

# HeraldPOST

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

**HP THURSDAY**  
Sept. 16, 2010

## Speed Read

### MEDAL OF HONOR

A USAREUR Soldier will be given the Medal of Honor for heroic actions taken in Afghanistan in 2007. 3



### HOLIDAY GREETINGS

The Hometown News Service Holiday Greetings Program will be in all three USAG Baden-Württemberg communities in the coming weeks. 3

### KAISERSLAUTERN AFAP

Kaiserslautern will host its annual Army Family Action Plan conference in October. Now is the time to submit concerns and suggestions. 4

### BULLYING WORKSHOP

Community members are invited to hear bestselling author Barbara Coloroso speak about bullying and working with children. 6

### RETIREE APPRECIATION DAY

The annual Retiree Appreciation Day in Heidelberg is scheduled for Oct. 16 and offers retirees across Europe an opportunity to update information and ID cards and gain access to medical and dental care. 8

### FITNESS CENTER FLOORS

The basketball court floors in the Patton and Campbell fitness centers in Heidelberg will be renovated starting in early October. 11

## Defense Details

### NATO CONFERENCE

NATO's roadmap for a new world and its mission in Afghanistan will be the main topics of discussion when the alliance's leaders gather in Lisbon, Portugal, in November for their annual summit, a senior Pentagon official said. Leaders are working on a new strategic concept to capture NATO's missions going forward.

### ARMY RESERVE

With tough budget decisions on the horizon and the changing military missions in the Middle East, an uncertain future awaits the Army Reserve. The organization's commander, Army Lt. Gen. Jack C. Stultz, talked about the state of the Army Reserve during a town hall meeting at the Pentagon.

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

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## Flu vaccines now available in Europe

### ERMC Public Affairs

FDA-approved influenza vaccines have arrived at U.S. health clinics across Europe. The available vaccines include injectable Fluzone® for beneficiaries 6-months and older and intranasal Flumist® for beneficiaries between 2 and 49 years of age. "Vaccination is your best protection against seasonal influenza," said Europe Regional Medical command Force Health Protection of- see **VACCINES** page 12

### KAISERSLAUTERN

## Community mourns loss of MP

By Sgt. Frank Sanchez III  
21ST TSC PUBLIC AFFAIRS

Soldiers, civilians and family members from the Kaiserslautern military community and across Germany filed into the Vogelweh Chapel Sept. 9 with heavy hearts to pay their final respects to a military policeman and dog handler assigned to the 230th Military Police Company in Sembach. Staff Sgt. James R. Ide V, a native of Festus, Mo., died of wounds sustained Aug. 29 when his unit was attacked with small arms fire near Hyderabad, Helmand Province, Afghanistan. Ide was a specialized search dog see **MEMORIAL** page 12



Sgt. Frank Sanchez III

Capt. Joshua Larson, 230th Military Police Company commander, wipes away tears as he expresses his feelings about Staff Sgt. James R. Ide V during a memorial service for Ide at the Vogelweh Chapel Sept. 9. Ide died of wounds sustained Aug. 29 when his unit was attacked with small arms fire near Hyderabad, Helmand Province, Afghanistan.



Richard Bumgardner

With the American flag and the onion domes of St. Basil's Cathedral creating a dramatic backdrop against the night sky, the U.S. Army Europe Band and Chorus begins its performance in Moscow's Red Square Sept. 4. The band and chorus joined performers from nine other countries in the annual "Spasskaya Tower" military music festival. Five years ago the band and chorus performed at the Kremlin, but this performance marked the group's first-ever show in Red Square.

## COMMENTARY

# Jewish community celebrates with prayers, rituals, meals

By Elcya Weiss

HEIDELBERG JEWISH COMMUNITY

The zodiac symbol for the Jewish month of Tishrei, the month of the Jewish New Year, is easy to remember: It's the scales, or balances.

The first two days of the month are Rosh Hashanah, a day when, according to Jewish tradition, the world and all its inhabitants hang in balance, subject to God's judgment. Maimonides, a medieval Jewish scholar, explains that in his High Holy Day prayers, a Jew should imagine he is balanced on a knife-edge, neither clearly guilty nor clearly innocent. With just one action he can tip the balance for himself, and for the whole world toward oblivion or toward blessing and life.

The hopes and aspirations of the season are symbolized by the apple dipped in honey that accompanies holiday meals. At the same time, the jarring wake-up call of 100 raw, non-melodic blasts on the shofar, the ram's horn, are a reminder of man's responsibility to repent.

Around Germany, high holiday services are being held this year in several military chapels, including Mark Twain Village Chapel in Heidelberg, with all its prayers, rituals and festive meals.

The Jewish New Year, Rosh Hashanah, including the shofar blowing and holiday meals, happened Sept. 8-10.

From Rosh Hashanah until the Yom

Kippur fast 10 days later, Jews observe the 10 Days of Repentance, focusing on tipping that balance in the positive direction with their prayers and deeds.

Joining again at Yom Kippur eve, the congregation is stirred with the age-old melody of the Kol Nidre prayer inviting all to join together as a community, presenting their sincere repentance and begging God in return for the opportunity of another year.

Yom Kippur will be observed Friday evening and all day Saturday. Services at Mark Twain Village Chapel will begin with candlelighting and the Kol Nidre service at 7 p.m. Friday.

The following day, the morning service, including the Yizkor Memorial prayer, will start at 9:30 a.m.

The afternoon service will begin at 6 p.m. The day of prayer and fasting will conclude with the sounding of the shofar, the ram's horn, and a light meal after dark (about 8:30 p.m.)

The chance to continue on the right path after Yom Kippur is supported by the preparation for the next Jewish holiday, the Feast of Tabernacles, known as Sukkot in Hebrew.

For this festival, Jewish people leave their comfortable homes and erect a Sukkah, or temporary dwelling, in which meals are eaten for the week of the holiday.

In Heidelberg, a community Sukkah on the grounds of Mark Twain Village Chapel will be open through-

## Jewish High Holidays Schedule

The following activities will be held at Mark Twain Village Chapel in Heidelberg:

### Yom Kippur

Sept. 17 - Candlelighting at 6:55 p.m.; 25-hour fast begins with Kol Nidrei at 7 p.m.

Sept. 18 - Morning service, including Yizkor Memorial Service, at 9:30 a.m.; afternoon and Neilah services at 6 p.m.; Yom Kippur Fast ends with Shofar Blowing at 8:21 p.m.; evening service and Havdalah at 8:21 p.m.; Break-The-Fast Meal at 8:30 p.m.

### Sukkot and Simchat Torah

Sept. 19 - Sukkah building and decorating at 2:30 p.m.

Sept. 22 - Open house with Kiddush and fellowship in the Sukkah at 7 p.m.

Sept. 24 - Shabbat/Sukkot service at 7 p.m. followed by First Shabbat Meal in the Sukkah

Oct. 1 - Shabbat service and "Hakafot Shniyot" for Simchat Torah at 6:30 p.m. followed by First Shabbat Meal

The zodiac symbol for the Jewish month of Tishrei, the month of the Jewish New Year, is easy to remember: It's the scales, or balances.

out the holiday.

The temporary nature of the Sukkah, with its roof of branches, represents dependence on God and recalls his careful tending of the Jewish people who lived in similarly precarious homes for 40 years in the desert.

This year Sukkot extends from Wednesday evening through Oct. 1. The regular 7 p.m. Sabbath-holiday service Sept. 24 will be followed by a special meal in the Sukkah. Other opportunities to eat in the Sukkah, as well as use other symbols of the holiday — the "Four Species" of palm

branch, citron, myrtle and willow — can be coordinated with Chaplain (Lt. Col.) Avi S. Weiss.

The holiday season ends with Simchat Torah, Sept. 29-Oct. 1, celebrating the completion of the annual cycle of Bible readings and beginning again from Genesis.

In addition to special holiday services, regular Sabbath services are held weekly at Mark Twain Village Chapel at 7 p.m. every Friday.

For more information about these services or any other Jewish concerns, call DSN 370-6506, civ. 06221-57-6506.



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

## DISCUSSION BOARD

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

So unfortunately we are in need of an alternator. Anyone know if there are any places to get them used here?

-Crystal, BWnow member

Check with the Auto Craft shops if they have something in their stripyard. Or if you have someone who speaks German ... there is a webpage where you

"post" what you are looking for and a whole bunch of junk - or/and stripyards all over Germany get the request and will send you an offer to your email or cell phone: <http://www.gebrauchte-autoersatzteile.de/>. We used it twice within the last month and it was really great.

The other thing is ebay ... and be aware that if you get an alternator from a German "vendor" they want

the old one (for recycling). That also applies to some other parts.

-Daniela, BWnow member

You can also check Stars & Stripes Classifieds, Auto Parts section, as well as Ramstein Yard Sales, Auto Parts. [www.ramsteinyardsales.com](http://www.ramsteinyardsales.com).

-G. Scott Martin, BWnow member



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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.



## News team to film holiday greetings to send to relatives living in the U.S.

### USAG Kaiserslautern Public Affairs

The Hometown News Service Holiday Greetings Program is coming to Germany and will make stops in Heidelberg, Mannheim and Kaiserslautern to film 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 Schools teachers and staff and their family members stationed in these areas who will be in Germany during the holidays are eligible to send holiday greetings back home.

"A couple of million people a day see these greetings," said Erich Schwab, JHNS Chief of Radio Production, who will be this year's European team chief. "If you record a greeting, the chances are it's going to air."

Schwab offers the following tips on how to make the most of the holiday greetings taping.

#### What to wear?

Active-duty members must be in uniform. Civilians should be in appropriate attire.

Schwab said "don't forget the props" – Santa hats, favorite college or professional team or Christmas attire, banners and even pets. Yes, the family pet

can also be in the greeting.

#### What to bring?

Bringing an address book along is a safe bet, but as Schwab said, "All we really need to know is who you are, and who it is going to and their area code." If participants have the phone number, Schwab says it gives the TV and radio stations an opportunity to contact their family members to let them know when the greetings are going to be on the 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. However, the best greetings are about 10 to 15 seconds long, said.

Family members must be accompanied by their sponsor, unless he is deployed.

A civilian family member, a husband or wife, can make a greeting if the military family member is deployed, TDY or in the hospital, but they have to mention the deployment of the active-duty member. Family members can also make a greeting to their military relative while on deployment, provided they are going to be there during the holidays.

Holiday greetings must be sent



Regina Abrigo-Hingtgen

Spc. Eric Sanchez, his wife, Wendy, and their sons, Jude, Joseph, Nathaniel and Daniel prepare to have their holiday greeting taped by the Joint Hometown News team in Heidelberg last year. Sanchez, now a sergeant, works in the Nutrition Care Branch at the Heidelberg Health Center.

to relatives. By the hometown news definition, a relative is by law and by blood. Fiancés are not relatives.

#### When does it air?

Television and radio stations will normally begin running greetings on Thanksgiving Day and continue through New Year's Day.

"It's your greeting – make it to the point and meaningful. You can even try to make it special – we had a family with banjos one year," said Schwab, who also said greetings will air multiple times during the holidays.

### Holiday Greetings Schedule

#### Kaiserslautern

- ◆ 9 a.m.-3 p.m., Sept. 22, Landstuhl dining facility
- ◆ 8-10 a.m. Sept. 23, Parade Field on Panzer Kaserne
- ◆ 11 a.m.-1 p.m. Sept. 23, Kleber Dining Facility
- ◆ 4-7 p.m. Sept. 23, Java Café on Rhine Ordnance Barracks
- ◆ 10 a.m.-6 p.m. Sept. 24, Vogelweh Commissary
- ◆ 10 a.m.-6 p.m. Sept. 25 and 27, Kaiserslautern Military Community Center on Ramstein Air Base

#### Mannheim

- ◆ 9 a.m.-5 p.m. Sept. 29, USO on Sullivan Barracks

#### Heidelberg

- ◆ 10 a.m.-7 p.m., Sept. 30, Commissary on Patrick Henry Village

#### The process

When customers come to do the tapings, they will fill out a form for every greeting they plan to do. A member of the hometown news crew verifies the information on the forms and gives them a small briefing.

