

Volunteers needed

Are you looking for a way to get involved in the community or earn promotion points? The Baumholder Holiday Bazaar, scheduled from Nov. 16 through 18, is in need of volunteers to be vendor assistants, greeters and hospitality/raffle assistants. There will be special volunteer raffles held throughout the event giving volunteers the opportunity to win prizes provided by the vendors.

Also needed are Basketball Coaches for youth of all ages. The sports program offers free training and certification, as well as discounts on registrations for parents with children in the program. Persons interested in volunteering their time and talent may call the Installation Volunteer Coordinator, Tracy Grice at mil 485-8188/6565 or civ (06703) 8188/6565

Haunted reenlistment

Reenlisting in the Army can be a scary undertaking for many but Staff Sgt. Christopher W. Hale from the 47th Forward Support Battalion decided to venture straight into the jaws of fear and reenlist on Halloween night at the haunted house sponsored by the 47th FSG. Hale is the Charlie Company motor sergeant, and his wife, Angel, is the Company Family Readiness Group Leader and chairman of the haunted house. The 47th FSB has led the way in reenlistment, and we're off to a great start this fiscal year, said Lt. Col. Heather Ierardi, 47th FSB Commander. During fiscal year 2000, the 47th FSB led the reenlistment race for the 1st Armored Division and the Army. This year the unit's momentum has dropped slightly into third place in USAREUR, but still, they remain the battalion on Baumholder with the best reenlistment record for the last fiscal year.

Open season

HEIDELBERG, GERMANY – This year's Health Benefits Open Season is now under way and runs through Dec. 10. Open Season allows all eligible federal employees the opportunity to modify their current health insurance plan or select a new one. Open Season occurs twice each year and will not occur again until July 2002. Open season does not affect new employees, who still have 60 days from their start date to enroll in a health insurance plan. For more information or to change coverage, visit the Federal Employees Health Benefits Program home page at <http://www.opm.gov/insure/health/index.htm>. Federal enrollees can review the Open Season guide and health plan brochures on the web site.

Golf course stays open

Rolling Hills Golf Course is breaking new ground by remaining open during the winter months. Management believes that with the new irrigation system and greens-keeping crew, summer greens can be played all year round. Officials anticipate attracting golfers from other areas wishing to maintain a sharp golf game.

Every minute counts

In the wake of the Books for Babies Program, which was initiated in June between the Baumholder Clinic and Wetzel Elementary School, the "Every Minute Counts" program was initiated Oct. 25. For this program, the

Post notes



by Ignacio "Igggy" Rubalcava

Trick-or-treaters Christian Thole, left, and Daniel Rubalcava make the dash through Wetzel housing collecting their Halloween goodies. Security concerns forced an early start for the traditional gathering of goodies that also limited the amount of children on the street since many German children were not allowed to enter the housing areas.

teachers' association, the Baumholder Area Education Association, and Sister Therese (the daughter of a teacher at Wetzel Elementary School) donated books for the pediatric waiting rooms at the clinic. This program encourages parents to read to children. Members of the teachers' association were present for the initiation of the program. They assisted in introducing children to the books and it wasn't long before the children had the books with their mothers and were enjoying listening to stories, according to clinic officials.

Volunteer opportunities

The Baumholder Station of the American Red Cross is looking for volunteers to assist with fund-raising endeavors, volunteer management, and casework as well as people interested in becoming volunteer community

instructors. Volunteer orientations will be held Nov. 20 at 9 a.m. at the Red Cross classroom in Building 8125, above the Wagon Wheel Theater.

Afghan sale

Baumholder Afghans are on sale now at the Red Cross office. Buy now for the holiday season because the supply is limited.

Winter basket

The Red Cross holiday basket will be raffled off Nov. 21. Persons interested in participating in the raffle may make a donation at the Red Cross office or in front of the Post Exchange the weekend of Nov. 17.

ACAP services

Army Career and Alumni Program hours are 7:30 a.m. to 4:30 p.m. ACAP is also open during lunch to assist clients. Soldiers sched-

uled to ETS can get information about their options at ACAP. We offer pre-separation 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 mil 485-6741/6330 or civ (06783) 6-6741/6330.

Pre-separation briefing

Soldiers are required to complete a mandatory pre-separation briefing at ACAP no later than 90 days before their 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 Nov. 7 and 21 at 8:30 a.m. and ends at 4:30 p.m.

Job assistance can also be accessed 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 mil 485-6741/6330 or civ (06783) 6-6741/6330.

Spouses can use ACAP

Any family member of a soldier scheduled to ETS is eligible to receive services from the Army Career and Alumni Program. 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 mil 485-6741/6330 or civ (06783) 6-6741/6330.

