

## Baumholder takes lead in deployment

By Ignacio "Iggy" Rubalcava

222nd Base Support Battalion  
Public Affairs Office

The name of the game today is deployment, leaving Europe to fight the battle elsewhere. To prepare soldiers and their equipment for this mission Baumholder's 222nd Base Support Battalion has taken the lead and the way that Baumholder handles the deployment business has set the standard for deployment operations in the European theater.

Deploying soldiers along with their equipment and vehicles need to be ready for any contingency once they leave their home base. Therefore, Baumholder's 222nd BSB developed the Installation Staging Area, a sequence of stages that track and wheeled vehicles must pass through before deployment.

The ISA helps soldiers prepare their vehicles and equipment and ensures they are ready to get onto rail and onto ships and that those vehicles are in fighting condition once they get at the other end.

Recently, Baumholder's 2nd Brigade Combat Team and Division Artillery pushed all their deploying vehicles through the ISA in record time.

"We actually ended about two days sooner than we were planning to because the units came down prepared to go through the ISA and that helped immensely," said Capt. Amy Wallace, officer in charge of stations one through five at the ISA.

The operation "went very smooth," she said. "I think doing it (standing up the ISA) for the deployments to Grafenwehr helped a lot. It helped us refine our opera-

tions and it helped the units know what to expect when they came through," she said.

The stages cover everything from mechanical checks to documentation. When vehicles first arrive at the ISA, they are received and inspectors ensure drivers have an appropriate checklist and paperwork.

The vehicles then move to the

mechanical check point to ensure everything is in working order.

The last stage of the ISA is the fuel and defuel stage. This stage ensures that vehicles have the proper amount of fuel either to get on the train or to go on a road convoy.

It can take about a half hour to 40 minutes for a vehicle to go through the ISA if it doesn't have to wait in

line or if it doesn't have a problem.

After running the gauntlet at the ISA, vehicles needing paperwork or repairs are taken care of on the spot or returned to their motor pools for immediate repairs, depending on the need.

Those that are good to go either head to the railhead or are staged at various locations on post as they await their train or convoy.



Photos by Ignacio "Iggy" Rubalcava

At right, soldiers at the railhead prepare chocks for their vehicles. Above, soldiers ready their Bradley fighting vehicles to convoy to the railhead. As the vehicles processed through the installation staging area, many were temporarily staged at Camp Aulenbach and the airfield before being loaded on trains.

### Walk-in therapy

Physical therapy will be a direct access service for active duty soldiers only beginning May 12. No referral will be needed for active duty soldiers requiring this service.

Therefore, persons who have injured or are experiencing pain in their shoulder, elbow, wrist or hand, neck, back, hip knee, ankle or foot may just walk in to physical therapy 8 – 10 a.m. Mondays, Tuesdays, Wednesdays and Fridays. Patients need only to bring their medical records. For more information, call mil485-6357.

### POV inspection

The privately owned vehicle inspection point has moved to Building 8421, behind the 222nd Base Support Battalion transportation motor pool. The move is designed to cut back on traffic as a result of rail movements and construction at Quartermaster Kaserne. Vehicle Registration and TRANSCAR remain in place at Quartermaster Kaserne.

## Post notes

### Child Fun Fest

This year's Military Child Fun Fest has been rescheduled for May 10 from 1 – 4 p.m. at the Rheinlander Convention Center. Planned activities are suitable for children ages 2-11 years and include a fire truck display, the Whopper Hopper, arts and crafts, face painting, and information booths for Educational Developmental Intervention Services and Women, Infants and Children. Have your child bring a teddy to the teddy bear clinic and Baumholder's Health Clinic will administer an exam, immunizations and castings for Teddy. Snacks and refreshments will be served.

### AAFES is hiring

AAFES is looking for food service workers. Starting pay for day shift is \$7.81 and \$8.40 for night shift. Starting pay for most retail

worker positions also available for day shift is \$7.33 and \$7.88 for night shift. Interested persons may apply on line at [www.aafes.com](http://www.aafes.com), or pick up a paper application from one of the recruitment offices located at Baumholder in Building 8402, at Vogelweh in Building 2011, or at Ramstein in Building 1123. For more information call (06783)-3086 or mil 485-7334.

### Customs hours

The Baumholder customs office is located in Building 8724, room 2. Their customer service hours are:

Mondays through Wednesdays

8:30 a.m. to noon and 1 – 4:30 p.m.

Fridays

8:30 a.m. to noon and 1 – 4 p.m.

The office is closed on Thursday and training holidays.