When it's time, one of the crewmembers will escort participants to the camera, give them another quick brief and place microphones on them. The camera operator lines them up and records the greeting in "5, 4, 3, 2...."

## USAREUR's living hero Paratrooper to receive Medal of Honor

### USAREUR Public Affairs

The White House announced Friday that Staff Sgt. Salvatore Giunta of the 173rd Airborne Brigade Combat Team will receive the Medal of Honor for his actions in an ambush in Afghanistan's Korngal Valley in 2007.

"We are extremely proud of this courageous and humble Soldier," said Brig. Gen. Michael A. Ryan, deputy commanding general of V Corps. "He is a true role model for all of the Army team here in Europe."

The 25-year-old sergeant from Cedar Rapids, Iowa, enlisted in November 2003 and has served his entire military career with the 173rd's Battle Company, 2nd Battalion, 503rd Infantry Regiment, a U.S. Army Europe unit in Vicenza, Italy.

Giunta's platoon was ambushed at close range by an enemy force on the evening

of Oct. 25, 2007. During the firefight that followed, Giunta, then a specialist, organized his squad to repel the attack and repeatedly moved through enemy fire to help and recover wounded comrades.

The nomination documents for the award recommended Giunta be presented the Medal of Honor for his "selfless actions and personal courage, which were decisive factors in changing the tide of the battle ... Despite bullets impacting on and around him, Spc. Giunta fearlessly advanced on the enemy and provided aid to his fallen comrades. His actions saved the lives of multiple paratroopers and changed the course of the battle in his platoon's favor."

Giunta is the first living American Soldier to receive



GIUNTA

the Medal of Honor since the Vietnam War, and the second Europe-based Soldier to earn America's highest award for valor in combat since the start of post 9/11 combat operations. Spc. Ross McGinnis of 1st Infantry Division's Schweinfurt-based Company C, 1st Battalion, 26th Infantry was posthumously awarded the medal in 2008 for saving the lives of his fellow team members by throwing himself on an enemy grenade during a firefight in Baghdad in 2006.

The 173rd Airborne Brigade Combat Team ("Sky Soldiers") is an airborne infantry brigade combat team based in Vicenza, Italy, with Battalions in Vicenza, Italy as well as Schweinfurt and Bamberg. As a subordinate unit of the U.S. Army Europe's V Corps, the 173rd trains for and conducts contingency operations to support U.S. European Command and other combatant commands.

## Landstuhl Regional Medical Center to host health fair Sept. 27

### LRMC Public Affairs

A fair designed to share information about health care will be held Sept. 27 at Landstuhl Regional Medical Center.

From 10 a.m. until 2 p.m. in the Heaton Auditorium, approximately 85 representatives will be on hand to answer any questions about military health services and benefits. There also will be an opportunity to receive the FluMist seasonal influenza nasal spray vaccine, schedule appointments, receive blood pressure and glucose screenings and many other services.

"The (health fair) provides an excellent opportunity for our beneficiaries to come out and meet the people who deliver the award-winning care and stellar service our beneficiaries deserve," said Capt. Charlene Herrera, a neonatal

intensive care nurse and the health fair project manager. "LRMC offers a wealth of services, and the health fair provides the perfect forum for people to investigate those less familiar services in a non-threatening and relaxed environment."

Herrera said LRMC will be doing something a little different this year to excite and educate beneficiaries about being healthy. The theme for this year's event will be "A Day at the Movies with LRMC."

"The Heaton Auditorium will be transformed into a movie theater for a few hours as you join the LRMC health care team for some popcorn, eye-catching movie paraphernalia and great health information," Herrera said. "So spread the word, or just come out and see what's new at LRMC."

# Kaiserslautern community prepares for Army Family Action Plan conference

By Rick Scavetta

USAG KAISERSLAUTERN PUBLIC AFFAIRS

Three-tiered fruit baskets – full of fresh bananas, apples and oranges – are now among the snacks at Pulaski Barracks' shoppette, thanks in part to a suggestion made through the local Army Family Action Plan.

Stopping in for a late-afternoon snack, Spc. Chris Lujan, 21, a Soldier from the 5th Battalion, 7th Air Defense Artillery on Rhine Ordnance Barracks, was surprised to learn that community input led to healthy food offerings among the shoppette's snacks.

"It shows that the program works," Lujan said. "If people make more suggestions, then maybe we'll see more changes like this in the community."

U.S. Army Garrison Kaiserslautern will hold a three-day AFAP conference at the Kaiserslautern Community Activity Center on Daenner Kaserne starting Oct. 27. But it's important for the community to get involved now, offering suggestions and volunteering to support the conference, AFAP Program Manager Kimberly Lazarow said.

"We need community involvement for this to be a success," Lazarow said. "This process only works when people step up and be a part of this."

It all begins with a community member's suggestion – just an idea jotted down and slipped in a locked letterbox. AFAP volunteers routinely collect suggestion slips and compile lists of issues and concerns.

In late July, suggestion boxes were placed in key locations around Army posts in Kaiserslautern. Lazarow speaks during family readiness group meetings and at newcomer briefings. Ads are posted on Web sites and in local publications.

Still, organizers hope to have more input before the conference.

The program is Army-wide, but begins at the local level. It gives Army community members a chance



Rick Scavetta

Pfc. Whitney Dunn, 24, of Jacksonville, N.C., with the 5th Battalion, 7th Air Defense Artillery, checks out fresh fruit now sold at the Pulaski Barracks shoppette thanks to an Army Family Action Plan suggestion.

**"Our first step is to see if the submitted issue affects the local community or is it something Army-wide. About 90 percent of issues submitted are worked at the local level, others are pushed higher."**

—Kimberly Lazarow, Kaiserslautern AFAP program manager

to voice concerns to Army leaders and recommend changes.

"Our first step is to see if the submitted issue affect the local community or is it something Army-wide," Lazarow said. "About 90 percent of issues submitted are worked at the local level, others are pushed higher."

Delegates then present broader issues during subsequent conferences at higher commands. Some reach the Department of the Army level for action. AFAP issues have led to legislative changes as well as changes of Army and DOD policies.

In 2009, the top issues were GI Bill education benefits to dependents, priority employment for spouses, and tax credits for employers of mobilized Reserve Soldiers.

The first Army-wide AFAP conference was held in 1983. Some early issues dealt with child care standards and support for vol-

unteers on post. Since then, milestones have included changes to pay, health care, insurance, single Soldier programs and school liaisons, among many other issues.

In recent years, AFAP suggestions led to an increase of annual leave carryover, toll-free hotlines for wounded service members and education benefits for surviving spouses.

Last year, AFAP suggestions in Kaiserslautern mentioned that Pulaski Barracks' shoppette didn't have products customers needed, to include household goods and fresh food. AAFES managers rely on customer feedback, to include AFAP suggestions, said Tom Gross, AAFES manager for the Kaiserslautern area.

The shoppette has since doubled its inventory, Gross said. Taller shelves now hold more household items. Another grill was added for fast food. Plus, fruit baskets

now stand near the coffee machines. Since displaying fresh fruit, customers have bought roughly 100 pieces a week, he said.

"They asked for them and we got them," Gross said.

Another suggestion – show kid-friendly films in the afternoon at Vogelweh's Galaxy Theater.

The change was easy to make and is now a success with 70 to 200 patrons taking in afternoon films, Gross said.

"Through AFAP people asked to have PG-rated movies, to keep kids occupied, especially during summer months," Gross said. "With the feedback from the community, we have opportunities to do things better."

The deadline for submitting AFAP issues is Oct. 20. For more information on supporting this year's AFAP conference, call civ. 0631-3406-4357 or visit [www.mwrgermany.com/KL/acs/afap.htm](http://www.mwrgermany.com/KL/acs/afap.htm).

## transformation UPDATE

### Frequently Asked Questions

**How will TKS services be handled as the community closes, so Soldiers don't have to pay fees here and at their next duty station?**

We're committed to helping Soldiers make the transition from Heidelberg and Mannheim to Wiesbaden, Kaiserslautern or wherever their unit is moving. There are funds and a process available to help our Soldiers and family members transfer cable and phone service, so they don't have to pay to disconnect in one location and then immediately reconnect in another location.

**Will the relocation and inactivation of units in Mannheim affect the level of services offered today?**

Services will adjust to match facility usage – we may see changes in hours of operation in some of our facilities, but those changes will be announced in advance so the community can adequately adjust to new operating hours.

**Have a transformation-related question you'd like answered?**

E-mail [usaghdpost@eur.army.mil](mailto:usaghdpost@eur.army.mil). We'll find the answer for you and share it in the Herald Post and on the garrison's transformation Web page at [www.bw.eur.army.mil/transformation](http://www.bw.eur.army.mil/transformation).

### Personnel Support

**Personnel Support** - The Heidelberg CPAC now has a specialist available to assist Mannheim garrison personnel every Wednesday afternoon in Bldg. 246, Room 209 on Sullivan Barracks. For local national personnel, two LN specialists are available on an appointment basis Tuesday and Wednesday mornings to ensure needs of personnel affected by employment termination get the attention they require.

### Facility Operations Changes

**Coleman Vision Center** - The Coleman Vision Center remains open for patient care until Oct. 15. After this date, the center will move to Panzer Mall in Panzer Barracks in Stuttgart. Appointments: 0621-770-3100.

**IG Support** - Inspector General support to the Mannheim community will now be provided by USAREUR IG. DSN 370-8767.

**Mannheim Law Center** - The Law Center is now located on the first floor of Bldg. 244 on Sullivan Barracks. The Law Center will continue to provide power of attorney and notary services on a walk-in basis 9-11:30 a.m. Monday-Friday. However, it will no longer provide legal assistance and claims due to a reduction in the number of personnel. Soldiers needing assistance should contact the Heidelberg Legal Assistance Office at DSN 373-5058, civ. 06221-17-5058.

[www.bw.eur.army.mil/transformation](http://www.bw.eur.army.mil/transformation)



## Garrison honors commitment of returning Soldier

By Rick Scavetta

USAG KAISERSLAUTERN PUBLIC AFFAIRS

Balloons spelled out "Welcome Home" for Sgt. 1st Class Adam Lashley during a lunch held in his honor Sept. 1, a small reminder from the U.S. Army Garrison Kaiserslautern staff that he was missed during his recent six-month tour in Baghdad.

There were not hundreds of families racing across a parade field to embrace their returning Soldiers.

No bands played or speeches made. Sometimes homecomings are smaller, more intimate.

Yet, Lashley's return was no less significant for those who missed him – most of all, his wife, Valerie, and sons, Elijah and Jonah.

Soldiers, civilians and family members gathered at the garrison headquarters to welcome Lashley home and to recognize Valerie's commitment to the family readiness group.

Chili and rice was on the menu, plus a cake Lashley cut before offering his sentiments.

Soldiers mowed his lawn. The chaplain's office sent packages and offered prayers.

Overall, his unit made sure his family was cared for while he was serving in Iraq, Lashley said.

"You wonder about your connection with your unit when you are away. This shows cohesiveness, and I'm proud to be a part of this unit," Lashley said. "This is like coming home to family."