See your VA rep

Soldiers contemplating retirement or retired veterans living in the community should attend a Veterans Affairs briefing. Due to overseas scheduling, the next VA briefing is tentatively scheduled for January of 2002. Contact the VA office in the United States at 800-827-1000 for further information. This is not a toll free call from Germany. The VA can also be reached at their web site at www.va.gov.

Interfaith service

The Baumholder community will gather for an interfaith Thanksgiving prayer service followed by fellowship at noon Nov. 21 in the downstairs assembly room of Chapel One. Everyone is welcome.

Code talkers help win World War II

In November, America observes Native American Heritage Month. President George Bush declared the first American Indian Heritage Month on Aug. 3, 1990. This observance evolved from a Native American Awareness Week that began in 1976. The purpose of the Native American Indian Heritage Month is to honor and recognize Native American Indians for their contributions to the building of the United States of America.

One significant contribution helped the United States win World War II. Since the Japanese were experts at breaking communication codes, the U.S. Marines decided to

use Navajo code talkers to transmit telephone and radio messages. The Navajo code talkers participated in all assaults by the U. S. Marines in the Pacific from 1942 to 1945.

Philip Johnston introduced the idea to use Navajos as code talkers. Johnston was raised on a Navajo reservation and knew that the U.S. military was searching for a communications code that would withstand the Japanese deciphering attempts. He was aware that a Native American language (Choctaw) had been used in World War I to encode messages.

Johnston believed that the Navajo language was perfect for the

task because the language was unwritten and very complex. In addition, Johnston thought the syntactical qualities, and dialects made it incomprehensible to anyone who was untrained.

In 1942, Johnston demonstrated that the Navajos could encode, transmit, and decode an English message of three lines in twenty seconds. In contrast, it took a machine thirty minutes to do the same function. Due to the success of these demonstrations, Maj. Gen. Clayton B. Vogel made a recommendation to recruit 200 Navajos to the Marine Corps Commandant.

The first group of Navajo re-

cruits created the Navajo code in May of 1942. A dictionary and numerous words for military verbiage were created. The mission of the code talkers was to transmit information on tactics, troop movements, orders and battlefield communications.

History shows that the Marines would not have taken Iwo Jima without the use of Navajo code talkers.

Six Navajo code talkers sent a total of 800 messages during the first two days of this battle. Not one of the 800 messages had an error.

The Japanese were never able to decode the Navajo language.

The Navajo code talkers just

recently gained recognition for their accomplishment and were honored at the Pentagon on Sept. 17 1992. Prior to that time, their coded language was classified under the U.S. National Security Agency's guidelines. However, their skill and dedication enabled the U.S. Marines to win the battle over the Japanese in the Pacific, and ultimately World War II.

Note: This article was extracted from Defense Link. Mil Navajo Code Talkers: World War II Fact Sheet; Kansas University Medical Center

November is 'attitude of gratitude' month

By Chaplain (Lt. Col.) Michael J. Cerrone III
Baumholder Community Chaplain

For traditional Christians, the month of November begins with All Saints' Day, or in old English, All Hallows Day. The Church considers the evening before to be holy (hallowed) and therefore a *Halloween* through prayerful worship of Almighty God, the Most Holy Trinity. Devout Christians celebrate

God's sanctifying graces shared in the communion of all saints. Halloween with All Saints' Day represents a call to holiness, as God exhorted His people several millennia ago through Moses, "Be holy, for I, the Lord your God, am holy!"

On Nov. 2, All Souls' Day, Christians remember the departed souls in purgatory, a place of purification before heaven. We prayerfully join our spirits with theirs and the glorified saints of God, in union with the

atonement sacrifice of Christ. This prayer of reparation and atonement begs God's mercy upon sinful humanity, in an appeal for the conversion of sinners and the formation of saints. Thus we center our hope on Christ, who died for our sins. Moreover, we do not fear death, because our Savior Jesus Christ rose from the dead and promised us a share in his resurrection. With Saint Paul we declare, "O death, where is thy sting?" Thank God for that blessed

assurance in the future glorification of our own bodies! We can even mock death with its once frightful skeletons and ghosts, zombies and mummies, cadavers and monsters!

Judeo-Christian acts of atonement for sins have a very long tradition, at least from the time of King David and later of the Maccabees in the centuries before Christ. A devout Jew, Judas Maccabeus believed in the resurrection of the dead and collected monies from his soldiers to obtain a sacrificial holocaust offered in prayer on behalf of his fallen comrades, who had superstitiously worn pagan amulets into battle. Today's Christians, in the Apostles' Creed, profess faith in the "forgiveness of sins, the resurrection of the body, and life everlasting."

