

District admin sponsors trips for families

By Ignacio "Iggy" Rubalcava

222nd Base Support Battalion
Public Affairs Office

Since the soldiers of the 2nd Brigade Combat Team and Division Artillery departed for Baghdad, the Baumholder military community has seen an incredible outpouring of support from the German community for family members left behind as well as the deployed soldiers.

The district of Baumholder has volunteered to sponsor several trips for family members in the coming months and the first of these trips left for the Pyramid Indoor Pool, Spa and Resort in Hambachtal June 27. About 50 family members boarded a bus from the Hall of Champions for a day of swimming and other recreational activities at the spa north of Idar-Oberstein. Baumholder District Mayor Volkmar Pees, who spearheaded the arrangements, was on hand to wish them a nice time.

At the resort, the city sponsored a day ticket for each member which allowed them admission to the pool where a restaurant, slides, whirlpool and other activities were at the disposal of the family members.

The next tour is planned for the first week in August when the city will sponsor a trip to the dinosaur display at the Kamgarn in Kaiserslautern. Details are now being coordinated and will be published when available.

Baumholder is not the only community stepping forward to support the family members. The German Artillery School in Idar-



Photo by Ignacio "Iggy" Rubalcava

Bridget Sanders Stamps a passenger on her way to fun a Hambachtal while Volkmar Pees, Baumholder district mayor watches the family members board the bus that the district administration chartered for the family members. Pees' office also funded the admission of family members to the exclusive spa and resort.

Oberstein is planning to host a family day when they will take the adults to Trier for a sight seeing and shopping excursion while the children will be entertained at the Artillery School. Details will be published as

they are available.

For the soldiers down range, local German merchants have banded together and are providing single soldiers with "care" packages consisting of the bare neces-

sities such as toothpaste, toilet paper, snacks, deodorant, etc.

Since there are numerous units down range, one or two units will be targeted monthly to receive the "care" packages.

These offers are open to all military family members of deployed soldiers and more details are available at Army Community Service. For more call mil 485-7135 or contact your family readiness group.

Veterinary services

The Baumholder Veterinary Clinic offers animal care to all the communities under the 222nd Base Support Battalion. They are a full service clinic providing veterinary care and surgeries for small animals. All patients are seen by appointment only. The clinic is located at the Hospital Kaserne in building 8758 (behind the Health Clinic). They are open Mondays from 9 a.m. to 3 p.m. (closed from noon – 1 p.m. for lunch), Tuesdays and Fridays from 9 a.m. to 1 p.m. and Thursdays from 9 a.m. to 4 p.m. (closed from noon - 1 p.m. for lunch). The clinic is closed on all U.S. holidays, USAREUR training holidays and the last day of the month. For more information call the veterinary clinic at mil 485-6636 or civ (06783) 6-6636.

New TRICARE site

Wisconsin Physician Services, TRICARE Europe's claim processor, recently deployed a new web site to help beneficiaries obtain important information about the TRICARE Program.

Post notes

In addition to providing general information, the site offers beneficiaries the ability to review the status of claims and obtain duplicate explanations of benefits. Beneficiaries may also update their address and primary health insurance information.

Providers may also register online to obtain eligibility and catastrophic cap information. They may also check the status of claims and obtain duplicate TRICARE EOBs. Visit www.TRICARE4u.com for more information.

Relocation for spouses

If your spouse is currently deployed but has received orders to relocate, don't delay planning and organizing your move. You can take care of many move-related tasks before your spouse returns to Baumholder. The more you get done now, the less stressful your move will be. As an added bonus, the more quality time your family gets to spend

together when the soldier returns from the deployment.

The Baumholder ACS invites all spouses to schedule individualized relocation planning consultations. Whether the service member is currently deployed or in Baumholder, spouses can obtain the same quality assistance as the service member. We will provide a comprehensive packet about your new location, as well as information to help you organize a smooth move. Relocation assistance is available whether the move is a PCS move or the service member is retiring or separating from the Army.

Please call Army Community Services at mil 485-8188 or civ (06783) 6-8188 for information and to schedule an appointment.

