

Bavarian News

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U.S. Army Garrisons Grafenwoehr, Hohenfels, Ansbach, Bamberg, Schweinfurt, and Garmisch

July 16, 2008

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Soldiers to take charge of own personnel, pay issues

by MARY MARKOS
Bavarian News

More than 700 Soldiers prepared for what has been called the largest single change in human resources and finance history at a Defense Integrated Military Human Resources System briefing at the Grafenwoehr Tower Theatre June 26.

The new self-service system will replace more than 60 existing procedures, giving the military members a unified method for personnel and pay issues.

The change, which takes place March 1, 2009, affects all Soldiers, regardless of rank, position, or job description.

"It is going to make things a lot faster and easier for Soldiers," said Carrie Meinzer, military personnel division chief. "It is going to give them visibility,

accountability, and save time. This puts people behind the steering wheel, (getting them) more involved and in control of personnel actions."

Meinzer said the system is expected to eradicate long lines and lost paperwork, and reduce workload, and operational costs.

DIMHRS allows Soldiers to track and initiate personnel and pay requests, from submission to final approval at their desktop computer through e-mail notifications, electronic signatures, and automatic routing.

With DIMHRS, Soldiers will be able to:

- Request for assignment
- Request for assignment curtailment, deletion or early arrival
- Retirement requests
- Pregnancy, hardship, and married Army

couples related requests

- Requests for records update
- Awards requests
- Family member travel requests
- Requests for enlistment extension
- Various waiver requests
- Green to gold and officer candidate school requests

■ Request for early return of dependents from overseas

Training on the Congressionally-mandated program is required for Soldiers.

"For Soldiers, the training is going to be online. It is called the basic foundation course, and must be completed before March 1," Meinzer said.

For more information on DIMHRS, visit www.armydimhrs.army.mil.

Face-to-Face

Local job fair first of its kind

■ *Applicants interview for positions straightaway, many expected to be hired*

Story and photo by MARY MARKOS
Bavarian News

Living overseas poses unique challenges for spouses and family members, not the least of which is finding a job.

The U.S. Army Garrison Grafenwoehr Army Community Service held a job fair June 26 at the Netzaberg Child and Youth Services and June 27 at the Vilseck ACS office.

More than 137 applicants attended the events dressed in business attire and ready to interview.

"I think the best part for both the applicant as well as the organization was the immediate face-time with the interviewer," said Susan Roberts, ACS Employment Readiness program manager.

See MOST Page 3



Applicants complete paperwork June 26 at the Army Community Services job fair held at the Netzaberg Child and Youth Services building. More than 137 applicants interviewed for positions in Grafenwoehr and Vilseck.

USAREUR campaign urges better skincare

by MARY MARKOS
Bavarian News

"Your skin. The most important two meters in your life."

The U.S. Army Europe, in conjunction with the statutory health insurance and accident insurance institutions in Germany, and the U.S. Army Center for Health Promotion and Preventive Medicine-Europe, kicked off the skin protection and awareness program campaign in Bamberg earlier this year and made its stop at Grafenwoehr June 25.

The campaign promotes a greater knowledge and respect for the skin and raises the awareness of skin protection procedures.

Skin disease is the most prevalent occupational illness, according to the October 2006 Bureau of Labor Statistics Survey of Occupation Injuries and Illness.

Wolfgang Rieth of the USAREUR Safety Division spoke at the campaign kickoff and said skin diseases are often preventable.

Susan O'Donnell, USACHPPMEUR Industrial Hygiene Division Chief, agreed.

"If we protect our skin upfront, it does not become a medical condition," she said.

Protection of the skin, the largest organ in the body, comes through everyday changes or actions, said O'Donnell.

See SKINCARE Page 3

DID YOU KNOW ?

- Skin is the largest organ of the body
- It grows faster than any other organ
- The average adult has 21 square feet of skin (2 sq m)
- Your skin is, on average, 10 percent of your body weight
- As we age, our skin thins and becomes more sensitive to sun damage and illness

Garrison 'walking the walk' on environmental issues

by MARY MARKOS
Bavarian News

The use of electric cars and a decrease in petroleum, oil, and lubricant spills marked two major improvements by the U.S. Army Garrison Grafenwoehr Environmental Management System as it concluded its annual cycle.

The EMS also found improvements in the garrison's willingness to use environmentally friendly products and increased cooperation among organizations to improve environmental

performance.

The garrison made a further commitment to environmental protection last month when a command policy letter vowed to prevent pollution and minimize resource use; improve environmental performance; meet all environmental laws and regulations, and increase environmental awareness.

This commitment confirms the garrison's goal to provide for future generations.

Established in 2004, the EMS allows the garrison to systematically monitor and advance its environmental procedures.

"An Environmental Management System is a management tool," said Tom Hays, USAG Grafenwoehr director of public works. "It is used to continually improve environmental performance throughout the garrison."

The basis of the management system, he explained, is an international standard called ISO 14001.

"This standard is well known and accepted by companies and organizations all over the world. Conformance to the ISO 14001 demonstrates that

See INDIVIDUALS Page 3

Q&A

What would you do about the current *fuel* situation?



Richard Malashanko
(Ft. Benning, Ga.)
"I would have to go with more off-shore drilling."



Brett Paul
(Ft. Benning, Ga.)
"I would start drilling off-shore and start producing our own."



Amber Greenberg
(Ansbach)
"Tap into our reserve."



Carine Vigil
(Ansbach)
"Start a car pool program."



Robert Woods
(Ansbach)
"Start peddling... we need to have hybrid fuel available."



Ted Oulds
(Ansbach)
"I would start developing the hybrid program better."



Rich Sturm
(Grafenwoehr)
"I believe the U.S. should try and replicate some of the mass transit systems in Europe."



Staff Sgt. Jason Palos
(3747 MFTB)
"Alternate fuel, like the electric cars and hybrids are a good idea. I think the hybrids are the best options."



Pay attention to traffic pattern changes on post, through gates

We have now officially opened the new Military Clothing Sales Store and Office Source.

Occupying the old Grafenwoehr Shoppette across from Burger King, the intent is to bring more support facilities closer to the permanent population of Grafenwoehr.

The photographer that previously occupied that building has returned to the Vilseck location. We will continue to provide necessary clothing sales store items at the Camp Aachen Shoppette for training Soldiers.

Eventually we will open a parking area at the old Outdoor Recreation building for our training Soldiers' tactical vehicles.

In the interim, please drive your tactical vehicles safely and park in the Tower Theater parking lot or across from 535 Engineer Company – and off to the column.

Gate and Route Changes

Most of you are aware of the ongoing sewer work along Gettysburg road. This caused us to change the route in and around the banks and the CMR and post office. Continue to drive safely and follow the one way road signs.

Gate 6 and Gate 9 also recently changed. At Gate 6, a new outbound lane went into effect July 12. The current outbound lane closed, visitor sign-out parking relocated, and the layout of the inbound side of the gate experienced minor adjustments to include making a two lane entrance into the post.

As the traffic pattern at Gate 6 evolves, please proceed with caution when entering or

exiting the access control point, pay attention to all signs, and always drive at or below the posted speed limits for your safety and the safety of others.

Also effective July 12, Gate 9 became a "car (POV) only" access control point. We did this to reduce the traffic through that gate. Trucks can no longer access the main cantonment area through Gate 9, but must instead exit and reenter the installation through Gate 6.

The mouth of the new outbound lane at Gate 6 was redesigned to accommodate all truck sizes for this purpose.

Graf, Vilseck Dental Appointments

Take advantage now of dental clinic appointments! Appointments are available now and into early fall at the Graf and Vilseck dental clinics. Access will more than likely be limited later in the year as we bring back the 2d Stryker Cavalry Regiment and ship out the 172nd Brigade.

Please keep your appointments or cancel them if you can't attend them. More than 10 percent of appointments are not met and these cancellations negatively impact dental care for the entire community.

CONUS Summer Camp

The National Military Family Association is sponsoring a pilot of the Operation Purple program for summer 2008. Operation Purple Healing Adventures is a program specifically designed to meet the needs of wounded service members and their families.

Located near scenic Lake Martin and hosted by Easter Seals Camp Ascca, Ala., <http://www.campascca.org/>, Operation Purple Healing Adventures promises a week of fun family centered activities with opportunities for individual, as well as couples seminars and

activities.

This retreat will be held from Aug. 18- 22. Transportation assistance is available. Please inquire at operationpurple@nmfa.org.

Due to the nature of this pilot program, applications will be accepted by nuclear families (service member, spouse, children) whose service member has been in recovery from their wound, injury, or illness for at least one year before the date of this event.

Please access the site at www.nmfa.org/HealingAdventures to apply for this camp.

In closing, first of all, how about the Fourth of July Weekend celebration? Fireworks in Vilseck and Grafenwoehr, Seven Dust Heavy Metal band with over 200 attendees, and the Lt. Dan Band with over 500 people in the audience.

Thanks for turning out and mark your calendars for Custom Made (R&B), Monday at 8 p.m. at the Vilseck Memorial Fitness Center and The Scarlet Ending (Rock), July 25 at 8 p.m. at the Vilseck Memorial Fitness Center. Attendance at these events shows commitment and is a strong selling point when we engage with promoters for future acts.

Finally, thanks to the incredible generosity of the community and the Trans-Atlantic Council of the Boy Scouts of American, Cub Scout Pack 261 was able to box and mail 115 cases of popcorn to our deployed Soldiers.

Worth more than \$10,000, thank you for making a difference in our deployed Soldiers lives and again for helping me make this the best place to live and serve in Europe.

*Col. Brian T. Boyle
Commander, U.S. Army
Garrison Grafenwoehr*

Extended family vacations give kids roots



JACEY ECKHART
On the Homefront

My mother knelt beside me on the carpet. This is never a good sign. In the past, this behavior usually meant that I was six weeks pregnant. Or that Mom was praying about my terrible habit of playing Quarters endangering my immortal soul. This particular day she was reading aloud to me from "Positive Living" magazine.

Which was kind of worse. "See, I read this and thought of yooooouu," she cooed. "Here is what their expert says: 'I'm a big fan of family vacations. Sure, you give up some independence, but I think building strong relationships in an extended family is pure gold.'"

Mom looked at me meaningfully. "Pure. Gold." Extended family relationships did not feel like pure gold at that moment. They felt like iron fetters holding me back from getting on with our PCS move from California to Virginia.

We were visiting my extended family in Ohio. Instead of getting into the new house and accepting goods and unpacking boxes, I was spending my days pasting on my happy face.

Even though I loved my family, I found myself helplessly fuming over all the things grown children fume about when they get back in the physical environment of their own families -- the noise level. The way we show love with food. The different methods of parenting. The constant presence of buffalo ranch dressing at every meal.

"You'll feel better if you come outside with

me and sit on the deck," she promised, after reading me the entire article about getting along well with others.

Honestly, my mother is so annoying. I followed her outside and slumped into a patio chair. The morning sun hadn't touched the deck yet so the wood was still wet with last night's rain. I looked out to the swing set in the back yard to see my 6-year-old son being led around by his four female cousins. They had a doll and a blanket and a plastic fork. And the look on my son's face was pure gold. In that moment, I remembered all the vacations my own military family had taken to visit relatives when I was a little girl. Chasing kittens in the garage. Attending Bible school. Playing house with my cousins and being young enough to be the baby.

These were the same now-grown cousins who had come to visit me this year, last year. The same cousins who sent me Christmas cards. The same cousins who remembered my mother pregnant with me. The cousins who carry the same hips that I do, the same thighs, the scent-memory of the hay barn.

That's rare for a military kid. One of the old markers of military childhood was

that we didn't know our extended families. Military families didn't have the time or the money to visit family, so they just didn't go. The memories and the relationships were never made. The support was never built. The Christmas cards never came.

When we start raising military kids, we know that for so much of it, the kids will be resilient. They will bend and sway to accommodate our grown up lives. But sometimes we really do need to put their needs first.

Military kids need someone to know them as preschoolers, grade schoolers, teenagers. They honestly need to play baseball with their cousins, eat ice cream cones, swim, run, nap, laugh, hit, cry, play with their extended families. Our kids need to be tied to the family tree with a million strings of memory.

My mother came out on the deck and hovered over me, her hands on her hips. I swear she is so annoying. Especially when she's right.

A 19-year military spouse, Jacey Eckhart is a nationally syndicated columnist with CinCHouse.com.

Tell us what you think!

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Bavarian News

Grafenwoehr, Hohenfels, Ansbach, Bamberg, Schweinfurt, and Garmisch

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12th Chemical Soldier honored by unit, friends

by MARY MARKOS
Bavarian News

One-by-one, members of the 1st Biological Integrated Detection System Platoon, 12th Chemical Company removed their nametags and placed them alongside the boots of Spc. Toney L. Goble II, 24, during a memorial service held July 11 at the Grafenwoehr Tower Theatre.

The gesture symbolized each member of the platoon giving a piece of themselves to a fellow Soldier, who many at the service recognized as a brother and friend.

Goble, who served in Afghanistan, was

found dead in bed June 27 while on leave in his home state of Alabama. The cause of death was not determined immediately.

Pvt. John Ferry, Goble's roommate who attended basic training and advanced individual training with him, described Goble as someone to respect.

"We endured some good and hard times... but through all these events, Spc. Goble was physically and mentally tough, and a lot of people respected him for that, including myself," he said.

Sgt. Shean O'Connor also spoke of Goble as a Soldier to be admired. "Spc. Goble is a

perfect example of what it is to be a Soldier... (He) was a citizen serving in an Army that, according to him, was the greatest Army to rock your dome," he said.

"Spc. Goble was not a person who could go unnoticed, if you had the opportunity to spend any time with Goble, you would be smiling, no matter how your day was going. He had that affect on everyone," said Sgt. Nancy Earnest.

Goble will be laid to rest in Arlington National Cemetery in Virginia.

He is survived by his wife, Erika; his father, Toney Goble; and his stepmother Sherry Goble.

Spotlight on Education



Name: Jaime Hunt

What grade and subject do you teach? Second Grade

Hometown: Florence, Ore.

How long have you been a teacher? This is my first year teaching...yippee!

What do you enjoy most about teaching? The students, of course! They're unique, creative, and have brilliant ideas. It makes teaching a lot of fun.

What advice can you give students to help them succeed? Read, read, read. Be a leader and set a good example for others, don't follow the crowds. It's okay to be different. If we were all the same it would be a boring world.



MEN OF VALOR

Sgt. 1st Class Eugene Kuban of Headquarters and Headquarters Company, 1st Battalion, 2d Stryker Cavalry Regiment (left), and Sgt. Aaron Lopez of Company B, 1-2 SCR, display their Bronze Star medals with 'V' device for valor following the medals' presentation by Maj. Gen. Jeffery Hammond, commander of Multi-National Division – Baghdad and the 4th Infantry Division, at the 2d SCR headquarters at Combat Outpost Apache in the Adhamiyah district of Baghdad, Iraq, July 4.

The pair earned the medals for leading their teams in battle during the fight for the Sadr City district of Baghdad. The 2SCR is a U.S. Army Europe unit based in Vilseck, Germany.

Photo by Spc. Benjamin Crane

JMTC selects Soldier, NCO of Year



Photo by Paula Guzman

Sgt. Stanley Black (center), Headquarters Headquarters Company, 7th Army Joint Multinational Training Command receives the Army Commendation Medal from Brig. Gen. David Hogg (left), Commander JMTC, and JMTC Command Sgt. Maj. Darius Zagara (right) July 3 after being recognized as the JMTC Soldier of the Year. Black will represent JMTC at the U.S. Army Europe competition Aug. 10-14.



Photo by Paula Guzman

Staff Sgt. Corey MacNeil (center), Noncommissioned Officer Academy, receives the Army Commendation Medal from Brig. Gen. David Hogg (left), Commander Joint Multinational Training Command, and JMTC Command Sgt. Maj. Darius Zagara (right) July 3 after being recognized as the JMTC NCO of the Year. MacNeil will represent JMTC at the U.S. Army Europe competition Aug. 10-14.

Most job fair attendees expected to be hired

Continued From Page 1

"Applicants were able to fill out the appropriate applications and then immediately sit down with the interviewer."

Many job hopefuls, like Netzaberg resident Miranda Leslie, found the on-the-spot interview process beneficial.

"I thought I'd have a better chance at making a first impression as opposed to (an employer just) looking at a resume," she said.

As a hiring organization, the process allowed

future employers like Anjanetta Franklin, Grafenwoehr's Family Child Care director, to hire with a more personal approach.

"It is much faster, and you get a personal connection with that person," she said. "It is a lot easier and more productive this way."

The speed of the process, said Lana Muzzy, CYS Outreach Services director, benefits everyone involved.

"It usually takes up to two months... this expedites the process of hiring. You can interview every single person willing to work and you can

start the paperwork process that day," Muzzy said.

"I would say 70 percent of the applicants will be hired," she added.

