

## Golf tournament

The Baumholder American Red Cross hosts its first annual Memorial Challenge Golf Tournament, May 24 at the Rolling Hills Golf Course. In addition to game participants, the Red Cross is also looking for volunteers interested in planning and helping out during the event. Key volunteer personnel needed include registrar, course marshals (must be acquainted with golf), course ball spotters and scorekeeper. If interested call civ (06783) 6-1760.

## Retiree forum

The quarterly retiree forum is scheduled for 6:30 p.m. Feb. 5 at the Stern Hotel in Baumholder. There will be a dinner and spouses are welcome. A guest speaker from the Baumholder Legal Center will discuss legal retiree issues. For more information call Bill Kalavsky at mil 485-6150.

## Holiday hours

The Baumholder, Strassburg and Neubrück commissaries will be open Feb. 18

(President's Day). Hours are as follows: Baumholder 7:30–10 a.m. for early bird

shopping and 10 a.m. to 4 p.m. for normal shopping, Strassburg and Neubrück 11 a.m. to 4 p.m. For more information call mil 485-7184/6666

## PX shuttle plan

The Baumholder Customer Convenience Shuttle Program can help eliminate the stress of driving from one exchange to another by transferring items from Ramstein or Vogelweh to Baumholder.

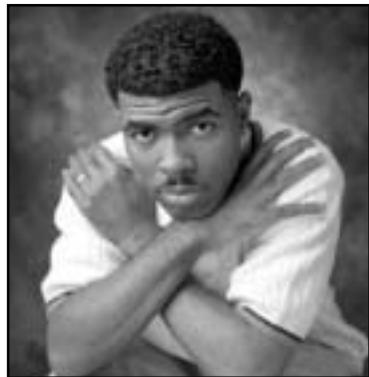
Exchange employees will locate the item in need and have it at the Baumholder Exchange in three days. If the item is not in the larger stores, we will order it from our AAFES support locations, but the delivery time will be longer.

When someone is downrange and in need of something previously seen in the PX, it can be obtained fast by sending an email to the Baumholder exchange manager at pasvogel@aafes.com and it will be shipped to the soldier's PX site. For more information call mil 485-6275.

# Post notes

## Soccer clinic

The Kaiserslautern Officials Association is sponsoring a Soccer Referee's Clinic Feb. 9-10 from 9 a.m. to 5:30 p.m. in Building 2203 on Ramstein Air Base. Coaches are welcome. For further information contact Ron Harnage at mil 480-8190 or civ (0631) 54926.



Jay Deep

## Comedy night

February's "Comedy After Dark" show is scheduled for 8 p.m. Feb. 20 at the Rod and Gun Club. Featured entertainers include Jay Deep who has performed at Def Comedy Jam, The Apollo, and Comic View; JP Justice who has performed at the same locations and Cool Herm who has performed at Comic View and the Apollo. Admission is \$10 in advance or \$12 at the door.

## Chinese Goju

Learn Chinese Goju Karate with one of the world's best-known Master Instructors, Thomas Felder, sixth degree black belt. Adult classes start in February at the Iron Works, Tuesdays from 6:30 - 8 p.m. and Thursdays from 5 - 6:30 p.m. Youth classes are also available. Call mil 485-6156 to find out more.

## All about bikes

Bike classes are now available at Baumholder Outdoor Recreation. Learn to repair, tune, maintain and ride a bike and all about mountain, street and downhill riding, bike safety and more. Classes are offered for children and adults. Visit Baumholder Outdoor Recreation or call mil 485-7182 to find out more.

## Dinner for two

Enjoy a romantic valentine dinner for two at the Rod and Gun Club. Get two sirloin steak dinners for the price of one, to include a choice of potato, vegetable and Cupid's Delight dessert for only \$12.95. The Rod and Gun Club is open from 5 to 10 p.m. Call mil 485-6202 for more information.

## Fashion show

Auditions for the upcoming Baumholder Fashion Show are scheduled for Feb. 16. Men and women of all ages and sizes are needed. Persons interested in auditioning to be a model may contact Daria Gray at mil 485-8779 or civ (06783) 6-8779, or email: daria.gray@104asg.mwr.army.mil.

