

# HeraldPOST

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

**HP THURSDAY**  
Feb. 7, 2013

**Speed Read**

**TOWN HALL MEETING**

The command invites all community members to attend the garrison's quarterly town hall meeting 11 a.m.-1 p.m. Feb. 13 at the Village Pavilion Community Center on Patrick Henry Village in Heidelberg.

**ANTITERRORISM AWARD**

A Kaiserslautern-based force protection officer and retired Soldier, earns top honors for his efforts to keep the community safe. 3



**FIT TO LEAD PROGRAM**

5th Signal Soldiers and community members focus on fitness during their Fit To Lead kick-off event in Wiesbaden-Jan. 30. 7



**Defense Details**

**AVOIDING SEQUESTRATION**

President Barack Obama called on Congress to avoid deep, across-the-board spending cuts looming March 1 under a "sequestration" mechanism in budget law and to take a balanced approach to America's debt problems Tuesday. If sequestration happens, hundreds of thousands of Defense Department civilian employees could be furloughed and readiness of the military force will plummet, Pentagon officials have said. The American economy is poised to make progress in 2013, the president said but sequestration could put an end to any forward movement. "We've seen the effects that political dysfunction can have on our progress," Obama said. "The drawn-out process for resolving the 'fiscal cliff' hurt consumer confidence. The threat of massive automatic cuts [has] already started to affect business decisions." While it is critical for the U.S. government to cut wasteful spending, "we can't just cut our way to prosperity," Obama said. "Deep, indiscriminate cuts to things like education and training, energy and national security will cost us jobs, and it will slow down our recovery," he added. The president emphasized that sequestration does not have to happen. Obama called on Congress to finish the job with a balanced mix of spending cuts and more tax reform. Though he favors a balanced approach that will solve the problem, the president said, he is realistic.

www.defense.gov

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## Heidelberg Clinic to reduce services Staff preps for June closure

By Stefan Alford  
LRMC PUBLIC AFFAIRS

The Heidelberg Army Health Clinic will scale back certain services beginning in March, leading up to the facility's closure in June.

Due to personnel losses in the Radiology department, ultrasound services will cease March 1.

All ultrasound services will be referred to either Landstuhl Regional Medical Center or host-nation treatment facilities in the local community.

The Audiology section will also curtail services to hearing testing only March 1, with complete closure of services May 1.

The Physical Therapy clinic will close April 1, with the remaining provider and services being incorporated into the Family Practice clinic through its closure in June. Services will be limited to active duty only with all other patients being referred to LRMC or the local economy.

The Wellness Center will close and begin its transition to Wiesbaden April 1.

In addition, the dining facility on Nachrichten Kaserne will end hot meal services March 1, with a transition to grilled items, salad bar, soups and cold breakfast items. Breakfast services will end April 1 and the DFAC will cease operations May 1.

Heidelberg Clinic beneficiaries remaining in the area after the clinic closes in June (retirees and family members) can enroll for care at Landstuhl Regional Medical Center.

LRMC is an alternative option, in addition to host-nation care, for continued health care needs. LRMC has made additional capacity to accommodate retirees and other eligible beneficiaries. For more information talk to your TRICARE representative or call LRMC TRICARE at civ. 06371-9464-6374.



Chelsea Bissell  
Lia Kirch and son, Konner, bring their dog, Snyder, and cat, Nattie, to the Vilseck Veterinary Treatment Facility for shots. Community members moving to Germany will now be required to pay a fee for bringing their pets into the country.

## Pet owners to pay examination fee upon arrival

**USAREUR Public Affairs**

Members of the U.S. forces community who bring their pets along when they arrive in Germany for assignments, will now be charged a fee by German authorities.

The fee took effect Feb. 1 and

will be charged during arrivals at Ramstein Air Base and Frankfurt International Airport.

At Ramstein an examination fee of €55 per pet owner will be charged for all pets imported into Germany

see **FEE** page 13

## Ferriter says installations remain Army Strong

**IMCOM Public Affairs**

SAN ANTONIO – Army installations will continue to hire the critical career fields from firefighters to child-care workers, Lt. Gen. Mike Ferriter, commander of the U.S. Army Installation Management Command, announced

Jan. 29.

Late last month, Headquarters, Department of the Army provided guidance regarding a department-wide hiring freeze and release of term and temporary civilian personnel. In that guidance, authority to approve exceptions to the hiring freeze is

delegated to commanders of Army commands, Army service component commands, direct reporting units and the Administrative Assistant to the Secretary of the Army for Headquarters, Department of the Army and its field operating and staff support agencies.

see **STRONG** page 13

## COMMAND MESSAGE

# US Army Europe facing time of transition

*New commanding general focuses on keeping Soldiers, workforce informed*



**By Lt. Gen. Don Campbell**  
USAREUR COMMANDING GENERAL

Hello United States Army Europe, it is wonderful to be back in Europe. Ann and I sincerely appreciate the opportunity to once again join the tremendous team here at United States Army Europe.

I'm honored to be afforded the opportunity to serve you – the Soldiers, civilians, families and host nation supporters that shape this dedicated community, and I feel it necessary to thank you all for what you have done and continue to do every day.

USAREUR is in a time of transition. Our headquarters has a new home in Wiesbaden, we are in the process of deactivating two long-storied brigades and we are reducing our garrison footprint across Europe.

This transition makes us leaner, better organized and more agile. In the end, we will be better prepared to face the challenges of the future.

I'm here at an interesting time, as one of those challenges is at our doorstep today.

As you all know, our nation as a whole, is currently facing fiscal uncertainty and our Army is not immune to that.

With this difficult time come tough decisions about how to navigate the road ahead and balance fiscal responsibility with the readiness of our force and the well-being of our families.

I am committed to ensuring that our workforce stays informed and understands the measures taken and the reasons for them.

As always, I encourage all of you to rely on your chain of command and command information channels for timely and accurate information as we navigate these uncertain times.

One thing is clear, regardless of re-

sources or troop levels, no less will be asked of us. We have made impressive gains with our allies and partners over the last decade, but our challenge will be to maintain and build upon these gains in a postwar era of competing resources.

This means that as an organization we will need to focus on fundamentals and on imperatives like discipline, comprehensive fitness, leader development and teamwork.

I expect leaders and Soldiers alike to follow these command imperatives that I have come to trust as a sound formula for developing units into a team of teams that is ready to accomplish any mission.

You will soon be seeing American Forces Network commercials and other means of communication that reinforce these imperatives. We must continue to remain focused on accomplishing all missions while always ensuring the resiliency of our families.

I expect all leaders to assist me in promoting a positive command climate; instilling trust up and down the chain of command that reinforces and exemplifies our Army Values and the Warrior Ethos of our combat proven force.



Together we will continue to make our overseas home and the USAREUR team better every day.

I consider it an honor and privilege to lead this historic team and look forward to seeing you all in your formations and communities around Europe.

Strong Soldiers, strong teams!



[www.facebook.com/BWnow](http://www.facebook.com/BWnow)

## DISCUSSION BOARD

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

"There is a rumor that the movie theater on Patrick Henry Village is closing. Can you give more info? Thanks."

– Bob Diann Hart, BWnow Facebook Fan

"As of now ... we have not received any official word on a closure date for the theater. All of our info comes straight from the command. Once the date is known, we will announce it as soon as possible in the Herald

Post and on our Facebook page."

– BWnow Facebook Administration

"The Power Zone (located on the Shopping Center in Heidelberg) will relocate to the annex (where the Book Mark is currently located) Feb. 11 - March 1 ..."

– BWnow Facebook Administration

"Why? Isn't Heidelberg about to close?"

– Nina Fierro Mack, BWnow Facebook Fan

"Yes Heidelberg is about to close, but there are still people here Nina, until August or September. So it makes sense to keep something, as little as it may be, open without having to drive to Ramstein or Wiesbaden just to get paper or cards."

– Pam Cherek Buie, BWnow Facebook Fan



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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. Only spots results from the weekend will be accepted until noon on Monday.

## Program helps Soldiers meet Army weight standards

By **Chuck Roberts**  
LRMC PUBLIC AFFAIRS

LANDSTUHL – Army MOVE! program is well underway at Landstuhl Regional Medical Center.

The new Army MOVE! pilot program is a standardized weight management program geared toward Soldiers on the Army Weight Control Program who have not met the body fat standards. Army MOVE! originated with the veterans Affairs and a version of the program was implemented in 2009 at most Military Treatment Facilities that had a registered dietitian.

Landstuhl is among Army sites tasked by the Surgeon General of the Army to pilot a new iteration of Army MOVE! developed by The Army Public Health Command to better help Soldiers get and stay off the weight control program.

This improved program shares some of the characteristics of other successful weight loss programs, including: long term (3 months), group instead of individual, self-monitoring of diet and physical

**“I am certain this program will provide Soldiers with a better opportunity for weight loss and weight maintenance than a single visit with a dietitian.”**

activity and accountability.

The program consists of six group sessions (90 minutes each) and two individual appointments (15-30 minutes each).

At each session, the Soldier's weight and waist circumference is measured to track if they are making progress. Soldiers are also required to bring a food and activity diary to every session and appointment.

Research has shown that tracking food intake at least 75 percent of the time is key in successful weight loss and weight maintenance.

This pilot program began at

LRMC in November, where the hospital is just beginning to see participants finishing the program. Early results indicate the revised program is successful, said 1st Lt. Margaret Wilson, Chief of Outpatient Medical Nutrition Therapy and an Army MOVE! instructor.

“I am certain this program will provide Soldiers with a better opportunity for weight loss and weight maintenance than a single visit with a dietitian,” Wilson said “The information that we collect through this pilot will go to [the] Public Health Command and help to improve the program and make it better for other MTF's and Soldiers.”

Wilson said the program helps by providing education, support and accountability, but it takes a lot of hard work and dedication on the individual's part as well. Wilson added that several Soldiers at LRMC have worked hard and had great success with the program. Learn more about Army MOVE! at [www.us.army.mil/suite/designer](http://www.us.army.mil/suite/designer)



## Kaiserslautern anti-terrorism officer earns award

*Former Soldier turned force protection officer relies on team concept, experience*

By **Rick Scavetta**  
USAG KAISERSLAUTERN PUBLIC AFFAIRS

When assessing force protection at U.S. Army Garrison Kaiserslautern, James Miller looks for vulnerabilities with a grunt's eye.

The U.S. Army recently recognized Miller, 43, for his contribution to antiterrorism efforts in the Kaiserslautern Military Community.

“It's always a team effort,” Miller said. “As a force protection officer, it's never about ‘I.’ It's about ‘we,’ as a team, to make this community safer.”

A key member of the garrison's Directorate of Plans, Training, Mobilization and Security, Miller was included in the Army's

**“It's always a team effort ... As a force protection officer it's never about ‘I.’ It's about ‘we,’ as a team, to make this community safer.”**

– James Miller, U.S. Army Garrison Kaiserslautern Force Protection Officer

2012 antiterrorism awards program honor roll. Johanna Kelly, a force protection officer at U.S. Army Garrison Baumholder, also received the honor.

Miller, a native of Rockford, Ill., served as an infantryman and a Special Forces Soldier.

He retired in 2008 and has worked in Germany for three years.

He uses his military experience to view posts as an attacker might, then creates ways to lessen vulnerabilities.

“He brings a good set of qualities for a force protection officer,” said Jeffrey Crisp, deputy to the garrison commander. “His strength is in his ability to build a team. That's what Jim is good at, and the award reflects that,” Crisp said.

Miller has brought together Soldiers and German police into a working group, who developed force protection plans – an effort recognized by visiting inspectors as a best practice.