Lashley, 31, of Arcadia Valley, Mo., was serving as the enlisted leader the garrison's headquarters detachment in February, when he deployed for six months to Iraq. In Baghdad, the military police noncommissioned officer oversaw base defense and force protection at Forward Operating Base Union III, in the international zone.

"Whether it's a whole unit returning or simply one dedicated noncommissioned officer like Sgt. 1st Class Lashley, it is important for our command to recognize the commitment of our Soldiers and their families," said Lt. Col. Kevin Hutchison, commander of USAG Kaiserslautern.

Valerie, was deeply involved with the unit's family readiness group while her husband was deployed, Sylvia Jessup told the gathered crowd.

"She never skipped a beat," Jessup said. "She is a key player in our FRG."

Jessup, whose husband is the garrison's senior enlisted leader, Command Sgt. Maj. Richard Jessup, said the headquarters FRG routinely holds events, such as fundraisers and family events.

"We do everything we can to keep families together when their Soldier is away," Jessup said.

## Faces of the community: Tompkins German Kantine



Brandon Spragins

Traudl Mayer serves up lunch to a hungry bunch of Soldiers and civilians in the renovated kantine facility located on Tompkins Barracks, which officially reopened Monday. The Mayers have been providing "excellent service" for more than 23 years, according to the multiple certificates presented by local units and displayed as memorabilia. Tompkin's Kantine is open 6:30-9:30 a.m. for breakfast and 11 a.m.-1:30 p.m. for lunch Monday through Friday. The kantine accepts both dollars and euros.

## Bullying workshops coming to Heidelberg

### Staff Report

Chances are you've encountered a bully at some point in your life. Maybe you were even the bully when you were a kid.

Bullying is not a new concept, but it remains an issue and can be especially problematic during the school-age years.

Barbara Coloroso – internationally recognized speaker and consultant on parenting, teaching, positive school climate, non-violent conflict resolution and grieving – will present two workshops in the Patrick Henry Village Pavilion in Heidelberg Sept. 23 for Europe-based educators, parents and those who work in youth settings.

"The Bully, the Bullied, and the Bystander – Breaking the Cycle of Violence" will be held from 1-5 p.m. and costs \$25 to attend.

Pre-registration is required and can be done by calling DSN 379-6067, civ. 06202-80-6067.

"Bullying impacts the 'bully,' 'bullied' and the 'bystander' with negative consequences on children's growth and self-esteem," said Judi

Patrick, school liaison and transition specialist for Child, Youth and School Services for the Installation Management Command-Europe Region. "Bullying is a topic of relevance to families today as it has made many headlines throughout the USA. It was voiced as a concern by parents in surveys, and the youth have expressed this is an issue in and out of school."

Coloroso's bullying and violence-prevention training is targeted toward child and youth development professionals, educators, counselors, school administrators, law-enforcement personnel, Army Community Service staff, youth-serving organizations, and military and civilian community leaders.

The second workshop, "Kids Are Worth It – Teaching with Wit and Wisdom," will be held 6:30-8:30 p.m.

This facilitation and classroom-management workshop is free and open to the general public, especially parents and those who work with children. No pre-registration is required.

"I think anyone who has kids or works with children and youth will

be sorry if they miss out on this outstanding presentation," Patrick said. "Barbara Coloroso provides awareness, skills and tools for parents on copying and strategies for programs in prevention and how to recognize and deal with bullying."

Coloroso, from Littleton, Colo., is a bestselling author and has appeared on Oprah, CBS's The Early Show and more, and she has been featured in the New York Times, Time magazine, U.S. News & World Report and Newsweek.

"She comes to us highly recommended from the (Department of Defense Dependents Schools-Europe) Mediterranean District, where she presented a couple years ago and received rave reviews," Patrick added.

Her uniquely effective parenting strategies were developed through her years of training in sociology, special education, philosophy and theology (she is a former Franciscan nun), as well as field-tested her experiences as a classroom teacher, university instructor, seminar leader and mother of three grown children. Her classic books include Parent's Guide award-winners "Kids Are Worth It!" and "Parenting Through Crisis."

# Annual Retiree Appreciation Day set for Oct. 16

By **Dijon Rolle**

USAG BADEN-WÜRTTEMBERG PUBLIC AFFAIRS

With only a few weeks left before the big day, it's pretty safe to say the majority of Richard McKeller's waking thoughts have been completely consumed by the ongoing preparations for this year's Retiree Appreciation Day at the Patrick Henry Village Pavilion in Heidelberg.

McKeller, U.S. Army Garrison Baden-Württemberg Retirement Services officer, is responsible for helping organize the annual event, which draws hundreds of military retirees from across Europe. He expects an even larger turn-out this year when the event kicks off 8 a.m.-3 p.m. Oct. 16.

"This is important because it gives us, the community, a chance to say thank you to those that have gone before us," McKeller said. "It also gives our retirees an opportunity to address their concerns personally to one or more of the representatives that will be there."

McKeller says he's honored to be able to give back to the retiree community and provide services like these to those who served.

"I'm a retiree myself, and I just hope there continues to be organizations and events like this to help keep me informed," McKeller said.

The retired command sergeant major hung up his uniform a little over a year ago and admits retirees living overseas can often face some unique challenges.

"The biggest challenge I think is just keeping them updated about their benefits ... a lot of our older retirees do not have access to a computer and things of that nature. So this is an information venue not just for retirees here in Heidelberg but throughout Europe," he said.

McKeller also said there are differences in some of the benefits retirees have access to when living overseas due to lack of availability and Status of Forces Agreement restrictions.

Representatives from the Defense Finance and Accounting Service, legal services, the Department of Veterans Affairs and the Social Security Administration will be on-site to assist retirees and family members

and make updates to the retired and annuity pay system.

The Heidelberg Medical Department Activity will provide blood pressure checks, vision screenings and influenza vaccinations.

The Patrick Henry Village Dental Clinic will provide general screening services on a first-come first-served basis.

Retirees and family members must sign up for the screenings at the dental registration table.

Retirees from outside the Baden-Württemberg military community should bring their dental records with them if possible.

ID cards also will be issued and personnel records checked to ensure retirees are in the Defense Enrollment Eligibility Reporting System database.

Retirees also will be able to register their ID cards in the Installation Access Control System.

Retirees who want to suspend survivor benefit plan payments will need to provide a copy of their spouse's death certificate or a certified English translation of their divorce decree to stop payments.

Retirees should bring all of their personal documentation with them such as ID cards, bank account information, death certificates, Social Security numbers, addresses with postal codes and any other documents they may require to make updates or corrections to their personal information.

The night before the event, the Association of the United States Army will sponsor an ice breaker in the Copper Lounge at the Village Pavilion at 6 p.m.

Retiree Appreciation Day is open to retirees and surviving spouses from all branches of service as well as active-duty service members and their families.

Registration is free and runs from 8 a.m.-1 p.m., and lunch will be provided by the American Red Cross Heidelberg office.

The retirement services office is located at the Heidelberg Shopping Center Bldg. 3850 in Room 180.

For more information call DSN 370-8399, civ. 06221-17-8399, or e-mail [rsold@eur.army.mil](mailto:rsold@eur.army.mil).



Sgt. Frank Sanchez III

Sgt. Jeremy Mackey and two other Soldiers from the 720th Explosive Ordnance Disposal Company, 391st Combat Sustainment Support Battalion from Mannheim, analyze a map with Croatian army 1st Lt. Predrag Svaga, in Karlovac, Croatia, Aug. 24.

## 21st TSC prepares for exercise in Croatia

By **Sgt. Frank Sanchez III**

21ST TSC PUBLIC AFFAIRS

KARLOVAC, Croatia – The 21st Theater Sustainment Command sent several Soldiers and civilians to Croatia Aug. 23-27 to conduct a joint site survey for the upcoming exercise, Immediate Response 11.

The logistical and operational subject matter experts from the 21st TSC assisted U.S. Army Europe and the Croatian Ground Forces Command in planning IR 11, which is a joint field training exercise scheduled to take place in June.

After attending a planning conference at the Croatian Army Headquarters in Karlovac, the 21st TSC teamed up with its Croatian counterparts, specialized in several areas of expertise, to set into motion the site surveys, which are used to determine the various support requirements for the exercise.

The 7th Civil Support Command's 1177th Movement Control Team from Kaiserslautern traveled two hours southeast to the port city of Rijeka where it met and surveyed alongside the Port of Rijeka Authority representatives to begin organizing the seaport area of debarkation for the exercise.

The 1177th MCT will be responsible

for the accountability of all the equipment that will go through the Rijeka seaport. The equipment will be tagged with a fixed global positioning system to track the movement of equipment from the seaport to and from the training areas.

Staff Sgt. Antonio Marquez, a team leader for the 1177th MCT, said he trusts his team and believes they will be able to provide superb movement support for the upcoming exercise.

"Our team is pretty sharp, and I guarantee our people will be ready. I look forward to this because we have a lot of new Soldiers, and they are excited to learn movement," Marquez said.

Soldiers from the 18th Engineer Brigade, 720th Explosive Ordnance Disposal Company and several Soldiers and civilians from the 21st TSC's headquarters also took part in the survey.

Croatian army 1st Lt. Zvonko Gromilovic, commander of Croatia's Counter Improvised Explosive Device Task Force, said this site survey mission will help the U.S. Army to take back more than just the survey information for IR 11.

"With our languages and technical expression, we must be able to harmonize our standards of procedures on how we all deal with specific situations," Gromilovic said.

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Sgt. Corey Marchegiani, a cavalry scout with Troop B, 1st Squadron, 172nd Cavalry Regiment, shows an Afghan National Police officer how to use the laser sight on his rifle in Pul-e-Sayad, Afghanistan, Sept. 5. Marchegiani, a Hoosik Falls, N.Y., native and other members of his platoon visited the district center to continue work with the ANP prior to the Sept. 18 elections.



A group of children listen while the Chief of Staff of the Army, Gen. George W. Casey Jr., reads a Dr. Seuss book in the newly constructed children's portion of the Casey Memorial Library at Fort Hood, Texas, Sept. 8.



U.S. Soldiers at Camp Phoenix, Afghanistan hold candles during a vigil for those who lost their lives during the 9/11 terrorist attacks nine years ago. More than 200 Soldiers, Sailors, Airmen, Marines and civilians attended the vigil held on Saturday.

Air Force Master Sgt. Adam M. Stump

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U.S. Soldiers from the 82nd Airborne Division parachute after jumping from a C-130 Hercules aircraft over Fort Bragg, N.C., Sept. 12.

Air Force Staff Sgt. Elizabeth Rissmiller

# Engineers prepare for deployment

By Pfc. David W. Huddleston  
18TH ENGINEER BRIGADE PUBLIC AFFAIRS

HOHENFELS, Germany – Soldiers from the 243rd Construction Management Team prepared for their upcoming deployment by conducting their Mission Readiness Exercise Aug. 2-19 at the Hohenfels Training Area.

The 243rd CMT, 18th Engineer Brigade, was assigned to directly support the 3rd Battalion, 4th Infantry Regiment and provide technical engineering and tactical expertise during exercise Task Force Warrior.

Spc. Jason Villa, a technical engineer specialist from Scottsdale, Ariz., said a couple of their missions were delayed "because enemy contact came upon us."

Villa said he now has a better understanding about how to react to contact because of the training he received during the MRE. During one such scenario, his convoy was hit by an improvised explosive device, and he had to employ combat lifesaver techniques and perform a casualty evacuation.

Throughout the exercise, 243rd CMT provided

facility management by conducting a baseline survey of the installation to prepare for future construction.

