

# HeraldPOST

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

## Send video greetings home for the holidays

By Christine June  
USAG KAISERSLAUTERN PUBLIC AFFAIRS

People may not stop them on the street for their autographs, but Staff Sgt. Jonathan Vinson, his wife, Emma, and their 7-year-old son, Issac, have been on TV many times thanks to the Joint Hometown News Service's Holiday Greetings Program.

"I love the hometown holiday greetings because you really do get on TV, and your family does see you – many times," said Emma, who with her family did this program every year during the four years her husband was assigned to the U.S. Army Garrison Kaiserslautern's Chaplain's Office.

The Joint Hometown News Service from San Antonio will again have a camera team in the USAG Baden-Württemberg military communities starting Sept. 17 to record holiday greetings for broadcast on local stateside TV and radio stations in all 50 states and U.S. territories.

Active duty, government civilians and contractors, retirees, Department of Defense Dependents School teachers and staff, and their family members stationed in these areas and who will be in Germany during the holidays are eligible to send holiday greetings back home.

Holiday greetings must be sent to relatives. By the hometown news definition, a relative is by law and by blood. Fiancés are not relatives.

Last year, the news team recorded 2,254 greetings in Europe, and out of this number, 416 were recorded in Kaiserslautern, 139 in Heidelberg and 94 in Mannheim, said Erich Schwab, JHNS chief of radio production.

"A couple of million people see GREETINGS page 12

## Music. Coffee. Holy Conversation.



Staff Sgt. Dijon Rolle  
Pfc. Tyler Bush and his wife, Talisha, share a little conversation at "Jacob's Well" coffeehouse on Coleman Barracks in Mannheim.

## Coffeehouse offers fun, fellowship

By Staff Sgt. Dijon Rolle  
USAG MANNHEIM PUBLIC AFFAIRS VOLUNTEER

Tucked away in the basement of the Coleman Barracks Chapel in Mannheim, you'll find a weekly gathering of pool players, musicians, singers and everyday folks gathered for fellowship on the last day of the work week.

This is "Jacob's Well," and this is

where men and women from all walks of life – both military and civilian – come to break bread, talk, listen and learn. This is the place where conversations range from religious faith and Christianity to the rigors of the past week and plans for the weekend.

One of these visitors is 19-year-old Talisha Bush. Talisha and her husband, Pfc. Tyler Bush, come to Jacob's see JACOB'S WELL page 12

HP THURSDAY  
Sept. 10, 2009

### Speed Read

#### FLU VACCINE

The FluMist vaccine for the seasonal flu is now available in the Kaiserslautern community. It soon will be available in the Heidelberg and Mannheim communities. 3

#### FSBI

IMCOM-Europe is continuing to implement the First Sergeant's Barracks Initiative throughout garrisons in Europe to improve the quality of life for single Soldiers. 4

#### JOBS FOR SPOUSES

Under a new personnel rule that takes effect Friday, some military spouses could be quickly hired for federal jobs without going through the usual competitive process. 8

#### CUSTOMER SERVICE

IMCOM's Customer Service Assessment is available online through Sept. 18. Let your voice be heard about services in your community. 11



#### HEIDELBERG VOLKSMARCH

The 35th Annual Heidelberg Volksmarch is set for Sept. 19-20. Bring your family out for a day of hiking the hills around Heidelberg. 13

#### HUNTING AND FISHING

The Heidelberg Rod and Gun Club will host the only international celebration of National Hunting and Fishing Day Sept. 26. 17

### Defense Details

#### AL-JAZEERA INTERVIEW

The United States cannot think about a military withdrawal from Afghanistan, Defense Secretary Robert M. Gates told the Arabic television network Al-Jazeera. Gates spoke for an hour with Abderrahim Foukara, the network's Washington bureau chief Friday. Al-Jazeera is the most-watched news network in the Muslim world. The network broadcast the interview in its entirety Monday and will continue to do so for the week. The situation in Afghanistan and the willingness of Americans to stay the course in the country dominated the interview.

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

# AFN Heidelberg moves to Mannheim – for now

By Master Sgt. Chris Seaton  
AFN HEIDELBERG

“Transformation” is the Army’s new buzzword used to explain just about everything. In our efforts to become a more agile, mobile Army, we’ve realigned forces; literally ‘transforming’ the landscape. When one unit moves, and another stays in place but changes its name, it’s all in the name of transformation.

The American Forces Network Heidelberg is officially on-board. In an effort to keep up with our transforming Army, we’re moving ... not once, but twice. Within the next few years, AFN Heidelberg will officially become AFN Stuttgart – but not before a stop at Coleman Barracks in Mannheim.

The eventual final move will be a homecoming of sorts for the station. AFN had a presence in Stuttgart for nearly 50 years before moving to Heidelberg in 1994.

The move back is in direct response to recently announced changes to manning in Germany. In our on-going efforts to remain relevant, the American Forces Network realized that we must go where the audience is. With its rapidly growing population and newly formed units such as U.S. Africa Command, the largest percentage of our audience will once again be in the Stuttgart community.

But building a state-of-the-art radio and television broadcast facility in



AFN Heidelberg television producer, Spc. Joe Labutka, works to prepare the Commercial Mobile Radio and Television System for full-time use as AFN Heidelberg begins its move to Coleman Barracks.

a growing community takes time – more time than we had left in our current location. So, we had to find an interim location to call home that would allow us to keep providing the Heidelberg, Mannheim and Stuttgart communities with the same music, information and entertainment you’ve grown accustomed to.

Find it we did – two buildings down from the AFN Europe Headquarters, our engineers are working at a frantic pace, building a radio studio and putting together the pieces to allow us to keep the signal going strong.

So, what does AFN’s tour of Baden-Württemberg mean to you? Besides different telephone numbers, we hope it won’t affect much at all.

Despite the move to Mannheim, AFN Heidelberg will keep its current name until we move to Stuttgart. We

toyed around with a few ideas, but it turns out that “AFN Baden-Württemberg” is too much of a mouthful at six in the morning.

You’ll still be able to listen to Sgt. Chad “The Hitman” Highland weekday mornings from 6 to 10 a.m., and Staff Sgt. Jesse Belford in the afternoons on the same radio frequencies (104.6 in Heidelberg, 107.3 in Mannheim and 102.3 in Stuttgart). The only difference is that, for at least a little while, they’ll be broadcasting from the back of a truck – called the Commercial Mobile Radio and Television System.

The truck was originally designed as a mobile studio, capable of deploying with short notice to places like Iraq, Afghanistan and Romania to quickly get command information on the air for military members on

the ground. For now, it makes a cozy place for local disc jockeys to keep us on the air during the move to Mannheim.

Our local television channel may look a bit different for a week or two while we move our automations systems from one location to another. The entertainment programs you see will stay the same, but if you start to miss seeing Sgt. Monique Sapp’s smiling face on the AFN Heidelberg Update, don’t worry, she’ll be back as soon as the equipment is in place.

Of course, the best way to keep up with your local AFN station is through our Web site – <http://heidelberg.afneurope.net>. On the site, you’ll find our updated phone numbers and contact information, so you can keep calling in for your chances to win or get your unit or organization some free publicity.

Through the help of technology such as the mobile radio studio and the hard work of AFN’s consolidated engineering staff, our little piece of the Army’s transformation puzzle should be largely invisible. But if you’ve been in Heidelberg, Mannheim or Stuttgart for long, you’ve seen enough units and facilities move to know that any time you move, a little dust gets kicked up.

So please pardon the interruption, no matter how limited. Your local station will get back to the business of ‘Serving America’s Best,’ full time, as soon as possible.



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

I’m 6 weeks into Command and beginning to get my feet on the ground a bit. While I’m largely impressed with the services provided in the Heidelberg, Mannheim, and Kaiserslautern Communities, just as with any community there are improvements which can and should be made. That said, I want you to know that we’re looking for your feedback on our community services. We want to know from you, the good, bad and the ugly. We also want to know what you think the appropriate

solution to a given problem might be.

Our Interactive Customer Evaluation or ICE feedback system gives you a chance to get involved, participate in issues of the day, or even pat someone on the back (this too is encouraged). It takes all of us working together to make our communities the very best they can be. So I ask that if you see something that you believe deserves attention or recognition submit a ICE Comment Card right then and there, or simply wait until you get back home

and provide us with your feedback via the BWNOW ICE link for your specific community. Every comment is reviewed by the receiving agency including the Garrison Commanders. In addition, I hold a quarterly CHILL Board, where my staff and I review comments and concerns across the community. We discuss ways to resolve issues and take the opportunity to incentivize good efforts by recognizing those who you deem exceptional.

- Col. William Butcher, USAG Baden-Württemberg Commander



Commander, U.S. Army Garrison  
Baden-Württemberg:  
Col. William C. Butcher  
Public Affairs Officer:  
Lira Frye  
Editor:  
Kelli Bland  
Reporters:  
Jason L. Austin, Baden-Württemberg  
Christine June, Kaiserslautern  
Webmeister:  
Juan Meléndez Jr.

Contact information:  
**Herald Post**  
Building 107, Patton Barracks  
373-7277/7243 or 06221-17-7277/7243  
[usaghd.post@eur.army.mil](mailto:usaghd.post@eur.army.mil)  
**Baden-Württemberg Public Affairs**  
373-1400/1600 or 06221-17-1400/1600  
[usaghd.pao@eur.army.mil](mailto:usaghd.pao@eur.army.mil)  
**Kaiserslautern Public Affairs**  
493-4072 or 0631-3406-4062  
[usak.pa1@eur.army.mil](mailto:usak.pa1@eur.army.mil)  
**Mannheim Public Affairs**  
380-1600/385-3369 or 0621-730-1600/3369  
[usagmpao@eur.army.mil](mailto:usagmpao@eur.army.mil)

#### Advertising:

All requests for advertising must be made to the publisher’s sales office at Schwetzingenstrasse 54, Heidelberg-Kirchheim, telephone 06221-603039; fax 06221-603078; [www.hp-ads.de](http://www.hp-ads.de).

The Public Affairs Office and Herald Post staff may not accept advertising.

The Herald Post is published by Adolf Deil GmbH & Co. KG, a private firm in no way connected with the Department of the Army, under exclusive written contract with the U.S. Army Garrison Baden-Württemberg. This commercial enterprise newspaper is an authorized publication for members of the U.S. Army overseas. Contents of the Herald Post are not necessarily official views of, or

endorsed by, the U.S. government, Department of Defense, Department of the Army or the USAG Baden-Württemberg.

Appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the U.S. government, Department of Defense, Department of the Army, the USAG Baden-Württemberg, or Adolf Deil GmbH & Co. KG of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

Editorial content is edited, prepared and

provided by the USAG Baden-Württemberg Public Affairs Office.

Printed circulation: 17,000.

The Herald Post offices are in Building 107, Patton Barracks, Heidelberg, Military address: Herald Post, PAO, U.S. Army Garrison Baden-Württemberg, Unit 29237, APO AE 09102. Civilian address: Herald Post, Patton Kaserne, Gebäude 107, Kirchheimerweg 4, 69124 Heidelberg. E-mail address: [usaghd.post@eur.army.mil](mailto:usaghd.post@eur.army.mil).

Submissions are welcome, including letters to the editor, but we reserve the right to edit for style, space, libel, clarity, security and good taste. To be considered for publication in a particular issue, they must be in our hands by noon the preceding Thursday.

## Sport bike course now offered

**IMCOM-Europe Public Affairs**

If you ask a sport bike rider, they will tell you there is nothing better than a great street ride on a fine sport bike.

Sport bikes are lighter, faster, and more agile on the roads.

And, these riders are the greatest at-risk population for vehicle accidents in Europe, according to Mike Schwarz, Installation Management Command-Europe chief of safety.

"About 57 percent of the motorcycle ridership in U.S. Army Europe consists of sportbikes. IMCOM-Europe wants to ensure these riders receive the best available motorcycle training," Schwarz said. "So, we're offering a new safety training course de-

signed for sport bike riders."

