



Schweinfurt Dispatch

Serving the Military Community of Schweinfurt

July 10, 2008



Happy Birthday!!!

Schweinfurt throws *Fourth of July Bash*



Photos by Kimberly Gearhart and Lindsey Cole





News Briefs

Enjoy art, take a trip

The Arts and Crafts Studio takes a field trip Erlangen and Buttenheim, a flea market plus Levi Strauss Museum. They're also taking a trip on July 27 to Bad Windsheim for a Museum Fest. All trips leave from the Crafts studio at 8 a.m. and return around 6 p.m. For more information or to sign up call the Crafts studio 354-6903.

Sound of music

The Schweinfurt youth center's Camp Challenger summer continues into the fifth week. "Sound of Music" is the theme, where music is elaborated and is key during the week. On Tuesday they go on a field trip to Phantasia Land, and on Friday to the Frankfurt zoo. For more information call the Youth Center 354-6933.

Listen to Black Violin

USAG Schweinfurt Morale, Welfare, and Recreation continue the summer of concerts. Bring the family to the musical performance of Black Violin. Listen to these two classically trained musicians as they perform their original hip hop and classical stylings. This dynamic duo have taken home the 2005 Apollo music award, and want to try to give the world the exposure to the arts they've been given. They perform at Finney Fitness Center tomorrow at 7 p.m.

Camp Olympus continues

School Aged Services (SAS) Camp Olympus continues. Next week is "Splashes and Bubbles Week" where the kids will get to play while getting clean! There is a field trip to the Bamberg swimming pool on Tuesday for grades 1 and 2, and on Thursday for grades 3 to 5. For more information call SAS 354-6974, or to register call Central Registration 354-6517.

Donate to Polish mission

The Schweinfurt youth center will continue to accept donations for the Elim Christian Mission in Poland through the month of July. The soup kitchen in the facility feeds nearly 100 people per day and would appreciate any donations of pasta, beans, canned corn, or rice. Drop off donations at the Ledward Chapel or the youth center, building 241.

Vacation with Bible school

The Schweinfurt Ledward Chapel holds its annual Vacation Bible School (VBS) camp during summer. This year's theme is "The Pirates Who Don't do Anything!" from the popular children's Veggie Tales movie.

This program is designed for children ages 4 to 10. Volunteers of all ages still needed! For more information, call 354-6860, 09721-966860, or e-mail at vbsschweinfurt@yahoo.com.

Enjoy German events

Many events take place around the area tomorrow. Sun-and-fun party in Gochsheim, in the area of the car dealer, begins at 8 p.m. An open air "Rock at the river bank" concert performed by NumberNine, and a tour with the night watchman in the Schweinfurt market square both begin at 9 p.m.

Daddies get trained

Army Community Service (ACS) holds a Daddy Basic training course. For all new and expecting dads, this course will help you feel more confident and comfortable around the little ones. For more information or to sign up call the ACS 09721-966732, or 354-6933.

Commissary closure

The Schweinfurt commissary installs new shelving this weekend, and hours will change. The store closes Sunday at 4 p.m., will be closed Monday and Tuesday, and re-opens Wednesday at 10 a.m.

PWOC holds picnic

The Schweinfurt Protestant Women of the Chapel holds a picnic for the community. Bring a dish to share for a time of food, fun, and fellowship. This happens at Kessler Field, Wednesday, from 10:30 a.m. to 1 p.m. For more information e-mail pwoc.schweinfurt@gmail.com.

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 web site 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 e-mail: 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.