Outside of their base, the Soldiers provided multiple assessments of roads and a well built for a local village.

Pvt. Kenneth Joyner, a technical engineer specialist from Chicago, Ill., said that during the development of a road survey, his team encountered a potential IED, which then caused a setback in the progression of their mission.

This and other scenarios provided the 243rd CMT with realistic training and gave the Soldiers the knowledge and confidence to adapt to and overcome any obstacle.

"One of the great things we were able to do was practice key leader engagement," said Maj. Aaron Wolf, 243rd CMT commander.

Wolf said during these engagements, the noncommissioned officers went out with the company commanders and learned how to communicate with the scenario role players in the village outside the base.

"I now have a better understanding of what to expect, and I'm more confident," Joyner said.

# HMEDDAC sponsors Suicide Awareness Run for Life

HMEDDAC Public Affairs

The Heidelberg Medical Department Activity sponsored a "Suicide Awareness Run for Life" Friday morning on Patrick Henry Village.

"Every month we try to do a medical company 'fun run' for physical training," said Capt. Summer Moore-Velbis, HME-DAC medical company commander. "This month, we decided to dedicate the theme to suicide prevention and awareness."

Many family members, civilians and several pets showed up for the run, which began at 5:30 a.m. at the commissary parking lot and looped throughout Patrick Henry Village. Col. P.K. Underwood, HME-DAC commander, kicked off the run with remarks about the importance of suicide awareness.

"We know that suicide prevention and awareness is a very important topic year-round," Underwood said. "As we participate in this run, we remember those

who have lost their lives to the tragedy of suicide, and we look toward ways to help those who may be struggling with those thoughts now. One suicide is one too many."

September is recognized as Suicide Prevention Awareness Month throughout the Army. For more information, visit [www.health.mil/Themes/Suicide\\_Prevention.aspx](http://www.health.mil/Themes/Suicide_Prevention.aspx). Visit [www.military-onesource.com](http://www.military-onesource.com) to learn about a free resource available to service members and their families.

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# Heidelberg gym floors to be renovated

Staff Report

The basketball court floors in the Patton and Campbell fitness centers will be replaced beginning in October to correct unsafe areas and add a volleyball court to the community's fitness assets.

The floors will be renovated at different times, so the community will not be deprived of an operational basketball court; however, service levels will be reduced during renovations, as only one court will be available for use over the next four months.

Renovations will begin on the Patton Fitness Center's floor around Oct. 4 and last through late December. The entire floor will be renovated because the support boards under the parquet floor have sustained extreme damage from years of use, according to the U.S. Army Garrison Baden-Württemberg Sports and Fitness office. The floor's complete renovation is intended to correct unsafe areas and prevent other areas of the floor from becoming unsafe in the future.

"While USAG Baden-Wuerttemberg is a base closure location, we are committed to providing the very best facilities for our community within available resources up through closure," said Berry Patrick, the garrison's director of Family and Morale, Welfare and Recreation. "To do that, we are replacing our Patton Barracks gym floor to improve the overall quality of that facility and to reduce the possibility of injuries on the old floor that has many 'soft spots.' To do so will require us to close the gym floor for a period of time and (we) appreciate everyone's patience while this project is in progress. Although there will be some inconvenience, the end result will be a new gym floor that will improve the overall sports and fitness program in Heidelberg."

The Campbell Fitness Center renovations will begin around Jan. 7 and last about a month. The renovation will incorporate a volleyball court.

Both courts will also have new wiring under the floors for scoreboards, outlets and control panels. Once the floors are installed and sanded, they will be fully lined and feature a new center court logo.

"I'm elated that the winning projects (that competed against other budget priorities) are the Patton and Campbell fitness center basketball courts that will be renovated soon," said Michael Criswell, Sports and Fitness chief. "Our customers deserve a top quality facility and that's what they're going to get."

## Shoulder to Shoulder Video Contest

Want to show off your videography and editing skills? Create your own video Public Service Announcement (PSA) for the Army's new Shoulder to Shoulder suicide prevention campaign. Videos must be either 14 or 29 seconds long and should include strong audio and visual elements. The Kaiserslautern, Mannheim and Heidelberg garrisons will each select a winner to receive a FREE two night stay at the Edelweiss Lodge and Resort in Garmisch. The top submissions may also be aired on AFN!

Completed videos must be submitted to [suicidepreventionpsa@gmail.com](mailto:suicidepreventionpsa@gmail.com) no later than September 29. Submissions may be viewed at [www.youtube.com/BWnow](http://www.youtube.com/BWnow)

For additional details contact: [lisa.m.velbis@army.mil](mailto:lisa.m.velbis@army.mil)

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## MEMORIAL

continued from page 1

handler who served as a mentor for many of the military working dog handlers who traveled to the memorial from throughout Germany to pay their respects to this noncommissioned officer who worked at the military working dog kennel at Miesau Army Depot.

Capt. Joshua Larson, 230th MP Company commander, wiped away tears at Ide's memorial service as he described the kind of person Ide was to the hundreds of people in attendance.

"Every person who Staff Sgt. Ide interacted with took away a sense of friendship and trust," Larson said. "He was a great American and an outstanding Soldier. He was a loving husband and father to his wife and two kids. I can tell that his duty to his country and protecting the freedoms of all Americans were at the forefront of his service."

Ide's military service included a tour of duty in South Korea and two tours in Iraq. He was posthumously awarded the Bronze Star Medal and a Purple Heart.

Ide is survived by his wife, Mandy, their 7-year-old daughter, Trinity, and their 1-year-old son, James.

## VACCINES

continued from page 1

ficer Col. Theresa Moser, who manages the ERMIC influenza vaccination program.

According to the Centers for Disease Control and Prevention, influenza caused more than 160,000 adult hospitalizations last year alone. The CDC recommends the influenza vaccine for all persons 6 months and older for the 2010-11 influenza season.

All military personnel are required to receive the influenza vaccine. The Army set a compliance date of Dec. 1.

All beneficiaries are highly encouraged to receive the seasonal influenza vaccine, Moser said.

DOD Military Vaccination Program officials expect a sufficient amount of influenza vaccine to be available this year. However, vaccine will arrive in separate shipments. Your local Army health clinic will provide announcements to the Herald Post with information about influenza vaccine availability.

Vaccine and immunization information is available at the CDC Web site, [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines), and at [www.vaccines.mil](http://www.vaccines.mil), which is the Department of Defense MILVAX Web site.

### Where to Get Vaccinated

#### Heidelberg

- ◆ Family Practice/Immunization Clinic: Walk-in hours Monday-Thursday, 7:40 a.m.-noon and 1-4 p.m.; Friday, 7:40 a.m.-noon
- ◆ Pediatrics Clinic: walk-in hours Monday-Thursday, 1-3 p.m.
- ◆ Sept. 20, 1-4 p.m., Sept. 21-23, 8 a.m.-4 p.m., and Sept. 24, 8 a.m.-1 p.m. in the Casablanca Room on Campbell Barracks
- ◆ Sept. 24, 1-2:55 p.m. at Heidelberg Middle School (faculty/students/parents)
- ◆ Sept. 28, at Heidelberg High School and Mark Twain Elementary School (faculty/students/parents)
- ◆ Oct. 7, 7:30-11 a.m. at Patrick Henry Elementary School (faculty/students/parents)
- ◆ Oct. 8-9, 10 a.m.-2 p.m., at the Holiday Bazaar Patrick Henry Village Pavilion
- ◆ Oct. 16, 8 a.m.-2 p.m., at Retiree Appreciation Day, PHV Pavilion
- ◆ More dates and times to follow

#### Mannheim

- ◆ Sept. 18, 9 a.m.-2:30 p.m. at the Community Information Fair, Benjamin Franklin Village Sports Arena
- ◆ More dates and times to follow

## USAREUR Band and Chorus performs in military music festival in Moscow

MOSCOW – Anyone who grew up during the Cold War might find it hard to believe American Soldiers would ever march in Moscow's Red Square.

And to march on Red Square performing the music of American pop icon Michael Jackson would be beyond fantasy. But that's exactly what happened during this year's Moscow Military Tattoo.

Overcoming logistical problems, language difficulties and uncooperative weather, Soldiers from the U.S. Army Europe Band and Chorus, stationed in Schwetzingen, rocked Red Square in six performances during the Sept. 4-9 tattoo, also known as the "Spasskaya Bashnya."

The members of the Band and Chorus joined more than 1,000 performers from Russia, Germany, Israel, Kazakhstan, France, Bahrain, Ukraine and Tajikistan that performed in the tattoo.

"The event organizers asked participants to perform popular music from their respective countries, and Michael Jackson's music is arguably some of the most popular music worldwide," said band commander Lt. Col. Beth Steele of the group's musical theme for the event.

Although the band's Soldiers don't know Russian or the other myriad languages spoken by the international throng of musicians that participated in the event, Steele said they communicated their message of peace and friendship through two universal languages – music and the camaraderie of Soldiers.

The band commander said Russian audiences seemed captivated by the group's musical talent, precision marching, dynamic vocals and intricate dance routines, and treated the Soldiers like pop stars.

Known as "America's Musical Ambassadors in Europe," the band and chorus frequently performs at international events, but Steele said the Red Square performance stands out as a true first for a contemporary American Army band.

Hopefully the good will generated by the musicians will continue to foster the partnership and friendship between the American and Russian governments and their citizens, she added.

An overwhelming highlight for the musicians was perform-



Richard Bumgardner

Military bands from Russia, the United States and nine other countries play in the "Grand Finale" in Moscow Sept. 4 at the Moscow Military Tattoo, also known as the "Spasskaya Tower" Festival. Almost 1000 musicians, singers and dancers participated in the show, including members of the U.S. Army Europe Band and Chorus.

ing the Russian composer Peter Ilich Tchaikovsky's "1812 Overture" with all the tattoo's participants, during each performance's grand finale, Steele said.

She noted that it was this very setting – the backdrop of candy-colored St. Basil's Cathedral, the air filled with music punctuated by the crash of the captured cannons of Napoleon's army and victory bells ringing in the Kremlin towers and city's churches – of which Tchaikovsky dreamed when he wrote the now-renowned piece more than 130 years ago.

"To do it (play the "1812 Overture") in Red Square with the cannons fired from on top of the Kremlin wall and the bells chiming from the Kremlin ... just sends tingles up your spine," said trumpet player Sgt. 1st Class David Martinez. "It's incredible, (and I'm) so lucky to get to do this."

"It's absolutely breathtaking," added Master Sgt. Steven King, one of the band's senior musicians.

The Moscow performances closed a busy summer for the USAREUR Band and Chorus. The group also performed in Finland, France, Norway, Latvia, Estonia and Lithuania, as well as at traditional venues across USAREUR's European footprint throughout the year.

Video of the band and chorus performances at the tattoo and the festival's grand finale can be seen on the U.S. Army Europe YouTube channel, found at [www.youtube.com/user/USArmyEurope](http://www.youtube.com/user/USArmyEurope).

Images of the festival and band performances are available on the USAREUR Flickr site at [www.flickr.com/photos/usarmy-europe\\_images](http://www.flickr.com/photos/usarmy-europe_images).

Editor's Note: This report was compiled by the U.S. Army Band and Chorus and the USAREUR Public Affairs Office.

## Europe's civil affairs senior leaders trained, ready

By 1st Sgt. Bobby J. White  
7TH CSC PUBLIC AFFAIRS

Europe's first Civil Affairs Qualification Course-Leader Transition graduated 15 senior leaders of the 361st Civil Affairs Brigade at the Kaiserslautern Community Activities Center on Daenner Kaserne Aug. 27.

