

## Post notes

### Test on weekends

The Baumholder drivers testing station is now providing orientation, testing and replacement licenses on weekends. Orientation are from 8 a.m. to noon and testing is from 1-4 p.m. Replacement licenses will be issued from 8 a.m.-3 p.m. Jan. 24 and 31.

### Education Center

The world is looking for the Superstars of tomorrow. The center recommends the Intro to the Theater College course being offered by the University of Maryland. For more information call mil 485-6178.

### Future talent

Baumholder's Army Education center provides for future accountants through the University of Maryland's Principles of Accounting course beginning in January.

Call the college representatives at mil 485-6178 for more information.

### Central issue

The Central Issue Facility will be closed for its semi annual inventory Jan. 26 through 30. The facility will only handle emergencies during this period. For more information call mil 485-7470.

### VA briefings

A representative from the Department of Veterans' Affairs will provide information on a wide variety of veteran's benefits during two-hour briefings beginning at Baumholder's Army Career and Alumni Program office on the following dates:

Feb. 18, March 16, April 27, June 8, July 12, and Aug. 3. for more information call civ (06783) 6-6741 or mil 485-6741.

## Job corner

The following employments positions are available in the Baumholder military community. The listing includes job title, grade and closeout date.

Job listings are also available online by visiting the Civilian Human Resources Management Agency website at [www.chrma.hqusareur.army.mil](http://www.chrma.hqusareur.army.mil). For details call mil 485-6735.

### Appropriated funds

Food Service Worker (Multiple Positions)(7408), GS-2, 222nd Base Support Battalion, Food Service Branch, closeout Jan. 30.

Supervisor Counseling Psychologist-0180, Social Worker 0185(0180), GS-12, 104th Area Support Group Alcohol and Drug Abuse Prevention and Control Division, closeout Jan. 23.

Dental Assistant(0681), GS-4, European Regional Dental Command, Landstuhl Dental Activity, Baumholder Dental Clinic, closeout June 16

Motor Vehicle Operator (Postal Operations Finance Clerk (5703), GS-5, closeout June 6

Clinical Nurse(0610), GS- 9, Landstuhl Regional Medical Center, USA Health Clinic Baumholder, Ambulatory Outpatient Services, closeout June 30

Misc Clerk/Assistant & Misc Clerk/Assistant (OA)(0303), GS-4,6, Various Organizations in Baumholder, closeout June 30

Mail Clerk (MVO)(0305), GS-4, Baumholder, closeout, June 30

### Nonappropriated funds

Operations Clerk, NF-2, close-

out 21 Jan.

Custodial Worker, NF-2, closeout when filled

Recreation Aid, NF-1, closeout June 30

Child and Youth Program Assistant, NF-1,2, closeout June 30

Bar Assistant, NF-2, closeout June 30

Food Service Worker, NF-3-4, closeout June 30

Recreation Aid/Lifeguard - Head Lifeguard, NF-1, closeout June 30

Cook, NF-4,5,6, closeout June 30

### Host nation positions

Chambermaid / Zimmermaedchen, grade 03, closeout Dec. 31, Baumholder

Wage Group Skilled Positions/ Gelernte Handwerksberufe, grade 4/5/6, closeout Dec. 31, Baumholder, Idar-Oberstein, Neubrücke

Positions for Kitchen Personnel/Positionen fuer Kuechenpersonal, grade 2/3/4, closeout Dec. 31, Baumholder, Idar-Oberstein, Neubrücke

Food Service Worker/Food Service Worker Leader Ladenhilfe/ Ladenhilfenovorarbeiter, grade 2/3, closeout Dec. 31

### Job fair

A nonappropriated funds job fair is scheduled from 10 a.m. to 3 p.m. Jan. 27 at the Baumholder Rod and Gun Club. Potential employees can learn about the numerous positions available in the Baumholder community as well as apply for a job and receive an interview on the spot.



Contributed photo

Students belonging to Wetzel Elementary School's newly formed Drama Club play out a scene from "The Three Piggy Opera." All performers were second and third grade students.

## Wetzel challenges West End

The Wetzel Elementary School students proved that London's West End isn't the only place to see quality English theatre in Europe curing their Performances of "The Three Piggy Opera" and "Three Billy Goats Gruff" Dec. 17.

Under the direction of Jacqui Gustafarro and assisted by student teacher, Nicole Curtis, Wetzel's newly formed Drama

Club put on this dual performance for audience members who enjoyed the entertaining retelling of these two well-known tales, all done in song form.

