There is little more intimidating than staring down an ice run with your face three inches from the ice for the first time and all the team proved themselves up to the task. The author, as Captain of the Army team, remained on in St Moritz for the Inter-Services Championships, in which the Army team were victorious.

Capt PJR CHISHICK LG G3
Lost in Translation

The first one I can recall is probably the best. However, I need to preface the story with some southern east coast dance culture. Primarily the Carolinas, to which I call home. You see dancing is a very big activity and there are great competitions to be had surrounded by elaborate costumes and a beach mentality. Carolina shag is a swing dance that originated in South Carolina in the 1940s and still is their state dance.

Now that I have brought you up to speed on what shag dancing is, I can now explain my embarrassing British moment (I’m guessing about now you might have an idea of where this is headed). In 1999 we received orders for the UK and John was stationed at Catterick Garrison in North Yorkshire. Nick (my oldest son) was just 6 months old. I began a friendship with a British mom (Kim) who had a son just a bit older than Nick. Over time we became great friends and spent many hours together while our boys would play. After becoming good friends we decided a “girls night” was desperately needed. So we headed out to a local dance club.

We were having a great time with drinks and fun dancing. Later in the evening Kim and I were on the dance floor and I looked at her and asked rather loudly “WOULD YOU LIKE TO SHAG?” The astonished look on her face was quickly received by me. I then without hesitation proclaimed that “IT’S A DANCE!!”. This in no way helped my situation as Kim replied rather insistent with “I KNOW!!”. I continued to try to explain myself but it seemed pretty obvious that she was not convinced.

However, I can happily say that now after 16 years and since coming back to live in the UK she believes me and we have since reconnected. I keep saying we need to have a “girls night” but for some reason she hasn’t as of yet been able to find a date on her calendar!

Nancy Harris

International Christmas Market

Friday 27th of November 2015 saw the first International Christmas Market held at the Community Centre in Innsworth.

Thanks to the fantastic work of the Ladies (supported by their husbands!) and thanks to the support of the Welfare Office, and of the Support Battalion which provide us all the needed equipment, visitors spent a warm and festive
moment, savouring a glass of mulled wine and some sausages, discovering the Christmas tradition, from the nations represented in the ARRC, as well as many thrift gifts proposed by the crafters.

All the ingredients have been combined for a warm and huge event! Beside the numerous stalls, decorated by the nations or the talented crafters, the Christmas trees (one of them decorated thanks to the skill of the children), the broadcasted Christmas songs, the scent of the mulled wine and the grilled sausages took largely part to the atmosphere!

This event gave also to the visitors the opportunity to buy a unique gift for Christmas and hence the opportunity to support the Charities.

We have the great pleasure to offer £600 to “James Hopkins Trust”, a charity which provides practical help for severely disabled young children, aged 5 years and under, and £600 to “the Butterfly Garden”, an educational, therapeutic and recreational scheme, based initially on gardening, but now offering so much more, both living in Gloucestershire.

Judging by the comments we received, I feel free to say it was successful and a big thank you to everyone who helped to make it so fantastic!

Isabelle Ducret
Events Diary

Saturday 28 May
Downy Duckling Days at WWT Slimbridge
For younger visitors there is a duckling crèche giving them the opportunity to see ducklings up close without the tour. There is also an incubator so you can watch the progress of a baby bird hatching throughout your visit.
Book tickets online and save 10%
Adult £10.72
Child £5.90
Children under 4 (free)
9.30am-5.00pm
Tel: 01453 899900
Slimbridge Wetland Centre, WWT Slimbridge Bowditch, Slimbridge Gloucestershire, GL2 7BT.
www.wwt.org.uk/wetland-centres/slimbridge/

Saturday 28 May
Adam Henson’s Cotswold Farm Park
Adam Henson’s Cotswold Farm Park is the Home of Rare Breeds Conservation set in the beautiful Cotswold Hills. A great day out for all the family.
Tickets: Adult £10.50, Senior £10.00, Child (4-15) £9.50, Toddler (2-3) £6.50, Baby (0-1) Free, Family £31.50
10.30am – 5pm daily
Tel: 01451 885030
Cotswold Farm Park Limited Bemborough Farm, Kineton, Cheltenham, Glos GL54 5UG.
www.cotswoldfarmpark.co.uk

Saturday 28 May
May half-term activities at Chedworth Roman Villa
Dress up like a Roman and enjoy children's craft activities.
Watch demonstrations of how Roman coins were minted and discover the secrets of coin production in the Roman period.
Adult £9.05
Child £4.53
Family £22.63
10.00-17.00
Tel: 01242 890256
Chedworth Roman Villa near Cheltenham, Yanworth, GL54 3LJ.
Tel: 01242 890256
Chedworth Roman Villa near Cheltenham, Yanworth, GL54 3LJ.
www.nationaltrust.org.uk/chedworth-roman-villa

Wednesday 1 June
Children's Wednesday – Knights & Princesses
Medieval mayhem returns to Sudeley as we invite your little lords and ladies to get into training! Knight School with Griffin Historical will train the knee-high knights with junior jousting and get them battle ready.
Tickets: Adults £14.50, Children (5-15 years) £5.50, Children under 5 years Free, Family Ticket (2 Adults & up to 3 Children) £37.50
10.00am-5.00pm
Tel: 01242 602308
Sudeley Castle, Winchcombe, Cheltenham GL5 5JD
www.sudeleycastle.co.uk

Monday 30 May 2016
Cheese Rolling at Coopers Hill
This mad annual event sees various sain and insane people chase a giant cheese down a steep hill!
Coopers Hill, Nr. Brockworth (just off the A46 Cheltenham, Stroud Road 1.1 miles south of Brockworth) GL3 4SB.
Time: First race 12.00
Coopers Hill, Gloucester GL3 4SB.
www.cheese-rolling.co.uk

30 May 2016
Tetbury Woolsack Races
Welcome to the official home of the Tetbury Woolsack Races, an annual event held on the last bank holiday Monday in May that attracts crowds of up to 5,000 people and raises money for local charities and good causes.
Locals arrange themselves into teams of 4 and them into pairs to relay a 60lb woolsack (35lb for the ladies) up and down Gunter Hill between The Crown and The Royal Oak pubs. There will be an all-day street market, charity auction, village fete, street entertainers and family entertainment.
Time: Festivities begin at 10am.
Races start 2pm
Car Park directions check website for details.
www.tetburywoolsack.co.uk

30 May 2016
Close Encounters at Birdland
Discover something amazing this May Bank Holiday with a Close Encounter!
Enjoy participative sessions where you can meet a variety of creatures from owls and parrots, to snakes and lizards a great fun day out for the whole family.
Buy your tickets online to save 10% 10am-4pm
Tel: 01451 820480
Birdland, Rissington Rd, Bourton-on-the-Water, Cheltenham GL54 2BN.
www.birdland.co.uk

4-5 June 2016
Peppa Pig at Dean Forest Railway
Peppa Pig is returning to the Dean Forest Railway for a two day visit! It's going to be an exciting day out with lots happening at Norchard station including bouncy castles, face painting and lots more entertainment.
Pre-booking is essential for this event.
Please note when booking that your selected time-slot is for your train departure to Parkend from Norchard. You are free to return on any train from Parkend, and also your ticket covers you for all day travel on the steam train between Norchard and Lydney Junction.
Remember to start your journey from Norchard (large free car park available at this station).

2-3 July 2016
The Cotswold Show & Food Festival 2016
From show stopping performances in the main arena, a whole host of action packed activities for the whole family and fascinating country pursuits, to food very in hand made crafts, food and drink in the fabulous Food Village.
Gate tickets:
Adults (15 years +) £14 Children 3-14 years £7 Family (2 adults and up to 3 children) £40
Under 3s and dogs FREE!
Buy in advance online and save 20% www.cotswoldshow.co.uk

8-10 July 2016
The Royal International Air Tattoo 2016
The Air Tattoo, one of the UK's premier outdoor events, returns this summer with an extravaganza of entertainment for all the family. Alongside the thrilling flying action, visitors will be treated to non-stop entertainment on the ground – so whether a wide-eyed first timer or a seasoned air show veteran, the experience is breathtaking! On Friday 8 July, the showground is open from 7.30am until 6.30pm with a flying display from 11am until 3pm. On Saturday 9 and Sunday 10 July, the showground is open 7.30am until 7.30pm with a flying display from 10am until 5.30pm.
Ticketline: 0800 107 1940
RAF Fairford, Gloucestershire, UK.
www.airtattoo.com

9-10 July 2016
Tewkesbury Medieval Festival 2016
Join the medieval mayhem this July when the world famous 1471 ‘Battle of Tewkesbury’ is re-created with the help of hundreds of re-enactors. Come and join in the medieval fun and frolics eat, drink and be merry! Saturday 11.00am – 6.00pm
Sunday 11.00am – 5.00pm
Free admission for all the family and there is also a small free car park nearby.
Lower Lodge Lane, Tewkesbury.
www.tewkesburymedievalfestival.org