When senior lead-

ers visit and large community events are held, Miller's team helps evaluate security.

His improvements have increased the force protection posture for 18 garrison posts, in an area covering roughly 1,150 square miles.

“You're talking about an area nearly the size of Rhode Island,” Crisp said.

“But it's one piece you don't have to worry about, because he's got it.”



MILLER

## Human Resources Soldiers, civilians take home top honors

By **Spc. Joshua Leonard**  
USAREUR PUBLIC AFFAIRS OFFICE

Members of U.S. Army Europe recognized four Soldiers and one civilian employee at its 2012 Lt. Gen. (Ret.) Frederick E. Vollrath Human Resources Award for Excellence ceremony Jan. 23 in Heidelberg.

The winners are:

- ♦Capt. Vedner Bellot, personnel officer (S-1) for 1st Squadron (Airborne), 91st Cavalry Regiment, 173rd Airborne Brigade Combat Team, Schweinfurt.

- ♦Chief Warrant Officer 2 Camilla Henry, human resources technician for the 172nd Separate Infantry Brigade, Grafenwöhr.

- ♦Sgt. 1st Class Danny Padro, platoon sergeant in the 1st Human Resources Sustainment Center, 21st Theater Sustainment Command, Kaiserslautern.

- ♦Spc. Denicio Diaz serves as a human resources technician for the 421st Multifunctional Medical Battalion, Wiesbaden.

- ♦James K. Miller, deputy chief of the awards and actions branch of the USAREUR Headquarters personnel directorate (G-1), Heidelberg.

The award program was developed to recognize human resources personnel throughout USAREUR for their quality service and leadership.

Vollrath is a 45-year professional in the human resources field and only the second adjutant general officer to be promoted to lieutenant general.

The guest speaker for the event was

Brig. Gen. Michael Bills, USAREUR's deputy chief of staff for operations (G-3), who cited the hard work and dedication of this year's winners.

“I believe what we have here is the best,” he said.

Bills added that no matter where the Army is, a human resources Soldier is there.

Awardees also shared their thoughts on being honored for their work in the human resources field.

Henry said she was excited and grateful for receiving this year's award.

“It's a great feeling knowing that hard work and dedication pays off in the end,” she said. “Keep working hard and taking care of Soldiers and your hard work will show.”

Diaz recalled what helped him to be his best.

“Separate yourself from your peers, and treat others as you would like to be treated,” he said.

He also gave his advice to other junior Soldiers who aspire to earn this award.

“Remember to teach and not always do.”

## transformation UPDATE

### Updates To Transformation Page

This weekly page is updated as we receive the latest information. To ensure its accuracy, all community members and organizations are encouraged to e-mail any transformation updates to [usaghdpost@eur.army.mil](mailto:usaghdpost@eur.army.mil) or [usarmy.badenwur.usag.mbx.pao@mail.mil](mailto:usarmy.badenwur.usag.mbx.pao@mail.mil) for publication in the Herald Post.

### Frequently Asked Questions

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

E-mail [usarmy.badenwur.usag.mbx.post-newspaper@mail.mil](mailto:usarmy.badenwur.usag.mbx.post-newspaper@mail.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/news/personnel.htm](http://www.bw.eur.army.mil/news/personnel.htm).

**NEW** – "If a community member is making a permanent change of station move to a nearby community (Stuttgart, Wiesbaden or Kaiserslautern), but intends to still commute from Heidelberg for a short period of time, can they keep their mailbox in Heidelberg?"

Mailbox patrons are supposed to obtain services from the community to which they are assigned (based on the location stated on the assignment orders). The individual should coordinate with the Postal Service Center customer service staff to complete a change of address form. When extenuating circumstances exist, the postmaster may approve exceptions. The patron must furnish a letter of justification to the postal staff stating the circumstances.

**"Is the Heidelberg re-use center on Patrick Henry Village closing in February?"**

The re-use center located inside of the PHV Recycling Center will close **Feb. 8**. Following a customer satisfaction survey this past fall, and based on projected use and staffing, the garrison has decided to cease operations at the facility. All other operations inside the recycling center will continue. However, bulk items, recyclables and household hazardous waste can still be dropped-off, but no re-issuing of household items will occur.

### Facilities Operations Changes and Closures Mannheim

**Base Operations** – The Mannheim Base Operations office is located in Bldg. 1408 on Coleman Barracks, Room 101. DSN 382-4724, civ. 0162-272-8632.

**UPDATED – Banks** – Banking services are no longer available in the Mannheim community. Customers are still able to use the remaining ATMs until the garrison's closure later this year. Community Bank is located in the Community Support Center (Heidelberg Shopping Center) and on Campbell Barracks in Heidelberg. Community Support Center: DSN 370-8580, civ. 06221-60-0862. Campbell Barracks: DSN 370-8335, civ. 06221-34-4610. Service Credit Union is located in the Community Support Center (the Shopping Center), Bldg. 3850, in Heidelberg. DSN 370-7138, civ. 06221-57-7138.

**UPDATED – Coleman Clinics** – All services at the Coleman Troop Medical Clinic have ended. However, the facility itself is scheduled to remain open until **March** or **April 2013** in the event units are unable to depart the garrison on time and care is needed for a larger population than currently anticipated. Dental services for Soldiers is available at the Patrick Henry Village Dental Clinic in Heidelberg. Soldiers who require sick call services can be seen at the Heidelberg Clinic. DSN 371-2605, civ. 06221-17-2605.

**Coleman Dining Facility** – the official closure date of the Coleman Dining Facility is **March 31**.

**Coleman Express** – The Coleman Express (Shoppette) has new oper-

ating hours. The facility is open 7 a.m.-7 p.m. Monday-Friday and 10 a.m.-5 p.m. Saturday and Sunday.

**Hazardous Waste Disposal Center** – The Household Hazardous Waste Disposal Center on Sullivan Barracks, Bldg. 249A (previously the Funari Sort Center) is closed. The Patrick Henry Village Recycle Center located in Bldg. 4485 in Heidelberg remains open to provide disposal services to community members. DSN 373-5396, civ. 06221-17-5396.

**UPDATED – Postal Office Hours Change** – Postal facilities on Coleman Barracks (Postal Service Center 418) have new operating hours. Package pick-up is open 11 a.m.-6 p.m. Monday-Friday and closed weekends and U.S. holidays. The post office (outgoing mail) is open 10 a.m.-3 p.m. Monday-Friday and closed weekends and U.S. holidays. Customers have 24/7 access to personal mailboxes. The official mail and distribution center is open 10 a.m.-3 p.m. Monday-Friday and closed weekends and U.S. holidays. DSN 382-5204/5220, civ. 0621-779-5204/5220.

**UPDATED – Spinelli Barracks** – The hours for the contract security guard and access control points on Spinelli Barracks are now 7 a.m.-7 p.m. Monday-Friday, 8 a.m.-6 p.m. Saturday and closed Sundays and U.S. holidays.

**UPDATED – Supply Center** – The Self Service Supply Center on Spinelli Barracks is closed. Customers can continue to get their supplies from the Kaiserslautern Office Supply Store (DSN 483-8831) or by using the Exchange (also known as the Army and Air Force Exchange Service) Warehouse Ordering Web system. Government Purchase Card holders can register for accounts at <https://partners.aafes.com/epol/login.aspx>.

**UPDATED – Vehicle Registration** – New vehicle registration hours are 8 a.m.-4 p.m. Monday-Friday. Vehicle inspection hours remain 7:45 a.m.-3:30 p.m. Monday-Thursday and 7:45 a.m.-3:20 p.m. Fridays. Both facilities are located on Spinelli Barracks.

### Heidelberg

**Airport Shuttle Buses** – The free shuttle bus for service members, Department of Defense civilians and their families departing Germany from Ramstein Air Base on the Patriot Express departs Heidelberg once a week from the Patrick Henry Village Guest House. For details on the shuttle schedule, call U.S. Army Garrison Baden-Württemberg Central Processing Facility or visit Room 180, Bldg. 3850, at the Heidelberg Shopping Center. DSN 370-7343/6711, civ. 06221-57-8399, [usarmy.badenwur.usag.mbx.cpf@mail.mil](mailto:usarmy.badenwur.usag.mbx.cpf@mail.mil).

**Arts and Cultural Center** – The Arts and Cultural Center on Patrick Henry Village is closed. The center is scheduled to relocate to Daenner Kaserne in Kaiserslautern **March 2013**.

**ASAP** – The Army Substance Abuse Program office located at 104 Roemerstraße (behind Auto Yoncker) has relocated to the Community Support Center, Bldg. 3850, 2nd floor. DSN 370-1710, civ. 06221-57-1710.

**Child Development Center** – The Child Development Center on Mark Twain Village is closed. Remaining children will be transferred to the CDC facility on Patrick Henry Village.

**Chapels** – All chapel services have transferred to Patrick Henry Village and Nachrichten Kaserne. For more information on new service times and locations, call DSN 373-6190, civ. 06221-17-6190.

**UPDATED – CIF Hours** – The Heidelberg Central Issue Facility in Bldg. 3850, located on the Community Support Center (the Shopping Center) is open 8 a.m.-3 p.m. Mondays and Wednesdays only to assist service members with out-processing. The facility is closed for lunch

noon-1 p.m. The CIF located in Bldg. 1515 on Spinelli Barracks in Mannheim is also open to provide customer service.

**UPDATED – Community Mail Rooms** – Community Mail Room 418 on Coleman Barracks in Mannheim and the consolidated Heidelberg Postal Service Center in Bldg. 4503 on Patrick Henry Village are the only postal facilities available in the Mannheim and Heidelberg communities. The consolidated PSC is open 9 a.m.-noon and 1-4 p.m. for official mail Monday-Friday, 11 a.m.-6:30 p.m. Monday-Friday for customer service and parcel pick-up, and the Army Post Office is open 11 a.m.-5 p.m. Monday-Friday and 10 a.m.-4 p.m. Saturdays. Customers have 24/7 access to personal mailboxes. Postal customers can e-mail questions or concerns to [usarmy.badenwur.usag.mbx.cmr419@gmail.com](mailto:usarmy.badenwur.usag.mbx.cmr419@gmail.com), contact their local postal customer service representative or call DSN 388-9488/9491, civ. 06221-338-9488/9491.

**Dental Clinic** – Sick call and exam hours for the Patrick Henry Village Dental Clinic have changed to 7:30-10:30 a.m. Monday-Friday. All dental care and records from Nachrichten Kaserne Dental Clinic were transferred to the PHV dental clinic. DSN 388-9500, civ. 06221-338-9500.

**UPDATED – Exchange** – Patrick Henry Village Express Shoppette's new operating hours are 6 a.m.-10 p.m. Sunday-Thursday and 6 a.m.-midnight Friday and Saturday. The facility no longer maintains 24-hour operations. Campbell Express is closed Sundays and is now open 7 a.m.-6 p.m. weekdays to allow duty-bus riders the opportunity to shop before bus departs at 8 a.m.

**NEW – Flower Shop** – The flower shop concessionaire on the Shopping Center will close **Feb. 15**.

**ID Cards** – All ID Card and Defense Enrollment Eligibility Reporting System services located on the Community Support Center in Bldg. 3850 (the Shopping Center) have relocated from Room 122 to Room 180. The ID Card and DEERS office hours of operation are 8 a.m.-noon and 1-4 p.m. Monday-Friday. The facility is closed weekends and U.S. holidays. Walk-in service is available, but customers are encouraged to schedule appointments online at <https://rapids-appointments.dmdc.osd.mil>. The new ID Card and DEERS office phone numbers are DSN 370-7348/8570, civ. 06221-57-7348/8570.

