



Schweinfurt Dispatch

Serving the Military Community of Schweinfurt

Nov. 13, 2008



Black Hawk Rendezvous



Blackhawk Rendezvous is a special occasion to honor the Soldiers and families preparing for deployment. Participants enjoyed the numerous events offered by this memorable two-day event yesterday and today.

Spc. Thomas Livengood (left), of 1-77 FA, service battery, competes in the archery competition at the airfield on Conn during yesterday's festivities.

Flag football between the companies of each battalion continue today as they play for the championship in the single elimination tournament.

Events also included the log throw, combatives (both seen below), ax throwing, and rock throwing.



Keali Hicks (below right) sits patiently as she gets her face painted by a professional at Finney Fitness Center yesterday.

Nicole Kanetomo and her son, Noah (below left), enjoy a bull ride.

Children also enjoyed other activities including blow-up obstacles courses,

clown on stilts, and balloon animals.

Ceremonies and a bonfire today will conclude the Rendezvous.

(Photos by Emily Athens)





SPRECHEN SIE FUN?

Events and activities in the local communities

Friday

Russian exhibition of music, literature, and fine arts at castle Zeilitzheim, Marktplatz 14 in Kolitzheim-Zeilitzheim at 6 p.m.



Enjoy wine and music in Wertheim

Saturday

Fall concert by the music association of Schwebheim at the Sportsclub TSV, Schweinfurter Strasse 20 in Schwebheim at 7 p.m.

Spanish Guitar Music and “Flamenco Dance” performance at the town hall, market square in Hassfurt at 8 p.m.



Franconian Harmonics and Taphouse Dance Company Würzburg perform melodies from musicals and movies at St. Johannis Church, Hofstallstrasse in Würzburg at 8 p.m. Tickets are 10 euro per person or 25 euro per family on the evening of the concert. Reserve tickets by calling 0931-15023 from 10 a.m.-4 p.m.



Volksmarchs in Volkach

Saturday 9 a.m.-4 p.m. Walk a distance of 5, 10, or 20 kilometers
“Torch” walk from 4-6 p.m. Walk 5 or 10 kilometers.

Sunday 7 a.m.-1 p.m. Walk a distance of 5, 10 or 20 kilometers.

Saturday & Sunday

Over 30s party “Let’s Dance” at castle Hallburg near Volkach at 8 p.m.



“Dance Impressions” ballet by dance school from Bucharest at the Schweinfurt Theater,

Rosbrunnstrasse 2, Saturday at 7:30 p.m., Sunday at 3 p.m. For tickets call 09721-51475 or 09721-510 or email theater@schweinfurt.de.

Flea markets

Friday

- Schweinfurt – Wirsingstrasse (near train station)
- Schweinfurt – DJK sports club, Niederwerfner Strasse
- Bamberg – JakeArena (after 4 p.m.)
- Nürnberg – Münchner Strasse
- Amberg – Dultplatz
- Regensburg – Globus
- Dresden – Elbemarkt



Sunday

- Volkach – Norma
- Augsburg – REAL market
- Crailsheim – Handelshof
- Fuerth – Stadthalle (city auditorium)

Nov. 24 & 25

Modern ballet Gullberg at the Schweinfurt city theater, Rosbrunnstrasse 2 at 7:30 p.m. For tickets call 09721-510, Mon-Fri between 8 a.m.-6 p.m. or Sat 9:30 a.m.-noon.

Nov. 29

Best of Irish Dance at the Frankenhalle in Sennfeld 8 p.m. Enjoy more than two hours of original Irish tap dancing performed by the “Dance Masters.” For tickets call 09721-69138 or 548800/176666 or 01805/4470 or visit www.ticketonline.de.



Schweinfurt Dispatch



Commander Lt. Col. Anthony Haager
Public Affairs Officer George Ohl
Command Information Officer Mark Heeter
Writer/Editors Emily Athens
 Elvira Gladwell
 Sandra Wilson

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 354-1400/6381 or (09721) 961400/966381.



News Briefs

Basketball tournament

Come join a day of basketball in a unit-level competition Nov. 22. Teams must register at Finney Fitness Center between Monday and Wednesday. Tournament begins at 10 a.m. Nov. 22. For more information, call 09721-96-8234.

Ski or snowboard

Join Outdoor Recreation Nov. 27-30 for a weekend of skiing/snowboarding. Cost includes transportation and three overnights, breakfasts, and dinners. For more information, call 09721-96-8080.

Free computer classes

Army Community Service offers free computer classes. Classes run from 8 a.m. to 12:50 p.m. in Ledward Barracks bldg. 206. A certificate of completion will be issued at the end of each class. For more information, call 09721-96-6933.