IMCOM-Europe Safety's new Military Sportbike Rider Course started offering classes Sept. 1 at garrisons that can support this training. Local garrisons offering the training include Heidelberg, and Kaiserslautern.

The online registration and telephone information, as well as information about the course is available at [www.imcom-europe.army.mil/sites/management/so\\_atstp.asp#MSF](http://www.imcom-europe.army.mil/sites/management/so_atstp.asp#MSF).

In most of Europe, MSF certifications are good for three years, two years in Italy.

Log onto the IMCOM-Europe Web site to get the latest information on training dates and locations: [www.imcom-europe.army.mil/sites/management/so\\_atstp.asp](http://www.imcom-europe.army.mil/sites/management/so_atstp.asp).

## Kleber pharmacy extends hours

**LRMC Public Affairs**

The U.S. Army Health Clinic-Kaiserslautern Pharmacy at Kleber Kaserne has extended its hours to 8 a.m.-4 p.m. Monday through Friday. The one-hour increase was implemented Aug. 31 to provide better service for those who can only get away from work during their lunch hour.

Customers are still encouraged to use the TRICARE Online prescription refill service at [www.tricareonline.com/welcome.do](http://www.tricareonline.com/welcome.do) or the Central European automated phone-in refill service as a time-saver by calling DSN 483-1750, civ. 0631-411-1750.

Requests for refills can be placed and picked up the next duty day after 9 a.m. If calling in, remember to press #3 for the Pharmacy Refill Line/Kle-

ber Pharmacy, then press #1 for the Pharmacy Refill Line, then press #1 for the Landstuhl Footprint Pharmacies, then press #6 for the Kaiserslautern Kleber Pharmacy, and then press #1 for Refills/Status Inquiries or Refills.

If you have no more refills left on your prescription, call the Kleber Pharmacy at DSN 483-6099, civ. 0631-411-6099 for a telephone consult. Your provider will then renew your prescriptions within three business days or will call you to discuss your care. Pharmacies can only fill prescriptions that have valid refills remaining.

In the interest of safety, if you have expired medications or are simply no longer taking some, you may bring them to the pharmacy for proper disposal.

# Honoring the Wereth 11

## Community members invited to attend ceremony in Belgium

**By Maj. Lawanda D Warthen**

The African American Soldiers killed by the German SS during the Battle of the Bulge will be honored at 11 a.m. Sept. 26.

Maj. Gen. Byron S. Bagby, U.S. Army Europe chief of staff, will officiate at the ceremony in Wereth, Belgium.

For local community members wishing to attend this year's ceremony, a bus will leave from the Ramstein PX parking lot at 8 a.m.

These 11 Soldiers were part of a unit that was reactivated in the regular Army as a 155-mm howitzer battalion a year before their deployment.

In their first six months of combat, they were separated from their unit while evading the Germans. While looking for food and shelter, they approached the Mathius Langer house in Wereth, and the family took them in.

About an hour later, a German patrol approached the house. The Americans surrendered, were taken out, and were shot and dumped into a ditch where their bodies remained until mid-February. The official report noted they had been brutalized, with broken legs, bayonet wounds to the head, and fingers cut off.

These 11 Soldiers from Alabama remained unknown to the world until 1994 when Herman Langer, son of Mathius, erected a small cross in the corner of the pasture where they had been murdered. On it were the names of the Soldiers: Curtis Adams, George Davis, Thomas J. Forte, Robert Green, Jim Leatherwood, Bradley Meagler, Nathaniel Moss, George W. Moten, William M. Pritchett, James A. Stewart and Due W. Turner.

In 2001, three Belgians took on the task of creating a more prominent memorial to them as well as to honor all African American Soldiers of World War II.

The dedication of the new memorial was held in May 2004; road signs now indicate the location of the memorial, and the Belgian Tourist Bureau lists it in its "Battle of the



Steven Hoover

During a ceremony in 2007, flowers adorn one of three monuments at the Wereth 11 Memorial dedicated to black Soldiers who were killed by the German SS during the early stages of the Battle of the Bulge.

Bulge" brochures.

The goal is to make the Wereth 11 a part of the American Battle Monuments Commission, known to all Americans and to history. These African American men, like so many others, paid the ultimate price for freedom.

To ride the bus from Ramstein to the ceremony, the cost is \$35 and includes transportation and lunch. For more information, call DSN 371-2190 or e-mail [warthen3@aol.com](mailto:warthen3@aol.com).

# FluMist now available for seasonal flu vaccinations

**LRMC Public Affairs**

FluMist seasonal influenza vaccinations are now available in the Kaiserslautern military community and will soon be available in the Heidelberg and Mannheim communities.

FluMist, an influenza vaccine applied as a nasal spray, will be the vaccine of choice for those ages 2 to 49. In the KMC, FluMist is available to walk-in patients at:

- LRMC Allergy and Immunization Clinic (Ward 11D) from 7:30 a.m. to 4:30 p.m. Mondays through Fridays

- LRMC Pediatric Clinic (Ward 9A) from 1 p.m. to 3 p.m. on weekdays except Tuesdays

- Kleber Clinic, beginning Sept. 15, from 3 p.m. to 5 p.m. on Tuesdays and from 4 p.m. to 6 p.m. on Wednesdays

- LRMC Health Fair on Sept. 17 from 9 a.m. to 2 p.m. at LRMC in the Heaton Auditorium.

The more traditional flu shot, which is expected to be available in mid-October, will still be administered to those who are younger – ages 6 months to 2 years old – those older than 49, and those for whom FluMist is not recom-

mended, such as pregnant women, people with asthma, active wheezing or those with long-term medical conditions.

In the Heidelberg and Mannheim communities, a limited amount of the FluMist vaccine will soon be available for beneficiaries ages 2-49. Active-duty troops will get information from their units. Contact your local military treatment facility to inquire when the vaccine will be available for beneficiaries, and check the Herald Post for future updates.

It takes about two weeks for your

body to build immunity to the virus, so sooner is better than later to receive your vaccination, said Col. Theresa Moser, chief of the Force Health Protection Office, Europe Regional Medical Command. She has oversight of this year's immunization program.

The CDC publishes guidelines for influenza vaccinations, and the Army will follow those guidelines in its annual campaign. For more general information on influenza and the benefits of receiving the annual vaccination, visit its Web site at [www.cdc.gov/flu/protect/keyfacts.htm](http://www.cdc.gov/flu/protect/keyfacts.htm).

## IMCOM-E rolls out program aimed at improving QOL

### IMCOM-Europe Public Affairs

Installation Management Command-Europe officials continue to implement plans that will enable Soldiers to realize benefits from the Army's First Sergeant's Barracks Initiative.

The FSBI is an Army initiative to improve the quality of life for single Soldiers, enable leaders to better focus on leading, training and caring for Soldiers, and to standardize the management of barracks Army-wide, explained Al Rasper, chief of IMCOM-Europe Directorate of Public Works.

Additionally, Rasper said, FSBI will improve barracks utilization, barracks management during deployment, reduce maintenance response time, decrease building damages, and extend facility longevity.

"FSBI's new Single Soldier Housing system is being implemented at garrisons throughout Europe and will continue through the end of the year," Rasper said. "FSBI will transition day-to-day administrative operations of the barracks to IMCOM-Europe garrisons, thus disencumbering unit leaders from the administrative requirements associated with assignments and terminations and change of occupancy maintenance."

FSBI takes the responsibility of day-to-day administrative operations away from units, and places the responsibility on the garrison staff in a style similar to property and apartment management offices, according to Command Sgt. Major Tracey Anbiya, IMCOM-Europe's senior enlisted leader.

In essence, she said, Single Soldier Housing will make checking into the barracks nearly as easy as checking into a hotel room.

"FSBI is a very good thing for commanders and Soldiers," Anbiya said. "FSBI charges garrisons with the administrative tasks associated with room assignments and barracks maintenance. That, in turn, frees up unit first sergeants, who traditionally handled these tasks, and lets the first sergeant focus on other Soldiering priorities."

IMCOM-Europe's ongoing rollout follows similar rollouts at various stateside and Pacific theater garrisons, according to Lee Machen, IMCOM-Europe DPW FSBI program manager and housing specialist.

"FSBI has improved the quality of life for Soldiers at installations such as Fort Hood, and it is a proven cost saver for the Army by consciously taking better care of the

barracks and reducing occupancy inefficiency," Machen said.

Contrary to fears that FSBI takes leadership out of the barracks, Anbiya said that FSBI actually enhances leadership.

"IMCOM-Europe's FSBI structure is an extension of unit leadership and will support unit first sergeants," Anbiya said. "Soldiers and first sergeants will continue to be responsible for Soldier discipline, health and welfare in the barracks. IMCOM-Europe garrisons are assuming responsibility for room assignments, key control, and other administrative duties."

Occasionally, unit leaders have expressed angst with regard to maintaining unit integrity, and those concerns are taken into consideration, Anbiya said.

"Garrison housing managers, first sergeants and command sergeants major will partner to maximize barracks occupancy and unit integrity," she said. "If spacing allows all unit members to be grouped together, that's perfect. We appreciate the desire for unit integrity. However, if space limitations mean we need to temporarily assign someone to living quarters not directly connected with other unit members, we will work closely with unit leadership."

In addition to alleviating Soldiers from performing the day-to-day housing mission, FSBI also provides a systemically appealing process for performing periodic maintenance, according to Machen.

"When one occupant moves out, we will have the opportunity to perform maintenance before a new occupant moves in," Machen said.

Traditionally, barracks maintenance rested on the shoulders of Soldiers who often performed self-help projects, Machen explained. But some problems with aging laundry machines, plumbing or broken furniture weren't so easy to fix. Major maintenance usually occurred every five years or so.

"There will still be a need for Soldiers and first sergeants to identify problems and create work orders, however, now there will be specific SSH staff members who will periodically inspect barracks to identify repair issues," Machen said.

FSBI is built upon Army leader's full involvement in the well-being of junior enlisted Soldiers living in the barracks. It will enhance the commander's ability to concentrate on his primary organizational missions, while still maintaining influence in the welfare of junior enlisted Soldiers.

## Ride the Alps



Motorcycle enthusiasts from all over Europe gathered at the Edelweiss Lodge and Resort Aug. 21-23 for the third annual Ride the Alps event.

## More than 300 bikers head to Garmisch for annual event

Motorcycle enthusiasts from local communities spent Aug. 21-23 at the Edelweiss Lodge and Resort in Garmisch for the third annual Ride the Alps.

Riders from all over Europe wearing their leather jackets with their respective rider chapter names on their backs came to participate in the event.

Brian Signal and a crew of five other motorcycle riders came from Spangdahlem, riding 5,350 miles through 12 countries in 16 days to arrive in Garmisch for Ride the Alps.

The roars of various types of motorcycles could be heard throughout the area as bikes rolled in to the resort grounds.

Friday delivered a hard ride day for most of the attendees as they had to endure the rain en route. Saturday morning sunrise illuminated the grey clouds that promised rain.

There were more than 350 motorcycles and 400 people that attended the event, but only 205 bikers were not discouraged by the bad weather. They simply donned their wet weather gear and started out on the 205-kilometer ride.

Like the riders, the passengers dressed for the wet weather including an AFN reporter who carried two cameras with her.

"I'm very proud to provide events like the Ride the Alps program to the people

that serve our nation," said Edelweiss Event Program Director Brad Hayes. "I feel it gives back to those deserving individuals who have earned our gratitude through their sacrifices so that others can enjoy the freedom of the road back in the U.S. This is just a small token of our appreciation."

Several of the recommendations suggested by riders last year were implemented including a memorabilia Ride the Alps patch and a T-Shirt featuring a flaming wheel in front of mountainous terrain.


As the motorcyclists maneuvered their bikes through the scary curves, hairpin turns and the cows standing in the middle of the road just after a blind curve in two separate locations, they made stops to participate in the event's poker run. Riders were given a card with five blank squares. The riders drew their first cards at Edelweiss, and then the second, third and fourth cards were drawn in restaurants near Berwangtal, Fernpass and Plansee. The final cards were drawn at the resort as the riders returned.