**Legal** – Due to staffing shortages, the Legal Assistance Office in Patton Law Center, Bldg. 107 on Patton Barracks in Heidelberg will be closed noon-1 p.m. Mondays, Tuesdays, Wednesdays and Fridays starting **Feb. 4**. There is no change to the Thursday schedule of 1:30-4 p.m. DSN 373-5059 or civ. 06221-17-5059.

**UPDATED – Passports** – All passport services located at the Community Support Center in Bldg. 3850 (on the Shopping Center) have relocated from Room 232 to Room 180. Hours of operation are 8 a.m.-noon and 1-4 p.m. Monday-Friday. The facility is closed weekends and federal holidays. The new passport office phone numbers are DSN 370-8536/7262, civ. 06221-57-8536/7262.

**NEW – Power Zone** – The Exchange Power Zone facility (located on the Shopping Center) will relocate to the Book Mark annex **Feb. 11 - March 1**. The facility will remain open during the relocation. The Bookmark area will be condensed to accommodate the addition of the Power Zone.

**NEW – Subway** – Effective Feb. 11 the Subway sandwich shop, located in the Shopping Center will be open 11 a.m.-6 p.m. Monday-Saturday and closed Sunday. Taco Bell hours of operation will remain 10:30 a.m.-7 p.m. Monday-Saturday, and 11 a.m.-6 p.m. Sunday.

## Young jazz musicians jam to big band tunes during seminar



Rick Scavetta

Jiggs Whigham, a well-known jazz trombonist, center, jams with student musicians from Department of Defense Dependents Schools in Europe during a performance at the Stadthalle in Landstuhl Jan. 17.

### Musicians end annual jazz seminar with free concert in Landstuhl's Stadthalle

By Rick Scavetta  
USAG KAISERSLAUTERN PUBLIC AFFAIRS

**LANDSTUHL** – Student musicians wrapped the 2013 Department of Defense Dependents Schools Europe Jazz Seminar with a free concert at Landstuhl's Stadthalle Jan 17.

Professor Jiggs Whigham, a well-known jazz trombonist and educator, led the ensemble. The

packed house enjoyed 90 minutes of big band jazz, focused on the music of Stan Kenton. The concert was the culmination of the weeklong DoDDS-Europe seminar, which celebrated its 30th anniversary this year.

Top student musicians from American schools across Europe converged on Ramstein Air Base. More than 100 students from 20 high schools auditioned for the 35 positions in the Big Band Ensemble. Eight students were part of a Jazz Vocal Ensemble.

"This group is hands down the best," Whigham told the crowd, "They came prepared and they were serious about it. But we had a ball."

During the week Air Force and Army jazz musicians performed for the group. The student musi-

cians also held performances at Kaiserslautern and Ramstein High Schools. DoDDS-E music educators assisted in instruction, rehearsals and performances.

Vocalist Mackenzie Roche, 18, a Vicenza High School senior, has been singing most of his life. His father, a retired Army officer, works for U.S. Army Africa at Vicenza's Caserma Ederle. Roche said he's grateful to DoDDS-E for the opportunity to travel, meet new people and learn more about his art.

"I gain experience through other people talents, their gifts," Roche said. "You help one another and get to understand different ways of singing and different warm ups. We learned a lot about jazz. That's really cool."

The seminar's Landstuhl gig exemplifies the highest level of performance DoDDS-E offers, where nerve wracking preparations are coupled with excitement and energy, said Jeff Pellaton, the seminar's music director and Ramstein High School's band director.

"Music is a circle. You can't close the loop until you perform, until you give it away," said the seminar's music director Jeff Pellaton, who is also the band director at Ramstein High School. "Everything in music culminates in some kind of performance, whether it be private or public, you have to give the music away."

Toward the end of the Landstuhl concert, Mason Price, 17, a trumpet player from Ramstein High School, stepped forward for his solo.

"We do this for the experience, but it's also for the music," Price said. "Playing in a place like this is great. People get to experience what we've been working for all week."

His father, Maj. Roger Price, an Army health care administration officer at European Regional Medical Command in Heidelberg, said that over the past four years he's seen Mason bloom through DoDDS music and athletic programs.

"He's a young man who has had opportunities to grow," Roger Price said. "I will always remember this as a place that nurtured those fantastic talents and gave him those opportunities."

## Chapel Next program offers contemporary style of worship

By Staff Sgt. Michael J. Taylor  
21ST TSC PUBLIC AFFAIRS

A new contemporary worship service, Chapel Next, is one of the latest additions to the Kaiserslautern Military Community religious services.

Chapel Next was initiated by Chaplain (Col.) Marc S. Gauthier, the command chaplain for the 21st Theater Sustainment Command and a Tacoma, Wash., native, in an effort to reach out to young Soldiers and their families.

The Chapel Next program is held at the Daenner Chapel on Daenner Kaserne. There are less than 10 Army organizations stateside that offer the program.

Chapel Next's focus is based on the three Cs; connect with God, connect with one another and connect others with God. The mission is to lead service members, families and civilians into a growing relationship with Jesus Christ.

Chaplains who are a part of the program offer the congregation activities such as a worship band that plays contemporary gospel music, a variety of youth ministries, small group gatherings at the homes of several members, potluck dinners after services, podcasts and breakfast fellowships.

"The goal, as we look at young Soldiers and young



Staff Sgt. Michael J. Taylor

Members of the Daenner Chapel, Chapel Next band perform for the congregation during Sunday morning service on Daenner Kaserne in Kaiserslautern Jan. 6.

families, is to have the type of ministry opportunities that really help them," Gauthier said. "And so we hope that as they come, that it feels comfortable, that it feels natural and that it feels real. We hope that it's just a community that they'd like to become a part of."

According to Gauthier, during his time at the chaplain officer basic course, he and a few other instructors started a Chapel Next service at the chaplain school, which allowed the young chaplains to

see a more contemporary style of worship. That in turn led to the younger chaplains taking that style of worship on to their units as they graduated.

The Chapel Next program at Daenner Chapel has existed for more than six months and is continually growing with more than 90 members to date.

"What I'd like to see for this congregation in the Kaiserslautern community is just a ministry that blesses people, equips them, gives them hope and draws them together," Gauthier said.

"I let God deal with the numbers, and so I hope that as we faithfully try to communicate God's word and we have a service that connects with people, that they will gradually grow," Gauthier added.

"I love it. We have been to a couple different church services but the thing that draws us here are the people," said Dominique C. Vance, a military spouse and member of Daenner Chapel and a native of Austin, Texas. "The people are very warm and very genuine, so we just fell in love with everything about the program and the people."

The Chapel Next program offers services 10 a.m. Sundays, 6 p.m. Wednesdays and 6 p.m. Fridays.

For more information on the program visit the Chapel Next Facebook page at

[www.facebook.com/chapelnextdaenner](http://www.facebook.com/chapelnextdaenner)

# Signal Soldiers "Fit to Lead"

## Community event kicks off fitness program

By Staff Sgt. Brian Rodan  
5TH SIGNAL COMMAND

WIESBADEN – More than 400 Soldiers, civilians, families and community members participated in 5th Signal Command's "Fit To Lead" kick-off event at the Lucius D. Clay Kaserne Fitness Center Jan. 30 in Wiesbaden.

Fit to Lead is a program designed to help institutionalize a culture of health, fitness and balanced lifestyles in the various communities across the 5th Signal Command footprint.

Brig. Gen. Bruce T. Crawford, commander, 5th Signal Command said, "Fit to Lead is about bringing together some of the dedicated professionals we have within the community to help mentor those of us who want to give 'just a little bit more.'"

Professionals from the fitness center showcased Crossfit, High Endurance Athletic Training and spin classes using volunteers from the audience to participate in the various workout demonstrations.

"What a way to start the day. It was motivating, it was fun, and it was team building. I had a great time," said Barbara Calhoun, secretary to the general staff of 5th Signal Command, who was a spin volunteer.

Community members from across U.S. Army Garrison Wiesbaden, setup various static displays on nutrition, outdoor recreational activities and other items that contribute to overall health and fitness.

Command Sgt. Maj. Gerald L. Tyce, 5th Signal Command, said, "I hope Fit to Lead results in a culture change, where fitness and exercises can be incorporated into your everyday living. It changes how we go about doing business. I think being fit and our leadership are intertwined together."

Tyce said he expects to see participa-

tion and lifestyle changes.

"I think this event was outstanding, and I'm extremely privileged to be part of an organization that is very positive about physical fitness," said Sgt. Arnold Caceres, a human resources specialist assigned to Headquarters and Headquarters Company, 5th Signal Command and a HEAT volunteer.

Command Sgt. Maj. David S. Davenport, U.S. Army Europe, said he wanted to be a part of this commitment to the Soldiers, civilians and family members of the 5th Signal Command.

"This Fit to Lead is a fantastic idea, and it's not just about fitness, it's about changing behaviors and a life-long commitment to fitness," he said.

Davenport added, "Two things about this event stand out in my mind. First are the Soldiers, civilians, and family members that were coming forward with stories and testimonials about where they were in their life and the changes they made to become better people... whether it was losing weight or overcoming an emotional event."

"The second thing is that you have to enjoy it when your command sergeant major, your leader, gets out there in front of everybody and does that core exercise. What a way to lead by example," Davenport said.

At the conclusion of the event, Brig. Gen. Crawford issued a challenge to the audience. "I want to issue what's called the 10,000-pound challenge starting today and concluding May 1. This is not about losing weight, but a little bit of competition doesn't hurt," Crawford said.

"I think I could lose a few pounds, so if possible I'd like to donate whatever I could lose to HHC, 5th Signal Command," Davenport said.

For more information on Fit to Lead visit the official website at

[www.5sigcmd.army.mil/OSP/FTL](http://www.5sigcmd.army.mil/OSP/FTL)



Photos by Kristopher Joseph

5th Signal Commander Brig. Gen. Bruce T. Crawford, feels the burn during the 5th Signal Fit to Lead event Jan. 30 at the Clay Kaserne Fitness Center in Wiesbaden. F2L is a health and fitness program that centers around mentors linking up with teams and individuals to accomplish overall health and fitness goals.



Above, Command Sgt. Maj. Gerald L. Tyce, 5th Signal Command, shows the audience how to do some core exercises during 5th Signal Command's Fit to Lead kick-off event Jan. 30 at the Clay Kaserne Fitness Center in Wiesbaden. Below, community members, Soldiers and civilians cheer for participants during a series of fitness demonstrations that were part of the 5th Signal Command's Fit to Lead program.



Community members check out information pamphlets and fact sheets on health and nutrition during 5th Signal's Fit to Lead event at the Clay Kaserne Fitness Center in Wiesbaden Jan. 30.

## 21st Soldiers assist helicopter offload at Belgian port

### Army helicopters, components bound for Coleman Barracks in Mannheim

By Staff Sgt. Warren W. Wright, Jr.  
21ST TSC PUBLIC AFFAIRS

ANTWERP, Belgium – Elements of the 21st Theater Sustainment Command assisted the 838th Transportation Battalion, Kleber Kaserne, in Kaiserslautern, with the offload of nearly 50 Army helicopters and associated components from a cargo ship in Antwerp, Belgium, Jan. 17.

The AH-64 Apache helicopters and CH-47 Chinook helicopters began their journey in Beaumont, Texas, where they spent 12 days traveling across the Atlantic Ocean before being offloaded and stored at the port of Antwerp.

Various United States and partner nation agencies are involved in the movement to Coleman Barracks in Mannheim, where the 12th Combat Aviation Brigade will assemble and distribute the helicopters to its subordinate units.