The key to finding employment while living overseas, Roberts said, is being flexible.

"The most important thing to know is that there are jobs available," she said. "Finding employment overseas takes patience and persistence, and the Employment Readiness Program at ACS can assist in that process."

Continued From Page 1

a company or organization is willing to do its best to improve environmental protection throughout the company or organization, in our case the garrison."

Hays, however, said it is also up to community members to make the program a success.

"Since the garrison consists of individuals, everybody has to do his or her share, either on the job or at home," said Hays. He suggested

that people can do simple things to help out, such as:

- properly recycle trash
- use energy saving electrical devices
- do not wash cars in the yard
- perform oil changes at authorized locations
- turn off the lights when not in use
- turn back the radiator
- do not use air conditioning when you can do without it

Skincare campaign visits Graf

Continued From Page 1

Gloves and appropriate skincare creams were explained as the easiest and most important means of protection as 95 percent of skin diseases are hand eczema.

Herr Posywio, a representative from the Unfallkasse des Bundes German insurance agency addressed participants at the kickoff briefing and stressed the monetary effects of improper skincare, with a single skin illness claims case often surpassing \$40,000, and the long-term damage done to the skin.

"It could take years to restore your skin," he said.

With each home and work environment posing unique challenges to skin protection, Rieth said every individual, whether they work inside the home, in an office, or at a motor pool, need to access and implement skincare protection measures.

The campaign goal is to reduce the number of skin-related issues and diseases by 15 percent over a period of one year.

O'Donnell, however, said she hopes the campaign will surpass that and become a way of life for participants.

"Protect your skin all your life," she said. "You need to think about skin protection all the time; it needs to become second nature."

For more information on the skin protection and awareness program campaign, and ways to reduce and prevent skin disease, visit www.2m2-skin.army.mil.

Did you Know?

■ Skin cancer is the most common type of cancer in the U.S.

■ Over 1 million new cases are diagnosed annually

Individuals must also 'do his or her share' for total EMS success

Day of the Tigers

Sculptor remembers American tank division

by JOHN REESE
USAG Garmisch PAO

April 29, 1945, began as another sunny spring day in the joined villages of Garmisch-Partenkirchen, a quiet rural community near the Austrian border where the tolling of church bells and the whistle of the Zugspitzbahn cog train were the loudest sounds.

The early morning tranquility was interrupted by the rumble of armor approaching from the north. The villagers were uncertain as to whose forces were entering town. No organized German forces remained, just patients at the military hospital.

"Panzers!" exclaimed Josef A. Leismueller, then a 13-year-old boy, more curious than afraid. "But who are they? German, American or Russian?"

In a rapid-fire mixture of German and English, Leismueller, now 75 and a world-renowned sculptor specializing in wood carving, provided an eyewitness account of the town's apprehension that spring morning when the U.S. 10th Armored "Tiger" Division rolled in.

"It was Sunday at five o'clock when the Americans came to Partenkirchen," recalls Leismueller. "We looked out the window, my mother and sisters, and 'brrrrrrrr,'" said Leismueller, imitating the sound of the 10th's M-4 Shermans. "I think at first, the German Panzers are coming, because you saw nothing from the German soldiers

eight days before."

German troops without armor, on foot and on bicycles, had passed south toward Austria into the Alps, he said.

Leismueller soon recognized that the tanks weren't German.

"We looked out, and the first Panzer had a big white star upon it, and we thought at first the Russians were coming because their tanks had a star," said Leismüller.

Both the United States and the Soviet Union used a star emblem on their armored fighting vehicles, the difference being the USSR's were red.

"I spoke English. I learned English in gymnasium (German high school) 1943 to '47, and I could speak with the Soldiers. It was very interesting," he said. "The Americans came, and this old house was here."

His grandfather built the house in 1904. It was one of the first homes built outside of old Partenkirchen, situated southwest of the village along the highway from Munich to Innsbruck.

To the Tigers, it stood out as an ideal place to draw the wagons in a circle.

Most of the citizens of Partenkirchen stayed indoors, said Leismueller. He and his brother ventured outside to communicate with the tankers. He indicates the area where the Tigers parked their tanks around his home and made a bivouac campfire.

"On the first and second nights we



Photo courtesy of the 10th AD Web site

The 10th Armored "Tiger" Division rolling through what is now the pedestrian zone of downtown Garmisch. The area housed thousands of U.S. troops during World War II.

had so much smoke!" he said. "And that was the first time we saw a black Soldier! We'd never before seen a black man."

His first encounter with the Americans left a positive impression. The Soldiers treated his family and the community decently, and his language skills helped bridge the cultural differences. It was also the first time he tried Hershey's chocolate and ate his first doughnut, he said.

"The doughnuts were very good," he said, rubbing his stomach and smiling at the memory.

As the Americans continued to arrive, they occupied every hotel in town. Garmisch-Partenkirchen, the site of the 1936 Winter Olympics and a popular pre-war tourist destination, had the lodging needed to house thousands of troops.

In 1882 Leismueller's grandfather had built one of the first gasthause outside of the village and his grandmother looked after the guests; the Americans "checked-in" there, too.

The U.S. Soldiers eventually returned all of the hotels back to their owners, he added.

Since that day, thousands more Soldiers have served or vacationed in Garmisch-Partenkirchen, with many returning years later to find the places they were housed or stayed on leave.

The Leismueller residence is like a museum. After telling his story, Leismueller gave a tour of the family home built over time by succeeding generations and the workshop he built in 1953 where he and his son Thomas carve wood into almost anything, from bowties to benches.

There is a haunting realism to his art in the faces he carves, his hands capturing the moods of the subjects from deeply religious imagery to whimsical Bavarian dancers to popular Fasching masks.

"This is a Remington. The brother of this is in Washington," he said proudly, indicating a prized bronze statue called Bronco Buster in one corner.

One of the original 300 copies of Bronco Buster is on display in the Oval Office of the White House. Except for slight differences, the bronze castings are identical.

Completed projects are on display in the cellar, while an incomplete Christmas manger scene, a gradual labor of love over the years, sits prominently in his living room.

He points out modifications he added since the war as his children grew, like a decorative and functional fireplace in the Baroque style. Artist friends also contributed to his home, including an ornate hand-painted iron staircase.

The arrival of the Americans made Leismueller realize that the war was over. This was the best, he said, for it meant that the Russians were not coming as they had into the eastern part of Germany.

It also helped him understand and befriend the people who rode into his hometown on armored steeds—63 years ago.



Photo by John Reese

Josef Leismueller and son Thomas assemble a hand crafted bench, one of the larger items they produce in their Partenkirchen shop. Josef recalls the U.S. "Tiger" arrival as a 13-year-old boy.



Photo by John Reese

Staying Safe

Polizei Oberkommissar Vincenz Wirth (right) and Kommissar Leiter Schwerverkehr provided the local national vehicle operators of USAG Garmisch with a safety brief on vehicle loads June 17 at the Pete Burke Center. Garrison Safety Officer Andreas Tuerk (left) organized this class and other events such as a child seat, off-duty, and motorcycle safety demonstrations June 16-17.



Photo by John Reese

Graf staff visits Garmisch

USAG Garmisch Garrison Manager Karin H. Santos (second from left) conducts a brief tour for visiting USAG Grafenwoehr Deputy Garrison Commander Randall Corbin (right). Corbin was accompanied by staff officers Ron Biederman and Kim Gillespie. The Grafenwoehr staff visited June 18-19 to meet the Garmisch leadership and to see firsthand the most remote outpost falling under Grafenwoehr's authority. The tour included a visit to all of the garrison's local holdings. The group stopped for a few minutes at the Ettl Abbey while en route to a lunch at the NATO School in Oberammergau.

Hohenfels nets free services, new jobs, thanks to Covenant dollars

by KRISTIN BRADLEY
Bavarian News

"If the Army wanted you to have a family, they would have issued you one" is an outdated maxim, rarely heard in today's military.

Instead, the Army is working harder than ever to recognize the importance of family welfare to the wellbeing of Soldiers, and Hohenfels Soldiers and families are seeing the proof of this effort through the Army Family Covenant.

Senior Army leaders signed covenants at installations worldwide, pledging a stronger commitment to military Families. As part of the covenant, the Army has committed \$40 billion over the next six years to support family programs and quality of life initiatives.

With the U.S. military well into its seventh year of operations in Afghanistan and its longest war with an all-volunteer force (after the American Revolution), Army leadership recognized that families were being pushed to the limit and vowed to make every resource possible available to them.

"It was immediately clear to us that the families were the most stretched, and as a result, the most stressed, part of the force, and that what

we were asking those families was a quantum different than anything I expected we would ask," Gen. George Casey, chief of staff of the Army said last October at a covenant signing at Fort Knox, Ky.

"The health of our all-volunteer force, our Soldier-volunteers, our family-volunteers, depends on the health of the family. The readiness of our all-volunteer force depends on the health of the families," Secretary of the Army Pete Geren said at the same signing.

Families at U.S. Army Garrison Hohenfels are seeing proof of the covenant in many ways, most visibly in changes and additions at Army Community Service and Child and Youth Services.

Eva Garrett, acting ACS director at USAG Hohenfels, said ACS has been able to allocate eight new fulltime positions, including a program assistant, outreach coordinator, marketing specialist, information and referral specialist, and family advocacy program specialist.

While some of the positions were filled as contract slots prior to the covenant, hiring fulltime employees will now allow ACS to provide more continuity of services, said Garrett.

ACS has expanded available classes to

include night and weekend offerings. They have been able to purchase additional items such as new books for the English as a Second Language program, books and other materials to help Soldiers and families cope with deployment, and more Lending Closet items for families arriving at Hohenfels.

And, for the first time, a family readiness group and spouse leadership conference is being scheduled.

Garrett said she is seeing an increase in families using the ACS services.

The Exceptional Family Member Program at ACS is also benefiting from the covenant. They now have a support group for parents of children with attention deficit/hyperactivity disorder, and they take outings, including a recent trip to the Nuremberg Zoo.

But ACS is not the only beneficiary of the Covenant.

Thanks to the Covenant funding, Child and Youth Services registration is now free.

According to Moral, Welfare, and Recreation publications, all families are eligible for free childcare during FRG meetings and mandatory deployment meetings. Children of deployed parents receive 16 hours of free respite care

per child per month, starting 30 days before a deployment and ending 60 days after re-deployment. Beyond the free allotted hours, care is just \$2 per hour.

When a family is preparing for a temporary or permanent change of station or temporary duty, children can receive up to two free instructional programs offered through CYS, known as the School of Knowledge, Inspiration, Exploration and Skills, and one free CYS individual or team sport. Children whose parents are deployed receive up to four free SKIES classes and two sports.

Children of wounded Soldiers receive many of the same benefits of deployed Soldiers, as well as unlimited free hourly care for medical appointments.

The Army Family Covenant was designed to meet the needs of Soldiers and families.

"That's what we're here for," said Garrett. Whether is it coming in early, late, on evenings or weekends, it just makes sense. We are asking military families to sacrifice so much and we can't go that extra mile? It's the right thing to do."

For more information on the new programs and services being offered at Hohenfels, contact ACS, CYS, or MWR.

NFL player reroutes vacation for local youth

Story and photo by KRISTIN BRADLEY
Bavarian News

The National Football League's Simon Fraser tackled some pretty interesting questions during a recent appearance at the Youth Sports Tackle Football Camp at Hohenfels June 27.

The defensive lineman for the Atlanta Falcons responded with smiles and jokes as the camp's 7- to 14-year-old boys fired off question after question: "How much money do you make?" "Why did you get traded?" and "Do you know so-and-so?"

Fraser, who was on vacation to visit his German relatives, volunteered to drive to Hohenfels from Frankfurt to spend time with the camp participants. He talked to the children about the importance of sportsmanship and staying out of trouble.

Fraser also encouraged his rapt young audience to make education a priority, using his own life as an example.

"I don't know when I'm going to be done playing football," he said, explaining that his education will see him through the rest of his life once his sports career is over.

In high school you have to have a certain grade point average to be able to play, he said. No matter how fast you are or how well you can throw the ball, if you don't have the grades, you are no help to your teammates.

Fraser told the boys that as athletes, they have an added responsibility to stay out of trouble.

"One of the quickest ways to not be able to play football is to get in trouble," he said.

Stay away from people who are making bad choices, he said, because if you get in trouble you will be letting down not only your family, but also your teammates who won't be able to

count on you on the field.

During one of Fraser's talks about sportsmanship, one of the boys asked if he had ever fought on the field.

"Yes, I have," he admitted. "I let my head get away from me, I got in a lot of trouble, and I learned my lesson."

In fact, getting in trouble on the field is partly what led Fraser to football. The child of a German mother and British father, soccer was his first love.

"When I was playing soccer I was getting yellow and red cards a lot for being too rough. Then my friends convinced me to play football," said the 6'6" Fraser. "I got to hit people and instead of getting in trouble for it, I was getting cheered on."

Fraser was born in Upper Arlington, Ohio, and played football for the Ohio State University Buckeyes from 2001-2004 where he was selected three times as an OSU scholar-athlete, a two-time Academic All-Big Ten Conference honoree, and the team co-captain during his senior year.

He signed with the Cleveland Browns in 2005 as an undrafted free agent and played with them until he signed with the Atlanta Falcons in March of 2008.

Fraser has participated in many community service events with the Browns and the Falcons.

Visiting Hohenfels during his personal vacation time, he said, was the "least he could do."

"As professional athletes, we are given such a forum, a stage to spread messages," said Fraser. "That it is our responsibility. For everything that military families are going through, I can definitely give back a little of my time for all they are doing for us."



Simon Fraser, a defensive lineman for the Atlanta Falcons, answered questions from Hohenfels youth during the Youth Sports Tackle Football Camp June 27. Fraser was on vacation with his family near Frankfurt and volunteered to drive to Hohenfels to spend time with the young players.



Coming full circle

More than 1,000 pilgrims trekked through the Hohenfels training area on their way to a Catholic Mass celebrating the retirement of Father Hans Eichenseer.

Eichenseer was born in the village of Krupenwinn and became a priest in the town of Lutzmannstein. Both towns were evacuated, torn down, and became part of the training area when the U.S. Army expand it in 1951. Since 1964 Eichenseer has been organizing annual celebrations at the Lutzmannstin ruins.

Many of the area's local political figures attended the mass, including the mayor of Velburg and the Neumarkt county commissioner. Eichenseer said he was grateful to celebrate his career at the site where it began.

Photo by Norbert Wittl

Exercise cements foreign partnership

Story and photo by KRISTIN BRADLEY
Bavarian News

Reporters and photographers from throughout Germany gathered at the Hohenfels runway to capture the June 25 takeoff of six UH-1 Hueys, piloted by Americans and boarded by German Soldiers.

Members of the Hohenfels Aviation Detachment Falcon Team hosted the German Army Logistic Battalion 472 during the annual German American Partnership Air Assault exercise. Both groups experienced unique training while fostering friendship between the units and their countries.

After a safety briefing assisted by translators, the Hueys took to the skies en route to Kitensee, a town located inside the Hohenfels training area. The first wave of Soldiers from the 472nd disembarked the aircraft, and pilots returned to the airfield to pick up the remaining troops.

As the Soldiers inhabited the village, they inhabited the new roles. They met with the "town mayor," played by a civilian on the battlefield and took on the mission of apprehending a predetermined high-value target.

As dictated by the script, the mayor and townspeople became agitated and the situation quickly became stressful, kicking off the day's role-playing exercise.

German Lt. 1st Class Andre Sack said the experience of using aircraft as part of a mission is new to both him and most soldiers in his unit, and the exercise tested him and his troops in a new way.

"It was nice to get into that stressful situation

to help improve my leadership skills," he said.

Sack and many of the day's participants will deploy to Kosovo with a reserve transportation unit, and while they may not find themselves in a Kitensee situation, he said the training was extremely beneficial.

"We worked on some basic soldiering skills, and the leadership they use here will help them in other tasks," said Maj. Karl Wojtkun, the Falcon observer/controller who organized the partnership.

The Falcons also received valuable training during the exercise. Wojtkun said executing an air assault allows the aviators to train on tasks they don't usually do in their day-to-day roles as observer/controllers.

And while both groups gained valuable experience, the main focus remained bolstering German-American relations.

Chief Warrant Officer 4 Michael Burke said the long-standing event has created lasting bonds between the two groups.

"Most training we assist with is with troops on their way to war," said Burke. "It is nice to get back to a partnership event like this. It's interesting to get the flavor of another army. Everyone does basically the same things, but a little differently."

The Soldiers gave and received feedback during an after action review and ran the exercise again to incorporate the lessons learned.

The safety briefings, air assault, and first Kitensee phase of the exercise were attended by the German media as part of a media day hosted by the Joint Multinational Readiness Center on behalf of the Falcons.