Simple costumes and a basic set formed the background for the performance, put on entirely by second and third grade members of the Drama Club.

The charming stories were told through both group and individual

singing performances.

Members of the cast included: Deonna Wiley, Dee Donaldson, Stephanie Stai, Emma Sword, Jamie Straughn, Micah Perez, Colton Petty, Donneisha Mitiella, Sara Fete, Kayla Harbison, Tamara York, Juseth Flores, Alyssia Archer, Chase Williams, Deneisha Smits, Kayla Isbell, Hannah Fraiser and Ty Coufal.

## Soldiers improve quality of life

The children came out in droves as the U.S. Army vehicles pulled up along the sidewalk in the Hayy Karkh district of central Baghdad.

They are always excited to see Coalition soldiers, and this day was no different. The kids swarmed the soldiers as they walked across what was formerly a rotten community dump, where trash was piled in five-meter-high mounds.

Some children were hanging and swinging on the arms and legs of the uniformed Americans, and some were trying on the soldiers' Kevlar helmets. All the children were smiling, laughing and cheering to see their soldier friends again.

This was not one of the regular, multiple weekly visits the troops make to Hayy Karkh, however. But rather, it is a culmination of months of planning, coordination, assessments and hard work.

Soldiers from the 422nd Civil Affairs Brigade, an Army Reserve unit from Greensboro, N.C., alongside soldiers from 4th Battalion, 27th Field Artillery Regiment, 1st Bri-

gade Combat Team, Task Force 1st Armored Division, have set their sights on improving the quality of life for the neighborhood's residents.

The soldiers had arrived to celebrate the grand opening of the recreational areas that were cleared and furnished by U.S. Army personnel.

On two city lots that used to contain nothing but trash and sewage, now stand two soccer fields and an assortment of brightly colored playground equipment.

"Historically, this is one of the worst areas in Baghdad in response to U.S. Army presence here," said Sgt. Jason Shinn, noncommissioned officer with the 422nd. "Because of that, and the fact that it is very densely populated and there is no place for kids to play, we wanted to do something here."

Most of the progress being made in Baghdad is at a level beyond what the children and their families can easily see, said Shinn. The Coalition forces have made huge

strides in government, administration and security concerns, but Shinn and his team wanted a tangible, visible answer to the question: "What are the American soldiers doing for me?"

"We wanted something that meets a need, and something that families can see on their level," Shinn said, "to see that we care about them, and we are here to help them."

Capt. Scott Sinclair, civil military affairs officer for 4th Battalion, 27th Field Artillery Regiment, 1st Brigade Combat Team, 1st Armored Division, has been working in the same central Baghdad community for several months. As well as being responsible for security in the area, he and his unit have also played a role in making the soccer field-clearing project happen.

The challenge facing Task Force 1st Armored Division, said Sinclair, is to bring a neglected community infrastructure up to a healthy operating standard without doing every bit of the work for the Iraqis.

## New coordinator geared up, ready to go

By Julie Gowel  
Army Community Services  
marketing manager

Strassburg has a new outreach coordinator and she is geared up and ready to empower the community with the confidence they need to explore the surroundings of their home and experience the local customs and courtesies of the Idar-Oberstein neighborhood.

Traudel Krämer took over the family support office in Strassburg Jan. 5. The office is open Mondays, Wednesdays and Fridays from 8:30 a.m.-12:30 p.m. and for special events such as cooking classes, craft classes, and support group meetings. Additionally, members of the Strassburg community can take advantage of internet access in the FSO to check email and surf the web.

Krämer is a German native who received her Bachelor Degree in social services in 1986. She has worked in a number of different professions prior to becoming the Outreach Coordinator for Army Community Service in Strassburg including store manager, kindergarten teacher, and project manager. Her most recent position was host nation liaison coordinator for Tricare in Landstuhl. It was also her first job with the United States Army.

### Strong foundation

Since joining the ACS team in October, Krämer has been working hard to establish a strong foundation for running the Strassburg outreach office. She enjoys a number of activi-



Contributed photo

Traudel Krämer, Strassburg outreach coordinator, taps out a few notes at her new office.

ties and looks forward to sharing all her talents with the community.