According to Hans Roggeveen, a senior cargo specialist with the Benelux Detachment of 838th Trans., the cargo will be stored in Ant-

werp for up to three weeks before being loaded onto barges and transported down the Rhine River into Germany.

"It's our job to get military equipment from [the continental United States] and to handle the discharge and the disposition by [Army Movement Control Teams] to their final destination," Roggeveen said.

"We are more or less responsible for the logistics for the Soldiers," said Roggeveen. "Their equipment is very important to us. [It's important] that it gets on the ground without any damage, without any problems and that it moves as fast as possible to the units [receiving the equipment]."

The dock operation was much larger than seen in previous years, bringing together various agencies, both U.S. and partner nations, to successfully transport the equipment.

Roggeveen said normally only one or two agencies would be involved in a standard operation, however the size and nature of this operation necessitated more than

100 people from nearly 20 agencies, working together to get the job done.

"This is an extremely intricate mission," said Capt. Phillip Castillo, a transportation officer with 838th Trans, and a native of Acoma Pueblo, N.M. "There are many units and team players that have to come together to formulate this plan at the end."

The valuable nature of the equipment being transported was also a daunting task for those involved, making everyone work extra careful as to not damage any of the helicopters or their components.

"This is of course very expensive equipment and it [is] also very easy to damage," said Roggeveen. "It's light and is made to go into the air and not to be shipped like this or being handled on the docks."

"We are very cautious that nothing goes wrong [and] that all the streets are swept so that no nails or pieces of iron can get into the tires," Roggeveen added.

"The equipment is very valuable to us," Castillo said. "I've seen everyone exercising



Staff Sgt. Warren W. Wright Jr.

An AH-64 Apache helicopter gets offloaded from an ocean cargo vessel Jan. 17. Forty-eight helicopters were shipped from Beaumont, Texas, and offloaded in Antwerp to await shipment by barge to Coleman Barracks in Mannheim.

great care in taking care of this equipment so that the 12th CAB gets their equipment 100 percent safe and sound."

Diligent planning with all agencies involved was an important part of why the operation was a success.

"We have had a couple of preliminary meetings with everyone involved," Roggeveen said. "Everything was well discussed and well prepared and that made it go quite smoothly."

"The planners did a tremendous job when they synchronized this event," Castillo said. "To be able to be a part of it, watch this whole event and see it in action has been a tremendous opportunity for me."

"We know we're making an impact, and I know when these birds get up and they start flying, the Soldiers will be thankful they got their equipment safe and sound," Castillo added.

## Reading Exhibition



Amanda Ebner

Reading Exhibition winners from left to right, Kaeli Ebner, Josephine Little and Karena Fife pose with their prizes. Heidelberg Middle School held its fifth and final Reading Exhibition Jan. 30 at the school. The Alpha Phi Alpha Fraternity Inc. sponsored the annual event. The Reading Exhibition serves as a public venue where students can showcase their oratorical skills in front of their peers, family and community members.

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# Last race proves fast, furious for Pack 284

## Heidelberg scouts pull out all the stops for final pinewood derby

Cars zipped by at speeds of nearly 200 miles per hour, while fans cheered for their favorite racers inside the multiple purpose room and cafeteria at Patrick Henry Elementary School in Heidelberg Saturday.

This year's Pack 284 Pinewood Derby was the latest of lasts for the Heidelberg military community, as it prepares for closure later this year.

"I still remember racing in the Pinewood Derby when I was a Cub Scout," said Lt. Col. Matt Kaleskas from the U.S. Army's NATO element. Kaleskas was one of more than 20 volunteers that helped conduct the race.

His son, Jimmy won the overall first place trophies for his bear den and the pack.

"Knowing that these memories last a lifetime really inspires us to do our best and make this event special," said Lt. Col. Randy Martin the organizer for this year's race.

Representatives from the Better Opportunities for Single Soldiers judged the carefully sculpted and painted, former blocks of wood, to determine bests in special categories such as best paint job and most patriotic.

Scouts sold hot dogs with chili, drinks and homemade brownies at a concession stand.

Nearby Hung Nguyen, a volunteer from U.S. Army Europe G-8, operated the computer program and timer which determined the results of each heat or race. "Every child left here with an official scout patch and a trophy or certificate," Martin said.

With each car weighing five ounces or less, it's slide down a ramp and along a wood track was given an approximated speed, which according to Nguyen, was calculated by a computer and based on the ratio of sizes compared to full-sized cars and tracks.

Multiple races were averaged and trophies were awarded to first, second and third place winners.

At the conclusion of the race, eighteen trophies were presented at the cub scout den or siblings level, plus three more for the overall championship race.

The road to this year's race began with each scout or sibling receiving a gift-wrapped box containing a block of wood, four nails and four plastic tires from during a December scout meeting.

Two workshops were held on Saturdays in January. During the workshops, scouts and their parents sat together with tools to design and create, their own individual cars.

Each of the nearly fifty cars were given colorful names like "Velociraptor" (shaped like a dinosaur's head), "Knuckles" (decorated with the video game character), "Dead Last" (a coffin and skeleton on wheels) and "The Green Lantern" (with the super



Linda Steil

Left to right, Cale Brumsey and Joey Discavage position their cars for the next heat, as race organizer Lt. Col. Randy Martin, looks on. Cub scouts from Pack 284 held their last pinewood derby in the Heidelberg community Saturday.

hero's emblem).

Finally, cars were inspected and placed in a carefully guarded impound where Scout Trainer Robert, Montgomery from USAREUR G-2, maintained control.

Montgomery's distinctive red coat was covered in patches from years of scouting and from his experience guiding the annual derbies through the final

year.

On cue from their scout master, Staff Sgt. Ray Cunrod, each racer placed his or her car in a lane and watched the race from start to finish. Loud cheers muted the race-worthy music playing over two massive speakers. "I just love the Pinewood Derby," Montgomery said.

All article information submitted by members of Pack 284



**ARMY FAMILY COVENANT: KEEPING THE PROMISE**

**ARMYOneSource.com**





Sgt. Leejay Lockhart

Clayton Ponivas, son of Capt. Drew Ponivas a member of Headquarters Headquarters Company, 101st Special Troops Battalion, 101st Sustainment Brigade, attends a family readiness group meeting Jan. 24 on Fort Campbell, Ky. The purpose of the FRGs is to help link Soldiers' families to the unit and build a supportive community that benefits Soldiers, families and the unit.



Staff Sgt. Joseph Rivera Rebolledo

Spc. Elizabeth Matos, 892nd Multi Role Bridge Company, 190th Engineer Battalion, Puerto Rico National Guard, helps assemble a bridge during unit certification at Camp Santiago Joint Maneuver Training Center, Puerto Rico, Jan. 24. The Soldiers were training with recently acquired bridges to gain their certification in operation, assembly and disassembly.



Staff Sgt. Andrew Porch

Soldiers from 1st Squadron, 10th Cavalry Regiment, 2nd Brigade Combat Team, 4th Infantry Division drive their M3A3 Bradley Fighting Vehicles during platoon scout training near Fort Carson's Camp Red Devil, Jan. 26. The Soldiers also set up observation points throughout key areas of terrain during a simulated battle.



Staff Sgt. Jorge Intrigo

Soldiers say their final goodbyes during a farewell ceremony on McEntire Joint National Guard Base, S.C., Jan. 26. The Soldiers, assigned to the South Carolina Army National Guard, will head to Fort Hood, Texas, to train before deploying to Afghanistan.



U.S. Army

During a visit to the U.S. Army Cyber Command, Fort Belvoir, Va., Jan. 22, Gen. Raymond T. Odierno, Chief of Staff of the Army, took time out of discussing the future of cyberspace operations, to award 10 Soldiers and civilians with Chief of Staff of the Army Coins of Excellence. Odierno thanked the group for their work in developing cyberspace concepts and mission requirements.

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- Make sure your pet has identification tags.
- Keep a photo as proof of ownership.

It's up to you. Prepare Strong.



## 18th Military Police welcome new leaders

### *Outgoing team reflects on friendships, Soldiers*

By Capt. Amanda Kehrrington  
18TH MILITARY POLICE PUBLIC AFFAIRS, 21ST TSC

The 21st Theater Sustainment Command's 18th Military Police Brigade held a change of command and responsibility ceremony on Rhine Ordnance Barracks in Kaiserslautern, Jan. 17, to welcome a new command team and bid farewell to the outgoing team.

Col. D. David Deadrich and Command Sgt. Maj. Henry Stearns assumed command from Col. Brian Bisacre and Command Sgt. Maj. Brenda Curfman. Bisacre and Curfman served 18 months as the brigade's command team.

Maj. Gen. Aundre F. Piggee, commanding general of the 21st Theater Sustainment Command, praised the outgoing command team.

"You have been a tremendous asset to our team at the 21st Theater Sustainment Command," Piggee said.

Curfman described watching the Soldiers and officers of the brigade grow and mature into outstanding leaders capable of handling their next challenge.

"I am so proud of the Soldiers in this brigade and could go on and on with a list of their accomplishments," Curfman said. "My success has only been because of them and their dedicated hard work."

Bisacre is known for his dedication and care to families, which he attributes to his wife's, Cyndi, infectious spirit.

"For Cyndi, it is never about her and always about others, she is one of those human beings who brightens up a room every time she steps in it," Bisacre said. "You changed people's lives, you made them better, and you made our units better."

"Brian Bisacre knows the strength of our Soldiers comes from their families,"

Piggee added. "He knows how crucial their support is and therefore worked to make it a two-way street."

Bisacre and Curfman closed by mentioning their everlasting friendship developed during their command time together.

Curfman received a standing ovation, as the command team handed off their positions to the new team.

"I want to say thank you to colonel and Cyndi Bisacre. Our time together as a command team is ending, but our friendship will continue for a lifetime," Curfman said.

Deadrich expressed his appreciation to the Bisacres for their support, openness and friendship. He also expressed his excitement and honor to lead the brigade into the future and their upcoming deployment.

"We look forward to the challenges that lie ahead, as we will continue to be 'ever vigilant' in carrying out our assigned missions to secure the trust and confidence of our leaders, Soldiers, community and our nation," Deadrich said.

"This brigade has an exceptional reputation of delivering exceptional results when called upon and we will continue that reputation," Deadrich said.

## Exercise Saber Junction



Sgt. 1st Class Matthew Chlosta

Soldiers from the 21st Theater Sustainment Command and 7th Civil Support Command, work in the joint operations center during exercise Saber Junction 13 in Grafenwöhr, Jan. 18.

### *Soldiers, civilians react to simulated earthquake during exercise*

By Sgt. 1st Class Matthew Chlosta  
7TH CSC PUBLIC AFFAIRS OFFICE, 21ST TSC

**GRAFENWÖHR** — Reactions were real and responses scrutinized in the aftermath of a simulated earthquake in the fictitious country of Minaria during the foreign consequence management exercise Saber Junction 13 Jan. 13-22, at the Joint Multinational Simulation Center in Grafenwöhr.

The 10-day command-post exercise was held to train and prepare military personnel and civilians from the 7th Civil Support Command, 21st Theater Sustainment Command and other military units and civilian organizations.

Participants worked together to operate as an expeditionary joint task force-consequence management team.

"Saber Junction is an exercise that tests the plans that we have for foreign consequence management," said Brig. Gen. Paul M. Benenati, commander, 7th Civil Support Command, and Mechanicsville, Va., native. Benenati served as JTF-CM deputy commander for the exercise.