Chris Baltzer, on vacation from his third tour in Iraq rented a motorcycle to attend this year's event. "I needed some R&R, but not home in the U.S.," he said. "This event is like bringing a piece of fun from America to Europe."

SOURCE: Ant Geiger

**Who's Who**

Get to know your community



**JUERGEN MESSEMANN**  
 Juergen Messemann is the deputy station chief for Fire Station Germersheim and leads the team during operations and exercises. He was recently named one of U.S. Army Garrison Baden-Württemberg's Directorate of Emergency Services Superior Guardians of the Quarter.

**When did you know you wanted to be a firefighter?**  
 Actually, I always wanted to become a soldier, but I became a volunteer for the fire department in Speyer in 1983. Then in 1993, I was allowed to make my hobby a career for the U.S. professional fire service.

**What do you enjoy about working with Americans?**  
 I like the military structure and find the Americans very friendly.

**What is the scariest part of your job?**  
 There are many scary and horrible times with fire, but it's the worst when there are children involved.

**What is your favorite part of the job?**  
 For me, something very nice is when kids come to visit and are interested in our work.

**Nominate a community member**

If you would like to nominate someone in the community to be featured in the "Who's Who" column, e-mail the person's name, contact information and a brief description to [usaghd.post@eur.army.mil](mailto:usaghd.post@eur.army.mil).

## Back to school



Teacher Deborah Brown reads to her new fourth-grade students on the first day of school at Mannheim Elementary School Aug. 31. Christine Gebhard

## Pledge of support from first lady sets tone for joint conference

By Samantha Quigley  
 AMERICAN FORCES PRESS SERVICE

CHICAGO – With personal assurance from the nation's first lady that President Barack Obama is committed to military families, more than 1,500 people participated as the Defense Department's Joint Family Readiness Conference kicked off here Sept. 1.

In a letter read to the group by Tommy Thomas, the Defense Department's deputy director of military community and family policy, Michelle Obama thanked the group for its support of service members and pledged continued support.

"Our armed forces and their families have done their duty, and we are grateful as a nation, and we must do ours to provide them all the support they need," Thomas read from the letter. "They do not complain about their sacrifices, but we all can help lighten the load. The president is committed to doing just that."

U.S. Army Europe and 7th Army Commander Gen. Carter F. Ham, and his wife, Chris-

ti, delivered a joint keynote address at the event. The general said that while the military's core values haven't changed since he was a young Soldier living in Italy with his family, support programs surely have, and they must continue to do so.

"We have to change," Ham said. "Our services are now well over 50 percent married. Service members are getting married at a younger age. We're enlisting more and more married service members and their families."

The military realizes that it may enlist Soldiers, Sailors, Airmen and Marines, but in many cases, it retains families, Ham noted. Retention helps to ensure a high state of military readiness, he added.

"We do need to continue to create programs that equip our families and service members with the knowledge to take care of themselves – programs that highlight life skills," Ham said. "Building systems of support, as this conference is focused on, is exactly the right concept."

"I challenge all of you at this

conference to identify and address the problem areas as you discover them," he added. "Together, in this room, there are centuries upon centuries of experience that can be harnessed to develop innovative ways to improve the quality of life for our families and our service members, and to improve the readiness of our joint force."

The general's wife, Christi, highlighted some of the programs that are of high interest to service members and their families and were among the topics discussed throughout the three-day program.

Greater access to health care – especially behavioral health care – for all service members and family members and easing the transition from military medical care to the Veterans Affairs system topped her list. But no less important, she added, are employment issues and career options for spouses, the amount of time service members spend at their home stations between deployments, and school transition issues for children of military families.

She also advocated strengthening programs to help chil-

**"We do need to continue to create programs that equip our families and service members with the knowledge to take care of themselves – programs that highlight life skills."**

–Gen. Carter F. Ham, USAREUR and 7th Army Commander

dren cope with repeated deployments.

The day's message may have been serious, but the Hams delivered it with a lighthearted flair. Christi briefly caught the audience off-guard when she admitted to "marital difficulties."

"When some folks find themselves at a podium in a sizeable audience," she said, "they also find themselves making some kind of disclosure about their marital challenges. Finding myself here at this podium and in front of this amazing crowd, I've decided I should probably do the same."

"For decades now, I have been involved in a relationship outside of our marriage," she told the group, "but it has proven to be wonderful,

worthwhile, important and rewarding. My involvement during this time has been with Uncle Sam, and it has been an incredible relationship."

Over time, she said, Uncle Sam has listened to her and other military spouses and slowly has brought about change to meet their needs.

Those needs will be thoroughly discussed over the next two days, and any suggestions for improvement will certainly make it to Uncle Sam's ears, the general's wife promised the group.

Her husband's parting words encouraged attendees to remember the service members and their families who are at the "core of everything we do."

"Surely we can – I would say we must – do our best for them every day," he said.

## Europe garrisons bring home annual BOSS awards

By Rob McIlvaine  
FMWRC PUBLIC AFFAIRS

Better Opportunities for Single Soldiers teams of Soldiers and Army civilians from around the world converged at the National Conference Center in Lansdowne, Va., in August to gain the skills to enhance team dynamics and the tools to better facilitate the execution of BOSS programs at their garrisons.

"Our main objective here is to have the BOSS triad teams – the command sergeants major, the BOSS presidents, and the Family and Morale, Welfare and Recreation advisors

– come together for training opportunities, networking and sharing of ideas," said Robert Lattanzi, BOSS program manager.

The BOSS program focuses on quality of life, recreation and leisure, and community service opportunities for single Soldiers. During this conference, team members attended nearly 50 educational seminars on marketing, budgeting and leadership.

"We've come a long way," FMWRC Commander Brig. Gen. Reuben D. Jones said about the 20 years the BOSS program has been in existence. "And we've got to set

the table for the next decade ... with your creativity, your innovation and your dedication to keep BOSS in front of leaders."

Included in this year's training forum was a competition for Best Installation and Static Display/Continuity Book, Best Event and Best Photo Contest. Categories were grouped by single Soldier permanent party population: extra large, large, medium, small and extra small installations. Monetary awards were \$1,000 for first place and \$500 for second place.

The Best Installation Award was given to the garrison that

exemplified the three core components of BOSS: Quality of Life, Recreation and Leisure and Community Service. Each submission included a video presentation of activities during the past year demonstrating what made their installation's BOSS Program unique and how members contributed.

"We have a need for permanent slots for BOSS presidents at 47 installations to ensure the BOSS program runs smoothly. These new positions if authorized, hopefully soon, will be two-year commitments," Sgt. Danielle M. Colson, DA BOSS representative, said. The new

two-year positions are one of the changes initiated through the Army Family Covenant.

Europe garrisons bringing home awards, categorized by installation size:

**Best event:** x-small garrison – first place, USAG Schweinfurt; second place, Camp Darby, Italy; large garrison – first place, USAG Grafenwöhr.

**Best installation:** x-small garrison – USAG Schinnen, the Netherlands; large garrison – second place, USAG Grafenwöhr.

**Individual awards:** Feltus Edwards Award for MWR Excellence, Silvia Joiner, USAG Schweinfurt.

### In Memoriam: Dale Maahs



Dale Franklin Maahs, a 5th Signal Command military spouse and friend

#### MAAHS

of the command, 7th Signal Brigade, 72nd Expeditionary Signal Battalion and the Mannheim military community died Aug. 25 from a brain tumor at his home in Mannheim.

He was 39 years old and is survived by his wife, Lanita, a Chief Warrant Officer 3 in 5th Signal's Plans and Engineering branch, their two sons and one step-son.

Maahs served in the U.S. Army, civil service and private sector for 18 years. He served on active duty from 1988 until 2001 as a personnel specialist and an information system operator. He deployed to Saudi Arabia and Kuwait in support of Operation Desert Storm 1990-1991.

Some of his recent assignments and activities include an automation technician for the 593rd Corps Support Group and conducting Morale, Welfare and Recreation in support of Operation Iraqi Freedom for the 44th Corps Support Battalion out of Fort Lewis, Wash., and for the 72nd ESB in Mannheim.

"It was an honor and privilege to have the time of my life with him. He is and always will be my heart," said his wife Lanita. "He touched every life he came into contact with and put a smile on all our faces with his charisma and charm."

A memorial service is scheduled for 11 a.m. Oct. 13 at the Benjamin Franklin Village Chapel in Mannheim.



Christine Gebhard

## Celebrating a woman's right to vote

The Benjamin Franklin Village Youth of the Chapel provide a hip-hop dance demonstration during the Mannheim military community's Women's Equality Day celebration Aug. 28 on Sullivan Field. Women's Equality Day was instituted by Rep. Bella Abzug and first established in 1971, the date (Aug. 26) commemorates the passage of the 19th Amendment, the Woman Suffrage Amendment to the U.S. Constitution, which gave U.S. women full voting rights in 1920.

## Quick hire of military spouses begins Friday

By Gerry J. Gilmore  
AMERICAN FORCES PRESS SERVICE

Under a personnel rule that takes effect Friday, some military spouses could be quickly hired for federal jobs without going through the usual competitive process.

The Office of Personal Management issued the authority's final regulatory guidelines Aug. 12. The guidelines are posted in the Federal Register under the title: "Non-competitive Appointment of Certain Military Spouses."

The intended effect of the rule, according to documents listed in the Federal Register, "is to facilitate the entry of military spouses into the federal civil service as part of an effort to recruit and retain skilled and experienced members of the armed forces and to recognize and honor the service of members injured, disabled, or killed in connection with their service."

"Military spouse employment is a key to the quality of life of our military families," said Kathleen Ott, director of talent acqui-

sition, development and management in the Office of the Deputy Undersecretary of Defense for Civilian Personnel Policy.

The availability of jobs for military spouses contributes to the sustainment of the all-volunteer force, Ott said, citing a recent survey in which employed military spouses reported that their work income constitutes about 48 percent of total family income.

"But, it's really hard to keep a job if you have to move from station to station," Ott said. Federal employment, she said, offers military spouses a portable career with transferable benefits and worldwide presence.

"We thought, in order to help our military spouses continue their employment, it would be a good thing for us to facilitate their entry into the federal government," she said.

Eligible individuals, Ott said, include spouses of active-duty service members who have been called on to relocate. This includes spouses of Guardsmen or reservists who've been called up for more than

180 days of active service other than training. Eligible spouses must be moving to another duty station accompanied by their service member husband or wife.

Spouses of former service members listed as 100-percent disabled and separated or retired, as well as widows or widowers of service members who died on active duty and who have not remarried also are eligible.

The new hiring authority does not constitute a hiring preference for eligible military spouses, according to OPM. "This authority is a noncompetitive hiring mechanism; it does not establish or constitute a hiring preference for eligible spouses, nor does it create an entitlement to a federal job for an eligible spouse," according to regulatory documents listed in the Federal Register.

Applicants still must meet specific job-qualification criteria listed for individual positions, according to OPM documents.

Military spouses can find out about federal job opportunities through OPM's USAJobs Web site at [www.usajobs.com](http://www.usajobs.com).



Melissa Wolff

(Above) Chief Warrant Officer 2 Charles Byrd embraces his wife, Jodie, and his children at a redeployment ceremony for Headquarters and Headquarters Company, 18th Combat Sustainment Support Battalion, 16th Sustainment Brigade Aug. 29 in Grafenwöhr. The children decorated and donned shirts with personal messages and photos for the occasion.

(Right) Ali Jadaan, a local contractor in Scania, Iraq, welcomes members the Oregon Army National Guard, into his home for a pre-Ramadan feast. The feast was also an invitation for the new command to sit and have a non-business meeting. The meal consisted of chicken and rice, soups, fresh fruits and vegetables, pickled vegetables and dates.



U.S. Army Photo

## our ARMY around the world

For more Army news,  
visit [www.army.mil](http://www.army.mil)



Staff Sgt. Mark Burrell

Iraqi children try to cool off by swimming in a canal in Nassir Wa Salam, in western Baghdad, Sept. 2, while Pfc. Matthew Burks, an infantry grenadier from Colorado Springs, Colo., and other Soldiers from Company B, 2nd Battalion, 8th Cavalry Regiment, 2nd Brigade Combat Team, 1st Infantry Division, and Iraqi army soldiers patrol the area looking for insurgent activity.