A Falcon observer/controller talks to members of the German Army Logistic Battalion 472 about exiting the UH-1 Huey helicopter during a German/American partnership air assault exercise June 25.

Single Soldiers not on the 'outs' at Hohenfels

by KRISTIN BRADLEY
Bavarian News

Single Soldiers across the Army could get overlooked in the shuffle between children and spouse activities, Dad's lunches, and other family-oriented services.

At U.S. Army Garrison Hohenfels, however, there's a push to make sure that doesn't happen.

In June the garrison hosted a week-long conference attended by staff members, tenant unit representatives, and single Soldiers to develop initiatives to increase the quality of life for the installation's single troops.

During the conference, participants developed four goals:

- Improve recreation and entertainment programming and facilities
- Improve the communications process with single Soldiers
- Develop a program to match young single

Soldiers with U.S. and German families in the community

■ Develop and nurture the single Soldiers through the Better Opportunities for Single Soldiers program

BOSS is a Department of the Army program that falls under Morale, Welfare, and Recreation. Its mission is to enhance the wellbeing and support the community service efforts of Soldiers while providing them with leisure and recreation activities.

"We want to make sure they know they have a family here even though they are not around their legitimate family," said Cpl. Conrad "Ion" Rath, Hohenfels BOSS president.

Most single Soldiers, however, are not taking advantage of that family. At Hohenfels there are more than 450 single Soldiers, yet BOSS has only about 30 active members.

Rath says he wants Soldiers to be more aware of the services and activities BOSS offers.

They recently had their summer kickoff, complete with a barbecue, music, and games, at the BOSS's Bldg. 321, located across the street from the Warrior Hill Shoppette.

The Boss building is open to the community's Single Soldiers every Monday and Saturday from 7 p.m. to 11 p.m. and the recreation center has pool tables, pingpong, big screen televisions, and an X-Box 360.

While games and TV are great for unwinding after a long day at work, being in Europe would not be complete without travelling off post to see the sights, another activity BOSS tries to facilitate.

Rath said that in addition to an upcoming visit by Rock Band and karaoke competitions, the group is planning trips to the Eagle's Nest, Hitler's getaway perched high above the picturesque Alps; and Schloss Neuschwanstein, the fairytale castle built by King Ludwig II and featured on many German guidebook covers.

"BOSS's first focus is on the single Soldier, but it is actually for all active duty Soldiers and family members. We want to try to get that out there," said Spc. Frankie Keffales, BOSS representative for 1st Battalion, 4th Infantry Regiment.

"It's an opportunity to get away from work and be able to enjoy yourself," Keffales said.

Rath said that in addition to planning leisure activities, they also try to focus on redeploying Soldiers.

"Married Soldiers go back home, single Soldiers go back to the barracks," he explained. "We try to make sure their needs are taken care of, that they have someone to talk to, that they get out of the barracks, so they know they're not alone."

All Soldiers are eligible to participate in BOSS activities. Meetings are held every first and third Tuesday of the month at 2 p.m. in Bldg. 321.

JMRC farewells Santos, welcomes Graham July 8

by KRISTIN BRADLEY
Bavarian News

Command Sgt. Maj. Jose Santos handed off responsibility of the Joint Multinational Readiness Center to Command Sgt. Major Frank Graham during a ceremony at the U.S. Army Garrison Hohenfels post gym July 8.

Santos will remain with JMRC until his retirement later this year. His retirement ceremony was held along with the change of responsibility.

Originally from Puerto Rico, Santos entered the Army in 1978 and attended Basic Combat Training, Infantry Advanced Individual Training, and Airborne School at Fort Benning, Ga.

Santos served as the 1st Battalion, 4th Infantry Regiment operations sergeant major from 1999 to 2000, as the sergeant major for the Grizzly Armor Maneuver Observer/Controller Team from 2000 to 2001, and as the command sergeant major of 1-4 from 2001 to December 2002.

Graham, who hails from South Carolina, entered military service in 1978 as a rifleman in a National Guard mechanized infantry unit.

He entered active duty in 1980. Beginning his career as an infantryman, he has spent the majority of his career

in infantry assignments.

Graham's last assignment was as sergeant major of the Mustang Team, a position he assumed in 2007. He is presently on his fifth tour in Germany.

Santos and Graham said they have worked together closely in the past, which has allowed Graham to get an early grasp on what will be expected of him in his new position.

"When Command Sgt. Maj. Santos was out of the wire, I was the guy who continued his business while he was gone, so I have a pretty good idea of what the job requires," said Graham.

"He already knows more than he needs to. He is coming in very prepared," said Santos.

One of Graham's goals is to work with the garrison to increase the quality of life for Hohenfels' families and Soldiers.

"There are plans in place already," he said. "I want to work with Lt. Col. Bloomberg and Command Sgt. Maj. Clark to really push and get it done."

He said his other priorities are to increase the standards and discipline for the operations group, and above all to continue to give the best quality training to units coming through JMRC as they prepare to deploy.

What is Exceptional Family Member Program Respite Care?

Webster's Dictionary Definition:

RESPIRE

Temporary rest from work or duty

EFMP respite care provides an opportunity for care givers to have time when they can "rest," run errands, or have appointments while a trained provider cares for an exceptional family member.

Although respite care is available at all times, when a sponsor is in a deployment cycle, respite care funding may be available for exceptional family members with certain medical conditions and moderate educational needs.

Contact your local Exceptional Family Member Program Coordinator for more details if you are interested in receiving respite care or becoming a respite care provider.

USAG Garmisch- Doris Tyler, ACS Chief- DSN 440-3572 CIV 08821-750-3572
USAG Grafenwoehr- Mirian Houston, EFMP Coordinator DSN 476-2733 CIV 09662-83-2733
USAG Hohenfels- Pamela Roark, EFMP Coordinator DSN 466-2083 CIV 09472-83-2083

What's Happening

Grafenwoehr/ Vilseck Briefs

ACAP lists services

The Army Career and Alumni Program assists Soldiers and their family members in transitioning from the military into the civilian workforce. Pre-separation briefings are conducted at the ACAP Center in Vilseck every Monday, Tuesday, Wednesday, and Friday from 9-10:30 a.m.

Resume Writing Lab provides an opportunity to have individual and group assistance with writing your resume. The next resume class is July 23 from 9 a.m.-noon.

Federal Resume Writing Lab is a class designed to give on completing a Resumix Resume, which is required for federal employment. The next federal resume class will be July 24 from 9 a.m.-noon.

For more information or to schedule an appointment, contact the ACAP office at DSN 476-2055 or CIV 09662-83-2055.

DeCA Seafood road show sails into Europe

Even landlubbers will want to swim into selected commissaries for one of the first-ever seafood road shows held in Europe. The show will be coming to the Grafenwoehr Commissary Aug. 2-3. All sales held 10 a.m.-6p.m. A variety of seafood products will be offered at great savings: king crab legs and claws, slipper lobster tail, tiger shrimp, Atlantic salmon fillets, tilapia fillets, catfish fillets, tuna steak, and bay scallops. Some items will be offered loose and weighed to order, while others will be offered in pre-weighed commercial packages. Bringing a "surf and turf" flavor to the show will be Angus top loin roasts sold at cost. This Choice product will be available for tasting. Also available will be a selection of seafood recipes for the customers to try at home.

Vilseck clinic closure

The Vilseck Health Clinic will be closed Aug. 8 for the clinic's organizational day. All emergencies should report to the host nation facilities in Amberg or Sulzbach-Rosenberg. Maps to both hospitals are available at the clinic entrance.

Estates claims

Anyone having claims on or obligations to the estate of Staff Sgt. Du Hai Tran of Fires Squadron, 2 SCR should contact the following summary court martial officer, Capt. Roberto Herrera at DSN 475-6911 or e-mail roberto.herrera4@eur.army.mil.

Anyone having claims on or obligations to the estate of Spc. Toney L. Goble of 12th Chemical Company, STB, V Corps should contact the following summary court martial officer, 2nd Lt. Baz Hoxha at DSN 475-9104 or e-mail baz.hoxha@us.army.mil.

New gate assignments

A new outbound lane at Gate 6 went

into operation July 12. The old outbound lane is closed, visitor sign-out parking relocated, and the layout of the inbound side of the gate has also experience minor adjustments.

Proceed with caution when entering or exiting the access control point, pay attention to all signs, and always drive at or below the posted speed limits for the safety of you and others.

As of July 12, Gate 9 is a "car (POV) only" access control point. Trucks are no longer be allowed to access the main cantonment area through Gate 9, but must instead exit and re-enter the installation through Gate 6. The mouth of the new outbound lane has been designed to accommodate all truck sizes for this purpose.

Military Family Life Consultants available

Military Family Life Consultants are available to help service members, DoD civilians, spouses, family members, and children. The staff is able to address: marriage and relationship issues, stress and anxiety, depression, grief and loss, and daily life issues. Confidentiality, unless duty to warn situation. You may schedule an appointment by calling CIV 0173-184-7209 or CIV 0152-0293-4290.

Walk-in TRICARE referrals

The Vilseck Health Clinic now has TRICARE referrals available on a walk-in basis. If you've been referred by your Vilseck Health Clinic provider to see a German physician, go to the front desk and let them know you need to see TRICARE.

Patients will be served in the order they were received. Walk-in hours are Monday and Tuesday from 8 a.m. to 2 p.m.; Wednesday and Friday from 8 to 11 a.m. and Thursday from 10 a.m. to 2 p.m. For more information, call after 3 p.m. to CIV 09662-83-2000/3323 or DSN 476-2000/3323.

Is your life affected by someone's drinking?

Al-Anon is an anonymous fellowship of family and friends of alcoholics. The Lois & Company Al-Anon Family Group meets Thursdays at 7 p.m. in Grafenwoehr, Bldg. 206 and Sundays at 12:30 p.m. in Vilseck, Bldg. 322. POC Ann CIV 09662-702-575 or CIV 01511-590-5090.

Well-Baby Wednesdays

The Vilseck Health Clinic will hold "Well-Baby Wednesdays" between 8 a.m. and 4 p.m. during the months of July and August. Well-baby appointments are check-ups, and immunizations if necessary, for children ages zero to five. Call the health clinic's appointment line at CIV 09662-83-2882 or DSN 476-2882 to schedule your well-baby appointment.

Gastric bypass group

Group for Graf/Vilseck/Hohenfels meets from 5:30 to 7 p.m. every third Thursday at the Grafenwoehr Library - third floor.

The purpose of the group is to assist and support those who have undergone

gastric bypass or similar surgical weight loss procedure and to help answer questions for those who are contemplating a surgical weight loss procedure.

Typical questions include what to eat before and after, how much weight you can lose, problems and complications after surgery, and questions regarding administrative details prior to and after the surgery.

For more information, call Don Prater, DSN 475-7553, CIV 09641-83-7553 at the Grafenwoehr Health Clinic.

Get dental care now

The Vilseck Dental Clinic would like to remind the community to seek your dental care now, appointments are available now and into early fall. Access may be limited for non-military personnel during late fall due to operational commitments.

Tours for expectant mothers

Are you expecting and wonder, "Where do we go to deliver our baby?" "What do I bring to the hospital?" "Do I need my own towels and P.J.'s?" "Can I get an epidural?"

Get the answers to these questions and many more! New Parent Education and Support Program invites you to join us on hospital tours offered just for our American service members and their families.

The tours are given in each of the three hospitals, Klinikum St. Marien, in Amberg, St. Anna Krankenhaus, in Sulzbach and Klinikum Weiden. All tours are given in English by the knowledgeable klinikum obstetric staff.

These tours are designed to help families feel more comfortable and become familiar with the unique experiences offered by each of the hospitals.

Participants are encouraged to come with questions to ask throughout the tour.

Tours meet in the lobby of each hospital 10 minutes prior to the scheduled time. Dates and times for these tours are available through ACS and occur approximately every two to three months.

Call CIV 09662-83-2650 or CIV 09641-83-8371 for information or to register for a tour.

Hohenfels Briefs

Black Violin performing

Today: Army Entertainment presents Black Violin.

Watch this unique duo of classically trained musicians as they show their amazing synergy between classical and hip-hop music at 7 p.m. in the CAC, Bldg. 40.

This is an all ages show and admission is free. For more information on Black Violin, check out their Web site at www.blackviolin.net.

Independence Bingo

Friday: Come join the fun starting at 6:30 p.m.

Bingo packets are \$25 sold before 3 p.m. on Friday and \$30 sold at the door.

There will also be a surprise patriotic giveaway.

Three Castle Tour bus trip

Saturday: Germany is famous for its castles and Bavaria offers the biggest and best of them all.

A building frenzy was initiated by King Ludwig II during his short reign. The castles are a lasting testimony to whimsy and fairy tales.

First, go to Oberammergau and Linderhof, then tour the world famous Neuschwanstein and Hohenschwangau castles. Cost is \$45 per adult, \$25 for children ages 3-12 and entry to each castle is approximately 10 Euro per person.

Trip departs Hohenfels at 6 a.m. For more information or to reserve your seat, contact the Community Activities Center at DSN 466-2670/2840.

1,000 Pound Club

Saturday: Show your strength and lift your way into the USAG Hohenfels 1,000 Pound Club.

Complete any combination of 3 events (bench press, squat, dead lift) totaling more than 1,000 pounds.

All participants that successfully join the 1000 Pound Club will receive a T-shirt and bragging rights.

Competition is free and open to all U.S. ID card holders. Olympia Fitness Center, Bldg. 47 starting at 11 a.m.

Babysitter's Training Class

Saturday: The next Babysitter's Training Class for youth ages 11-15 is scheduled from 9 a.m. to 4 p.m. The cost is \$25.

After taking the class, teens ages 13 and older may join the CYS Babysitter Referral Program with parental consent.

Call Red Cross at DSN 466-1760 for more information or stop by Bldg. 335 to reserve your slot and pay for the class.

Learn custom framing

Saturday: Doing your own custom framing is a great way to personalize your art and awards while saving money. You will learn how to measure and mat your pictures as well as how to cut and put together frames.

Then finish it off for a professional look every time. \$30 class fee includes supplies to frame a 5x7 picture. 9:30 a.m. to 1 p.m.

Custom Made band slated

July 22: Army Entertainment presents Custom Made.

The Custom Made band will hit the stage in Hohenfels with their mix of Top 40, Disco, Latin, Rap, and Hip Hop at 7 p.m. in the CAC, Bldg. 40.

This is an all ages show and admis-

sion is free.

Hohenfels Community Marriage Retreats

Aug. 3-5 and 5-7: JMRC will host two marriage retreats entitled "Get Close before the Next Rotation" each limited to 25 couples at the Edelweiss Lodge and Resort in Garmisch.

All childcare and food is included in this Strong Bonds Retreat.

The cost is free because the Chief of Chaplains has made families a priority. The purpose of the retreats is to strengthen and maintain strong family ties as the Army continues to fight in persistent conflicts.

Sessions will focus on building on the strengths that we already have and downplaying the weakness that have a tendency to make us pull away from our spouses.

For more information contact Chaplain (Capt.) Bob Crowley at DSN 466-3031/2482 or by e-mail at robert.j.crowley@eur.army.mil.

Community Soccer Teams

USAG Hohenfels, FMWR Sports is looking for personnel interested in playing soccer.

They are looking for personnel to fill the roster for the upcoming community soccer season.

All interested personnel can stop by the Fitness Center to sign up, send an e-mail to dlmwrhohenfelssports@eur.army.mil to register, or call Bill Craven at DSN 466-2868 or Chris Cornelison at DSN 466-2493 for more information.

Summer lunch series

Through July 29: Come one, come all, to the PWOC Summer Lunch Series. The group meets on Tuesdays from 10 a.m. to noon at the Hilltop Chapel Center, Bldg. 6.

Join the group for Bible Studies on Demand featuring a different women's speaker on DVD each week and a great time of fellowship.

DVD lessons are independent of each other so feel free to pop in any time and check it out. If you're new to Hohenfels, consider making PWOC your new home.

Bring a bag lunch; drinks will be provided.

Childcare on-site is free for children ages 6 weeks to 5 years, and older children are welcome to join the group for the videos.

For more information, contact Kathy Wood at kathywood1@hotmail.com.

Bowl Your Brains Out

Starting in July: Bowl Your Brains Out at Lane 17 every Monday from 5-9 p.m. Bowl as many games as you want for just \$7 with shoe rental included.

6th Annual BOSS Car Show and Sound Off

**Aug 16, 2008
Grafenwoehr AAFES PX**

**Register Today!
Free T-Shirts for the first 60 entries**

Experience the Alpine RLS Concept Display Car

Display your hot ride and sound off with your superior sound system. The event is open all U.S. ID cardholders only. Registration starts at 9 a.m. Judging begins at 12 p.m.