- Monday – Basic Microsoft Excel I
- Tuesday – Basic Microsoft Excel II
- Wednesday – Microsoft Power Point
- Nov. 20 – Microsoft Publisher & photo editing

Flu vaccines

The immunizations clinic is now giving flu vaccines during regular office hours on a walk-in basis: Monday through Friday from 8 a.m. to 11:30 a.m. and 1 p.m. to 3:30 p.m. The vaccine is available by injection or intranasal spray. For more information, call 09721-96-6378.

Read while downrange

Free paperback book kits are available in November at Ledward Library for deploying troops. Each kit contains 25 assorted popular fiction and nonfiction books to meet all tastes. Come pick up your kit now. For more information, call 354-1740 or 09721-96-1740.

Monthly Lunch Bunch outing

Join Schweinfurt's Army Community Service Lunch Bunch Nov. 20 from 11 a.m. to 2 p.m. Sign up for the carpool or call to get directions to the restaurant at 354-6933 or 09721-96-6933. Experience a little of the German culture with an English-speaking guide to help you translate the menu. Children are welcome! Please bring euro for lunch.

Saturday child care available

Sign up now for Child, Youth, and School Services' Super Saturday Respite Care Nov. 22. Children ages 6 weeks to fifth-grade will be cared for from 9:30 to 2:30 p.m. for \$16 including one meal. Reservation deadline is Monday. Call central registration at 09721-96-6414.

Learn to control anger

Do you know your anger style? Come to Army Community Service's classes on anger management at Ledward ACS building 242 beginning Tuesday to find out ways to deal with and control your anger. This three-part series takes place on Tuesdays from 3 to 5 p.m. For more information, call 09721-96-6933.

Smooth move seminar

Leaving the community? Army Community Service wants to help "smooth" your transition. Attend a seminar at Ledward ACS Tuesday from 9 a.m. – 12 p.m. in the Education Center to get tips on packing, shipping, moving with pets and more. For additional information, call 354-6933 or 09721-96-6933.



Tonight-	7 p.m.	Bangkok Dangerous (R)
Tomorrow-	7 p.m.	Disaster Movie (PG-13)
Saturday-	4 p.m.	The House Bunny (PG-13)
	7 p.m.	Pride and Glory (R)
Sunday-	4 p.m.	The House Bunny (PG-13)
	7 p.m.	Pride and Glory (R)
Monday-	closed	
Tuesday-	closed	
Wednesday-	7 p.m.	Babylon A.D. (PG-13)

Schweinfurt three-day weather forecast

A.M.		P.M.	
	Friday Partly sunny Lows 0 C / 32 F		Friday Cloudy rain Highs 4 C / 39 F
	Saturday Partly sunny Lows 5 C / 41 F		Saturday Partly sunny Highs 8 C / 46 F
	Sunday Cloudy rain Lows 7 C / 45 F		Sunday Cloudy rain Highs 8 C / 46 F