Sgt. Kris Eglin

Spc. Patrick Wilson and Spc. Evaristo Garcia fire a 120 mm high-explosive mortar round during an illumination exercise on Forward Operating Base Mizan, Afghanistan, Sept. 2. Wilson and Evaristo are assigned to Company A, 1st Battalion, 4th Infantry Regiment.



Rick Scavetta

Pfc. Daniel Bateson mentors students from Djibouti's military during a five-day course that included classroom instruction, hands-on exercises and a day-long test of the skills in a simulated hostile environment.

## EUCOM visit



Sgt. Frank Sanchez III

Soldiers from the 21st Theater Sustainment Command simulate evacuating a casualty during a training mission at Panzer Kaserne Sept. 2. Navy Fleet Command Master Chief Roy Maddocks Jr., U.S. European Command's senior enlisted advisor, observed the training as part of a visit and tour of the 21st TSC, which provided him a snapshot of the support Europe's only sustainment command provides to warfighters assigned to the European area of operations.

## Amateur radio exams to be held near Baumholder

### IMCOM-Europe Public Affairs

BAUMHOLDER, Germany – Examinations for U.S. Federal Communications Commission amateur radio licenses will be held Sept. 26 at the "Feuerwehrhaus," (Fire Dept. House), in Berschweiler near Baumholder.

Examinations start at noon; however, people need to arrive 30 minutes early, said Daniel Wolff, Region 11 director for the Army's Military Affiliate Radio System.

The "Feuerwehrhaus" is located roughly five kilometers (three miles) from the Freisen-Baumholder exit off autobahn 62. Follow the signs to Baumholder. Before reaching the city, there's an exit to Berschweiler. Drive into Berschweiler and continue under the bridge to the Feuerwehrhaus, located on Berggrube. The GPS zip code is 55777.

For those taking the examinations, retesting of failed elements on the same day is not normally offered at the sessions, but exceptions to this policy might be made if time permits, according to Wolff.

Also, there are a couple of mandatory items, including:

- Participants must have a U.S. mailing address (APO AE works) in order for their FCC paperwork to be processed. The FCC

will not mail a license to a non-U.S. address.

- Legal photo identification is required, such as a driver's license or passport.

- U.S. citizens will need to provide a social security number or tax identification number.

- The original and a copy of any current FCC license or Certificate of Successful Completion of Examination is needed. Credit will not be given for elements that participants have previously completed unless they bring the CSCE, warned Wolff.

And, "keep in mind," he said, "that there will be no copying services available."

The test fee is \$15, but is subject to change. The equivalent amount in euro will be accepted.

To register for the test session, call Jim Graham (AA0JE / DA1WN) at 06783-98-0040 or by e-mail at [jgraham@t-online.de](mailto:jgraham@t-online.de).

Study material is available at [www.arrl.org/catalog/lm](http://www.arrl.org/catalog/lm) and an online question pool can be found at [www.qrz.com/testing.html](http://www.qrz.com/testing.html) and [www.qrz.com/xtest2.html](http://www.qrz.com/xtest2.html).

For more ARRL/VEC information in Europe, visit [www.qsl.net/dl4vcw/vec.htm](http://www.qsl.net/dl4vcw/vec.htm) or call Wolff at DSN 485-7112 or e-mail him at [daniel.v.wolff@us.army.mil](mailto:daniel.v.wolff@us.army.mil).

## Kaiserslautern encourages use of customer service assessment

By Christine June

USAG KAISERSLAUTERN PUBLIC AFFAIRS

Customers who live, work or do business on Kaiserslautern's installations can provide detailed feedback about the garrison's services.

They can do this by filling out the Installation Management Command Customer Service Assessment, which is online now until Sept. 18.

"I just really hope people will take the 20 minutes to fill out the survey, because we need input from as many people – anyone who is here and uses garrison services," said Amanda Sanchez, the USAG Kaiserslautern's new customer service officer.

This assessment is a new tool that falls under Customer Management Services. This is a new program for collecting customer feedback and using the data to evaluate and improve delivery of installation programs and services.

The assessment is divided into two main categories, corporate and constituent, which are accessed from the same Web link at [www.myarmyvoice.org](http://www.myarmyvoice.org).



Christine June

Community members who use U.S. Army Garrison Kaiserslautern services such youth programs are eligible and encouraged to take the Customer Assessment Survey, which is online now and ends Sept. 18. This survey can be found at [www.myarmyvoice.org](http://www.myarmyvoice.org) or the garrison's Web site at [www.kaiserslautern.army.mil](http://www.kaiserslautern.army.mil).

[www.kaiserslautern.army.mil](http://www.kaiserslautern.army.mil). This Web link can be accessed from any Internet-ready computer and is also published on the garrison Web site at [www.kaiserslautern.army.mil](http://www.kaiserslautern.army.mil).

When a customer begins the survey, he will be asked to provide demographic data that will automatically direct him to the appropriate corpo-

rate or constituent assessment. In that way, family members or retirees, for example, will not be asked to rate services like the Central Issue Facility or the Ammunition Supply Point – two services used by Soldiers and their commanders.

Within the survey, customers will be

asked to rate service performance on a scale of "1" (very poor) to "5" (excellent), and importance, also on a scale of "1" to "5." Any ratings of "1" or "2" need an explanation describing any issues or concerns.

Data provided by unit commanders, command sergeants major, first sergeants, senior civilians and senior staff will be captured in the corporate portion. There, they will rate the performance of the services and the importance of the service in relation to the accomplishment of their units' missions.

The more customers in each category who complete the assessment, the more accurate and substantial the data collected. This will provide a baseline for future annual assessments.

This information will be returned by IMCOM to the garrison in a couple of months, Sanchez said. This information will be used to identify and document best practices in areas and develop plans for improvement in others.

For more information, call DSN 493-4175, civ. 0631-3406-4175 or e-mail [amanda.m.sanchez@us.army.mil](mailto:amanda.m.sanchez@us.army.mil).



## JACOB'S WELL

continued from page 1

Well every Friday. The Farmington, N.M., native describes herself as a "science geek" and is planning to study forensic science. She's also a new convert to Christianity and is using the Jacob's Well coffeehouse as a place to learn more about her faith.

"It's helping me, because I am still learning the Bible," Bush said. "If I have a question, I can ask or just get other people's point of view and then go home and read for myself. Not to mention you get to meet people. We watch movies, play video games, and just hang out and not get in trouble."

Talisha's husband is one of the many musicians who come to Jacob's Well. He plays guitar and often leads musical worship for the coffeehouse. Tyler is a UH-60 Black Hawk helicopter mechanic with Company D, 1st Battalion, 214th Aviation Regiment. He and his wife have been married for a little over nine months, and they arrived in Germany late last year.

"I get so much out of this," he said. "I bring my guitar every week, and it just helps me to open up with the people here and my wife. It brings up things we can talk about at home for our home devotion, and it's a real friendly environment."

Talisha agrees that being here has helped benefit their marriage.

"Being a military spouse is hard, but then it's not at the same time," she said. "It's hard because he is in the military and I'm thinking about him all the time, but there are people here that understand and that I can talk to about it."

The Jacob's Well coffeehouse opened in October at the Coleman Barracks Chapel. The name of the coffeehouse is taken from the story in the Bible depicting the encounter between Jesus and the Samaritan woman he encountered at the well in the fourth chapter of the book of John.

"This is a place where people can encounter Christ in a non-threatening environment ... they can come here and be themselves," said Chaplain (Capt.) Barron Wester, battalion chaplain for the 1-214th, who is responsible for helping oversee the weekly coffeehouse.

"They don't have to pretend to be somebody, else and that's basically what happened with the woman at the well," the chaplain said. "She didn't try to impress anybody and that's what we want this place to be. I guess you could call (me) very loosely the pastor ... this is one of the functions I perform for the battalion."

Jacob's Well offers an opportunity every week for the Soldiers to get together and have a Bible study,

hang out with each other, and grow closer to God, Wester said. "For some this may be the only worship opportunity they may have access to on Coleman Barracks. Some of the Soldiers don't have cars and others have to rely on the van."

But the chaplain is also quick to point out that Jacob's Well is not just for those who identify with Christianity or with any particular religion at all.

"There is a wide array of people, and most of the people that come here are Christian, but we also have Buddhists, Latter Day Saints and a lot of different people who come here. We have a Bible study where I generally open up the floor and let people have their opinions, and we'll try to discuss things and give people answers," Wester added.

"We also have people who are on the total opposite of the spectrum ... (some) who come here are atheists who are not religious at all, and it just gives them a place to hang out and engage them in really meaningful conversations on life issues and things like that. Everyone is welcome here."

Wester is not alone in his coffeehouse duties. His 8-year-old daughter, Erin, is a constant companion who is always armed with a friendly smile, cold sodas and plenty of conversation and jokes to share with the weekly guests who walk through the doors.

"I think it's important to help my dad," Erin said. "I like to talk to the Soldiers, and sometimes I help in the kitchen and do simple jobs." One of her jobs is making some of the desserts for the weekly gatherings; in fact, Erin is the resident "dessert maker" for the coffeehouse.

First timers may also notice that the overall atmosphere at Jacob's Well is light and festive especially for a Friday night when most people are heading to the local bars and nightclubs to unwind after the long work week.

"This is a great alternative for me," Tyler said. "My father was a really bad alcoholic. I know the damage it can do, and I know that I could become the same way - and I want to avoid all that."

"Sometimes you need that nudge to push you in the right direction, and sometimes it takes completely messing up to find out what's not right," his wife added. "So being in the right environment is important, and being around positive people can inspire you to do the right thing and turn your life around."

Jacob's Well coffeehouse on Coleman Barracks takes place every Friday or on the last duty day of the week 7-10 p.m. in the chapel basement. The food, fun and coffee is all free of charge. Contact Wester at DSN 382-5378 for more details.



Christine June

Staff Sgt. Frank Breeland, 357th Air and Missile Defense Detachment, his wife, Martina, and their 18-month-old male German Shepherd, Prinz, participate in the Hometown News Holiday Greeting Program last year at the Java Café on Rhine Ordnance Barracks. The Joint Hometown News Service from San Antonio will again have a camera team in the U.S. Army Garrison Baden-Württemberg military communities starting Sept. 17 to record holiday greetings for broadcast on local statewide TV and radio stations in all 50 states and U.S. territories.

## GREETINGS

continued from page 1

a day see these greetings," said Schwab, who will be this year's European team chief. "If you record a greeting, the chances are - it's going to air."

Schwab added that the news teams will shoot about 10,000 greets this year, and more than 95 percent will get on the air.

Family members getting to see their loved ones living overseas on their TV sets is what the Holiday Greetings Program is all about, said Kris Grogan, who was last year's European team chief.

"I don't know how many phone calls

I get from crying parents saying 'thank you' because I haven't been able to see my son or daughter in the past year or two years," he said. "It means a lot to them."

Such was the case with the Denny family who did a greeting the first year they were in Kaiserslautern for their families in Michigan and Florida.

"All of our family and friends saw it," said Air Force Staff Sgt. Gabriel Denny, from the 435th Communications Squadron, after he and his wife, Megan, recorded their greeting last year at the Java Café on Rhine Ordnance Barracks in Kaiserslautern.

### Hometown Holiday Greetings

#### What to wear?

Active-duty members must be in uniform, since they are representing the United States on television. Civilians should be in appropriate attire. Seasonal clothing or attire that shows your pride in your hometown is fine - Santa hats, favorite college or professional team or Christmas attire, banners and even pets.

#### What to bring?

Bring your family's city, state and phone number. If participants have the phone number, it gives television and radio stations an opportunity to contact family members to let them know when the greetings are going to air.

#### What to say?

Participants need to say five things within the greeting: Who they are; where they are; who the greeting is going to; where they are; and some sort of holiday message. There is not a maximum or minimum time length on greetings. But the best ones are about 15 seconds long. Family members must be accompanied by sponsors, unless they are deployed.