Pre-register online at www.grafenwoehr.army.mil



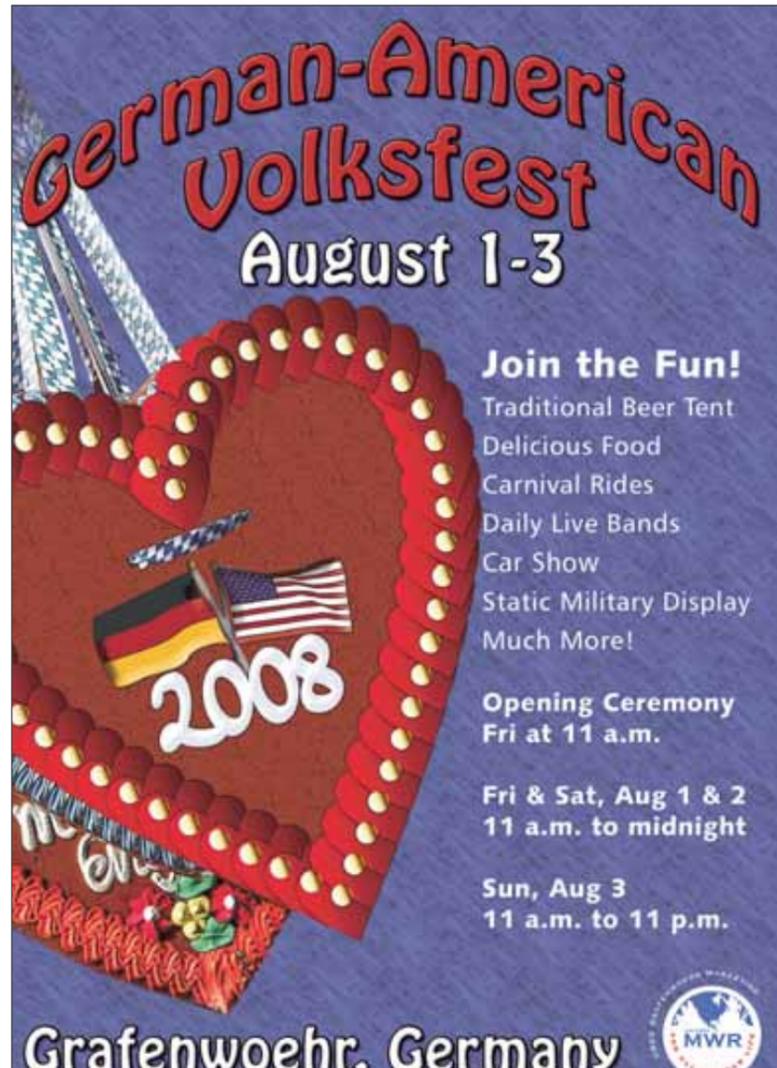




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German-American Volkstfest

August 1-3



Join the Fun!

- Traditional Beer Tent
- Delicious Food
- Carnival Rides
- Daily Live Bands
- Car Show
- Static Military Display
- Much More!

**Opening Ceremony
Fri at 11 a.m.**

**Fri & Sat, Aug 1 & 2
11 a.m. to midnight**

**Sun, Aug 3
11 a.m. to 11 p.m.**

Grafenwoehr, Germany



What's Happening

Ansbach Briefs

Mountain bike race

The United States Army Garrison Ansbach hosts one of the ten races in the U.S. Forces Europe Mountain Bike Championship series, July 26 from 8 a.m. to 4 p.m. at the URLAS training area.

The race is divided into three categories--men, women, and children, and is broken down further by age and if the participants are active duty or civilian.

For more information, or to sign up, call Steven Bocek at DSN 467-292 5 or CIV 09802-83-2925, or e-mail bocek@eur.army.mil.

Fall registration

Child and Youth Services fall sports registration is ongoing. Parents with children age 3 to 15 can register for soccer, cheerleading, and football at Central Registration. For more information call DSN 468-7866 or CIV 0981-183833.

Best of the Best

The 2008 Best of the Best talent competition is held Saturday and Sunday at the Katterbach fitness center.

The event recognizes and selects Europe's most talented Soldiers, youth, bands, and family members with a \$1,000 prize award.

Featured is stateside entertainment from Custom Made and Black Violin. Talent applications are still being accepted.

To sign up, e-mail ansbachboss@eur.army.mil or call DSN 467-2921, CIV 09802-83-2921.

Apply for free/reduced school lunch

Free/reduced school lunch applications for the 2008-09 school year are now available. Applications can be picked up at the Army Community Service, any USAG Ansbach Department of Defense Dependents School, or from the School Liaison Office's information board, located across from the community mailroom boxes in Bldg. 5817 in Katterbach.

Once completed, applications, along with a copy of the sponsor's orders and most recent leave and earning statement, need to be dropped off at the Storck Barracks or Katterbach ACS office. For more information, call DSN 467-2883 or CIV 09802-83-2883 for Katterbach, or DSN 467-4555 or CIV 09841-83-4555 for Storck Barracks.

Self-Help hours change

The Illesheim Self-Help opening hours have changed.

Opening hours are now Mon. thru Fri. from 7:30 a.m. to 4 p.m. For more information, call DSN 467-4722 or CIV 09841-834722.

Committee Chair needed

A volunteer position for the Girl Scouts Overseas Committee Chair in Ansbach is currently available. This management position includes direct responsibility over funds, volunteers, and Girl Scouts programs. Girl Scouts offers a training course for this one-year position. Prior experience with Girl Scouts is beneficial, but not required.

For more information, e-mail Betsey Brennan at betsey.brennan@hotmail.com, Jamie Clauder at rmewifejlc05@yahoo.com, Rynne Christon at christon5@yahoo.com or Marcie Cozad at gsansbach@yahoo.com.

Commissary closure

The Katterbach commissary will close for an Employee Appreciation Day July 23 and resume normal business hours July 24.

Retirees Appreciation Day

The Retirees Appreciation Day Aug. 2 has changed times and locations.

The RAD is now scheduled from 10 a.m. to 4 p.m. at the Von Steuben Club in Katterbach.

Registration is from 10 to 11 a.m. and is open to all retirees, spouses of retirees, and widows.

The RAD is conducted by William Godard, the local Retirement Service Officer, to keep retired Soldiers and their families up-to-date on changes in their retirement rights, benefits, and privileges, and to foster goodwill between the retired and active duty communities.

Point of contact is William Godard at DSN 467-3301 or e-mail at william.godard@eur.army.mil.

Diesel fuel available

Diesel fuel is now available at the Barton Barracks transportation motor pool.

Diesel fuel keys are issued daily from 8 a.m. to noon. However, all outstanding fuel coupons need to be used before the issue of diesel fuel keys.

For more information, call Mr. Tomes or Mr. Hanitzsch at DSN 468-7755 or CIV 0981-183755.

Tax assistance year round

Soldiers returning from deployments have at least a 180 days plus the number of days missed during tax filing season to file their taxes. During this extension period, everything is at a stand still--the clock stops running.

No interest or penalties accrue on amounts owed. But why wait if you don't have to?

Both the Ansbach and Illesheim Tax Centers provide tax assistance service throughout the year.

For more information, call DSN 467-2324 or CIV 09802-832-424 for the Tax Center at Katterbach, for the Illesheim Tax Center call DSN 467-4511 or CIV 09841-834-511.

Ansbach ACAP office moves

The Ansbach Army Career and Alumni Program office is moving, but not too far.

Currently located on Katterbach in Bldg. 5818 on the third floor with the In-processing Training Center, the office will move downstairs to room 109.

For more information, call DSN 467-3312 or CIV 09802-83-3312.

At the libraries

It's time to catch the reading bug again at the libraries at Storck Barracks and Bleidorn.

The program runs to July 24 and offers special events including, crafts, games, book readings, and a variety of other surprises. The program is open to children and youth from kindergarten to ninth grade.

For more information, call the library at Storck Barracks at DSN 467-4675 or CIV 09841-834675 or at Bleidorn at DSN 468-1740 or CIV 0981-183740.

Change in Clinic Hours

To support the communities health care needs better, the Katterbach Health Clinic has changed their training hours on Thursdays.

On Thursdays, the clinic will open from 7:30 a.m. to 12:30 p.m. for appointments.

This way, sick call will be the same hours during the rest of the week.

In addition, the clinic will remain open on the Thursday afternoons before four day weekends (Aug. 28 and Oct. 9 this year).

Help with a career

The USAG Ansbach Army Community Service Employment Readiness Program provides career development and planning support to all community members.

Employment assistance offered includes: resume writing support, understanding the federal job application process, local national application information, local community jobs and information, educational support services, job searching, walk-in services, appointments and group classes.

The office is located on Katterbach in the ACS building, Bldg. 5817-A, and is open Mondays through Thursdays from 8 a.m. to 5 p.m. and Fridays from 11:30 a.m. to 5 p.m.

For more, call Erika Turner at DSN 467-2883 or CIV 09802-83-2883.

Hearts Apart

Hearts Apart is a monthly program designed to help families cope with separation. The program provides spouses with a chance to network, talk to other spouses and tap into the resources Army Community Services provides.

Meetings alternate monthly between Illesheim and the Katterbach chapel Fellowship Hall.

On Tuesday, the program starts at 9:30 a.m. at the Illesheim chapel Fellowship Hall and ends around 11 a.m.

The topic will be "Exercises and Nutrition; refresh your mind and body."

For more information on Hearts Apart, call ACS at DSN 467-2553 or CIV 09802-83-2553 or the Family Life Chaplain at DSN 467-2235 or CIV 09802-83-2235.

Schweinfurt Briefs

Summer camp for kids

Schweinfurt School Age Services summer camp continues.

This year's Camp Olympus theme will explore different types of sports, and will include baseball and basketball camps.

Children may attend on a weekly or hourly basis, but must be registered with Child and Youth Services, and parents must attend a summer camp orientation. Orientations will be held every Tuesday at 10 a.m. in the Schweinfurt SAS.

For more information, call DSN 354-6974 or CIV 09721-82181.

Travel with the Arts and Crafts studio

The Arts and Crafts Studio in Schweinfurt invites the whole family partake in some of the summer field trips. July 27 they will travel to Bad Windsheim for a museum fest. All trips leave from the Crafts studio at 8 a.m. and return around 6 p.m. For more information call the Crafts Studio DSN 354-6903 or CIV 09721-966903.

Listen to Black Violin

Morale Welfare and Recreation continues the summer of concerts with Black Violin Friday at 7 p.m. in the Finney Fitness Center. Listen to these two classically-trained musicians as they perform their original hip hop and classical stylings. Black Violin has performed with bands as wide-ranging as Aerosmith and Jay-Z, and promise an entertaining evening for the entire family. Event is free to U.S. ID card holders.

Vacation with Bible School

The Schweinfurt Ledward Chapel holds its annual Vacation Bible School camp during summer. This year's theme is "The Pirates Who Don't do Anything!" from the popular children's Veggie Tales movie. This program begins Monday, and is designed for children ages 4 to 10 years old. Volunteers of all ages still needed! For more information or to sign up as a volunteer call DSN 354-6860, CIV 09721-966860, or e-mail at vbsschweinfurt@yahoo.com.

Join Schweinfurt's book club

The Ledward library invites you to join the monthly book club. Each month a new book is selected, the library will order the book if you do not wish to purchase it. July's book is "Suite Francaise" by Irene Nemirovsky. Bring snacks for yourself or to share if you wish. The next meeting will be held at the Ledward Library upstairs in the lounge, July 31, 5:15 p.m. For more information or to sign up call the library DSN 354-1740 or CIV 09721-961740.

Donate to Polish mission

The Schweinfurt Youth Center will continue to accept donations for the Elim Christian Mission in Poland through the month of July. The soup kitchen in the facility feeds nearly 100 people per day and would appreciate any donations of pasta, beans, canned corn, or rice. Drop off donations at the Ledward Chapel or the youth center, Bldg. 241.

Reading throughout summer

The Schweinfurt Ledward Library encourages youth and families to catch the reading bug this summer. Families are invited to meet at the library every Wednesday in July from 1 to 2 p.m. where they will be offered special programs and activities to encourage youth to keep up their reading skills in a fun environment. For more information

call the library at DSN 354-1740 or CIV 09721-96-6732.

Daddy Boot Camp

Daddies, would you like to improve your parenting skills? Then you're invited to the Schweinfurt's ACS Daddy Basic training course Friday from 9 a.m. to noon. For all new and expecting dads, this hands-on course will teach you new skills and make you feel more comfortable with the little ones. For more information or to sign up call the Ledward ACS CIV 09721-966732, or DSN 354-6933.

Youth get challenged

The Schweinfurt Youth Center Camp Challenger summer program continues into week six, beginning Monday. Camp Army Challenge Tech week features a technical theme with special guest from the Camp Army Challenge program. There will also be a field trip to Warner Bros. Movie Park Tuesday, and a swimming trip to Freizeitbad. For more information call CIV 09721-966732 or DSN 354-6732.

Bulk trash pick-up

Bulk trash will be collected July 29 for Askren, York Town, and all leased housing in Schweinfurt. Bulk trash items are only those items too large to transport in your vehicle. Place items out near your regular trash collection point by 7 a.m., but no earlier than the night before. Recyclable items are not considered bulk trash, and will not be collected. For more information, call DSN 354-6204 or CIV 09721-96-6201.

Ready to be employed?

Do you want to learn how to make a positive first impression during an interview? Maybe even work on and improve your resume? The Army Community Service center in Schweinfurt is offering an employment readiness program, which emphasizes the importance of first impressions. This class takes place at the ACS building on Ledward barracks, July 31 from 2-4 p.m. For more information, or to sign up call ACS at DSN 354-6933, or CIV 09721-96-6933.

Bamberg Briefs

Estates Claims

Anyone having claims on or obligations to the estate of Spc. James M. Finley of STB, 173d ABCT must contact the Summary Court Martial Officer, Capt. Diane Collver at DSN 314-469-8875, or e-mail at diane.collver@eur.army.mil.

Anyone having claims on or obligations to the estate of Pfc. Andrew J. Shields of STB, 173d ABCT must contact the Summary Court Martial Officer, Capt. Diane Collver at DSN:314-469-8875, or e-mail at diane.collver@eur.army.mil.

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Storck Bks. BOSS Facility: 2200

Overnight Trip:
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Cost: \$150

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Registration and Payment accepted at BOSS Meetings
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For more information: ansbachboss@eur.army.mil

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Soldiers not counseled by their supervisors are greater than five times more likely to die in vehicular accidents - Army Combat Readiness Center

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SDC training will give you the tools, utilizing Composite Risk Management, to neutralize the threat of preventable POV accidents.

Supervisory Driver's Course (SDC) is required for military, civilian, and LN supervisors of Army, LN, DAC (AF & NAF) personnel who drive.

For a list of SDC trainings in your area, go to: www.imcom.europe.army.mil/sites/management/sof/isttp.asp

Touch the Sky

Why *YOU* should trek Germany's highest mountain

Story and photos by Dan Thompson

Editor, MWR Connectionmagazine

You may call me a geek, but I have always thought there's something special about listening to John Denver's "Rocky Mountain High" while driving through the mountains.

There's something redeeming about leaving your everyday routine behind for breathtaking scenery and fresh mountain air. Maybe you have fond memories of driving through the Rocky Mountains, Appalachian range, or any other of the countless natural treasures in the States. Luckily, you don't have to miss the great outdoors just because you are stationed in Europe.

Places like Garmisch-Partenkirchen in Germany offer pristine alpine surroundings that are sure to breathe a little more life into you. But what if you want more than to simply look at the mountains from afar? What if you would like to climb above the surroundings and gaze out across alpine peaks stretching south to Italy? Then you would probably be interested in making the two-day trek up the Zugspitze, Germany's highest mountain.

We explain how you could turn an ordinary visit to Garmisch-Partenkirchen into an inspirational experience and personal accomplishment. So tighten up your bootlaces and adjust your rucksack.

What's your motivation?

What is it that motivates alpinists to climb treacherous peaks and risk their lives? Perhaps it's the challenge of doing something superhuman, extraordinary and dangerous.

While the Zugspitze ascent is certainly challenging, its terrain is perfect for trekkers looking to conquer a serious alpine peak without the serious hazards that alpinists love. The Zugspitze trek is ideal for teens and adults with moderate hiking experience and sound judgment that don't quite feel comfortable mountaineering, but also don't find normal hiking much of a challenge anymore.

If you feel like you are ready to make the transition from hiking to trekking up Germany's highest peak, the most important thing to remember throughout your planning and eventual trek is to respect the mountain. That means getting in a little better shape if going up a flight of stairs takes your breath away, planning thoroughly, and resolving to abort the ascent if you don't feel safe. The good news is that if you are in reasonably good shape and navigate well, the Zugspitze ascent can be a lot of fun.

Hit the trail

For some people, the sound of trail gravel grinding underneath their hiking boots sets the soul free. It's the sound of freedom, of leaving civilization behind.

