



Girls show off their Smarts in youth club

By Mark Heeter

The quest for knowledge never ends with this group of girls. You can call them the Smart Girls' Club.

"We work with them on their decision-making, their lifestyle changes, just trying to help them have information to make healthy, positive choices," said Debra Gosinski, child and youth program assistant (CYPA) at the USAG Schweinfurt youth center. The center, located in building 241 on Ledward Barracks, currently houses both the middle school and teen center programs.

The Smart Girls' Club, a Boys and Girls Club of American program, has a unique twist in Schweinfurt, according to Gosinski, because it is modeled somewhat after college sororities.

"When they join the Smart Girls Club, they pledge" Gosinski said, following an application process that includes an interview, scholarship, recommendation letters and a week of special training.

"They are challenged physically, mentally and emotionally. Our point isn't to ever punish them, but to build them up, to challenge where they're coming from and make them stronger," Gosinski said.

"The newer pledges connected really

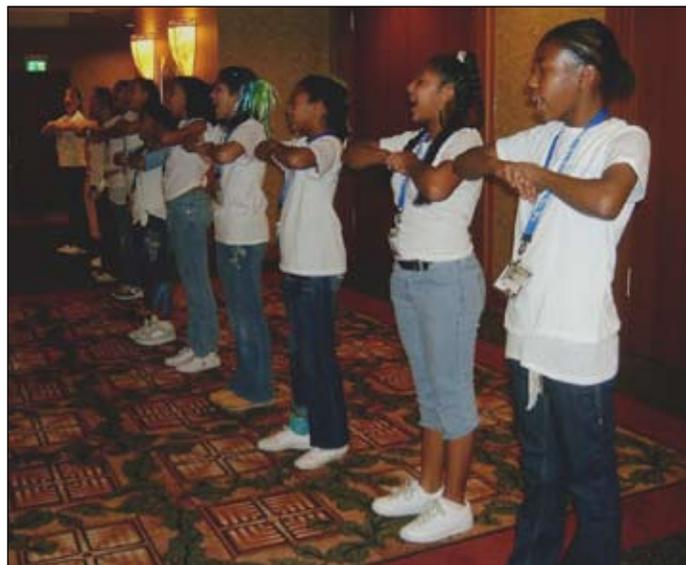
good with the older sorority sisters. It brings them together," said Alicia Bienvenu, another CYPA at the center.

The group is comprised mainly of middle-schoolers, but a few of the charter members of the Schweinfurt club are in high school. One thing they all have in common is leadership, according to Bienvenu.

"The girls are all fun and having fun with their friends and then, in a split second, it's smart girls' time, and they've got the leadership and they know what they've got to do and when to do it. It's like a totally different person. And it's awesome," she said.

In addition to the slight difference in ages, the girls bring together many different backgrounds and experiences – much like a sorority, Gosinski said.

"We expect our smart girls to be leaders,



Smart Girls' Club members practice for a presentation during a retreat in Garmisch. (photo by Debra Gosinski)

and we ask them to do things around the center, volunteering around the center," Gosinski said.

The club currently has 16 members and is hoping to boost that total during the next selection process, beginning Dec. 7, when initial applications are due. The application packets are available at the youth center.

Weekend retreat planned for community girls

By Sandra Wilson

Mirror, mirror on the wall, who's the fairest of them all? As a teen, many girls may not choose themselves, but the upcoming Discover Your Inner Beauty retreat says they should.

Schweinfurt and Bamberg girl scouts have received a \$1,000 grant to implement a weekend getaway for girls living overseas ages 14 to 17 years old. No membership with girl scouts is necessary— the

weekend is open to all teen girls.

Schweinfurt will host the overnight event which will take place at the Ledward Teen Center Nov. 30 through Dec. 2.

"We're not really reaching out to the older girls, and I'm hoping that this will be a start," said Patty Sahli, overseas committee chair for Bamberg girl scouts.

And the need is great for a special event for the teens. In daily life, many teens are plagued with a low self-esteem

and as a result may engage in self-destructive behaviors.

Military teens have the added pressure of deployment and constant moves as parents are assigned to new duty stations, said Sarah Small, overseas committee chair for Schweinfurt girl scouts.

Sahli and Small desire to address these issues by offering classes for teens about stress, gossip, dating issues, body care, media influences, being a military teen, and more.

But it's not just a bunch of

lecturing, and events ranging from crafts to yoga are planned.