Members of the Strassburg community are in for a treat now that they have someone so dedicated and caring to bring activities and information to their doorstep. Krämer will be posting ACS monthly

calendars in the FSO and aiding in the scheduling of appointments with ACS for the Strassburg neighborhood. She will also be holding classes and other fun events.

But Krämer and the Strassburg FSO needs your help. If you have any special talent or skill that you

would like to share with members of your community, contact Krämer to learn more about teaching classes in Strassburg. Join Krämer Jan. 28 from 9-11 a.m. for a grand re-opening coffee reception at the Strassburg FSO. Bring along your ideas for fun and interesting classes

for the Strassburg community.

For more information about the new Strassburg Family Support Office and all the services available, or to offer your services to the Strassburg community, call Krämer at mil 485-8632 or civ (06783) 6-8632.



Photo by Jeanne McDonald

Loot Camp winner Staff Sgt. James Masisak, accepts his \$25,000 check. Left to right are Gary Burton, AAFES General Manager Ramstein/Vogelweh; Col Shelley Richardson, AAFES Commander; Masisak, the winner himself; Mike Ruben, Burger King manager; and Lt. Col. Todd A. Buchs, 222nd Base Support Battalion commander.

## Baumholder Soldier wins big Burger King bucks

By Jeanne McDonald  
AAFES Europe Public Affairs

The latest Burger King "LOOT CAMP" winner, SSG James Masisak was presented a \$25,000 check for spelling the word M-O-N-E-Y. Masisak, stationed at Baumholder, Germany, is a squad leader from Company C, 2nd Battalion, 6th Infantry Regiment, 1st Armored Division. Masisak recently returned from deployment in Iraq to have knee surgery. While recovering, James frequently went to the local Burger King for breakfast. There he began playing Loot Camp.

The way the game works is that

recruits are immediately "enlisted" when they make a purchase. At that time, customers peel back the top portion of the game piece, and either find a collectible letter or an instant win message. Collectible letters should be saved to try to spell the word "M-A-J-O-R" or the word "M-O-N-E-Y." A customer who collects all five letters in "MAJOR" is eligible to claim the \$250,000 prize; a customer who collects all five letters in "MONEY" is eligible to claim one of 10, \$25,000 prizes.

When asked what he'll do with the money, Masisak smiled and said, "Maybe I'll buy a Harley!"

# Caregivers learn 'mental' first aid

By Ignacio "Iggy" Rubalcava

222nd Base Support Battalion  
Public Affairs Office

A lethal sniper awaits soldiers in Baumholder as they return to families and friends from the shooting war in Iraq. Casualties are expected on the civilian and military side of the community.

Suicide, one of the most lethal mental snipers can fall down the most hardened war veteran or any other member of the community for that matter.

To ferret out this stealth killer of the mind, Baumholder has provided an army of caregivers with the skills they need to apply mental bandages to those who may be contemplating suicide.

Rear detachment commanders, family readiness group liaisons and persons in other various key positions completed two days of Applied Suicide Intervention Skills Training in December.

"This is a very good class," said Sgt. Andreas Cramer VonClausbruch, a member of Headquarters, Headquarters Detachment, 47th Forward Support Battalion rear detachment commander for two companies who also fills in as the S-1, S-4 and performs numerous other tasks during the course of deployment. "It taught me a lot of tools to use for intervention, not just prevention. I recommend it to everybody that's coming back from down range," he said. I know that I'll definitely be looking a little closer and listening a little closer to other people and their problems. I recommend this course for everybody," said Cramer VonClausbruch

"This should be an ongoing thing to make sure we don't leave anybody out there struggling by themselves," he said.

## Dying for first aid

Suicide affects everyone To throw a few statistics out, more than 30,000 Americans kill themselves each year. Research studies in the United States show four to five percent of the population has



Photo by Ignacio "Iggy" Rubalcava

Staff Sgt. Pamela Robinson, Headquarters, Headquarters Company, 2nd Brigade Family Readiness Liaison, attempts to talk a "jumper" down from a bridge, a scenario that is part of the Applied Suicide Intervention Skills Training offered to persons in key positions. The classes are actually open to all who are interested.

attempted suicide during their lifetime. Other equally disturbing statistics reveal that one in nine has seriously considered suicide. Persons bereaved by suicide are also eight times more likely to commit suicide.

## No protection

Men and women of all ages, occupations and socioeconomic groups are at risk. There is no safe haven from suicide. The key to suicide prevention is trained caregivers who are ready, willing and able to get involved with each individual at risk. The must learn to recognize individuals who are at risk and must know how to intervene and prevent suicidal thoughts from becoming suicidal behaviors. That's what numerous Baumholder individuals learned in their ASIST classes last month.