"We sat down and taken a look at a bunch of real-world scenarios and looked at the incidents that have happened both in the United States and abroad in the past 10 or 12 years.

"We've built what we believe is a team and a proper response, and this [exercise] is to test and validate those plans. You never know when one's going to happen and when one does occur, the response has got to be quick."

The 7th CSC's mission is to plan and coordinate with U.S. Government agencies and foreign nations in order to rapidly provide a coordinated Department of Defense disaster response to a host nation in support of the U.S. Army Europe and the European Command.

Exercise evaluators and observer controllers were from the Mission Command Training Program, in Fort Leavenworth, Kan.

"It is mindboggling, a lot to consume [and] assess in a short period of time, a lot of data," said Lt. Col. Timothy Hughes, logistics officer, JTF-CM, 7th CSC, "but it's a learning experience. It's [about]

understanding the whole concept, especially if you've never done it before."

In the exercise scenario, the fictional country of Minaria was devastated by an earthquake, after-shock, chemical spills, fires, leaks, gas clouds and thousands of internally displaced persons.

"In a case like this, the host nation is the one that's actually responsible and requests us to come in. They usually give us specific mission guidance [and] specific things that they want us to accomplish," Benenati said.

Some of the events JTF-CM had to deal with were damage to infrastructure, a nuclear and chemical plant, deaths, overcrowding in local hospitals and diminishing medical supplies.

"I think it is going well," said Maj. Modou Fye, comptroller, JTF-CM, 7th CSC, and Dorchester, Mass. native. "The [commanding general's] guidance was definitely good. Things you don't anticipate happen, it throws your rhythm off and you have to adjust."

During a real-world disaster response, the JTF-CM would work with the U.S. Embassy in the host nation, the Defense Threat Reduction Agency, U.S. Government agencies and nongovernmental organizations.

More than 560 personnel from all the U.S. military services participated in the FCM exercise including personnel in the continental U.S., as well as more than 320 joint servicemembers and civilians at the JMSC. "It's a combination, which is good, because it's exactly how we fight," Benenati said. "It's a combination of folks from all branches of service and from all components, which is exactly what's going to be required as we move forward. We're all going to have to work together if we're going to maintain the same capabilities as we [have] now."

The 7th CSC utilized the exercise to execute, review and validate existing plans, develop additional guidance and recommend changes to all plans related to FCM within USAREUR.

"We're trying to, along with the exercise, develop solution sets that will endure long beyond this, and can be basically a playbook for what we need in the event that there's a crisis," Benenati said.

**FEE**

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from outside the European Union. Kaiserslautern County officials said the fee is being levied in accordance with European Union regulations designed to prevent the introduction and dissemination of rabies.

Upon arrival at Ramstein, pets will be examined by veterinary officials near the passenger terminal's baggage claim area. Owners may pay the fee by credit card only.

Owners arriving with their pets at Frankfurt International Airport will also pay a fee.

That fee is €35 per accompanied pet or €55 for an unaccompanied pet and increases by 50 percent for pets that arrive on a weekend or holiday.

Payment of the fee is

the responsibility of the pet owner, and cannot be claimed for reimbursement on an official travel voucher, according to officials with the U.S. Army Europe Office of the Judge Advocate.

However, while OJA experts said the fee is prohibited from reimbursement under the provisions of the DoD Joint Travel Regulations, pet owners may be able to claim the fee as a deductible moving expense on their federal income tax returns.

Currently, Ramstein and Frankfurt are the only locations imposing the fee. However, because it is based on EU regulation, other European Union ports of entry could enact similar fees in the future.

**STRONG**

continued from page 1

The above authority delegates hiring authority to the Commanding General, U.S. Army Installation Management Command.

"I am authorizing the hiring to continue in the following program areas to ensure we continue to provide programs and services in support of critical missions, national security, safety of human life and the protection of private property," Ferriter said.

Garrisons are given approval to hire firefighters, security guards, civilian po-

lice, air traffic controllers, lifeguards, Sexual Harassment and Assault Response and Prevention program staff (permanent and term), Alcohol and Substance Abuse Program counselors, and – regardless of funding source – Child, Youth and School Services staff in accordance with IMCOM Command and Headquarters, Department of the Army hiring guidelines.

Ferriter emphasized, "Because of the important nature of installation management business, we will review

hiring requests at each garrison and can make additional approvals to ensure critical missions continue. We have spoken with every garrison commander or deputy and command sergeant major throughout IMCOM this week to ensure they understand the importance of our mission.

The Army leadership remains committed to providing the best possible support to Soldiers, families, civilians and our Soldiers for life."

**Clinic staff hosts dinner for local providers**

**LRMC Public Affairs**

As Heidelberg Army Health Clinic services are curtailed prior to this summer's closure, clinic staff recently met with providers representing local host-nation treatment facilities where Army beneficiaries will be increasingly referred to as a result of the drawdown.

Clinic leadership held a dinner Jan. 23 for Heidelberg's host-nation preferred providers in appreciation for their continued support to Soldiers, families and retirees.

"Their services are an extension of continued health resources available outside of our military treatment facility," said Lt. Col. Rachelle Smith, health clinic commander. These medical services include orthopedics, pediatrics, gynecology, maternity care, radiology and surgery support.

On average, there are more than 600 outpatient referrals processed monthly, which illustrates how vital they are to the wellness of the Heidelberg military community, added Smith.

This close alliance dates back to July 1945 when the health clinic was formerly known as the 130th Station Hospital, before evolving into what it is today.

"This final transition to closure of the Heidelberg clinic, marks a long, proud history for our community and is a celebration of the last 68 years of building partnerships and the impact we have made together in the Baden

Württemberg community," Smith said.

Among the 30 attendees were representatives from Rathaus Apotheke, ATOS Clinic, Uniklinik Heidelberg, Proaesthetic, providers from private practices, and some of the Army clinic's military, civilian, local national providers, host nation patient liaisons, and TRICARE staff.

Col. Lance Raney, Europe Regional Medical Command Chief of Clinical Operations, was the guest speaker for the dinner event.

He personally shared his experiences as a patient and commended the care he received in the ATOS Clinic.

Juan Vidal-Wagner of the International SOS, alleviated concerns that although Heidelberg is closing, their service will not cease and remaining retirees within the community will still be able to call for overseas health care support.

In addition to having host-nation health care resources available as the Heidelberg Clinic reduces services, beneficiaries remaining in the area after the clinic closes can also enroll for care at Landstuhl Regional Medical Center. LRMC has increased its capacity to accommodate retirees and other eligible beneficiaries.

For more information, community members can call their local TRICARE representatives or LRMC TRICARE at civ. 06371-9464-6374.

**Chill Out**



Staff Sgt. Alexander Burnett

Sgt. Maj. Michael Clauss, the 21st Theater Sustainment Command's intelligence section sergeant major pours a cup of his holiday inspired chili during the 21st TSC Family Readiness Group Super Bowl Chili Cook-Off on Panzer Kaserne in Kaiserslautern, Feb. 1. Jamie Akin, spouse of Spc. Jon-Richard Scott Akin, 21st TSC G6, won first place.

**Folic acid-essential vitamin needed for a healthy baby**

By Lt. Col. Sandra Keelin  
U. S. ARMY PUBLIC HEALTH COMMAND

One of the most important things that women can do to help prevent serious birth defects in their babies is to get enough folic acid every day.

The U.S. Public Health Service and the Centers for Disease Control and Prevention recommend that all women of child bearing age consume 400 micrograms of folic acid daily to prevent birth defects.

Folate (folic acid) is a B-vitamin needed for cell division and blood cells. It is also known to help prevent neural tube birth defects that affect 3,000 pregnancies a year in the United States. Folic acid is essential for the development of the neural tube that

encloses the spinal cord. When the neural tube fails to close properly, infants suffer disabilities such as paralysis of the lower body and learning disabilities or are still-born.

The baby's neural tube is formed in the first month of pregnancy – before a woman knows she is pregnant. Taking folic acid before and during pregnancy reduces the risk of common and serious Neural Tube Defects by 50-70 percent. All women of child-bearing age, even if they are not planning to become pregnant, should consume folic acid every day, even between pregnancies.

Unfortunately, only one-third of U.S. women between the ages of 15 and 45 consume the recommended amount from their diet. There are three

ways that women can get enough folic acid:

- ♦Take a vitamin supplement. Most multivitamins sold in the U.S. have the recommended 400 mcg of folic acid.

- ♦Eat a fortified breakfast cereal daily. Read the nutrition facts panel on the cereal box to ensure it is fortified with 100 percent of the daily value of folic acid.

- ♦Eat foods super-rich in folate every day. Plant foods such as beans, legumes, dark leafy vegetables (spinach, romaine lettuce, asparagus, kale, broccoli, mustard greens) and citrus fruits are naturally rich in folate. For more information on folic acid, visit

[www.womenshealth.gov/publications/our-publications/fact-sheet/folic-acid.cfm](http://www.womenshealth.gov/publications/our-publications/fact-sheet/folic-acid.cfm)

# GERMAN COOKING

## Fasching Donuts

### Ingredients:

- 4 1/2 - 5 cups all-purpose flour
- 1 package fresh yeast or 2 1/2 teaspoons dried yeast
- 1 1/4 cups lukewarm milk (110°F)
- 3 tablespoons sugar
- 1/2 teaspoon salt
- 3 1/2 tablespoons softened butter
- 4 egg yolks
- Oil for deep frying

### Preparation:

Place 4 1/2 cups flour in a bowl. Create a well in the center of the flour. Mix the yeast with the sugar and milk until dissolved and pour into the well. Mix in a little flour from the sides, cover with a towel and let sit in a warm spot 15 minutes, or until a bubbly sponge has formed.

Add the salt, the butter in several pieces and the egg yolks to the sponge. Mix with a spoon or by hand from the inside to the outside, gradually adding the flour, until a soft dough forms. Mix in a little more flour, if necessary. Knead for 2-3 minutes, until the dough is smooth and not sticky.

Make dough into a ball, cover with plastic wrap so dough does not dry out and let rise in a warm spot until doubled.

For filled donuts (jelly, chocolate or marzipan), roll dough out to 1/2 inch thick (or a little less) and cut rounds (2 1/2 - 3 1/2 inches) out with a biscuit cutter, reusing dough only twice (make the last couple of pieces into knots or pretzels).

Place about a teaspoon of filling onto a circle of dough, paint the edge with egg white and place a second circle on top. Press firmly to seal edges.

Cover and let rise for 20 minutes.

For unfilled donuts or donuts that you will fill later: Roll out twice as thick (3/4 inches), cut circles out and let rise for 20 minutes.

Heat oil to 350°F (test with candy or deep fat thermometer).

Fry only the amount that fits into a fryer without touching each other. Slide the donuts into the hot fat quickly, cover and fry for 3 minutes. Turn over and fry for an additional 3-5 minutes, or until golden brown.

SOURCE: [www.germanfood.about.com](http://www.germanfood.about.com)



Vicki Johnson is a military spouse and clinical social worker with more than 13 years experience working with families in crisis. Contact Ms. Vicki by e-mail: [dearmsvicki@yahoo.com](mailto:dearmsvicki@yahoo.com), follow her on Twitter @[dearmsvicki](https://twitter.com/dearmsvicki), or visit [www.dearmsvicki.com](http://www.dearmsvicki.com).