"If they could take one thing away from this retreat it would be to love themselves for who they are, and don't change for anyone," said Small.

Parents are encouraged to attend the adult sessions throughout the weekend focusing on communication with your teen.

To pre-register, please call Sarah Small at 09729-90-7099 by Nov. 20.



News Briefs

Update forums

The next Community Update Forums will be held in the Schweinfurt Elementary School gym Tuesday at 6 p.m. and at the Leighton Community Activities Center Wednesday at 6 p.m. The community is invited and encouraged to attend.

USPS deadlines

The post office has set the deadlines for holiday mail from Europe to Continental United States:

Nov. 27 Space Available Mail

Dec. 4 Parcel Airlift Mail

Dec. 11 Priority Parcels, First Class Letters

Dec. 20 Express Mail.

Volunteers needed

Not quite sure how to thank our returning Soldiers? Come volunteer your time at the Finney Recreation Center on Conn Barracks. Volunteers are needed to fill weekend and evening time slots. For more info, call 354-6715 or 09721-96-6715.

Unit level basketball

Unit basketball teams are invited to participate in a league round-robin play. Registration deadline is Monday. League is open to all military ID card holders. NCAA rules apply. To register, call Finney Gym at 354-8234 or 09721-96-8234.

Transportation closed

The Leighton transportation office will temporarily close from Nov. 15 through Dec. 20 in order to shift personnel to Conn Barracks to support the reintegration of Dagger Brigade Soldiers. In order to continue to support Wuerzburg customers, Personal Property Worksheets can be obtained from the Temporary Motor Pool dispatch office in Bldg. 47 on Leighton.

Documentation can be faxed to Schweinfurt, and appointments for briefings and paperwork finalization will be set to insure that customers need only travel to Schweinfurt once. Additional instructions for paperwork can be obtained by calling the Schweinfurt Transportation office at 353-8879 or 09721-96-8879.

Youth-sponsored dinner

Club Beyond, the Schweinfurt Teen Center, and Middle School Zone invite the community to a family Thanksgiving dinner at the Teen Center at 6 p.m. on Nov. 17. Please RSVP by Wednesday by calling 354-6732 or e-mail donna.hilley@eur.army.mil.

Spa experience

Schweinfurt Community Spouses' Club invites the community to attend a spa experience on Nov. 15. Learn how to create a spa experience in the privacy of your home! Cost is 10 euro. Registration deadline is tomorrow. To reserve a spot, e-mail scscsvp@gmail.com.

Women's conference

The Ledward Chapel Gospel Service invites all women are to attend "Seasons of Deployment and Reintegration: Matters of the Heart," a conference at Ledward Chapel on Friday.

Dinner begins at 6 p.m. and the program begins at 7 p.m. This free event is geared toward women with loved ones deployed or who have recently been deployed. Free childcare is available. For more information, contact 354-1570 or 09721-96-1570.

Christmas pottery bingo

Join Schweinfurt Community Spouses Club (SCSC) for Christmas pottery bingo at the Schweinfurt Elementary School multi-purpose room on Friday at 5:30 p.m. Come out and enjoy food, fellowship, fun, and chance to win fabulous prizes! For more information, contact SCSC at scscmail@gmail.com.

America recycles

Nov. 15 is America recycles day, and the USAG Schweinfurt Environmental Division and SORT coordinator are using this opportunity to educate the community about recycling. Representatives will be available at the Ledward PX from 10 a.m. to 2 p.m. to pass out SORT information and answer any questions you may have about recycling in our community. If you can not make the event, call 354-6201 for answers to your recycling questions.

Schweinfurt Dispatch



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The Schweinfurt Dispatch weekly newsletter is an unofficial publication of the U.S. Army Garrison Schweinfurt, IMCOM-Europe and the U.S. Army authorized under the provisions of AR 360-1.

The newsletter is published and distributed weekly in an electronic format. The newsletter can be viewed on the U.S. Army Schweinfurt website at <http://www.schweinfurt.army.mil>.

This newsletter is a command information product that places emphasis on events and activities occurring throughout the Schweinfurt and Lower Franconia areas.

Information and photos included in this

newsletter are acquired from sources that highlight events, programs and activities in Schweinfurt and Lower Franconia.

Dates, times, locations, and the events themselves might change or be cancelled without prior notice.

To be added to the Schweinfurt Dispatch distribution list, please email: mail.sft.pao@eur.army.mil.