Chicken pox outbreak

A recent outbreak of chicken pox in Baumholder has made the medical commu-

nity aware that family members may need more information about the disease. Chicken pox is a viral disease, spread through the air or by direct contact with skin lesions. Infected persons are contagious for several days before the rash appears, and remain contagious until all lesions are crusted over. There is sometimes a fever, with fatigue and headache, for one to three days before the rash appears. This disease is mainly a danger to the unborn children of pregnant women, and requires isolation from other people until all lesions are crusted over and there is no fever present. There is a vaccine for chicken pox, called the "Varivax," which prevents the disease 90 percent of the time. Those who do get the disease after the vaccine have a much milder case. Please help us to stop the spread of chicken pox in our community by immunizing, washing your hands frequently, and keeping yourself or your child home when sick. If you come to the clinic for treatment, please tell us that you suspect chicken pox when you book the appointment, so that we can keep the child separate from others.

Rodeo teaches kids rules of the road

By Ignacio "Iggy" Rubalcava

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Summer is here, school is out and the weather has improved so children have more opportunity for outdoor activities. One of the activities of choice for children is going for a bike ride so Army and Air Force Exchange Service and the local Boy Scouts organized a bike rodeo to help children become more aware of safety and proper biking rules on post.

AAFES provided three bicycles from their toy store so that children who showed up without a bicycle could take turns navigating the course.

Also helping out was Capt. Chad Beasinger, Baumholder's Provost Marshal and avid biker. Beasinger assisted the children with break and gear cable adjustment. He also tightened handlebars, checked tire air pressure and provided general safety tips to the children who attended.

Mark Wojcik, scoutmaster for

Boy Scout troop 96 had one important piece of advice to all the children who showed up to navigate through the course, "No 'brain bucket,' no riding," he told all the riders ranging from three years old to mid teens. Not only was he passing on sound advice, but he was also alluding to a requirement for all bicycle riders to wear a helmet while riding on a military installation.

"It's the law," he said. "Plus it makes good sense and it's better to be safe than sorry."



Boy Scouts run beside a younger bike rodeo participant



Photos by Ignacio "Iggy" Rubalcava

Capt. Chad Beasinger, 222nd Base Support Battalion provost marshal, checks the front forks and brakes on a bicycle for a bike rodeo participant.

Children ready letters for deployed parents

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Baumholder's younger residents got an opportunity recently to send a little bit of home to their deployed parents by coming together to write letters and draw pictures to send down range.

Organized by Bridget Sanders and Doris Price from Army Community Service, children ages three to seven filed into the Wetzel Family Readiness Group building June 20 and sat down to draw pictures and write letters to be sent down range.

To help feed their creativity, the children were treated to cookies and refreshments while they sat down and created their masterpieces for their parents. Some, too young to write or draw, contented themselves by seeing how many cookies they could stuff in their mouth at one time while the laughter of others echoed in the building as they scurried around playing with the toys scattered around the room. There was the occasional spillage of drinks as the children reached for crayons and tipped over cups of punch in the process but the Army Community Service vol-



Photos by Ignacio "Iggy" Rubalcava

John Burnett and Emilee Conley work on their art projects during the recent creativity period for children in which they wrote letters or created art projects to sent to their deployed parents.



Matthew and Ariana Lammers put the finishing touches on their art work that will be sent down range to their deployed parent.

unteers and employees took it all in stride and napkins and mops suddenly appeared on the scene. The spillages was contained and the drawing continued.

The children's letters, containing more graphics than text, will be given to the parents so they can send them on their way down range.

"We have the envelopes on hand so all the parents have to do is address them, MPS them, and

they're gone. And we've had some interesting letters today, a lot of glitter, stickers and things the kids like to use," said Sanders.

"Doris Price, the family advocacy assistant and I sat down and started doing some brainstorming on some things we could do for kids to help them deal with the deployment and we came up with this," she said.

"It's a fun activity and we're

doing it to get the people out of the house. It's also good therapy for the children," said Price.

The information was put out to the families through family readiness group leaders, rear detachment commanders and family readiness liaisons.

"We hope to get about 32 children in here today. If participation is good we may repeat this again in the next few weeks said Sanders."