2-3 July 2016
Beatrix Potter and the Tailor of Gloucester at the Everyman Theatre
The Everyman Theatre Company, along with the Every Voice Chair and local community actors bring Beatrix Potter’s personal favourite story to glorious life on stage. A poor old tailor sits in his shop in Gloucester, making a wedding coat for the Mayor. But what happens when he catches a cold and has no choice but to take his bed for the weekend?
Wed – Fri Evening 7pm; Sat Eve 6pm; Sat Mat 2 pm
Tickets: £10
Box office: 01242 572573
www.everymantheatre.org.uk

27 August 2016
Summer Fete at Hillside Brewery
A fun summer’s day out with your family and friends at the ‘Hillside Summer Fete’. Set on a beautiful 40-acre farm in Gloucestershire there will be a whole host of activities going on so there will be plenty to do, see, eat and drink! Outdoor games including ‘Hillside Archery Tag’ and ‘Battle Sports’ combat laser tag session. Variety of stalls, face painting, tombola’s, hog roast, candyfloss, beers.
(Brewery tour and tasting session at 3.00pm. If you fancy joining in please pre-book a place before the day. (18+ only).
11.00 am – 5.00pm
FREE ENTRY
Tel: 01452 830 222
Contact: email: info@hillsidebrewery.com
Hillside Brewery, Holly Bush Farm, Ross Road, Longhope, Glos, GL7 0NG.
www.evensi.uk

27 August 2016
The Phoenix Festival
The Phoenix Festival is two days of music, dance and family fun and is one of the best free summer events in the Cotswold’s calendar. With two stages, an open mic platform, performer’s arena, children’s entertainment, stalls, festival food & drink, there’s plenty to enjoy and all within the beautiful historic setting o the Abbey Grounds.
Abby Grounds, Cirencester GL7 2DA
11.00am to 10.00pm (both days)
Admission Free
www.phoenix-festival.co.uk

29 August 2016
Winchcombe Country Show
Organisers of the 67th Winchcombe Country Show are promising another bumper show this year. The annual procession through the pretty Cotswold village will have an Olympic Rio theme this year. The procession starts at 11.30am from the Millennium Field in Winchcombe. Lane will feature vintage tractors, fancy dress contestants. The jam packed activities include: Indian Runner Duck Herding, Olympic It’s a Knockout, the Hap pennance Morris Dancers, go-karting, a traditional Punch and Judy show, street entertainment, face painting and much more. Winchcombe Brass Band will be providing the musical backdrop for the day.

There will be many dog friendly games including a dog race and dog scurry and have a go agility. Please bring your dogs along so that they can enjoy the day as well!

Tickets cost £4 per adult, £2 per child. Family ticket (two adults and up to three children) will be £10. Winchcombe Senior School, Greet Road, Winchcombe, GL54 5LB.

10 September 2016
Newent Onion Fayre 2016
Onion, onions and more onions at the Newent Onion Fayre 2016! The Newent Onion Fayre is a great day out for all the family with so many activities for all of the family. There will be an onion growing competition, onion eating contest, food festival, dog show, live music, street fayre and entertainment, demonstrations and displays, craft stalls, food and drink stalls, fun fair including helter-skelter and big wheel, circus skills and Morris dancers. There will be a variety of refreshments including super onion soup served up by Over Farm Market stall - simply delicious!

The 2016 Newent Onion Fayre is an all day event which brings Newent town centre to a complete stand-still with all traffic not allowed in. There is a huge car parkfield on the fringes of Newent and it’s less than a five minute walk to the fun and festivities.

Location: Newent town centre, Gloucestershire.
10.00am till late
Tel: 07960 731800 or 01531 826160
www.newentonionfayre.org

2 June 2016
Sing-a-long-a-Frozen at the Everyman Theatre
A full screening of Disney’s FROZEN with lyrics on screen so you can sing along during the film. Introduced by a live host who will guide you through this interactive screening by showing you how to use your free party bag. So war up your singing voices and you will be taught some dance moves with the help of the Singalonga Princesses. Watch as we bring the film to life and help you experience this movie in a whole new light.

Adults: £16, under 16s £10
Box Office: 01452 572573
Everyman Theatre, 7 - 10 Regent St, Cheltenham, Gloucestershire, GL50 1HJ
www.everymantheatre.org.uk

Cattle Country Adventure Park
At Cattle Country you will find a whole range of activities to keep you and the whole family happy. We have both indoor and outdoor attractions to cope with the unpredictable British weather... why not become a fan of Cattle Country on Facebook to see photos of all our attractions?

Here is a list of some of the things you and the family can enjoy:

New for 2015 our Animal Experience Centre offers a chance for visitors to get up close and personal with all types of farmland animals. Look out for bottle feeding at certain times of the year and take your pig or mini pig handling when we are open throughout the season.

The KIDS’ BERKELEY CASTLE Be king of the castle and battle out an adventure in our castle. With 5 towers, 4 bridges, 3 different levels and a 40 metre zip wire, you will have hours of fun in this young knight’s dream.

JUMPING PILLOWS These two huge inflatable jumping pillows are suitable for all ages, with the smaller pillow reserved just for little ones. We also do our best to ensure that the heights and sizes of people taking part are similar to minimise risk of injury.

Kids will love bouncing around on the pillow – how long can you go without falling over?

SPASH POOL A great way for kids to cool off and have fun, the Splash Pool is available from the Whitson half term holiday on September and is open from 10am – 4.30pm.

PICNIC AND BARBECUE AREAS We have plenty of space on the field and under canopies for picnics. We also have a barbecue area; please notify a member of staff before starting.

Alternatively, visit the Retreat Cafe or one of our other catering outlets for hot and cold meals, snacks, drinks and ice creams.

Check website for opening times as the winter weekends.

Go Ape
If you’re looking for activities in the Forest of Dean then we think everyone has the Go Ape spirit waiting to be unleashed!

Tree Top Adventure at Mallards Pike. We’ll brief you for safety before you fly down an epic zip wire, leap off our Tarzan Swing and tackle our high ropes crossings whilst enjoying some of Britain’s most breathtaking scenery.

At Mallards Pike our Forest Segways are loose! Our popular Segway experience has landed at the Forest of Dean. We’re bringing you down from the trees onto solid ground, from two legs to two wheels – it’s a totally unique way to tackle the trails and enjoy Gloucestershire’s finest woodlands.

The Forest of Dean is home to our Tree Top Junior Adventure for Mini Tarzans. Release your little monkeys onto a Go Ape course designed for them.

Open Half Term and summer holidays.

Term time (closed Mondays).
Open daily October half term (27th October to 31 October).
Open (Tree Top Adventure, Forest Segway and Tree Top Junior) weekends until the 29th November inclusive, then Tree Top Adventure and Tree Top Junior only on 5th and 6th December.

Tree Top Junior is open throughout the winter weekends.

Go Ape Forest of Dean (Mallards Pike) – Tree Top Adventure and Forest Segway, Mallards Pike Lake, Park End, Lydney, Gloucestershire.
Go Ape Forest of Dean (Beechenhurst Lodge) – Tree Top Junior, Sheep House Road, Coleford, Gloucestershire, GL16 7EG.

Go to www.goape.co.uk

Sandford Parks Lido
Set within four acres of landscaped gardens in the heart of Cheltenham, Sandford Parks Lido is a heated outdoor swimming resort providing a great day out for all the family.

The Lido is a youngster’s paradise with slides, a children’s pool and a paddling pool providing hours of fun, Parties can be held during normal opening hours, while there’s the option to hire out the children’s pool exclusively on Saturday and Sunday mornings between 10 and 11am.

For older children there is also the 50-metre main pool, which is an ideal place for the more serious swimming train with three swimming lanes reserved most days. Plus, the on-site café serves tasty hot food and cold drinks.

The Lido runs one-to-one swimming tuition all year round and during the summer holidays there’s the option of enrolling in the intensive swim school.

Sandford Parks Lido is open from Saturday 9 April to Saturday 8 October 2016.

All Day Rates
Adult £4.60
Family of 2 £8.70
Concession* £2.50
Family of 3 £11.20
Under 5s *Free!
Family of 4 £13.60

Keynsham Road, Cheltenham, GL51 7HG.
Tel: 01452 524430
www.sandfordparkslido.org.uk

Tenpin Gloucester
We’re half way through the year, so if you haven’t visited your local Tenpin yet, there’s no better time than right now.

Exclusive to Tenpin Gloucester, Pingos is a soft play area that will keep your little ones happily entertained giving you time to relax with a drink while you watch them play.

With great tasting food available from our Beach Road Café and a fully licensed bar showing Sky Sports, it’s a great location to meet with friends to spend some good quality family time.

Bowling prices: 1 Game, Adult £7.35, Junior £5.85. 2 Games, Adult £12.70, £10.20. 3 Games Adult £18.05, Junior £14.55.

School Holiday Opening Hours: Monday – Thursday 11.00am – 11.00pm. Friday and Saturday 11.00am-00.00, Sunday and Tuesday 10.00am-00.00.

