

Bad Dürkheim

Outdoor Recreation has scheduled a trip to the famous Bad Dürkheim wine festival Sept. 7 and 14. The cost is \$39 per person. Call mil 485-7182 for more.

Shopping trip

Go shopping in the Czech Republic Sept. 14. The bus departs Sept. 13 at 11 p.m. and returns Sept. 15 at 1 a.m. the cost is \$59 and includes a stop at the Asian flea market. A U.S. Passport is required.

Warner Brothers

Youth Services is going to Warner Brothers Studios Sept. 7. This trip is open to youth 12-18 years old. The cost is \$25. Call mil 485-7276 for more information.

Oktoberfest

Don't miss your chance to attend the world famous Oktoberfest in Munich with Outdoor Recreation Sept. 21, 28 and Oct 5. Reserve your seat now by calling mil 485-7182.

Sports office looking for help

Baumholder's Sports Office is looking for community level basketball coaches to coach women and men teams for the 2002/2003 season. Persons interested may submit a resume to the Baumholder Sports Office in the Hall of Champions by Sept. 13. For more information call mil 485-6671/7176.

Youth need coaches

Coaches will be needed for the Youth Services fall sports season. Help expand the talents of Baumholder's youth and have fun at the same time. Call mil 485-7003 for details.

Job opening

There is a job opportunity at Baumholder's Health Clinic for licensed practical nurses. For more information call Lt. Col. Grace Franklin at mil 485-8528/6247 or civ (06783) 6-8528/6247.

Job orientation

Baumholder's local job market orientation class provides insight to the employment opportunities in the Baumholder community. Information about military spouse preference, defining federal and private sector opportunities and application procedures, basic Resumix start-up information and volunteer opportunities is available. Classes are held every second and fourth Wednesday of the month from 9-10:30 a.m.

MWR job fair

The Morale, Welfare and Recreation Job Fair is held the second Wednesday of every month at the Baumholder Rod and Gun Club. Doors open at 9 a.m. Persons can obtain information about MWR positions, have an opportunity to fill out applications and receive interviews on-site. For more information call mil 485-6566.

Post notes



Photo by Ignacio "Iggy" Rubalcava

Water wonderland

The 222nd Base Support Battalion's flooded parking lot became a water wonderland for this child recently after a recent downpour that proved to be more than the parking lot's backed up drain could handle. Employees from Baumholder's Directorate of Public Works showed up the next day and pulled the plug on all the fun by fixing the backed up drain.

Volunteer at WICO

WIC Overseas of Baumholder is looking for a volunteer to assist with clerical duties four to five hours a month. Duties include making copies, filing, and more.

Only those not enrolled with WICO may apply. Volunteers must be Army Community Services or Red Cross certified. If interested call mil 485-8003 of civ 06783-6-8003.

Gone country

If you love country and western you'll feel right at home at Baumholder's Rod and Gun Club. Round up your friends for free country and western dance lessons every Thursday night and stop in for country music on Fridays and Saturdays until 4 a.m.

Nifty Fifties

Enjoy smoke-free, 50-cents bowling during Nifty Fifties night every Tuesday from 4-11 p.m. at the Baumholder Bowling Center. To find out about other bowling events call mil 485-6569.

Adventurous

Join Outdoor Recreation during the Labor Day weekend on a trip to Austria where Outdoor Recreation will take the most adventurous white water rafting, skiing and more. Seats are limited so call Outdoor Recreation today at mil 485-7182 to reserve your spot.

Volleyball

The women's fall volleyball league season begins Sept. 9. Sign up today by calling mil 485-7176 for more information.

Best ball golf

Baumholder's Rolling Hills Golf Course holds a German/American Best Ball Golf Tournament Sept. 28 at 9 a.m. Entry fee is \$40 per team and includes food and prizes. Nonmembers must pay a green fee. To participate, contact the Pro Shop by Sept. 25 at mil 485-6172.

Got a gripe?

Baumholder's Army Community Service Financial Readiness Program will assist military community members in handling consumer complaints. This program is the military answer to your Better Business Bureau.

Free training

The ACS Relocation Readiness Department offers free sponsorship training to soldiers the first Thursday of each month. Unit training is also available the second and fourth Thursdays of each month. They also offer relocation counseling for soldiers and families who are separating or moving on to another assignment. For details call mil 485-8188 or civ (06783) 6-8188.

Many students get free tools for school

Many Baumholder children spent less money on their back to school supplies this year, or at least their parents did, thanks to the efforts of local Cornerstone Military Lodge 135. Children and parents alike lined up in front of the post exchange Aug. 10 from 10 a.m. to 1:30 p.m. to receive free school supplies and a snack from lodge members.

Children received all the tools they need for school such as paper, pens, pencils, rulers, folders, pencil cases and more. Children through sixth grade received a book bag alone with their goodies while those

in grades seven and above just received the supplies.

