

ACS readies for 36th birthday

Baumholder's Army Community Service invites everyone to join them in celebrating their 36th Birthday. ACS will host a birthday cookout and open house July 25 from noon-3 p.m. at ACS

From pioneer days to the Volunteer Army of the 1980's, the concept of humanitarian concern for the welfare of others exists as a foundation of the Army way of life. The pioneer Army wife knew hardship in her environment, but she established an enviable pattern of personal sacrifice and compassion still found in the Army spouse today.

For years, Army spouses have operated lending closets; thrift shops; and nurseries; raised funds to help the needy; assisted in emergencies; taught and trained the inexperienced; provided care and comfort to the ill and bereaved; and, through a grass roots understanding of the Army community, contributed significantly to its stability. An adverse aspect of these social service activities was that they often disappeared or stagnated when their originators were transferred or left the service.

Army Community Service was designed to help eliminate adverse

conditions to a large extent and provides a flexible framework for the operations of a viable system of social services. Emerging needs can be met, and services no longer needed could be discarded, to ensure that each program is adapted to the requirements and resources of each local Army community, and to meet community needs.

Moving toward its fourth decade, ACS has grown and evolved in responsibility and effectiveness. Since the revised publication of AR 608-1 in 1978, additional programs were formed under the Army Community Service umbrella. In 1982 the Family Advocacy Program and the Family Member Employment Assistance Program were officially established. In 1988, the Relocation Assistance Program was officially established by a Department of Defense Instruction and further mandated by Public Law in 1989. In its current structure, ACS consists of the Relocation Assistance, Financial Readiness, Family Member Employment Assistance, the Volunteer Program, the Exceptional Family Member Program, the Family Advocacy Program, the Outreach Program, and the Information, Referral and Follow-up Pro-



Photo by Ignacio "Iggy" Rubalcava

From left, Bridget Sanders, Tiffany, Krone, Doris Reed and Teresa Maynard keep the day-to-day business at Army Community Service under control at the reception desk.

gram.

In fiscal year 95, an official mission statement was established for ACS. "ACS will assist commanders in maintaining readiness of individuals, families and communities within America's Army by devel-

oping, coordinating, and delivering services which promote self-reliance, resiliency, and stability during war and peace." ACS is currently undergoing a complete restructuring process, which will further enhance the program's mis-

sion and will authenticate ACS as "Partners in Readiness". ACS will continue to be part of the Army's "Power Projection Platform."

For more information about ACS services or its birthday celebration call mil485-8188.

Soccer referees

The Kaiserslautern Officials Association is sponsoring a U.S. Soccer Federation referees clinic July 28-29 in Building 2203, on Ramstein Air Base. The start time is 8:30 a.m. Anyone interested in officiating soccer is welcome to attend. Coaches are also welcome. Contact Ron Harnage at mil 480-8190 or civ (0631) 54926 for further information.

Post notes

Preseparation

Soldiers are required to complete a mandatory preseparation briefing (DD2648) at ACAP no later than 90 days before their estimated separation date. Appointments are available every day at 9 a.m. and require approximately an hour and a half.

Job assistance

ACAP offers job assistance workshops and counseling to help with the transition from the military to the civilian job market. Workshops are offered by formal instruction every other Wednesday. The next formal workshop is July 25 from 8:30 a.m. to 4:30 p.m.

Job assistance can also be ac-

cessed through ACAP's new computer system and covers such topics as how to create a resume, find jobs, network, and interview. Clients can cover topics by computer at their own pace.

Call to schedule an appointment, or drop by any afternoon to work with ACAP's computer-based job assistance tools. For more information, contact ACAP at mil485-6741/6330 or civ (06783) 6-6741/6330.

ACAP services

Baumholder's Army Career and Alumni Program office hours are from 7:30 a.m. to 4:30 p.m. ACAP is also open during lunch to assist clients. Soldiers scheduled to leave the Army can get information about

their options at ACAP. ACAP offers preseparation briefings, job assistance workshops and job assistance counseling that can help soldiers review their options and assess how the skills developed in the Army can be transferred into civilian life. Soldiers can make appointments for ACAP services at mil485-6741/6330 or civ (06783) 6-6741/6330.

ACAP for all

Any family member of a soldier scheduled to leave the Army is eligible to receive services from ACAP. Orders are not needed and the sponsor does not have to be present for the spouse to attend ACAP classes or to receive assistance from ACAP counselors. Even if a soldier is deployed, spouses can still receive ACAP assistance in Baumholder.

ACAP offers job assistance workshops and professional counselors to help advise during the career transition process. Counselors will help clients think through issues such as a civilian budget, searching the job market, writing a resume, and preparing for job interviews. Take advantage of ACAP

services now to begin planning for the future.

