

# HeraldPOST

Serving the communities in U.S. Army Garrison Baden-Württemberg

## Warrior Zone coming to Patton Barracks

By Ina Stiewitz  
USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

Soldiers in the Heidelberg community will have a new place to socialize when the new Warrior Zone, currently under construction, opens in the former Arts and Craft Center on Patton Barracks early next year.

“The Warrior Zone provides a safe alternative for our Soldiers to hang out,

socialize and have fun with others,” said Rafael Santaliz, U.S. Army Garrison Baden-Württemberg Family and Morale, Welfare and Recreation director.

Multiple video gaming systems, each provided with big-screen televisions, a TV lounge, a computer room and a multi-purpose room, which will be used as chill-out area or club room with music and dance on the weekends, will provide diverse possibilities for Soldiers

to spend their free time.

The newly renovated patio with comfortable furniture will be available for barbecue events in the summer, where as a new kitchen will serve as a place where Soldiers can learn how to cook, said Paul Rosarius, USAG Heidelberg business manager.

The Warrior Zone is intended to be a place where Soldiers can participate in see **WARRIOR ZONE** page 12

## Trainers to promote overall fitness of USAREUR

By Dave Melancon  
USAREUR PUBLIC AFFAIRS

Units have their master gunners, master drivers and master fitness trainers. These experts are the best at what they do, and they share their expertise with their fellow Soldiers.

By next October, each U.S. Army Europe brigade and battalion-level unit will have a new type of master assigned to its ranks – a Master Resiliency Trainer.

MRTs will serve as their units’ experts in building mental, physical and spiritual health as part of the Army’s Comprehensive Soldier Fitness program, said MRT program manager Jessie Massey, USAREUR’s deputy chief of medical operations.

In the meantime, seven USAREUR members – Massey, four senior NCOs and two senior family members – will graduate from the MRT certification course at the University of Pennsylvania today to become the command’s first resiliency experts.

“Eventually, we will have see **TRAINERS** page 12

# Compassion



Heidelberg family travels to Uganda

By Ina Stiewitz  
USAG BADEN-WÜRTTEMBERG

In 2002 while working at Calvary Chapel in Salt Lake City, Utah, Jeanette Rhyne decided to sponsor children in developing countries through the Compassion International program.

Seven years later, she and her 14-year-old daughter, Sydney, were on a plane to Uganda to visit Rachel, one of their three sponsored children.

“We planned the trip for a long time,” said Rhyne, now a see **COMPASSION** page 8

Mothers in the Compassion International child survival program in Uganda learn to care for their babies. Compassion teaches them about hygiene and provides them with medical care and supplemental food.

“It’s been a really great way for our family to learn about what life is like in another country – to get a little glimpse of life outside of what we live here in the developing world.”

-Jeanette Rhyne, Compassion International advocate

HP THURSDAY  
Nov. 19, 2009

### Speed Read

#### H1N1 VACCINE

Active-duty Soldiers and high-risk individuals in the Heidelberg community can receive their H1N1 influenza vaccination at Campbell Fitness Center 8 a.m.-3 p.m. through Nov. 20.

#### THE COMFORT FACTOR



The Host Nation Patient Liaison program available for individuals receiving health care at host nation facilities helps

Americans feel more comfortable in the foreign system. 3

#### POWER

Army Community Service now offers the POWER workshop to help relieve caregiver burnout. 6

#### DAY OF MOURNING

Soldiers and Airmen participated in the German National Day of Mourning ceremony held in the Kaiserslautern Cemetery on Veterans Day. 6



#### CHRISTMAS MARKETS

Christmas markets across Germany begin next week, so get ready for cute wooden booths, sweet treats and shopping. 13

### Defense Details

#### TOUGH TALK ON NUKES

President Barack Obama Tuesday emphasized the importance of keeping international efforts focused on nuclear weapons programs in North Korea and Iran. In a joint news conference in Beijing with Chinese President Hu Jintao, Obama said both leaders agreed on the need for the six-party dialogue involving the United States, China, Japan, Russia and both Koreas to resume as soon as possible. He warned of “consequences” if Iran fails to show its nuclear ambitions are peaceful.

#### ELECTIONS IN IRAQ

As U.S. troops in western Iraq help prepare for national elections in January, an American commander said any potential uptick in violence is unlikely to derail the balloting.

Army news: [www.army.mil](http://www.army.mil)

### What’s Inside

Our Army Around the World.....	10
Leisure.....	13
Dear Ms. Vicki .....	14
GET OUT! .....	15
Movies .....	15
Announcements .....	16
Sports.....	17

## COMMENTARY

## Environmental commitment

By Don Doran  
USAG KAISERSLAUTERN

Resource conservation, waste and pollution prevention, energy awareness, installation sustainability – these are a few of the buzzwords we hear relating to “environmental” programs today.

According to executive orders and Department of Defense regulations, all military installations must have these programs tied together under the “umbrella” of an Environmental Management System. An EMS documents the installation’s operations and activities with respect to potential impact on the environment.

This includes everything from the air we breathe, our drinking water, waste water generated, toxic materials used, trash and industrial waste streams generated, fuel consumption, energy use, consideration of natural resources and protection of cultural resources that exist in the area.

Some of the above may seem very impersonal for most of us; however, all of us living on, working for, or assigned to the installation play a part. How about you? Are you part of a problem or helping with solutions?

•Is your car maintained properly, not left running to clear the windows or while waiting several minutes in the drive-through line?  
•Do you have leaky faucets, or do

you leave the water running while you’re brushing your teeth?

•Do you buy “green” products?  
•Do you recycle? And do you separate your household-hazard items from the trash?  
•Do you walk short distances, ride-share, or use public transportation to reduce your “carbon footprint?”  
•Do you leave heat, lights, appliances or equipment on when not in use or when no one is home or in the office?  
•Do you keep your housecat inside rather than out terrorizing, killing and eating local songbirds, lizards, bats and other endangered wildlife? Have you considered neutering your pet to prevent uncontrolled reproduction?

Yes, it is this personal. We all can make a difference. We only have one Earth, and some resources are limited. Spend an extra moment each day to evaluate what you can do to help save money and resources for yourself, your family budget, the Department of Defense, all American taxpayers and the environment. On behalf of your command, your neighbors and future generations, thank you for making this a personal commitment.

Our German hosts have a saying that roughly translates to: “We have but one Earth that we have borrowed from our children.” Let’s partner with them to help protect it.

## Shalom (My 9/11 Prophecy)

Dear Readers,

It is time for Thanksgiving and then Christmas. Walking through the local PX, which already sports ornaments, I was inspired to write this timeless holiday message, a tribute to those fallen and those who are working very hard to rise up again like a phoenix from their injuries.

Shalom  
(My 9/11 Prophecy)

Peace can be measured in body bags.

It is a folded flag,  
A shiny medal sitting on some dusty shelf,  
A closed casket.

It is twenty-one saluting guns,  
Two speechless parents,  
One spouse’s sobs.

It is a childless child.

Peace can be measured in suffering.

Before the war in Afghanistan started in October 2001, I challenged my students at Lutheran High School in San Antonio to write metaphor poems. (A metaphor is when you compare something directly to something else without using the comparative words “like” or “as.”)

Because I believed in never giving my students an assignment I couldn’t complete, I wrote the example poem, “Shalom.” I based my poem on an allusion (a reference to a current event, the 9/11 attacks that spurred the ongoing search for Osama bin Laden).

The students in my class cried after hearing my example because being at Fort Sam and near to many other deployable bases, many had friends or relatives who were either serving or who would join in the efforts to defend America’s cause.

Many years later, when I showed this same poem to a junior class of LHS students – students who were family

members or friends of the new Iraqi war troops – all snapped their fingers (a sign of appreciation for good poetry).

Yet many ended up being teary-eyed, too. They wondered how much more suffering would take place – and on how many more soils. This discussion also brought tears to my eyes.

Almost three years have passed since I cried in a high school classroom, and we are still involved in Iraq. Our president is also now deliberating with his staff and the commanding general in Afghanistan about whether to send more troops to this unstable region.

Unfortunately, politics is not a metaphor for peace. Fortunately, God is the Father of the Prince of Peace.

Bottom line: I believe in the military, I believe in peace, and I believe in God and in the power of prayer.

I ask that we continue to pray for a peace that honors all who have sacrificed and that we continue to protect those who are in harm’s way in Afghanistan, Iraq and other lands where troops are stationed.

Whether this peace and protection is achieved by sending more troops and staying for many more years or by withdrawing before our losses become too great should not be just an earthly debate or a presidential burden. It should be a daily prayerful request for all people.

We must continually pray for guidance for our politicians and our military leaders – that they work together and actually listen to what is best for world peace – that they make decisions based on the welfare of our troops, our families and our posterity – and that these decisions are selfless choices selected after weighing all consequences and balancing all second- and third-order effects.

In short, after working here in Germany with other “students” and families broken by war and despair, I am still faithfully waiting for a peace that is not measured by body bags or votes.

And I know that God is listening.

Sincerely,

Darla Huck, ACAP Contract Installation Manager – Heidelberg, Mannheim, and Stuttgart



Join the virtual community today  
<http://myBWnow.ning.com>

## BLOG ROLL

## Find out what your garrison commanders and members of your community are saying in the BWnow virtual community

This past year while downtown at the Heidelberg Stadthalle, I noticed a wood and paper tree with a bunch of sticky notes attached. On said sticky notes the citizens of Heidelberg hung their comments, suggestions, and wishes on what they would change if they were in the Lord Mayor’s shoes for a day ...

Taking this concept into the computer age I would like to hear your suggestions and have us all potentially benefit from the collective brain trust of

this community.

So here we go, if I were in charge of this garrison for a day, I would ...

-Lt. Col. Robert White, USAG Heidelberg Commander

Simple stuff first: Change the out door lighting around the Officer housing on PHV to light sensitive ones, so they go off in daylight. Half the outside lights are left on unnecessarily/ by accident during

the day. Save the Command money and save the Environment.

Got me on a roll now, I’d adopt German speed restrictions around school/cdc area to walking pace. Still too many thinking it’s miles not km per hour, and then pushing it when they think there is no patrol. And finally create more parking opposite the CDC on PHV.

-Jennifer Oravetz, BWnow member



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# Patient liaisons: The comfort factor

*Program offers assistance for Americans being treated in host nation health facilities*

By Staff Sgt. Patricia Deal  
USAREUR PUBLIC AFFAIRS

Dealing with medical issues, from routine tests to major surgery or prolonged treatment, can often be daunting. For Americans receiving health care services in a foreign country, it can be downright intimidating.

In the mid-1990s, as U.S. forces in Europe began to draw down in earnest, so did the number of U.S. military medical facilities available to provide health care to Americans eligible for treatment, and increasing numbers of those patients began getting referrals for care in host-nation medical facilities, according to Europe Regional Medical Command officials.

To help American patients feel more comfortable and confident about that care, ERMIC developed the Host Nation Patient Liaison program.