- 15 JULY** --Schweinfurt Commissary closed for shelving upgrades/installation.
 --Bulk Trash pick-up, Askren, Yorktown, leased housing. Put items out by 7 a.m.
 --Smooth Move Seminar, Education Center, 9 a.m. to Noon. Call ACS 354-6933.
 --Phantasia Land amusement park, part of Camp Challenger. Call the Teen Center 354-6732.
- 16 JULY** --Sponsorship training, Ledward ACS, 9 a.m. to noon. Call ACS 354-6933.
- 17 JULY** --Federal resume training, Ledward ACS, 2 to 4 p.m. Call ACS 354-6933.
- 18 JULY** --Smooth Move Seminar, ACS building, 9 to 11 a.m., Wuerzburg ACS. Call 350-7103.
 --Frankfurt Zoo, part of Camp Challenger. Call the Teen Center 354-6732.
- 21-23 JULY** --FRG/FRL Training, Yellow Ribbon Room, 9 a.m. to 4 p.m. Call ACS 354-6933
- 22 JULY** --Warner Brothers Movie Park, part of Camp Challenger. Call the Teen Center 354-6732.
- 24 JULY** --Custom Made concert, Finney Fitness Center, 7 p.m. Call 353-8476.
 --Club Beyond high school paintball field trip, 1 to 4 p.m. Call 01603321498.
 --Lunch Bunch, meeting point Ledward ACS, 11 a.m. to 2 p.m. Call 354-6933.
- 25 JULY** --Asperger's and Autism Support Group, Ledward ACS. Call 354-6933.
- 27 JULY** --Bad Windsheim - Museum Fest, Arts and Crafts Studio field trip. Call 354-6903.
 --Burg Schweinstein fest at the Wildpark, 11 a.m. to close.
- 28 JULY** --ADD & ADHD Support group, Ledward ACS, 10 a.m. to noon. Call 354-6933.
- 29 JULY** --Bulk Trash pick-up, Askren, Yorktown, leased housing. Put items out by 7 a.m.
 --Local community service project, part of Camp Challenger. Call the Teen Center 354-6732.
- 30 JULY** --Building your portfolio, Yellow Ribbon Room. Call ACS 354-6933.
- 31 JULY** --Book Club Meeting, "Suite Francaise," Ledward Library 5:15 p.m. Call 354-1740.
 --First Impressions seminar, Ledward ACS, 2 to 4 p.m. Call ACS 354-6933.
- 1 AUG** --Teen Summer Stress Buster, open to all teens, Kessler Field, 9:30 a.m. to 3 p.m.
- 4-8 AUG** --Schweinfurt Newcomer Awareness Program for Spouses. Call ACS 354-6933.
- 5 AUG** --Field trip to Palm Beach, part of Camp Challenger. Call the Teen Center 354-6732.
- 7 AUG** --Go Kart field trip, part of Camp Challenger. Call the Teen Center 354-6732.
- 8 AUG** --Holiday Park, part of Camp Challenger. Call the Teen Center 354-6732.
- 8-10 AUG** --Club Beyond High School camping trip to Little Switzerland. Call 01603321498.
- 9 AUG** --Super Saturday Respite Care, Call Child and Youth Services Registration 354-6414.
- 11-13 AUG** --Bamberg High School transition program. Call 354-6460.
- 12 AUG** --Club Beyond Middle School Shopping trip to Graf. Call 01603321498.
- 17-17 AUG** --Club Beyond high school leadership retreat. Call 01603321498.
- 19 AUG** --Europa Park, part of Camp Challenger. Call the Teen Center 354-6732.

Community 6 week outlook calendar



Kids get lesson in the basics of 'America's game'

Story and photo by Lindsey Cole

Child and Youth Services summer sports clinic continued this week with a baseball skills clinic at Kessler Field. Former British national coach Ralph Rago shared his knowledge and skills.

Drawing on his 63 years of baseball experience, Rago is touring Europe as part of a Morale ,Welfare, Recreation program that gets youth involved with developing their sports skills. He played in high school, college and during his time serving in the Army. In 1996 his Great Britain team won the European Championship.

Although Rago has coached overseas before this is his first time coaching overseas for the armed forces dependents.

"I was at a baseball competition and someone came up to me and said 'hey Rago, do you want to coach in Europe this summer?' and I said yeah!"

"My greatest benefit is to see the kids develop and some even achieve to the next level two of my players play for the big leagues, that's a good feeling," Rago said.

The kids began by properly warming up with stretching and some running. They all anticipated the idea of hitting the ball as far as they could or throwing across the field. Whatever their drive was, it was clear to Daniel Jones CYS sports director they couldn't wait to improve and play.

"There was good participation. As with any program, the better the turnout, the greater the value," Jones said.

The baseball camp focused on improving abilities such as running, catching, throwing, batting, teamwork and healthy competition. The youth benefitted the practice and skill they were gain-

ing though Rago's knowledge and passion for the game.

I am very grateful to the coaches for their commitment to the cause and the heart and soul they poured into the youth of Schweinfurt to teach the fundamentals," said Jones.

It was offered to School Aged Services (SAS) children on Monday, and to middle school and high school children on Tuesday. Each day they developed skill appropriate to their age group.