For variations of the time table in the school holidays, check website. Tenpin Gloucester, Centre Severn, Barnwood, Gloucester, GL4 3HR.

www.tenpin.co.uk/gloucester

Go to www.cattlecountry.co.uk

Cattle Country Adventure Park, Coleford, Gloucestershire, GL16 7EG.
Tel: 01453 810510
Update on 2342 Squadron from the OC – Flt Lt David Park

Since the last magazine edition 2342 Innsworth Air Cadet Squadron has gone from strength to strength. As the cadets tell their friends from all walks of life, a chance to get active, learn new skills and make new friends in an inspirational and safe environment - the new recruits keep on increasing!

Monday & Wednesday parade nights doesn't interfere with their school responsibilities and cadets take an invaluable set of experiences and strong personal ethics with them when they leave that they can put to good use at university or in the career of their choosing. Their personal development as confident and spirited young people is our main aim.

Under the guidance of our fully qualified volunteer staff we'll offer your son or daughter many activities to take part in and every opportunity to build their strengths and improve their confidence.

Although 2342 Squadron cadets have just returned from skiing in Bavaria, also cadet J Kee won the best photograph trophy in Bristol & Gloucestershire (B&G) wing (runner-up in the Southwest Region) along with Cadet W Jones who represented B&G Wing at football & rugby!

The Cadets are now looking forward to a summer of events which include Air Experience Flights - feel the thrill of powered flight, with a fully qualified pilot to guide them taking control of the aircraft themselves. Not only they have the opportunity to learn about the flying controls but they experience aerobatics and low level flying too.

Also adventure training, which includes rock climbing, abseiling, high-level hill walking, mountain-biking, canoeing, high rope work and sailing are all par for the course.

If you would like to join as staff or as a cadet in our 75th Anniversary year, please contact oc.2342@aircadets.org.

HQ ARRC 2016 Golf Season Event 1 – Wed 24 Feb 16

The HQ ARRC Golf Society had their first event of the year at Cirencester GC in fabulous February weather. The Society is open to all Innsworth Station staff and their dependants and the current distribution list has approx 40 members.

16 members braved the sunshine and played in a pairs competition of 4 ball better ball on a course that had held up remarkably well considering the very wet 2016 so far.

The Society provides a very good opportunity to escape the office on one Wed afternoon a month and gives ample scope to meet new people and have conversations that wouldn't normally occur in the normal day to day routine.

Cliched as it may be, it's the taking part that counts and is as competitive as the individuals wish to make it upon themselves. The results from Cirencester GC are as follows:

<table>
<thead>
<tr>
<th>Name</th>
<th>Score</th>
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<tbody>
<tr>
<td>Brig Tennant &amp; SSgt Moore</td>
<td>45 pts</td>
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<tr>
<td>Lt Col Josserand &amp; Laura Derry</td>
<td>40 pts</td>
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<tr>
<td>Lt Col Salazar &amp; Maj Lewis</td>
<td>39 pts</td>
</tr>
<tr>
<td>Maj Watt &amp; Lt Cdr Gray</td>
<td>35 pts</td>
</tr>
<tr>
<td>Maj Larsen &amp; Lt Col Petersen</td>
<td>35 pts</td>
</tr>
<tr>
<td>Maj Pun &amp; Capt Clarke</td>
<td>33 pts</td>
</tr>
<tr>
<td>Justin Slater &amp; Sgt Houghton</td>
<td>33 pts</td>
</tr>
<tr>
<td>Julie Clough &amp; Rikki Poulson</td>
<td>31 pts</td>
</tr>
</tbody>
</table>

Some very steady golf by the winners resulted in a very healthy score of 45 pts. Special mention to Lt Col Salazar who played solo for the back nine after his partner became sick.

Do get in touch if you want to know the dates for the next Golf meet.

HQ ARRC Field Gun Crew Entry

For the first time in the establishment’s history, the ARRC has been accepted to compete in the historical Royal Navy Royal Marine Charity Field Gun Competition hosted at HMS Collingwood, Portsmouth from 29 May to 4 June 2016.

Established in 1907, the competition is one of the longest standing Military events and demands dedication, teamwork, physical courage and fitness.

History: The origins of the Field Gun Competition lie in the epic relief of Ladysmith during the second Boer War of 1899. Out-gunned by the Boer troops threatening the British Garrison at Ladysmith, Army chiefs appealed to the Royal Navy for guns as a last resort. 237 personnel of the Naval Brigade from HMS Powerful and HMS Terrible, anchored in Durban some 190 miles away, transited five long range guns to provide much needed fire-support. Although the majority of the journey was by rail, legend has it that some of the sailors carried a 12-pounder for over two miles, a not inconsiderable task given the gun’s weight of 611kg, not including its limber and shells.

Training: Participation in the ARRC team is open to all units hosted or housed at Imjin Barracks, all services and all nations. For a chance to take part in this unique event come along to training:

Monday – Thursday 1730 – 1900hrs on the Field Gun Track located on the side-road by the gymnasium.
News from Station Headquarters

When I last wrote a piece for this magazine we were getting ready for Christmas and winter was upon us. Now we are well and truly into spring and we have some great displays of daffodils and tulips around the place. I’ve been busy with digging on the allotment and already have some of this year’s potatoes, cabbages and lettuces planted. I’ve noticed too that those with allotments on the camp have been plying the spade.

Station Matters

Speeding
The sharp eyed motorists among you may have noticed me and the Missus standing on Innsworth lane in hi vis jackets with a speed gun. We were part of a local community road safety initiative and were checking speeds in the area. As volunteers, we cannot stop cars and issue tickets, but the reports are passed on to the Police for them to deal with as they see fit. In general, the speed limit on local main roads is thirty miles per hour, but it is twenty miles per hour on most residential roads. It is surprising how many motorists flout the limits. We clocked some doing over forty in both the thirty and twenty miles per hour zones. Whether or not we agree with speed limits, they are there to make the roads safer for us and our families. Speed limits are important, and those breaking them do risk a fine and points on their licence. More severe penalties can be enforced in serious cases.

Grass Cutting
Every occupant of a married quarter is responsible for garden maintenance for their own particular quarter. However, in most quartering areas, the front grass in open areas is cut by the MOD contractors, CarillionAmey. The contract does not oblige them to pick up the grass unless it is over three inches long when cut. I took this up with the contractors recently when the cut grass was indeed longer than three inches, and some of the cut areas were beginning to resemble a hay meadow. Since then the grass cutting has been for the most part of an acceptable standard. If however, the grass does get out of hand outside your quarter, or the cut grass is left on the paths and pavements, then do complain to the contractors on the normal number for reporting household faults.

Security
As many of you will know, our MOD Policemen, Ray Bartholomew, has now been moved to other duties, and the civilian police are responsible totally for security in the quarters areas. I would like to thank Ray on your behalf for the excellent job he has done for us over the years.

The level of crime in the area is currently very low. Let’s hope it stays that way. However, we must remain vigilant against the ne’er do well and not give them the opportunity to commit their crimes. Remember the usual sound advice. When you are away from home, ask a trusted neighbour to keep an eye on your house. Ask them to park a car on your driveway sometimes to keep the criminals guessing. Lock your car when you are not in it. Lock your garden gate. The summer will soon be here and hopefully plenty of warm weather. Don't be tempted to leave windows open when you are not there. With such simple precautions, life can be made difficult for the criminal.

If you do spot anything suspicious, report it to the Police on:

**101**

If there is an emergency or if you see a crime actually taking place, then call **999**

Dogs
I mentioned last time that our dog Paddy had gone to the great dog kennel in the Sky. After four months of being dogless, that’s a word I invented, we went back to the same rescue centre where we got Paddy fifteen years ago and found Raffles. Raffles is a Rottweiler Doberman cross and is twice the size of Paddy. Raffles is big and very strong and hasn’t yet learned to walk on a lead without trying to pull my arms off, but he is as soft as the day is long. I don’t know why he was in the rescuer centre, but he is now firmly resident chez nous. If ever you do think of getting a dog, and you are not worried about getting a pedigree, then rescue centres are a good place to look. Of course, we have a good supply of dog bags in and always ensure that we have some with us when we take the dog out. There are still incidents of dog fouling around the area, but thankfully, it does seem to be on the decrease.

Holidays
We will be having a quiet summer and going on holiday later in the year. (Although her indoors did have two weeks in Spain in February.) We did the same last year and went to India in November. I find India a fantastic place and have been there three times. This time we went to the Himalayas, including Darjeeling. Apart from tea, Darjeeling is famous for its narrow gauge steam railway. For me, that was the highlight of the tour. In the photo you see them getting one of the engines ready for a day’s work. The engine was actually built in Britain in 1899. While at the railway, I got the second photo. It shows a holy man, known as a Sadhu. I don’t think that I would ever tire of taking photos in India.

And Finally!
I mentioned earlier that I had been out with the Police speed gun. We did catch one person doing a hundred and eight miles per hour in a twenty miles per hour zone. However, we couldn’t really report him as it was an A400M heavy lift aircraft on it’s approach to Staverton Airfield. You’ve got to have a bit of fun sometimes, nicht wahr?