"The idea is to ease the concerns of dealing with language barriers and cultural differences so patients only have to concentrate on healing," explained Lesley Lehwald-Verron, the lead patient liaison for ERMIC in Heidelberg. "Being in a foreign nation hospital can be overwhelming for some. Not only is there a language barrier, but there are also differences in a German hospital that Americans don't expect. Liaisons are there simply to overcome those issues and to help make the stay for the patient be as hassle-free as possible."

Lehwald-Verron, who has been a patient liaison since pretty much the beginning of the program in 1995, suggested patients visit the ERMIC Web site and download the program brochure, which details the services patient liaisons offer and what patients can expect in host nation hospitals.

"Simply put, we are here for the patients. Patient liaisons visit every American patient each duty day, and they will also ensure that patients have information on how to contact the patient liaison during non-duty times. A patient liaison

is on call in every community for emergencies after hours and on weekends. Americans under care in host nation hospitals may contact a patient liaison any time for assistance," she said.

Lehwald-Verron said patient liaisons offer the dual benefit of fluency in language and medical terminology.

"All patient liaisons are fluent in English and the host nation language, and since they have a general understanding of health care terms and practices, they can assist patients when talking to hospital staff or administration," she said.

As referral to host nation care has grown, so has the number of liaisons available to assist Americans. Many actually work full time in commonly frequented medical facilities in the host community.

The patient liaison staff serving the Heidelberg community recently increased to six, and Lehwald-Verron said a patient liaison has been permanently embedded during the work week in two local facilities in which Americans routinely receive care – the Heidelberg University Hospital Kopfclinik and the Krankenhaus Schwetzingen.

One family in Heidelberg said they are extremely grateful for the support and relationship-building skills of the patient liaison that helped them through a recent experience getting care in a local hospital.

Deb Hickens' 17-year old daughter, Jessica, recently underwent major hip surgery. Hickens said she assumed that after the surgery her daughter would be prescribed pain medication, but found that German doctors often prefer holistic approaches to pain management rather than prescribing medication, especially for young patients.

"There are just some things we're used to or that we take for granted in the States, that are definitely different over here," Hickens said. "I don't know what we would have done without our patient liaison, who helped bridged that



Sgt. Daniel J. Nichols

Dr. Juergen Hanke (left), chief of obstetrics at the Sankt Elisabeth Klinik in Heidelberg, discusses options for health care at the clinic with expecting parents Christina McClintock and Sgt. 1st Class Robert McClintock of the U.S. Army Europe human resources division, during their first appointment at St. Elisabeth's, Nov. 3. Monika Place, a patient liaison with the Heidelberg Medical Department Activity (second from left), assisted the couple during their appointment.

gap for us. I am truly grateful to her. She handled everything quickly and professionally."

"Our choice was to let our daughter have suitable pain medication, yet we were having difficulty convincing hospital staff. As soon as I explained the situation to our patient liaison, Ms. Gabriele Aupke, she got in touch with our doctor and resolved everything quickly," Hickens explained.

As the patient liaison program has grown over the years, Lehwald-Verron said, she has seen a positive relationship develop between the American and German medical communities.

"The idea of the permanent liaison position and increased staff also helps to increase the comfort level of both sides. Our presence is certainly welcomed by hospital staff and medical personnel alike," she said.

Dr. Juergen Hanke, chief of obstetrics at the Sankt Elisabeth Klinik in Heidelberg, agrees.

"The patient liaison program helps in so many ways. I think there would be so many more objections and concerns between the Americans and us if it were not for the liaison," he said.

Hanke, who said he has seen many American clients and patient liaisons in his 10 years at St. Elisabeth's, called the liaison program a benefit

**"Our goal is to have the patient just focus on healing, and not to worry about any billing or any other issues while at a host nation hospital."**

—Lesley Lehwald-Verron, ERMIC Patient Liaison

for doctor and patient alike. "It really does make the patient more comfortable, and it makes my job so much easier. For example, there are different procedures for registering the birth of an American child, and we're not so up-to-date on the requirements, so the patient liaisons can help guide the new mother to make sure everything is done properly. With less worries, patients and doctors can concentrate on health care."

Lehwald-Verron said liaisons are dedicated to helping their patients and encouraged those seeking treatment in host nation facilities to call them for whatever assistance they need.

"Our goal is to have the patient just focus on healing and not to worry about any billing or any other issues while at a host nation hospital," she said. "We are here for whatever they need, and they can call us any time, even after duty hours. We often answer questions with nurses or other staff over the phone for patients. We also can help patients out with any translation or billing questions

for follow-up care or other type of office calls."

ERMIC is working to expand the liaison program to provide more services to beneficiaries, and plans to implement a host nation patient liaison outpatient pilot program in the coming months, said Dr. Evan Steil, ERMIC Clinical Operations staff member who manages the Host Nation Patient Liaison program.

"That plan specifies hiring 20 additional liaisons to assist beneficiaries who request support for initial outpatient visits, pre-operative visits for surgery and possibly other significant procedures such as radiologic intervention or obstetric assessments which are done in the outpatient setting at a host nation hospital or clinic," Steil said.

Other services, such as language aids, medical document translation, and guidance in finding and using local host nation health facilities, are available online at the ERMIC Web site, <http://ermc.amedd.army.mil>, and through installation clinics and TriCare service centers.



# 18th MP Soldiers participate in German army change-of-command at Castle Schleissheim in Munich

By Spc. Adrienne Killingsworth  
18TH MP BRIGADE PUBLIC AFFAIRS

A platoon and a three-Soldier color guard from the 527th Military Police Company, 709th MP Battalion, 18th MP Brigade had the privilege of participating in a Feldjaeger change-of-command ceremony Nov. 2 at Castle Schleissheim in Munich.

Command of Feldjaeger Battalion 451 was passed from German Lt. Col. Kai Hadlich to German Lt. Col. Thomas Speck.

Feldjaegers are the German equivalent of U.S. Army military police. The U.S. and German forces have created a tradition of working closely with one another, a tradition which was strengthened with the participation of MPs in the Feldjaeger ceremony.

The ceremony was presided over by German Brig. Gen. Johann Berger, deputy commander, Defense Command IV, and attended by members of the royal family of Bavaria, 18th MP Brigade leadership, former commanders of Feldjaeger Battalion 451, friends, family and political and business representatives from the local community.

With a level of pageantry unique to German ceremonies, the scene of the event – the garden of Castle Schleissheim – was made more grand by the many traditional German elements that were a part of the ceremony.

The bold and decorative uniforms of the Royal Bavarian (Infantry) Household Regiment stood out prominently through the morning



Capt. Maryn Crighton

Members of the Royal Bavarian (Infantry) Household Regiment take their places at the change-of-command ceremony for Feldjaeger Battalion 451 at Schleissheim Castle in Munich Nov. 2. Soldiers from the 527th Military Police Company, 709th MP Battalion, 18th MP Brigade, a sister unit to the Feldjaeger Battalion, also participated in the ceremony in honor of the long-standing partnership between the MPs and the Feldjaegers.

fog with their striking colors and ornate decorations.

Also adding to the distinctiveness

of the ceremony was the presence of a civilian salute battery dressed in traditional garb, who carried traditional, large-caliber, Bavarian guns, which they used at the end of the ceremony to render honors.

A German armed forces band from Garmisch-Partenkirchen also dressed in traditional clothes and provided performances during the ceremony's marches and national anthems.

For the U.S. service members in attendance, despite the many differences between a U.S. and a German ceremony, there were elements noticeably shared by the two services.

The passing of the unit's colors from Berger to the incoming commander was a familiar sight, as was the pass and review of the troops by the outgoing and incoming commanders.

For the Soldiers of the 527th MP Company, this ceremony was a unique opportunity to stand beside their counterparts and strengthen the partnership between U.S. and German forces while joining together in recognizing the accomplishments that have been made with past leadership as well as those to come under the new leadership.

Following the ceremony, a reception was held inside the castle where MPs and Feldjaegers were able to interact with one another less formally and where Col. Thomas Evans, the 18th MP Brigade commander, presented Hadlich with a plaque in appreciation of the partnership Hadlich has helped to maintain between the Feldjaegers and the American military police.

## Thanksgiving Meals at Local Dining Facilities

### Heidelberg

**Health Center DFAC** – 11 a.m.-2 p.m. Nov. 20 on Nachrichten Kaserne. All community members are invited. The price for service members receiving separate rations, civilian staff and guests and family members of E-5 and above is \$7, and family members of E-1 through E-4 is \$5.95.

**V Corps DFAC** – 11:30 a.m.-2 p.m. Nov. 26 on Patton Barracks. All customers pay \$7 per meal. Family members of pay grade E-4 and below pay \$5.95.

### Kaiserslautern

**212th Combat Support Hospital DFAC** – 11 a.m.-1 p.m. Nov. 24 in Bldg. 1206 on Miesau Army Depot. Customers pay \$7 per meal. Family members of pay grade E-4 and below pay \$5.95.

**Landstuhl Regional Medical Center DFAC** – 11 a.m.-1:30 p.m. Nov. 26. All customers pay \$7 per meal. Family members of pay grade E-4 and below pay \$5.95.

**Patriot Gardens** – 11 a.m.-3 p.m. Nov. 26 in Bldg. 163 on Rhine Ordnance Barracks. All customers pay \$7 per meal. Family members of pay grade E-4 and below pay \$5.95.

**Clock Tower Café** – 11 a.m.-3 p.m. Nov. 26 in Bldg. 3206 on Kleber Kaserne. Customers pay \$7 per meal. Family members of pay grade E-4 and below pay \$5.95.

**Lindberg Hof DFAC** – 11 a.m.-1 p.m. and 4-5:30 p.m. Nov. 26 in Bldg. 2791 on Kapaun Air Station. This dinner is open to all military enlisted ranks, retirees and their families. Family members of E-4 and below will not have to pay the surcharge, 33 percent of the meal cost. Prices vary depending on customers' meal selections.

**Rheinland DFAC** – 10:30 a.m.-1:30 p.m. Nov. 26 in Bldg. 2107 on Ramstein Air Force Base. This dinner is open to all military enlisted ranks, retirees and their families. Family members of E-4 and below will not have to pay the surcharge, 33 percent of the meal cost. Prices vary depending on customers' meal selections.

### Mannheim

**Sullivan Barracks DFAC** – 11:30 a.m.-3 p.m. Nov. 26 in Bldg. 45 on Sullivan Barracks. All customers pay \$7 per meal. Family members of pay grade E-4 and below pay \$5.95. The Sullivan DFAC is open for this meal only on Thanksgiving Day.

**Coleman DFAC** – 11:30 a.m.-3 p.m. Nov. 26 in Bldg. 230 on Coleman Barracks. All customers pay \$7 per meal. Family members of pay grade E-4 and below pay \$5.95.

USAG BADEN WÜRTTEMBERG

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## ACS offers POWER class to help relieve caregiver burnout

### Staff Report

Heidelberg Army Community Service offered a new workshop for the first time Nov. 4 to focus on the importance of recognizing caregiver burnout.