### Dear Ms. Vicki,

*I got married at an early age, well really forced into it. My best friend and I were dating and we ended up having our first child. He then looked into joining the military. He enlisted and was told due to current laws in that state we either had to get married or he would have to adopt his own child for her to be covered. At the time we were still rocky and I never wanted to get married, but was eventually guilted into it. Five years later and all I feel is regret. Back in Dec. 2011 I reconnected with an old friend who I hadn't seen since 2006. Well needless to say, I ended up developing feelings for him. Now it's been over a year and I still talk to him and I do love him. I just don't know what to do in my current situation. I've gone through hell and back for this other guy; he's broken my heart, lied to me and everything,*

*yet I still love him. My spouse however has no clue. I care for my spouse but I don't feel for him what I do for this other guy! I don't know what to do ... my significant other and I have had our fights. We're actually better when we're not around each other. He's been deployed twice and during deployments everything's fine but when he's home we fight all the time! I don't want to be like my parents and end up unhappy for the rest of my life but then I'm scared that if I leave things will fall through with the other guy, and no man will want someone who has two kids already. I busted my butt to get the four college degrees that I have and I'm very independent but for some reason I'm lost. Please help. Thanks, anonymous*

### Dear Anonymous,

I don't think you should make any decisions right now. Now, I've never heard of laws that required you to get married and for your husband to adopt his child. Can you elaborate? In reading your letter it sounds like you are looking for someone else to bring you happiness, but it's not clear if you are happy with "you". So you were forced to get married when you were younger, you have two children, you have four degrees, you get along better with your husband when he is deployed but not when he is home, you're not in love with your husband but you are in love with someone else who you have been to hell and back for ... Whew! And you wonder if you will be better off with the other guy?

I don't think so and from the details you gave me in your letter you know the grass isn't greener on the other side. Listen, what you don't want to do is make matters worse.

Ok, so you don't want to be like your parents and be unhappy for the rest of your life, but it sounds like you are jumping from the frying pan into the fire. I don't know you, but I can get a glimpse into your personality. On a global level you are like millions of people who regret some decisions they have made, and they wish they could go back and change them, me too. Only we can't change them, we have to learn from them because "life happens". Now I will be the first one to admit that I have been in the pits before. It sounds like you are in a pit too, but I'm also the type of person who will ponder my ways so I won't make the same mistake again. You also sound like the type of person who will beat themselves up when they make mistakes. You have to know if you do this, you will continue to dig yourself deeper into the pit. As you get deeper it affects your judgment and reasoning. You will become impulsive and make more decisions that are not good for you. It will affect your self-esteem and self-worth, and soon you will wonder if you even deserve a good loving relationship. I'll be the first one to say that you do deserve a good loving relationship but it sounds like you need to work on "you" first. Don't jump into another relationship. Anyway, the other guy sounds like he has put you through too much hell already. Jeesh, you may as well stay with your husband then. Now on the other hand, you say you don't love your husband or are "not in love with him" and this is not a good relationship either ...

Counseling will provide support for you and also help you examine your situation more clearly and strategize how to change it.

## Department of Defense to begin review of family, military community programs

By Cheryl Pellerin

AMERICAN FORCES PRESS SERVICE

WASHINGTON — A new task force will start work this month on a 120-day review of all family and military community programs across the Defense Department to determine their effectiveness and identify gaps and potential efficiencies, a senior defense official said.

Charles E. Milam, acting deputy assistant secretary of defense for military community and family policy, will lead the Common Services Task Force at the request of Jessica Wright, acting undersecretary of defense for personnel and readiness, he told defense reporters last week.

"The goals of the task force are to continue providing exceptional support to service members and their families as effectively and efficiently as possible," Milam said, "and - this is a guiding principle for us - we expect to deliver the same or better level of programs and services."

Task force members will include senior leaders at the one-star or Senior Executive Service level from each secretariat and service, he said, along with rep-

resentation from the DOD comptroller's office, the Pentagon cost assessment and program evaluation office and the public affairs and legislative affairs offices.

The services independently have been looking at many of the same program issues, Milam added.

Last year, for example, the Military Family Readiness Council initiated an effectiveness review for 170 family programs that exist across the services, he said. "What we're looking at now [in that review] is building effectiveness measures on those programs [to see] which ones are effective, which ones are moving the needle, which ones have an impact," the deputy assistant secretary explained.

In the meantime, he added, DOD officials decided they needed to look at the issue more holistically and across the department.

One driver of the task force's review will be demographic, Milam said.

A majority of service members used to live on military installations, but now about 75 percent live in surrounding communities, he noted. "One of the concerns that we hear repeatedly on surveys is that our service members and their families aren't aware

of many of the programs being offered," he said.

Milam said the review will look at every program under the portfolio of the Pentagon's military community and family policy office. These include programs that serve children, teens and families, as well as those that address recreation, business and exceptional family members.

To determine which programs work, Milam said the department will examine "feedback from military families [about] which programs reduce stress, which ones improve quality of life of our service members, and which ones reach our service members."

The services are all doing similar things under the direction of DOD's military community and family policy office, Milam said. "Whether there is redundancy in that or not, we'll find out," he added. "That's what this is all about. There's going to be a fact-gathering period where we're going to look at all these programs to see what's out there."

Commissaries, military exchanges and the DOD Education Activity — which runs schools for children of military families — will not be part of the review, he added.

# GET OUT!

## area events

More events online at [www.facebook.com/BWnow](http://www.facebook.com/BWnow)

### February 7

**Beer Festival** – The Bruges Bier Festival in Belgium features 278 beers from 67 breweries. Visitors can sample some of their favorite brews while watching eight top chefs whip up beer-flavored dishes. Food samples will also be available. Festival runs through March 3 at the Historic Rooms of the Belfry complex in the market in Bruges. [www.brugsbierfestival.be/en/home-230.html](http://www.brugsbierfestival.be/en/home-230.html)

**Venice Carnival** – The Carnival of Venice is one of the most famous carnivals in Europe. Visitors and residents don elaborate masks and take to the streets to celebrate during the annual event. The carnival runs for the two weeks leading up to Fat Tuesday, which is Feb. 12.

**Schweine Museum** – The Schweine Museum in Stuttgart has a sweet spot for swine. Visitors can check out some 50,000 pieces of pig memorabilia displayed throughout the museum. The museum is open 11 a.m.-7:30 p.m. Monday-Sunday. Civ. 0711-664-19600. <http://schweinemuseum.de>

### February 8

**Berlinale Film Festival** – The Berlinale Film Festival is one of the city's largest cultural events. More than 19,000 film professionals from around the world will attend the annual event. Nearly 400 films are shown every year throughout the city as part of the festival's program. Festival runs through Feb. 17. [www.buzzoffbase.com](http://www.buzzoffbase.com) [www.berlinale.de/en/HomePage.html](http://www.berlinale.de/en/HomePage.html)

### February 9

**Vampire Ball** – "Vampires" will descend upon the city of Heidelberg for the annual Vampire Ball 8:30 p.m. - 3 a.m. at the Stadthalle Heidelberg. Enjoy live music, dancing, food and elaborate costumes. Professional make-up artists will be on hand to help guests fine tune those last-minute Transylvanian touches. Enjoy a production of "The Rocky Horror Picture" film and show. Tickets available at the USO offices in Heidelberg and Wiesbaden or at civ. 0180-5447-0000. [www.ticketonline.com](http://www.ticketonline.com)

**Wine and Chocolate** – Enjoy a tour of Heidelberg and view medieval frescos and the little hidden castle of Tiefburg. Tour will be followed by a stroll down the city's main street to learn about its architecture and history. Afterward, cap the day off with a

wine and chocolate tasting. Sample five fine chocolates (from Austria, Italy and Germany) with five Baden-Württemberg wines selected to match the flavor of each chocolate. <http://affiliates.uso.org/rheinmain>

### February 10

**Mannheim Carnival Parades** – The joint Mannheim-Ludwigshafen carnival parade begins at 2 p.m. Downtown streets along the parade route will be blocked temporarily starting around 10:30 a.m. (for details on the parade route visit [www.tourist-mannheim.de/de/sonstiges/fasnacht\\_in\\_mannheim](http://www.tourist-mannheim.de/de/sonstiges/fasnacht_in_mannheim)) The city will host its own parade Feb. 12. Fasching revelers will roam the downtown streets starting around noon. Most shops, banks and offices will be closed for the afternoon.

### February 11

**Mainz Fasching Parade** – Grab a Fasching hat and head to Mainz for the famous Rosenmontag Parade. Although Fasching (Mardi Gras or carnival) officially begins in November, it reaches its climax during the "drei tolle Tage," the three crazy days before Ash Wednesday. See decorated floats, groups wearing colorful costumes and wild masks, hundreds of horses and musical bands.

<http://affiliates.uso.org/Kaiserslautern/>  
**Sweet Charity** – Catch a performance of "Sweet Charity," a musical by Cy Coleman, Dorothy Fields and Neil Simon, through Feb. 17 at the English Theatre in Frankfurt. Performances are 7:30 p.m. Tuesdays-Saturdays and 6 p.m. Sundays. [www.english-theatre.org](http://www.english-theatre.org)

### February 12

**Heidelberg Carnival Parade** – Heidelberg's traditional carnival parade with floats, marching bands and other festivities will file through Bergheimer Strasse, starting near the intersection with Kirchstrasse and continue through Bismarckplatz and Hauptstrasse pedestrian area towards city hall, beginning at 2:11 p.m. A carnival fair ground with food booths and rides will be located on University square 11 a.m.-8 p.m. City hall and its suburban satellite offices, most banks and private businesses and ADAC, will be closed for the afternoon.

### February 16

**Luxembourg** – Spend the day in Luxembourg. Luxembourg City, the capital of the Grand Duchy by the same name, is a modern metropolis that retains its historic old town charm of yesteryear. Tour will also visit Mettlach, a small town near the loop of the Saar River. Surrounded by lush forests, Mettlach is a spa and health center and a shoppers' paradise. <http://affiliates.uso.org/Kaiserslautern/>

**Banquet** – Experience a special evening out and enjoy a feast at the medieval Auerbach castle. Spend three hours savoring a six-course meal and unlimited beverages. During the dinner, enjoy the revelry of medieval times and animated period music and entertainment. Tickets available at the Heidelberg and Wiesbaden USO offices (transportation not included). <http://affiliates.uso.org/rheinmain/>

### February 20

**Mother Africa** – Performers from the Mother Africa circus bring their 2013 Umling tour to Mannheim. Dancers, musicians, acrobats and more will take the stage 8 p.m. at the Rosengarten. Tickets on sale now. [www.rosengarten-mannheim.de](http://www.rosengarten-mannheim.de)

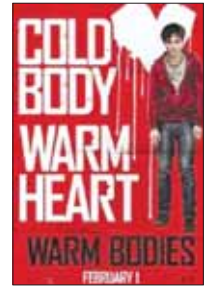
### February 21

**Jazz Festival** – Enjoy the annual Just Music Jazz Festival in Wiesbaden. Each night, three different bands will play starting at 7:30 p.m. There will be a jazz workshop on Saturday from 11 a.m. - 4 p.m. Festival runs through Feb. 23. For locations and tickets visit [www.justmusic-festival.de/](http://www.justmusic-festival.de/) [www.buzzoffbase.com](http://www.buzzoffbase.com)

### February 23

**Cologne** – With a history of almost 2000 years, Cologne (Köln) is one of the largest and oldest metropolitan cities of Germany. Visitors can see the majestic cathedral, one of the largest in Europe and enjoy a full tour of the city and see firsthand the history and sights of Cologne's storied past dating back to the first century B.C. After the city tour, stroll through the old town, shop along the many winding streets full of local and international stores or take a walk along the Rhine River. <http://affiliates.uso.org/Kaiserslautern/>

## coming to THEATERS



### WARM BODIES

(Nicholas Hoult) Warm Bodies is a poignant tale about the power of human connection. After a zombie epidemic, a zombie named R, encounters Julie, a human survivor, and rescues her from a zombie attack. Julie sees that R, is different from the other zombies, and as the two form a special relationship in their struggle for survival, R becomes increasingly more human — setting off an exciting, romantic, and often comical chain of events that begins to transform the other zombies and maybe even the whole lifeless world. (Rated PG-13 for zombie violence and some language) 107 minutes.