Call to schedule an appointment at mil485-6741/6330 or civ (06783) 6-6741/6330.

See your VA rep

Soldiers contemplating retirement or retired veterans living in the community can attend a Veterans Affairs briefing July 24, at 9 a.m. A VA representative will address questions about VA benefits, claims filing and home loan guarantees. Call ACAP at mil485-6741/6330 or civ (06783) 6-6741/6330 to reserve a space at the briefing or for an individual appointment with the VA Representative after the briefing.

Foster care

The Army Community Foster Care Program is looking for foster care families. A foster care program is designed to provide a needy child with a temporary home in which she or he can find love, happiness and protection. Foster parents are people who know that parenting is not easy. They are familiar with the stresses of raising a family and are ready to help out in a crisis. They are willing to extend the love they share with others. Foster parents are very special people. All interested families should contact the foster care coordinator at mil 485-8188 or civ (06783) 6-8188.

Get with NOW

Baumholder NOW - Newcomer's Orientation and Welcome is a program for spouses in the Baumholder military community. This is a three-day orientation designed to welcome and inform spouses of military members and civilian employees to Baumholder by providing relevant information and developing skills for living in this unique environment. Spouses will learn about Germany and the local community through briefings on customs and a survival German language and cultural adaptation class. Spouses, new to the military or not, will also have an opportunity to attend an introductory class to the Army life-style. Free transportation and child care is available for all registered participants during the orientation. All participants must register with ACS, to learn more about this program stop by ACS in Building 8746 or call mil 485-8188 or civ (06783) 6-8188.

Single parents

Army Community Service is beginning a new service targeted at single working parents. The Sole Parent Support Service is designed to introduce single parents to one another and increasing the understanding and appreciation of oneself as well as one's children, by exploring and discussing the advantages and disadvantages of being a single parent. Call ACS at mil 485-8188 or civ (06783) 6-8188 for more information on these services.

Spouses club

The Baumholder International Spouses Club and the Story Book Hour will not meet again until August.

ACS calendar

July 10 - Anger Management and Coping Skills, Baumholder NOW

July 11 - Conflict Resolution Skills, Banking and Checking Accounts, Baumholder NOW, Sponsorship Training

July 12 - Challenges of Blended Families

July 16 - Successful Parenting

July 17 - Stress and Time Management

July 18 - Building Positive Self Esteem, Using Credit Wisely

July 19 - Love and Logic Parenting

July 23 - Assertiveness Training, Baumholder NOW

July 24 - Anger Management and Coping Skills, Baumholder NOW

July 25 - ACS birthday cookout

July 26 - Challenges of a Blended Family

For more information about

Post notes

classes listed or services provided call mil 485-8188 or civ (06783) 6-8188.

G.I. Bill changes

Public Law 107-14 recently approved by the Congress addresses the use of the Top-Up provision for those who use the Montgomery G.I. Bill. Changes presented by this law will affect the Montgomery G.I. Bill entitlement so soldiers should talk to an education counselor if they have used the Top-Up provision already. Call the education center at mil 485-6487 for more information.

Auto exams

The Automotive Service Exams will be offered at Baumholder Nov. 13-15. Exams must be requested at the Baumholder Army Education Center before Sept. 5. Call Bill Badger at mil 485-6487 for more information.

Adult education

Baumholder's Adult Education Program begins registration for the next semester on Aug. 1. Language courses offered include Conversational German, Italian and Spanish. Call Bill Badger at mil 485-6487 for more information.

Univeristy visit

The University of Oklahoma field representative from Ramstein Air Base will visit the Baumholder Army Education Center on July 11 from 11 a.m. to 3 p.m. People who wish to discuss Oklahoma's graduate degree programs are invited to meet with the university's representative. Call mil 485-6487 for more information.

Tuition

Active Duty Service members may be eligible to use both, Army Tuition Assistance, and their Montgomery G.I. Bill benefits to pay for college tuition at the same time. Talk to an education counselor today to see if you qualify. Call Bill Badger at mil 485-6487 for more information.

Ed benefits

Active duty members with VEAP education benefits may be eligible to convert to the more lucrative Montgomery G.I. Bill Program. Visit the Baumholder Army Education Center today to see if you qualify. It is not necessary to have money in your VEAP account to convert. Call Bill Badger at mil 485-6487 for more information.

Operating hours

The Army Learning Center,

Building 8108 is now open Mondays through Thursdays from 9 a.m. to 9:45 p.m. Friday hours remain 9 a.m. to 5 p.m. The Center is closed daily from 1-2 p.m. for lunch. Visit the Learning Center for CLEP, GED, SAT, ACT, AFCT, and MOS study material. You will also find an on-line bookshelf with the latest Army regulations and pamphlets. Call Lonnie Allen at mil 485-6484 for more information.