Lodge members used the children's school supply list to determine their needs.

"It was a surprise for the children," said Frank Roberts, lodge member. "This is free?" was the most common heard reaction.

About 15 of the 35 local lodge members were on hand to give away \$1,400 worth of school supplies to more than 225 children.

Lodge members used money from membership dues, held fish fries and raffles to raise money for the giveaway.



Contributed photo

Staff Sgt. Tracey Hill, A member of Baumholder's Cornerstone Military Lodge 135 hands out school supplies to children during the lodge's Tools for School giveaway.

Crowds brave weather during rally, city fest



Photo by Ignacio "Iggy" Rubalcava



Photo by Madeleine Dwolakowski



Photo by Ignacio "Iggy" Rubalcava

On top, a rally driver and his navigator race down a slick straightaway on Baumholder's Military Training Area during the annual ADAC rally that was held in conjunction with Baumholder's annual Altstadt Fest Aug. 23-25. Above, Brig. Gen. Robinson, Baumholder's senior tactical commander (in uniform) and Lt. Col. Todd Buchs, 222nd Base Support Battalion commander (second from right), share a drink following the keg tapping ceremony that marks the beginning of the festivities. At right, thousands of spectators line the raceway on Baumholder's MTA to cheer on their favorite drivers.

AFTB

The Baumholder Army Family Team Building program schedule for September is:

Sept. 11, NOW basic training from 8:30 a.m. to 2 p.m.

Sept. 24, 25, and 26: Level three, Leadership Seminar from 9 a.m. to 2 p.m. each day.

Persons interested in attending classes may call mil 485-8542 to sign up. Limited free childcare is available.

NOW is the time

Newcomer's Orientation and Welcome, or NOW, will be held Sept. 9-11. The class meets from 8:30 a.m. - 2:30 p.m. daily. This is a cultural awareness and adaptation tour to Baumholder and Germany. For more call mil 485-8188 or civ (06783) 6-8188.

Spouses club

The International Spouses Club meets the first and second Tuesdays of each month from 10:30 a.m. to noon in the Army Community Service lounge. Spouses of all nationalities

Post notes

are welcome. For more call mil 485-8188 or civ (06783) 6-8188.

TRICARE

For questions about TRICARE policies and regulations or help with unpaid medical bills contact Gabi Martini, Baumholder's beneficiary counseling and assistance coordinator, at the Baumholder Health Clinic. New office hours as of Oct. 1 are Mondays through Fridays 8 a.m. - noon and 1 - 4 p.m. or call her at mil 485-6205 or civ 06783-6-6205.

New hours

There are new hours for the finance office of Headquarters, Headquarters Detachment/Alpha Detachment, 8th Finance Battalion. The cashier, customer service section, and travel section are open Monday, Tuesday, Wednesday and Friday from 9 a.m. to 4 p.m. except USAREUR training holi-

days and federal holidays. On Thursdays, cashier and travel services will close at 12:30 p.m. for training. The purpose for the realignment of hours is to increase the quality of service and timeliness of payment to customers.

Teen lock-in

Teens, don't miss out on the midnight basketball and teen lock-in Sept. 21. Free basketball action will be held at the Hall of Champions from 8 p.m. - midnight for teenagers 13-18 years old. The teen lock-in for 9 through 12 graders will be at the Teen Cafe until 8 a.m. The cost is \$10 and includes food, drinks, bowling and ping pong. For more call mil 485-7276.

Caslot sale, hours change

The second annual DeCA Worldwide Caslot sale will be held September 21 and 22 at your Baumholder Commissary. This same sale will also be held at the Idar-Oberstein and Neubrücke Commissaries September 20 and 21.

The Idar-Oberstein Commissary is now open from 11 a.m. - 6 p.m. on Thursdays.

4-27 FA makes families feel welcome

By Ignacio "Iggy" Rubalcava
222nd Base Support Battalion Public
Affairs Office

Incoming soldiers to Baumholder usually land in Frankfurt, are herded into a bus and transported to Baumholder's friendly inprocessing center. There they are greeted by their sponsor who should be on hand to welcome them and help them settle into their new duty station. In a perfect world,

The soldier then goes on his merry inprocessing way and if he has family members, they are shuttled to the Lagerhof or Burghof hotels where they are literally stranded in unfamiliar territory. Their surrounding are intimidating, the younger family members are rapidly losing their karma, the telephone system is not user friendly, the currency is different, the natives speak with a strange accent and for some unknown reason many don't speak English. Frustration sets in and the family member begins to make plans for their PCS back to the states.

But a pleasant surprise awaits new families destined for Baumholder's 4-27 Field Artillery when they step off the bus at the welcome center. There to greet them are volunteers from 4-27 FA's welcome committee. The volunteers go into action and begin to see to the unique needs of the family members.