#### When does it air?

Television and radio stations will normally begin running greetings on Thanksgiving Day and continue through New Year's Day. Recorded holiday greetings can be downloaded after Thanksgiving Day at <http://hq.afnews.af.mil/hometown>.

#### When are they filming?

##### Kaiserslautern

• 9 a.m.-3 p.m. Sept. 17 in front of the Landstuhl Regional Medical Center dining facility

• 8-10 a.m. Sept. 18 at the Parade Field on Panzer Kaseme

• 11 a.m.-1 p.m. Sept. 18 at the Kleber Dining Facility

• 4-7 p.m. Sept. 18 at Java Café on Rhine Ordnance Barracks

• 10 a.m.-6 p.m. Sept. 19 at the Vogelweh Commissary

• 10 a.m.-6 p.m. Sept. 22 and 23 at the Kaiserslautern Military Community Center on Ramstein Air Base

• For more information: DSN 486-8144, civ.

06371-86-8144 for LRMC; DSN 484-8104, civ.

0631-413-8104 for Kleber and Panzer; DSN 493-4072, civ.

0631-3406-4072 for ROB and Vogelweh; or DSN 480-2458, civ. 06371-47-2458 for Ramstein.

##### Mannheim

• 9:30 a.m.-5 p.m. Sept. 26 at the commissary on Sullivan Barracks

• For more information: DSN 385-3886, civ.

0621-730-3886.

##### Heidelberg

• 10 a.m.-7 p.m. Sept. 28 at the commissary on Patrick Henry Village

• For more information: DSN 373-1400, civ.

06221-17-1400.

# Heidelberg Volksmarch



**34th Annual Heidelberg Volksmarch**

**Who?**  
Everyone! Bring your family, get out the stroller, bring the dog...

**What?**  
Walk marked paths around Heidelberg. Trail distances include 5, 11 and 22. Both the 5 and 11-kilometer trails are stroller friendly, but the 11-kilometer trail is hilly.

**When?**  
7 a.m.-2 p.m. Sept. 19  
7 a.m.-1 p.m. Sept. 20

**Where?**  
Internationale Gesamtschule Hasenleiser, Baden-Badener Strasse, Rohrbach

**How Much?**  
€3,80 for beer stein and IVV stamp, €1,50 for stamp only

## Hike the trails of Heidelberg for panorama views of this beautiful city

**Staff Report**

The Heidelberg International Wandering Club's 35th Annual Heidelberg Volksmarch is scheduled for Sept. 19-20.

What is a volksmarch? It's a non-competitive walking (and running) event where everyone – young or old – completes trails from 5 up to 22 kilometers. You can take your dog, push your child in a stroller, walk as a group, or walk on your own – and you get refreshments on the way at "control points" (Kontrollstellen) and at the end, which is back at the start hall.

The HIWC event attracts as many as 3,000 walkers from near and far. The start and finish are at the Internationale Gesamtschule in Heidelberg-Hasenleiser, behind Nachrichten Kaserne (the Heidelberg Health Center). The 11 and 22-kilometer trails will meander through the forests and fields throughout the hills above Heidelberg. On these trails, you will pass nearby the Ehrenfriedhof Memorial, a monument commemorating those who died in battle in the Heidelberg area during both world wars and offers a marvelous panorama of the city of Heidelberg.

The 22-kilometer trail will venture to the Heidelberg Castle, while the 5-kilometer will stay below and will be

flat and stroller friendly.

In the start hall, you will be able to relax and recharge your batteries after the walk. There will be lots of food and drink on offer as well as a disc jockey playing popular tunes on both days. This year the club is offering a collectable beer stein featuring an old scene of the Heidelberg Old Bridge and Castle. The cost: €3.80 for the mug and the pleasure of walking between 5 and 22 kilometers.

The Heidelberg International Wandering Club is one of six clubs in Europe associated with a military community.

The HIWC boasts about 250 active members, according to club president Rob Floyd. There is a need for volunteers to assist with the annual event. Anyone who volunteers will receive a T-shirt, free food and drink coupons and dibs on an event prize before they run out.

It takes about 150 volunteers to operate a weekend event from setting up and breaking down benches and tables in the start hall, marking and monitoring the trail, stamping start cards, preparing and selling food, distributing supplies and equipment, directing traffic and making sure the start hall is cleared up after the event.

It's the low cost of the prizes that first attracted Floyd to volksmarching. "When we shut down Frankfurt – I was stationed there – I moved to Patrick Henry Village, and my neighbor had a nice collection of beer steins," Floyd said. "I was paying 30 Deutsche Marks, and he told me how to get them for just a few marks a piece."

Now Floyd has logged in more than 30,000 kilometers, and earned an estimated 3,000 to 4,000 beer steins.

Ten years ago, Floyd came up with the idea of holding a competition for unit participation. The Commander's Cup is unique to the Heidelberg Volksmarch. The units that have the most participants win a trophy. The top three organizations receive a trophy in the categories of large, medium and small activities.

Everyone is encouraged to turn out and take a walk through the German countryside, enjoy refreshments afterwards, take home a souvenir, and enjoy a part of German culture.

For more information go to the HIWC Web site, [www.hiwc.de](http://www.hiwc.de). To volunteer, contact Floyd at civ. 06227-84-1266 or e-mail [hiwc@yahoo.com](mailto:hiwc@yahoo.com).

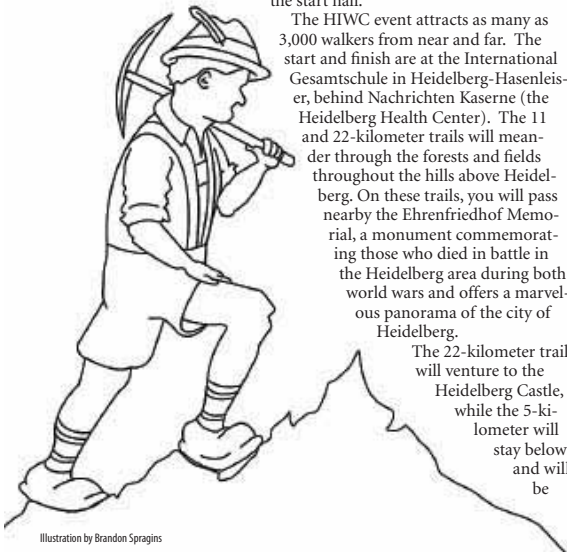


Illustration by Brandon Spragins

## GERMAN COOKING

### Marzipan

Nothing expresses the German love of edible art more succinctly than marzipan candies, which are shaped into piglets, cats, poodles, flowers, fruit and all sorts of other objects. They are delicious to eat, too.

**Recipe makes:** 2 pounds

**Ingredients:**

- 1 pound almonds, shelled, blanched
- 1 pound confectioners' sugar
- 1 egg white, unbeaten
- 3 or 4 tablespoons rosewater or orangewater

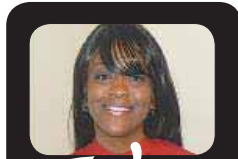
**Directions:**

- Carefully dry the shelled almonds, then grind to a powder in an electric blender.
- Blend almonds, the sugar, the egg white and just enough rosewater or orangewater (available from pharmacies) to make a pliable stiff dough.
- Knead with fingers, then place on board dusted with confectioners' sugar and form into desired shapes to resemble miniature apples, peaches, strawberries or, if you have an artist's touch, little pigs or birds.
- Tint with food coloring.
- Balls of marzipan may be rubbed in chocolate dots or colored sugar.
- If dough becomes too stiff, work in a little lemon juice, rosewater or orangewater, adding drop by drop.
- When candies are shaped, dry thoroughly in a cool, airy place for 24 hours, then wrap separately or place in a container (such as a little straw basket for fruit) and cover completely with plastic wrap.

SOURCE: [www.mygermanrecipes.com](http://www.mygermanrecipes.com)

### Learn to Shop for German Food

Are you curious about local products and food items available on the economy? Visit an organic food store or a typical grocery store accompanied by a registered dietician who is fluent in the German language. Call the Nutrition Care Division at the Heidelberg Health Center to book your free tour, DSN 371-2747, civ. 06221-17-2747.



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 joined the Army two years ago because I know I have so much to offer to the Army. In my heart and mind, I have a lot to offer to the world.*

*I was treated like trash before I joined the Army at 30 years old, and I find myself experiencing the same thing now. The Army does not treat everyone like a human being. If you are not of a certain rank, you can forget it. I got a crappy MOS, and I work for crappy people who just don't get it. The only reason they allow women in the Army is to service men that need the release.*

*Even now I've had many failed relationships with one man after another. I keep trying to stop this cycle that has continued since my early teenage years. I keep wondering what it is that I am doing wrong. I know I have so many positive things to give and positive things to do. I wish other people could see it, too. How can I soar like an eagle or let the negativity roll off my back like a duck?*

*From: Ready To Change*

**Dear Change,**

There is a lot you've said in the letter. Conversely, I'm sure you've left out many missing pieces. Let me try to give you some good but candid advice for the sake of time. You said you feel that you have many positive things to offer the world, right? I don't doubt this, but first things first: you must get that mattress off your back and start keeping your legs closed.

From your report you are jumping into bed with every Tom, Larry and Joe. This is not good for you emotionally or mentally. Furthermore, it is ruining your self-esteem and your self-worth.

You are looking for love and acceptance, however, you are looking for it in all of the wrong places. In my professional opinion, you should definitely consider speaking with a good clinical social worker or therapist immediately. I will send you some resources for services on your post.

It's time for you to figure out how you got in this cycle with men and how to stop it. A good clinician will be able to give you some insight on this matter, which I think is paramount. You can't change the world when you don't love yourself. My gut tells me that you have experienced a lot tough times in your life.

You have to learn to celebrate you. No man can give you that; you must give it to yourself. You said you want to soar like an eagle. This is one thing that I know about eagles: they don't flock, you find them one at a time. I really wish you the best.

**Responses to previous columns:**

**Dear Ms. Vicki,**

*Wow I have the same problem with my monster-in-law. I have been*

*married for 15 years, and she still is very mean and cruel to me. I had to make a choice around her, which is I do not deal with her at all. She has always been very mean to me and my husband would not stand up to her about this, so I had to take him aside and let him know that I was leaving. That got his attention!*

*We sat down and talked about all the things his mother likes to do to me. Things that are really not nice at all. I was so proud of him that he took a stand and spoke to her about this issue. I would like to say that it solved all of our problems, but it did not. She now lies to my husband all the time and seems to think it is funny. I feel that he should set some boundaries with her. Sadly she has divided the family so no one will speak to the other, and she loves it. It seems to be a game for her.*

*I was so glad to read your response to the lady with the same problem. I will definitely let my husband read the response, so he knows I am not the crazy one.*

**Dear Ms. Vicki,**

*I know it's not your fault who decides to write you, and I'm not sure if you print every letter you get. However, I think much of what is printed shouldn't be.*

*These people who write to you are a few undesirable people who shouldn't be associated with the Army at all. They really give being in the Army a bad name. They have low self-esteem and no morals either.*

*Furthermore, they want someone else to straighten out their lives for them when they should get up and do it for themselves.*

*For all of you people who have nothing better to do but write this lady and air all of your dirty laundry, try going to church, pray and try to improve your lives instead of blaming the Army.*

## TRICARE Entitlement Program: How you can make it work for you

It is important for you and your family to have the best health possible. The month of September is your Health Benefits Awareness Month. Throughout the month, we are focusing on different facets of your health; this week is mental health.

In addition to physical well-being, it is important to also focus on our mental well-being. There is much in the news lately on suicide prevention, traumatic brain injury, mild traumatic brain injury and post traumatic stress disorder, all of which have a special impact on our military families.

TBI and MTBI occur when the head is struck or shaken violently, such as with a fall or an explosion or blast. PTSD occurs when someone experiences a life-threatening or horrific situation. One may not have experienced any specific change in life circumstance, but may still experience depression, anxiety, phobias or the like. Sadness, loneliness, feelings of being overwhelmed or out-of-control, sleeping too much or too little, feeling angry or irritable or just numb or any change in personality are just a few of the symptoms that should signal you to seek help no matter what may have led up to these feelings.