"I'm learning how to interact and intervene during possible suicides. It's an outstanding class and I wish more people could attend," said Staff Sgt. Pamela Robinson, Headquarters, Headquarters Company, 2nd Brigade Family Read-

ness Liaison. "From the first to ten minutes in here yesterday until this point it's been enlightening. We've shared a lot of feelings and we've share a lot of information," she said.

The course also creates a sense of daily awareness. "Just the little comments that we say that we're really not thinking about like 'Go on and do it,' or 'I'll give 'em a weapon,' are things that could irritate somebody because we really don't understand where their frame of mind is," said Robinson. "This course helps you to see that these comments are, one, unprofessional and not very helpful to anybody," she said.

## What's a life worth?

How can you put a price tag on life? A study in the United States showed each youth suicide resulted in an average loss of 53 years of life and \$432,000 of economic productivity - that totals to a staggering 262,000 lost years and \$3.19 billion each year. Canada reports that 12 percent of hospital critical-care and 2 percent of insurance pay-outs are suicide related. These are cold sta-

tics that are tepid alongside the even colder emotional costs of suicide. A spouse, son, daughter, friend or co-worker or fellow soldier can't be replaced. As those who have experienced such loss will attest, it is the emotional costs which demand our involvement in preventing suicide.

## They will find a way

The vast majority of those planning suicide will find some way to signal their intent. Most suicidal people are looking for another option. They don't want to die. But preventing suicide takes two people - a helper and the person at risk. Government reports in Canada, the United States, United Kingdom and Finland, by the European World Health Organization and the United Nations emphasize that caregiver competence is a critical component in any large scale suicide prevention program.

"We also learning that 30 percent of the individuals who may commit suicide may never say anything whereas the other 70 percent may voice their opinion if they're

thinking of committing suicide," said Robinson.

"So with the smart remarks that people tend to make, they could be affecting that 30 percent. So, here we've learning how to just help people more than what we could imagine.

"I think that this is very valuable. I really appreciate this class," said Robinson.

## Preparing caregivers

ASIST is designed to help all caregivers become more comfortable, competent and confident when dealing with persons at risk. Suicide can be prevented through the actions of prepared caregivers. Just as "CPR" skills make physical first aid possible, training in suicide intervention develops the skills used in suicide first aid. ASIST is a two-day intensive, interactive and practice-dominated course designed to help caregivers recognize and estimate risk, and learn how to intervene to prevent the immediate risk of suicide.

"We're getting the opportunity to put the skills to practice, not just to say well here's the information," said Robinson. Interaction within the class by the use of scenarios helped the caregivers understand what it feels like to be in that situation and how to talk somebody out of committing suicide.

"I really just appreciate this course, I really do. We have a small unit so it's like, who's going to go? Who has time to go? Nobody really has time to go. But you make time because it is an important issue. And it's like the colonel was saying, (Lt. Col. Todd A. Buchs, 222nd Base Support Battalion Commander) 'You don't want to wait 'till things happen. You want to be able to adjust and help somebody before it's to late.' And that's really what's important. You want to be "profensive."

So as Soldiers return to Baumholder, a fortified column stands ready to ASIST in the battle against the deadly mental sniper - suicide.

# ASIST modules assist caregivers to master skills

Applied Suicide Intervention Skills Training is designed to help all caregivers become more comfortable, competent and confident when dealing with persons at risk. Prepared caregivers can help prevent suicide. Unprepared caregivers tend to deny, avoid, even stigmatize persons at risk. That is what society has traditionally done. All evidence indicates that unprepared

caregivers continue this dangerous tradition. Training is required to turn denial, avoidance and stigmatization into vigilance, understanding and help.

To facilitate training, ASIST is broken down into five learning modules:

- Introduction - sets the tone, norms, and expectations of the learning experience.

- Attitudes - sensitizes participants to their own attitudes towards suicide. Creates an understanding of the impact which attitudes have on the intervention process.

- Knowledge - provides participants with the knowledge and skills to recognize and estimate the risk of suicide.

- Intervention - presents a model for effective suicide intervention.

Participants develop their skills through observation, supervised simulation experiences and role playing.

- Resourcing/Networking - generates information about resources in the local community. Promotes a commitment by participants to transform local resources into helping networks.