### Dold Exquisit files for bankruptcy

Dold Exquisit, the company that owns the clock store in the Ramstein Base Exchange, has filed for bankruptcy. The company has closed all of its locations, both on and off military installations. Persons who used a credit card to purchase or place a deposit on Dold merchandise at any Dold location and has not yet received the merchandise, should immediately contact their credit card company to cancel the purchase, if that is possible.

It is recommended that persons who have already paid the balance of the purchase contact their credit card company to see if it provides bankruptcy protection on purchases.

AAFES is looking into the possibility of providing refunds to cus-

tomers who have purchased undelivered merchandise through Dold BX locations.

Credit card purchasers, however, should act now to protect themselves. More guidance will be provided by AAFES for all Dold customers as soon as it becomes available.

### Providers needed

Baumholder's Youth Services is looking for family child care providers. Providers benefit by being able to stay at home with their own child while caring for others. They receive ongoing training and college credits as well as earn a child development associate credential and a subsidy from the government.

Providers serve as a role model for children and provide a much needed service.

They also help foster children's development and are able to make a difference in their lives. Persons interested may call mil 485-6588 or civ (06783) 66658.

## ACS focuses on supporting families

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

With the eminent deployment of the 2nd Brigade Combat Team, family members are preparing themselves for life after the soldiers are deployed. They are not alone, though, because Baumholder's 222nd Base Support Battalion Army Community Service has stepped in to ensure family members know how to manage their personal issues and needs on their own.

Just like soldiers prepare their equipment, personnel records and gear before a deployment, such is the concept applied to the ACS family readiness program that is designed to assist families prepare for the upcoming deployment. This program is a new approach to preparing families to deal with their day to day needs.

Army Community Service launched its first family readiness program earlier this year. Families actually participates in program that included much of the same features as the latest two-day sessions held April 16 and 17.

"They went great," said Donna Finney, Army Community Service officer, after the latest sessions. "The first day I wasn't really excited because we had a lot of people in the gym but not in the briefing but yesterday (the second day) the briefings were packed and the gym was also packed," she said.

An interesting fact that Finney pointed out is that although each session was packed, in eight of the nine sessions, there were only a handful of people who attended the initial session. She speculates that the difference why a lot of people showed up the second time who did not come the first time is because this time it was real. "Maybe they felt that sense of urgency," she said.

"I think the other thing that was different was the attitude of the agencies. They seemed to be more committed and passionate. They were ready this time to provide additional services and things like that. So they too felt that sense of 'gosh this is important, we gotta do it,'" she said.

The program not only makes families aware of the array of services available, it also gives them on the spot access to these agencies and services. Family members and soldiers don't just hear about what is available to them. They actually have direct access to these services immediately following introductory comments by commanders and ACS officials.

"I've learned a lot of things that will help me and my spouse, especially about things that she needs to do when we leave, like ... going home, she wants to go home for more than six months..." said Capt. Bill Butler, Headquarters, Headquarters Battery, Division Artillery after completing the program. He also pointed out the numerous activities available to his wife around the community like "the sponsorship program, volunteering for different jobs and things like that," he said.

Butler's comfort level increased after the program because, as he said, "I was a little



Photo by Ignacio "Iggy" Rubalcava

After a detailed presentation at the Wagon Wheel Theater by Army Community Service and unit commanders, family members gather information at the numerous booths that were assembled at the Hall of Champions.

concerned when we first got to Germany because it seemed like things were kind of different here but they've got a ... system that works real well for the spouses. I can focus on my job."

As a new Army family member, his wife Julie is also more confident because she can leave and not worry about not knowing what to do while her husband is deployed.

"It's helpful and it's worth coming in to ask the questions that you need to ask and take care of legal matters, if you have any of those," she said.

"I thought it was a good program put together to give the families a sense of readiness, so they're prepared for the deployment of their soldiers," said Sgt. 1st Class Daniel Hilton, HHB DIVARTY, another visitor to the information booths at the Hall of Champions.

"I think it's a great program," he added. It gives the families knowledge of the support that's going to be back here for them and also eases the soldier's mind and lets them know that their families are taken care of while they're deployed," he said.

Each session began in the theater with a briefing specifically tailored for family members. Following the briefing the members filed into the Hall of Champions where representatives from the various support agencies answered questions and provided assistance.

For example, the Red Cross offered emergency notification cards that family members could mail home in advance so that if there is an emergency at home, the notification pro-



Photo by Ignacio "Iggy" Rubalcava

A family member uses a questionnaire she prepared during the presentation to have her specific deployment related questions answered.

cess will not be delayed. The legal representatives are also there to help. They provided legal powers of attorney and wills on the spot.