November is also the month to commemorate Native American heritage, which has enriched our wider culture.

These American "Indians" were the first to populate the vast continent in the so-called New World. They were also the first to respect Nature and to thank Nature's Creator, the Great Spirit, for the rich natural resources of the earth. They roamed the mountains and forests, rivers and fruited plains with abundant wild life and croplands, from "sea to shining sea," in order to hunt for food, clothing, and shelter.

Their heritage is one of respect for the environment and good stewardship of resources.

All of us modern day Americans, whatever our racial, ethnic, or religious background, can appreciate the natural beauty and resources of our country. We should also be grateful for the cultural heritage of every group of immigrants to our land and for the peoples of other lands around the world. Like the Indians and the newly arrived Pilgrims, we need to share our resources - spiritual as well as material - with our neighbors and fellow citizens, especially the poor and the "aliens" - whether legal or illegal, terrestrial or extraterrestrial! Who knows? We might even be entertaining angels!

Thanksgiving Day is a time for all of us to give thanks to Almighty God for the many blessings of our lives, for our fellow citizens of diverse cultural heritages, and for "all creatures great and small." This month of November ends with "an attitude of gratitude," a deep appreciation for being American citizens, along with a yearning to "form a more perfect union" as "one nation under God, with liberty and justice for all." May we always be a thankful people of God and enter into full communion with His Saints!

Education notes

DANTES testing

The Baumholder Army Education Center has limited DANTES and Military Testing sessions available. It is suggested that persons call mil 485-6487 to schedule testing because walk-in testing is currently not available. For more information call Bill Badger at mil 485-6487.

College degree

Ready to work on your college degree and not sure which way to go? Follow the leaders in distance education, City Colleges of Chicago-Europe. They offer 230 courses in a wide variety of concentrations, including all basic general requirements. Courses are offered in video or audio cassette, Email, the internet, CD-ROM or computer-based instruction, depending on the course selected. Field representatives located at the education center will help you enroll, and guide and mentor you throughout your course work. Courses are portable—take them with you when you deploy or are reassigned. CCC-E=30 years of experience in education for the military in Europe. Visit our homepage at: www.ccc-e.org.

Montgomery GI Bill

Public Law 107-14 recently approved by the Congress addresses the use of the Top-Up provision for those who use the Montgomery GI Bill. Changes presented by this law will affect the Montgomery GI 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. \Users must test

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People who use the computers located in the Army Learning Center, 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 Laurie Williams at mil

485-6484.

Learning 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 Laurie Williams at mil 485-6484 for more information.

University rep visit

The University of Oklahoma Field Representative from Ramstein Air Base visits the Baumholder Army Education Center monthly.

People wishing to discuss the University of Oklahoma's graduate degree programs are invited to meet with the university's representative. The representative may be reached daily at Ramstein mil 480-6807.



Holiday bazaar

A variety of baskets
Irish sweaters
Wine
Antiques
Gift items
children's toys
and much more
will be available

Hours are:
Nov. 16, 10 a.m. - 8 p.m.
Nov. 17, 10 a.m. - 9 p.m.
Nov. 18, 10 a.m. - 6 p.m.

Vendors from all over Europe

Baumholder Hall of Champions • Smith Barracks
Barracks

Comedy night comes to town



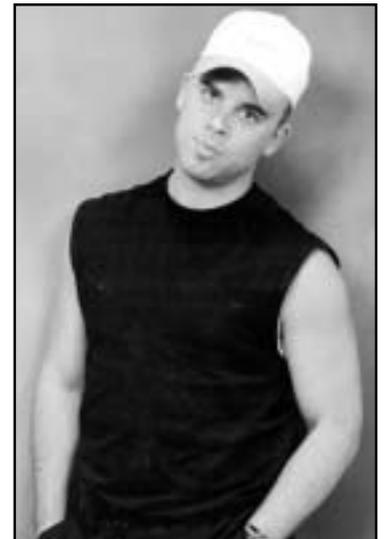
Mark Simmons

Morale, Welfare and Recreation wants you to have a good laugh on them. Actually they're going to charge you for it but it's money well spent as they present another bumper crop of comedians Nov. 25 at the Rheinlander. The laughs begin at 8 p.m. and the cost is \$10 in advance or \$12 at the door.

Featured comedians include Sugabear, "Ray" and Mark Simmons. Their credits include performances at the Apollo, BET and HBO specials.