The POWER, or Providing Outreach While Enhancing Readiness, class provides caregivers an opportunity to explore ways to rejuvenate themselves through self-care.

The course is designed as self-help training for caregivers struggling with the demands of providing warrior and family support.

Anyone who cares for Soldiers is welcome to attend the course – this includes medical and non-medical personnel, family readiness group leaders and even spouses taking care of their family at home.

“Resiliency is the ability of people to quickly return to normal by bouncing back from the ups and downs of life, and this workshop provides tools necessary to help sustain and enhance our community’s readiness by focusing on the whole-person concept of our caregivers,” said Anissa Mayfield, ACS outreach coordinator.

During the workshop, participants assess their current level of compassion fatigue, gain an understanding of the whole-person paradigm, and receive tips for weekly planning.

“These individuals are a tremendous asset to the community, and we help them by ensuring they take time to care for themselves,” Mayfield said.

Additional POWER workshops will be offered for any ID card holders who are struggling to provide support for the service member in their family 8 a.m.-noon Jan. 25-26 and March 29-30.

Register online at [www.mwrgermany.com/HD/acs](http://www.mwrgermany.com/HD/acs) or call DSN 370-6883, civ. 06221-57-6975.

## Brigade shares American tradition with German officials

By Ina Stiewitz

USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

As a gesture of friendship with its host city, Headquarters and Headquarters Company, U.S. Army NATO Brigade hosted a joint Thanksgiving lunch with the lord mayor of Schwetzingen and other German officials on Tompkins Barracks Nov. 13.

“The purpose of our joint luncheon is that we developed a friendship with the city of Schwetzingen,” said Capt. Ryan Donald, HHC commander. “And we are developing a partnership with the German military unit 7./ABC Abwehrregiment 750.”

Schwetzingen’s Lord Mayor Dr. René Pörtl, his wife Stefanie, First Mayor Dirk Elkemann, the lord mayor’s assistant Sabrina Ranzinger, German teacher Jennifer Lind, who has been attending the Christmas tree lighting ceremony with her elementary school students for many years, and company commander of the 7./ABC Abwehrregiment 750, Bruchsal, Capt. Rico Genth, were invited for the first time to the brigade’s Thanksgiving lunch.

“Thanksgiving is a time to give out thanks and we are truly thankful for our host country and host city and all their



Ina Stiewitz

Col. Leah Fuller-Friel, U.S. Army NATO Brigade commander, passes out ham to children of Headquarters and Headquarters Company, USANATO Brigade, employees during their Thanksgiving lunch on Tompkins Barracks.

support,” said Col. Leah Fuller-Friel, commander, USANATO Brigade, in her welcoming remarks.

Soldiers, civilians, family members and local nationals working for the brigade, volunteered to bring food for the Thanksgiving buffet.

“It’s a nice and good opportunity to get everybody together,” said Master Sgt. Russell Paradis. “It helps to build the bond between the local communities and our brigade.”

Referring to an old tradition, Fuller-Friel along with Donald, Paradis and some civilian employees passed out turkey, ham and side dishes to their guests, which included Maj. Gen. Byron S. Bagby, USANATO deputy commander and U.S. Army Europe chief of staff.

“Bringing nations together definitely helps to improve a relationship,” said Genth about this event.

The improvement of relationship was also the reason for an open seating arrangement, Donald said.

“We wanted to make this lunch an informal event with families, Soldiers, civilians and guests interacting with each other,” he added.

“It really means something special to us that we are allowed to meet them here for their Thanksgiving lunch,” Pörtl said. “We appreciate the NATO Brigade’s very personal gesture.”

Pörtl added that he mostly enjoyed the mixed seating, which set aside rank segregation and supported the feeling of a family event.

For the HHC, USANATO Brigade, this event also led in the holiday season and set a prelude to the brigade’s traditional Christmas tree lighting Dec. 2, where Sankt Nikolaus will be a guest for the first time this year.

## National Day of Mourning



Christine June

Senior Airman Gabriel Rosa, 86th Airlift Wing’s 1st Combat Communications Squadron, and Spc. Ricardo Montelongo, U.S. Army Garrison Kaiserslautern, present the Kaiserslautern military community’s wreath during the German National Day of Mourning ceremony Friday at the Soldiers’ Monument in the Kaiserslautern Cemetery. More than 150 people from several different nationalities attended the event. The National Day of Mourning, or Volkstrauertag, is a public holiday in Germany observed two Sundays before the first Sunday in Advent. This German holiday is similar to the United States’ Veterans Day except that it commemorates all victims who died during wars. It was first observed in Germany in 1952. The city of Kaiserslautern and the German Association of War Graves have held the Volkstrauertag wreath-laying ceremony at the Soldiers’ Monument in the Kaiserslautern Cemetery for 25 years. The ceremony usually consists of about 10 wreath presentations, one of which is from the KMC where an Airman and Soldier will present the wreath and alongside an Air Force and Army officers will render a salute. The U.S. Army Garrison Kaiserslautern has participated in this ceremony since it was established in 1992.

## COMPASSION

continued from page 1

Compassion International advocate who lives in the Heidelberg military community. "I didn't know much about Uganda, and I had expected to see children with flies all over them and who are very sick – I was expecting to see a lot of poverty."

But instead, Rhyne and her daughter saw flourishing and thriving children.

"They were poor, definitely, but they had light in their eyes," said Rhyne as she explained that they went with a group of 12 other Compassion sponsors to visit the Ugandan Compassion office, and spend time at a child survival program, a school, and an orphanage during a five-day stay in and near Kampala in September.

Compassion International, founded in 1952 from the despair of the Korean War, started by helping and nurturing 35 orphaned children in South Korea. Today, Compassion helps more than 1 million registered children in nearly 5,000 child development centers in 25 developing countries.

"It's been a really great way for our family to learn about what life is like in another country – to get a little glimpse of life outside of what we live here in the developing world," she said. "Being in the military and moving so much makes you become a little bit numb to the needs of the people around you. We've enjoyed the ability to be able to reach out and make a difference and get a little bit outside of ourselves through this ministry."

The Christian child development ministry works strictly through local churches, which are trained for up to two years to be able to work with children in their communities. The organization focuses on

releasing the poorest children of a family from their spiritual, emotional, social and economic poverty and provides opportunities for them to be healthy.

"Instead of just maybe fixing their water or putting a playground in, they are working at the heart issues of the child," Rhyne said. "Many organizations work to build maybe a playground, but that doesn't ultimately change the heart and mind of someone who has no options in life."

Every Saturday, sponsored children go to a center, where they can play and they are trained certain skills. The center keeps a file on every child, documenting his social skills, health, measurements and weight, immunizations, school performance, and other things that affect the child's life.

As the child grows, he will learn to step out of the cycle of poverty that is passed on from generation to generation.

"If you have one child that has a uniform and can go to school, the whole family is benefitting from this child learning to read and to write, and becoming stronger with their self-esteem," Rhyne said.

While in Uganda the Rhynes spent three days with a group of Ugandan college students, who previously were Compassion-sponsored children and are now working with the organization and its leadership program.

"One of the most impacting things was to meet the grown college students that were now giving back to their communities – planning to do so as they graduated (from school)," Rhyne said.

A few students shared their "horrible" family stories and how Compassion helped them to overcome poverty while Rhyne and her daughter

**"The whole time I realized that perhaps I was getting a little taste of what it feels like to sleep in one of these metal beds and to have a mosquito net over my bed and to be concerned more about the details of what these children and families are dealing with on a regular basis (than what will happen to us tomorrow)."**

—Jeanette Rhyne, Compassion International Advocate

helped them to build a kitchen of mud in the house of a sponsored child.

"I realized that being a sponsor is the easy part," she said. "The people who work in the country with the children within the communities, they are the champions."

As a sponsor, Rhyne provides \$38 a month, writes letters to her sponsored children, and sends additional money or small gifts on special occasions to the respective Compassion office. In return, she receives updates on her children's development and letters from her children.

In addition to the Rhynes, Chaplain (Capt.) Griffith, Protestant chaplain at Patrick Henry Village Chapel, said there are other families in the community who also serve as Compassion sponsors.

"God has blessed many of the members of our congregation with steady finances even during this time of economic instability," Griffith said. "It is part of our service to the Lord Jesus Christ to show compassion to the needy. The PHV Protestant congregation feels this program is one more way we can show the love of Christ to someone in dire circumstances."

Because of support from these members of the Heidelberg community and sponsors around the world, Compassion is able to work with mothers of infants and pregnant mothers through a child survival pro-

gram. They help women with prenatal care, care for their baby, and provide nutrition and hygiene assistance.

"When we went to (the child survival) project, we were greeted by a group of women holding babies that looked healthy and clean," Rhyne said. "You could tell, they knew we were coming, and they wanted to be proud."

Before Compassion came to that village, it was a slum area and many children were dying. Since Compassion started supporting these mothers, 41 babies were born and only one was lost.

"What was impacting to me that day is that these mothers are not feeling so desperate," Rhyne said. "They are feeling hopeful for their children."

On day four of the Rhyne family's intended nine-day stay, violence broke out near their hotel. Because of the danger, they had to stay in a Compassion-assisted orphanage overnight. According to Rhyne, the children were thrilled to have visitors. Rhyne and her daughter slept together with all children in the dormitory.

"The whole time I realized that perhaps I was getting a little taste of what it feels like to sleep in one of these metal beds and to have a mosquito net over my bed and to be concerned more about the details of what these children and families are dealing with on a regular basis (than what will happen to us tomorrow)."

The violence caused Rhyne and her daughter to depart earlier, which also did not allow them to meet their sponsored child, Rachel. "Although we couldn't meet our sponsored child, we came back more encouraged about what we are doing with sponsorship," Rhyne said.

With the support of her husband, Chief Warrant Officer 4 David Rhyne, executive officer with U.S. Army Europe's Army Flight Operations Detachment, she plans to go back to Uganda in the near future to finally meet Rachel.

One thing Rhyne realized during her trip is that "being poor is more than a lack of food and a lack of clothing – it's a lack of options."

She hopes by giving some of what her family has to help these children will provide them with more options.

"I appreciate the work of the folks here in the (PHV) Chapel in supporting these children," Griffith said. "It has been a hallmark of this congregation that they try to find new and unique ways to reach people with the Gospel of Christ, and certainly demonstrating the love of Christ through compassionate giving opens that door."

Information packets on the Compassion International program are available at PHV and MTV chapels. For detailed information, e-mail [jeanette\\_rhyne@yahoo.com](mailto:jeanette_rhyne@yahoo.com) or visit [www.compassion.com](http://www.compassion.com).



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Capt. Dustin Snare blows the Ghallarhorn, a Nordic war horn, kicking off the game between the Minnesota Vikings and the Detroit Lions during the viewing party on Contingency Operating Base Basra, Iraq, Sunday. Snare is the battle captain for the 34th Infantry Division's operations section.