You may experience that too at the famous Partnachklamm gorge near the Olympia Skistadion in Garmisch where day one of the trek begins by following the Partnach River into the Reintal valley. The trail along the Partnachklamm gorge takes trekkers deep into a rocky crevasse roaring with white water. After several minutes of walking the trail, trekkers suddenly emerge into an open valley and see a calmer Partnach River.

Over the next several kilometers, the trail follows the seemingly opaque turquoise waters of the Partnach River up a gradual incline in the lush forest. This is where trekkers will begin following the R1 trail towards the Bockhuetten. The Bockhuetten is one of three rustic cabins along the way to the top of the Zugspitze that offer refreshments and a bite to eat. Other cabins like the Reintalangerhuetten and Knorrhuetten additionally offer basic sleeping accommodations.

Welcome to serenity

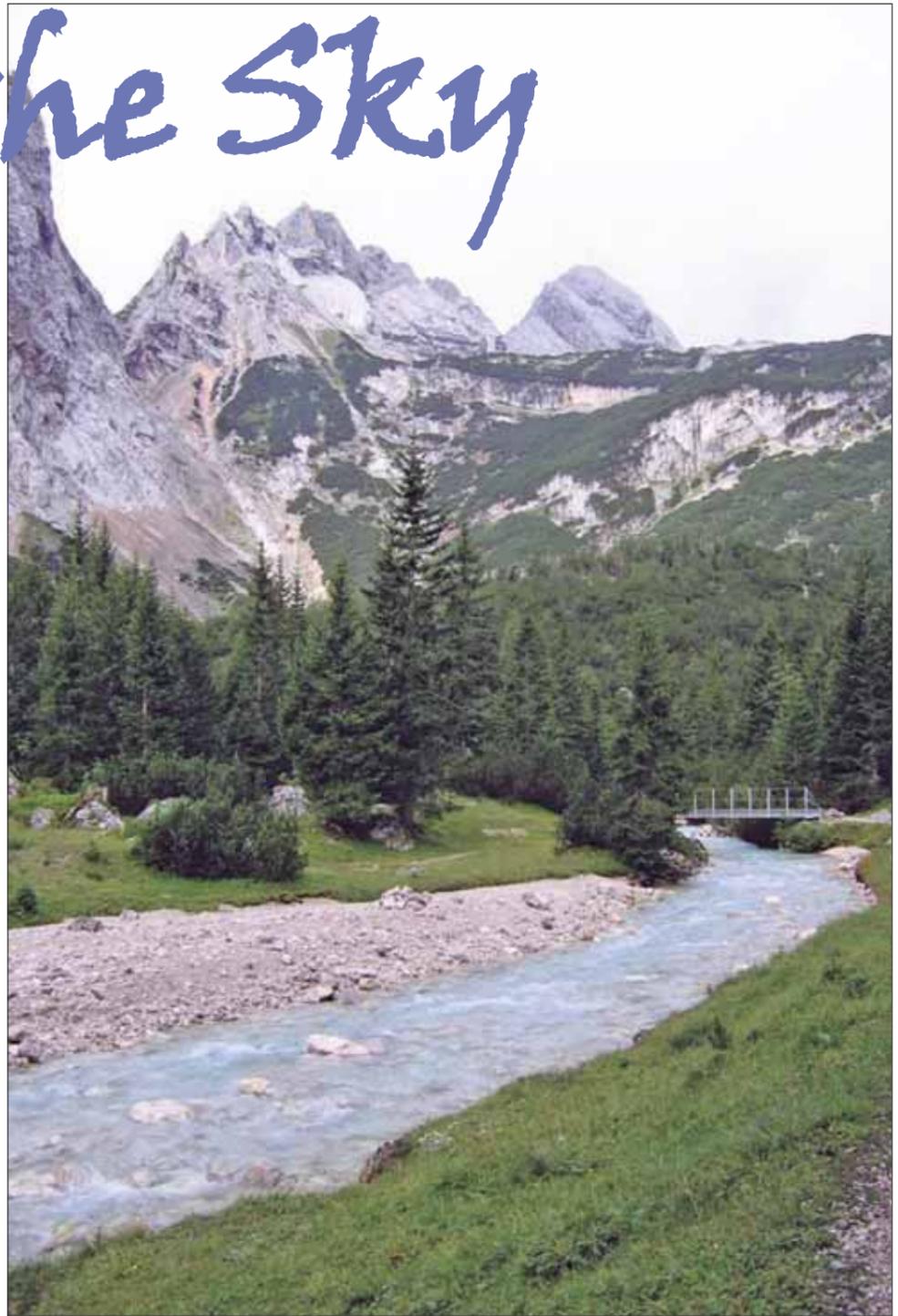
After a short break at the Bockhuetten, trekkers will find themselves in the majestic Reintal valley while following the venerable Via Alpina trail (which also includes the 801 and E4 trail designation) towards the Reintalangerhuetten. Except for a few passing people, trekkers will find themselves isolated from civilization with only the sounds of flowing water and nature around them.

This section of the trail is relatively level, with only a few challenging inclines in the woods. The menthol-like air becomes cool, small flowers peek from underneath grey stones, and sheer rock faces climb thousands of feet on either side of the trail. It is truly a sight you won't soon forget.

The recommended stopping point for the first day's trek is the Reintalangerhuetten (www.charly-wehrle.de). This cabin claims to have the most beautiful beer garden and definitely has plenty of rustic alpine atmosphere.

The secluded cabin has a cozy dining room where you can relax your feet and enjoy a home cooked meal with other trekkers. There are often folk music presentations in the evening. The sleeping arrangements are Spartan, with rows of narrow mattresses with sheets in two levels in a few small rooms.

While that adds to the experience, after a



Hikers will follow the Partnach River over several kilometers during the trek.

day of trekking, you will probably fall asleep quickly anyways. Each sleeping space costs 18 euro per person. The food is also more expensive than one might expect, but that is because the cabin is supplied by a helicopter and racks up a 10,000 euro transportation bill each season.

Considering that you don't have to carry a tent and a heavy dinner, most people are quite comfortable paying a little extra for the experience (which includes being woken in the morning to the sounds of accordions and guitars—and maybe even a Tibetan prayer song). Reserve your place at the Reintalangerhuetten at least two weeks before your by calling CIV 08821-2903.

Up for the challenge

After a relaxing night at the Reintalangerhuetten cabin, it will be time to set out on day two of the trek—the most challenging part of the journey. The landscape begins to change and a huge wall of mountains climbs before you. From this point on, the ascent will be steep as a winding trail takes you over 2,000 feet up to the next cabin, the Knorrhuetten.

The trail winds up the face of a very steep incline, but it is relatively safe. As your heart pounds in your chest during the more challenging parts, it's important to drink water and pace yourself. During the ascent, it's a good idea to take frequent short breaks—especially if you aren't in the best of shape.

The ascent to the Knorrhuetten is truly amazing. Trekkers are surrounded by massive, moss-covered cathedrals of grey stone and colorful wildflowers set against a blue sky that grows deeper in color the higher in altitude you climb. About 300 meters from the Knorrhuetten, trekkers will have to negotiate a steep incline of loose rock. This is perhaps the most hazardous section of the trail.

Here it is very important to lean into the incline during the ascent and maintain good balance. After such a heart-pumping effort, taking a well-deserved break at the Knorrhuetten to hydrate and eat some snacks is a good idea.

The top of Germany

After a stop at the Knorrhuetten, trekkers will continue on to the top of Germany. From this point on, the landscape transforms into a Martian-like moonscape of windswept rocks, patches of moss, and even mountain sheep with bells jingling spookily through the barren scenery. In the distance, Austrian and Italian

peaks may be seen on a clear day.

From the Knorrhuetten on, a narrow footpath leads steeply up towards the Zugspitze as clouds rush by. This is a modest introduction to high altitude trekking. Trekkers may be a little short of breath because of the thinner air and notice the cooler temperature, but altitude sickness usually isn't a problem. It is very important at this altitude—above 7,000 feet—to take short breaks and drink plenty of water, though.

During day two of the trek, it may feel as if the trail only leads straight up with the Zugspitze nowhere in sight. Once you crest one massive hill, it seems another is waiting.

But trekkers will find additional motivation once they reach 7,900 feet and can finally see the Zugspitze peak and cable car station on top. Once the peak is sighted, there remains only about another hour (depending on the conditions and snow cover) to reach the top by following the trail along the Austrian border.

Finally reaching the top of the Zugspitze is truly exhilarating. Although many trekkers will feel slightly sore and exhausted, the magnificent view and sense of accomplishment at having climbed nearly 9,000 feet with one's own two feet is worth it. After taking photos and taking in the view, trekkers may be interested in eating a warm meal while relaxing tired feet at the mountaintop restaurant.

Luckily, you won't have to trek all the way back down the mountain. From the peak of the Zugspitze, it is possible to take either a cable car or specialized cog wheel train back to Garmisch. As soon as trekkers arrive at the peak, they should check departure times and purchase tickets to make sure they don't miss the last departure.

The one-way ticket down costs 25.50 euro for adults and 19 euro for youths. Those staying at the Armed Forces Recreation Center in Garmisch may take a public bus back to Edelweiss Lodge or Vacation Village at the end of the descent. After such a demanding trek, you may want to consider treating yourself to a comfortable night in a hotel or lodge.

If you are looking for something more than just walking the streets of Garmisch-Partenkirchen, a trek up the Zugspitze offers great personal rewards and physical challenges. Although the trek is not for everyone, individuals or families with teenage children who are in relatively good shape and sense of adventure will not be disappointed with the Zugspitze trek. So what are you waiting for?



Garmisch-Partenkirchen offers pristine alpine surroundings that are sure to breathe more life into you. For a recommended packing list, see <http://www.imcom-europe.army.mil/sites/news/files/2007/zugspitze.pdf>.

Entertainment director receives award

by RONALD H. TOLAND JR.

Bavarian News

Music, theater, and entertainment for Soldiers and family members are what it's all about for Victoria Hanrahan, the U.S. Army Garrison Ansbach entertainment director.

Directing the Terrace Playhouse on Bleidorn Housing Area and working other programs, like supporting Armed Forces Entertainment, Unites Service Organizations, and IMCOM-E shows that come to the community, is an effort not only well received by the community, but also honored by the American Association of Community Theatre.

Hanrahan received the AACT Special Recognition Award at the AACTNYC Convention 2008 in Manhattan, N.Y., July 11.

"I think it is really awesome to be recognized by my peers. In regards to other theater programs, that is exciting," said Hanrahan.

According to AACT, the award is presented to persons or organizations whose contributions to community theatre are far reaching and of a special nature.

AACT is not a military program, but its Region 10 consists of Europe and therefore IMCOM-E.

Since 1980, when Hanrahan began her career with the Army, she has directed more than 100 productions, hosted more than 50 shows with high-profile performers, and executed a wide variety of innovative and culturally diverse



Photo by Jim Hughes
Vikki Hanrahan (left) and members of the 2006 cast of the "Pied Piper" during a rehearsal at the Terrace Playhouse in Bleidorn Housing.

programming.

In 2003, under her direction, the Terrace Playhouse represented Region 10 at the National AACT Fest in Torrington, Conn.

For Hanrahan, the award also recognizes the Army itself.

"The Air Force (and) the Navy—they do not have music and theatre programs; they do

not run community theatres, they do not have professional staff members; if they have a program it is done by volunteers," she said.

"So it really says something about the Army that they recognize that the arts are critical, that they have as much to do with morale, and welfare, and recreation as a sports program," explained Hanrahan.

Hanrahan's program reaches out to everyone in the community, from children and other family members to Soldiers and local national employees.

With the recent award, she also ties hope to more visibility of the program.

"I think that this will help the visibility of the program here in the community and also it'll give visibility to the Army entertainment programs in the United States," she said.

"AACT is a national organization. Their members are all over the United States, so they're going to now know about the fact that the Army offers these programs to support their Soldiers and family members. I think that is really cool."

Hanrahan's efforts have earned the program some of the most prestigious awards a military theater program can earn, including the Installation Management Command-Europe's Recreation Career Award, which she earned last year.

For more information on the Terrace Playhouse or for their performance schedule, call Hanrahan at DSN 468-7636 or CIV 0981-183-636.

Ping Pong Man hosts table tennis clinic

U.S. National Table Tennis coach and trainer Scott Preiss entertained attendees and conducted a pingpong clinic June 26 at the Von Steuben Club in Katterbach. Preiss is a former coach at the U.S. Olympic Center and former national champion in his division of table tennis.

"This tour is to bring a bit of entertainment to the troops and their families and to teach the staff the proper fundamentals of the sport for recreation. Or if they want to take it further, Germany is one of the powerhouses in the world for pingpong with 10,000 clubs in Germany vs. America's 700. We have 10,000 tournament players; they have 750,000," said Preiss, who is also known as Ping Pong Man.

"My job is to build self-esteem in children who would not normally play a traditional sport. Table tennis is a great equalizer, because, as an individual sport, all children can gain self-esteem by feeling good."

Photo by Ronald Toland



Improved paintball program prepped, ready for players

by RONALD H. TOLAND JR.

Bavarian News

Community members can enjoy an improved paintball experience at the garrison's Family, Morale, Welfare and Recreation's paintball operation, located at Soldier's Lake near Shipton Kaserne.

Paintball instructor and coordinator Jim Watkins was recently selected for a three-day training course in the high-speed sport along with 13 other U.S. Army Garrison Europe trainees.

"They brought a professional player from the States, they showed us how to run a field, how to work on markers, how to run the drills for the training teams. It went really great," said Watkins.

This year's paintball season runs from through October and offers big tournaments at the beginning, middle, and end of the season.

For community members who would like to participate in the garrison program, an introduction to paintball rules and objectives is provided by the referees. No prior experience is required, said Watkins, who after the clinics is prepped to assist newcomers and veterans in the fun team sport.

"Most people have this illusion that paintball is more of a war game.



Photo by Jim Hughes

Military spouses get into the paintball as part of the 12th Combat Aviation Brigade's Spouse's Combat Day activities.

We do not do the woods-ball type of game, we just do the speed-ball (version)," said Watkins. "It ends up being a chess game. It's team building because you have to communicate on the field to each other or you won't win the game."

The already thriving program's next big tournament will be held in August. It will be an open-day tournament with 13 teams playing, he said.

The sport is offered at Soldiers Lake in Katterbach with individual and team events or as unit training every Saturday from 10 a.m. to 4 p.m. and every first and third Sunday of the month from 10 a.m. to 4 p.m.

Equipment needed for the sport can be rented at Outdoor Recreation.

For more information on the paintball program, call DSN 467-3225 or CIV 09802-833-225.

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Storck Barracks



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Everyone Welcome!

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For more information:
09802.832531 | 467.2531



Task Force XII tackles new missions

Story and photo by
Sgt. 1st Class CHRIS SEATON
12th CAB Public Affairs Office

After seven months of service as Multi-National Division – Baghdad's aviation brigade, Task Force XII is on the move to other locations and missions in the Operation Iraqi Freedom theater following a relief-in-place with the incoming 4th Combat Aviation Brigade, 4th Infantry Division from Fort Hood, Texas.

TF XII originally formed at Camp Taji in December 2007. The task force is comprised of approximately 700 Soldiers from the 12th Combat Aviation Brigade, including the brigade's headquarters, most of its 3rd Battalion, 158th Aviation Regiment, and a forward logistics element from its 412th Aviation Support Battalion.

The CAB originally deployed to Logistical Support Area Anaconda in Balad, Iraq, in July 2007.

The Soldiers of TF XII were joined by the troops of the 4th Squadron, 3rd Armored Cavalry Regiment, which also deployed from Fort Hood, and an air traffic services company from 7th Battalion, 101st Aviation Regiment from Fort Campbell, Ky.

"This has been the finest performance by an aviation unit I've ever seen," said Maj. Gen. Jeffery Hammond, commanding general of MND-B and the 4th Infantry Division, during a small ceremony to recognize the accomplishments of some of the Soldiers.

"If I had my way, you wouldn't be going anywhere," Hammond said.

Besides an already heavy flight schedule taken on by the task force to

support passenger travel and air assault missions for the brigade combat teams within MND-B, Hammond credited TF XII with playing an integral role during a spike in violence in Baghdad's Sadr City in late March and most of April.

In support of heavy fighting in the area, the 4-3rd ACR—the task force's attack aviation element—flew more combat hours during that period than any other attack formation during OIF, said Col. Timothy Edens, TF XII commander.

"Sadr City will go down in history as a turning point in this war," said Hammond. "You were a big part of that."

Headquarters and Headquarters Company, TF XII, will return to LSA Anaconda to reassume the role of command element for Multi-National Corps - Iraq aviation assets. The remaining elements of TF XII currently assigned to Camp Taji, including the 4-3rd ACR, much of 3-158th Aviation, and a forward logistics element from 412th, will move to Baghdad International Airport in support of Multi-National Division - Central, following their relief-in-place with units of the 4th CAB.