Although the program is designed for family members, ACS encouraged both the soldier and the family to attend. "We want both people together because this is planning for a family and they need to go home and discuss the issues and see how it relates to them...because this is a family decision," said Finney.

"I think that family members gained peace of mind," said Finney about the deployment briefings. "That's what I think our mission here is, to give people peace of mind by helping them to gain the knowledge and the skills that they need to be self sufficient, so they know that there's someone out there that cares and they know where to turn for help if they need it," she said.

For more information call civ (06783) 6-78188 or mil 485-8188, or your unit family readiness group.

# Make shift 'sewing shop' fills a need

By Ignacio "Iggly" Rubalcava

222nd Base Support Battalion  
Public Affairs Office

Working in shifts that cover a twelve-hour day, a group of nine family members have set up a sewing shop at the 47th Forward Support Battalion day room to help with the inundation of desert dress uniforms that need patches and insignia sewn on.

The volunteer effort began as a

suggestion from a family member to help the soldiers in the 47th FSB but it has since snowballed into a full-time volunteer project that is helping soldiers from virtually every unit prepare for deployment. Rebecca Williams, a family readiness group leader for the 47th FSB, first brought it up the idea of a volunteer sewing circle. "She'd seen it done somewhere before for a different action that was going on so she said why don't we just offer

to do this," said Betty Harder, one of the women volunteering for the project. "We planned on doing it the week after spring break but she came up and started sewing her husband's uniform and it just kind of blossomed from that point on. She started by sewing uniforms for her husband and a couple of his soldiers.

"Other soldiers were coming in so we put out the word that we needed help and we've had a won-

derful response," said Harder.

The day room's pool table serves as a sorting area for the piles and bags full of uniforms that need flags, rank and patches sewn on and three sewing machines are constantly in use by the volunteers. While Rebecca Williams works diligently at one of the machines, her daughter Emilie occupies herself by scattering potato chips all over a chair and the day room floor. Apparently they're more accessible this way instead of having to fish them out of the bag individually. Her mother smiles and lightheartedly says, "She's been our best volunteer. She's been here every day since we started."

"Some of us will stay twelve hours a day depending on the need and right now the need is high so some, like Rebecca, stay all day long," said Harder.

"Sometimes we'll come in at 8 or 9 a.m. and work until 10 p.m.," said

Harder. The existing need is what's driving the volunteers to put in such long hours. Some soldiers require a quick turnaround on their uniforms and the volunteers are flexible enough to abide.

"We get hot items which they need it for an inspection, or for other various reasons and we can get them out the same day. We like to tell them at least a week but the average is about three days."

Their speedy service is certainly commendable for these women who are volunteering just because they see a need for their services. "We can do one full set in about an hour. A full set is usually includes the cap, the DDU cover, the hat and two shirts and a jacket. Depending on how many women are here, that's how many we can get out," said Harder.

Almost every unit on post has requested the services of the 47th FSB sewing circle. "Word got out as word does, so we started doing it for other units. They come up and they need something right away and we're more than willing to help out where we can. 'They know someone who knows someone that heard someone say that we were here.' So they come to us. Soldiers are soldiers so we help them all," said Harder.

Harder, Williams and the other members of the sewing team, Cathy Hurley, Sgt. 1st Class Molly Coufal, Delia Blanco, Jennifer Leasure, Jennifer Schradley, Rita Hatoum and Natascha Shackelford plan to continue filling the sewing needs of the soldiers until the need stops.

"We're here until they don't need us any more," said Harder.



Photos by Ignacio "Iggly" Rubalcava

Rebecca Williams, left, sews a patch on a desert dress uniform while Betty Harder brings her another order to fill. Cathy Hurley, at right, is also busy putting the finishing touches on her order. The need to have patches sewn on desert dress uniforms recently skyrocketed and about nine family members from the 47th Forward Support Battalion have volunteered to fill the need for the entire Baumholder community.



Emilie Williams may not be able to sew but she has provided moral support at the sewing center every day since the project began.

## Community health nursing - never a dull moment

By Capt. Jennie Polk

Army Community Health Nurse

I am often asked isn't community health nursing boring? My reply is I look forward to the days when it is boring. Not many beneficiaries understand the role of the community health nurse. As our name implies, we do work closely with the community and we are not limited to the confines of a traditional clinic. We work in a clinic but when needed, we leave the clinic and go wherever duty calls.

What exactly does a community health nurse do for the community? We have a variety of duties. We perform health and sanitation inspections at child and youth service facilities. We ensure that the centers are well maintained. We check the employees and children

health records to ensure that immunizations are up to date and identify those children with special medical needs. We develop a plan of care for children with special medical needs and train the staff how to administer medications if needed. Baumholder has the largest child and youth services program in U.S. Army Europe with 11 centers and 20 family child care homes, so fortunately we have a child and youth service nurse to assist with this awesome responsibility.