Spc. Samuel Soza

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U.S. Air Force Tech. Sgt. Francisco V. Govea II



Frank Schleehuber

An all-female 5th Signal Command color guard stands at attention during a ceremony in Wissembourg, France, on Armistice Day, Nov. 11, which marks the end of World War I. The date was a national holiday in many of the former allied nations to allow people to commemorate those members of the armed forces who were killed during war. After World War II, it was changed to Veterans Day in the U.S.



Sgt. Jonathan Pruett

(Above) An Afghan man and boy travel the streets while Soldiers conduct a patrol in Arghandab, Afghanistan, Nov. 7. The Soldiers are assigned to 2nd Infantry Division's Company C, 1st Battalion, 17th Infantry Regiment, 5th Brigade.

(Left) Georgian troops advance toward a small group of insurgent role-players during platoon-level situational training exercise lanes at exercise Immediate Response 2010 in the Vaziani Training Area, Republic of Georgia. In these platoon training lanes, Georgian and U.S. platoons trained separately on the same techniques, tactics and procedures before merging into a joint company to train side by side. Immediate Response 2010 is a bilateral U.S. and Georgian exercise.

## WARRIOR ZONE

continued from page 1

computer game tournaments, watch sports on TV, watch movies, work on their education, or communicate with their families at home, play arcade games, or spend their weekends in the club room with disc jockeys or live bands.

According to Rosarius, the Better Opportunities for Single Soldiers program will also have a part in the Warrior Zone's activities.

"In conjunction with BOSS, we are planning to have something like an 'open mic' – the idea of getting Soldiers together to play music and maybe form a band," Rosarius said. "We have a lot of musicians out there."

"This facility enhances the former Slapshots," Santaliz said. "As a non-enduring installation, we will be providing the same services and opportunities for Soldiers as an enduring installation does. We are trying to have a place for Soldiers where they can go to."

The new, spacious facility being decorated in friendly, bright colors, will offer an alternative to the Soldiers' barracks and "the most special thing about the Warrior Zone is, that everything is free," Rosarius said.

## McQuiston receives second star



21st TSC Photo

Gen. Carter F. Ham, the commanding general of U.S. Army Europe and 7th Army, administers the Army Officer Oath of Service to newly promoted Maj. Gen. Patricia E. McQuiston, the commanding general of the 21st Theater Sustainment Command, during the promotion ceremony in which she received her second star. The ceremony was held at the gymnasium on Kleber Kaserne Nov. 10. McQuiston has been the commanding general of the 21st TSC since Aug. 20.

## TRAINERS

continued from page 1

an MRT in every unit down to company level. We are working with Installation Management Command and Army Community Service to get the training down to the family readiness group level," Massey said.

Each MRT works for and reports to his unit commander, he said. At the brigade level, MRT duty is a full-time position, similar to the unit's equal opportunity advisor. At lower echelons, the position will be assigned as an additional duty.

The USAREUR surgeon's office will oversee the unit programs, ensuring they receive the resources do their jobs, as well as make the MRT program available to family members and civilian employees, Massey added. They will also work with other USAREUR staff agencies to measure the effectiveness of the program.

He stressed that the MRT NCOs are not counselors or health care providers. As one of the person-to-person facets of the Army's Comprehensive Soldier Fitness program, they will be able to talk with Soldiers as part of their unit's resiliency training program.

The Army's CSF program is designed to build resilience

in all members of the Army community – Soldiers, Family members and civilian employees – by developing five dimensions of strength: physical, emotional, social, spiritual and family.

"This is one of the first programs that targets what is already OK and (makes) it better," Massey said. "Many of our current programs target a segment of our population that has previously been identified with a problem. This program looks at the whole person, with the goal to improve performance."

"The Army has realized total fitness is much more than just physical fitness. It's about total wellness and fitness, building strength and resiliency in our Soldiers, families, civilians and retirees," said Col. Jeffrey Dill, U.S. Army Garrison Wiesbaden commander, in the Oct. 8 edition of the Herald-Union newspaper. "The simple message is (that) everyone benefits from it. It's about our health and well-being, building our inner strength and our resiliency, our ability to deal with hard times."

The first USAREUR unit MRTs – Master Sgt. Marvin Henley of 1st Armored Division; Sgt. 1st Class David Hooks of 21st Theater Sustainment Command; Sgt. 1st Class Michael Bradley of 2nd Stryker Cavalry Regiment; and Sgt. 1st Class Daniel Stoner of 18th Military Police Brigade – will design, implement and sustain their units' resiliency training programs, Massey said.



with life's challenges positively and optimistically with self-control, stamina and good character.

•Social: building and sustaining relationships with friends that are personally fulfilling and include good communication.

•Spiritual: building sets of beliefs, principles or values.

•Family: being a member of a supportive and loving family living in a safe, healthy and secure environment.

The survey was created by experts from the U.S. military and civilian universities. CSF program officials say it is not a diagnostic tool, but rather a way for a person to visualize performance growth based on changes in training, experience and maturity. The Army course was adapted from a civilian program designed for teachers that was reworked to meet the experiences and needs of the military community.

Once the GAT is completed, each taker receives an immediate confidential online assessment of his strengths or weaknesses in each of the four areas. Alongside the assessment scale are links to training modules that offer strategies and tools for further self-assessment and positive

approaches to situations that can challenge resiliency and well-being.

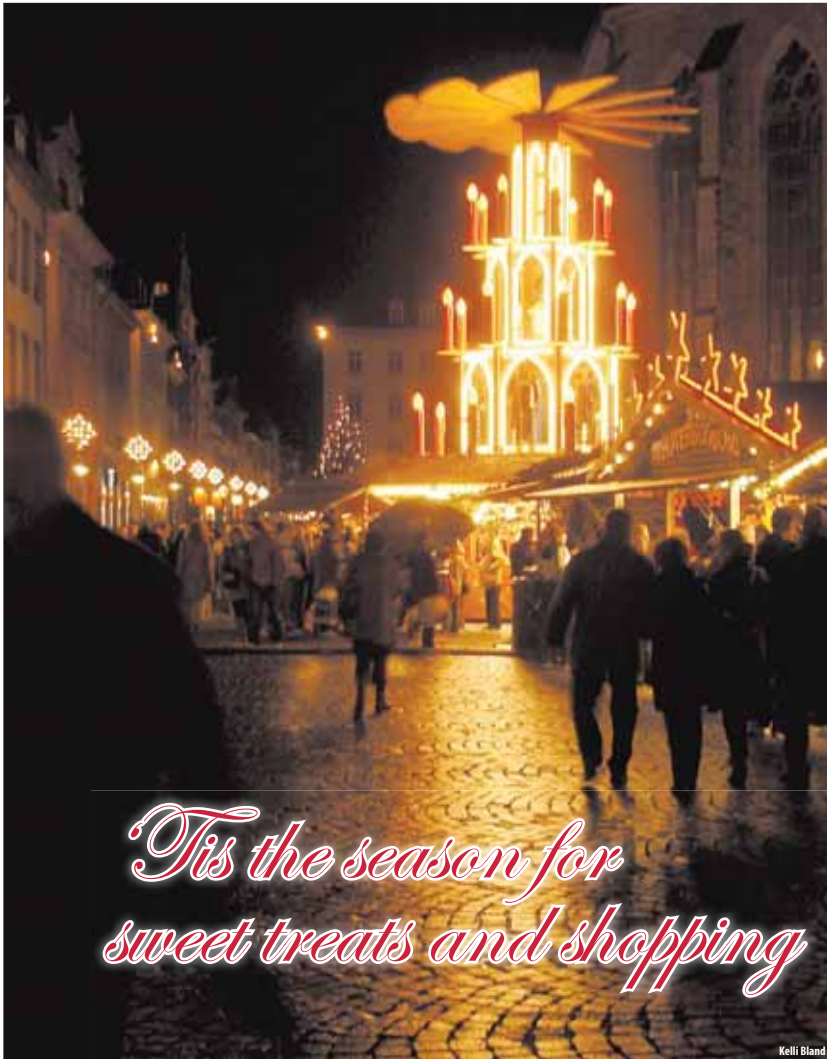
CSF program officials say Soldiers will take the 175-question online survey several times over the course of their careers to chart their resiliency and progress. Unit leaders will be able to view their unit's overall strengths, but will not be able to see an individual Soldier's assessment, nor use the results as criteria in selecting Soldiers for promotion, command assignments or schooling.

Soldiers are required to take the survey. Civilian employees and family members will be given an opportunity to complete the survey as the program develops.

"Being 'Army Strong' is more than just being physically fit," said Brig. Gen. Rhonda Cornum, the Army's CSF program director. "We're not just preparing Soldiers for the battlefield. We're preparing them for life. We're changing the culture of the Army with this program by training to enhance psychological health and fitness as we have always done with physical health. We are elevating mental fitness to the same level where we have held physical fitness."

For more information about the Army's CSF program, go to [www.Army.mil/csf](http://www.Army.mil/csf).





## Christmas markets ring in the holiday season all over Germany

In Germany, Christmas markets are one of the special events taking place during the pre-Christmas time, also known as Advent. German Christmas markets are unique, not only because of their romantic atmospheres but also because of their offer – craftwork of real quality.

The history of Christmas markets goes back to the 14th century. After farmers and workers had sold their crop, they paid their workers. After attending worship services during Advent, those workers spent their money at little markets set up around the church. Besides all kinds of handicraft work, sweets and toys were the most common items offered.

This tradition still exists today. Vendors sell Christmas items in their wooden booths and houses decorated with fir tree garlands and light bulbs.

Shoppers can find ideas for Christmas gifts such as wooden toys, puppets, handmade pottery, handcrafted leather items, candles, jewelry and much more.

Typical smells in the alleys of a Christmas market are roasted chestnuts, cinnamon waffles and bratwurst. A famous winter drink is the "Glühwein," heated mostly red wine spiced with cloves and cinnamon sticks, which is served in the respective Christmas market cup.

Most Christmas markets feature daily activities with musical entertainment and appearances by Sankt Nikolaus.

Find out more on German Christmas markets at [www.germany-christmas-market.org.uk](http://www.germany-christmas-market.org.uk).