All elements of the U.S. Army Europe-based 12th CAB currently serving in Iraq will return to Germany in early fall at the completion of their 15-month combat tour.

Hammond gave the aviators one piece of advice as they prepared to move on to other missions: "Be brave, bold, aggressive and smart," he said. "Then, get a little rest—and start it all back up again."



A UH-60 Black Hawk from Company A, 3rd Battalion, 158th Aviation, known as Task Force Storm during its current deployment in Iraq, passes over Baghdad on a mission in March. After months of deployment in support of Operation Iraqi Freedom, the 3-158th and other elements of its parent unit, Task Force XII, are moving to new missions in Iraq.

Task Force Storm prepares to move Soldiers, equipment

by Sgt. BRANDON LITTLE
Task Force XII PAO, MND-B

It starts with a few letters and cards, next, a box stuffed with snacks and candy.

Pretty soon there's a constant stream of care packages from loved ones and friends, jam-packed with everything from homemade cookies to electric fly swatters.

In the span of a few months, those trinkets and other must-have items from the PX have grown into mountainous piles. When Soldiers and equipment must relocate due to a mission change, something must be done with the accumulated items.

For Task Force Storm Soldiers, who are preparing to move to their third location in the last 12 months, this is a situation they know all too well.

As they begin to shift their operations to Baghdad International Airport, they must coordinate the move of their equipment and personal items, all while training their replacement units and continuing their regular mission.

"Conducting in-theater moves between posts in Iraq are fairly easy when compared to moves in and out of theater," said Sgt. 1st Class Derrick Mims, the Task Force Storm movement noncommissioned officer. "There's not as much paperwork and planning because all you have to do is fill out a couple of forms, and then they just put the equipment containers



Photo by Sgt. 1st Class Derrick Mims

Sgt. Raymond Speed, the unit movement noncommissioned officer for Company D, 3rd Battalion, 158th Aviation Regiment, wood that an equipment container will be placed on before it is shipped to Baghdad International Airport at Camp Taji, Iraq.

on a trailer and convoy them where they need to go."

Even though the original move, from Logistical Support Area Anaconda to here, might have been an inconvenient experience for the Soldiers, it was definitely a learning experience that helped them with this move, said Mims, who hails from

Shreveport, La.

"The biggest problem we had during our first move was making sure that identification tags on each piece of equipment was for that particular piece of equipment," he said. "Some ID tags for the equipment had either been put on the wrong piece of equipment or had fallen off, and there were pieces

of equipment being tracked as still in LSA Anaconda when they were actually here."

Working closely with each company's movement control officer is why, Mims says, this move has gone a lot smoother than the previous one.

As for their personal items, many Soldiers have decided to mail them either to BIAP or back to Germany. Other things, such as televisions and refrigerators, will end up with the incoming Soldiers.

While equipment and personal items are being transported to BIAP, these Soldiers are also performing a Relief in Place with the 4th Combat Aviation Brigade, from Fort Hood, Texas.

"This move is a little different from the one here, because when (Task Force Storm) left LSA Anaconda there was no unit to replace us," said 1st Lt. Nathan Greer, a platoon leader in Company C, 3rd Battalion, 158th Aviation Regiment. "Now we have an entire brigade coming in behind (Task Force XII) with twice as many people, and that will make things cramped for a few weeks."

These situations may be a little unpleasant for some, but ensuring their replacements are properly trained outweighs the comfort-ability factor, say Greer, a native of Owasso, Okla.

During transition periods like this, it can be easy for morale to lower and frustrations to build; so

the Better Opportunities for Single Soldiers representative for Task Force Storm, Spc. Marc Walton, tries to help organize events and activities for the Soldiers.

"It's been a little rough trying to plan things because we've been so busy, but it's hard to tell the Soldiers that we don't have anything planned," said Walton, a Lisbon, Ohio, native. "I'm trying to get a few barbecues organized before we go, to try and keep everybody active so they won't sit around in their rooms and think about how much time they have left."

While stationed at BIAP, Task Force Storm will be part of Task Force 49 and they will fall under Multi-National Division - Central.

Moving a few times has really helped the time pass and it's also kept the Soldiers from getting complacent, said Mims, who is on his third deployment.

Even though this will be their third move during this deployment, every tunnel has a light at the end and Task Force Storm Soldiers say they can definitely see that light.

"When we get to BIAP, hopefully we'll be doing more air assaults and more night missions; we want to go out with a bang," said Greer. "I think everybody's pretty excited about getting down there and doing something new, and before we know it, it'll be time to pack up and go home."



HOLD 'ER UP!

Lamar Sam and Sgt. Mike Nave compete in the final elimination process of the men's liter mug hold competition at the Independence Day celebration at Katterbach Airfield July 4. Sam won the contest.

The celebration featured various competitions and entertainment, including beautiful baby, a rock band performance, and American Idol, soccer shoot-out, water balloon toss, pie eating contest, and an Uncle Sam Fun Run. The event ended with a 10:30 p.m. fireworks show.

Photo by Ronald H. Toland Jr.

16th SB bringing full support to Iraq

Story and photo by
Sgt. KEITH M. ANDERSON
16th SB Public Affairs

Soldiers, families, friends, and loved ones said goodbye to the Soldiers of the 16th Sustainment Brigade and the 16th Special Troops Battalion during a deployment ceremony at U.S. Army Garrison Bamberg's Pendleton Field June 26.

"I was present almost one year ago as the 16th Sustainment Brigade stood up," said Brig. Gen. Jon Miller, the deputy commanding general of the 21st Theater Sustainment Command, Kaiserslautern, during his remarks to Soldiers and their families. "From the start of the 16th SB, it has had an expeditionary mindset.

"You will be conducting combat logistics patrols in support of the 1st Armored Division," Miller said. "You will be managing the flow of millions of gallons of fuel. You will be responsible for managing all of the contractors in MND-North.

"You will be the first logistical unit responsible for managing your own forward operating base. Finally, and perhaps most significantly, you will train the logistics units of the Iraqi Army and you will move them closer to their goal, and our goal, of a self-sufficient Iraqi Army," he said, discussing the 16th SB's role in Iraq.

The sustainment brigade, the only one in Europe, will deploy to northern Iraq for 15 months to provide logistical support to U.S., coalition, and Iraqi security forces, and will oversee six battalion-sized units and more than 10 finance and postal detachments. The unit will also be responsible for an area of 46,000 square miles—an area larger than the state of Pennsylvania, noted 16th SB Commander Col. Martin Pitts.

"This is truly an historic moment," said Pitts. "The U.S. Army, Europe and 7th Army's only sustainment brigade has stood up and now prepares to deploy for the first time," said Pitts. "The ceremony is a continuation of what will be a memorable series. In February the 391st Combat Sustainment Support Battalion cased its

colors, followed by the 18th CSSB, which cased its colors in May. Today it's with great honor and dedication to duty that the 16th Sustainment Brigade and the 16th Special Troops Battalion will case its colors."

"Our sustainment brigade brings a very diverse capability to the battlefield in terms of providing maintenance, transportation, ID card replacement, money on the battlefield, mail services, logistical automated support, and fuel to the war fighter," he said.

"We are also able to provide our own medical and communications services. This deployment gives us the first opportunity to try the full spectrum of our capabilities to support the war fighter; that's why it's significant," explained Pitts.

Pvt. Kyle Brock, a transportation management coordinator with the unit's Headquarters and Headquarters Company, 16th Special Troops Battalion, said he was prepared to deploy.

"I'm ready and motivated," said 21-year-old Brock, a Gary, Ind., native. "I told my daughter, 'Daddy's got to go away for a little while.' I told her I'm in the Army, but didn't tell her why I have to go."

Pitts said the brigade has a robust support structure for families.

"We have brigade Family Readiness Support advisors that watch over and assist the Family Readiness Groups in helping look after the needs and morale of the families that will be here in the rear," said Pitts, "along with the family readiness liaisons. So that trifecta of support, if you will, is really the backbone that will help sustain our families that are left behind in the rear."

"Watching over all of that is a strong rear detachment command and control element headed up by Lt. Col. Clifford Serwe, Master Sgt. Vincent Noble, and three subordinate rear detachment battalion command teams," added Pitts. "We also have monthly town hall information sessions for the family members and Soldiers targeting specifically those Soldiers and family members going through a deployment for the first time. And we've also had, and this was



Col. Martin Pitts, commander of the 16th Sustainment Brigade, Bamberg, and the 16th SB Command Sgt. Maj. James Spencer case the brigade colors during a deployment ceremony at Pendleton Field June 26.

huge, numerous family marriage retreats that helped build the rear detachment spiritually."

Stephanie Leeds, wife of Maj. Kenneth Leeds, the unit's support operations officer-in-charge, said she and daughter Kaitlin, 16, and son Steven, 11, are prepared for the deployment.

"We've been through it before," Leeds said. "So we know what to expect. We also as a family do everything we can to be self-sufficient so he doesn't have to worry about us while he's downrange."

Leeds said that participating in the FRG helps families stay connected.

16th SB Soldiers are ready to deploy, said

Command Sgt. Maj. James Spencer, the unit's command sergeant major.

"All leaders, from the squad leader all the way up to the brigade commander, and myself have been engaged in doing tactical and technical training for the last year," said Spencer. "We've participated in multiple training exercises at the platoon, company and battalion levels. And the brigade was integrated into a mission readiness exercise with the expeditionary sustainment command that we're going to support downrange. The warriors of this brigade are trained and proficient in their crafts and are ready to perform their combat mission."

Fallen Soldier 'felt strongly about protecting U.S. soil'

by TRECIA A. WILSON
Bavarian News

The atmosphere was solemn as members of the Bamberg military community joined Wednesday to pay tribute to Sgt. Ryan James Connolly, a 24-year-old Army medic.

Connolly was born Feb. 6, 1984, in California, where he spent most of his youth. He entered the U.S. Army Jan. 11, 2005.

Connolly was serving in Afghanistan with Company A, 173rd Special Troops Battalion, 173rd Airborne Brigade when he was killed by a land mine June 24, just two weeks before he was scheduled to return home.



Connolly

"May the Lord answer you when you are in distress," said Chaplain Matt Huisjen, citing Psalm 20 as he opened the memorial service.

This thought prevailed throughout the service as members of Connolly's unit stepped up to the podium to share small windows into their lives with Connolly.

"War is not just a reflection of us fighting, the usual stuff you see on TV," said Connolly's platoon sergeant, Staff Sgt. Jeffrey Bradford. "It's a reflection on a couple common interests between individuals and incorporating close ties and memories that will last a lifetime. Connolly and I logged more than 80 combat patrols together.

"In that time we sometimes spoke of our families, we were both from California, and other days we would talk about muscle cars," he said. "He talked me into getting one—a 1968 Camaro."

Bradford was near tears as he said, "I left to

come back to Germany right after he passed the board. It was the last time I saw him.

"I feel I failed him. Here I am, here in Germany, while he is still back there fighting," he said. "It is my job to ensure the safety of my men. Again I want to tell the family how very sorry I am for your loss."

"His older sister said he was very protective, always looking out for my best interest," said Huisjen of Connolly and his devotion to family. "He was a great husband and father. He loved his daughter."

Melissa Murphy of The Reporter, a Vacaville, Calif. newspaper, wrote, "Connolly grew up in Santa Rosa but had ties to Solano County and Vacaville. After the terrorist attacks of 9/11 and while attending Solano Community College, according to his mother, Connolly really thought about joining the military.

"He felt strongly about protecting American soil," she said. "What could I do? I didn't want

him to go, but he wanted to do it."

Connolly's commander, Cpt. Wes Watson said Connolly was, "extremely tactically and technically proficient at being a Soldier, especially when it came to combat medicine.

"He was only one of three people in his battalion to earn his Expert Field Medic Badge in December 2006. He was even trying his best to tell us how to treat himself and my gunner Spc. Blackman all the way to the bird. He truly was a remarkable Sky Soldier."

The chapel fell silent as Chaplain Huisjen quoted the Toby Keith song, "American Soldier."

A personal last request of Connolly's, the song illustrated his personal viewpoint about being a Soldier.

Connolly is survived by his wife, the former Stefanie Schwank, his 1-year-old daughter Kayla, and parents James Connolly and Robin Nelson.



Crank up the crunk

Lil Jon's shadow looms large during a Monday concert at Bamberg's Freedom Fitness Facility. Large crowds turned out to hear the famed rapper who is best known as a pioneer of the sub-genre of hip hop known as crunk and for his wildly popular guest spots on other performer's albums. Many of the more than 200 attendees showed up before the performance to get autographs.



Photo by Simon Hupfer

54th Engineer Battalion assumes responsibility

by Capt. DAX PUMMILL
Special to the Bavarian News

The 54th Engineer Battalion assumed responsibility on Camp Striker, Iraq, from the 479th Engineer Battalion June 19.

The 479th Engineer Battalion, under the leadership of Maj. Jason Wallace and Command Sgt. Maj. John Dobranski is based out of Watertown, N.Y., and provided the full spectrum of engineer support in response to contingency missions.

After serving in Iraq for nine months, the 479th Eng. Bn. officially cased their colors as the 54th Eng. Bn. uncased theirs and assumed their new mission.

The 54th Eng. Bn. arrived in Iraq between June 6-7.

Upon arrival to Camp Striker, they began a 10-day Relief In Place process.

The 54th Eng. Bn. Soldiers shadowed the 479th Soldiers for the initial five days, learning their new roles and responsibilities. For the final

five days, the 479th Soldiers continued to mentor and coach while the 54th Soldiers took on the majority of the mission load across the battle space, ensuring the incoming Soldiers were fully prepared to assume the mission by June 19.

The transfer of authority ceremony was conducted with representatives from the 18th Engineer Brigade, the 20th Engineer Brigade, 10th Mountain Division and the Reserve component showing their support for both the incoming and outgoing engineer battalions.

The speakers at the ceremony included Col. Peter Deluca, the 20th Eng. Bde. commander, Lt. Col. Christopher Lestochi, and Maj. Wallace.

Lestochi and Command Sgt. Maj. Eric S. Omundson will lead the 54th Eng. Bn. in Iraq for the next 15 months conducting missions such as route clearance, vertical and horizontal construction, and partnership with Iraqi army units.

CDC makes the grade with accreditation

Story and photo by **MARK HEETER**
USAG Schweinfurt CI Chief

The success story of the U.S. Army Garrison Schweinfurt Child Development Center is told in thousands of pages in binders spread throughout the center. And on the playgrounds.

The pages in the binders are the documentation required by the National Association for the Education of Young Children, the body which announced June 30 that the Schweinfurt CDC had successfully obtained its accreditation.

"The administration, teaching staff, and families of the Schweinfurt Child Development Center are all to be congratulated for being one of the first programs in our country to earn the mark of quality represented by the reinvented NAEYC accreditation system," according to the notification letter provided to the CDC.

"I think that every part is important, from the cooks to the cleaning crew. Everyone has an integral part in this. If this part is broken, it's going to affect the whole team," said Mintina Houston, the CDC director who followed Arnita Camp-Harrison, director when the accrediting body visited in April.

"I think all the parts are important and have to fit together," Houston said of the CDC's 32-person staff.

All Army CDCs undergo the accrediting, although requirements have become more stringent since the last accreditation visit, said Audrey Robinson, CDC training and curriculum specialist.

"Overall there are 450 criteria that are evaluated," said Robinson, noting that they are all explained in great detail in those binders and

broken down into various categories.

"We have no clue until that day what room they are going to observe, so when they walk in, they have to see evidence," she said.

The Schweinfurt center met all of the required criteria and met or exceeded nearly all the criteria by program standard, according to the NAEYC report. The evaluators also offered nine topic areas for ongoing improvement.

From application to completion, the accreditation took two years, Houston said.

"This is a very in-depth study of your program," she said. "It helps you take an introspect look at your teaching practices."

Among the areas evaluated are relationships, curriculum, teaching, assessment of the children's development, and health, according to Robinson.

"A lot of people think it's babysitting and just making sure the kids don't make it out the door. But they're teaching. It's a lot of hard work," said Denise D'Adda, the assistant director who was on-hand during the last accreditation five years ago.

"I see a big difference from when I first walked in the door to now. We've all come together and support each other a lot more," D'Adda said.

"There is a lot of organization. Everyone has to know their part and kind of has to know everyone's else's part so you can support each other," she said.

In addition to maintaining their quality programs and addressing the nine topic areas for ongoing improvement, the CDC is subject to random reevaluations throughout the five-year accreditation term.



Arlene Rodriguez, a CDC lead teacher, helps the children cool off on a sunny day on the playground.

Schweinfurt youth boosts communication skills during ACS 'Whad'ya Say' class

Story and photo by **LINDSEY COLE**
Bavarian News

Schweinfurt parents had the opportunity to help their children learn clearer, more effective ways of communicating June 25, thanks to an Army Community Service-sponsored class called, appropriately, "Whad'ya Say?"