This address can also be used to submit community slides or information on upcoming events, or you can reach the USAG Schweinfurt public affairs office by calling 354-1600/6381 or (09721) 961600/966381.



- 10 NOV --Super Saturday, 9:30 a.m. to 2:30 p.m., no cost CYS care program. Call 354-6517 or 350-7762.
--Flea Market, 8 a.m. to 2 p.m., Kuetzberg Sporthalle. Continues on Sunday, same times.
- 11 NOV --Soccer game, 2:30 p.m., Willi-Sachs Stadium next to Ledward Barracks.
- 12 NOV --Unit level basketball registration deadline, open to military ID card holders. Call 353-8234.
- 14 NOV --College fair at Wuerzburg American High School, 4-6 p.m. For more info. call 350-7230.
- 15 NOV --B.O.S.S. "This One's for You" program, 3-7 p.m., Kessler Fitness Center. Call 354-6270.
--America Recycles day, 10 a.m. to 2 p.m., Ledward P.X.
--Turkey Bingo and hot dog dinner, 5 p.m., Schweinfurt Elementary School.
- 16 NOV --Thankful to be a Military Family ACS event, 6 to 9 p.m., Leighton CAC, 350-7103.
- 17 NOV --MWR Family Friendly Trip to Wartburg Castle, free transportation. Call 350-6305 to sign up.
--Wuerzburg Transition Showcase, from 8 a.m. to 5 p.m., in front of Leighton Theater 350-6305.
--Worlds Apart Fun Run/Walk in support of 173rd Airborne Brigade, 9 a.m., Kessler Fitness.
- 20 NOV --ACS paintball class, 1 p.m., Conn paintball field. Call ACS for more information at 354-6933.
- 22 NOV --Thanksgiving Dinner, 11:30 a.m. to 2 p.m., Leighton CAC. Call 350-6305 for reservations.
--Thanksgiving Dinner, 11:30 a.m. to 3:30 p.m., Ledward DFAC, bldg. 212, open to community.
--Schweinfurt Christmas Market opens, 10 a.m. Runs through Dec. 22. on the Marktplatz.
- 22-25 NOV --Ski/Snowboarding trip to Austria with Outdoor Recreation. Call 353-8080 to register.
- 23-25 NOV --International Bazaar, 10 a.m. to 6 p.m. Fri. & Sat., 11 a.m. to 4 p.m. Sun. Kessler Fitness.
- 25 NOV --Nutcracker Suite children's trip, 1 p.m., meet at Leighton ACS for transportation to Wuerzburg Nutcracker Suite matinee performance.
- 26-29 NOV --Advanced Microsoft Word, Excel, Power Point, or Access ACS computer classes, 8 a.m. to 12:50 p.m. each day, open to community, Finney Gym Learning Center, 354-6933.
- 27 NOV --Bulk Trash pick-up, Askren, Yorktown, and government leased housing.
- 30 NOV --Wuerzburg Christmas Market opens 10 a.m. Runs through Dec. 23 on the Marktplatz.
--B.O.S.S Meet & Greet, Route 66 Party, begins at 5 p.m., Conn Keller Bar. 354-6270 for info.
--Kid Friendly Trip to Wuerzburg Christ Kindl Markt, 10 a.m. to 2 p.m., meet at Leighton ACS.
- 1 DEC --MWR Family Friendly Trip to Bad Wimpfen Christmas Market, free trans. Call 350-6305.
--Ivushka, Russian Christmas review, Stadt Theatre, 7:30 p.m. Call 09721-51475 for tickets.
Second showing Dec. 2, 2:30 p.m., same location.
- 5 DEC --Christmas concert with "Kreuzchor" of Dresden, Stadt Theatre, 7:30 p.m. Call 09721-51475.
- 7 DEC --Leighton Barracks Christmas tree lighting, 4 p.m., Victory Garden.
- 13 DEC --B.O.S.S. "This One's for You" program, 3-7 p.m., Finney Fitness Center. Call 354-6270
- 15 DEC --MWR Family Friendly Trip to Erfurt Christmas Market, free trans. Call 350-6305 to sign up.
- 16 DEC --Ledward Barracks Christmas tree lighting, 4 p.m., Andrus Garden.