Kelli Bland

### Where to Find Romantic Christmas Markets Throughout Germany

Aachen (Markt) Nov. 23-Dec. 23  
 Alzey Nov. 23-Dec. 20  
 Ansbach (Sebastian.-Bach Platz) Nov. 29-Dec. 23  
 Aschaffenburg (Marktplatz) Nov. 26-Dec. 22  
 Augsburg (Rathausplatz) Nov. 23-Dec. 24  
 Bad Duerkheim (Kurpark) Nov. 26-Dec. 20 (Thursdays through Sundays)  
 Bad Kreuznach Nov. 29-Dec. 9  
 Bad Wimpfen (Marktplatz) Nov. 27-Dec. 13 (Weekends only)  
 Baden-Baden (Kurhaus) Nov. 26-Dec. 27  
 Bamberg (Maxplatz) Nov. 26-Dec. 23  
 Bayreuth (Marktplatz) Nov. 27-Dec. 23  
 Berlin (Alexanderplatz) Nov. 26-Dec. 26  
 Bernkastel-Kues (Alter Marktpl.) Nov. 21-Dec. 20  
 Bingen (Bgm.-Neff-Platz) Dec. 11-Dec. 13  
 Bitburg (Stadt Ctr) Nov. 27-Dec. 23  
 Cologne (Dom-Cathedral) Nov. 20-Dec. 23  
 Cologne (Chocolate Museum) Nov. 30-Dec. 23  
 Darmstadt (Marktplatz) Nov. 23-Dec. 23

Deidesheim (Marktplatz) Nov. 27-Dec. 20 (Weekends only)  
 Dresden (Altmarkt) Nov. 26-Dec. 24  
 Eisenach (Marktplatz) Nov. 23-Dec. 23  
 Gengenbach (Stadt) Nov. 30-Dec. 23  
 Heidelberg (Karlsplatz) Nov. 25-Dec. 22  
 Heppenheim (Grosser Markt) Dec. 5  
 Idar-Oberstein (Castle) Nov. 28-Nov. 29  
 Kaiserslautern (Stiftskirche) Nov. 23-Dec. 22  
 Karlsruhe (Marktplatz) Nov. 26-Dec. 22  
 Koblenz (Jesuitenplatz) Nov. 20-Dec. 22  
 Kulmbach (Marktplatz) Dec. 11-Dec. 20  
 Ladenburg (Marktplatz) Nov. 27-Dec. 20 (Weekends only)  
 Ludwigshafen/Rh. (Berliner Pl.) Nov. 20-Dec. 22  
 Mainz (Domplatz) Nov. 26-Dec. 23  
 Mannheim (Wasserturm) Nov. 25-Dec. 23  
 Maulbronn (Klosterhof) Dec. 5-Dec. 6  
 Michelstadt (Stadt) Nov. 27-Dec. 20  
 Miltenberg (Engelplatz) Nov. 27-Dec. 20 (Weekends only)

Munich (Marienplatz) Nov. 27-Dec. 24  
 Neckarsteinach (Stadt) Nov. 28-Nov. 29  
 Neustadt (histor. Marktplatz) Nov. 23-Dec. 21  
 Nuernberg (Hauptmarkt) Nov. 30-Dec. 24  
 Quedlinburg (Markt) Nov. 27-Dec. 20  
 Regensburg (Neupfarplatz) Nov. 26-Dec. 23  
 Rothenburg o.d.T. Nov. 20-Dec. 22  
 Ruedesheim Nov. 23-Dec. 23  
 Schwetzingen Dec. 3-Dec. 20 (Weekends only)  
 Speyer (Maximilianstrasse) Nov. 26-Jan. 6  
 Stuttgart (Marktplatz) Nov. 25-Dec. 23  
 Trier (Hauptmarkt) Nov. 23-Dec. 22  
 Tuebingen Dec. 11-Dec. 13  
 Weinheim Dec. 5-Dec. 20 (Weekends only)  
 Wernigerode (Marktplatz) Nov. 27-Dec. 22  
 Wiesbaden (Schlossplatz) Nov. 24-Dec. 23  
 Worms (Obermarkt) Nov. 23-Dec. 23  
 Wuerzburg (Stadt) Nov. 27-Dec. 23

## GERMAN COOKING

### Tropfkrapfen (Drop Donuts)

Serves: 10

#### Ingredients:

- 1/4 cup butter, softened
- 1 cup sugar
- 2 large egg yolks, beaten
- 1 large whole egg, beaten
- 4 cups flour, unbleached
- 2 teaspoons baking powder
- 1/4 teaspoon nutmeg
- 1/2 teaspoon baking soda
- 3/4 cup butter or sour milk
- confectioners' sugar

#### Directions:

- Cream the butter and sugar.
- Stir in egg yolks and whole egg - blend.
- In a separate bowl, sift all dry ingredients, except the confectioners' sugar
- Add dry ingredients to creamed mixture, alternating with buttermilk.
- Stir to mix all ingredients.
- Cook by dropping spoonfuls of dough into 375 degree F deep frying fat.
- Fry a few at a time, to keep fat temperature constant. Turn to brown on all sides.
- Drain on paper towels.
- Sprinkle with confectioners' sugar.

SOURCE: www.mygermanrecipes.com



DEAR MS.  
**Vicki**

Vicki Johnson is a military spouse and clinical social worker with more than 12 years experience working with families in crisis. To contact Ms. Vicki, e-mail her at [dearmsvicki@yahoo.com](mailto:dearmsvicki@yahoo.com).

#### Dear Ms. Vicki,

*I've been reading your column for about two years, so I'm sure you must have answered this question before. I won't complain or whine about my husband's upcoming deployment. I finally realized that know one wants to hear wives cry and moan about how many times our husbands are away, right?*

*But I believe you will understand my point and not judge me. This is will be my husband's fourth deployment in six and a half years. Yes, I will be glad when all of these wars are over, and I'm not blaming my husband for serving his country. To the contrary, I am very proud of him, but I am sick of deployments and sick*

*and tired of being alone.*

*My family would love to have me move up to New Jersey to be with them, and I want to go to. We have two children who could be around grandparents, aunts and uncles, and I also think we could save money, too. It's not that my husband objects, but he really wants us to stay here and not leave.*

*I don't know what to do, but I don't know how I can make it alone this time without anyone. I know they say depend on your FRG, but the FRG only goes so far. Yes, I have made some friends, but it's only so much they can do, too. I think I just need a change.*

*What do you think? Please write back soon because I need to make up my mind this month.*

*From: Wife Needing A Change  
Dear Wife,*

I don't think there is a right or wrong answer here. Yes, I totally understand what you are going through, and many other people hear you loud and clear.

Don't blame or beat yourself up because of the way you are feeling. I think whatever decision you make, the children should be considered first. I think it will be great if you can be near loving, supportive family members to help you and your children make it through this deployment, but saving money can't be the first issue. Your children must be first.

So make sure to check out a few

things first, like what community or neighborhood will you reside in and what are they like, and what are the schools like, will they attend good schools?

If you are currently residing on base, we must be honest with ourselves about this: living on base is safer than living in most communities, and the schools are never over crowded. At least that's never been an issue for my family.

Yes, your family and friends will be supportive, but you must still strategize and put together a plan of support, don't just take their words for granted. Many spouses have reported they moved home to be near family, and it turned out to be a nightmare.

Continue to talk with your husband about this decision. I'm sure you will do what right for your family.

#### Response to previous column:

*Dear Ms. Vicki,*

*Some of the women who write to you make me ashamed to call myself a woman. What's wrong with them? Like the woman last week. If she is scared because her husband cheated with a woman while he was deployed before, then why is she still staying with him? She is the fool not him.*

*She has the problem. Now she is blaming it on female Soldiers? Lady, please get real. Female Soldiers don't even want this man, especially if he had to pay for it.*

## EDIS recommends holiday gift ideas for young children

By Kristen Marquez  
HMEDDAC PUBLIC AFFAIRS

The holiday season is fast approaching, and that means decorations, parties and giving gifts to your special friends and family members.

If you're checking your list twice with gifts for the little ones this year, experts from the Heidelberg Medical Department Activity's Educational and Developmental Intervention Services urge you also to think twice about what you're giving to the smallest members on your holiday gift-list.

Bigger, flashier and more expensive is not always better, especially when it comes to young children. Armed with the right knowledge on what's actually best developmentally for children, you could have a successful, and inexpensive, holiday season.

"Traditional toys for children, such as letter blocks, crayons or anything that encourages parent-child interaction are always the best gifts you can give to children younger than 3," said Allyn McGrath, speech and language pathologist. "A child can learn much more from building a tower out of wooden blocks than he or she can learn from just pushing a button that makes a light flash on an electronic toy."

"By building with blocks, for example, the child learns concentration as they're trying to stack the blocks or problem solving if the blocks topple," said Julie Brannon, pediatric occupational therapist.

Gadgets with flashing lights and noises may seem

like an easy way to entertain children, but the truth is that any toy that fosters interaction with a parent will be much better for the child's development in the long run.

"Children learn while they play, so the best thing that parents can do for the little ones is to offer toys and activities that promote learning," said Terry Giglio, early childhood special educator. "If you are using the TV/DVD with your child, this is a perfect opportunity to participate in your child's learning. If there is dancing on the TV/DVD, parents can demonstrate movements and imitate words together with their child."

The old-fashioned toys you grew up with in yesteryear, such as bubbles, play dough or a shovel and bucket for a sandbox, may seem out of date compared to the whirling, noisy and bright toys on sale in department stores today.

However, sometimes simpler is better because it requires more of the child than simply pressing a button to get a response. These types of toys can also be much less expensive, and sometimes even homemade.

"It's really easy to find a recipe for play dough or homemade bubbles that your child will enjoy for hours," Dr. Tim Adams said.

Any time you're shopping for children, it's important to remember safety first. Toys for young children should be well-made, shatter-proof, easily cleaned, not electric or battery-operated and checked frequently for safety.

### Proper toys for children

#### Infants

Rattles, mobiles, play mats, mirrors, crib toys, infant swing, teething toys, busy boxes, squeeze toys, suction toys for high chairs

#### Toddlers

Blocks, stacking rings, large pegs and pegboards, shape sorters, ride-on toys, push-pull toys, stacking/nesting toys, balls, see-and-say toys, books, sand/water play, cars/trucks

#### Preschoolers

Blocks, beads and lacing, simple puzzles/mazes, shape sorters, stacking rings, pegs/pegboards, ride-on toys, trikes, various size balls, see-and-say toys, books, drawing/coloring (not coloring books), simple train set, cars/trucks, musical toys, cooking/kitchen sets, toss/catch games, carpenter's set/tools

According to the National Association for the Education of Young Children, when children play with hands-on toys, such as rattles, squeeze toys, balls, puzzles or beads, they're learning about how things work, and cultivating cooperation and problem solving skills.

Books and recordings help children appreciate words, literature and music. Art materials foster creativity and build skills that lead to reading, writing and appreciating beauty in life, while construction items such as blocks, building sets and wood-working supplies are excellent tools for children to learn about science and numbers.

For more information, contact EDIS at DSN 371-2738, civ. 06221-172738.

# GET OUT!

area events

More events online at <http://myBWnow.ning.com>

## November 20

**"A Fall Cabernet Cabaret"** – The Heidelberg Roadside Theater presents "A Fall Cabernet Cabaret" at Mannheim's Off Main Street Theatre on Coleman Barracks Nov. 20 and 21 at 7:30 p.m. DSN 373-5020, civ. 06221-175020.

**Mannheim Holiday Bazaar** – Through Nov. 22, there will be more than 40 international vendors with items such as antiques, rugs, paintings, crystals, ceramics and more at the BfV Sports Arena. Hours: 11 a.m.–7 p.m. Nov. 20-21 and 11 a.m.–5 p.m. Nov. 22. DSN 385-3169, civ. 0621-730-2342.

**Right Arm/Wingman Night** – Mannheim's Top Hat kicks-off the holiday season with the introduction of "Right Arm/Wingman Night" 5-7 p.m. All active-duty Soldiers and Airman are invited to grab their "Right Arm" or their "Wingman" and meet at the garrison club for food and fun in this esprit de corps event complete with a karaoke contest.