Best wishes to you all,
Bernard Barton-Ancliffe
Bernard.Barton-Ancliffe801@mod.uk
News from the HQ

ARRC Welfare Minibus

The lack of available white fleet minibuses and restrictions imposed on their use has, on occasions, reduced the HQ’s ability to support welfare, sporting or educational events. This was overcome through the provision of a dedicated welfare minibus that can be used to support a wide array of activities including those conducted by dependents.

The minibus will be used to support multinational soldiers and dependants from NATO countries within ARRC and the wider Innsworth Station in a range of activities from welfare trips, educational and sporting events. It will also give the HQ’s more flexibility when short notice opportunities arise. The HQ’s participate in a wide variety of sports at competitive levels and contribute to a number of NATO teams. In addition the HQ’s maintains a very vibrant Welfare programme for dependents and offers extensive educational events for soldiers and officers the minibus can be used to support the full spectrum activities.

A donation of £5000 was kindly donated by the Royal British Legion to pay towards the cost of the minibus, the remaining £15000 was granted from the Army Central Fund.

The minibus is a 9 seat Renault Traffic which can be driven on a full category B license (Car). It is fully insured with breakdown cover.

The cost of hiring the minibus is £20 per day, all monies generated pay for the upkeep of the vehicle, servicing and road tax.

For availability and further information please contact the RQMS department HQ’s ARRC on:

MIL 95471 5170/5125/5714
Civ 01452 718 170/125/714

Service Family Accommodation – Patch Management

Each Accommodation Officer (AO) is responsible for looking after 300 to 350 Service Family homes and for managing your Service Family Accommodation patch.

If you have a patch management issue, the Helpdesk will raise a survey. Your AO will assess your issue and will be responsible for making sure that any work required is carried out.

What Does This Include?

- Graffiti
- Vandalism
- Streetlights
- Fencing
- The emptying of dog bins and litter bins
- Issues with block garages
- Play park equipment
- General litter around estate
- Fallen trees
- Potholes in paths or roads
- Blocked road gullies

If you have a problem with any of the above call the CarillionAmey Helpdesk on 0800 707 6000 Option 1

Our people, looking after our customers

Paul's one of our helpdesk advisors dealing with customer calls on repairs, providing advice and guidance to customers on the simple steps they can take to solve issues instantly or if they need repairs, making sure they get the right first time help from us. Paul, working on the CarillionAmey helpdesk is an important part of the team delivering the improvement plan for the Housing contract. Paul says: “By moving the gas scheduling team to the helpdesk, communication is instant now, ensuring appointments can be made efficiently, issues resolved swiftly and our customers get a good service.”

Meet Danielle, one of our helpdesk advisors…. having been a professional goalie for the England Woman’s football team, Danielle understands how training is key to producing a really effective team. She benefited from six weeks intensive training for her role in our occupancy services team and knows that this has helped our customers. She welcomes the new intensive training programme recently introduced for all new helpdesk advisors. “Our people will make better advisors and be able to provide a better customer service, now that we have a longer, more intensive training schedule.”

Safety first with our gas engineers

Meet Kenny….. he’s one of our many gas engineers, and we have recently employed more, ensuring that your boiler works efficiently and safely. Kenny and his gas engineer colleagues have to be ‘Gas Safe Registered’ and qualified to work safely on boilers, cookers, fires and all other gas appliances. We know how important it is for us to keep our customers safe in their homes but we also need customers to play their part and it’s essential that you understand the importance of making sure, when asked to confirm annual gas safety inspection appointments, you do so and you allow access to our engineers.

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"Our people will make better advisors and be able to provide a better customer service, now that we have a longer, more intensive training schedule."
Welfare Office

Community Development Worker

Hi, I am Anna and your Community Development Worker (CDW) at Innsworth Station. I support and facilitate groups and holiday programmes for and with you. If you have any ideas or just want to be involved please contact me using my details below.

I also support the coffee mornings and activities which are organised by the Welfare Team.

Thank you for all the feedback we were given during our coffee mornings in March.

During school holidays we try to continue delivering youth club on Tuesday evening as well as having a movie night on another evening. I have also organised craft sessions for 8-16 years old, pumpkin carving for all ages, sports and games sessions and so on. When Army Welfare Service organises Brigade residential I regularly manage to get some spaces for young people in Innsworth. Last year we were part of the Blandford residential for 8-12 year olds and a Harbour Challenge outside Poole. During the Easter holiday a group of teenagers have been to a Youth Leadership residential to get training which will help them to be young leaders in our activities as well as preparing them for being spokes persons for the other young people in Innsworth.

I always need volunteers/helpers for especially the Youth Club. Any volunteers will have access to some of the necessary training and the DBS check will be done for free.

Regular groups I deliver:

Play Work Group After School

This group meet Tuesdays 4.00-5.00 pm & Fridays 3.30-4.30 pm in the Innsworth Station Community Centre and is a play work club for 4-7 years old. Parents or carers must attend and are encouraged to join in. We do games, arts and craft and have a snack. Cost 50p per child.

Junior Youth Club

Tuesday 6.00-7.30 pm in the Innsworth Station Community Centre, is open for those at primary school 8+. You must have turned 8 to come. We do lots of activities – both as play work and as youth work often based on what the members want. Cost £1 per young person. Max 50p for tuck.

My contacts: **Anna Scheutz, Community Development Worker (CDW)**

Mobile 07554 459384

or e-mail aws-lartyx-sw-innsworth-cdw@mod.uk

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Did you know about our Parents and Tots Group?

The Parents and Tots group is run in the Innsworth Community Centre (the building just behind the MACE shop) on a Monday and Thursday from 9.30 - 11.30. We have a wide range of activities including craft on a Thursdays, bouncy castle sessions and loads of other events. We provide a healthy snack and tea or coffee for the parents. We hope to see you all at the group.

Siobhan Clowes

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Living in Kingsway

Sgt Walker

My family and I have been living in Kingsway for nearly 5 years now and I can honestly say living here is a pleasant one. I have made quite a lot of friends (mainly because I will talk to anyone) and find it quite easy to make friends. It has also helped that I am part of the Army, as are most of my neighbours.

The area is a bit daunting at first as it is on the large size, but once you know it, it’s all pretty easy. There are some lovely playgroups in the Beacon Children’s Centre & Kingsway Community Centre, and primary schools that are close by. We have a set of new shops including Tesco Express, Chinese restaurant & take-away, a vets and hairdresser. There are various groups for children to get involved with at the Community Centre and on the estate, so they don’t need to go far for them to enjoy themselves.

There are local amenities on Kingsway - palyparks, so in fact you don’t need to leave the estate if you don’t want. The local pub – The Barn Owl, is a good eating house and is very reasonably priced as its two for one. If you don’t drive, then no need to worry as there are loads to walk to – retail park, shops & library, and a very good reliable bus service into Gloucester and Cheltenham.

You hear about the negative comments regarding living in Kingsway Village, but I can honestly say there has never been an issue in the time I’ve lived there and I enjoy living there.
LEGAL COLUMN DF LEGAL (INNSWORTH)

Flimsy co-habitation laws need highlighting after court case publicity

We at DF Legal always wish to keep the community at Innsworth informed of happenings in the legal world, which are relevant to you and one recent story really stands out. It is the tale of a lady called Joy Williams, who has been awarded a share in a property after her deceased partner failed to update his will. She had lived with her partner Norman Martin for 18 years until his death in 2012. They shared a property, which they had owned as tenants in common since 2009. As Mr Martin had failed to either update his will or divorce his wife Maureen Martin his share of the £320,000 Dorset property automatically passed to his estranged wife.

In recent months, after four years of legal wrangling, the Court has decided that Joy Williams is entitled to make a claim against the estate of Mr Martin and she should now inherit half the value of the property. Joy Williams's victory is at the expense of Mr Martin's wife, Maureen Martin, who separated from her husband in 1994. She has been ordered to pay a hefty sum in court costs, which could cost her over £100,000.

At DF Legal, we like many others believe the case shows how cohabitation laws need to be updated, but we fear this will not happen any time soon.

So the message is clear- those living together have to ensure they are protected by the law, and the only sensible way to do this is by seeing a trusted local solicitor who can put a cohabitation agreement in place and draft up-to-date wills.

It is worth highlighting that following her win, Joy Williams said she hoped the publicity would highlight the situation for many co-habiting couples. “I hope my situation raises awareness for others to consider their own financial position in relation to their partner and consider whether they need to take advice to protect each other in future,” she said.

At DF Legal, we can only agree, but more importantly we hope all those at Innsworth who are co-habiting take action if needs be. Like so many potential situations in law, protection is easy to put in place, which then ensures peace of mind for so many people.

If you need further advice on cohabitation agreements, wills or any other legal matter, please call us on 01684 850750 or feel free to talk it through at one of our regular legal surgeries. We have some more surgeries lined up for Friday 27 May 2016 and Friday 24 June 2016, at Innsworth Stn Community Centre. We hope you can come and see us.

Further Surgery dates for your diary:
22 July, 30 September, 28 October, 25 November.