"When we initially find out about them we go and say hello to them and we offer a quick trip to the commissary and we also show them the area restaurants and where the PX is," said Beth Shamhart, 4-27 FA Welcome Committee chairperson.

"We take them down to the welcome center and show them all the key points of the welcome center. We get them registered for child care, we get them signed up for AFTB classes and the NOW program that ACS offers. We take them down to the WIC office and if they qualify we get them an appointment so they can get that started.

"We show them the lending closet. If they are already in housing, in cases when the spouse has been here a while, we see if they need anything for the house.

"We basically show them all the resources they have available. We are the information source for the new families that helps make their transition to Baumholder a little bit easier," said Shamhart.

For Danielle Ness, a new arrival to Baumholder and to the military, the 4-27 Field Artillery Welcome Committee has made her first move with the military a very positive experience and makes for excellent recruiter material. Ness's husband joined the Army in February and her comments echo the expectations of many a spouse, even those of the seasoned spouse with several moves to his or her credit. "I wasn't sure but I assumed that somebody would have to help me. I didn't think I'd be left all alone and I was very happy when I found out that they do have a welcome committee.

"I'm very happy and proud. It makes me feel very good. I think my husband made a good decision by coming into the Army. I feel



Photo by Ignacio "Iggy" Rubalcava

Danielle Ness registers her five-year-old daughter, Lauren, in front, at Wetzel Elementary School as Beth Shamhart provides a little assistance with both the paperwork and one-year-old Cassidy. Baumholder's 4-27 Field Artillery Welcome Committee greets new arrivals to the unit and helps them settle into the community. much more comfortable about it and it makes me feel more welcome and more involved with the Army," said Ness.

The welcome committee has also created a brochure chocked full of valuable information for the new arrivals. Things like key phone numbers and what to do in emergency are readily available. "We give them a map that shows where the krankenhaus is, we show them how to call for a taxi and how to use the phone system over here because it is different than the states," said Shamhart.

"We basically provide as much information as possible to make things easier for them because coming overseas is a big change from the states," she said.

"We were finding out about situations that were often three months old."

The welcome program actually began as a welcome briefing that many family members did not attend. Those that did attend had already experienced difficulties while settling in.

"We were finding out about situations that were often three months old. They'd been here three months and they didn't even know where to sign their children up for day care, for example," said Shamhart.

When Sgt. 1st Class Frierson took over as

the battalion Family Readiness Leader, he was given direct and clear guidance by Lt. Col. Jose Robles, 4-27 FA commander. "There's two things he wanted me to do in my job and that was to welcome the spouses and educate them. Taking that guidance, I asked Beth Shamhart, one of the volunteers of the battalion, to create a welcome committee and that's exactly what she did," said Frierson.

"They approached me with the idea and I said yea that sounds good," said Shamhart.

"I just kind of went through my process and created a tour that would show them all the key points on post because when they're dropped off at the Lagerhof they don't really know where to go from there. I started out by basing it on things that I had learned when I first got here. Certain things like where the WIC office was, child care, where the medical offices were and just things that I had learned myself that I thought could make things easier for families as they were coming in," said Shamhart.

Shamhart initially took on the challenge single handed but families were coming in quicker than she could help them so a call went out for volunteers. Seven people responded and the committee began to take shape. The program has become so successful that it has come full circle and some of the families who were helped by the volunteers now to become volunteers themselves and do their part to help others.

"It's just been incredible. We started off

with myself, then we got a few people that volunteered and in the process we now have three families who I myself have welcomed who want to join our committee. There're feeling very welcomed and very positive and want to join in and volunteer," said Shamhart.

The unit's welcome process actually begins before the families actually arrive.

"We try to contact them prior to their arrival in Baumholder so that we can explain the welcome committee a little bit to them and just let them know what we're all about, what they should expect when they arrive on the ground and how we're going to take care of them," said Frierson. "We have sponsors for the soldiers but our welcome committee is mainly for spouses and the families," he said.

"Ms. Shamhart is a great volunteer. She's the backbone of this. Without her help in getting the program off the ground, none of this would have happened. We got the guidance from the commander but she did a lot of the legwork. She's a great American," said Frierson.

So what inspired this great American to do her part for the unit? "I just wanted to help families, be there for them and make their transition easy. When we arrived the sponsor was there for my husband but I wanted to be there for the families so that things would be easier for them. I've put my whole heart into it and I firmly believe in it. It's a very positive thing for the community and the families," she said.

Three soldiers head to annual Army 10-miler

By Ignacio "Iggy" Rubalcava

222nd Base Support Battalion
Public Affairs Office

Three Baumholder soldiers recently turned in qualifying times during a 10-mile run in Wiesbaden that earned them an opportunity to compete in the annual Army 10-miler run Oct. 20 in Washington DC.