## November 21

**Hot Air Balloon Ride Over Heidelberg** – See the beautiful city of Heidelberg from the bird's eye view with Heidelberg Outdoor Recreation. Participants must be 12 years or older. \$295. DSN 388-9282.

**Valkenburg Caves, Netherlands/Aachen, Germany Christmas Markets** – Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

**Celtic Mass for the Sea Concert** – The Teresa Choir and the Teresa Orchestra will perform the Celtic Mass for the Sea at 7 p.m. Nov. 21 in the Christ Church in Heidelberg-Weststadt, and at 6 p.m. Nov. 22 in the Teresa Church in Heidelberg-Ziegelhausen. Advance tickets are €12 for adults, €8 for children and €30 for family: Ziegelhausen - Foto Hauck, Kleingemündstr. 37; Weststadt - Blumendekoration Schulz, Rohrbacherstr. 30; Altstadt/Stadt: - RNZ, Hauptstr. 23. [www.teresachor.de](http://www.teresachor.de).

## November 25

**Jazz concert** – Heidelberg's German American Institute (DAI) hosts an international modern jazz concert at 8:30 p.m. A well-rehearsed quartet in its prominent and seasoned cast meets the extraordinary trumpeter Alex Sipiagin from New York. Alex Sipiagin has made a name for himself in the modern jazz scene due to his membership in Michael Brecker's Quintet, the Dave Holland Band and Mingus Big Band. [www.dai-heidelberg.de](http://www.dai-heidelberg.de).

## November 26

**Thanksgiving Ski Holiday** – Head to Kaprun, Austria, through Nov. 29 with Heidelberg Outdoor Recreation. DSN 388-9282. Or head to Zell am See, Austria, through Nov. 29 with Kaiserslautern Army

Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

**Thanksgiving Luncheon** – Head to the Village Pavilion for a Thanksgiving Luncheon noon-4 p.m. Reservations only. Prices: Adults, \$23.95; Kids 6-12, \$11.95. DSN 388-9098, [villagepavilion@mwrgermany.com](mailto:villagepavilion@mwrgermany.com).

**Medieval Thanksgiving Dinner** – Step back in time to the age of royal courts. Join USO for a guided tour through the 1000-year-old Reichsburg of Cochem (Imperial castle) with a commanding view over the Mosel River. After the tour, the Lord of the Manor will welcome you with a goblet of Moselle wine. Servants and maids in period costumes pass you water to wash your hands so that you can eat with your fingers. Jesters in medieval outfits provide authentic music and entertainment. <http://affiliates.uso.org/rheinneckar>.

**Black Forest Thanksgiving Dinner** – Join the USO for Thanksgiving dinner in the Black Forest along with a glass factory tour and the opportunity to see and buy cuckoo clocks. <http://affiliates.uso.org/rheinneckar>.

## November 27

**Model Railroad Show** – Model Railroad Friends of Ladenburg extend an invitation to military community members to a special exhibit 9 a.m.–6 p.m. through Nov. 29 at Autohaus Ford Kohlhoff, Obere Riedstraße 117 - 119 in Mannheim. Covering a total surface of over 1,200 square meters, you will see a model railroad with approximately 800 meters of tracks.

## November 28

**International Bazaar of Luxembourg** – The 49th annual International Bazaar of Luxembourg will be held through Nov. 29 at the LuxExpo exhibition hall in the Kirchberg area just east of Luxembourg city. Organizations from more than 60 countries put on the bazaar to provide a wide array of national foods, groceries, drinks, merchandise and more. [www.bazar-international.lu](http://www.bazar-international.lu).

**Strasbourg Christmas Market, France** – Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

**Glacier Ski Express, Austria** – Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

## November 30

**Last Minute Shoppers' Mini Bazaar** – Find exquisite European treasures at the FMWR Mini Bazaar through Dec. 3, 9 a.m.–6 p.m. at the LRMC Heaton Hall Auditorium. DSN 493-4184, [www.mwrgermany.com](http://affiliates.uso.org/rheinneckar).

## December 3

**Our Country's Good** – The ESOC Theatre Group presents a play by Timberlake Wertenbaker at the Hoffart Theatre in Darmstadt through Dec. 5. Our Country's Good (performed in English) is set in the

late 1780s and tells the heart-rending story of British convicts and Royal Marines 'transported' to Australia to establish the first penal colony. The performance is suitable for mature audiences due to strong language and themes. Doors open at 6:30 p.m. for the 7:30 p.m. show. Tickets are €10 online or at the door. <http://ocg.eventbrite.com>.

## December 4

**"OLIVER"** – Based on the beloved Charles Dickens novel, this Tony Award-winning musical tale is full of pathos, drama and wonderful musical numbers. Young Oliver is an orphan in the streets of Victorian London. His ongoing adventures include meeting up with the Artful Dodger and the dastardly criminal, Fagin. "OLIVER" is a delightful holiday tale for the whole family. Performances will be held Dec. 4, 5, 11, 12, 18 and 19 and Jan. 8, 9, 15, 16, 22 and 23 at 7:30 p.m. and Dec. 6 and 13 and Jan. 10 and 17 at 3 p.m. at the Roadside Theater on Patton Barracks in Heidelberg. DSN 373-5020, [www.roadside.theater.com](http://www.roadside.theater.com).

**Comedy Show** – At 9 p.m., the Kazabra Club in Kaiserslautern will host a comedy show featuring Jesse Taylor and Meechie. The show will be followed by a Christmas After-Party, hosted by DJ "Big Money" with raffles and prize giveaways. Advance tickets can be purchased for \$20 at Kazabra Club, Armstrong's Club or FMWR One Stop. DSN 489-6000, [www.mwrgermany.com](http://www.mwrgermany.com).

**After Work Christmas Market, Trier** – Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

## December 5

**Handel's Messiah Concert** – The Heidelberg Chapel Community will present Handel's Messiah at 7 p.m. Dec. 5 in the MTV Chapel. Admission is free and doors open at 6:30 p.m. Civ. 06221-301269, [ed.matthiessen@kabelbw.de](mailto:ed.matthiessen@kabelbw.de).

**Bernkastel-Kues Christmas Market, Germany** – Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

## December 6

**A Christmas Carol** – The USO is hosting the American Drama Group Europe's performance of the classic tale, "A Christmas Carol" at 5 p.m. at the Village Pavilion in Heidelberg. Tickets are €15 for adults and €10 for students 6-18. Tickets: Mannheim civ. 0621-730-3195, Heidelberg civ. 06221-57-7924. <http://affiliates.uso.org/rheinneckar>.

## December 11

**Gospel Concert** – The USO and Volvo will host Randall Taylor and the Revelation Gospel Singers at the Village Pavilion in Heidelberg at 2 p.m. Civ. 0621-730-2082.

# coming to THEATERS

## SORORITY ROW

(Teri Andrzejewski, Adam Berry) Cassidy, Jessica, Claire, Ellie and Megan are sorority sisters and true-blue friends to the end – until a prank gone wrong resulting in Megan's demise. Rather than risk their futures by reporting the crime, the friends agree to cover it all up. Cassidy and company learn to regret their decision one year later when a stalker begins sending them videos of the night Megan died. Unfortunately for the sorority girls, the stalker doesn't intend to only send videos but to go after them and anyone who knows their secret. Rated R (strong bloody violence, language, sexuality, nudity, partying) 101 minutes

## THE TWILIGHT SAGA: NEW MOON

(Kristen Stewart, Robert Pattinson) In the second installment of Stephenie Meyer's phenomenally successful "Twilight" series, the romance between mortal and vampire soars to a new level as Bella Swan delves deeper into the mysteries of the supernatural world she yearns to become part of – only to find herself in greater peril than ever before. With more of the passion, action and suspense that made "Twilight" a worldwide phenomenon, "The Twilight Saga: New Moon" is a spellbinding follow-up to the box office hit. Rated PG-13 (some violence and action) 130 minutes

## PLAYING THIS WEEK

### Heidelberg, Patrick Henry Village

Nov. 19 - A CHRISTMAS CAROL (PG) 7 p.m.  
Nov. 20 - SORORITY ROW (R) 7 p.m.; 2012 (PG-13) 9 p.m.  
Nov. 21 - I CAN DO BAD ALL BY MYSELF (PG-13) 4 p.m.; SORORITY ROW (R) 7 p.m.; 2012 (PG-13) 9 p.m.  
Nov. 22 - I CAN DO BAD ALL BY MYSELF (PG-13) 4 p.m.; 2012 (PG-13) 7 p.m.  
Nov. 23 - WHITEOUT (R) 7 p.m.  
Nov. 24 - 2012 (PG-13) 7 p.m.  
Nov. 25 - SORORITY ROW (R) 7 p.m.  
Nov. 26 - PLANET 51 (PG) 5 p.m.; I CAN DO BAD ALL BY MYSELF (PG-13) 7 p.m.

### Mannheim, Schuh

Nov. 19 - I CAN DO BAD ALL BY MYSELF (PG-13) 7 p.m.  
Nov. 20 - A CHRISTMAS CAROL (PG) 7 p.m.  
Nov. 21 - A CHRISTMAS CAROL (PG) 4 p.m.; WHITEOUT (R) 7 p.m.; SORORITY ROW (R) 9 p.m.  
Nov. 22 - A CHRISTMAS CAROL (PG) 4 p.m.; SORORITY ROW (R) 7 p.m.  
Nov. 23 - WHITEOUT (R) 7 p.m.  
Nov. 26 - SORORITY ROW (R) 7 p.m.

### Vogelweh, Galaxy

Nov. 19 - EXTRACT (R) 7 p.m.  
Nov. 20 - A CHRISTMAS CAROL (PG) 7 p.m.  
Nov. 21 - A CHRISTMAS CAROL (PG) 3 p.m.; WHITEOUT (R) 7 p.m.  
Nov. 22 - A CHRISTMAS CAROL (PG) 3 p.m.; SORORITY ROW (R) 7 p.m.  
Nov. 26 - Special Showing: MADAGASCAR: ESCAPE 2 AFRICA (PG) 3 p.m.; SORORITY ROW (R) 7 p.m.