Emphasizing structured small-

group discussions and practice, the course uses case-studies, work books and two award-winning audiovisuals.

Participants receive a 110-page Suicide Intervention Hand book and a full color, laminated pocket card featuring intervention and risk estimation principles. They serve as living refreshers of the work shop learning.

# African drum, dance theater performs

Hot on the heels of the Vegas style variety show Body and Soul that came to Baumholder Jan. 10 comes yet another troop of professional entertainers. The rhythmic African Bi-Okoto Drum and Dance Theatre has received the green light to perform for the United States military forces in Europe for the second year in a row and they are coming to Baumholder Feb. 10. The free performance begins at 11:30 a.m. at the Rheinlander and the entire community is invited.

United States Armed Forces Entertainment, the sponsor of the tour, chose Bi-Okoto Drum and Dance Theatre from hundreds of available entertainment groups from around the country.

Seven artists from the organization (Mario De Juan, Marvin Hawkins, Adebola Olowe, Jeunita Olowe, Cheryl Pongo, Kwame Pongo, and Tim Stegmaier), will depart Cincinnati, Ohio on Jan. 28 for performances in the United Kingdom, Norway, The Netherlands, Belgium and Germany.

According to information on their web site, "The purpose of the tour is to entertain the troops overseas and lift their spirits and morale to help maintain their readiness and effectiveness while serving in defense for our country.

"Bi-Okoto is to help provide a touch of home to our military men and women abroad and to remind them they are remembered and loved by those here at home in the United States."

Bi-Okoto Drum and Dance Theatre was established in 1994 as a professional African dance company comprised of highly talented artists and was incorporated in August 1996 as a 501 (c) (3) non-profit multicultural performing arts organization in the state of Ohio.

Their mission is to preserve traditional African drum and dance heritage and promote cultural understanding by educating audiences of all ages about African countries through language, music and movement for a better appreciation of diversity. The organization is committed to sharing knowledge, building long lasting cooperative relationships with their com-

munity patrons, and developing professional artists that will produce quality productions.

A majority of the artists were born into African families and are custodians of African arts and culture: Bi-Okoto members are now "ambassadors" of traditional African music and dance.

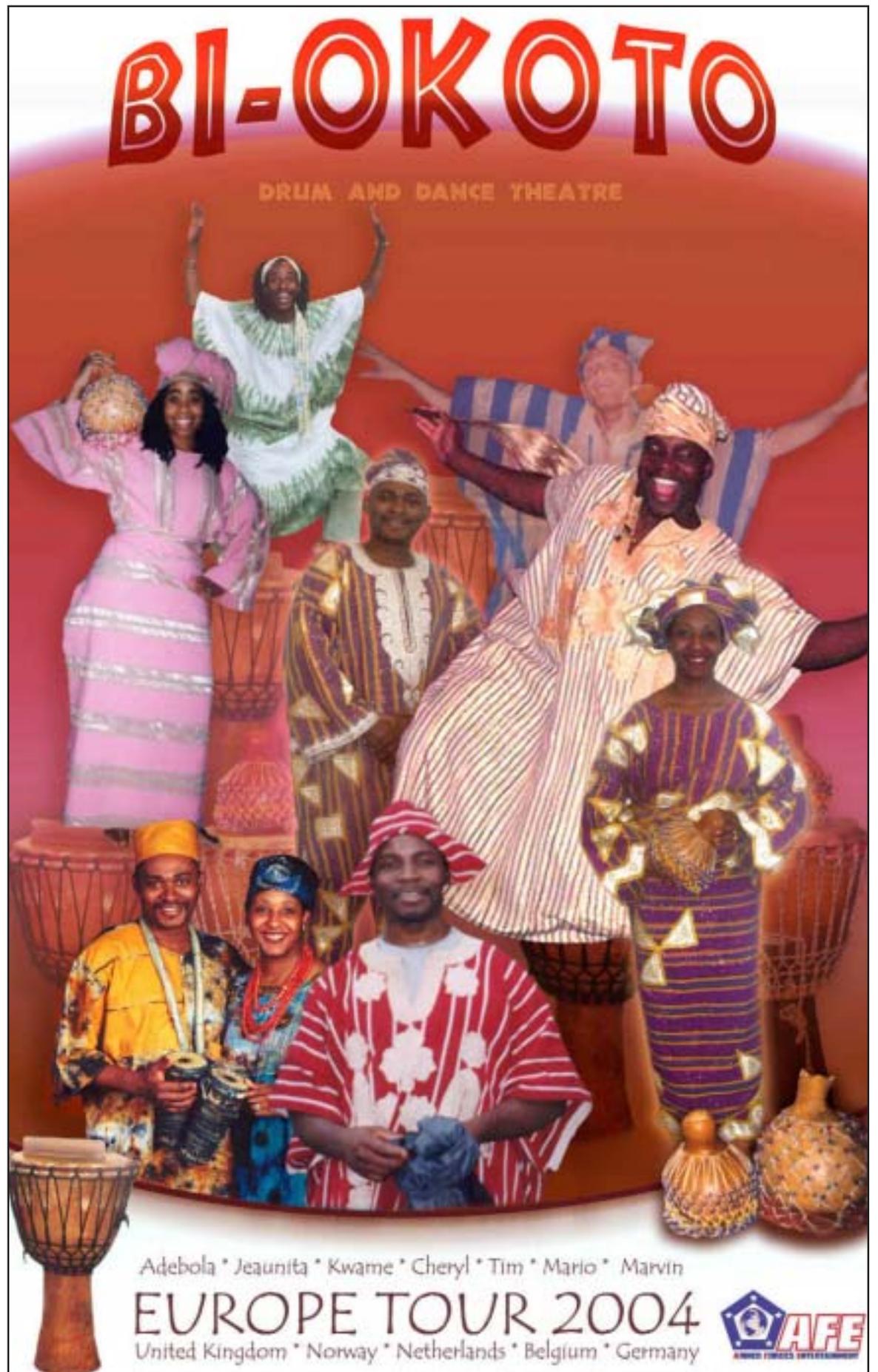
Over the years, we have expanded their repertoire and performance schedule. Bi-Okoto presents an eclectic repertoire of more than 90 authentic traditional dances, music, dance-dramas, operas and new contemporary works from Nigeria, Ghana, Togo, Benin, Mali, Guinea, Senegal, Kenya and South Africa.