Sugabear



"Ray"

ACS calendar

Nov. 13 - Anger Management and Coping Skills, AFTB Communications Day

Nov. 14 - Building A Positive Self Esteem, How to Obtain A Credit Report, AFTB Communications Day

Nov. 15 - Love and Logic Parenting

Nov. 17 - National Family Volunteer Day (Scout Hut beautification)

Nov. 19 - Successful Parenting, Military Family Week

Nov. 20 - Stress and Time Management Skills

Lack of sleep can mean lack of productivity

What effect does the sleep you got last night have on the way you do your job today? Chances are, more of an effect than you think. Many people assume that staying up a few extra hours to read or watch television is no big deal, but experts now agree that loss of sleep has

detrimental effects on productivity, creativity and safety, and recent studies show that more Americans are suffering from sleep deprivation than from alcohol and drug abuse.

How much sleep is enough? Eight hours a night is the recom-

mended minimum, but most Americans get seven hours or less. By the end of a week this can add up to an entire night of lost sleep.

If you lose two hours of sleep in one night, you can expect a significant impact the next day, as much as a 20 percent drop in memory, a 30 percent loss in the ability to communicate effectively, a 75 percent drop in the ability to pay attention and a 50 percent decrease in judgment and decision making skills.

Some workers are more prone to sleep loss: night workers, shift workers, workers who cross time zones and workers with long work days.

Unfortunately, as more and more companies try to find ways to im-

prove productivity, more night shifts, swing shifts and long shifts are being added.

If you're sleeping less than the recommended eight hours per night, try to get more. Follow these suggestions for getting the most out of the sleep you do get:

Keeping your bedroom quiet, dark and cool will aid sleep; a drop in core body temperature is a cue for your body's sleep response.

If you work nights or shifts, sleep during the day may be your only option.

Use thick curtains or shades to block out as much sunlight as possible.

Use a fan or some other "white noise" generator to block out noises

that may keep you awake or disturb your sleep.

Use your bedroom for sleeping; not for television viewing or as a home office.

Avoid taking caffeine within five hours of going to bed.

Comfort foods, such as warm milk, can help induce sleep.

Avoid alcohol at bedtime. While alcohol can make you sleepy, it can also interfere with the deep sleep that your body needs to feel fully rested.

For more information on sleeping habits and sleep deprivation visit the National Sleep Foundation's Web site at <http://www.sleepfoundation.org/>.

AWAG explores wide range of topics

By Ignacio "Iggy" Rubalcava

222nd Base Support Battalion
Public Affairs Office

At an American Women's Activities Germany area conference held Oct. 26 at Baumholder's Rheinlander, some 50 women participated in seminars that covered everything from time and stress management to self defense, a most unconventional topic for AWAG meetings that was well received by the conference delegates.

Another key seminar was the stress and time management session. The discussion covered the common sources of stress as well as the physical and emotional problems associated with stress when it becomes an unmanageable problem. Examples were presented to help reduce and manage stress so that it does not become a problem.

Other seminars included information on private organizations and Family Readiness Groups, point of contact training, getting stuck with great volunteers, preventive health care measures for today's woman, German folk painting and of course, self defense.

"Never in my wildest dreams would I have thought that one day, just three years later, I would be the chairperson of such an organization."

The self defense session included a quick orientation by Stacy Addington on what measures women can take to defend themselves if attacked. Simple escape techniques were covered as well as how women can strike back at their assailant and escape a potentially dangerous situation.

Although this was not the massive annual AWAG conference that occurs annually, It provided the same level of training to its attendants.

"When I attended my first AWAG conference in the spring of 1998 I was truly amazed by the professional training that was offered, the networking possibilities that were there. It was so amazing. I'd never seen anything like that in my life before. All these people bonded together and everybody had one cause," said Uli Smith, AWAG chairwoman for 2001 – 2002.

"Never in my wildest dreams would I have thought that one day, just three years later, I would be the chairperson of such an organization," she said.

AWAG has been a road map for volunteers for half a century. It has provided them with guidance and instruction through area conferences and the annual spring conference. "Whether you share your talents and expertise with Army Family Team Building, Boy Scouts, Girl Scouts, Red Cross, youth sports, Army Community Service, schools, spouse's clubs, family readiness groups, just to name a few organizations, you're helping to bring success into your own back yard," said Smith.

When the first of what is now an annual conference was held in 1957, hundreds of delegates from Germany came together to share ideas and learn skills that they could take back home to their clubs and community.

"Today is going to be a great opportunity for each one of you to meet new people, maybe even share a success story. I hope you learn something new that inspires you, creates enthusiasm, and encourages you to keep moving forward on the road to success," said Smith.



Photo by Ignacio "Iggy" Rubalcava

Two AWAG conference participants practice an escape technique during the conference self defense seminar that was offered to all the participants. The techniques demonstrated were geared toward self defense for women.