## ACAP services

Army Career and Alumni Program office hours are from 7:30 a.m. to 4:30 p.m. Soldiers scheduled to leave the military can get information about their options at ACAP with pre-separation briefings, job assistance workshops and job assistance counseling. ACAP helps soldiers review options and assess how skills developed in the Army can be transferred to civilian life. For details and appointments call mil 485-6741/6330 or civ (06783) 6-6741/6330.

Soldiers are required to complete a mandatory pre-separation

briefing (DD2648) at ACAP no later than 90 days before their separation date. Appointments are available every day at 9 a.m. and take about an hour and a half.

Job assistance can be accessed through ACAP's computer system. It covers such topics as how to create a resume, find jobs, network and interview. Separating soldiers and spouses can cover topics by computer at their own pace. Schedule an appointment or drop by any afternoon to work with the tools.

Family members of ETSing soldiers are eligible for ACAP services. Orders are not needed, and the sponsor does not have to be present for the spouse to attend ACAP classes or counseling. Spouses of deployed soldiers can also get ACAP assistance in Baumholder.

ACAP's job assistance workshops and professional counselors offer advice during the career transition process. Counselors help clients think through issues such as a civilian budget, searching the job market, writing a resume and preparing for job interviews. For details and appointments call mil 485-6741/6330 or civ (06783) 6-6741/6330.

## VA briefings

Soldiers contemplating retirement and retired veterans living in the community are encouraged to attend a Veterans Affairs briefing.

The next VA briefing has been tentatively scheduled for February. Call the VA office in the United States at 800-827-1000 — not a toll-free call from Germany — or contact them at their website, [www.va.gov](http://www.va.gov).

## ACS at a glance

The volunteer fiscal year is coming to a close and the installation volunteer coordinator wants to make sure all volunteers are thanked for their contributions. Check with your agency or unit's volunteer coordinator to make sure that your 222nd Base Support Battalion volunteer registration form is on file and that your hours have been recorded correctly. Call mil 485-8188 or civ (06783) 6-8188 for more information.

## ACS calendar

- Feb. 5, AFTB Level I Training
  - Feb. 6, Army Family Action Plan Conference, Banking and Checking Accounts
  - Feb. 7, Financial Readiness at Burger King
  - Feb. 12, AFTB Level III Training
  - Feb. 13, AFTB Level III Training; Consumer Scams, Bad Habits and Getting Help; Local Job Market Orientation
  - Feb. 14, AFTB Level III Training Story Hour (library)
  - Feb. 20, Saving and Investing
  - Feb. 27, Getting Insurance
  - Feb. 28, FRL/FRG Training, Story Time (library)
- For information about classes listed or services provided call mil 485-8188 or civ (06783) 6-8188.

## Health corner

# Help others quit smoking

Did you know that tobacco use adversely affects soldier readiness?

It decreases stamina, wound healing, hand-eye coordination, and night vision. It increases overall injury rates, especially cold weather injuries.

Tobacco kills over 400,000 people each year; this translates into 1,500 people each day. Tobacco related illnesses might be the worst plague the history of the world has ever known.

The American Cancer Society, in conjunction with the Centers for Disease Control and Prevention, has compiled the following description of the events in a smoker's body which begin within minutes of quitting.

- Within 20 minutes after quitting smoking, the blood pressure and heart rate lower

closer to normal and the temperature of the hands and feet increases to normal.

- By eight hours after quitting, the level of oxygen in the blood increases closer to normal and the level of poisonous carbon monoxide in the blood lessens.

- By 48 hours after quitting, the nerve endings begin new growth and the senses of taste and smell improve.

- During the next one to nine months, coughing, sinus congestion and shortness of breath start to improve. The body has little sweepers called "cilia" in the lung passages that clean away germs and dust. These are damaged by smoking. These begin to regrow during this time, reducing the risk of infections.

- One year after quitting, a former smoker has cut the risk of heart disease by nearly one half what it

was when smoking.

- Five years after quitting, when compared to a smoker, a former smoker has cut the risk of lung, mouth, throat and esophagus cancers by nearly half. In five to 15 years, the former smoker will have the same risk for stroke as someone who never smoked.

You can help other people quit tobacco by becoming a Tobacco Cessation Facilitator. The only prerequisite is that participants must be tobacco free from Oct 2001. A Train-the-Trainer course will be offered at the Rheinlander Convention Center on March 14 from 8 a.m. – 5 p.m.