The 361st CA Brigade hosted a 29-day course where five instructors facilitated civil affairs instruction and professional development. The students were trained in civil affairs skills and knowledge, organization and employment, populace and resource control, foreign humanitarian assistance and negotiation, among other tasks.

"I think this was very challenging and informative," said

Master Sgt. Jonathan Bailey, a native of Saratoga Springs, N.Y., and member of Company C, 457th Civil Affairs Battalion, 7th Civil Support Command. "Overall it helped me learn the skills to do my job better as the Civil Military Operation Center noncommissioned officer."

"This one of a kind training program for the 361st Civil Affairs Brigade in Europe was challenging, exciting and extremely rewarding ... to see so many senior leaders engaged and eager to learn was awesome," said Lt. Col. Shelwilbed Wray, a small group instructor, 1st Training Brigade, U.S. Army Civil Affairs and Psychological Operations Command (Airborne).

"The combination of the in-depth distance learning,

extensive classroom instruction and a rigorous culminating exercise provided the students an ideal learning environment to understand civil affairs concepts at both the operational and strategic levels and then to put those concepts into action," Wray said.

In the classroom environment, students were challenged to enhance their knowledge and skills for conducting civil affairs mission planning, interactions and briefings.

During the culmination exercise, the civil affairs teams performed the various tasks learned in class and applied them to realistic scenarios like hosting meetings with international organizations, non-government organizations,

international government organizations and local government officials.

The CAQC-LT was developed and implemented by the U.S. Army John F. Kennedy Special Warfare Center and School, with the support of the 1st Training Brigade, USACAPOC (A). The Special Warfare Center and School, USACAPOC (A), and the 1st Training Brigade are all based at Fort Bragg, N.C.

Col. William Butcher, the graduation ceremony guest speaker and the U.S. Army Garrison Baden-Württemberg commander, spoke on the important resources civil affairs bring to the theater.

"If I could leave you with any words of wisdom, it would simply be that you see yourself from this day forward as professional civil affairs of-

ficers or noncommissioned officers," Butcher said, "fully trained and equipped to support the commander's mission with the expressed purpose of creating the conditions to gain and maintain trust and confidence – in a word legitimize our ever important objective."

"What a great day for the 361st Civil Affairs Brigade and the civil affairs community," said 361st Commander Col. Friedbert Humphrey, a native of Augsburg, Germany. "Today we are adding another 15 highly trained civil affairs operators to our ranks, giving us an even greater capability to perform our civil affairs missions."

The activation ceremony for the 361st CA Brigade is scheduled for Friday on Daenner Parade Field.

## DENTAC welcomes new leader

ERMC Public Affairs

Col. William R. Bachand assumed command of the Europe Regional Dental Command in a ceremony on Nachrichten Kaserne in Heidelberg Sept. 9.

Bachand comes to the assignment from Pacific Regional Dental Command, Fort Shafter, Hawaii, and replaces Col. Randall Ball. Bachande and Ball traded commands, with Ball going to Fort Shafter earlier this summer to command the Pacific Region.

Bachand mentioned he served in Germany during the Cold War when the country was still a divided state. He said that although the landscape has changed and the Iron Curtain had dropped, the quality of the American Soldier remained equally high. He said he looked forward to leading the "highly capable" Soldiers in his command.

Serving as acting interim commander, Col. Theresa Gonzalez, the Bavaria Dental Activity commander, welcomed Bachand to the theater and told the audience she could think of no finer officer to lead the organization.

## A scout's welcome



Linda Steil

Joshua Barager, Eoin Oravetz and Oisín Oravetz salute during the opening ceremony of Patrick Henry Elementary School Cub Scout Pack 284's welcome back picnic on Patrick Henry Village in Heidelberg Saturday. This year the scouts from Mark Twain Elementary School merged together with those from PHES for a combined total of 77 Cub Scouts, which includes 28 newly registered scouts. The scouts have many exciting events planned to include camping trips to Normandy, France, and the Eagle's Nest in Berchtesgaden, a Pine Wood Derby and adventure hikes.



## GERMAN NEWS

### Mummified baby found in cellar

A woman in the state of Rheinland-Pfalz found the mummified body of a baby in her cellar, police said Tuesday. She alerted police in Ludwigshafen last week, who said they did not believe there had been foul play involved. The owner of the building had been cleaning the cellar in the town of Freisbach when she made the disturbing discovery, police spokeswoman Simone Eisenbarth told regional daily Die Rheinpfalz. During their investigation police located the 22-year-old mother, who admitted she hid the baby in the cellar after its birth in the summer of 2008.

### Berlin museum celebrates 200 years

The Berlin Museum of Natural History celebrates 200 years of scientific innovation this week with the inauguration of its restored east wing, destroyed by Allied bombs, and a special exhibition full of remarkable rarities. The stately museum, home to some 30 million objects, among them the largest mounted dinosaur skeleton in the world, has curated special selections from its massive collection to highlight two centuries of developments in natural history. For the exhibition, entitled Klasse, Ordnung, Art, or "Class, order, species," the museum turns the magnifying glass back on itself, exploring the evolution of natural history itself, the changing ideas of collection strategies and how the country's political history has colored this past.

### 20 years after reunification

Twenty years after German reunification, the former communist eastern half of the country is slowly closing the gap economically with the west but has some way to go, according to a new study. The survey, by the Ifo economic institute for glossy magazine Super Illu, revealed this week that workers in what was once East Germany now earn on average 83 percent of the equivalent salary in the west, compared with 53 percent in 1991. On Oct. 3, Germany will celebrate the moment in 1990 when East Germany (known as the German Democratic Republic) officially joined the Federal Republic of Germany to unite the country. However, despite billions of euros in transfers from the affluent west to the east, the unemployment rate in the former communist part of the country is still nearly twice as high as in the west.

SOURCE: [www.thelocal.de](http://www.thelocal.de)



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,

*This question is for a family member. My son-in-law's grandmother is in her 80s, lives in another part of the state, and may be in need of home or long-term assistance due to Alzheimer's. The grandfather served in the military (did not retire from the military) in active combat and is now deceased. Would the grandmother be eligible for any type of military assistance?*

From: Cap

Dear Cap,

Hhmm, I'm not sure if she would be eligible for any military assistance. However, I'm sure you'll agree that she definitely needs some long-term care options quickly. I think this is a Medicare and Veterans Affairs questions. The number to the Department of Veterans Affairs is civ. 1-800-827-1000 and their Web site is [www.va.gov](http://www.va.gov).

I know they could give you answers if she is entitled to any benefits.

Also the Web site to Medicare is [www.medicare.com](http://www.medicare.com). They list all services covered.

In the mean time, I'm sure she has a physician who is monitoring her. I would try and contact her doctor or nurse and let them know he is her grandson who is concerned about her health and her care. Her doctor should be able to make medical orders and recommendations regarding her care and in-home or out of home placements as appropriate. Please let me know what you find out. The information would be helpful to other readers and myself.

#### Dear Ms. Vicki,

*I think your advice column is a great outlet for informing our military spouses. With that in mind, I have to correct you on your response to "Spouse." You informed the writer that to resolve issues of spousal support she should contact legal or the commander, who may or may not resolve such issues.*

*You were partially correct. In accordance with Army Regulation 608-99, Soldiers are required to manage their personal affairs in a manner that does not bring discredit upon themselves or the U.S. Army, to include financial support of family members. The Army has designated a portion of a Soldier's basic allowance for housing entitlement to care for family members if the Soldier and spouse are separated (or simply living separately).*

*While rules apply for specific circumstances, typically family members are authorized a portion of BAH Type II (BAH-II) dependent on the number of dependents who can claim the Soldier's support. The amount is required to be paid to family members whether the Soldier is receiving*

*BAH entitlements or not.*

*Commanders have a duty, by this regulation, to take certain actions whenever a non-support complaint is brought to their attention. The commander will gather facts of the issue by reviewing any official documentation, speaking to the Soldier, spouse, JAG or whomever else with pertinent knowledge of the issue. The commander then determines whether family support is owed, how much, and then formally counsel the Soldier on his findings, ordering him to make payments if required.*

*The Soldier can then decide how to make payment – cash, check, money order or voluntary allotment. The commander must respond in writing to the spouse within 14 working days informing of his findings and what actions he ordered the Soldier to do.*

*Of note, the allowance is for housing of family members, so a Soldier is authorized to directly pay for rent, mortgage, etc. on housing to family members to fulfill the support obligation. However, if that cost is less than the BAH-II rate, the Soldier will pay dependents the difference. In extreme cases, the commander can order support for the family beyond BAH-II if the family's basic needs are not being met. Any subsequent requests for non-support of family members will go to the higher level commander for resolution. But if the spouse is not satisfied with the commander's decision, she should seek civil legal action.*

*"Spouse" should contact the Soldier's rear-detachment commander if the Soldier has deployed. This issue can be resolved even from downrange, but the communications issues may make it more difficult.*

*Your column is widely-read and well-respected, and I wanted to make sure you had the most accurate information. From: D.J.*

## Health care benefits: What does TRICARE cover to help you maintain dental health?

### TRICARE Area Office

It is important for you and your family to have the best health possible. The month of September is your Healthcare Benefits Awareness Month. This week we would like to focus on dental health.

We've come a long way in the last 100 years in the field of dental health. Painful toothaches, bleeding gums, bad breath and difficulty eating were pretty common at the turn of the century, and many people over the age of 65 had already lost most or all their teeth.

Today, things are very different and most people work hard to take care of their teeth. Many kids have never had a cavity thanks to fluorinated water, sealants and good daily dental care.

#### Good Dental Care:

- ♦ Avoid eating or drinking items with high sugar content – if you do, brush immediately afterwards.
  - ♦ Brush at least twice a day – especially before bed.
  - ♦ Clean between teeth daily with floss or interdental brushes.
  - ♦ Visit your dentist regularly.
- Military dental treatment facilities provide care

for active-duty members; however, family members are seen on a space-available basis.

The TRICARE Dental Program is a great benefit for active-duty family members, Reservists and Reserve family members. TDP is a voluntary, premium based dental insurance program that offers coverage for dental procedures received from certified host nation providers.

The TDP program in Europe is the same one that covers military families in the states – except it actually offers better benefits.

- ♦ Monthly premiums for a single family member are \$12.69 or \$31.72 for multiple family members (premium costs are adjusted each February). The government pays 60 percent of the cost of the dental insurance premiums.
- ♦ Each enrollee is covered for a maximum of \$1,200 per contract year (Feb. 1-Jan. 31) for most routine services.
- ♦ TDP offers a lifetime maximum benefit of \$1,500 for orthodontics. OCONUS the benefit is 50 percent of the total cost.
- ♦ Maternity Dental Benefit – allows for an additional (third) dental cleaning for mothers-to-be in

a consecutive 12-month period at no additional charge.

#### How do you enroll?

You can enroll in the TDP at the United Concordia Companies, Inc. Web site online or via the mail. Sponsors must enroll for a minimum of 12 months. You may e-mail UCCI at [oconus@ucci.com](mailto:oconus@ucci.com) or visit their Web site at [www.TRICAREdentalprogram.com](http://www.TRICAREdentalprogram.com).

#### How to get care?

No referral is needed for routine dental care. Non-availability Forms are needed for orthodontics and implants.

"Preferred dentists" will submit the claim for you with UCCI – it is best to check before you get care since you may have to "pay and claim" with some dental providers.

Retirees living overseas can now take advantage of the Enhanced-Overseas TRICARE Retiree Dental Program. The TRDP is a voluntary dental benefits program with enrollee-paid premiums, administered by the Federal Services division of Delta Dental of California.

Visit [www.trdp.org](http://www.trdp.org) for more details on the program and coverage specifics.