Chepstow/Innsworth HIVE

Hello, my name is Sarah Stokes, and I am the HIVE Information Support Officer for Innsworth. I am based at Chepstow, while remotely covering Innsworth, Brecon, and the Reservists in Wales.

The HIVE is an information network available to all members of the Service community. It serves both married and single personnel, together with their families, dependants and civilians employed by the Services.

To find out about relocation, local unit and civilian facilities, places of interest, schools and further education, housing, transition, employment and training opportunities in your local area, please contact the HIVE.

A couple of suggestions, if you haven’t already done so sign up to the Defence Discount Card, this can easily be done on line for a small fee. There is a huge range of discounts been added regularly that can be seen advertised on the HIVE Blog.

If you have recently moved into the area, please take the time to register on the electoral roll, allowing you the right to vote, information found at www.gov.uk/electoral-register.

Finally please take a look at the HIVE Blog, this is updated regularly with transition news, education information, discounts, events and more at www.chepstowhive.blogspot.co.uk although it may be called Chepstow HIVE Blog, the information is relevant to all.

If you require any information please contact me.

Sarah Stokes, HIVE Information Support Officer
Tel: 01291 645399
Email: chepstowhive@armymail.mod.uk
HIVE Opening Hours:
Mon-Thurs 0830-1630, Fri 0830-1600

Coffee Mornings
Everyone welcome

Innsworth Community Centre
Tuesday 10th May 16 1000 – 1200hrs
Tuesday 07th June 16 1000 – 1200hrs
Tuesday 05th July 16 1000 – 1200hrs

The Beacon Children’s Centre, Kingsway
Friday 20th May 16 1000 – 1100hrs
Friday 17th June 16 1000 – 1100hrs
Friday 15th July 16 1000 – 1100hrs

Wheatpieces Community Centre, Tewkesbury
Monday 23rd May 16 1000 – 1100hrs
Monday 20th June 16 1000 – 1100hrs
Monday 18th July 16 1000 – 1100hrs

Come along and meet and greet other service families and the welfare staff
MOVING FROM THE AREA - WHO NEEDS TO KNOW

Firstly, please ensure you tell Carillion Amey (via the normal help desk, Tel: 08000 707 6000, Option 3) that you are moving home as it will allow the allocations planning team to forecast future SFA availability, as new personnel plan their move to Innsworth Station.

When you have booked your move out date, please ensure that you and your family tell their doctor's surgery, dental practice, and (if receiving hospital treatment), the hospital department, that they are moving and when. They can then un-register your family from the surgery, practice and department. This will also ensure there are places there for new families when they arrive.

You should also inform your child/children’s school that you are moving from the area and that they will leave the school. Otherwise the school may report your child as truant when they don’t attend.

CONTACTING THE POLICE

The MOD Police post was disestablished at Innsworth Stn on 31 March 2016; however the Welfare and Station Team have been working with local police to ensure that the continuity of local policing may continue to the same high standard.

For all concerns/issues, and to report a criminal activity, do immediately contact Gloucestershire Police –

- Non-emergency (queries etc) 101
- Emergency 999

Alternatively you can email queries to: 101@gloucestershire.pnn.police.uk

The Local Police Teams for the SFA areas are noted below. Full details of the Teams are at www.gloucestershire.police.uk - Gloucestershire Constabulary - Neighbourhood Policing

<table>
<thead>
<tr>
<th>SFA Area</th>
<th>Local Police Team</th>
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<tbody>
<tr>
<td>Ashchurch &amp; Tewkesbury</td>
<td>Tewkesbury</td>
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<tr>
<td>Brockworth &amp; Hucclecote</td>
<td>Glevum West</td>
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<tr>
<td>Churchdown &amp; Innsworth</td>
<td>Golden Vale</td>
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<tr>
<td>Kingsway &amp; Qedgeley</td>
<td>Qedgeley, Kingsway &amp; Hardwicke</td>
</tr>
<tr>
<td>Market Place Gloucester</td>
<td>Gloucester City centre</td>
</tr>
</tbody>
</table>

ABSENCE FROM SCHOOL

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

Holidays in Term Time

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

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

OCCUPANTS MEETING

The latest Occupants Meetings were held in January and April; various issues were reported and discussed with representatives from the Station, Carillion Amey, DIO, Anninton Homes & Touchstone and Local Police. These meetings are an open forum (with tea and coffee) and attendance from any resident of Innsworth Station.

The issues discussed have included the new Combined Accommodation Assessment System (CAAS) bandings & fees, bedbugs, furniture in SFAs, heating problems & reporting faults to Carillion Amey Helpdesk, using lofts, security of garages, water pressure of showers, grass cutting at front of houses, upgrading of kitchens/bathrooms/boilers in SFAs, and gardens & window keys at Kingsway SFAs.

These meetings are a forum for you to raise concerns, problems and issues, both positive and negative, about your SFA or the SFA areas, with the people who can help and advice you.

Next Meeting - July 2016, at 1000hrs, in the Innsworth Station Community Centre.

Please do come along with your concerns & issues, as you can ask questions of the Military and Contractor staff directly at this forum.

If you are unable to attend the Meeting, but you have an issue that you wish brought up, you can visit the Welfare Office where someone will be happy to advise and assist. Alternatively you can email your issue and contact details, to the Welfare Office at archhealth_housing@hotmail.co.uk or telephone 01452 362553 / extn 4553.

INNSWORTH STATION FRESHERS FAIR

WEDNESDAY 14 SEPTEMBER 2016 1000 – 1400hrs

At the ARRC Officers Mess  Everyone welcome

Come along and meet with representatives from local councils, theatres, car sales, children’s activities, sports clubs, animal services, fitness centres and many more.

For further details contact Sue Miles, Innsworth Stn Welfare Office, extn 4553 / 01452 362553 or email arrchealth_housing@hotmail.co.uk

CAR PARKING ROCHLON ROYAL & CHELTENHAM GENERAL HOSPITALS EXEMPTIONS / PERMITS

Exemptions

There are exemptions for parking charges for certain categories of patients, at the above hospitals.

The exemptions apply in individual cases where:
- Parents are staying overnight with children in the Children’s Wards
- Outpatients are having dialysis, radiotherapy or chemotherapy
- Holders of an official carers badge

If a patient falls into one of the categories, he/she or a relative should speak with the Senior Ward Sister, who will complete an Exemption Parking Permit. The patient or relative then takes the form to the Parking Shop, at the Hospital, who will process the exemption.

Permits

Weekly Permit (£14) or Fortnightly Permit (£28) apply in individual cases where:
- The patient has been an inpatient for 14 days or more
- An inpatient of Critical Care Services has been receiving critical care for 3 days or more and continues to do so
- A patient is diagnosed as terminally ill after 3 days
- The patient has been in Neonatal / Special care for more than 3 days
- Outpatients with multiple appointments in one week.

For further information contact the Parking Shop at the Hospitals –

Cheltenham General 0300 422 4174
Gloucester Royal 0300 422 6101

POST FOR PREVIOUS OCCUPANT OF SFA

When you move into your new SFA, you may receive through the post correspondence addressed to the previous occupant (i.e. letters, bills). Please mark the envelope ‘RETURN TO SENDER’, cross through the name & address and re-post through the postal system.

Do not open the correspondence, as this is against the law.

UTILITY BILLS

If the correspondence is from a utility company – gas, electricity, water, please bring the envelope & contents to the Welfare Office. We will notify the company of the change of occupancy, and forward the correspondence to the relevant DIO Carillion Amey department for their action.

SOCIAL MEDIA – KEEPING UP TO DATE BETWEEN EDITIONS OF THE IMJIN MAGAZINE

The Station Welfare Office now has two additional military personnel that are working hard to develop the social media aspects of how information, in particular welfare, gets to the audience that need it. The trusted ‘mail drop’ leaflets will still be used but increasingly more and more of the events advertised in this magazine will also be advertised via two Facebook sites:

ARRC Community. A closed group site aimed at providing information and a discussion forum for all families and personnel of Innsworth Station. www.facebook.com/groups/arrccpnbcnunity

ARRC Sp Bn Community. Another closed group site aimed at providing information for the families and personnel of ARRC Sp Bn. www.facebook.com/groups/arrccpsbncnunity

All relevant welfare and update messages are posted to both sites, including information and the ability to ‘sign up’ for the Upcoming Events advertised within this magazine. If you are not already a member of either of these groups but are interested in this method of communication, then simply follow the links above to the relevant group, and the site admin team will add you to the relevant Group.

Alternatively you can get in touch with the UWO Social Media Team on 01452 362561 or extn 4561
Visit to Bristol Zoo Gardens
Sue Miles and Family

It’s a bit strange to find a zoo in amongst houses, but it’s been there since 1836. Bristol Zoo Society, a conservation & education charity runs Bristol Zoo Gardens. They’re currently working on conservation & research projects across the world including the Philippines to the River Avon.