As a community health nurse, we are responsible for tracking and reporting communicable diseases. If a patient is diagnosed with a communicable disease, we educate the patient on the illness and treatment. Tracking communicable diseases is very time intensive to stop

the spread of an infection. Communicable diseases can range from the flu to sexually transmitted diseases. During the smallpox vaccinations, community health nurses were involved in educating soldiers, family members and local nationals about the vaccine and precautions to take.

Community health nurses are part of the preventive medicine team, so we are here to help prevent illness from occurring. Health promotion and wellness is a big part of our job. We perform blood pressure screenings at health fairs, we give classes on how to take care of yourself and we facilitate tobacco cessation classes and one-on-one counseling for individuals that cannot attend classes. We also teach an expectant parent class for first-



Contributed photo

Capt. Jennie Polk, community health nurse, taking the blood pressure of Dionne Klauer, an audiologist.

time parents. We perform phone visits with new parents to answer any questions they may have about the infant and mom's condition.

Always, we try to educate and assist the community wherever the need arises. For more information call mil485-7312.

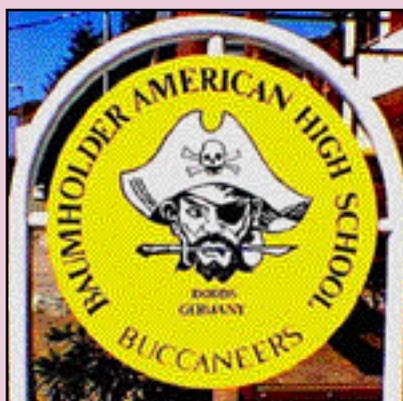
## Buccaneer Night good fun for all

Baumholder American High School will host its annual Buccaneer Night at the Rheinlander Club, May 16. The doors will open at 5:30 p.m.

Buccaneer Night is an evening of fun, food and festivities for the entire family, with proceeds funding scholarships for college-bound members of the high school senior class. Some of the events scheduled for this year are a pie toss, children's games, an auction and refreshments and food featuring grilled schwenkbraten.

"Buccaneer Night is a wonderful opportunity for the Baumholder community to come

together in support of their departing high school seniors, while having a great time," said Dom Calabria, Baumholder American High School principal.



"In the past, Buccaneer Night has enabled us to raise a great deal of money to assist our seniors in their future educational pursuits," said Calabria.

"The seniors also participate in the evening's events which makes it all the more memorable for them."

Buccaneer Night is open to all U.S. identification cardholders.

For additional information, contact Pamela Kesling at civ (06783) - 900981.

## Say thank-you to child care providers

National Provider Appreciation Day is May 9.

This is a special day to recognize child care providers, teachers and educators of children everywhere.

Provider Appreciation Day is held so everyone can appreciate the number and importance of child care workers.

Today's child care providers are the world's unsung heroes. The child care profession is one of the most underpaid occupations in the country, yet early childhood is the most critical developmental period for all children, according to Youth Services officials. It takes a dedicated person to be successful in the demanding world of today's child

care professional. Provider Appreciation Day offers a unique opportunity to recognize and commend the unselfish dedication, compassion and strong family values that child care providers demonstrate every day. Baumholder's Youth Service Officials are asking everyone to take this day to say thank-you.

## Moving the mail

### Packages not limited to shoe boxes

As the soldiers depart for duty in Iraq, rumors about what can or cannot be mailed to them are sprouting around the command like May flowers.

Family members in some military communities have reportedly been told they could only mail items the size of a basic shoe box downrange. Postal officials say this is not the case.

Mail parcels that can fit into a sackable mail pouch, providing they do not weigh more than 70 pounds and are more than 72 inches in length and girth; may be mailed to certain

APOs.

An example of the size of a package that may be mailed is the black foot lockers available at the post exchange.

Additionally, family members must ensure the following:

- All packages must have a return address; a normal sheet of paper can be taped to the foot locker to affix the address

- Do not put a lock on the black foot lockers; customs will remove the lock before it is sent; tape may be placed over the hasps to keep it from opening

- A customs form with all the contents listed inside of the package must be provided; customs will scan and x-ray all packages.

On average, letters and video/audio cassettes take about five to seven days to arrive. Bigger boxes take about seven to 10 days. Larger boxes are sometimes held at the Joint Mail Terminal for units that are on the move. Once units have reached a certain point, mail is then sent forward.

For more information, Call Baumholder's 90th Postal Company at mil 485-7502/7551.