# GET OUT!

## area events

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

### September 16

**Ramstein Bazaar** - The 45th Annual Ramstein Welfare Bazaar will be noon-8 p.m. on the Ramstein flightline. Enjoy shopping, eating, entertainment and goods from more than 130 vendors from across Europe. Bazaar runs through Sept. 19. [www.ramstein-bazaar.org](http://www.ramstein-bazaar.org).

**St. Magnus Festival** - Travel to Bad Schusenberg for the St. Magnus homeland and children's festival. Enjoy a grand historical festival procession at 10:15 a.m. and an all-day Magnus market with a festival marquee at the fairground near the Zellerseestadt. Festival runs through Sept. 20.

### September 17

**Jewelry Exhibition** - View the "Petticoat and Wasp Waist" costume jewelry collection from the 1950s by Christian Dior and Grosse of Henkel and Grosse. The exhibition can be seen in the Jewelry Museum in the Reuchlinhaus as part of the 1950s cultural festival in Pforzheim through Nov. 14.

**Heidelberg Rising Star** - Find out who will be the next Heidelberg Operation Rising Star semi-finals at 7 p.m. The competition finals will be Sept. 24 at the Recovery Room on Nachrichten Kaserne. Cheer on your favorite contestants. [www.mwgermany.com](http://www.mwgermany.com).

### September 18

**Interboot** - Enjoy the International exhibition for water sports with "Intersurf" - International Surfing Exhibition at the Messe Friedrichshafen, Neue Messe 1. The exhibition is open 10 a.m.-6 p.m. daily through Sept. 26. [www.interboot.de](http://www.interboot.de).

**Paintball** - Take a trip with Kaiserslautern Outdoor Recreation to one of the best paintball fields in Europe in Vekring, France, 6 a.m.-8 p.m. Must be at least 14 years old (with guardian). DSN 493-4117, civ. 0631-3406-4117.

**Belgium** - Time has long stood still in medieval Brugge, a romantic city that went to sleep in the Middle Ages, leaving a perfectly preserved gem that is today among the loveliest places in Europe. Tour the city and stroll through its lively markets. <http://affiliates.usa.org/Kaiserslautern>.

**Indoor Flea Market** - There will be an Indoor flea market at the Rhine Ordnance Barracks Special Events Center in Kaiserslautern 8 a.m.-2 p.m. Sellers can call Kaiserslautern Army Outdoor Recreation to reserve a spot. DSN 493-4117, civ. 0631-3406-4117.

**Oktoberfest Express** - Travel to the world-famous Oktoberfest in Munich with Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

**Oktoberfest in Munich** - Celebrate the 200th year of the world-famous Oktoberfest in Munich through Oct. 4. Traditionally, the first day includes the entering of the beer-tent-keeper with a parade through

Munich as well as the tapping of the first Oktoberfest-beer-barrel by the Munich governor in the Schottenhamel-Tent. The first Sunday features a traditional costume parade through the Munich city center. [www.oktoberfest.de/en](http://www.oktoberfest.de/en).

### September 19

**SWR 1 Pfännle" - A Voyage of Discovery** - Culinary treasure hunters will enjoy themselves during the month of September when the "SWR 1 Pfännle" is out and about. The recipe is quite simple: only produce from the region goes into the pot. Farmers, refiners and cooks present the local products in the town center 11 a.m.-6 p.m. [www.SWR1.de](http://www.SWR1.de).

### September 23

**New Pop Festival** - The SWR 3 presents three days of insider tips and newcomers from the national and international music scene. Every music lover will get their money's worth with first-rate live music in the Kurhaus, amongst other venues, and the "SWR 3 New Pop" party nights in the town center. Festival runs through Sept. 25.

### September 24

**Cycling Event** - The RiderMan cycling event offers cycling excitement for all experience levels. The three-day-stage-race for non-professional riders offers fully closed routes and several surprises. [www.riderman.de](http://www.riderman.de)

**European Castle Ball** - Engineers across Europe are invited to the European Castle Ball at the Würzburg Castle. Tickets: DSN 314-379-5049, civ. 0620-280-5049.

**Oktoberfest in Landstuhl** - Celebrate Germany's largest tradition with games, prize giveaways, music and more 6 p.m.-midnight at the Landstuhl Community Club. DSN 486-7244, civ. 06371-86-7244.

**Musical Melody** - The Roadside Theater Show Choir, Sound Sensation, presents an evening of musical medley to kick off its 2010-2011 season of shows. Show begins at 7:30 p.m. Sept. 24 and 6 p.m. Sept. 26. Filled with song and dance, the show features Broadway, jazz and pop music that will lift spirits and get toes tapping. Tickets are \$10 for adults, \$8 for students, \$6 for youth (6-11), \$4 for children (3-5) and \$25 for family pass. Free for season ticket holders. Concerts run through Sept. 26.

### September 25

**R&B Night** - Enjoy all the hottest music with a live disc jockey 9 p.m.-2 a.m. at Armstrong's Club on Vogelweh Housing. DSN 489-6000, civ. 0631-354-9986.

**Prague** - Join Kaiserslautern Army Outdoor Recreation for a day trip to Prague. DSN 493-4117, civ. 0631-3406-4117.

**BOSS Gaming Tournament** - The Kaiserslautern Better Opportunities for Single Service members will host a Call of Duty Modern Warfare game tournament and barbecue 3-7 p.m. at the Java Café on Rhine Ordnance Barracks in Kaiserslautern. Play for the chance to win an Xbox and bragging rights. DSN 493-4344, civ. 0160-708-4367.

### September 26

**Flea Market** - Discover a hidden treasure or two at the Tongeren Flea Market. Sign up with Kaiserslautern Army Outdoor Recreation. DSN 493-4117, civ. 0631-3406-4117.

**Culinary Walk** - Food and wine are the focus of this special culinary event held in the nearby Palatinate vineyards. This year, the path will lead through the vineyards of Oschelskopf and Schwarzeskreuz (Black Cross). Along a 7-kilometer path through the vineyards, 21 culinary stands invite you to indulge in the traditional food and drink of the Palatinate. <http://affiliates.usa.org/Kaiserslautern>.

### September 30

**The Count's Schloss Festival** - Visit Constanzt through March 10 for the Count Schloss Festival featuring high fashion, jewelry and fine accessories in the Baroque palace and palm house on the island of Mainau.

### October 1

**Kris Allen Concert** - The USO presents 2009 American Idol winner Kris Allen at 8 p.m. at the Kazabra Club on Vogelweh. The concert is free. DSN 489-7261, civ. 0631-536-7261.

### October 8

**Run to the Tower** - Italy's Camp Darby will host a 12-kilometer fun run to the Leaning Tower of Pisa at 9:30 a.m. in front of the Camp Darby Parade Field. The race goes through the flat roads along the Arno River until it finishes in front of the Leaning Tower of Pisa. Registration is open Sept. 27-Oct. 6. Registration forms are available at the Camp Darby Outdoor Recreation Center and at [www.usag.livorno.army.mil](http://www.usag.livorno.army.mil). DSN 633-7775.

**Escape to Ireland** - Join Heidelberg's Better Opportunities for Single Soldiers for an escape to Ireland. Enjoy three nights in Ireland for €299 including transportation, lodging and breakfast. Reservations: 0173-313-2075.

**Venice and Florence Tour** - Some of Italy's most breathtaking architecture and works of art await you. Enjoy a guided tour of Venice and Florence and experience the true beauty of these two world-famous cities. <http://affiliates.usa.org/Kaiserslautern>.

## coming to THEATERS

### RESIDENT EVIL: AFTERLIFE

(Milla Jovovich, Ali Larter) In a world ravaged by a virus infection, turning its victims into the undead, Alice, continues on her journey to find survivors and lead them to safety. Her deadly battle with the Umbrella Corporation reaches new heights, but Alice gets some unexpected help from an old friend. A new lead that promises a safe haven from the undead takes them to Los Angeles, but when they arrive the city is overrun by thousands of undead - and Alice and her comrades are about to step into a deadly trap. Rated R (sequences of strong violence and language) 96 minutes.



### INCEPTION

(Leonardo DiCaprio, Marion Cotillard) Dom Cobb is a skilled thief stealing valuable secrets from deep within the subconscious during the dream state, when the mind is at its most vulnerable. Rated PG-13 (sequences of violence and action throughout) 98 minutes.

### PLAYING THIS WEEK

#### Heidelberg, Patrick Henry Village

Sept. 16 - THE TWILIGHT SAGA: ECLIPSE (PG-13) 7 p.m.  
 Sept. 17 - DESPICABLE ME (PG) 7 p.m.; RESIDENT EVIL: AFTERLIFE (R) 9 p.m.  
 Sept. 18 - DESPICABLE ME (PG) 4 p.m.; RESIDENT EVIL: AFTERLIFE (R) 7 p.m.; INCEPTION (PG-13) 9 p.m.  
 Sept. 19 - DESPICABLE ME (PG) 4 p.m.; RESIDENT EVIL: AFTERLIFE (R) 7 p.m.  
 Sept. 20 - INCEPTION (PG-13) 7 p.m.  
 Sept. 21 - RESIDENT EVIL: AFTERLIFE (R) 7 p.m.  
 Sept. 22 - DESPICABLE ME (PG) 7 p.m.  
 Sept. 23 - RESIDENT EVIL: AFTERLIFE (R) 7 p.m.

#### Mannheim, Schuh

Theater under construction until Sept. 24.

#### Vogelweh, Galaxy

Sept. 17 - DESPICABLE ME (PG) 7 p.m.  
 Sept. 18 - INCEPTION (PG-13) 3 p.m.; MACHETE (R) 7 p.m.  
 Sept. 19 - DESPICABLE ME (PG) 3 p.m.; MACHETE (R) 7 p.m.

#### Ramstein, Gateway Movieplex

Sept. 16 - THE TWILIGHT SAGA: ECLIPSE (PG-13) 11 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m., THE LAST AIRBENDER (PG) 11:30 a.m., 2:15 p.m., 4:45 p.m., 7:45 p.m.; SHREK FOREVER AFTER (PG) 11:15 a.m., 1:30 p.m., 4 p.m., 6:15 p.m.  
 Sept. 17 - RESIDENT EVIL: AFTERLIFE (R) 11:15 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m., 10 p.m.; DESPICABLE ME (PG) 11:30 a.m., 2 p.m., 4:45 p.m., 7:30 p.m., 10:15 p.m.; INCEPTION (PG-13) 11 a.m., 2:30 p.m., 6 p.m., 9:30 p.m.  
 Sept. 18 - RESIDENT EVIL: AFTERLIFE (R) 11:15 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m., 10 a.m.; DESPICABLE ME (PG) 11:30 a.m., 2 p.m., 4:45 p.m., 7:30 p.m., 10:15 p.m.; INCEPTION (PG-13) 11 a.m., 2:30 p.m., 6 p.m., 9:30 p.m.  
 Sept. 19 - RESIDENT EVIL: AFTERLIFE (R) 11:15 a.m., 1:45 p.m., 4:30 p.m., 7:15 p.m.; DESPICABLE ME (PG) 11:30 a.m., 2 p.m., 4:45 p.m., 7:30 p.m.; INCEPTION (PG-13) 11 a.m., 2:30 p.m., 6 p.m.  
 Sept. 20 - RESIDENT EVIL: AFTERLIFE (R) 11:30 a.m., 2:30 p.m., 5:15 p.m., 7:45 p.m. DESPICABLE ME (PG) 11:45 a.m., 2:45 p.m., 5:45 p.m., 8 p.m.; INCEPTION (PG-13) 11 a.m., 2:15 p.m., 5:30 p.m.; THE KARATE KID (PG) 11:15 a.m., 2 p.m., 5 p.m.  
 Sept. 21 - RESIDENT EVIL: AFTERLIFE (R) 11:30 a.m., 2:30 p.m., 5:15 p.m., 7:45 p.m.; DESPICABLE ME (PG) 11:45 a.m., 2:45 p.m., 5:45 p.m., 8 p.m.; INCEPTION (PG-13) 11 a.m., 2:15 p.m., 5:30 p.m.  
 THE KARATE KID (PG) 11:15 a.m., 2 p.m., 5 p.m.  
 Sept. 22 - RESIDENT EVIL: AFTERLIFE (R) 11:30 a.m., 2:30 p.m., 5:15 p.m., 7:45 p.m.; DESPICABLE ME (PG) 11:45 a.m., 2:45 p.m., 5:45 p.m., 8 p.m.; INCEPTION (PG-13) 11 a.m., 2:15 p.m., 5:30 p.m.  
 Sept. 23 - DESPICABLE ME (PG) 11:30 a.m., 2:30 p.m., 5:15 p.m., 7:45 p.m.; INCEPTION (PG-13) 11 a.m., 2:15 p.m., 5:30 p.m.; THE KARATE KID (PG) 11:15 a.m., 2 p.m., 5 p.m.