There’s many different animals to see at the Zoo – red pandas, lions, giant tortoises, reptiles, Monkey Jungle, otters, seals & penguins, meerkats, flamingos, to name a few (we all liked the blue lion). At Twilight World, after we’d become adjusted to the creatures coming out at night, from sand cats to blind mice!

We listened to a talk about primates and saw the gorillas at Gorilla Island. The Keeper told us about the new baby girl gorilla, born at the Zoo in February, by a rare caesarean operation, when Mum Kena became unwell. The baby gorilla, now named Afia, is doing very well being hand reared.

I saw her on the local TV news and she is really cute. Butterfly Forest was lovely, with large & small butterflies flying around you as you walked through. The large blue butterflies must have been shy as they didn’t want to stay still for photos. Perhaps one day they will learn to come out for a visit!

We spotted this robin feeding her youngsters from the broken biscuit. We also saw some British birds at the Zoo, High up on a fence were nesting boxes where parent birds were feeding their noisy young. We also saw a tiny vole and a mouse, scurrying underneath the dome, I can say it gives you the feeling (I *think* it was meant for kids, but it had to be done). Whilst it was a bit wet and cold, we enjoyed ticking off the birds we had seen on our list for fun things to do.

Day out at Cattle Country
Sgt Walker

Love this place, such a great day out with the kids, you name it, they have it, soft play, huge slides, trampolines and massive bouncing pillows, bonus being that adults get to play too.

The outside activities are fantastic for all ages and it has something for everyone no matter what age. The under 5 area is fenced and secured so no need to worry. The kids never got bored. The paddle boats are great and so is the new climbing net which is a challenge. The drop slides are scary fun and the new wooden fort with its own zip wire is a must.

The only drawback is if your children love animals there isn’t as many as the name suggests, but they did get to see most of them. The kids didn’t know what to look at first, the Rhino’s, Giraffes, Elephants, so much to see and do.

Trip to Noah’s Ark Zoo Farm
Dawn Locking

I decided to take my daughter aged 11, my niece aged 10 and my nephew aged 2 to Noah’s Ark over the Easter break. It was so easy to find from junction 19 of the M5.

The weather started off cloudy and looked like rain but we decided to go anyway.

As soon as we walked through the gate the two eldest kids disappeared into one of the park’s many play areas. The sun decided to come out just as we started to explore some of the animal enclosures.

Bristol Aquarium Visit
WO2 Paul Wilkinson

Love this place, such a great day out. The Aquarium is very nicely laid out and there are so many interesting sea creatures. However, even taking a leisurely pace you can be around it in one and a half hours. So when planning your trip for the day you need to allow for the tickets. Tickets are collected from the Welfare Office or Park Entrance. All tickets are booked and paid for in advance.

Over the years Slimbridge has developed into much more than just a wetland nature reserve. It’s not just for bird lovers. It is situated in the centre of Bristol, parking is very easy around the area.

To Book Tickets for the Local Attractions

Discounted tickets for all the Attractions, at £10 for 4 people (ie 2 adults & 2 children), are available from Innsworth Station Welfare Office. All tickets are booked and paid for in advance.

To book the tickets, go to the Welfare Office, confirm availability for the date you wish to go, complete a booking form and pay for the tickets. Tickets are collected from the Welfare Office or Guardroom on the day of the visit.

Listed here are the top ten places to visit during the Summer months.

Visit to Bristol Zoo Gardens
Sue Miles and Family

It’s a bit strange to find a zoo in amongst houses, but it’s been there since 1836. Bristol Zoo Society, a conservation & education charity runs Bristol Zoo Gardens. They’re currently working on conservation & research projects across the world including the Philippines to the River Avon.

There’s many different animals to see at the Zoo – red pandas, lions, giant tortoises, reptiles, Monkey Jungle, otters, seals & penguins, meerkats, flamingos, to name a few (we all liked the blue lion). At Twilight World, after we’d become adjusted to the creatures coming out at night, from sand cats to blind mice!

We listened to a talk about primates and saw the gorillas at Gorilla Island. The Keeper told us about the new baby girl gorilla, born at the Zoo in February, by a rare caesarean operation, when Mum Kena became unwell. The baby gorilla, now named Afia, is doing very well being hand reared.

I saw her on the local TV news and she is really cute. Butterfly Forest was lovely, with large & small butterflies flying around you as you walked through. The large blue butterflies must have been shy as they didn’t want to stay still for photos. Perhaps one day they will learn to come out for a visit!

We spotted this robin feeding her youngster from the broken biscuit. We also saw some British birds at the Zoo, High up on a fence were nesting boxes where parent birds were feeding their noisy young. We also saw a tiny vole and a mouse, scurrying underneath the dome, I can say it gives you the feeling (I *think* it was meant for kids, but it had to be done). Whilst it was a bit wet and cold, we enjoyed ticking off the birds we had seen on our list for fun things to do.

Trip to Noah’s Ark Zoo Farm
Dawn Locking

I decided to take my daughter aged 11, my niece aged 10 and my nephew aged 2 to Noah’s Ark over the Easter break. It was so easy to find from junction 19 of the M5.

The weather started off cloudy and looked like rain but we decided to go anyway.

As soon as we walked through the gate the two eldest kids disappeared into one of the park’s many play areas. The sun decided to come out just as we started to explore some of the animal enclosures.

We couldnt believe how close you could get to the animals it was fantastic. Adults and kids alike we loved getting up close to all the animals. The kids didn’t know what to look at first, the Rhino’s, Giraffes, Elephants, so much to see and do.

At lunch time we decided to let the kids run off steam in the big play barn, whilst the adults (especially for under 5’s), allowing us to chill with a brekkie at the onsite restaurant.

After lunch we visited the smaller animals and the petting zoo where the kids loved getting hands on with rabbits and baby chicks.

There is something for everyone at Noah’s Ark with the animals, walk thru animal enclosures, or grassed areas to just sit and chill. Not to mention the indoor play barn for the whole family.

day in March the main car part was surprisingly full, which I don’t think is testament to the popularity of the Centre.

Although our trip to the Wetlands was on a very cold and grey day the two eldest kids disappeared into one of the park’s many play areas. The sun decided to come out just as we started to explore some of the animal enclosures.

Slimbridge is in the tranquil setting of the Severn Estuary. It’s not just for bird lovers. It is situated in the centre of Bristol, parking is very easy around the area.

To Book Tickets for the Local Attractions

Discounted tickets for all the Attractions, at £10 for 4 people (ie 2 adults & 2 children), are available from Innsworth Station Welfare Office. All tickets are booked and paid for in advance.

To book the tickets, go to the Welfare Office, confirm availability for the date you wish to go, complete a booking form and pay for the tickets. Tickets are collected from the Welfare Office or Guardroom on the day of the visit.

It is advisable to book tickets in advance to ensure that you get the date you wish and the number of tickets required, particularly during the Summer months.

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

Bristol Aquarium Visit
WO2 Paul Wilkinson

Love this place, such a great day out. The Aquarium is very nicely laid out and there are so many interesting sea creatures. However, even taking a leisurely pace you can be around it in one and a half hours. So when planning your trip for the day you need to allow for the tickets. Tickets are collected from the Welfare Office or Park Entrance. All tickets are booked and paid for in advance.

Over the years Slimbridge has developed into much more than just a wetland nature reserve. It’s not just for bird lovers. It is situated in the centre of Bristol, parking is very easy around the area.

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Discounted tickets for all the Attractions, at £10 for 4 people (ie 2 adults & 2 children), are available from Innsworth Station Welfare Office. All tickets are booked and paid for in advance.

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30 theMJIN APRIL 2016
WEEKLY ACTIVITIES
IN THE INNSWORTH STATION
COMMUNITY CENTRE

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>Monday</td>
<td>09.30 – 11.30</td>
<td>Parents &amp; Tots</td>
</tr>
<tr>
<td></td>
<td>17.50 – 20.45</td>
<td>Beavers &amp; Scout</td>
</tr>
<tr>
<td>Tuesday</td>
<td>16.00 – 17.00</td>
<td>Play work – 4-7 years</td>
</tr>
<tr>
<td></td>
<td>18.00 – 19.30</td>
<td>Junior Youth Club – 8-11 years</td>
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<tr>
<td></td>
<td>19.30 – 21.00</td>
<td>Senior Youth Club – 2-16 years</td>
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<tr>
<td>Wednesday</td>
<td>13.00 – 14.30</td>
<td>Knit &amp; Stitch</td>
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<tr>
<td></td>
<td>18.45 – 19.45</td>
<td>Keep Fit with Leslee</td>
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<tr>
<td>Thursday</td>
<td>09.30 – 11.30</td>
<td>Parents &amp; Tots</td>
</tr>
<tr>
<td></td>
<td>18.00 – 20.00</td>
<td>Cubs</td>
</tr>
<tr>
<td></td>
<td>20.15 – 21.45</td>
<td>Yoga</td>
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<tr>
<td>Friday</td>
<td>15.30 – 16.30</td>
<td>Play work – 4-7 years</td>
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Full details about the events and how to book, are on Facebook - ‘ARRC Community’ Group and ‘ARRC Sp Bn Community’ Group, at  [www.facebook.com/groups/arrccommunity](http://www.facebook.com/groups/arrccommunity)  [www.facebook.com/groups/arrcspbncommunity](http://www.facebook.com/groups/arrcspbncommunity)