### Ramstein, Gateway Movieplex

Nov. 19 - INGLORIOUS BASTERDS (R) 11 a.m., 2 p.m., 6 p.m.; I CAN DO BAD ALL BY MYSELF (PG-13) 11:30 a.m., 3:30 p.m., 7 p.m.; EXTRACT (R) 2:30 p.m., 5:30 p.m.; Special Showing: ALVIN AND THE CHIPMUNKS (G) 12 p.m., 3:45 p.m., 6:30 p.m.  
Nov. 20 and 21 - 2012 (PG-13) 11:15 a.m., 2 p.m., 5:45 p.m., 8:30 p.m.; WHITEOUT (R) 12 p.m., 3 p.m., 6:15 p.m., 9 p.m.; SORORITY ROW (R) 11:30 a.m., 2:30 p.m., 7 p.m., 9:30 p.m.; Special Showing: ALVIN AND THE CHIPMUNKS (PG) 11 a.m., 3:45 p.m., 6 p.m., 8 p.m.  
Nov. 22 and 23 - 2012 (PG-13) 11:15 a.m., 2 p.m., 6:30 p.m.; WHITEOUT (R) 12 p.m., 3 p.m.; SORORITY ROW (R) 11:30 a.m., 2:30 p.m., 7 p.m.; Special Showing: ALVIN AND THE CHIPMUNKS (PG) 11 a.m., 3:45 p.m., 6 p.m.  
Nov. 24 and 25 - 2012 (PG-13) 11:15 a.m., 2 p.m., 6:30 p.m.; WHITEOUT (R) 12 p.m., 3 p.m.; Special Showing: ALVIN AND THE CHIPMUNKS (PG) 11 a.m., 3:45 p.m., 6 p.m.  
Nov. 26 - PLANET 51 (PG) 11 a.m., 3:45 p.m., 6 p.m.; THE TWILIGHT SAGA: NEW MOON (PG-13) 11:15 a.m., 2 p.m., 5:45 p.m.; THE INFORMANT! (R) 12 p.m., 3 p.m., 6:15 p.m.; HALLOWEEN 2 (R) 11:30 a.m., 2:30 p.m., 7 p.m.

## THEATER INFORMATION

Patrick Henry Village, Heidelberg, 06221-27-238  
Schuh Theater, Mannheim, 0621-730-1790  
Galaxy Theater, Vogelweh, 0631-50017  
Gateway Cineplex, Ramstein, 06371-47-5550  
Visit [www.aates.com](http://www.aates.com) for updated listings and more movie descriptions



## community HIGHLIGHTS

### Estate Claims

Anyone having any claims on or obligations to the estate of **Gloria Steed**, deceased DA employee, should contact Summary Court Martial Officer Cynthia Nuzzi at DSN 370-7204, [cynthia.nuzzi@eur.army.mil](mailto:cynthia.nuzzi@eur.army.mil).

Anyone having any claims on or obligations to the estate of **retired Lt. Col. Felix Pedraza**, deceased ROTC instructor at Heidelberg High School, should contact Summary Court Martial Officer Maj. Eric Ogborn at DSN 381-8104, [eric.ogborn@eur.army.mil](mailto:eric.ogborn@eur.army.mil).

### AER Scholarships and Assistance

Various scholarships and educational assistance programs are available through the Army Emergency Relief program. The deadline for most 2010-2011 applications is March 1. [www.aerhq.org](http://www.aerhq.org).

### CMR Package Notification

CMR customers can now be notified via e-mail when they receive packages at the CMR. Visit your local CMR to provide your name, box number and e-mail address to begin the service.

### Holiday Mail Deadlines

To ensure your packages make it in time for the holidays, note the following mailing deadlines: SAM parcels - Nov. 27; PAL parcels - Dec. 4; Priority Parcels and First Class letters - Dec. 11; Express Mail - Dec. 18.

### Holiday Dinner

All Army Adjutant General Corps and human resources personnel and their guests are invited to the Adjutant General Corps and Human Resources Professionals 2009 Holiday Dinner at the Ramstein Air Base Officers' Club Dec. 12 at 6 p.m. RSVPs are due no later than Nov. 20. Cost is \$40 per person. DSN 484-8492, [civ.0631-413-8492](mailto:civ.0631-413-8492).

### Winter Driving Class

Commanders and supervisors are reminded to send their personnel through the annual winter driving classes in order to dispatch vehicles through the winter season. Classes are conducted by drivers testing station Heidelberg every Thursday at 2 p.m. through Nov. 30. DSN 370-7889.

## local EMPLOYMENT

### Mannheim Elementary School

MES seeks front office support clerk, education techs (teacher/classroom aides) and substitute teachers. DSN 380-4705, [civ.0621-730-4705](mailto:civ.0621-730-4705), [matthew.bush@eu.dodec.edu](mailto:matthew.bush@eu.dodec.edu).

### Arts and Culture

The Heidelberg Arts and Cultural Center is looking for contractors in the following fields: jewelry making, you and your camera photography classes, various arts classes, pottery, singing, performing arts and sculpture. DSN 388-9418, [civ.06221-338-9418](mailto:civ.06221-338-9418).

### ACAP Counselor

The Army Career and Alumni Program seeks a full-time counselor for Mannheim. Must have master's degree, be computer literate, and at least two years of experience in job assistance, career or employment counseling, teaching, training or related field. DSN 370-7545, [darla.huck@us.army.mil](mailto:darla.huck@us.army.mil).

## KAISERSLAUTERN

### Education

• **PRAXIS Teacher Certification** – The PRAXIS Teacher Certification Exam will be offered at 8 a.m. Jan. 13 at Bldg. 286 on Rhine Ordnance Barracks. Deadline to register is now Nov. 24. DSN 493-2593, [civ.0631-3406-2593](mailto:civ.0631-3406-2593).

### Community

• **Toy Shop 2009 Toy Drive** – Army Community Service is hosting a community-wide toy drive through Dec. 15. Donate a new, unwrapped gift for a child in the KMC. DSN 493-4062, [www.mwgermany.com](http://www.mwgermany.com).

• **Youth of the Chapel Program** – Genesis Crew Dance Ministry, 7-9 p.m. Mondays for middle and high school students; "The Rock" High School Community Night, 7-11 p.m. Saturdays for high school students; "Plugged-In" K-Town Middle School Youth group 3-4:30 p.m. Mondays. [civ.0151-2411-2619](mailto:civ.0151-2411-2619), [genesistown@gmail.com](mailto:genesistown@gmail.com).

• **Kids' Zone Closure** – The Kids' Zone on Pulaski Barracks will be closed for renovations November through March. This renovation will give the Kids' Zone a brand new look and feel with new décor, new gaming options and an expanded menu.

• **Independent and Foreign Films** – The Kaiserslautern Library at Landstuhl and the Landstuhl Community Club team up for Independent and Foreign Films. All shows start at 6 p.m. Upcoming shows: Dec. 2 - "The Trap" by Srđan Golubovic (Serbian with English subtitles). DSN 486-7322, [civ.06371-86-7322](mailto:civ.06371-86-7322).

• **Teen Apprenticeship Program** – Child, Youth and School Services and the HIRE! Program are now accepting applications for Term 2 apprenticeships. DSN 486-8658, [civ.06371-86-8658](mailto:civ.06371-86-8658).

• **Community Information Forum** – The Army Community Service Information and Referral Program is hosting a Community Information Forum 1 p.m. Dec. 2 at the Armstrong Community Club on Vogelweh Housing. The forum is a monthly outline that provides information on various programs, agencies and organizations within the KMC. There will not be a CIF in January. DSN 493-4093, [civ.0631-3406-4093](mailto:civ.0631-3406-4093).

## HEIDELBERG

### Education

• **ACS Classes and Events** – Resume Writing, 9 a.m.-noon Nov. 24; Anger and Stress Management, 1-4 p.m. Nov. 24; Buying A Home, 10:30-11:30 a.m. Nov. 25; EFMP Support Group, 1 p.m. Nov. 25 at PHV Java Café; Community Orientation Briefing, noon-3 p.m. Mondays; Reintegration Briefing, 9 a.m. Tuesdays. DSN 370-6883, [www.mwgermany.com/hd/acs](http://www.mwgermany.com/hd/acs).

• **Education Center Closure** – The

Patton Education Center will be closed Nov. 27 and resume normal operating hours Nov. 30.

• **German Language Class** – A beginner class will be offered 9-11:30 a.m. Monday-Thursday Nov. 30-Dec. 17. Registration by e-mail only: [Germanatpatton@iks-heidelberg.com](mailto:Germanatpatton@iks-heidelberg.com).

• **Lunch and Learn Seminar** – The University of Phoenix presents "Why Become a Certified Teacher?" by Phillip Pattakos 11 a.m.-1 p.m. Nov. 30 at the Patton Education Center, Room 118. RSVP: [civ.06221-588-0492](mailto:civ.06221-588-0492), [maria.neelands@phoenix.edu](mailto:maria.neelands@phoenix.edu).

### Community

• **Book Fair** – Patrick Henry Elementary Schools' "Read Around the World" Book Fair will continue 8:30 a.m.-3:30 p.m. Nov. 19-20. All ID card holders welcome.

• **Volksmarching** – Join the Heidelberg International Wandering Club at the following volksmarches: Nov. 21-22, Bingen-Kempton and Tiefenbach (Saturday only); Nov. 26, Ramstein (Turkey Trot); Nov. 28-29, Muenchwald (Spall) and Ketsch (Sunday only). The next open trip is a two-night trip to Verona, Italy. [www.hiwc.de](http://www.hiwc.de).

• **Food and Clothing Drive** – Join the Panther's Place and Club Beyond as they "Help HOPE Thrive" with a food and clothing drive through Nov. 25. Drop off points are at Club Beyond Tuesday meetings and at the Panther's Place any day during November. DSN 388-9003.

• **Rod and Gun Club Events** – St. Hubertus Mass, 5 p.m. Nov. 21 at Mark Twain Village Chapel to honor the patron saint of hunting – mass will be followed by hunter's soup and brotchen at the Rod and Gun Club; Fishermen's Meeting, 7 p.m. Nov. 25.

• **KONTAKT Club Events** – Bowling on PHV, noon Nov. 22 and 29; Stamtmitsch at Makedonia, 6 p.m. Nov. 24 and Dec. 1; Indoor Christmas Market at Vereinsheim Bassermann Schwetzingen, 1 p.m. Nov. 21; Thanksgiving Lunch at the Patton DFAC, 11:15 a.m. Nov. 26. [civ.0171-537-8380](mailto:civ.0171-537-8380), [www.heidelbergkontakt.viviti.com](http://www.heidelbergkontakt.viviti.com).

• **Fall Clean-up** – Nov. 16-20 with make-up days Nov. 23-25.

• **Native American Indian Heritage Month** – Heidelberg's observance will be held 11:30 a.m.-12:45 p.m. Nov. 20 at the Patrick Henry Village Theater and feature a variety of entertainment.

• **Awards Ceremony and Town Hall Meeting** – Join the community in recognizing military and civilian personnel for outstanding achievements at 3 p.m. Nov. 24 at the Roadside Theater on Patton Barracks.

• **TSC Closure** – Training Support Center Heidelberg facilities will be closed Nov. 27. This closure includes the DA photo studio, graphics shop, passport photo studio, range and Training Resource Center.

### Welfare Grant Applications

– Heidelberg Community and Spouses' Club is now accepting applications for Block 2 (January-April 2010). Applications must be submitted on or before Dec. 31 to be considered. Checks will be presented in mid-February. Applications, guidelines and additional grant information are available online: [www.hcsc-heidelberg.com](http://www.hcsc-heidelberg.com). The next Grant Writing Workshop is at 6:30 p.m. Dec. 3 at Army Community Service. [welfare@hcsc-heidelberg.com](mailto:welfare@hcsc-heidelberg.com).