#### THEATER INFORMATION

Patrick Henry Village, Heidelberg, 06221-27-238  
 Schuh Theater, Mannheim, 0621-730-1790  
 Galaxy Theater, Vogelweh, 0631-50017  
 Gateway Cineplex, Ramstein, 06371-47-5550

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



## community HIGHLIGHTS

### Lean Six Sigma Courses

**LSS Orientation Course** – USAREUR Continuous Process Improvement/Lean Six Sigma Orientation Training provides practical insights and application into how proven methods and tools can be used to help drive mission readiness, improve customer satisfaction through efficient and effective process improvements, and accelerate culture change Sept. 22 at the IMCOM Center of Workforce Development in Schwetzingen. Reserve a seat: DSN 370-7811, <https://www.atrs.army.mil/channels/chrtas>.

**LSS Green Belt Course** – Two separate training sessions over a two-month period will occur Sept. 27-Oct. 1 and Oct. 25-29 at the Army in Europe Information Technology Training Center on Tompkins Barracks in Schwetzingen. DSN 370-7811. [www.hqusareur.army.mil/LeanSixSigma/default.htm](http://www.hqusareur.army.mil/LeanSixSigma/default.htm).

### UMUC Field Study

The University of Maryland University College Europe announces two three-credit undergraduate field study courses – "Dublin, Ireland: A Brief Literary History" and "Expatriate Writers in Venice: 1800 to Present," offered this October in Dublin, Ireland, and Venice, Italy. Registration deadline is Sept. 26. DSN 370-6762. [www.ed.umuc.edu/fieldstudy](http://www.ed.umuc.edu/fieldstudy).

### College Night

Representatives from more than 100 accredited colleges and universities from the U.S. and Europe will be at the Special Events Center on Rhine Ordnance Barracks. 6-8:30 p.m. Sept. 30. DSN 493-4123, civ. 0631-3406-4123.

### Winter Driving Classes

Winter driving training will be conducted annually during October and November for all personnel under U.S. Army Europe 7th Army, in possession of a military license, OF 346 and DA Form 348 (Equipment Operator's Qualification). Classes are conducted by Drivers Testing Station Heidelberg 2 p.m. every Thursday Oct. 1-Dec. 3 by appointment.

### Women's Conference

Heidelberg Army Community Service will host the first annual Women's Conference in support of domestic violence month 8 a.m.-4 p.m. Oct. 14 at the Patrick Henry Village Pavilion in Heidelberg. Child care is available. Register online: [www.mwgermany.com](http://www.mwgermany.com). Open to the first 100 registrants. DSN 370-6883.

### SAFER Exposition for Families

The U.S. Army Garrison Baden-Württemberg Soldiers and Families Evaluating Risk exposition will be held 8 a.m.-5 p.m. Oct. 21 at the Patrick Henry Village Pavilion in Heidelberg and 8 a.m.-4 p.m. Oct. 28 at the Schuh Theater in Mannheim.

## local EMPLOYMENT

### ACS Mannheim Job Fair

Army Community Service is sponsoring a career fair, 10 a.m.-2 p.m. Sept. 18 at the Sports Arena on Benjamin Franklin Village in Mannheim. Civ. 0621-730-3101.

### Child Care Professionals

The Family Child Care programs in Heidelberg and Mannheim are recruiting family members who want a professional career with the benefit of working in their home. Training and assistance are provided at no cost. Civ. 06221-338-9378.

### KAISERSLAUTERN Education

♦ **SOS Meeting** - The purpose of Survivor Outreach Services is to deliver on the Army's commitment to the families of fallen Soldiers. SOS connects people with trained professionals who can help them cope with the loss of a Soldier. There will be a support group meeting 6-7 p.m. Sept. 23 in Bldg. 2917, Pulaski Barracks. DSN 493-4332, civ. 0631-3406-4332.

♦ **AFTB Training** - The next Army Family Team Building Level III class will be 8:30 a.m.-2:30 p.m. Sept. 28-Oct. 1 at the Army Community Center on Pulaski Barracks. The class will teach meeting management, delegation and leadership styles. DSN 493-4357, civ. 0631-3406-4357.

♦ **Stress Management** - Army Community Service offers a Stress Management Class at 4 p.m. every Thursday on Pulaski Barracks. DSN 493-4332, civ. 0631-3406-4332.

### Community

♦ **Quilt Guild** - The Rheinland-Pfalz Quilt Guild is offering a Quilt on Your Own Machine class 10 a.m.-5 p.m. Sept. 18 at the Kaiserslautern Landstuhl Spouses Association on Pulaski Barracks. There will also be a Beginning Quilting Class 6 p.m.-11 p.m. Sept. 24 at Kapaun Chapel Annex. Sign up at [info@rpqg.eu](mailto:info@rpqg.eu).

♦ **AFCEA Luncheon** - The Kaiserslautern Military Community Armed Forces Communications and Electronics Association Chapter 158 will hold its monthly luncheon at 11:30 a.m. Sept. 22 in the Ramstein Air Base Officers' Club, Suite 3. Deadline to RSVP online is Sept. 17 at [www.kmcafea.org/luncheon](http://www.kmcafea.org/luncheon).

♦ **AGBC Meeting** - The Kaiserslautern American German Business Club will meet 6:30 p.m. Sept. 23 at the Alcatraz Hotel am Japanischen Garten, Morlauterer Strasse 1, 67657 Kaiserslautern. Deadline to RSVP is Sept. 20. [kaiserslautern@agbc.de](mailto:kaiserslautern@agbc.de).

♦ **Suicide Prevention** - There will be information booths on suicide prevention set up at the Rhine Ordnance Barracks Dining Facility Sept. 23 and the Landstuhl Regional Medical Center Dining Facility Sept. 24.

♦ **Cards for a Cause** - Cards For A Cause Club will meet 11 a.m.-4:30 p.m. Oct. 4 in the Augusta Suite on Woodlawn Golf Course on Ramstein Air Force Base. Attendees will make cards and small projects for wounded warriors to send out to family and friends. \$5 materials fee. Membership is open to all ID card holders, children under 18 must be accompanied by an adult. Future dates: Nov. 8 and Dec. 6. [pejachowski@juno.com](mailto:pejachowski@juno.com).

♦ **Vehicle Safety Day** - Bring your car to Pulaski Auto Skills on Pulaski Barracks 10 a.m.-7 p.m. Oct. 7 and get a free winter safety check.

Purchase windshield wipers for \$5 and have them installed for free, plus you will also have the chance to win a car wash. DSN 493-4167, civ. 0631-3406-4167.

♦ **CAUSE Meeting** - "Speak Through Pictures" will be the theme of the next CAUSE support group meeting 6-7 p.m. Oct. 12 at Vogelweh Elementary School library. This meeting will provide parents with a communication enhancement tool used to assist children diagnosed with autism and Asperger's Syndrome. DSN 493-4016, civ. 0631-3406-4016.

♦ **Army Family Action Plan Conference** - The AFAP Conference will take place at the Kaiserslautern Community Activity Center Oct. 27-29. To submit issues or volunteer to work the conference, call DSN 493-4357, civ. 0631-3406-4357.

♦ **HUGS** - Help Us Grow Securely is an interactional and educational playgroup that meets 10-11:30 a.m. every Thursday at the Kid's Zone on Pulaski Barracks. DSN 493-4203, civ. 0631-3406-4203. [www.mwgermany.com](http://www.mwgermany.com).

### HEIDELBERG Education

♦ **ACS Classes** - Intro to MS Outlook, 9 a.m.-noon Sept. 20; AFTB Level I, 9 a.m.-2 p.m. Sept. 21-22; Interviewing Skills, 9 a.m.-noon Sept. 21; Communicating Assertiveness, 1-3 p.m. Sept. 21; Federal Web-Based Application (RESUMIX), 9 a.m.-noon and Understanding the TSP, noon-1:30 p.m. Sept. 22; Smart Banking, 9-11:30 a.m. Sept. 23; Intro to Computers, 9 a.m.-noon, Sept. 23; Conflict Resolution 10 a.m.-noon Sept. 23; Making Marriage Work, 1-3 p.m. Sept. 23 and PCS Briefings, 12:30-3 p.m. the first and third Tuesday of the month, at the Community Support Center Room 141. [www.mwgermany.com/hd/acs](http://www.mwgermany.com/hd/acs).

### Community

♦ **Housing Office Closure** - The Heidelberg housing office off-post section will be closed 8 a.m.-1 p.m. Sept. 20. The off-post briefing held in the morning is canceled.

♦ **Volkmarches** - The Heidelberg International Wandering Club is registered at the following volkmarches in September: Bruchmuehlbach-Miesau, Sept. 18-19. The HIWC will host its own volkmarch 7 a.m.-6 p.m. Sept. 25 and 7 a.m.-5 p.m. Sept. 26 behind Nachrichten Kaserne. The next membership meeting is 7 p.m. Sept. 13 at the SG Clubhaus in Oftersheim. Start cards are €3.80 and includes a decorative beer mug at the end. [www.hiwc.de](http://www.hiwc.de), [hiwc@yahoo.com](mailto:hiwc@yahoo.com).

♦ **Parking on PHV** - Due to the upcoming Holiday Bazaar, both sides of Saratoga Drive from Bldg. 4524 east to Gettysburg Avenue will be blocked off beginning Sept. 17. The parking on Gettysburg Avenue from

Bldg. 4519 to the bus stop and the large bone stone parking area beside the Village Pavilion will be blocked off beginning Sept. 17. The drive way to the VP will be blocked off beginning Oct. 7.

♦ **Parent Support Groups** - There will be a breastfeeding support group meeting at 10 a.m. Sept. 22 in the Yellow Ribbon Room in Bldg. 4531 on Patrick Henry Village. DSN 370-6883.

♦ **Gospel Revival** - The Heidelberg Gospel Service will host a revival 6:30 p.m. Sept. 22-24 at the Mark Twain Village.

♦ **Toy Run** - The 17th annual Rhein Valley Legion Chapter Toy Run will be 11 a.m.-5 p.m. Sept. 24-26 at the Heidelberg Rod and Gun Club. There will be music, games, raffle drawings and giveaways. Donate a toy and get a raffle ticket. All toys must be new. No stuffed animals. \$20 donation fee for entry, camping, raffle ticket and pin. [rheinvalley@hotmail.com](mailto:rheinvalley@hotmail.com).