Their repertoire ranges from classical staging of "Orisa" (The Festivals of the Gods) to the contemporary works of Nobel Laureate "Wole Soyinka's El'Eshin Oba" (Death and the King's Horseman). As the dance group worked vigorously to expand and improve their repertoire, they earned a reputation as one of the country's finest professional African traditional dance companies.

Their company has been praised by the dance community and the media for the works they have created and produced, and also for being the only authentic African dance company in the Tri-state area, (Ohio, Kentucky and Indiana).

The organization has performed nationally in many states such as California, Washington D.C., Virginia, New York, Alabama, Mississippi, Chicago, New Jersey, Nebraska, and in 1998 Disney World's opening of Animal Kingdom and McDonald's commercial spots. They have toured internationally representing Nigeria in South Korea's Youth Festival, Presidential welcomes in Italy, Germany, Bulgaria and France.

In January 2003, Bi-Okoto was selected by United States Armed Forces Entertainment for a five-week military tour in the United Kingdom, Norway, The Netherlands, Germany and Belgium. Seven artists performed for the troops on American and United Nation bases in honor of Black History Month, and now, they're back.



## IACS relocates, customer service streamlined

The Installation Access Control System registration station for U.S. identification card holders is now co-located with the 90th Personnel Services Battalion identification card section in Building 8743, room 37 (in the waiting room of the identification card section). For more information call mil 485-6083. This move has eliminated the need for appointments to register with

IACS. Customers can now register in IACS immediately after receiving a new identification card.

Persons replacing a stolen or lost identification card that was previously registered must reregister with their new card. Those who have not registered are encouraged to do so now and avoid long waiting periods when the soldiers return.

Office hours are Monday through Friday from 8 – 11:45 a.m. and 1 – 4:15 p.m. the office is closed on U.S. federal holidays

The IACS station for installation passes remains at the same location in downtown Baumholder, Ausweiler Strasse 1. For pass information call mil 485-6291 and for more details about IACS registration call mil 485-7141.

### Correction

In the Dec. 23 edition of the Herald Union a photo appeared on Page 10 showing Girl Scouts taping holiday messages to send down range to deployed parents. The person doing the taping was mis-identified as an assistant parent for the Baumholder Girls Scouts. She is in fact Mariam Torres, overseas committee chairperson for the Girl Scouts of America Overseas for Baumholder.