Community 6 week outlook calendar



Scarlet fever deserves respect, not fear

By Phillip Tegtmeier, ERMIC PAO

Scarlet fever. It once was a childhood disease that annually killed thousands in the United States. But today's strains aren't nearly as aggressive and can be treated relatively easily, said the Army's top pediatrician in Europe.

Scarlet fever has been reported in the Schweinfurt community, and officials wanted to remind and educate family members about common sense measures to prevent illness during the winter months.

Dr. (Lt. Col.) Robert A. Smith, Europe Regional Medical Command's pediatric consultant and commander of the Hohenfels Health Clinic, said parents no longer have to face the same fears of the disease that, perhaps, their grandparents did.

"It (the bacteria that causes scarlet fever) used to be a very virulent disease that caused more complications," Smith said. "The strains now don't seem to be nearly as dangerous."

Scarlet fever is caused by the Group A streptococcal bacteria that cause the more common "strep throat." But with scarlet fever, the bacterium creates a toxin that attacks skin cells, causing them to turn red. This red rash, which begins around the throat chest, gives the disease its name.

"It's a treatable disease because it

responds well to penicillin," Smith said. "We've seen about the average number of cases this year – I haven't seen a lot of it. But, parents should be aware of the disease and become familiar with the symptoms."

He said a child coming down with the fever will likely feel sick and complain of a sore throat and headaches. Other symptoms

"If a child complains of being sick, it's usually because they are."

Dr. Robert Smith
ERMIC pediatric consultant

include the rash, which begins to develop after about 24 hours, and nausea and vomiting. Children between two and 12 are most susceptible to contracting the disease. He said it was rare for preschoolers to get it, and older children have built up a partial immunity to it.

"About 10 percent of children who come down with strep throat will develop scarlet fever," Smith said. He said the number fluctuates, too. "It comes and goes. Some years it's 10 percent, some it's 20."

Once doctors diagnose a child with the

disease, the treatment consists of fever reducers, like ibuprofen or Tylenol, and a 10-day regimen of penicillin. Smith said the penicillin should be taken all ten days, until it is used up. Parents should also remember not to share medications with others in the family, or stop giving the doses just because the child feels better.

"After treatment begins, a child will begin to look and feel better after two or three days. They can return to school after they've been taking the penicillin for 24 hours," he said.

Smith urged parents to take the disease seriously and get treatment for children.

"If a child complains of being sick, it's usually because they are," Smith said. "They're not like adults who have been known to claim illness to get out of going to work."

Smith explained that the bacterium behind scarlet fever is spread by coughing and sneezing. Basic personal hygiene tips like hand washing and covering your mouth when coughing or sneezing can help stop the spread of disease.

"People get things from people," Smith said. "If everyone stayed home, we'd be fine. But since we do go out and interact with others, we just need to be aware of the illnesses out there, and seek treatment when the first signs of something appear."

Book fair page-turner for SES

Even in Kindergarten, Schweinfurt Elementary students like Katelyn Eubanks know a good book when they see it. Schweinfurt Elementary School held a book fair this week, giving students an opportunity to browse through age-appropriate reading materials and parents a centralized place to purchase English-language books for their children. Keep an eye open for the next book fair or other PTA-sponsored event at Schweinfurt Elementary School. (photo by Miranda McLean)





Wuerzburg HS drama produces ‘Suite’ fun

Story and photo by Miranda McLean

Drama: high school is full of it. At Wuerzburg High School, there’s even a department for it. This fall, Wuerzburg High School drama department invites you to check in to “Suite Simon.”

“Suite Simon,” a comedy in three acts, is a blend of one act plays written by Neil Simon. Director David Flom hand picked these acts from Simon’s large collection for their variety of characters that highlight the student’s acting. The unifying factor in these acts is their location - Plaza Hotel, Suite 719.

Audience member are in for a treat – and a lot of laughs – as stories play out humorous life situations.

“The first (story) deals with a man and his wife who have come to London to go to the Wimbledon tennis matches and they lost their tickets... The middle one is about two couples who have been traveling together and they’ve definitely been traveling too long,” Flom explained.

The third act features a couple whose daughter locks herself in the bathroom on her wedding day and refuses to come out.

“It’s funny – it’s a lot of activity... There’s some physical humor and other things that are entertaining for the whole family. (The audience) should expect a lot of energy, and a lot of fun. (The) actors will be having fun as well,” said Flom.

The cast of “Suite Simon” includes 11th graders Rebecca Bausum, Fred Kips, John Reynolds, and Katie Richardson; 10th grader Richard Flentie; and 9th grader Hannah Richardson.