"I really enjoy this, it gives me a chance to practice. My favorite part is practicing catching. I hope the next sport we do is football," said 8-year-old A'meer McClendon.

For more information about upcoming CYS sports events call 354-6822, or about SAS events call 354-6974.



Bryce Andrews, coach Ralph Rago and Demetrius Lindsey practice batting exercises with SAS children.

USAG agencies change telephone numbers

USAG Schweinfurt office DSN numbers have changed. New numbers will be 354-XXXX as listed below for each of the following directorates:

Commander	1300
Deputy commander	1310
Command Sergeant Major	1320
Directorate of Public Works	1360
Chaplain	1370
Directorate of Emergency Services	1380
Garrison Directorate of Plans, Training, Mobilization, and Security	1330
Public Affairs Office	1400
Directorate of Logistics	1340
Headquarters and Headquarters Company	1450
Directorate of Human Resources	1350
Civilian Personnel Advisory Center	1430
Information Management	1440

ROCKIN', ROLLIN', AND HELPING SOLDIERS: GARY SINISE AND THE LT. DAN BAND

Story and photo by Kimberly Gearhart

The Lt. Dan Band played Schweinfurt Monday with a blend of rock, funk, soul, and pop covering the last 40 years of music, and then some. Gary Sinise, star of stage and screen both big and small, co-founded the band, playing bass guitar and lending the name of one of his more famous screen personas to the band.

Sinise and Kimo Williams, a Vietnam veteran and composer, co-founded the Lt. Dan Band as a way to entertain troops and veterans, touring with United Service Organizations (USO) overseas and performing stateside on military bases and in veterans' hospitals.

In addition to his work with the Lt. Dan Band, Sinise travels on his own to visit deployed Soldiers. It was on one such trip in 2003 that Sinise formed the seed of an idea that would grow into another goodwill project known as Operation Iraqi Children (OIC).

"When I went to Iraq on my second tour in November of 2003, I went out to visit the schools. The troops took me out to these schools they had rebuilt and refurbished," Sinise explained.

What struck him immediately was a how scarce basic school supplies such as paper

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Step aerobics kicks back into place

Story and photo by Lindsey Cole

Step aerobics at the Kessler gym has been on hold for a while. Recently, however, Vanessa Greiner stepped in to fill the void and classes have resumed.

Greiner's classes are offered every Tuesday at 6 p.m., and she will add Thursdays in August. The time is convenient for working people, she said.

Step aerobics class consists of many different moves and exercises. Overall, the goal is to get participants into shape. It targets upper and lower body strength, increases cardio and energy, she said

"I'm interested in toning up and slimming down. The class is low impact/high intensity and will help me accomplish my goals," said Monica McClendon, who was involved with the class previously and is 'very happy' the class has started again.

Like McClendon, most people begin the class with the goal of changing their physical appearance; however, by the time the

class is over they have achieved more.

Class instructor Greiner is a certified spinning, aerobics, and personal trainer and has been leading the course for the past six weeks. She enjoys the class because it is a good workout but she likes to watch the change in people.

"It brings me satisfaction when I see people getting excited. They get mad at me and sometimes are sore, but in the end they're happy with what they've accomplished and know it's a good thing," Greiner said.

Seeing others accomplish their goals is a way for participants to stay motivated and not just leave or quit.

"I had purchased workout videos to use at home but being in an actual class keeps me motivated. When I'm in class struggling through the routine, I can look around and see others doing the same and that makes me push harder," McClendon said.

For more information about fitness classes, call the Finney 353-8234 or Kessler Fitness Center 354-6735.



Charlenda Sizemore gets enthusiastic doing reaching exercises.

SINISE

and pencils were. After returning home, Sinise gathered school supplies and sent them back to Iraq for the Soldiers with whom he had toured to distribute.

"They video taped it all, and sent it to me. I saw it and thought this would be a great way to help the troops interact with the kids around Iraq," he added.

That seed grew into OIC, which, in 2004, began shipping school supply kits to American troops stationed in Iraq, for distribution in Iraqi schools.

"The troops can't seem to get enough ... and now we're shipping to Afghanistan," Sinise said.

Last fall, 2,048 school supply kits made their way to Bagram Air Base in Afghanistan. Those supply kits were flown by helicopter to FOB Naray,



Actor and musician Gary Sinise, right, leads his group, the Lt. Dan Band, through their show at Kessler Field Monday. The band, widely recognized supporters of the military, stopped in Schweinfurt for the last show of their United Service Organization European tour.

where Soldiers from the Schweinfurt-based 1st Squadron, 91st Cavalry Regiment (Airborne) took charge of them.