♦ **Hispanic Heritage Month** - There will be a Hispanic-American Heritage Month Observance at 4 p.m. Sept. 25 at the Recovery Room on Nachrichten Kaserne. Cost for meal is \$10. There will also be an afterparty with a live disc jockey at 11 p.m. DSN 373-7955.

♦ **Polish Pottery Bingo** - The Heidelberg Sea Lions will host Polish pottery bingo at 6-30 p.m. Oct. 1 at the Heidelberg Middle School multi-purpose room. Prizes for the whole family including a free door prize. Silent auction and concessions available. Cards go on sale at 5:45 p.m. [www.heidelbergsealions.com](http://www.heidelbergsealions.com).

♦ **CFC Kickoff** - The community kickoff for the Combined Federal Campaign will be 11 a.m.-1 p.m. Oct. 5 outside the AAFES Annex. There will also be a barbecue if the weather permits.

♦ **Volunteers Needed** - The Heidelberg Community Spouses Club needs volunteers for its 46th annual Heidelberg Holiday Bazaar Oct. 8-10. As a volunteer you'll be entered into ongoing raffles to win prizes. Teens can also volunteer. [www.hsc-heidelberg.com](http://www.hsc-heidelberg.com), [www.mwgermany.com](http://www.mwgermany.com).

♦ **Tell Me a Story** - There will be a "Tell Me a Story" event 3-5 p.m. Oct. 17 at the Patrick Henry Elementary School. The featured guest reader will read the book "How to Bake an American Pie" by Karma Wilson. This event is free, but space is limited. Deadline to register is Oct. 11. Reservations: [HeidelbergParent2Parent@yahoo.com](mailto:HeidelbergParent2Parent@yahoo.com).

### MANNHEIM Education

♦ **Red Cross Classes** - Adult, Child and Infant CPR / AED with First Aid, 8 a.m.-5 p.m. Oct. 2. There is a \$45 fee, which includes all materials. DSN 385-1760, civ. 0621-730-1760.

### Community

♦ **Recruit the Recruiter** - The recruit the recruiter team will hold a briefing for Soldiers in the ranks of specialist through sergeant first class and interested in Army recruiting duty 10 a.m. and 1:30 p.m. Sept. 17 in Bldg. 255 room 7. Civ. 1-877-465-9035. [www.usarec.army.mil/hq/recruiter](http://www.usarec.army.mil/hq/recruiter).

♦ **Health Care Benefits Awareness** - The following outreach events will be held in honor of Health Benefits Awareness Month: Health benefits awareness table at the Community Info Fair 10 a.m.-2 p.m. Sept. 18 and Coleman DFAC 7-9 a.m. and 11 a.m.-1 p.m. Sept. 22.

♦ **Library Activities** - Scrapbook Club meeting, noon-3 p.m. Sept. 25; free movie screening, 4-5:30 p.m. Sept. 25. DSN 380-1740, civ. 0621-730-1740.

♦ **SSSC Closure** - The last shopping day at the Self-Service Supply Center Mannheim for FY 10 is Sept. 24. The center will be closed Sept. 27-30 and reopen Oct. 1.

♦ **Warrior Zone Opening** - The grand opening for the Mannheim Warrior Zone on Coleman Barracks will be 4-8 p.m. Sept. 28.

♦ **Parent Advisory Council Meeting** - The School Age Center will host its monthly Parent Advisory Council meeting 6-7:30 p.m. Sept. 29 in Bldg. 737. The PAC meeting is open to SAC parents. A light dinner will be provided. DSN 380-4321, civ. 0621-730-4321.

♦ **Volunteer Ceremony** - There will be a volunteer recognition ceremony, "Volunteers Falling Into Place" 11:30 a.m.-1 p.m. Sept. 30 at the USO on Sullivan Barracks. Open to all community volunteers. The event will be a potluck. Guests are asked to bring a dish. DSN 385-3101.

♦ **Joy Project** - Friends for a Better World is collecting donations of clothing, shoes, toys, bicycles, wheelchairs and dried goods to send to families in Ghana. Bring items to the BFV Chapel or call DSN 382-5827 or [Landry114@hotmail.com](mailto:Landry114@hotmail.com) for pick up through Oct. 1.

♦ **Voting Assistance Officers** - Local voting assistance representatives are Marcia Sierra-Williams and Eyvonne Klink. DSN 385-2774.

♦ **Voting Materials** - Through Oct. 25 Mannheim Postal Service Centers will allow U.S. non-military post office privileged patrons the ability to mail election materials at the Benjamin Franklin Village entrance gate by the POND guard station near the Post Exchange.

♦ **Road Construction** - Construction has started for Waldstrassenbrücke, the bridge over the railroad next to the "Bauhaus Store" on the main route from Benjamin Franklin Village to Coleman Barracks. Completion date is November 2011.

# Military members join forces with professional hockey team

By Larry Taylor  
ARMY, AIR FORCE, ADLER ALLIANCE

The Army, Air Force, Adler Alliance, or A4, has partnered with the Adler Mannheim professional hockey team for the current 2010/2011 season.

A4 is a non-profit news and information site specifically designed for hockey fans and enthusiasts serving in Germany. Initially created as a local community resource, A4 has taken on a much greater role and is now considered as "the place to go" for both military and Adler hockey news.

Teams throughout Germany use A4 as a means to recruit and share information about their community hockey teams. For those interested in professional hockey, A4 offers an inside look at one of Germany's top professional hockey teams – the Adler Mannheim.

Ken Robinson and Andy Hedlund formed A4 during the 2009/2010 season. Robinson, a Department of Defense Dependents Schools teacher at Kaiserslautern High School and current Die Players Liga president, teamed up with Adler defenseman Andy Hedlund in an effort to provide complementary hockey tickets to military members.

Hedlund, wanting to help the military community, asked his fellow teammates to give up their personal game tickets so they could be given to military members. Robinson then distributed them through military channels.

Hedlund, did not return to the Adler for the current season, so Robinson had to find other means to promote professional hockey in the region.

Robinson met with Adler Managing Director Mattias Binder. Together they formed an alliance designed to stimulate hockey interests for the surrounding military communities. Complementary tickets, access to players, and use of the Adler media are all part of the alliance.

Complementary tickets are available only to registered members. Membership is currently limited to active duty, contractors and DOD civilians – a valid military e-mail address is required.

Registrants can then choose to become a member of one of A4's five independent A4 chapters (Mannheim, Heidelberg, Wiesbaden, Kaiserslautern and Bayern). Each chapter serves as its own independent Adler fan club and meets regularly to discuss upcoming games and events.

For more information about the Army, Air Force Adler Alliance, visit the official Web site at [www.adleralliance.com](http://www.adleralliance.com) or e-mail [info@adleralliance.com](mailto:info@adleralliance.com).

# Youth soccer begins



Linda Steil

Ethan Bean, 9, of the Heidelberg Purple Dragons, tries to get the ball away from a player from the Mannheim Youth Services team Saturday when the Heidelberg Youth Services sports program started its fall game season on Patrick Henry Village.

# Kaiserslautern hosts Europe-wide cheer camp

About 200 cheerleaders from Department of Defense Dependents Schools throughout Europe gathered at Kaiserslautern High School Sept. 3-5 for the annual Universal Cheer Association camp.

KHS cheer coach Debra Hipes organized the event for participants from the Kaiserslautern, Ramstein, Bitburg, Hohenfels, Wiesbaden, Heidelberg, Bamberg, Baumholder, and Ansbach communities in Germany as well as cheerleaders from Belgium and the Netherlands.

The cheerleaders learned new skills with cheerleading professionals, practiced routines, and shared expertise not always available at their duty stations.

The KHS Booster Club has hosted the cheer camp since 1994.

SOURCE: Deborah Billings



Courtesy Photo

About 200 cheerleaders from across Germany, Belgium and the Netherlands gathered in Kaiserslautern Sept. 3-5 for the annual cheer camp led by professionals from the Universal Cheer Association.

## staying ACTIVE

### Registration For Kaiserslautern Fall Sports

Kaiserslautern Parent Central Services is accepting sign up for ages 5-18 years old for the following youth sports: soccer, flag football, cheerleading and tackle football. Visit the office on Pulaski Barracks 9 a.m.-5 p.m. Monday-Friday, DSN 493-4516, civ. 0631-3406-4516.

### Cheerleading Class

Kaiserslautern SKIES Unlimited now offers a cheerleading class for youth ages 3-14. No previous experience is necessary. All classes include basic instruction on cheer fundamentals, yelling techniques, jumps, dance and teamwork. Registration: DSN 493-4516, civ. 0631-3406-4516.

### NFL Sundays

**Heidelberg** - Watch football on the big screen at Slapshots on Patton Barracks. First game starts at 7 p.m. and second game starts at 10 p.m. DSN 373-5194, [www.mwrgermany.com](http://www.mwrgermany.com).

**Kaiserslautern** - Catch the latest grid-iron action from your favorite football teams on the big screen at Armstrong's Club 7-10 p.m. every Sunday through Dec. 26. DSN 489-6000, civ. 0631-536-6000.

### Bowling Tournament

King of the Hill Bowling Tournament Series starts at noon Sept. 19 and every third Saturday afterwards at the Heidelberg Bowling and Entertainment Center on Patrick Henry Village. \$40 fee. The tournament will be played in conjunction with the Mannheim Bowling Center on Benjamin Franklin Village. There will be 14 qualifying tournaments with one final year-end tournament. [www.mwrgermany.com](http://www.mwrgermany.com).

### Fitness Day

**Heidelberg** - Join USAG Baden-Württemberg Sports and Fitness and Installation Command Europe 10 a.m.-2 p.m. Sept. 18 for the Fitness Day at Campbell Barracks Fitness Center in Heidelberg.

Twenty different classes will be offered including Yoga, Kickboxing, Step and more. There will also be mens and womens benchpressing for attendees 18 and over. All activities are free. DSN 370-6489.

**Kaiserslautern** - The Kleber Fitness Center in Bldg. 3235 will host a 'let's get fit day' 10 a.m.-1 p.m. Sept. 18. DSN 493-2086.

**Mannheim** - The Sullivan Barracks Fitness Center in Mannheim will host a 'let's get fit' day 8:30 a.m.-12:30 p.m. Sept. 18 at the Sullivan Barracks Fitness Center. There will be yoga and spin classes, a 3-kilometer fun run, massages, a prize drawing and more.

### Worldwide Day of Play

The worldwide day of play will be 10 a.m.-2 p.m. Sept. 25 at the Landstuhl Track Field. The day is designed to combat childhood obesity through physical active play. DSN 486-8375, civ. 06371-86-8315.

### Spin Class

Kleber Fitness Center is now offering a Saturday morning spin class, 9-11 a.m. Purchase a two-hour session for only \$4 or \$30 for a book of 10 sessions that can be used toward any spin class at any Kaiserslautern Fitness Center. DSN 483-7610, civ. 0631-411-7610.

### Strongman Run in France

Get ready for the Strongman Run in La Bresse, France, Oct. 17. This is no ordinary run. It's 13 kilometers of running through hills of tires, climbing over hay walls, crawling under ropes, and mud, sweat and maybe some tears. Start training now with Heidelberg Sports and Fitness to be prepared for this fun and challenging run. [www.mwrgermany.com](http://www.mwrgermany.com), [www.strongmanrun.fr](http://www.strongmanrun.fr).

### Send the HP Your Sports Photos

Do you have photos from sporting events in your community? E-mail your photos, along with the details of the event and names of those pictured to [usaghd.post@eur.army.mil](mailto:usaghd.post@eur.army.mil).