UPCOMING EVENTS
IN THE INNSWORTH STATION
COMMUNITY CENTRE (May – June 2016)

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<tr>
<td>Wednesday</td>
<td>1630-1800hrs</td>
<td>Movie Tea Time for Kids</td>
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<tr>
<td>Friday</td>
<td>1930-2300hrs</td>
<td>Cheese &amp; Nibbles Night</td>
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<tr>
<td>Friday</td>
<td>1630-1830hrs</td>
<td>Kids Disco (4-7 years)</td>
</tr>
<tr>
<td>Friday</td>
<td>1900-2100hrs</td>
<td>Kids Disco (8-13 years)</td>
</tr>
<tr>
<td>Friday</td>
<td>1930-2230hrs</td>
<td>Pamper Night</td>
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<tr>
<td>Monday</td>
<td>1630-1800hrs</td>
<td>Movie Tea Time for Kids</td>
</tr>
<tr>
<td>Thursday</td>
<td>1000-1200hrs</td>
<td>Behind the Scene Tour,</td>
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<tr>
<td></td>
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<td>Everymen Theatre,</td>
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<tr>
<td></td>
<td></td>
<td>Cheltenham</td>
</tr>
<tr>
<td>Monday</td>
<td>1100-1300hrs</td>
<td>Teddy Bears Picnic 0 – 4 years</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(Bring a picnic)</td>
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Padre’s Pen
Taking holidays with a purpose!

Several years ago, I heard the true story of Larry Walters, a 33-year-old man who decided he wanted to see his neighbourhood from a new perspective. He went down to the local army surplus store one morning and bought forty-five used weather balloons. That afternoon he strapped himself into a lawn chair, to which several of his friends tied the now helium-filled balloons. He packed a six-pack of beer, some sandwiches, and an air rifle, figuring he could shoot the balloons one at a time when he was ready to land.

Walters, who assumed the balloons would lift him about 100 feet in the air, was caught off guard when the chair soared more than 15,000 feet into the sky — smack into the middle of the air traffic pattern at Los Angeles International Airport. Too frightened to shoot any of the balloons, he stayed airborne for more than two hours, forcing the airport to shut down for much of the afternoon, causing long delays in flights from across the country. Once he had drifted back to earth, he was arrested by the police who asked him why he did it? He answered them, “Because,” he said, “you can’t just sit there.”

As we move into the summer and look forward to holidays and travel and rest, I want to suggest that you face the summer with similar creativity and purpose.

When God finished the work of creation He rested. This was so important that he told us to rest too and made it one of only Ten Commandments. I know people don’t like being told what to do, but being told to take a rest is not a bad thing and actually makes sense. Doctors and psychiatrists alike will readily confirm the benefits of regular rest, not just each day but each week and on occasion throughout the year. Without rest we gain weight, suffer stress, prematurely age, and suffer impaired judgement and memory: The latter being especially important for those who work in a senior military headquarters!

The thing I want to suggest is that rest doesn’t mean ‘not doing anything’ but rather doing something different. Like Larry Walters, you can’t just sit there and do nothing. In the Bible, rest or Sabbath, doesn’t mean having a lie in or putting your feet up. It means doing something different. On the Sabbath we are to stop farming, shopping, building or fighting and instead go be with family, friends and God. It is the change that we need, not the lack of movement.

So as you face the summer, or maybe just the weekend, make a plan.

What are you going to do to truly rest? Maybe you could buy a garden chair and some weather balloons or maybe you could do something else like go to a church or even read a bible as there is more great advice in there! But whatever you do, for your sake, don’t just sit there.

Padre Mark Grant-Jones
Tel. 07798577394
Support Battalion

After the success of Exercise ARRCADE FUSION 15, the start of 2016 has seen the battalion get back into the rhythm of Innsworth routine once again. After ensuring that all our kit is in good working order, members of ARRC Sp Bn have been conducting low level trade and soldiering skills exercises, adventurous training, sports, and all-important professional development courses, including our own internal Junior Leadership Scheme.

We have also had the welcome addition of soldiers from the Queen’s Own Ghurka Logistic Regiment. This continues the battalion’s transition plan to having many more Ghurkha soldiers across the battalion.

The 100 Marathons event that saw a team of 18 runners cross 6 countries in 8 days in a mild European December raised several thousand pounds for Alabare Homes for Veterans and RBL. Success on the sport pitch has also continued since the start of 2016: including participation at the RLC Ski Championships for the first time in years, followed by a surprise win at the RLC Minor Units Cross Country Championships.

Troop Collective Training

The month of February was a busy time for 14 Sqn, with all three troops deploying to various locations to complete a week of basic soldiering and trade level training. With a wide range of cap-badges within ARRC Sp Bn, it is good for soldiers are able to get away and refresh their trade skills.

Close Support Troop, Ex JAVELIN SIKARI

Close Support Troop, made up of Royal Ghurka Rifle and Royal Engineer soldiers, deployed to Pippingford Park training area on Ex JAVELIN SIKARI. A comprehensive range of lessons were conducted over the five-day exercise, culminating each day in practical summaries. A navigation competition on the first night demonstrated the first-rate skills of the individual members of the troop, and it was superbly won by Rfn Sanjip Rai. The OC, 2IC and SSM from 14 Sqn were able to visit the troop during the lesson on camouflage and concealment. When asked to pick out the well-concealed soldiers, they were hardly able to pick out 2 soldiers.

Transport Tp, Ex JAVELIN WHEEL

The newly formed Transport Troop, made up of soldiers from the previous DROPS Tp and Fuel and GT Tp, deployed to Swnyerton training area for Ex JAVELIN WHEEL. Transport Tp has recently received an influx of soldiers from the Queen’s Own Ghurka Logistic Regiment, as well as several soldiers fresh from basic training, so this exercise was a good opportunity to fully integrate the troop and expose the new soldiers to tactical vehicle movements.

There were various lessons throughout the week, including camouflage vehicles (although this time there were no prizes for spotting them) and marshalling vehicles in the dark. The highlight of the exercise was rehearsing IED drills. Junior soldiers were given roles of responsibility and had to make good judgement calls on different scenarios.

The final challenge was cross country expedition on Salisbury Plain, where soldiers refreshed the skills they needed to drive safely in slippery conditions. All in all, it was an enjoyable week where the soldiers were able to learn new skills and practice old ones.

Power Tp, Ex JAVELIN KNOCKER

Power Tp, made up of Royal Engineers, conducted their training in Weymouth. Royal Engineers, as well as having trades, must always keep up their combat engineering skills. This is broken down into mobility, counter-mobility and survivability. Power Tp began their training with mobility, which meant a lot of bridge building. After a slow time practice and a chance to retrain over a modest gap of 10m, it was time to race against the clock with more speed, less haste.

The second part of the mobility phase saw us on the water in the MK 6 assault boat. We operated them on the tidal patch of water on the ‘hard’ and went through lifesaving drills such as man-over-board.

Transport Tp, Ex JAVELIN SKIARI

As well as refreshing basic skills, the exercise allowed potential JNCOs the chance to practice delivering lessons and prepare for future courses by assuming the roles of Section Commander and Section 2IC. The exercise increased the aptitude of the troop on basic infantry skills, it also empowered the potential leaders of the future by providing them with sufficient opportunities to brush up on their leadership skills.

LCpl Pratik Gurung

We moved onto survivability in the form of troop and brigade sized water points. Each size uses different equipment so we had to make sure we knew our ‘stella meta filters’ from our ‘VVDs’ (so many pieces of kit to keep track of). In this phase we recapped putting on the ‘cup-lock tower’ which is used to gravity feed the water to be distributed. The final counter-mobility phase took the form of lessons on demolitions. The successful week of combat engineering culminated in a Rork’s Drift night and a bracing coastal walk to John Chard VC’s grave. All in all it was a very rewarding week of revision for the troop, and a welcome break from generators!

LCpl McMulkin

Doing our bit for the RLC Lodge

Mainteance on the Corps Adventure Training Centre

In early February, 10 members of 14 Sqn, ARRC Sp Bn departed for Ennerdale in the Lake District. This is the location of the RLC Lodge, Low Gillerwaite Field Centre. The lodge relies on the support of its members for much of its maintenance, and 14 Sqn volunteered for a week of odd jobs and fresh air.

On the Tuesday morning we woke to the clean cold air of the Lake District and we were given our tasks to complete for the week. This ranged from moving tree trunks and chopping firewood, to laying a patio for BBQs, to repairing a wall. The Royal Engineers also fixed a generator that had been requested so we were free to explore the local area. Someone suggested go-karting, so we had a fun afternoon competing against each other. The track was outdoors so at the end we were all frozen, but it was a very good way to finish the week.

On Friday it was time to go back, so after admiring our hard work one last time, and saying goodbye to the wardens and their family, we began the long drive back to Innsworth. We took a lot of hard work and graft, but we were proud of what we had completed by the end, and we all look forward to spending time there again in the future.