On-line testing

People who use the computers located in the Army Learning Cen-

ter, or the University of Maryland's Computer Lab, are required to complete the on-line USAREUR Computer Users Test. This test can be taken at any location that has computers connected to the Army's local area network. A copy of the users license must be shown before using the computers. Taking the test on the same day you wish to order a military correspondence course may be difficult due to the limited number of computers on-hand, so plan ahead. For more information, call Lonnie Allen at mil 485-6484.

Bible school

Vacation Bible School will be offered July 30 through Aug. 3 from 9 a.m.-noon daily at Smith Elementary School. Children from kindergarten through sixth grade are invited to attend. For more information regarding registration call Paula Powers at civ (06782) 107-838 or Chaplain Bennett at mil 485-1570.

Open tourney

Grab some friends and head up to Rolling Hills Golf Course July 22 for the Baumholder Open. The format is stableford and all RHGC e.V. Members are welcome to participate. All tournaments are open to members and their guests. For details contact the Rolling Hills Golf Course at mil 485-7299 or civ (06783) 6-7299.

40th Engineers train for safe summer fun



Photos by Ignacio "Iggy" Rubalcava

Soldiers from Charlie Company, 40th Engineer Battalion, above, learn how to use their uniforms as flotation devices. At right, soldiers practice floating techniques.

By Ignacio "Iggy" Rubalcava

222nd Base Support Battalion
Public Affairs Office

With the onset of summer and soldiers taking advantage of their well deserved block leave, the leaders of the 40th Engineer Battalion initiated training to ensure their soldiers were safe around water this

summer.

In order to train all their soldiers before they went on block leave, Brigitta Bruehl, fitness director, and the staff at Baumholder's indoor pool trained 11 soldiers from the 40th Engineers who then turned around and trained more than 300 engineers on water safety in only two days.

"Because we don't have the staff to train so many soldiers at one time, we offered to train some of their people to be instructors," said Bruehl.

"It worked out great. The instructors did an excellent job of passing on what they had learned about water survival to the more than 300 soldiers in just two days,"

she said.

Typical military water survival includes such lessons as how to make floatation devices out of BDUs and although the soldiers did receive training in this area, the focus was on recreational swimming.

"We were looking more into survival floating, treading water, and safety briefings that taught soldiers what they should do and not do around open water. There was instruction on how to deal with currents, swimming in the ocean and how to avoid hypothermia. We even touched on the proper use of sun screens—anything that has to do with water," said Bruehl.

As noted, soldiers received training on the dangers of hypothermia. "Hypothermia is the loss of body heat and it is responsible for as many as half of all water fatalities," said Bruehl. Water draws warmth away from the body 25 times faster than air does. Even in the summer, water temperatures in many lakes and rivers are low and can quickly lead to hypothermia. At first, the extremities (arms and legs) become sluggish. As more blood becomes concentrated in the chest and trunk areas, less blood flows to the brain. Judgment becomes clouded, and is often followed by unconsciousness. Once this stage is reached, victims usually drown or die of cardiac arrest.

"We did the drown proofing training to give soldiers a base to start from so that they know what to do to save their lives if something should occur," said Charlie Company 1st Sgt. Gerald Williams.

"We also identify strong swimmers, weak swimmers and none swimmers when we do our drown proofing because we don't want to increase the fear of the water for none swimmers. Those individuals receive special safety briefings and we encourage them to use some sort of floatation device when they are around water," he said.

Preparing soldiers for a safe summer of fun in the water is more than learning how to stay afloat in an emergency. Safety education plays a big roll. "The most important message from a safety aspect that I can pass on is that any natural body of water without a lifeguard is off limits to all military personnel in Germany," said Helmut Kaufmann, 222nd Base Support Battalion safety officer. They are not common in Germany, but wearing a floatation device such as a life vest is highly recommended, especially when boating. Although safety should always be a part of fun in the water,

people are more apt to reach dangerous waters while boating than when swimming off shore.

More About life vests

A professional football player would never go onto the field without appropriate safety padding. Soldiers do not ride in tactical vehicles without their Kevlar Helmet. Yet, many boaters, many of them those same soldiers that don their Kevlar when required, take to the water without wearing an extremely important piece of equipment—a life vest.

Drowning is the leading cause of death for recreational boaters, with 574 drownings in the U.S. in 1998. Life vests could have saved the lives of approximately 509 victims.