Some of the actors are new to the stage while others are seasoned veterans. But Reynolds explained that even veterans



Rebecca Bausum and John Reynolds rehearse as exasperated couple Norma and Roy Hubley, whose daughter has locked herself in the bathroom on her wedding day in one part of the Wuerzburg High School production of “Suite Simon.”

face challenges.

“I feel like I’m playing a character that’s completely opposite of who I am... but it’s fun ...you always get to enjoy it,” he said.

“Suite Simon” will be performed Nov. 15, 16 and 17 at 7:30 p.m. in the Wuerzburg High School Cafetorium. Tickets will be available for purchase at the door. The price is \$5 for adults and \$3 for students. Seats can be reserved in advance by e-mailing david.flom@eu.dodea.edu.

MONTGOMERY GENTRY

12 December 2007
Conn Airfield
Gates Open 5:30 p.m.

MWR

USAG Schweinfurt Entertainment

Volunteers of the Month

October

Active Duty	Spc. Jeremiah Conwell
Agency	Christina Milway
Youth	Gabriel Lavine-Coats
Family Member	Emily Nixon
Civilian	Cheryl Dean
Individual Unit	Lisa Eubanks



Mission complete: *Vanguards set to return*

Story and photo by Spc. Nathaniel Smith
4th IBCT, 1st Inf. Div., Public Affairs

BAGHDAD – It’s been 15 months since the 1st Battalion, 18th Infantry Regiment Vanguards entered a combat zone, answering its nation’s call to serve.

In a rural area of southern Baghdad, the mechanized infantrymen set out on a mission to corral terrorism and protect the people of West Rashid. Now, the Army has one message for the Soldiers out of Schweinfurt, Germany:

Mission complete.

While the deployment was long and full of challenges, as are all, Command Sgt. Maj. Israr Choudhri, the Vanguard senior noncommissioned officer, said the thought of his daughter made it all worth it.

“It was worth it because every day she went to school, I never worried that someone would attack my wife’s car with an (improvised explosive device) or (rocket-propelled grenade),” he said. “In order to prevent that from happening to any one of our kids, if I was in Iraq for 15 months, it was all worth it.”

Maj. Eric Timmerman, the operations officer for Task Force Vanguard, volunteered to join the unit after it had already deployed because he felt it was worth it as well.

“Believe it or not once you get to a certain rank, you spend a lot of time on the staff side of things often very removed from every day combat Soldiers and you miss that because really that’s kind of why I came in,” Timmerman said.

For Choudhri, it had always been about the Soldiers. No matter the position, his job was still the same: ensuring the welfare of his troops.

“My job as a first sergeant was about taking care of Soldiers,” he said. “Now, as a battalion sergeant major, the duty does not change: taking care of Soldiers.”

Now that the Vanguards are returning, the question arises: how will the troops tell their families what they went through in Operation Iraqi Freedom?

Timmerman said one of the most difficult things to get his family to understand will be the conflict going on in Iraq.

“When you come to enforce the nation’s political decisions, there are a lot of aspects to that,” from fire fights to handing out school



Maj. Eric Timmerman, the operations officer of the 1st Battalion, 18th Infantry Regiment, 2nd Brigade, 1st Infantry Division greets an Iraqi Army soldier while on a battlefield circulation in the Saydiyah region of Baghdad’s Rashid District, Oct. 4.

supplies.

Timmerman feels it is important his children understand that fighting isn’t easy, and war deaths affect not only the family of the deceased, but also the people who caused the death.

“War isn’t like a movie. War isn’t like Band of Brothers ... We touched a lot of people and we made a difference ... We have a lot to be proud of.”

299th FSB Soldiers reenlist, ready to redeploy



Nine Soldiers from the 299th Forward Support Battalion, 2nd Brigade Combat Team, 1st Infantry Division, are administered the oath of enlistment by Lt. Gen. Raymond Odierno, commanding general for Multi-National Corp - Iraq, during a reenlistment ceremony held in the Al-Faw Palace on Camp Victory in western Baghdad Nov. 1.

The 299th FSB will redeploy later this month, returning home to Schweinfurt after a 15-month mission supporting Operation Iraqi Freedom.

(U.S. Army photo by Sgt. Lance Wail, 2nd BCT, 1st Inf. Div. Public Affairs)