### PLAYING THIS WEEK

#### Heidelberg, Patrick Henry Village

Feb. 8 - WARM BODIES (PG-13) 7 p.m.; BULLET TO THE HEAD (R) 9:30 p.m.  
Feb. 9 - HOTEL TRANSYLVANIA (PG) 4 p.m.; STAND UP GUYS (R) 7 p.m.  
Feb. 10 - WARM BODIES (PG-13) 4 p.m.  
Feb. 11 - BULLET TO THE HEAD (R) 7 p.m.

#### Vogelweh, Galaxy

Feb. 8 - HANSEL AND GRETEL: WITCH HUNTERS (R) 7 p.m.  
Feb. 9 - HOUSE AT THE END OF THE STREET (PG-13) 4 p.m.; PARKER (R) 7 p.m.  
Feb. 10 - WRECK-IT RALPH (PG) 4 p.m.

#### Ramstein, Gateway Cineplex

Feb. 8 - WARM BODIES (PG-13) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m., 9 p.m.; BULLET TO THE HEAD (R) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m., 9:15 p.m.; STAND UP GUYS (R) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m., 9:15 p.m.; HOTEL TRANSYLVANIA (PG) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m., 9 p.m.  
Feb. 9 - WARM BODIES (PG-13) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m., 9 p.m.; BULLET TO THE HEAD (R) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m., 9:15 p.m.; STAND UP GUYS (R) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m., 9:15 p.m.; HOTEL TRANSYLVANIA (PG) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m., 9 p.m.  
Feb. 10 - WARM BODIES (PG-13) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m.; BULLET TO THE HEAD (R) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m.; STAND UP GUYS (R) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m.; KILLING THEM SOFTLY (R) 6:15 p.m.; HOTEL TRANSYLVANIA (PG) 11 a.m., 1:30 p.m., 4 p.m.  
Feb. 11 - WARM BODIES (PG-13) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m.; BULLET TO THE HEAD (R) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m.; STAND UP GUYS (R) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m.; KILLING THEM SOFTLY (R) 6:15 p.m.; HOTEL TRANSYLVANIA (PG) 11 a.m., 1:30 p.m., 4 p.m.  
Feb. 12 - WARM BODIES (PG-13) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m.; BULLET TO THE HEAD (R) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m.; STAND UP GUYS (R) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m.; KILLING THEM SOFTLY (R) 6:15 p.m.; HOTEL TRANSYLVANIA (PG) 11 a.m., 1:30 p.m., 4 p.m.  
Feb. 13 - WARM BODIES (PG-13) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m.; BULLET TO THE HEAD (R) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m.; STAND UP GUYS (R) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m.; KILLING THEM SOFTLY (R) 6:15 p.m.; HOTEL TRANSYLVANIA (PG) 11 a.m., 1:30 p.m., 4 p.m.  
Feb. 14 - WARM BODIES (PG-13) 11 a.m., 1:30 p.m., 4 p.m., 6:30 p.m.; BULLET TO THE HEAD (R) 11:30 a.m., 2 p.m., 4:30 p.m., 7 p.m.; STAND UP GUYS (R) 11:15 a.m., 1:45 p.m., 4:15 p.m., 6:45 p.m.; HOTEL TRANSYLVANIA (PG) 11 a.m., 1:30 p.m., 4 p.m.

\*Please note that movie listings are subject to change. Information above is based on the most recent listings available from the Army and Air Force Exchange service at the time of publication. For the latest listings, visit [www.shopmyexchange.com/ReelTimeTheatres/reeltime-landing.htm](http://www.shopmyexchange.com/ReelTimeTheatres/reeltime-landing.htm)

#### THEATER INFORMATION

Patrick Henry Village, Heidelberg, 06221-27-238  
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

### Pre-separation Briefings

Army Regulation 635-10 (Processing Personnel for Separation) requires a pre-separation briefing for Soldiers – who are to be honorably discharged – to be conducted no later than 90 days before the transition date. The briefing includes information concerning transition from active duty from the transition center, transportation, finance, the education center and the central processing facility. Briefings will be conducted 1-4 p.m. Feb. 20 and March 13 in Bldg. 3850, Room 231, in the Community Support Center on the Shopping Center in Heidelberg. Reservations required: DSN 370-3283, civ. 06221-57-3283.

### Retirement Briefings

Pre-retirement briefings can help Soldiers and family members prepare for retirement, with information from the transition center, transportation, law center, TRICARE, finance, the Army Career and Alumni Program, the education center and the central processing facility. Briefings will be conducted 8:30 a.m.-4 p.m. Feb. 27 and May 22 in the Community Support Center on the Shopping Center in Heidelberg. Reservations required: DSN 370-3283, civ. 06221-57-3283.

### Passport Outreach Day

U.S. Army Garrison Wiesbaden Military Personnel Division Passports office and the U.S. Consulate General Frankfurt, will host a passport outreach day 9:30 - 2 p.m. March 1 on Clay Kaserne in Wiesbaden, Bldg 1043. Community members can receive assistance in obtaining birth registration (by appointment), tourist passports, US citizenship and immigration services. Passport office will be closed for all other services to allow staff to fully support the outreach event. DSN 337-5308/7470/5515, civ. 0611-705-5308/7470/5515  
[usarmy.wiesbaden.imcom-europe.list.passport-office@mail.mil](mailto:usarmy.wiesbaden.imcom-europe.list.passport-office@mail.mil)

### Logistics Awards

The U.S. Army Europe Combined Logistics Excellence Awards ceremony is scheduled for 12:30 p.m. March 19 at the Clay Kaserne Fitness Center in Wiesbaden, Bldg.1631. The annual awards, USAREUR level of an Army chief of staff initiative, honor units and organizations across Europe for their excellence in supply, maintenance and deployment operations. DSN 370-5410/5436.

### Wounded Warriors

The Wounded Warrior Project and Operation Homefront recently announced a partnership that extends emergency financial assistance to service members and veterans who incurred a physical or mental injury, illness or wound (not due to misconduct), co-incident to military service on or after Sept. 11, 2001. Funded by WWVP, requests for basic needs assistance (food, rent and utilities), are fulfilled by Operation Homefront. [www.OperationHomefront.net](http://www.OperationHomefront.net).

## local

## EMPLOYMENT

### Fitness Instructor

Heidelberg Sports and Fitness is looking for fitness instructors to teach Zumba and Spin classes until May. This is a contract position.  
DSN 370-7294/7506, civ. 06221-57-7294/7506.

## KAISERSLAUTERN

### Education

♦ **English As A Second Language** – Free beginners English As A Second Language classes that cover language fundamentals are offered noon Mondays. Intermediate ESL classes are noon Fridays at Army Community Service, Bldg. 2891 on Pulaski Barracks. DSN 493-4203, civ. 0631-3406-4203.

♦ **Co-Parenting Class** – Parents can learn how to help their children deal with divorce or separation during a special co-parenting class provided by Army Community Service Family Advocacy Feb. 21, 5:30 p.m., Bldg. 2917 on Pulaski Barracks. Civ. 0631-3406-4062/4228

♦ **Culture College** – Are you new to the Kaiserslautern community? Army Community Service offers a free, two part class Feb 21 and 22 starting at 9 a.m., Bldg. 2891, Pulaski Barracks. The first day provides students with an overview of Kaiserslautern, Rheinland-Pfalz, German culture and customs. The second day students will take the local bus for a special insider's tour of Kaiserslautern. Visit historical sites, museums, city offices and a historic restaurant for lunch. Civ. 0631-3406-4203 to register in advance.

### Community

♦ **KMC Onstage Open Auditions** – KMC Onstage will hold open auditions for ages 8 and older for the play "I Remember Mama," 7 p.m. Feb. 12 and 13 in Bldg. 3232 on Kleber Kaserne. DSN 483-6626, civ. 0631-411-6626.

♦ **Smarter Than A Barista Trivia** – Answer trivia questions every half-hour for a chance to win a free drink Feb. 15 at the Java Café in Bldg. 3232 (inside KMC Onstage) on Kleber Kaserne. DSN 483-8063, civ. 0613-411-8063.

♦ **Volunteer Of The Year Awards** – The Army Volunteer Corps is accepting nominations from military units; Family and Morale, Welfare and Recreation organizations; Family Readiness Groups; parent-teacher associations; medical clinics; private organizations and volunteer organizations for the 2013 Volunteer of the Year Awards until Feb. 28. Nominees should have volunteer hours certified. Nomination forms are downloadable at [www.kaiserslautern.army.mil/Directories/ACS/kvc.html](http://www.kaiserslautern.army.mil/Directories/ACS/kvc.html). Nominees and winners will be recognized at a dinner and ceremony 6-10 p.m. May 17 at Armstrong's Club on Vogelweh Housing. DSN 493-4232/4057, civ. 0631-3406-4232/4057.

♦ **Tropical Islands** – Escape the winter and travel to the world's largest indoor rainforest complete with restaurants, shops, lagoons and white

sandy beaches. Members of Better Opportunities for Single Soldiers can sign up to go on the BOSS Tropical Islands Overnight trip Feb. 16. Contact Outdoor Recreation or a BOSS representative for more information.

♦ **OCS Board** – The next Department of the Army-level Officer Candidate School selection board will be conducted July 29-Aug. 2. U.S. Army Garrison Kaiserslautern will host a structured interview (local board) 9 a.m. April 12 in Bldg. 3245 on Kleber Kaserne. Board packets must be submitted no later than March 29 to the Military Personnel Division, Room 111, Bldg. 3245, on Kleber Kaserne. Applicants can obtain information on OCS requirements at [www.hrc.army.mil/site/protect/branches/officer/operations/accessions/ocs/index.htm](http://www.hrc.army.mil/site/protect/branches/officer/operations/accessions/ocs/index.htm), or call their unit personnel office. DSN 483-8894/7333, civ. 0631-411-8894/7333

♦ **Car Wash** – The car wash in Bldg. 97370 on Landstuhl Post is open 10 a.m.-3 p.m. Monday-Sunday and closed on federal holidays. DSN 486-5153, civ. 06371-86-5193.

## HEIDELBERG

### Education

♦ **Employment Seminar** – Army Community Service hosts employment readiness seminars to assist U.S. Army Garrison Baden-Württemberg employees with using the USAJOBS Resume Builder, the federal job application process and more. Seminars are scheduled 1-3 p.m. Feb. 11 and March 11. Supervisors must e-mail a participant list to [erin.v.paulus.civ@mail.mil](mailto:erin.v.paulus.civ@mail.mil). [www.heidelberg.armymwr.com](http://www.heidelberg.armymwr.com).

♦ **Conversational German** – Conversational German classes, for ages 16 and older, will be offered by Family and Morale, Welfare and Recreation 5:30-7 p.m. Feb. 19, 21, 26 and 28 at the Village Pavilion Community Center on Patrick Henry Village. Classes will also be held March 19, 21, 26, 28 and April 16, 18, 23 and 25. Cost is \$50. Registration required: DSN 388-9438, civ. 06221-338-9438, [www.heidelberg.armymwr.com](http://www.heidelberg.armymwr.com).