Participants learned how to handle debates, the importance of proper name pronunciation, public speaking, and other communication tips.

Class instructor Sarah Small, an Army Family Team Building master trainer, tailored the program to a young audience.

For example, she had the kids practice interviewing for news about their favorite cereal.

"I do the best I can to make teaching and knowledge fun, so that they can stand on their own and make good choices. This class is really fun because the kids really want to learn, no matter the age they always want to learn something new," Small said.

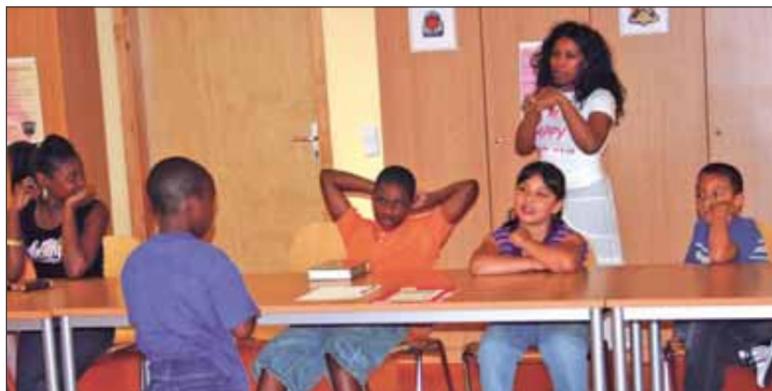
By the end of the class, participants

were armed with skills they could use to better peers and adults.

When asked what she had learned, participant Hailey Baker responded: "Umm...I learned you shouldn't say Umm!"

Schweinfurt's ACS encourages children and families to offer suggestions for new training classes. Various classes are offered each month for adults, children, units, and families.

For more information about classes or to suggest class topics, call DSN 354-6732, CIV 09721-96-6399.



Course instructor Sarah Small teaches children to "deal with the media."

Free child, respite care a family favorite among Covenant benefits

by **MARK HEETER**
USAG Schweinfurt CI Chief

The Covenant remains in effect – and continues to save Schweinfurt families thousands of dollars.

The Army affirmed its commitment to Army Families with the Army Family Covenant, unveiled in October 2007 and loaded with benefits and programs – especially for deployed Soldiers' families.

"Nothing has changed whatsoever to those benefits," said Michale Payne, USAG Schweinfurt Child and Youth Services coordinator.

Among the most popular offerings, according to Payne, are the free hourly care during mandatory deployment meetings, free respite care, and child care during family readiness group meetings.

The Schweinfurt garrison, which has been a site of constant and overlapping deployments for nearly

two years, has had plenty of experience with the AFC.

"We continue to support Soldiers and families through the AFC every way we can," Payne said, adding that 1st Squadron, 91st Cavalry Regiment Soldiers will continue to receive deployment discounts and benefits for two months following their return.

"We're pretty much tied to the Covenant in terms of what we offer as free programs," he said.

Across the Army, more than one billion dollars was allocated for the AFC, and the money has trickled down to garrisons worldwide in the form of fee eliminations, discounts, and free programs for Soldiers and their families.

"It has been successful. They're always looking at it. People are welcome to make suggestions that we can send up if they have a suggestion (for the covenant)," Payne said.



INDEPENDENCE Day CELEBRATIONS

The fireworks display over Kessler Field wowed the crowd at the Schweinfurt Independence Day celebration.

Photo by Kimberly Gearhart



Photo by Lindsey Cole

Close encounters of the feathered kind

Schweinfurt youth get up close and personal with several birds of prey, including eagles, for the Fourth of July weekend.

Kunar base renamed after fallen hero

Story and photo by
Staff Sgt. BRANDON AIRD
173rd Airborne BCT Public Affairs

Forward Operating Base Naray in Kunar Province, Afghanistan, was renamed FOB Bostick to honor a fallen Soldier who died leading his men.

Soldiers, Marines, Airmen and Afghan National Army Soldiers gathered near FOB Naray's helicopter landing zone June 28 to officially rename their forward operating base in memory of Maj. Thomas Bostick, the former commander of Bravo Troop, 1st Squadron, 91st Cavalry Regiment (Airborne).

"Today we celebrate the life of the finest combat leader I have ever met," said Lt. Col. Christopher D. Kolenda, commander of 1st Squadron, 91st Cav. Regt. (Airborne), during the dedication ceremony. "He died while saving the lives of his paratroopers against a numerically superior foe."

Bostick was leading a convoy back to Forward Operating Base Keating after meeting with local elders near

Kamu when it was ambushed by insurgents. Bostick and Staff Sgt. William R. Fritsche were killed during the ensuing fire fight. Thirteen American Soldiers were wounded.

"We dedicate this forward operating base to his legacy and memory. Let all who enter this base, and all who write or speak the name of it be reminded that freedom is not free," said Kolenda.

A few days after the fire fight, village elders tired of the combat going on near their villages approached Kolenda. This contact resulted in the 100-man shura, or council.

"The price paid in blood that day has led to greater stability in one of the most violent districts in the country, set the conditions for the emergence of the 100-man shura, and has increased the safety and security of civilian and Soldier alike in that region," Kolenda said.

Near the end of the ceremony two F-15 Fighter Jets flew side-by-side over FOB Bostick to pay their final respects to a fallen hero.



Lt. Col. Christopher D. Kolenda (left) and Command Sgt. Maj. Victor Pedraza (right), commander and command sergeant major of 1st Squadron, 91st Cavalry Regiment (Airborne), unveil a plaque dedicated to Maj. Thomas Bostick at Forward Operating Base Naray June 28 in Kunar Province Afghanistan.

During the ceremony, FOB Naray was renamed FOB Bostick in memory of the fallen Soldier.

Rear-D training helping leaders prep for future

Story and photo by
LINDSEY COLE
Bavarian News

When units are deployed downrange, a rear detachment is designated to stay behind to handle the unit's garrison-side needs, no matter how varied. In order to handle all of those duties, Soldiers in the rear detachment receive a vast amount of training.

The United States Army Europe has established required pre-command courses for primary leadership positions; rear detachment training falls under this category. The course is designed for individuals who have been identified as rear detachment leaders and who will ultimately take charge when the units deploy.

Lt. Col. Eric Stetson, who will be the 172nd Separate Infantry Brigade's rear-detachment commander, is keen on problem solving, and informs the Soldiers in rear-detachment training to push those unresolved issues up for his review.

"Communication is key... The key goal for families is to thrive and not



Soldiers and spouses listen to Sgt. 1st Class Darren Martin talk about preparation for upcoming deployment.

just survive the deployment. We want them to have the ability to take care of themselves and be self sustaining. The Soldiers will have to maintain

their personal war fighting skills and support the brigade and families," Stetson said.

"We try to provide the tools to

show where to go, and guidance on how to take over different positions. What you'll see is individuals filling positions possibly one to two grades higher than what their normal grade is. So we're trying to prepare these leaders for success," said training administrator Robert Maciag.

The training is also an opportunity for Soldiers to ask questions of their commands and receive good answers.

"There's so much knowledge coming out of these courses that you learn something new every time... This course is helpful in showing (rear detachment Soldiers) who to contact if something happened that was beyond their knowledge... It gets everyone working together better and when the unit's stronger it helps build a stronger cohesion," said Staff Sgt. Jason Gaulke, the rear detachment course facilitator.

This course encourages family members to sit in if they desire. There are certain aspects of the training that don't necessarily pertain to family

members. However, it is beneficial in the sense that it enlightens them about what may take place while their loved ones are away.

"You learn a lot in this class about how to help families. It is such a benefit for the community and brings a lot of knowledge, I encourage more people to get involved with these," said Teresa Burns, spouse and employee of the 172nd Support Battalion.

Spc. Lillian Dressig said she has not had such a positive experience with rear detachment during her deployment, but has a drive to do her best and improve the program.

"I want to take my experience and help the families the best that I can," Dressig said.

"I think it's great for the leadership, it's a team building exercise. Pulling other lessons from former commanders and rear detachment teams helps a lot," said Capt. Joshua D. Buchanan of 1st Battalion, 2nd Infantry. "It's a great start for us to find out the direction we are going to be facing, with the upcoming deployment."

MWR hosts Bunco tournaments

Story and photo by
LINDSEY COLE
Bavarian News

Morale Welfare and Recreation invites the Schweinfurt community to roll the dice on fun with Bunco and win prizes while having a good time and meeting new people.

Bunco is a popular dice game involving teamwork and keeping score. A group of four players sit at a table and are partnered into two-man teams.

The goal of the game is to roll the three dice and get three of a kind – a key number established at the beginning of the game, which is Bunco. Once a team calls Bunco, the set ends and the winning team moves to the next table, causing all teams to rotate one.

Points are awarded depending on the roll with the winner having accumulated the most points.

"The event has been an absolute success. Participation has increased so much simply by word of mouth from other players. It's very popular and fun," said MWR recreation specialist Silvia Joiner, who organizes the events. "We definitely want more people to come out and play."

During the fast-paced game, players can order food from Ramon's restaurant, conveniently located in the Finney Recreation Center, or enjoy complimentary refreshments.

"It's good fun and interesting," said Sgt. Gabriela Chavez, noting recreational activities help relieve the stress of a busy workday.

"I saw the ad (for Bunco) in the

flier, and it takes the stress away and takes your mind off of things," said Jeanny Pajak.

The most recent Bunco night was held June 26, Clothing was the theme, and accessories were given away as prizes.

Week 1 was Spa Night and Week 2 featured Gourmet Night.

While the game is marketed to women, everyone is encouraged to participate, and men have attended all three sessions so far.

Due to the event's success, Joiner plans to offer the game in August. She said she hopes to offer more activities like Bunco to help individuals have a good time and make new friends.



Carol Haager (left) and Sherry Parker await the outcome of the dice as they roll their turn.

Employment readiness aids in entire process

by MARK HEETER
USAG Schweinfurt CI Chief

Opportunity knocks loudly with the Army Community Service employment readiness program and ACS resource center.

"We provide the resources and the information that we have," said Karla Lang, coordinator of the resource center, located in The Commons.

Still, the resources and services are "underutilized," according to Lew Lewis, employment readiness program manager.

"I do think that people are pursuing the jobs alone and there's specific information that we can give them that will assist them with that process," Lewis said. "The community is not using their ability to maximize this resource that is available to them."

In addition to the three computers and shelves stuffed with books – covering everything from interviewing and test-taking to resume writing and market studies – the resource center is home to the "Jolt! Weekly," an e-newsletter filled with job listings and other tips.

"We have the Internet for surfing and we actually sit down with them and do a one-one-one sit down with them and work through their resumes (at the center)," Lang said.

"We deal with adult family members, who are eligible to be employed, and we also deal with transitioning Soldiers," Lewis said.

Lewis offers three core classes with the employment readiness program – resume writing, federal resume writing, and first impressions – as well as several basic computer skills. Individuals, families, the community, and the larger Army all benefit from having well placed and satisfied employees, he said.

"If you get the right person in the right job, the community benefits from it. Because then you actually have people who are glad to be there and have the right skill sets. On the bigger level, it supports retention," by providing spouses the opportunity to build careers," Lewis said.

"We're here to help," Lang said.

For more information or to subscribe to the "Jolt! Weekly," call DSN 354-6933 or CIV 09721-96-6933.



Lewis



Lang

Understanding overseas health care key to getting the best care possible

Story and photo by ANNE M. TORPHY
BMEDDAC PAO

Medical care overseas can be confusing for U.S. Army Family members, and over the last few years, transformation efforts and the Global War on Terrorism have changed resources and processes for the U.S. Army Medical Activity Bavaria. The following information is an overview on how health clinics and health care in Bavaria operates.

Beginning in August, the new footprint of BMEDDAC will consist of seven health clinics supporting 40,000 patients. The health clinics are located in Bamberg, Grafenwoehr, Hohenfels, Illersheim, Katterbach, Schweinfurt, and Vilseck. The current health clinic in Wuerzburg will shut its doors the end of July with the closure of Leighton Barracks. The final move out of Wuerzburg will complete what began in fall 2007 with the closure of the U.S. Army Hospital Wuerzburg.

The clinics are out-patient primary care or ambulatory clinics and are capable of providing urgent care, routine care, and wellness examinations. Ambulatory care is defined as medical services that are provided as an out-patient. Services could include diagnosis, treatment, and rehabilitation. The health clinics do provide some special resources such as physical therapy, optometry, audiology, and behavioral health.

Resources are shared in the BMEDDAC footprint. When Soldiers are redeployed, providers and staff are often rerouted to the redeploying community to help the returning Soldiers during the reintegration period.

Patient Categories

There are three types of patients that receive care from the health clinics in Bavaria.

TRICARE Prime Overseas is a managed-care option that provides benefits to active duty service members, reserve-component members on active-duty orders, and their eligible command-sponsored family members stationed or living overseas. There are no enrollment fees, deductibles, cost-shares, or co-pays for authorized medical care at a U.S. health clinic or with German providers and hospitals. TRICARE Prime patients receive priority access at all BMEDDAC health clinics.

TRICARE Standard is available for retirees living overseas and active-duty family members who choose not to enroll in TRICARE Prime Overseas. Standard is a fee-for-service option that authorizes beneficiaries to seek care from any TRICARE-authorized provider, and the patient is responsible for annual deductible and cost-shares. There is no fee for enrollment.

TRICARE Standard patients may only use the BMEDDAC health clinics on a space-available basis and for limited immunizations, but Standard patients do not need authorization to see the host-nation provider of their choice. BMEDDAC recommends that TRICARE Standard patients establish a relationship with a German physician to ensure continuity of care.

TRICARE ECHO is the extended care option, a supplemental program that provides eligible active duty family members with an additional financial resource for an integrated set of services and supplies designed to assist in the disabling effects of the beneficiary's qualifying



Obstetrician Dr. Ines Erhardt answers questions for expectant parents during a tour of the maternity ward at Amberg's Klinikum St. Marien May 27. Tours are conducted in English on a rotating basis at the local German hospitals. Call CIV 09662-83-2650.

condition. Conditions include moderate or severe retardation, serious physical disability, or an extraordinary physical or psychological condition that the beneficiary is homebound.

Go to www.europe.tricare.osd.mil for more information.

Types of Care

Medical visits are broken out into categories: specialty, well, routine, urgent, and acute or emergency. Access standards are established for each category to ensure that you receive care in a timely manner.

Specialty care that is provided by the health clinics including physical therapy, optometry, audiology, and behavioral health. Specialty care that cannot be provided by the health clinic is referred to the physician provider network. The access standard is to be seen within one month from the date of your call for a specialty visit to the health clinic.

Well visits are services such as health screenings and examinations, often conducted at regular intervals, and are meant to keep you healthy or detect health problems in a timely manner. They include mammograms, cholesterol testing, immunizations, well-baby, colorectal cancer exams, blood pressure readings, and Pap smears. You should be seen within one month of your call for a well visit to the health clinic.

Routine care includes general office visits for the treatment of symptoms, chronic or acute illnesses, and diseases and follow-up care for an ongoing medical condition. Routine care also includes preventive care measures to keep you healthy. A routine visit standard of care means that you should be seen within one week for your condition.

Urgent care services are medically necessary services which are required for illness or injury that would not result in further disability or

death if not treated immediately, but require professional attention and have the potential to develop such a threat if treatment is delayed longer than 24 hours.

Conditions that should receive urgent care include: sprains, scrapes, ear aches, severe headaches, rising fever, persistent vomiting or diarrhea – conditions that are serious but are not life threatening. You should be seen within one day once you have made the call to the health clinic.

Acute care or emergency services are provided for a sudden or unexpected medical or psychiatric condition, or the sudden worsening of a chronic condition that is threatening to life, limb, or sight and needs immediate medical treatment, or which has painful symptoms that need immediate relief to stop suffering.

Conditions that require emergency care include: loss of consciousness, shortness of breath, chest pain, uncontrolled bleeding, drug overdose, suicide attempt, poisoning, acute psychosis, and unexpected weakness. These conditions require immediate attention and a visit to the emergency room at a local German hospital.

The health clinics do not have their own emergency rooms, nor are they open 24 hours a day. In the case of an emergency, go to the nearest hospital. If you don't know the location of your closest hospital, contact your local health clinic well in advance of an emergency to find out and post the information in a handy location.

Emergency transportation can be provided by the German Red Cross. Patients can access the ambulance service by calling for translation through the Military Police or directly through the German Red Cross. Dispatchers will send the closest available ambulance to your location. A German Emergency Physician will often meet you to direct your care.

If you do have an emergency and need to go straight to the hospital instead of getting a referral, contact the TRICARE representative the next working day. You will need to report your emergency as soon as possible to ensure that TRICARE will cover all costs, and if you do not have TRICARE you can get started on your billing paperwork.