The newest data available indicates a long-term decrease in boating fatalities; however, more than 800 boaters died in the U.S. alone last year (a combination of capsizing, falls overboard, collisions, and other accidents) and there were 4,612 reported injuries.

Some facts to consider when boating include:

- Capsizing and falls overboard accounted for more than half of all boating fatalities in 1998.

- U.S. safety officials highly recommend wearing life vests when boating.

- Simply put, life jackets are very difficult—almost impossible—to find and put on once you are in the water; they are easier to put on before an emergency situation occurs.

Following the posted rules of local authorized swimming areas is also important. "Baumholder Lake, for example, has safety rules posted that everyone should read and observe when swimming there," said Kaufmann. Other general safety rules swimmers should observe include:

- Know and observe your swimming limitations and capabilities.

- Avoid swift-moving water. If caught in a current, swim with it and angle towards shore or the edge of the current until you reach safety.

- Always swim with a partner.

- Observe warning signs.

- Stay out of the water during thunderstorms and severe weather.

- Never swim when you are tired, under the influence of alcohol, drugs, or medication.

- Never allow young children to swim without adult supervision.

- If you are at a beach with flags posted, know the meaning of each and pay attention to them. If they change take appropriate action.

WIC-Overseas eligibility requirements relaxed

It is now easier to qualify financially for the Women, Infants and Children Overseas program. WIC-Overseas is a nutrition education and supplemental food program. To be eligible for WIC-Overseas, you must qualify categorically, financially, and nutritionally. As of July 1, the annual and monthly income standards increased from a family of three having an annual income of \$20,813 per year to \$33,837 per year.

This is a substantial change from the previous standards and those

who did not qualify before might now be eligible.

To determine financial eligibility WIC-Overseas looked at the number of persons in the household and the total annual or monthly income.

The number of persons in the household includes all persons living in the home. Pregnant women count as two, or the pregnant woman and the fetus count as two people.

So if this is a couple's first child and they are married, they are con-

sidered a family of three. To determine income, the military member's pay and the spouse's income, if any, were added. The table at right is a guideline to help determine eligibility. Some special pays are excluded from the income calculation, so check with your WIC Overseas Office for details.

People who think they may be eligible should contact the WIC-Overseas office located in Building

8746 directly below Army Community Services. Hours are 8 a.m.-4:30 p.m. Mondays through Fridays. For more information about determining eligibility call the WIC-Overseas office at civ (06783) 6-8001.

The WIC-Overseas office is also looking for volunteer translators for German and Spanish speaking participants. Volunteers will need to complete the Red Cross volunteer course.

Family	Annual	Monthly
2	\$26,844	\$2,237
3	\$33,837	\$2,820
4	\$40,830	\$3,403
5	\$47,823	\$3,986
6	\$54,816	\$4,568
7	\$61,809	\$5,151
8	\$68,802	\$5,734
Others	\$6,993	\$583



By Ignacio "Igg" Rubalcava

Paul Dupre, Baumholder chief of police, receives loading instructions from Brandt Gardner, Rod and Gun Club program specialist.

BSB hosts German/American skeet, pistol, M-16 shoot

By Ignacio "Igg" Rubalcava

222nd Base Support Battalion
Public Affairs Office

Bullets were flying when the German polizei, U. S. Air Force security police and German forestry service descended on Baumholder recently.

No one was injured though because they were here by invitation of Lt. Col. Eric Wagenaar, 222nd Base Support Battalion commander, to participate in a German/American three-man partnership shoot on June 20.

Teams included members of German Polizei officials from Baumholder, Birkenfeld, Turkismuhl and the Idar-Oberstein Kiminal Polizei. Also taking up arms were individuals from the German military police, Baumholder's Criminal Investigation Division, the Spangdahlem security police, the German forest service and 222nd BSB members.

An avid shooter and hunter, Wagenaar welcomed the group at the Rod and Gun Club with a little

levity, "Welcome everyone. This is intended as a fun event...but I'm going to win!" After Wagenaar's ice breaking welcome, rules and instructions were given and the shoot got under way.

Competition included demonstrating proficiency with the 9mm pistol, M-16 rifle and at shooting skeet.

Top individual shooter with the 9mm was Hans-Jochen Felsen from the German forestry service. Best single shooter with the M-16 was Maj. Jack Trowbridge from the Baumholder Health Clinic and the best individual skeet shooter award went to Benedikt Dages from the Birkenfeld polizei.

The best team effort with the 9mm was the Turkismuhl polizei team. Baumholder's CID team took honors with the M-16 and the best skeet team was the German forestry service.

The best effort of the day award went to Marion Kehr from the Spangdahlem security police and the Birkenfeld polizei team earned the best team average.