The course is free of charge. To sign up, contact the 222nd BSB health promotion coordinator at mil 485-6784 or civ (06783) 6-6784.

## 1-35 soldiers keep history alive

By Ignacio "Iggy" Rubalcava

222nd Base Support Battalion  
Public Affairs Office

History is alive and rolling at Baumholder thanks to a handful of soldiers from Charlie Company, 1st Battalion, 35th Armor Regiment who have dedicated themselves to keeping a World War II vintage M4A1 Sherman Medium Tank in working order.

The 176mm main gun, the two 30 caliber machine guns and the 50 caliber anti aircraft gun are not functional but everything else, including the nine-cylinder radial aircraft engine is still operational.

Spec. Anthony Housey, one of the soldiers who has taken the tank under his wing and dedicated much of his spare time to its upkeep explained that the tank actually belongs to the 1st Armored Division Museum but C Company, 1-35th Armor is responsible for maintaining it.

The tank has been at Baumholder a year or so. It was donated to the 1st Armored Division Museum by a museum in Friedburg. "When we got it, it was running," said Housey. "We kind of lost interest in it at first but a couple of us had seen it when it first came and since then, for about six months, we have been working on it."

The Sherman is a far cry from what the soldiers regularly maintain and operate, the M-1 Abram. The turret and the hull on the Sherman are actually two different pieces. The hull itself was an actual combat vehicle that was used during the war.

Keeping the old Sherman tank on life support is not the only thing the soldiers do to maintain the lineage of the battalion, which em-

ployed this type of medium tank during the Battle of the Bulge. Housey and the other four soldiers, Sgt. Eric Stiles and Specs. Mark Reboy, Thomas Stundenroth and Jason Fisher are all history buffs who travel to various historical commemorations in Europe throughout the year. When they roll into places like Bastogne, France or Mons, Belgium dressed in World War II era uniforms, they are often the sole representation of the U.S. Army at these historical commemoration events, according to Capt. Walter Richter, C Company, 1-35th Armor commander.

"Some people might say that the 1st Armored Division wasn't in the Battle of the Bulge, but the battalion was," said Richter. "All three battalions of the 35th Armored Regiment were in the Battle of the Bulge," he said.

"Our particular battalion, the 1st Battalion, was the 771st Medium Tank Battalion in 1944. It was assigned to another division but was still part of the element that fought in the Ardennes Offensive. The 2nd and 3rd Battalions were part of the 4th Armored Division. They were part of the liberation of Bastogne. The 8th Tank Battalion, which is our 2nd Battalion, first made contact with the Germans and tried to hook up with the 101st. And it was our 3rd Battalion, 35th Tank Battalion that pushed up on the left flank of the 4th Armored Division and liberated the 101st," said Housey.

According to information compiled by amazon.com, the Battle of the Bulge was the largest land battle of World War II in which the United States participated. It lasted from Dec. 16, 1944 to Jan. 28, 1945 and more than a million men fought in this battle, including some 600,000



Photo by Ignacio "Iggy" Rubalcava

Soldiers from Charlie Company, 1-35 Armor pose with their World War II era uniforms and weapons in front of the M4A1 Sherman tank that they maintain for the 1st Armored Division Museum. From left are Specs. Jason Fisher, Thomas Stundenroth, Anthony Housey, Mark Reboy and Sgt. Eric Stiles.

Germans, 500,000 Americans, and 55,000 British. The German military force consisted of two Armies with ten corps, which equal to 29 divisions. The American force consisted of three armies with six corps, equal to 31 divisions.

"I think these soldiers deserve some recognition because there aren't any other U.S. Army soldiers over here doing this," said Richter. "If they go to an event, they are the representation for the U.S. Army. There's just really something to be said for it, and this is history that they are physically maintaining. The work they do on this tank is the labor of love," he said.

The group recently traveled to Bastogne for a reenactment of the Battle of the Bulge. They threw on their vintage uniforms and joined

other groups in an 18 kilometer road march. The soldiers were all geared up to take the tank with them but last minute arrangements fell through and they had to leave the Sherman parked in their motor pool.

"There's no command directive to do this. This isn't something the battalion is tasked with and no one

is saying 'hey, you gotta' go fix a tank or else.' This is just something that they do," said Richter.