• **Thrift Shop Closure** – The shop will be closed Dec. 2 for the monthly HCSC luncheon.

• **Christmas Chaos** – Heidelberg Middle School students are invited to participate in fun games, eat festive food, win cool prizes, and try to catch Santa Claus 3-6 p.m. Dec. 4 at the HMS multi-purpose room. DSN 373-9003, [www.mwgermany.com](http://www.mwgermany.com).

• **Volunteers Needed** – Heidelberg Girl Scouts are looking for energetic adults to help "Build Girls of Courage, Confidence, and Character." Training and mentoring are provided. [civ.06202-607-0155](mailto:civ.06202-607-0155), [OCCH Heidelberg@aol.com](mailto:OCCH Heidelberg@aol.com), <https://www.myarmylife.com>.

• **Is your child in need of glasses?** – The Heidelberg Community and Spouses' Club Bright Eyes Program might be able to help with the cost of your child's first pair of glasses.

To qualify, they need to be part of or eligible for the Free and Reduced Fee Lunch Program. Applications are available at the school nurse's office, at CYSS Central Registration, or online through the Bright Eyes link: [www.hcsc-heidelberg.com](http://www.hcsc-heidelberg.com) or e-mail [welfare@hcsc-heidelberg.com](mailto:welfare@hcsc-heidelberg.com).

## MANNHEIM

### Education

• **ACS Classes** – English as a Second Language, 9-11 a.m. Nov. 20, 23 and 25 and 6-7:30 p.m. Nov. 24; Multicultural Club, 11:30 a.m.-1 p.m. Nov. 23; Volunteer Orientation, 1-2 p.m. and 3-4 p.m. Nov. 23 and 25; Levy and Out-processing Briefing, 1-2:45 p.m. Nov. 24; Tschuess Teens, 3:30-4:30 p.m. Nov. 25. DSN 385-3101, [civ.0621-730-3101](mailto:civ.0621-730-3101).

• **GI Bill Briefings** – The Sullivan Barracks Education Center will hold Post 9/11 GI Bill briefings noon-1 p.m. every Wednesday during November in Bldg. 253. DSN 385-2053, [civ.0621-730-3361](mailto:civ.0621-730-3361).

### Community

• **Month of the Military Family** – During November the Mannheim Army Community Service, FMWR, and other community agencies celebrate this occasion by planning special events and discounts for military families. Go to the Mannheim page of [www.mwgermany.com](http://www.mwgermany.com), and click on Army Community Service.

• **Angel Tree** – Help community

children have a joyous holiday with the generosity of gift giving through Dec. 4. Select an angel at one of the trees located at the Mannheim AAFES Main Exchange, the PX-tra / Toyland or Army Community Service. Gifts need to be unwrapped. DSN 385-3101, [civ.0621-730-3101](mailto:civ.0621-730-3101).

• **Customs Closure** – The Customs Field Office will be closed from noon until close of business Nov. 19 and then all day Nov. 26-27.

• **SAS Fall Festival** – Nov. 20, 2-5 p.m. School Age Services children and their families will be treated to pie tasting, seasonal arts and crafts, family games and more.

• **CDC and SAS Combine** – The Child Development Center and School Age Services programs will combine Nov. 27. Child care for children enrolled in full day and before and/or after school CDC and SAS will take place at the CDC on BFV. Hours remain the same. DSN 385-2048.

• **Central Enrollment's New Office** – The CYSS Central Enrollment Office has moved to Benjamin Franklin Village, Bldg. 742. Hours: Appointment times - 8 a.m.-noon Monday, Wednesday and Friday, noon-4 p.m. Tuesday and 1-4 p.m. Thursday; Walk-in Times - 1-4 p.m. Monday, Wednesday and Friday, and 8-11:45 a.m. Tuesday. DSN 380-9135, [civ.0621-730-9132](mailto:civ.0621-730-9132).

• **Youth Services Closure** – Youth Services will be closed Nov. 28 for building maintenance. Normal hours will resume Nov. 30.

• **Early Identification of Developmental Delays** – Mannheim Elementary School offers Child Find monthly to identify children ages 3-5 who may have developmental delays or educational disabilities and who are in need of special education or related services. Appointments: DSN 380-9201, [civ.0621-730-9201](mailto:civ.0621-730-9201).

• **Santa's Workshop** – Santa is moving a bit of the North Pole to BFV 10 a.m.-1 p.m. Dec. 5. Santa's village may be visited at Youth Services (Bldg. 696). Santa will be there to help CYSS provide games, fun activities, cake and hot chocolate. DSN 385-4887, [civ.0621-730-4887](mailto:civ.0621-730-4887), [george.robinsonjr@us.army.mil](mailto:george.robinsonjr@us.army.mil).

• **Auditions for "Chicago"** – FMWR is seeking 10 female and nine male roles for an upcoming performance featuring the music of the Broadway hit "Chicago," which will take place at the Top Hat Club Feb. 13. First-round auditions will be held 5-7 p.m. Dec. 7 and 14 with final auditions 2-4 p.m. Dec. 12. Costumes, hair/makeup techs/light and sound techs are also needed. DSN 385-2342, [civ.0621-730-2342](mailto:civ.0621-730-2342).

• **AFAP Issues** – Submit issues and concerns for February's local Army Family Action Plan conference on [www.mwgermany.com](http://www.mwgermany.com)'s AFAP page (under Mannheim ACS). DSN 385-3101, [civ.0621-730-3101](mailto:civ.0621-730-3101).

# LRMC team wins IMCOM-E Flag Football Championships

By Kristin Bradley  
BAVARIAN NEWS

Service members from across Europe spent a well-deserved weekend blowing off steam while competing for the first place trophy in the Installation Management Command-Europe Unit Level Flag Football Championship hosted by U.S. Army Garrison Hohenfels Nov. 6-8.

The Landstuhl Regional Medical Center team took home the title of IMCOM-Europe Flag Football Champions after beating Grafenwöhr's 561st Medical Company 28-15 in the final game.

For LRMC, this year's championship was much kinder to them than in 2008 when a poor showing in pool play kept them out of the playoffs altogether.

Master Sgt. Tyrone Taylor, LRMC captain, said part of the drastic improvement was good field condition, better than the mud of last year's championship that hindered their offense.



Kristin Bradley

Players from Landstuhl Regional Medical Center (black jerseys) and Grafenwöhr's 561st Medical Company compete in the 2009 Installation Management Command-Europe Flag Football Championship hosted by U.S. Army Garrison Hohenfels. LRMC beat the 561st 28-15 in the final tournament game to earn the title of IMCOM-E Flag Football Champions.

"We said when we have good field conditions like this there's not a team that can beat us," said Taylor,

explaining that the dry conditions allowed them to take advantage of their greatest asset – speed.

## Volleyball Results

The 2009 Heidelberg Volleyball Invitational took place Nov. 8 at Patton Fitness Center.

### Women's Division

-Champions: Spangdahlem Lady Sabres  
-Spangdahlem vs. Bamberg (15-15, 4-15, 15-7)

### Men's Division

-Champions: Heidelberg Generals  
-Heidelberg vs. Spangdahlem (15-9, 15-11)

### Mixed Division

-Champions: Heidelberg Generals and Lady Generals  
-Heidelberg vs. Spangdahlem (26-24, 25-23, 25-17)

Heidelberg's Justin Blair challenges for the ball during the Installation Management Command-Europe Junior Soccer Championship Western Division Tournament in Mannheim Friday-Sunday. Teams were present from Mannheim, Heidelberg, Stuttgart, Wiesbaden and Baumholder, but it was the Heidelberg Strikers, coached by Tony Elder, who won the tournament by beating Baumholder Sunday in two exciting matches, 3-0, 3-2 in overtime.

# Junior Soccer Championships



Riley Tisdale

## staying ACTIVE

### Wrestling Mat Referees Needed

With the DoDDS high school wrestling season about to open, the Kaiserslautern Officials Association is in need of mat referees. Due to rotations and new requirements to cover more schools, KOA will need about 18 referees for six weeks plus tournaments. For those who wrestled in high school or college or knows the sport, referee education is available. The pay runs from \$90 to \$200 for a tournament plus mileage to the school sites. The KOA wrestling clinic will take place Nov. 21. Civ. 06371-946084, [al.shaff@yahoo.com](mailto:al.shaff@yahoo.com).

### Jazzercise Classes

Beginner, intermediate and advanced levels jazzercise classes are now offered at Sullivan Gym on Tuesdays (9-10 a.m. and 5-6 p.m.) and Thursdays (9-10 a.m. and 7-8 p.m.). DSN 385-2001, civ. 0621-730-2001, [www.mwgermany.com](http://www.mwgermany.com).

### All Armed Forces Basketball

The Mannheim Mustangs community men's basketball team will host a game against the All Armed Forces Basketball Team at 7 p.m. Nov. 25. The second game will be All Armed Forces Team vs. HSC Heidelberg at 8:30 p.m. Games will be played at Sullivan Gym, and entry is free. DSN 385-2001.

### Ski and Snowboard Instructors

Mannheim Outdoor Recreation is looking for ski and snowboard instructors to conduct beginner courses for the upcoming season. DSN 381-7215.

### 4th Annual Turkey Challenge

The Mannheim Better Opportunities for Single Soldiers program will host its 4th Annual Turkey Trot Challenge at Coleman Gym 6:30 a.m.-4:30 p.m. Nov. 20. The Turkey Challenge is open to all Mannheim community single Soldiers and unaccompanied service members. DSN 385-2561.

### Turkey Shoot

The 2009 Turkey Shoot at the Heidelberg Golf Club will take place at 10 a.m. Nov. 22 in Oftersheim. Each player will receive a turkey, and the last place team will receive a Cornish hen. DSN 379-6139.

### Youth Sports and Fitness

**Mannheim** – Basketball and cheerleading enrollment is ongoing through Nov. 30 at Central Enrollment on Sullivan Barracks. DSN 380-9290, civ. 0621-730-9290, [darren.brown3@eu.army.mil](mailto:darren.brown3@eu.army.mil).  
**Kaiserslautern** – Sign up for Youth Winter Sports through Jan. 3 at Central Enrollment. Open to ages 5-15. DSN 493-4516, civ.0631-3406-4122.  
**Heidelberg** – Register for CYS Services wrestling, cheerleading and boys girls basketball at Central Enrollment. DSN 388-9397.

### Winter Fishing Course

Get your German fishing license at the Heidelberg Rod and Gun Club 9 a.m.-5 p.m. Dec. 5-6. Open to ID card holders ages 10+. \$65 course fee per person, or \$100 family fee for two or more family members. DSN 375-5022, [www.mwgermany.com](http://www.mwgermany.com).

### Dodgeball Tournament

Sign your eight-man team up for this extreme Dodgeball Tournament at the Patton Fitness Center at 6 p.m. Dec. 10 and 11. Coaches meeting starts at 6 p.m. Open to US and NATO ID card holders ages 18+. No entry fee. DSN 373-6110, [www.mwgermany.com](http://www.mwgermany.com).