Preferred Provider Network

Due to the closure of the hospital and the ongoing need for specialty care, BMEDDAC health clinics routinely refer patients to the Preferred Provider Network in Bavaria.

The PPN is a network of German health care physicians who see our patients. They are general physicians as well as specialists in every field, such as OB/GYN, pediatrics, radiology, neurology, orthopedics, and oncology. Their medical qualifications are screened and we make periodic visits to their office or hospital.

TRICARE Prime patients are eligible to see physicians who are at the top of their field and often the head of their particular medical department. While the clinic or hospital staff may not speak English, most do and all physicians must speak English to be in our network.

BMEDDAC currently has 376 doctors in the PPN, and the number continues to grow. Outpatient, inpatient, and emergency care

is provided by the 21 local hospitals in the communities surrounding the seven health clinics of the BMEDDAC footprint.

If the health clinic provider decides to refer you to care with the PPN, the provider will enter a consultation request to authorize care. You will then need to see the TRICARE advisor located in the clinic, who will schedule your appointment and provide you with directions and contact numbers for the PPN.

The TRICARE advisor will counsel you on benefits and give you the required forms for your appointment. If you can't make your appointment, contact the PPN and reschedule. You can reschedule directly without contacting TRICARE for another authorization.

Visits to the PPN are part of TRICARE Prime; and the PPN will submit the bill directly to TRICARE. If you happen to receive a bill, bring it in to the TRICARE advisor for assistance.

If your care requires you to spend time in a German hospital, TRICARE Prime will also cover your stay and the costs of your care. You will most likely have share a room; if you'd like a single room, it is not covered by TRICARE Prime and usually costs around 50 euro per day.

Patient Liaisons

Patient liaisons help smooth the way during a stay in the German hospital. Liaisons are fluent in German and English. They are well acquainted with local hospital staff and know the medical system procedures.

Expect a patient liaison to make contact with you daily, including weekends. On their first visit with you, they will provide a booklet with basic information on what to expect. They are also there when you are discharged to make sure you understand your instructions for care at home and that you have the necessary prescriptions.

Pharmacy

Each of the seven health clinics has a pharmacy. The pharmacies can fill prescriptions written by providers at the health clinics. Prescriptions that are written by a German physician can be filled if the medication is part of the pharmacy's formulary and the prescription is written in the American format. For more formulary information and instructions to give your German doctor, stop by your health clinic's pharmacy.

If the German prescription is not part of the health clinic's formulary or not written in the American format, it must be filled by the German Apotheke. You will need to pay for your medication upfront, and then TRICARE will reimburse you. Prior to filling the prescription, contact the TRICARE service center to ensure the medication is covered. Reimbursement usually takes about four to six weeks to process.

Contact Us

If you have questions or concerns about your care, let us know. BMEDDAC is here to help you with your medical care. We need to hear your concerns in order to address them. Contact your health clinic commander, who will make an inquiry and respond to your questions. BMEDDAC strives to make care easy for patients, and we look forward to continued communication with you.

Have a medical question?

Vilseck Health Clinic Commander Col. Alfonso Alarcon and his staff will be guests during the live AFN Morning Show July 24 from 8 to 10 a.m.

Topics will include the TRICARE process, clinic appointments, staffing, travel reimbursement, pediatrics, well-baby exams, EDIS, allergy and dermatology appointments, records translation, lab results, patient liaisons, adverse medical events, and communications.

Call DSN 476-3176 or CIV 09662-83-3176 during the live show and speak to Col. Alarcon and his staff.

For the Grafenwoehr and Vilseck communities, tune in to AM 1107.

Black Hawks dominate Phantoms

Special to the Bavarian News

The Plattling Black Hawks faced the Wiesbaden Phantoms at home in front of a crowd of more than 300 spectators taking first place, 58-39.

Both teams were riding long winning streaks heading into the game, and were tied for first place in the German Football League 2 South.

"Some people are calling this the GFL2 Championship," said Coach Jason Olive, "but the winner of the game must remain focused for six more tough GFL2 battles. Certainly the winner holds the inside track at winning the division though based on the way the German leagues are scored."

Olive's Black Hawks did not disappoint.

"For whatever reason this season, our team has come out really slow," he said. "The first three games we played, we gave up a touchdown on our opening drive. Against Franken we started out 17-3 after one quarter."

Instead, this game the Black Hawks came out on fire. After a great opening kickoff return by Kenny Colbert, the Phantoms were in business in Black Hawk territory. However, the league's No. 1 defense forced a turnover on downs at the Black Hawk 30.

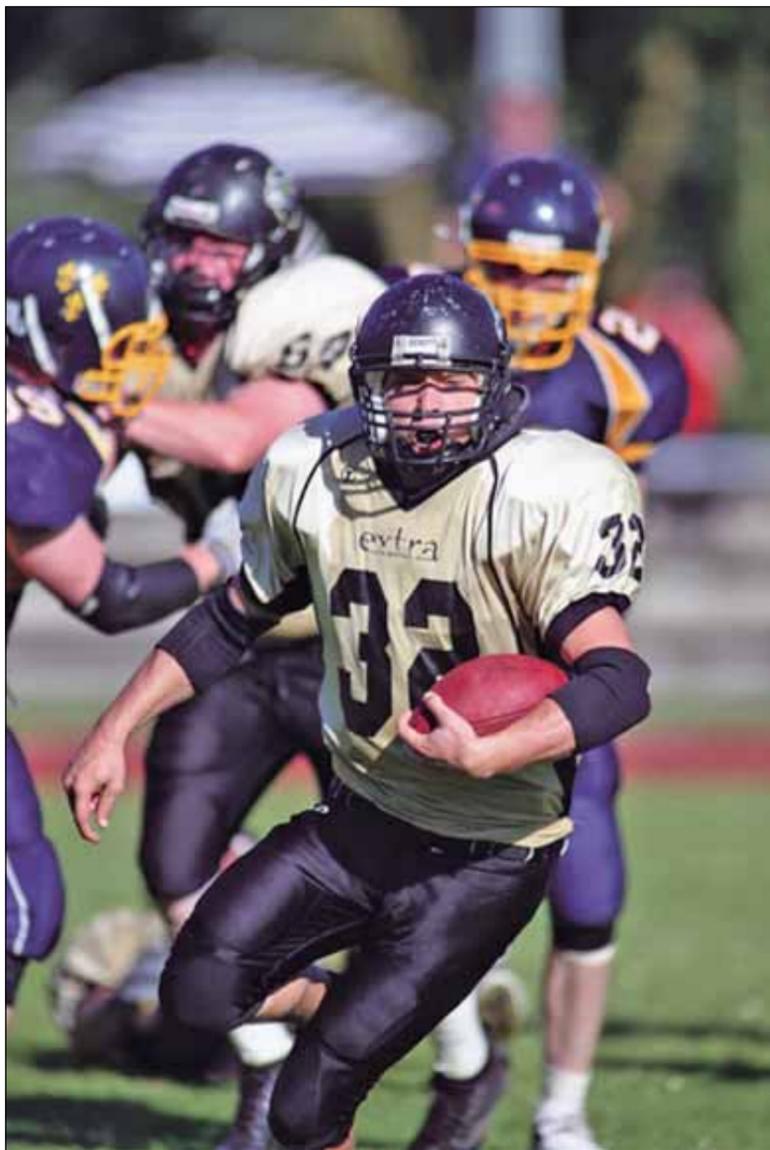
On the third play from scrimmage, Black Hawk quarterback Adam Hazel ripped off a 64-yard run to the Phantom 4 setting up 1st and goal.

Two plays later, the Black Hawks opened scoring on a two-yard pass to wideout Florian Starzengruber. Sammy Farghali connected on the extra point, and the Black Hawks were up 7-0 early in the first quarter.

The Phantom's second drive began much like its first with a long kickoff return by Phantom's returner Kelly Perrier. Unfortunately for the Phantoms, their second drive ended just like the first, with a turnover on downs near the Black Hawk 20.

The Black Hawks wasted little time methodically picking the Phantom secondary apart. Several passes to Black Hawk wideout Andrew Blakely had the Black Hawks in business at the Phantom 25-yard line.

During the next play, quarterback Hazel found Starzengruber for his second touchdown in as many drives.



Running back Korbinian Hundsrucker scores a rushing touchdown to put the game out of reach against the Wiesbaden Phantoms.

Farghali added the extra points and the Black Hawks were up 14-0 halfway through the first quarter.

After a Paul Eichinger touchback, the Phantoms were back in business beginning from their own 20. On the first play of their third drive, corner back Peter Schweiger made a spectacular play and picked off Phantom quarterback Guido Reuels at midfield.

Six plays later, kicker Farghali added a 27-yard field goal and the Black Hawks jumped out to a 17-0 lead at the end of the 1st quarter.

The Phantom offense finally awoke its fourth drive and marched 60 yards to the Black Hawk end zone, capped off by a 16-yard touchdown run by German Junior National running back Seydouh Jalloh.

After the extra point, the score stood

17:7 early in the second quarter.

The Phantoms' defense also stepped up Plattling's fourth drive forcing a Black Hawk punt, but on the Phantom's next offensive possession, linebacker Andreas Schreiner made a spectacular catch and return off of a tipped ball to set the Black Hawks back on track at the Phantom 46-yard line.

After a rush for no gain, Hazel connected with his favourite target, wide receiver Andrew Blakely, for a 56-yard touchdown strike. After the Farghali PAT, the score stood at 24-7 with less than three minutes remaining before the half.

Wiesbaden drove to the Plattling 20-yard line, but a field goal attempt by the Phantoms was wide left. The score at halftime stood 24-7.

"This was the best half of football we played all season," said Olive.

"Wiesbaden has the best rushing attack in the GFL2, and we knew it was important to put them in passing situations. Getting a quick touchdown after halftime would force the Phantoms to a pass first offense which plays right into our teams' strengths."

The beginning of the second half was a disaster for the Black Hawks. The opening snap was bobbled by Hazel and Wiesbaden gained possession at the Black Hawk 39.

Four plays later, running back Seydouh Jalloh found pay-dirt after a 20-yard touchdown run.

However, the Black Hawks showed why they are the most dominant team in the league.

Hazel led the Black Hawks down the field, and wide receiver Farghali made the Phantoms pay, catching a two-yard laser from Hazel to put the Black Hawks up 30-14. An ill-advised fake PAT left the Phantoms within a two-score cushion.

The Phantoms offense took possession of the ball at their own 20 and marched 80 yards over eight plays to pull within 10 points, but a failed two-point conversion left the Black Hawks with a 10-point lead.

Calm, cool, and collected, Hazel led the Black Hawks down the field for yet another score, this time a 15-yard touchdown to wideout Andrew Blakely.

"Adam Hazel is the best quarterback

I have ever seen play here in Germany," said Coach Roland Ertl, offensive coordinator for the Plattling Black Hawks.

"He can make every throw on the field, is deceptively quick, and never seems to get rattled," said Ertl.

The first game versus Wiesbaden, Hazel was sacked eight times, but his uniform barely got dirty.

Another great interception, this time by corner back Wolkan Kilinic put the Black Hawks in business at midfield.

The second play from scrimmage, the Hazel-Blakely duo were at it again, this time a 52-yard touchdown strike, and the route was on. After the PAT, Plattling was up 44-20.

Wiesbaden scored its next drive, but the Phantoms were never able to get closer than 19-points, ending the game at 58-39 in Plattling's favor.

"As a defensive coach, I never like to see 39 points on the board, but our philosophy changed from more of an attacking style to a bend but don't break style," said Olive.

Wiesbaden never got their passing game on track, and Olive feels this was one of the keys to victory.

"Wiesbaden was down 24 points heading into the fourth quarter, and their passing game never scared me," he said. "However, quarterback Frank Grimm killed us with several quarterback draws rushing for more than 110 yards on nine carries."

Wiesbaden ended up with more than 300 yards rushing, but only 69 yards passing, and more importantly three interceptions.

On the other hand, Hazel completed 21 of 32 passes for 406 yards and seven touchdowns, a new team record.

Blakely led the way receiving with eight catches for 182 yards and three touchdowns.

Starzengruber also added 118 yards receiving and two touchdowns while Farghali finished with 54 yards and a touchdown.

On the rushing side, Hazel had five rushes for 69 yards, and running back Korbinian Hundsrucker added 11yds and a touchdown.

For more information on the Black Hawks, visit www.black-hawks-football.de, or e-mail weagle_34@yahoo.com.

Olympic heroes visit kids on European garrisons

Story and photo by MARY MARKOS
Bavarian News

As the world prepares for the 2008 Summer Olympics in Beijing next month, participants of the U.S. Army Garrison Grafenwoehr Child and Youth Services program met with past champions.

Two former U.S. Olympic team members met with children at the Netzaberg Youth Services Center June 26 in coordination with the Boys and Girls Clubs of America and the U.S. Olympic Committee.

Gold medalist Nathalie Bartleson, a member of the 1996 U.S. synchronized swimming team, the only synchronized swimming team to receive a perfect score during any Olympic competition, explained her sport and the difficulties associated with it.

"A lot of kids think of synchronized swimming as ballet, or just sort of fooling around in the water," she said. "We're one of the sports that trains the most. We train about eight to 10 hours a day."

Bartleson, who also appeared in the beginning of the "Austin Powers: the Spy Who Shagged Me" film taught the children a routine to help them appreciate the challenges that face Olympic swimmer. The routine helped the CYS students appreciate a synchronized swimmer's ability to hold her breath for long periods of time and the flexibility and grace required to perform.

Bartleson also told the children about the Olympic movement and the motto that helped propel her success.

"The Olympic movement... that was my inspiration," she said. "It is about peace and hope."

"My motto," she added, "is to do whatever it takes to do your best the right way. Winning is not everything, but being your best, the right way, is."

Olympic Greco Roman wrestler Buddy Lee, a 1992 and 1988 U.S. Olympic team member, also expressed the need for children to make a commit to themselves to achieve success.

"Life is a fight, and it comes to finding that champion inside yourselves, and developing it and brining it out," he said. "You've got to be tough. (The children) are going to feel like giving up, that's why we talk about practice, being patient with yourself, and never, ever giving up."

During Lee's interaction with the children, he had them state, "I believe in myself, I can do better, I must do better."

That slogan, Lee said, is what helped him become an elite athlete, having been voted the most outstanding wrestler in the United States in 1992.

Lee took his jump rope skills, which were essential to his Olympic conditioning, and designed a training system that not only promotes



Gold medalist Nathalie Bartleson of the 1996 U.S. synchronized swimming team and Greco Roman wrestler talked with CYS kids from Army garrisons around Europe over the past month.

a healthy lifestyle but also teaches life skills.

"What (the children) don't realize is that they're learning about life through jump rope. If they want to be good at something, they've got to be committed, they've got to be willing to practice, they've got to be patient, and they're going to have to educate themselves on how to do it the right way," he said. "Then, if they want to be better, they can never give up."

Teresa Quinn-Vesely, BGCA regional service

director, military services international- Europe, said she hopes the Olympians inspire the children to become involved in physical fitness, a key component in the BGCA Triple Play program.

The program was designed to educate youth on health habits, good nutrition, and physical fitness, and to help children become more physically active. Bartleson and Lee also visited USAG Ansbach and USAG Schweinfurt on their tour through Europe.

Come out and let it rip on your longest drive this summer in Wiesbaden, Heidelberg, and Stuttgart. Competitors in the MWR Long Drive Championship will pay \$10 per try (six balls).

Contestants can compete more than once pending time availability. Each area will give pro shop gift certificates to the winners: \$300 for first place, \$150 for second, and \$50 for third.

The top four qualifiers from each location (12 total) will meet Sept. 13 to compete at the European final.

The overall winner of the Europe region wins an all-expense-paid trip to compete in the RE/MAX Long Drive Championship in Mesquite Nevada,

Oct. 23. This includes airfare, ground transportation, lodging, tickets, and rounds of golf at world renowned courses.

The grand prize winner of the RE/MAX Long Drive Championship gets \$10,000 and will be featured on ESPN during coverage of the event.

Active duty service members, Reserve and National Guard - both active and inactive, retirees and family members 18 years and older with valid military ID cards are eligible to compete.

Official rules and registration forms are available online at www.mwrpromotions.org.

No federal endorsement of sponsors implied.

Open division.

Women who enter the competition will be spotted 65 additional yards on their qualified drives.

Wiesbaden, Aug. 3, 2-4 p.m.

mark.s.smith@eur.army.mil, DSN 336-2791

Heidelberg, Aug. 9, 8-10 a.m.

lamar.c.porter@eur.army.mil, DSN 379-6139

Stuttgart, Aug. 24, 3-5 p.m.

gary.groff1@eur.army.mil, CIV 0714-187-9151

European Final: Heidelberg, Sept. 13, 3-5 p.m.

Visit www.mwr-europe.com for more information or to download the registration form. Fill it out and e-mail it to the selected golf course.

2008 Military Long Drive Championship

Special to the Bavarian News