Pte Ruff, Transport Troop, 14 Sqn
The Commanding Officer first called Capt Chloe Booty RE into his office to tell her to organise a run 'home from Latvia', she initially thought he meant a treadmill event over the 3 months of exercise; or that he was joking! However 18 intrepid runners and a support staff of 6, set off in December to cover 4200km. We ran in pairs across 6 countries from Leilvarde in Latvia to SHAPE in Mons, Belgium. The journey covered 100 individual marathons and took just 8 days to complete.

The training started as soon as we deployed. As well as our own training we were going on 15 mile runs once a week followed by the CO's 5km race the next day. It wasn't until the week before the event started that the challenge we faced began to sink in. We were living in a few of the only remaining tents on the post exercise site and were waiting anxiously to get on the road.

The run began on the 1st of December in temperatures rarely above zero. The CO's team ran out the gate, starting the first leg of the relay at 8am. We each had 17 miles to run on the first day, with Cpl McMulkin and myself starting the first leg. Our team of 6 decided we would split our daily distance into a 10 mile and 7 mile leg to get the majority of the distance out of the way early. The first day went well and we ended up arriving at the overnight accommodation in time to get into the sauna before our evening meal.

Day 2 and 3 were similar. We started early again, and started running through Poland (for two days). On day 2 we were still feeling pretty fresh, however by day 3 everyone was feeling it a little more in their legs. We started breaking the distances into smaller chunks and the 'easy 4 miles' began to feel a lot less 'easy'.

Day four was an interesting day. The winter nights were getting colder and darker, so the final legs of the run began to be in the dark. We had high-vis and head torches, however the route took a more off-road turn and darker, so demanding, but we pushed on knowing the next day was the finish. By this point the final 10 miles became a real nemesis; and the two legs of 'easy 4 miles' began to feel a lot less 'easy'.

Day 5 was another crossing point; we left Poland and entered Germany. It was interesting to see Berlin, and Team Two actually got to run through the city. By this point you could definitely feel the fatigue setting in. It was a nice welcome running through Germany as it was a lot more interesting, with things to look at that took your mind of the actual running. Day 6; our start point was in Sennelager training area which is next to where Capt Booty and I used to be based. It was a strange feeling being back there, as I never thought I'd end up running around there again.

Day 7 began and it was our turn to cross the border from Germany into Holland. As had become tradition we all got out the van at the border and had a team photo. This was the shortest leg as we only covered 13 miles each that day. This was so that we had time to experience Arnhem as it is well known for military history. We ran into Arnhem centre to finish at the bridge and had a look around the parachute museum; we also went out that evening for a steak in the centre (much needed Carbs and Protein). This was also the first chance to really relax (some of us in ice baths); however we still had an early start so it was back to the hotel and in bed by 10pm.

Day 8 was the last final big day and a reminder that we were approaching completion. There were quite a few niggles within the team which was expected as none of us had ever really done anything quite so demanding, but we pushed on knowing the next day was the finish. By this point the final 10 miles became a real nemesis; and the two legs of 'easy 4 miles' began to feel a lot less 'easy'.

Day 9 began in high spirits. The final 3 miles finished outside the SHAPE NATO headquarters. As we came round the corner on the last little bit there was a large group of all different nationalities clapping us in as we came under the finish line. Finally we had finished - no more running!!!

We were greeted by the SACEUR and given Commander's Coins before it was time to get in the vans and head back to Gloucester.

Overall I'd say the 100 Marathons Challenge was a once in a lifetime event, though not something I would be so quick to volunteer for again! After being in the 18 seat minibus for more hours than I could even think of and running around 152 miles each it's definitely a challenge I can look back on and think I accomplished something personally and as a team. As a small group we helped each other through injury, niggles and fatigue, and as a large team managed to raise £3800 for Royal British Legion and Alabare.

The just giving page is still up and running, so if you wish to donate please log on to www.justgiving.com/teams/100marathons

The ARRC Sp Bn - 100 Marathons Challenge

In October 2015 Support Battalion, Allied Rapid Reaction Corps deployed to Latvia on Ex ARCADE FUSION 15. The Battalion constructed, maintained and deconstructed the entire tented camp; however the return to Imjin took slightly longer for 24 members of the battalion.

The IMJIN
After endless searching two Army wives have found the solution in their quest for classic children’s clothing for their seven children by buying the company that provided the best!

When the children were small Sally and Lucy found it easy to dress their children in practical classic clothing. But, as they got older, the market seemed to be flooded with branded, cheaper-looking clothes and decent, quality, wearable clothing was much harder to find.

Bonnie UK was the solution!

We design and provide stunning super soft lambswool that is machine washable and easy to wear all day and every day. The classic, timeless styles are an essential part of every outfit. They will become firm favourites in every child’s wardrobe with both the mothers and the children.

Our range includes polo jerseys, crew necks, hoodies, cardigans and box jerseys all in the most desirable colours. All of our styles are manufactured in Scotland using Yorkshire Wool. No less than fifteen passionate people are involved in the process and our prices are very competitive.

Aching muscles? Stiff neck? Or do you just need a relaxing massage?

I do sports-, Swedish-, and therapeutic massage. Call me on 07523 286 732 to book an appointment. Reasonable prices!

Located in Cheltenham. Off road parking.
### Useful telephone numbers

#### INNSWORTH STATION

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Welfare Office</td>
<td>01452 362 550</td>
</tr>
<tr>
<td>Imjin Barracks Guardroom (24hrs)</td>
<td>01452 712612 ext 7089</td>
</tr>
<tr>
<td>Imjin Barracks Medical Centre</td>
<td>01452 712 612 ext 5999</td>
</tr>
<tr>
<td>Imjin Barracks Dental</td>
<td>01452 712 612 ext 5920</td>
</tr>
<tr>
<td>HQ ARRC Public Affairs Office</td>
<td>01452 718 007</td>
</tr>
<tr>
<td>Station Staff Officer</td>
<td>01452 712 612 ext 7848</td>
</tr>
<tr>
<td>Joint Casualty &amp; Compassionate Centre</td>
<td>01452 519 951</td>
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#### Out of hours Emergencies:

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<tr>
<td>ARRC Staff Duty Officer</td>
<td>07788 418577</td>
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<tr>
<td>ARRC Sp Bn Duty Officer</td>
<td>07733 014295</td>
</tr>
<tr>
<td>Padre</td>
<td>07798 577394</td>
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#### EMERGENCY SERVICES

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<tr>
<td>Police Non Emergency</td>
<td>101</td>
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#### HOUSING

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<tr>
<td>Touchstone</td>
<td>0800 9882 433</td>
</tr>
<tr>
<td>Carillion Amey – Occupancy Service (All SFA areas)</td>
<td>0800 707 6000 Opt 3, Opt 1 (Mon-Fri 0800-1500)</td>
</tr>
<tr>
<td>Ashchurch, Churchdown, Innsworth and Quedgeley SFA areas</td>
<td>0800 707 6000 Opt 1 (24 hrs)</td>
</tr>
<tr>
<td>Carillion Amey – Maintenance Services</td>
<td>0800 9882 433 (24 hrs)</td>
</tr>
<tr>
<td>Brockworth, Hucclecote, Kingsway, Market Place Gloucester SFA areas</td>
<td>01256 313764 (24 hrs)</td>
</tr>
<tr>
<td>Touchstone Maintenance</td>
<td>01452 712 612 ext 7387</td>
</tr>
<tr>
<td>HCR Maintenance Team</td>
<td>01452 739 223</td>
</tr>
<tr>
<td>Robin Horton Carillion Amey Housing (Innsworth)</td>
<td>01452 396 396</td>
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#### LOCAL AREA

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<tr>
<td>Innsworth Barber Shop</td>
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<tr>
<td>Gloucester Tourist Information Centre</td>
<td>01452 396 572</td>
</tr>
<tr>
<td>Cheltenham Tourist Information Centre</td>
<td>01242 522 878</td>
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<tr>
<td>Gloucester City Council</td>
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</tr>
<tr>
<td>Gloucestershire County Council</td>
<td>01452 425000</td>
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<tr>
<td>Tewkesbury Borough Council</td>
<td>01684 295 010</td>
</tr>
<tr>
<td>Wheatpieces Tewkesbury</td>
<td>01684 294 713</td>
</tr>
<tr>
<td>The Beacon Children’s Centre - Kingsway</td>
<td>01452 728 995</td>
</tr>
</tbody>
</table>
Celebrating Her Majesty The Queen’s 90th Birthday

IMJIN MUSIC FESTIVAL

THURSDAY 9TH JUNE 2016
IMJIN BARRACKS, INNSWORTH, GLOUCESTER

Join us as we celebrate The Queen’s 90th Birthday in style with a Spitfire flypast, Sounding Retreat and an evening packed with children’s activities and the best in local music and entertainment. BYO picnic or feast from the street-foods and drinks on offer.

FREE ENTRY - For more information & tickets visit: www.imjinmusicfestival.uk