"There's a lot of history within the division that needs to be maintained. And that's exactly what these soldiers are doing. And they're educating - they're educating other soldiers," said Richter.



Contributed photo

The World War II era M4A1 Sherman Tank on display at Bastogne, France.

## Annual AFAP conference set

Baumholder's annual Army Family Action Plan Conference is Feb. 6 from 8 a.m. to 5 p.m. at the Rheinlander Convention Center. Every year the Army Family Action Plan staff organizes this conference that gives Army leadership an idea of issues or concerns from the military community including soldiers, family members, retirees and civilians. Community members have an opportunity voice their concerns through Feb 6. At that time all concerns will be discussed at the conference.

Any quality of life concerns can be submitted as possible issues for this year's conference. Direct all

issues to the AFAP issues committee point of contact, April Barnett, at:

[april.barnett@104asg.mwr.army.mil](mailto:april.barnett@104asg.mwr.army.mil) or mil 485-8188. Collection boxes for issues are available at the front desk of ACS and at the Red Cross.

An AFAP issue is a quality of life concern that requires a policy or program change. Each year, issues raised through the local conference are forwarded to the 104th Area Support Group level where they are prioritized and discussed and then if necessary, sent to the USAREUR level. This March, a Department of the Army conference will be held to discuss issues sent up from the

past two years.

Once a suggestion or concern is brought to the AFAP Issues Committee, the committee researches the problem to determine if the issue is viable. A viable issue is one that has not been brought to the Department of the Army conference in the past three years and one that has broad impact. Individual complaints are not viable AFAP issues and should be dealt with either through the appropriate agency or through the CHAMP Card system at the 222nd Base Support Battalion level. For more information contact Laura Chan, AFAP coordinator, at mil 485-8542/8188.

# 222nd BSB – Baumholder, Neubrücke, Strassburg

## BCSC members serve community

**By Renee' Poche**  
*BCSC Parliamentarian*

For many the new year has only just begun, but for The Baumholder Community Spouses' Club, a very busy year is halfway through. The 2001-2002 year is proving to be extremely fruitful for the members of the BCSC as well as for the members of the Baumholder military community.

The BCSC is on the move. Members of the club are at work providing the community with ongoing services, seasonal activities, and special events.

Three ongoing services involve sponsoring of family readiness groups, the Baumholder Thrift Shop, and the Bright Eyes program. By sponsoring FRG's the BCSC enables groups to hold their own major fund raisers and maintain all the proceeds. The BCSC maintains and promotes the Baumholder Thrift Shop, which provides sensible shopping for the bargain hunter and a place to consign those hard-to-part-with personal treasures. The Bright Eyes Program provides financial assistance for children's eye wear. More than \$1,600 has been provided this year to qualifying families.

Several seasonal activities kept the BCSC busy in the first half of the year. The German children were unable to trick-or-treat on post this year so the Club brought candy to all the German students at schools in the surrounding community. This was a small way to show appreciation for the display of support our post received following the tragic events of September 11. During the Christmas season the BCSC sponsored the Angel Tree, from which more than 200 children received gifts. The club also decorated the Rheinlander Convention Center and sponsored holiday gift wrapping services.

The BCSC annually sponsors a Bazaar in Baumholder. Planning for this year's event is well underway. The Bazaar is organized and run solely by volunteers from the club and community. This large-scale event is the club's most prosperous fund-raising activity. Last year more than \$20,000 was raised and given back to the community. This year the BCSC's Spring Bazaar is scheduled for April 5-7. There will be vendors from all over Europe selling items such as Polish pottery, antiques, crystal, children's toys, clothing, wine, baskets and

much more. Plan to shop with us or maybe even volunteer. Anyone interested in taking part may contact the bazaar's volunteer chairperson, Sarah Schmidt, at civ (06783) 980022.