### Community

♦ **Tax Center** – The Heidelberg Community Tax Center, located on the Shopping Center, is open by appointment only 10 a.m.- 5 p.m. Monday-Friday (closed federal holidays) through April 15. The center provides free U.S. tax preparation services for active duty service members, dependents, retirees and Department of Defense employees. Appointments are now available. DSN 370-7510, civ. 06221-57-7510.

♦ **AUSA Wine Tasting** – The General C.W. Abrams Chapter of the Association of the United States Army will

host a wine tasting event and winery tour 7-9 p.m. Feb. 8 at Weingut Clauer in Heidelberg. Proceeds will benefit the chapter's scholarship program. Reservations recommended: civ. 0171-496-3564.

♦ **Pfennig Bazaar** – The annual Pfennig Bazaar, a fund raiser of the German-American Women's Club Heidelberg e.V., will be held 11 a.m.-6 p.m. Feb. 14, 10 a.m.-6 p.m. Feb. 15 and 10 a.m.-2 p.m. Feb. 16 at the Bürgerhaus HD-Emmertgrund, Forum 1 (GPS address is Jaspersstraße 2, 69123 Heidelberg). The following donations will be accepted 10 a.m.-3 p.m. Feb. 9 and 10 a.m.-2 p.m. Feb. 11: electrical appliances, porcelain dishes, tableware, glass ware, vases, flatware and cutlery, plastic and wooden items, books, jewelry, pictures and paintings, home decorations, toys and records. Clothing, home textiles, shoes, hats, scarves, gloves and belts will not be accepted. Proceeds will go to various charity projects in both the American and the German communities. DSN 370-6975, civ. 06221-57-6975.

♦ **Fasching Street Closures** – Due to the local fasching parade, several streets in downtown Schwetzingen will be blocked for traffic starting around 1:15 p.m. Feb. 12: Lindenstraße (marshalling area), Kronenstraße, Hebelstraße, Schlossstraße, Karlstruher Straße, Bismarckplatz, Friedrichstraße and Mannheimer Straße up to the traffic circle. The parade starts at 2:44 p.m. Detours for through traffic will be posted.

♦ **Friendship Fest** – Child, Youth and School Services will host a Friendship Fest 3:30-5:30 p.m. Feb. 14. Event is open to School Age Center registered children and their families. Children will celebrate friendships through a series of activities and discussions. DSN 370-8994, civ. 06221-370-8994

♦ **Krakow Trip** – Outdoor Recreation travels to Krakow, Poland, Auschwitz Concentration Camp and Boleslawiec for world-famous pottery shopping during Presidents Day weekend. Bus departs from the Park and Ride outside the Patrick Henry Village Commissary 1 a.m. Feb. 15 and returns about 8 p.m. Feb. 18. Cost includes transportation, 3 nights in a 4-star hotel with breakfast and guided tour of Krakow. Reservations required: DSN 388-9282, civ. 06221-338-9282.

♦ **Indoor Flea Market** – There will be an indoor flea market 9 a.m.-1 p.m. Feb. 16 in the Village Pavilion Community Center ballroom. Table reservations available. DSN 388-9438, civ. 06221-388-9438.

♦ **BOSS Meeting** – Better Opportunities for Single Soldiers meets 3:30 p.m. Feb. 20 in Bldg. 104 on Patton Barracks. DSN 373-5275,

civ. 06221-17-5275.

♦ **Heidelberg Ski Club** – The Heidelberg International Ski Club will meet 7 p.m. Feb. 20 at the Zum Goldenen Löwen in Eppelheim. Sign up for a trip to Lauterbrunnen in March [www.heidelbergski.com](http://www.heidelbergski.com).

♦ **Fireside Reflections** – Community members are invited to share their personal memories of Heidelberg, during a Fireside Reflections event 4-7 p.m. Feb. 21 at the Copper Lounge in the Village Pavilion Community Center on Patrick Henry Village. DSN 388-9418/9419, civ. 06221-338-9418/9419.

♦ **Black History Month** – Child, Youth and School Services will host a Black History Month Celebration 3:30-5:30 p.m. Feb. 21. Open to School Age Center registered children and their families. Children will prepare and eat African-American dishes, display art creations and enjoy African-American music in celebration of Black History Month. DSN 370-8994, civ. 06221-370-8994

♦ **A Taste Of Soul** – The Heidelberg Equal Opportunity working group and Family and Morale, Welfare and Recreation will host "A Taste of Soul," in celebration of Black History Month, 6 p.m.-1 a.m. Feb. 23 at the Village Pavilion Community Center on Patrick Henry Village. The evening will include dinner, live music and a display of art. Adults: \$15, children 5-12: \$7.50, 4 and under: free. DSN 388-9438, civ. 06221-338-9438.

♦ **Military Saves Week 2013** – Soldiers, military spouses, teenagers and children can participate in Military Saves Week Feb. 25 – Mar. 2. The garrison will host a week of events to encourage participants to maintain financial discipline. Events include a poster design contest, recycling art contest, talk show, cooking class and talk show. DSN 370-6883, civ. 06221-57-6883.

♦ **Fashion Show** – As part of the Military Saves Week 2013 festivities, Army Community Service and Family and Morale, Welfare and Recreation will jointly host a free fashion show featuring games and prizes 7 p.m. March 1 at the Village Pavilion Ballroom on Patrick Henry Village.

♦ **Lodging Specials** – Heidelberg and Wiesbaden Army Lodging offers discounted weekend rates. Reservations will be accepted on a first come, first served basis (offer applies to Friday and Saturday with checkout on Sunday). Must be at least 21 years of age with base access. DSN 370-1700, civ. 06221-79-5100.

♦ **Karaoke Saturdays** – Sign up starting 8:30 p.m. to sing karaoke 9 p.m.-2 a.m. first and third Saturdays at Slapshots, Bldg. 104 on Patton Barracks.

## Young gymnasts steal the spotlight in Landstuhl



Photos by Lea Scavetta

Above, Emma Cabal, 11, takes part in a Child, Youth & School Services gymnastics program. The program is one of many available to members of U.S. Army Garrison Kaiserslautern. Below, Gymnastics instructor Petra McPherson coaches Cabal on the uneven bars, during a gymnastic's class in Landstuhl.

### By Rick Scavetta

USAG KAISERSLAUTERN PUBLIC AFFAIRS

**LANDSTUHL** – Tumbling across mats, balancing on beams and flipping over uneven bars offers children at U.S. Army Garrison Kaiserslautern more than just an extracurricular class.

The gymnastics program, part of the garrison's Child, Youth & School Services program, creates an opportunity for young people to work hard, learn healthy habits, find discipline and compete locally, said instructor Petra McPherson. For McPherson, nothing is greater than a watching a child increase their self-esteem.

"When the kids are happy and proud of themselves, that makes me proud, too," McPherson said. "They learn that when they work for something, they can achieve something."

Living outside the U.S., American families don't often have opportunities for children to compete in local events. Through McPherson, team members take part in German competitions off post. In late-2012, young athletes participated in county and state championships.

"You don't find that every often," said Shay Berchtold, U.S. Army Garrison Kaiserslautern's SKIES Unlimited director. "We have coach who takes them to the next level to develop through local competitions. That's a tremendous plus that other communities may not have."

McPherson, who was also a child gymnast, began coaching at age 14. She's been teaching gymnastics in Landstuhl for five years.

"I love working with kids and I love gymnastics," McPherson said. "It's hard work sometimes, muscle work. It's stretching and discipline too."

A common misperception is that children must begin gymnastics very young. That's often true for Olympic-level gymnasts, McPherson said. But for most children, it's never too late to take part.

"You can always start. Not everyone has to compete," McPherson said. "You can do it just for the fun."

If Lydia Butler, 9, was not taking gymnastics, she said she would probably be "bored, around the

house." For the past two years, Butler has taken part. Her favorite events are the bars and the beam, she said.

"It's fun," Butler said. "And I get to compete against other teams."

Ellen McMillan's daughter, Elisa, started gymnastics at age 3. In 2012, she began training in Landstuhl and joined the competitive team. At home, Elisa watches YouTube videos of top gymnasts to see their movies, her mom said.

"She's just really enjoys gymnastics," she said. "This is her joy."

USAG Kaiserslautern's directorate of Family and Morale, Welfare and Recreation offers a wide variety of children's activities. For more information call civ. 0631-3406-4516 or 0631-3406-4122.



## staying ACTIVE

### Unit-level Championships

Catch all the action as the six best unit-level league basketball teams compete for top honors. Championship starts 6 p.m. Feb. 11-14 at the Miesau Army Depot, Bldg. 1220 (near Kaiserslautern). Trophies awarded for first, second and third place, plus Most Valuable Player award. Free admission. DSN 481-3797, civ. 06372-84-23797.

### Family Ski Day

Kaiserslautern Outdoor Recreation hosts a ski express trip to the Feldberg Ski Area 5 a.m. Feb. 17. Certified instructors are available for beginner lessons and skiers can rent equipment for outdoor recreation at a discounted price. Sign up by Feb. 13. DSN 493-4117, civ. 06313-406-4117.

### Heidelberg Ski Club Meeting

The Heidelberg International Ski Club will meet 7 p.m. Feb. 20 at the "Zum Goldenen Lowen" in Eppelheim. The theme for the meeting is "Mardi Gras." Sign up will be available during the meeting for the March ski trip to Lauterbrunnen. For details and directions visit [www.heidelbergski](http://www.heidelbergski)

### Kleber Kaserne Fitness Center Closure

The Kleber Sports and Fitness Center main gym in Bldg. 3235 on Kleber Kaserne in Kaiserslautern is closed for facility renovations. The weight room remains open, but no towels will be issued during this time. DSN 483-7610, civ. 0631-411-7610.

### Rhine Ordnance Barracks Fitness Center

January hours of operation for the Fitness Center in Bldg. 172 on Rhine Ordnance Barracks in Kaiserslautern are 5 a.m.-8 p.m. Monday-Friday and 10 a.m.-5 p.m. Saturday- Sunday. DSN 493-2241, civ. 0631-3406-2241.

### Heidelberg Tennis Center

The tennis center on Patrick Henry Village in Heidelberg will reopen April 1 - June 18. Community members can enjoy the clay courts, pro shop and locker room facilities. The clay courts will be available for play 9 a.m. - dusk and individual and group instruction will also be available.

### Gymnastics Classes

Family and Morale, Welfare and Recreation SKIESUnlimited offers gymnastics classes for toddlers and children. For class offerings, times and prices, contact Parent Central Services at DSN 493-4156, civ. 0631-3406-4516.

### Dynamic Yoga

Revitalize the body and awaken the mind and spirit during a Dynamic Yoga class 6:30-7:45 p.m. Wednesdays at the Landstuhl Fitness Center, Bldg. 3720 on Landstuhl Post in Kaiserslautern. Class uses challenging posture flow, meditation and breathing exercises to create a unique workout. DSN 486-7172, civ. 06371-86-7172.

### Parent And Me Yoga

Yoga classes are available to parents and their children birth to age 12, who are enrolled in Child, Youth and School Services' SKIESUnlimited program in Kaiserslautern. Register at Parent Central Services, Bldg. 2898 on Pulaski Barracks or at the One Stop Shop, Bldg. 3810 on Landstuhl Post. DSN 493-4516/4122, civ. 0631-3406-4516/4122.

### Family Fitness

Families can participate in circuit training that incorporates cardio, body bars, obstacle courses and more 9:30-10:30 a.m. Tuesdays and Thursdays in the Miesau Physical Fitness Center, Bldg. 1220, in Kaiserslautern. DSN 481-3797, civ. 06372-842-3797.