Just like a high fever and trouble breathing may be symptoms that make you seek care from a doctor, any behavioral health symptoms, which may be more subtle, are equally important signals that "it is now time to ask for help." Mental well-being is just as important as physical well-being.

Many programs are being developed within the military health system for psychological health issues that include prevention, protection, diagnosis, treatment and recovery. It is important for us to recognize and treat those "mental injuries" that are keeping you and your family from experiencing the best mental or psychological health possible.

**Tools to help**

There are many resources at your fingertips to help, and just like clinical preventive health measures, seeking professional help at the first signs of mental distress is very important.

- Military OneSource offers counseling and other assistance 24/7 through toll-free numbers and resources found at [www.militaryonesource.com](http://www.militaryonesource.com).
- Afterdeployment.com at [www.afterdeployment.org](http://www.afterdeployment.org) offers confidential education on many issues such

as dealing with stress, conflict at work, reconnecting with family and friends, anger, substance abuse and kids and deployment.

- Anonymous behavioral health self-assessment at [www.militarymentalhealth.org/chooselang.asp](http://www.militarymentalhealth.org/chooselang.asp).

**What does TRICARE cover?**

- Non-active duty TRICARE Prime beneficiaries may go to eight outpatient behavioral health care visits without a referral.
- Outpatient psychotherapy – limit to length of appointment and frequency
- Inpatient admissions
  - Patients 19 years and older are limited to 30 days in a fiscal year (or admission)
  - Patients 18 years and younger are limited to 45 days in a fiscal year (or admission)
  - Residential treatment for patients 18 years and younger may be up to 150 days (available only in the United States)
  - Substance abuse programs – up to 21 days with an additional seven days for detoxification if needed. Lifetime benefit limited to three inpatient treatment programs.

# GET OUT!

## area events

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

### September 11

**Back to School Bash** — Head to the Heidelberg Arts and Cultural Center 3-10 p.m. for fun and games, barbecue, ice cream, giveaways and a dance 7-8 p.m. DSN 388-9003.

**Comedy After Dark & After Party** — Don't miss the Comedy After Dark and After Party at the Top Hat Club on Sept. 11, 9 p.m.-4 a.m. The night will feature a state-side professional comedian and a local R&B band. Patrons must be 18 and older. Tickets are \$15 in advance and \$18 at the door. The Top Hat Club is located in Benjamin Franklin Village, Bldg. 738. DSN 380-9370, civ. 0621-730-9370.

### September 12

**Gospel Fest 2009** — Live praise and worship performances, food, games, face painting and more starting at 11 a.m. at Zollhof Garten/Halle\_02 at Guteramtsstrasse 2 near the Heidelberg Community Support Center's main entrance.

**Salsa Night** — Head to Kaiserslautern's Armstrong's Club 8 p.m.-1 a.m. for a live disc jockey, margarita bar and free finger food. Civ. 0631-354-9986.

### September 13

**Extreme Crazy Cash Bingo** — Kaiserslautern's Kazabra Club will host Extreme Crazy Cash Bingo 3-7 p.m. More than \$13,500 will be won. Play the Early Bird Bonanza game at 2 p.m. Doors open at 1 p.m. and the free buffet will begin at 2 p.m. [www.mwgermany.com](http://www.mwgermany.com).

**Black Forest** — This is a special tour through the famous Black Forest. The next stop is Triberg, the unofficial capital of cuckoo clocks. Here you can choose from an impressive variety of handcrafted timepieces. Nature lovers can climb a portion of the highest waterfall in Germany, or simply take your camera for fabulous photo opportunities. <http://affiliates.uso.org/rheinneckar>.

### September 17

**Ramstein Welfare Bazaar** — The 45th Annual Ramstein Welfare Bazaar runs through Sept. 21 with more than 130 vendors from all over Europe selling furniture, pottery, art, food, linens and more. Various organizations will also be selling food and performing on the entertainment stage. Doors open at noon Thursday. Thursday and Friday are stroller friendly days. [www.ramstein-bazaar.org](http://www.ramstein-bazaar.org).

### September 18

**Comedy Show** — Leon Rogers and Kaye-Ree and the Band will be performing at Armstrong's Club in Kaiserslautern at 9 p.m. Tickets can be purchased in advance for \$15 and at the door for \$18. DSN 489-6000, civ. 0631-354-9986, [www.mwgermany.com](http://www.mwgermany.com).

**Lift Up Your Spirit Gospel Tour** — The 2009 Lift Up Your Spirit Gospel Tour,

### Heidelberg Apollo Show

Think you've got what it takes to be the Apollo King or Queen? Show us what you got! Choose from categories like singing, musical instruments, impersonation acts, dancing, poetry, comedy and lip syncing. Interested acts must register by Sept. 10. All participants must be 18 years or older. \$10 cover charge includes a finger food buffet. First-place winner wins a \$500 AAFES gift card. The event takes place at 9 p.m. Sept. 18 in the Recovery Room on Nachrichten Kaserne. DSN 371-2762.

featuring Trin-I-Tee 5-7, Deitrick Haddon, Damita Haddon and Spensha, with a special appearance by the 2008 Operation Rising Star winner Joyce Dodson will be held at the Patrick Henry Village Pavilion at 7 p.m. Doors open at 6 p.m. DSN 373-7414, [www.mwr-europe.com](http://www.mwr-europe.com).

### September 19

**European Army Medical Department Regimental Ball** — Military and civilian medical professionals in Europe are invited to the European Army Medical Department Regimental Ball at the Patrick Henry Village Pavilion in Heidelberg. Tickets: \$30 for 04/E7 and above; \$25 for 01-03 and E6 and below. Unit AMEDD Ball representatives have tickets. <http://ermc.amedd.army.mil>.

**Indoor Flea Market** — Army Outdoor Recreation will host an indoor flea market 8 a.m.-2 p.m. on Rhine Ordnance Barracks, Bldg. 237. If you are interested in selling, contact ODR now to reserve your booth at DSN 493-4117, civ. 0631-3406-4117, [www.mwgermany.com](http://www.mwgermany.com).

**Art Gallery Exhibition** — Check out the Heidelberg Art and Cultural Center's Art Gallery Exhibition featuring local artist Deb Ahern at 7 p.m. Her collection, entitled "I Brain Heidelberg" will encapsulate you and inspire you to see and experience the beautiful city of Heidelberg. Her exhibition will be on display until Nov. 14. [www.mwgermany.com](http://www.mwgermany.com).

**Old School R&B Night** — Armstrong's Club in Kaiserslautern invites you to this free event featuring a live disc jockey and free finger food 9 p.m.-2 a.m. DSN 489-6000, [www.mwgermany.com](http://www.mwgermany.com).

**Paris Express** — Affectionately known as the City of Lights, Paris evokes images of romance, adventure and culture. With its innumerable museums, cafes, stores and specialty shops, excitement is around every corner. This tour includes a two-hour sightseeing tour. You will have plenty of free time for exploring on your own. <http://affiliates.uso.org/rheinneckar>.

**Oktoberfest** — Join the USO on the opening day of the world's most famous beer fest. Originally all citizens of Munich were invited to attend the marriage celebration of Prince Ludwig to his bride Therese on the fields near the city gates. Now Oktoberfest is the annual 16-day celebration in the heart of Munich. The various breweries have set up enormous tents where you can lift the huge Bierkrüge (beer mugs) and mingle with the locals. While nearly six million liters of beer are consumed during the event, the huge fairgrounds also feature carousels and roller coasters. Trips also take place Sept. 26 and Oct. 3. <http://affiliates.uso.org/rheinneckar>.

### September 20

**Sesame Street Performances** — Enjoy a free show featuring Elmo and his friends Rosita, Cookie Monster, Grover and more at 2 p.m. and 5 p.m. Sept. 20 at the Kleber Gym in Kaiserslautern (DSN 483-6626 or [kmconstage@eur.army.mil](mailto:kmconstage@eur.army.mil)); 4:30 p.m. or 6:30 p.m. Sept. 27 at the BfV Sports Arena in Mannheim (DSN 385-3530); or 4 p.m. or 6 p.m. Sept. 30 at the Patrick Henry Village Pavilion in Heidelberg (DSN 373-7414). This free show is exclusively for military children and their families and will help educate the military family community about helping children cope with the challenges of deployments.

### September 26

**Oktoberfest** — Join Mannheim Outdoor Recreation at the biggest celebration in the world at Munich's Oktoberfest. Participate in one of the 14 beer tents, enjoy Bavarian specialties, and meet people from all over the world. Cost \$55. DSN 381-7215, civ. 0621-730-7232.

### September 27

**Sunday Brunch** — Enjoy a classic German-American brunch complete with a breakfast buffet, a meat carving station, a scrumptious dessert selection and more at the Patrick Henry Village Pavilion in Heidelberg 10 a.m.-2 p.m. Reservations are recommended as seating is limited. Prices: Adults: \$17.95; Kids 6-11, \$8.75; Children 5 and under eat free. DSN 388-9249, [www.mwgermany.com](http://www.mwgermany.com).

**Marksburg Castle and Rüdesheim** — This is the only castle on the Rhine to survive the destruction of war. Built in the 12th century, Marksburg Castle has stayed virtually unchanged since Medieval Times. Travel through time, highlighting 2,000 years of armor, the cannon battery, knights hall, bedroom, wine cellar, and kitchen. With breathtaking view of the Rhein River this is a must see castle. On the way back, we visit Rüdesheim, one of Germany's most popular tourist destinations. <http://affiliates.uso.org/rheinneckar>.

### Ongoing

**Railway Romance** — Take a 50-kilometer trip on the 100-year-old line. Experience pure railway romance: treat yourself to the unique experience of a leisurely train excursion in old carriages, which rolled through a romantic landscape at the time of our great grandparents. Runs through October. [www.sauschwaezenleibahn.de](http://www.sauschwaezenleibahn.de).

## coming to THEATERS

### ALL ABOUT STEVE

(Bradley Cooper, Sandra Bullock) When Mary is set up on a blind date with handsome cable-news cameraman Steve, Mary thinks the chemistry is undeniable — that Steve is "the one." Steve, on the other hand, thinks Mary is crazy. Mary, who just knows she's found her soul mate, decides to do anything and go anywhere to be with him. Mary's escalating infatuation is encouraged by the actions of news reporter Hartman Hughes. Rated PG-13 (sexual content including innuendos) 97 minutes

### PLAYING THIS WEEK

#### Heidelberg, Patrick Henry Village

Sept. 10 - TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) 7 p.m.  
 Sept. 11 - ALL ABOUT STEVE (PG-13) 7 p.m.; BRUNO (R) 9 p.m.  
 Sept. 12 - ICE AGE: DAWN OF THE DINOSAURS (PG) 4 p.m.; ALL ABOUT STEVE (PG-13) 7 p.m.; BRUNO (R) 9 p.m.  
 Sept. 13 - ICE AGE: DAWN OF THE DINOSAURS (PG) 4 p.m.; ALL ABOUT STEVE (PG-13) 7 p.m.  
 Sept. 14 - BRUNO (R) 7 p.m.  
 Sept. 15 - ALL ABOUT STEVE (PG-13) 7 p.m.  
 Sept. 16 - ICE AGE: DAWN OF THE DINOSAURS (PG) 7 p.m.  
 Sept. 17 - ALL ABOUT STEVE (PG-13) 7 p.m.

#### Mannheim, Schuh

Sept. 10 - POST GRAD (PG-13) 7 p.m.  
 Sept. 11 - THE FINAL DESTINATION (R) 7 p.m.  
 Sept. 12 - ICE AGE: DAWN OF THE DINOSAURS (PG) 4 p.m.; BRUNO (R) 7 p.m.; THE FINAL DESTINATION (R) 9 p.m.  
 Sept. 13 - ICE AGE: DAWN OF THE DINOSAURS (PG) 4 p.m.; THE FINAL DESTINATION (R) 7 p.m.  
 Sept. 14 - BRUNO (R) 7 p.m.  
 Sept. 15 - THE FINAL DESTINATION (R) 7 p.m.  
 Sept. 16 - ICE AGE: DAWN OF THE DINOSAURS (PG) 7 p.m.  
 Sept. 17 - BRUNO (R) 7 p.m.