BCSC fund raising activities are held for the main purpose of giving back to the community. This is achieved by semiannual welfare disbursements. The club has recently awarded a total of \$12,500 to organizations and programs through its fall welfare disbursements. Some of the clubs receiving funds were the Cub Scouts, Girl Scouts, and Boy Scouts. The Baumholder High School Parents, Teachers and Students Association and The Baumholder Hospitality House were also awarded money. Army Community Service and Educational and Developmental Intervention Services were given funds to assist with their programs. Five thousand dollars is earmarked for winners of the BCSC Continuing Education Scholarships. A few other programs or groups benefiting this fall were DARE., the Baumholder Library, and the Community Counseling Center. The Club will be collecting new fund requests beginning in February and



Photo by Ignacio "Iggy" Rubalcava  
Customers shop for bargains at one of the recent bazaars sponsored by the Baumholder Community Spouses' Club.

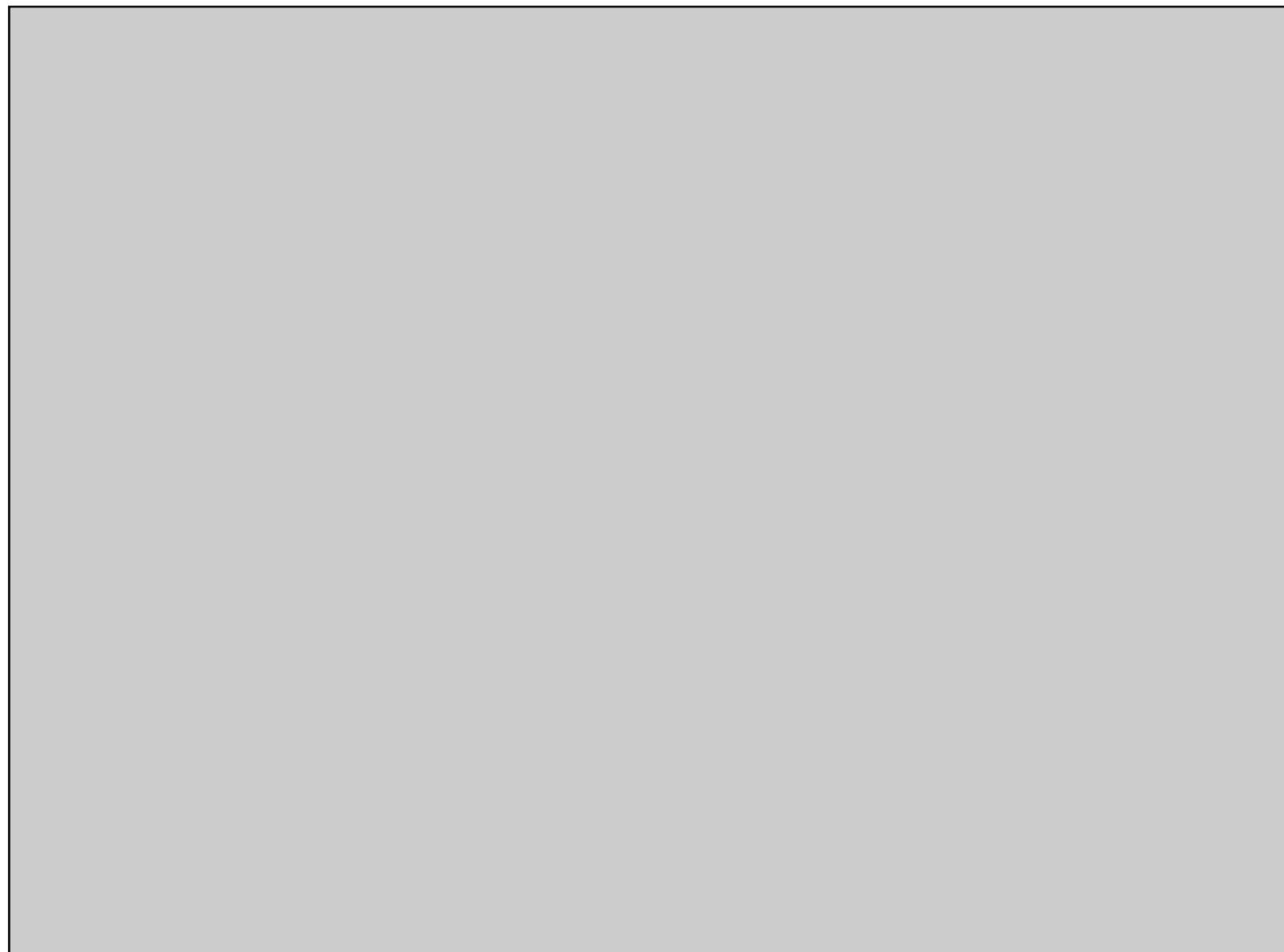
will disburse this year's spring awards in April.