It took Luis Torres, C 47th Forward Support Battalion, just 65 minutes to cross the finish line while Jamie Kulikawski, 222nd Base Support Battalion, turned in a time of 78 minutes and Shannon Schmick, B 47th FSB, finished in 84 minutes.

All three will be a part of the four men and four women team who will represent Baumholder and 1st Armored Division at the Army 10-miler.

Torres' time earned him the mens' second place finish at Wiesbaden and Kulikawski and

Schmick finished second and third, respectively, for the women.

"During the time that I have to go and compete in the Army 10-miler we will be in gunnery but I've been told that I will have to train for the run. My goal is to bring my time down to 59 minutes," said Torres. "I think I can do it because I have run it in 55 minutes before," he said.

The Army 10-miler is the Army's annual proving ground for all soldiers who are avid runners and it takes a lot of time and dedication to be successful at the DC event.

Qualifying for the Army 10-miler is almost a year-long process since most units hold qualifying runs, like the Wiesbaden run, that also require extensive training and conditioning.

Kulikawski and Schmick trained together for the race and are now prepping themselves for the state-side event.

"Were pretty much regular runners, Shannon and I," said Kulikawski. "I know Sergeant Torres is a big runner also because he's done marathons and he's done the 10-miler before," she said.

"After CMTC we were really out of shape so we just did about a month of base training. We did just mileage about four or five times a week and starting in about March we started on a training program that gradually increased our mileage and gradually increased our speed," said Kulikawski.

On the average, Kulikawski and Schmick ran three to five miles, four to five times a week before the Wiesbaden race. Each week they would also do a long run of about 80 to 90 minutes. As the race date approached, they increased their mileage to about three to five miles a day.

Although both were successful

at the Wiesbaden race, Kulikawski says they are training a little different for the DC run.

"I think what we did before the tryouts, is we were training speed for to long. We were concentrating on track workouts and fast running and not enough on mileage. Now we're focusing on getting in more mileage." She said.

"Our average run now is five to six miles a day and every week we're doing our long run. Our long run will be an hour and 45 minutes by the time we get closer to the race. Once we get six weeks out were going to be focusing on speed," she said.

This will Kulikawski's third year at the Army 10-miler. Two years ago she ran it on the USAREUR team and finished the race in 75 minutes. The USAREUR team took second that year, in 2000. Kulikawski turned in a time of 78 minutes the year

before when she ran with the Fort Rucker team.

Kulikawski hopes that training on Baumholder's hilly terrain will give her an edge at the Army 10-miler because the DC course is fairly flat. "There's one hill between mile 6 and 7 but it's not a big hill like you got in Baumholder," she said. "For the most part it's a really enjoyable run and it's pretty flat. On Baumholder you never miss a hill wherever you run, so I'm hoping to break 75 and get between 72 and 74 minutes, I hope," she said.

Kulikawski did not compete at the USAREUR 10-mile tryouts since she had already earned a position on the 1st AD team but Douglas Pratt from Baumholder's dental clinic will represent Baumholder on the USAREUR team.

Pratt finished the USAREUR run at Grafenwöhr, Germany with a time of 1:01:27.

Clinic outlines same day system

Same day scheduling, also known as same day appointments was initiated seven months ago at Baumholder's Health Clinic. Most TRICARE enrolled patients are well informed on how it works. For newcomers who may not know, they may call mil 485-8080/8070 and be seen almost always on the same day.

This concept of open access to care or same day scheduling is new in both civilian and military medical facilities.

In some civilian sectors patients can anticipate a two weeks or longer

wait to be seen by their care provider.

The clinic's goal is to see all its patients in a timely manner and provide them with the highest quality and safe care.

Clinic personnel are there to serve the Baumholder community so don't leave the clinic unhappy. Ask to see the commander or the chief nurse if the clinic does not meet your expectations. If no one is available when calling, leave a message and include your phone number. Clinic personnel will return your call.



Photo by Ignacio "Iggy" Rubalcava

Scouts take over retreat

Boy Scouts from Baumholder's Troop 96 fold the U.S. flag during the retreat ceremony Aug. 16. The Scouts participated in all aspects of retreat to include road guard detail and retrieving, folding and securing the colors. They later camped in front of the Rheinlander as part of Baumholder's annual CARE Fair. The CARE Fair is the community's opportunity to obtain information about an array of community services and organizations, all during one day.

Breastfeeding

La Leche League of Baumholder meets the third Tuesday of each month at 10 a.m. at the Red Cross classroom, Building 8746. All meetings are free and open to the public and children and babies are welcome. For more meeting information or assistance with breastfeeding call civ (06381) 99-6645 or civ (06783) 90-3777.