#### Vogelweh, Galaxy

Sept. 10 - PUBLIC ENEMIES (R) 7 p.m.  
 Sept. 11 - THE FINAL DESTINATION (R) 7 p.m., 10:30 p.m.  
 Sept. 12 - TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) 3 p.m.; THE FINAL DESTINATION (R) 7 p.m.  
 Sept. 13 - TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) 3 p.m.; THE FINAL DESTINATION (R) 7 p.m.  
 Sept. 17 - PUBLIC ENEMIES (R) 7 p.m.

#### Ramstein, Gateway Movieplex

Sept. 10 - TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) 11:30 a.m., 3 p.m., 7 p.m.; PUBLIC ENEMIES (R) 11 a.m., 2:30 p.m., 6:30 p.m.; THE FINAL DESTINATION (R) noon, 3:30 p.m., 7:15 p.m.  
 Sept. 11 - ALL ABOUT STEVE (PG-13) 11:30 a.m., 3 p.m., 7 p.m., 10:15 p.m.; ICE AGE: DAWN OF THE DINOSAURS (PG) 11 a.m., 2:30 p.m., 6:30 p.m.; TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) 11:15 a.m., 2:45 p.m., 6:45 p.m., 9:30 p.m.; BRUNO (R) 12 p.m., 3:30 p.m., 7:15 p.m., 9:45 p.m.  
 Sept. 12 - ALL ABOUT STEVE (PG-13) 11:30 a.m., 3 p.m., 7 p.m., 10:15 p.m.; ICE AGE: DAWN OF THE DINOSAURS (PG) 11 a.m., 2:30 p.m., 6:30 p.m.; TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) 11:15 a.m., 2:45 p.m., 6:45 p.m., 10 p.m.; BRUNO (R) 12 p.m., 3:30 p.m., 7:15 p.m., 9:30 p.m.  
 Sept. 13 - ALL ABOUT STEVE (PG-13) 11:30 a.m., 3 p.m., 7 p.m.; ICE AGE: DAWN OF THE DINOSAURS (PG) 11 a.m., 2:30 p.m., 6:30 p.m.; TRANSFORMERS: REVENGE OF THE FALLEN (PG-13) 11:15 a.m., 2:45 p.m., 6:45 p.m.; BRUNO (R) 12 p.m., 3:30 p.m., 7:15 p.m.  
 Sept. 14 - ALL ABOUT STEVE (PG-13) 11:30 a.m., 3 p.m., 7 p.m.; ICE AGE: DAWN OF THE DINOSAURS (PG) 11 a.m., 2:30 p.m., 6:30 p.m.; BRUNO (R) 12 p.m., 3:30 p.m., 7:15 p.m.  
 Sept. 15 - ALL ABOUT STEVE (PG-13) 11:30 a.m., 3 p.m., 7 p.m.; ICE AGE: DAWN OF THE DINOSAURS (PG) 11 a.m., 2:30 p.m., 6:30 p.m.; BRUNO (R) 12 p.m., 3:30 p.m., 7:15 p.m.  
 Sept. 16 - ALL ABOUT STEVE (PG-13) 11:30 a.m., 3 p.m., 7 p.m.; ICE AGE: DAWN OF THE DINOSAURS (PG) 11 a.m., 2:30 p.m., 6:30 p.m.; BRUNO (R) 12 p.m., 3:30 p.m., 7:15 p.m.  
 Sept. 17 - ALL ABOUT STEVE (PG-13) 11:30 a.m., 3 p.m., 7 p.m.; ICE AGE: DAWN OF THE DINOSAURS (PG) 11 a.m., 2:30 p.m., 6:30 p.m.; BRUNO (R) 12 p.m., 3:30 p.m., 7:15 p.m.

### THEATER INFORMATION

Patrick Henry Village, Heidelberg, 06221-27-238  
 Schuh Theater, Mannheim, 0621-730-1790  
 Galaxy Theater, Vogelweh, 0621-50017  
 Gateway Cineplex, Ramstein, 06371-47-5550

Visit [www.aafes.com](http://www.aafes.com) for updated listings and more movie descriptions

## community HIGHLIGHTS

### Sport Bike Course

IMCOM-Europe has launched the Motorcycle Safety Foundation Military Sport Bike Course. This is an alternative to the MSF Experienced Riders' Course. The eight-hour course was developed especially for sport bike riders. It consist of hands-on training, a riding skills evaluation and a knowledge based evaluation all designed to hone the skills of sport bike riders. Kaiserslautern and Heidelberg will host the training. Course dates and registration: [www.imcom-europe.army.mil/sites/management/so\\_atstp.asp](http://www.imcom-europe.army.mil/sites/management/so_atstp.asp).

### Advance Driver Course

All Soldiers under 26, including non-drivers, must complete the Advance Driver Course training following completion of the Intermediate Driver Course. The recommended time frame for completing the ADC is 12-18 months following completion of IDC. ADC reaffirms and builds on the principles taught in IDC, explores consequences, and practices personal risk assessment. The two-hour course is offered at Mannheim, Kaiserslautern and Heidelberg. Course dates and registration: [www.imcom-europe.army.mil/sites/management/so\\_atstp.asp](http://www.imcom-europe.army.mil/sites/management/so_atstp.asp).

### Customer Service Assessment

The annual survey is available for everyone to take through Sept. 18 at [www.myarmyvoice.org](http://www.myarmyvoice.org). The results will be published December. The assessment enables the garrison commander to obtain critical customer service feedback on the service provider strengths and areas requiring improvement. DSN 379-5299, civ. 06202-80-5299.

### Army Family Covenant Survey

Let the Army know how the Army Family Covenant is working for you. Through Sept. 15, fill out the Army Family Covenant Survey at [www.armymwr.com/fmwr/AFCsurvey.htm](http://www.armymwr.com/fmwr/AFCsurvey.htm).

### GI Bill Briefings

**Heidelberg** – 9:30-10:30 a.m. Tuesdays and 2-3 p.m. Thursdays at the Heidelberg-Patton Education Center, Patton Barracks, Building 106, Room 109. DSN 373-8660/6176/8700.

**Kaiserslautern** – 11:30 a.m.-1 p.m. Sept. 17 and 24 at the education center on Rhine Ordnance Barracks. DSN 493-2588, civ. 0631-3406-2588.

**Mannheim** – Noon-1 p.m. every Wednesday at the Sullivan Education Center, Building 253, Room 302. DSN 385-2053, civ. 0621-730-3361.

## local EMPLOYMENT

### Family Advocacy Program Educator

Heidelberg Army Community Service has one NPS contract positions available for a Family Advocacy Program educator to provide parenting classes and Family Advocacy Education programs to teens and elementary school children. DSN 379-6657.

### Dance Instructors

SKIES Unlimited in Kaiserslautern is currently seeking individuals to become dance instructors. Styles of dance include ballet, tap, jazz, hip-hop and salsa. DSN 486-5412, civ. 06371-86-5412.

### ACAP Counselor

The Army Career and Alumni Program seeks a full-time counselor in Mannheim. DSN 370-7545, civ. 06221-57-7545, [darla.huck@us.army.mil](mailto:darla.huck@us.army.mil).

### KAISERSLAUTERN Education

• **ACS Classes and Events** – DSN 493-4203, civ. 0631-3406-4203, [www.mwrgermany.com/kl/acs](http://www.mwrgermany.com/kl/acs).

• **Introduction to Newspaper Workshop** – SKIES Unlimited and the Kaiserslautern Library at Landstuhl will partner to offer "Introduction to Newspaper" class for youth in grades 6-8. Class cost is \$15 total and classes will be held Mondays Sept. 14-Oct. 19. DSN 493-4516, [www.mwrgermany.com](http://www.mwrgermany.com).

• **CSB Briefing** – The Kaiserslautern Transition Center hosts a briefing on Career Status Bonus Sept. 16 in Bldg. 3245 on Kleber Kaserne. Registration: DSN 483-7071, civ. 0631-411-7071.

• **POSH Training** – Prevention of Sexual Harassment refresher training will be 9-10 a.m. Sept. 17 in the Learning Center, Bldg. 3718 on Landstuhl Regional Medical Center. DSN 493-4277, civ. 0631-3406-4277.

### Community

• **Sept. 11 Remembrance** – The chapels on Landstuhl Regional Medical Center and Danner Kaserne will be open 11:30 a.m.-1 p.m. Sept. 11 for prayer, reflection and remembrance. DSN 493-4098.

• **Make Cards and Scrapbooks for Wounded Warriors** – Cards for A Cause Club will meet 11 a.m.-7 p.m. Sept. 16 at the Ramstein Community Center atrium to make cards and mini-scrapbooks for wounded warriors to send out to family and friends. Membership is open to all ID card holders, and children under 18 must be accompanied by an adult. [pejachowski@juno.com](mailto:pejachowski@juno.com).

• **Independent and Foreign Films** – The Kaiserslautern Library at Landstuhl and the Landstuhl Community Club will team up to bring you an evening of independent and foreign films. Shows will start at 6 p.m. "Something Like Happiness" by Bohdan Slama (Czech with English subtitles), Sept. 16; "Noise" by Matthew Saville (in English), Sept. 30. [www.mwrgermany.com](http://www.mwrgermany.com).

• **Primary Care Clinics** – Active duty, family members and TRICARE eligible retirees can be enrolled in the primary care clinics at Landstuhl Regional Medical Center. For patients in Kaiserslautern, the Women's Care Center has additional appointments available for annual well-woman exams. Patients over 50 who have not had a colonoscopy in the past 10 years can call the population health manager at civ. 06371-9464-5609 to schedule a colon cancer screening exam.

• **KMC Teen Shuttle** – Pick-up and drop-off points are located throughout Vogelweh, Vogelweh Housing, Ramstein, Landstuhl and the Melkerei in Landstuhl Village. ID card, shuttle card and permission slips are required to ride the shuttle.

Apply for your shuttle card at Central Enrollment and Registration on Pulaski Barracks or Landstuhl Post. DSN 486-8943, civ. 06371-86-8991.

• **AFAP Conference** – Volunteers are needed as delegates for the 2009 Army Family Action Plan Conference Oct. 28-30 at the Armstrong Community Club on Vogelweh Housing. Submit issues online at [www.mwrgermany.com/kl/acs/dtap.htm](http://www.mwrgermany.com/kl/acs/dtap.htm) or look for the issues boxes located throughout the community. DSN 493-4357, civ. 0631-3406-4357, [kln.afap.distro@eur.ds.army.mil](mailto:kln.afap.distro@eur.ds.army.mil).

### HEIDELBERG Education

• **ACS Classes and Events** – AFB Level 2, 9 a.m.-2 p.m. Sept. 14-16; Families Learning About Germany, 5-9 p.m. Sept. 14-15 with field trip at 8:30 a.m. Sept. 19; Intro to MS Publisher (two-part class), 9 a.m.-noon Sept. 14 and 16; Reintegration Briefing, 9 a.m. Sept. 15; Smooth Move, 10 a.m.-noon, Sept. 16; Checkbook Management, 9-11:30 a.m. Sept. 17; Bringing Baby Home, 1-4 p.m. Sept. 17; Community Orientation, noon-3 p.m. Mondays; English as a Second Language offered throughout the week. DSN 370-6883, [www.mwrgermany.com/hd/acs](http://www.mwrgermany.com/hd/acs).

• **CPR and First Aid** – The American Red Cross will offer CPR and first aid for adult, child and infant classes 8 a.m.-5 p.m. Sept. 12 in Bldg. 3850 on the Community Support Center. Cost is \$40. DSN 370-1760, civ. 06221-57-8711.

• **POSH Training** – The final Prevention of Sexual Harassment training opportunity of the fiscal year will be 1-3 p.m. Sept. 16 in Bldg. 104 on Patton Barracks. Reservations: DSN 373-5494.