"The supplies were distributed to the Naray and Nishigam Schools," wrote Squadron Chaplain Kelly O'Lear in an e-

mail about his Squadron's.

O'Lear and most of the 1-91 CAV are wrapping up their mission in Afghanistan now, but more supplies are "en route," according to O'Lear.

But whether it's rocking out on Kessler Field, touring

deployed positions in Iraq, or gathering supplies for needy children, Sinise feels that it is his "purpose to help our Soldiers out."

With the Lt. Dan Band, that help comes in the form of musical entertainment. With OIC, Sinise hopes to help "extend the hand of friendship" between Soldiers and the children affected by military operations. "(OIC) helps the kids see that Soldiers are not just people that carry guns, but ... can be helpful and beneficial to them as well," Sinise said.

For more information about the Lt. Dan Band's efforts to support the troops, visit www.ltdanband.com.

To learn more about OIC, or to see how you too can help, visit www.operationiraqichildren.org.

"It is heartwarming to see how the supplies help troops help the kids," Sinise said.



ACS helps students brush up on computer skills

Story and photo by
Lindsey Cole

Army Community Service (ACS) gave youth grades 6-9 the opportunity to gain hands on knowledge about today's computer software and technology.

Last week the participants were exposed to programs such as computer basics & Windows XP, Basic Word, Basic Web Design, and PowerPoint. These classes are not offered in school for their age; they're high school level classes. Part of the goal is to give students a head start on high school.

"I've been to all the classes so far, and it's really fun. I knew about computers before, but I've learned a lot more here. I liked learning about building my own computer, it's helpful for the future," said 13-year-old Beau Timmons, who participated in all the classes of the week.

Course instructor Grete Timmons has been teaching computer classes for the past seven years. She has obtained an International European Computer Driving license which is a nationally certification for computers. She's a contracted instruc-

tor for ACS, with the goal of helping youth understand that learning about computers can be fun.

"I want to help kids learn in a fun way, so it doesn't feel like a drag. It's great to see them at the end of the class with that little twinkle in their eye that they learned something...I think that right now these kids are on a level where they can gain confidence and take away that fear of 'oh I might do something wrong' and they'll just be open and go for it," Timmons said.

Another purpose this class is offered during the summer is so that kids will not just let the time drift away, but instead will learn and have fun.



Course instructor Grete Timmons teaches Miguel Guevarra how to build his own webpage.

"It's great to see kids learning something that may impact their future instead of just running the streets being bored and wasting their time,"

If family members are interested in upcoming classes or have suggestions for classes they should call ACS 354-6732.

Transition center last stop for Soldiers preparing to separate from Army

By Mark Heeter

"It's just like gold."

Anyone who has received a DD 214, certificate of release from active duty, is likely to agree with Clinton Abrams, senior transition specialist for USAGs Schweinfurt, Ansbach and Bamberg. And anyone who is on the verge of separating from the military – retiree, regular separation, medical board, chapter – will go through Abrams to get to the gold.

"We are the last stop for people separating from the Army," Abrams said, in his second floor office in building 40 on Conn Barracks.

Forget what you've heard about the importance of all that paperwork you have acquired in the Army, Abrams said.

"Now you've got your DD 214. This is the one you need to worry about. Call it a snapshot of your military career," he said, noting that job and benefit applications still rely heavily on the document.

"The 214 will follow you forever. It's like your degree," said



Abrams

Victoria Nelson, transitional specialist.

In order to get there, Abrams advises Soldiers to begin the process and attend a pre-separation briefing early – six to seven months prior to separation, if possible.

"It's required for all Soldiers who are separating, with the exception of retirees," who have a unique briefing, Abrams said.

While the process varies from unit to unit and between communities, the basic goal of helping Soldiers should remain the same, according to Abrams and Nelson.

"We would rather let the Soldier come and have us brief them properly," Nelson said, rather than allow separating Soldiers to rely on "barracks lawyers" to guide them through the transition.

"We're here to help the Soldiers," she said.

The next pre-separation briefing is scheduled for July 17 at the transition center.

For more information about upcoming briefings and other services available at the transition center, call 353-8859 or 09721-96-8859



Nelson