Being a member of the BCSC can be very rewarding. Not only do you have the privilege of knowing you've helped give to the community, but it also provides great social opportunities. The BCSC has

monthly luncheons/dinners where the club members and invited guests enjoy great company, tasty food, and fun activities. Some program topics at the monthly gatherings have been women's health, quilts, and self-esteem. A member's bingo was enjoyed at the October dinner along with a costume contest. The upcoming February meeting is entitled "Some Enchanted Evening." The dinner is scheduled for 6:30 p.m. Feb. 20 at the Rheinlander Convention Center. A wine vendor will provide a wine tasting and a chance to purchase your favorite wines prior to the meal. Chicken cordon blue, salad, roasted potatoes, mixed vegetables, and dessert will be served for \$12. A charity basket and wreath auction will be the activity accompanying dinner. One is not required to be a BCSC member in order to attend this festive event; however a reservation is necessary and should be made by calling Melissa Mullins at civ (06783) 903886 no later than Feb. 13. Child care will be provided on site, by reservation only, for a fee.

The BCSC is always looking for new members. BCSC membership is open to all military ID card holders living in the Baumholder vicinity. This includes spouses, sponsors, Department of Defense employees and retired U.S. military.

Dues are paid yearly upon joining. Dues at the beginning of the year are typically \$15 or \$8 if joining midway through the year (January or later). Anyone interested in joining should contact Sandy Coleman, membership secretary, at civ (06783) 187743.



## 90th PSB reconfirms partnership

*Reservists had two reasons to celebrate*

The Rheinlander Convention Center was crowded with men in uniform and women in evening dresses when members of the 90th Personnel Service Battalion and their German Partnership unit, RK Westrich, gathered to celebrate two silver anniversaries, the 25th anniversary of the reservist association Westrich and the 25-year partnership between the RK Westrich and the 90th PSB.

Master Sgt. Rolf Haag, chairman of the reservist association Westrich, reflected on the past 25 years. The RK Westrich was founded in June 1976 and a short time later the first contacts were made with the present partnership battalion, according to Haag. In September, 1976 the German-American partnership became official. "We have shared many experiences since that time," said Haag. He noted the joint performance badge competitions as an example. "But equally as important as the military activities are the personal contacts,

which were intensively cultivated," said Haag.

Lt. Col. Mark S. Davis, 90th PSB commander, also noted the personal contacts. The partnership, one of the oldest in Germany, is very important, according to Davis.

Manfred Fuchs from the KD Nahe-Hunsrück praised the partnership as "A great thing. It lasted for 25 years now and has proven itself worthy." Fuchs added that he is confident the partnership will continue to grow.

Maj. Gen. Dee A. McWilliams, Deputy Chief Of Staff, Personnel and Installation Management, U.S. Army Europe and Seventh Army, also emphasized the importance of the partnership for the Americans. She mentioned the military advancements as well as the "permanent friendships" which occurred during that time.

McWilliams went back a few years in time and noted that during the American war for independence, two Baumholder natives,

George Metzger and Jean Simon, fought for the Americans in the battle of Yorktown in 1781. The Americans won the battle, one of the most important ones for the independence of America.

Because of this, McWilliams said, "Baumholder will always stay in our hearts."

Haag and Davis then signed a certificate officially reconfirming the partnership.

Several individuals were also presented with the performance badge, sports badge and marksman badge. The German sports badge was earned by 1st Lt. Nayda Concina, Spec. Andrew McDonald, Pfc. Lee Huddleston, Spec. Carl Averette, Sgt. Luis Ramos, Pfc. Daniel Rabb and Spec. Dawne Long.

The State Medal in bronze was presented to Staff Sgt. Lothar Antes.

The Medal of Honor in bronze received Master Sgt. Mathias Haag, Sgt. Mario Albert, Master Sgt. Frank-Oliver Eli and Pfc. Thomas Grammes.



Photo by Bernd "Bernie" Mal  
Lieutenant Colonel Mark S. Davis, 90th Personnel Service Battalion commander, and Master Sgt. Rolf Haag, chairman of the reservist association Westrich, jointly cut the anniversary cake.