• **New On-Site Graduate Degree Program** – The University of Phoenix is currently enrolling students for Master of Arts in Education/Teacher Certification Program at Patton Education Center. Class starts Sept. 30. DSN 373-7650, civ. 06221-588-0492.

• **Fire Science Technology** – Central Texas College is launching a Fire Science Technology certificate and degree program this fall in the Mannheim and Heidelberg communities. [Mannheim@europa.ctcd.edu](mailto:Mannheim@europa.ctcd.edu), DSN 385-2815, civ. 0621-730-2815.

• **German Weekend Classes** – A beginner German language class will be offered 2-5 p.m. Sept. 12 at Patton Education Center for €10. An advanced conversation class will be offered over two weekends 2-5 p.m. Sept. 19-20 and 26-27 for €40. Registration: [Germanatpatton@iks-heidelberg.com](mailto:Germanatpatton@iks-heidelberg.com).

• **Doggy Training Course** – The first course starts Oct. 5. Classes will be held 10-11:30 a.m. Mondays and 6-7:30 p.m. Tuesdays at the dog park on Patrick Henry Village each month

through February. Cost is \$20 per class, and pets must be registered at least four days in advance. Dogs will learn the basic commands, socialization and how to walk properly on and off a leash. Register at the Arts and Cultural Center. DSN 388-9418.

### Community

• **Freedom Walk** – Join the Heidelberg community for the 5-kilometer America Supports You Freedom Walk at 6:30 a.m. Sept. 11 at the commissary parking lot. Registration begins at 6 a.m. Participants can walk or run and are welcome to bring strollers and pets on leashes. [www.mwrgermany.com](http://www.mwrgermany.com).

• **Health Fair** – September is Health Care Benefits Awareness Month. Join the Heidelberg Health Center for a health fair 12:30-4:30 p.m. Sept. 11 at the Community Support Center parking lot. Booths include the Wellness Center, behavioral health, nutrition, pharmacy, dental, women's health and much more. DSN 371-3130, civ. 06221-17-3130.

• **CYS Services Parent Survey** – Child, Youth and School Services wants to hear your voice. If you have a child registered with CYSS, fill out the online survey to let us know how we're doing, what we could do better, and what services you'd like to see us offer. The survey can be found at [www.mwrgermany.com/hd/newcys/index.htm](http://www.mwrgermany.com/hd/newcys/index.htm). Complete the survey during the month of September and get 5 percent off your October fees.

• **Roadside Theater Auditions** – Open auditions for "Oliver!" will be held at 7 p.m. Sept. 14 for youth (ages 8-16) and at 7 p.m. Sept. 15 for adults (17+). DSN 373-5020, [www.roadside-theater.com](http://www.roadside-theater.com).

• **Heidelberg International Ski Club** – The club's first social of the season is at 7 p.m. Sept. 16 at the Hotel Zagreb in Schwetzingen. Sign up for the following trips: Edersee Adventure (Oct. 9-12), Hintertux (Nov. 6-8), and Arabba / Malita Hotel (Dec. 19-26).

• **Upcoming Volksmarchs** – Fuerth (Odenwald) and Bruchmühlbach-Miesau, Sept. 12-13; Heidelberg, Sept. 19-20. Civ. 06227-84-1226, [hwv@yahoo.com](mailto:hwv@yahoo.com), [www.hwv.de](http://www.hwv.de).

• **Holiday Bazaar Volunteers Needed** – The 2009 Heidelberg Holiday Bazaar will be held Oct. 9-12 at the Patrick Henry Village Pavilion. Volunteers are needed and receive incentives like private shopping hours. [www.heidelberg-hsc.com](http://www.heidelberg-hsc.com).

### MANNHEIM Education

• **ACS Classes** – Mannheim Orientation Spouses' Tour, 9 a.m.-2 p.m. Sept. 14-16; Volunteer Training, 1-2 p.m. and 3-4 p.m. Sept. 14 and 16; Account and Budget Management, 9-11:30 a.m. Sept. 15; FRG Leader 101, 9:30-11:30 a.m. and

5:30-7:30 p.m. Sept. 15; Sponsorship Training for Leaders, 3-4 p.m. Sept. 16; Healthy Relationships, 2-4 p.m. Sept. 17; POCVMS Training, 3-4 p.m. Sept. 17; Hearts Apart, 11 a.m.-1 p.m. Sept. 18. DSN 385-3101, civ. 0621-730-3101.

• **Preparation Briefing** – A briefing for honorably transitioning Soldiers (not retirees) will be held 8:30 a.m.-noon Sept. 16 in the USO Conference Room on Sullivan Barracks. Reservations: DSN 385-3487, civ. 0621-730-3488.

• **Career Status Bonus and Redux Retirement Program Briefing** – A briefing will be held 1:15-3 p.m. Sept. 16 in Bldg. 238, Room 3 on Sullivan Barracks. Reservations: DSN 385-3487, civ. 0621-730-3488.

### Community

• **Central Enrollment Hours Change** – The Mannheim Central Enrollment and Registration (Child, Youth, and School Services) hours of operation will temporarily change through Nov. 30. Central Enrollment is located at Sullivan Barracks, Bldg. 255, Room 106. DSN 385-2750, civ. 0621-730-2353. New appointment hours: 8 a.m.-noon Mondays, Wednesdays and Fridays; noon-4 p.m. Tuesdays; and 1-4 p.m. Thursdays. New walk-in hours: 1-4 p.m. Mondays, Wednesdays and Fridays; 8-11:45 a.m. Tuesdays; and closed 8 a.m.-1 p.m. Thursdays.

• **Emergency Placement Providers Needed** – Providers are needed for short-term care, 90 days or less. Training is provided by ACS. Providers can be active duty, family members, DoD civilians and retired military residing on or off post. DSN 385-3101, civ. 0621-730-3101.

• **Community Yard Sale** – 8 a.m.-2 p.m. Sept. 12. Only personnel with valid U.S. ID cards may sell and only personnel with SOFA status in Germany may make purchases. All items being sold must be used personal items. No new or commercial items may be sold. DSN 385-3169, civ. 0621-730-3169.

• **Community Information and Fun Fair** – Find out what is going on in the Mannheim community. Army Community Service will host this community event at the BFT Sports Arena 10 a.m.-2 p.m. Sept. 19. There will be FMWR activities, private organizations, community information booths, entertainment, prizes and more. DSN 385-3101, civ. 0621-730-3101.

• **Youth Services** – Day for Kids Outdoor Recreation and Grilling, 1-6 p.m. Sept. 12; National Video Day Celebration, 3-6 p.m. Sept. 24. DSN 380-9997, civ. 0621-730-9997.

• **Outreach Services** – Super Saturday, 10 a.m.-4 p.m. Sept. 12; FRG/Unit Night, 5:30-8:30 p.m. Sept. 17; Parents' Night Out, 6:30-10 p.m. Sept. 25. DSN 380-4851, civ. 0621-730-4850.



Photos by Wray Holan

## Let the games begin

(Above) Heidelberg High School seniors Tanner Bauer, Thomas Hogue and Jimmy Montfluery take down a Wiesbaden player during a friendly scrimmage on Patrick Henry Village in Heidelberg Friday in preparation for this year's football season.

(Right) Heidelberg High School senior Jimmy Montfluery and other Lions football players warm up prior to Friday night's scrimmage against Wiesbaden.



## Rod and Gun Club to host National Hunting and Fishing Day event Sept. 26

### Staff Report

The Heidelberg Rod and Gun Club will celebrate hunting and fishing with games and activities in honor of the 2009 National Hunting and Fishing Day noon-4 p.m. Sept. 26.

The whole family can join in four hours of fun at the club located in Oftersheim during the only international celebration of National Hunting and Fishing Day.

"The event is designed to introduce children and newcomers to the joys of outdoor sports and to educate the public on conservation," said Jennifer King, marketing representative for the club's advisory council.

"We are in a truly unique environment here in Germany, and we're able to learn about German conservation techniques and hunting and fishing traditions, which provides us with an incomparable opportunity that most Americans will never have. As ambassadors of America here in Europe, our club members enjoy sharing our traditions with our German friends and are thrilled to have the opportunity to learn about their outdoor traditions as well."

During the local celebration, participants can get involved in pistol and rifle competitions, air gun moving pig games and fishing games and check out the fishing displays, trophy show, archery demonstrations and more.

"I really enjoyed last year's (National Hunting and



Rod and Gun Club

A boy colors a picture of a fish during last year's National Hunting and Fishing Day at the Heidelberg Rod and Gun Club. This year's event will be held noon-4 p.m. Sept. 26.

Fishing) Day because my wife and I were able to watch my daughter demonstrate her air rifle marksmanship and bait casting skills," said Nick Gallardo, Heidelberg Rod and Gun Club patron. "Along with my daughter winning a trip to Euro Disney, I was able to get information on how to obtain a German Jagdschein and Waffenbesitzkarte."

For more information, call civ. 06202-51193, or visit [www.mwgermany.com](http://www.mwgermany.com).

### staying ACTIVE

#### Fall Hunting Course

Learn about German hunting customs and traditions along with tips and tricks of the game. Classes are held Sept. 10-Oct. 31 every Thursday-Saturday. Cost is \$150 per student (plus additional ammunition fees) and will cover course instruction and range fees. Civ. 06202-51193, [www.mwgermany.com](http://www.mwgermany.com).

#### Power Toning Class

Adults and kids are invited to this free class, happening 6-7:30 p.m. Sept. 14 at Sullivan Gym in Mannheim, which focuses on five components of fitness. Instructors will use the newest training methods for beginners, intermediate and advanced levels. There will also be a health and nutrition question and answer session and free refreshments.

#### Tae Bo Workshop

Participate in an introduction to Tae Bo followed by a professional demonstration and a barbecue 6:30-8 p.m. Sept. 16. Register in advance at Sullivan Gym's front desk. Fee: \$10. DSN 385-2001, civ. 0621-730-3314.

#### Heidelberg Flag Football

**Standings as of Sept. 2.** DENTAC, 3-0; USAREUR B&C, 2-0; 529th MPs 1-1; USAREUR, 0-1; 18th Engineers, 0-1; B Co, 24th MI, 0-1; USAG HD, 0-2; MEDDAC, 0-0; V Corps, 0-0. **Upcoming games:** Sept. 14 - 6 p.m., USAG vs. V Corps; 7 p.m., 529th MPs vs. 18th Eng.; 8 p.m., DENTAC vs. V Corps.

#### Army-Air Force Golf Challenge

Register now for the 2009 Army-Air Force Golf Challenge Sept. 19-20. This two-day event will see play at both the Ramstein Woodlawn Golf Course and the Heidelberg Golf Club. The event is open to all active-duty Army and Air Force and DoD civilians ages 18+. The lowest 54 handicaps from each branch will be selected for teams. Cost is \$100 plus applicable green fees. Register by Sept. 12. DSN 379-6139, [www.mwgermany.com](http://www.mwgermany.com).

#### Team Adventure Race

Join Kaiserslautern Army Outdoor Recreation for the Team Adventure Race at 11 a.m. Sept. 26. Team-up to tackle the three disciplines: trail running/hiking, mountain biking and canoeing. Price is \$30 and includes race fee, T-shirt, and the use of canoes. Bring comfortable and weather appropriate athletic clothes, rain jacket, good pair of running shoes, water shoes/sandals, mountain bike (available for rent), a helmet and drinking water. DSN 493-4117, civ. 0631-3406-4117, [www.mwgermany.com](http://www.mwgermany.com).

#### Youth Sports and Fitness

Soccer, flag football, tackle football and cheerleading coaches are needed in Mannheim. Volunteer coaches must be over the age of 18. DSN 380-9290, civ. 0621-730-9290, [darren.brown3@eur.army.mil](mailto:darren.brown3@eur.army.mil).

#### Boxing Invitational

Join the Miesau Gym Oct. 17 for a free boxing invitational. Register and begin training now. Event begins at 6 p.m. Must be 18 or older to participate. DSN 489-2088, civ. 0631-3406-2088, [usagklnsports@eur.army.mil](mailto:usagklnsports@eur.army.mil).