Source: 21st Operational Weather Squadron



- 21 NOV --Treasurer Training, Ledward ACS bldg. 242, 11:30 a.m. - 1:30 p.m. Call 354-6933.
- 22 NOV --Community Turkey Trot 2, 3, 5, or 10k; Kessler gym, registration 7:30 a.m., run 9 a.m.
--Unit-level basketball tournament, Finney Fitness Center, 10 a.m.
- 24 NOV --ADD & ADHD support group, Army Community Service, 10 a.m. to noon. Call 354-6933.
- 24-25 NOV --Gullberg (modern) ballet Schweinfurt city theater (Rosssbrunnstrasse 2), 7:30 p.m.
For tickets call 09721-510 Mon-Fri from 8 a.m.-6 p.m. or Sat 9:30 a.m. – noon.
- 26 DEC --Chapel Jesse Tree ornament project sponsored by PWOC, 9-11:30 a.m. Call 0170-277-8980.
- 27 NOV --Thanksgiving Day, U.S. federal holiday.
--Thanksgiving dinner at Conn & Ledward dining facilities, 11:30 a.m. - 3 p.m.
--Schweinfurt Christmas market opens, market square, 5:30 p.m. Open daily 10 a.m. to 8 p.m.
- 27-29 NOV --BOSS Berlin city tour with Stars in Concert, two overnights 229 euro. Call 353-8476.
- 27-30 NOV --Outdoor Rec. snowboard/ski trip. Call for prices and to sign up at 353-8080.
- 28-30 NOV --Holiday Bazaar, Finney Fitness Center, Fri-Sat from noon - 7 p.m., Sunday noon - 4 p.m.
- 29 NOV --The Dance Masters perform “Best of Irish Dance,” Frankenhalle in Sennfeld, 8 p.m. For tickets call 09721-69138 or 548800/176666 or 01805/4470 or www.ticketonline.de.
- 30 NOV --Community Christmas tree lighting event, Andrus Garden on Ledward Barracks, 4:30 p.m.
- 1 DEC --Beginner’s Conversational German class starts, Mon & Wed 11:30 a.m.-1 p.m. Call 354-6993.
- 1-5 DEC --Santa Shop open for sales at Schweinfurt Elementary School. Call 354-6734 for times.
- 3 DEC --Christmas tree market opens through Dec. 24 at Martin-Luther-Platz in Schweinfurt.
- 4 DEC --Comedian Bernie McGrenahan performs “Happy Hour,” Ledward Theater, 10 a.m. & 3 p.m.
- 6 DEC --Trip to Christmas market in Rothenburg, \$15. Departs 10 a.m. Call Outdoor Rec. 353-8080.
--Trip to Christmas market in Rothenburg, 25 euro. Departs 8 a.m. Call BOSS at 353-8476.
--BOSS Neustadt steam train ride, castle visit and wine tasting, 95 Euro. Call 353-8476.
- 7 DEC --Army digital photography contest deadline. Call Ledward Crafts Studio for details 354-6903.
- 9 DEC --Community Update Forum, Schweinfurt Elementary School, 6 p.m.
- 11 DEC --Monthly Lunch Bunch with St. Nikolaus, meet at ACS, 11 a.m. - 1 p.m. Call 354-6933.
- 12-14 DEC --Outdoor Rec. snowboard/ski trip to Garmisch. Call for prices and to sign up at 353-8080.
- 13 DEC --Trip to Christmas market in Stuttgart, 35 euro, leaves Finney Gym 8 a.m. Call 353-8476.
- 18 DEC --Adult book club meeting, Ledward Library 5:15 p.m. Call for book at 354-1740.
- 19 DEC --Parents’ Night Out child care, 6:30 - 11:30 p.m. \$16 for SAS or CDC. Call CYSS 354-6517.
- 20 DEC --Trip to Christmas market in Bad Wimpfen, 30 euro, leaves Finney Gym 8 a.m. Call 353-8476.
- 22 DEC --Last day for Schweinfurt Christmas market, downtown market square, 10 a.m. to 8 p.m.
--Teen Center & Club Beyond ski/snowboard trip. Call 354-6732 for details.
- 25 DEC --Christmas Day, U.S. federal and German holiday.

Community 6 week outlook calendar



Strength of the family, strength of the Soldier

November celebrates Military Family Appreciation Month

By Emily Athens

Lonely holidays, frequent moves, tearful goodbyes and blissful reunions: these are the realities of any military family. Dedicated to acknowledging the quiet service of the military family, November brands itself as Military Family Appreciation Month for those humble patriots who constantly face the challenges of everyday military life. Though not a particularly easy lifestyle, it is undoubtedly an honorable one.

“The unfortunate circumstances we all share give us a special bond that those living in the civilian world will never understand,” said Samantha Tromly, military spouse residing in the Schweinfurt community, and daughter of an active duty Air Force General.

Just as the military family has grown, so has the recognition. Initially beginning as appreciation week, this annual tribute, set forth by the Armed Services Young Men’s Christian Association, has grown into a month-long celebration for the extraordinary men and women committed to serving the military with steadfast support.

As does any proud family member

of a military Soldier, Tromly knows all too well what it takes to be a strong supporter of our military.

“The most important way I show support for my husband and my father is by staying active in the military community. Our Soldiers and fathers have taken an oath to defend our freedom, so as a wife and dependent I pledge to be active with my Family Readiness Groups and team up with others to volunteer around the Schweinfurt area,” Tromly said.

These tireless family members endlessly serve our country alongside their Soldier in uniform, proving that their strength is critical to the success and readiness of the Soldier and mission.

When the Soldier is weary, the family motivates and encourages. When the Soldier is awarded, the family proudly stands behind. When the Soldier is deployed, the family waits and prays. The list goes on.

Take time this month to recognize and thank these valuable men and women who selflessly make contributions and sacrifices for the community, their Soldier, and the nation.

“God bless my husband, God bless all of his fellow Soldiers, and God bless this wonderful United States of America,” Tromly added.



Family members reunited this summer when 1st Squadron, 91st Cavalry Regiment returned from their 15-month mission in Afghanistan. (Photo by Mark Heeter)

Volunteers needed for student medical screenings

By Mark Heeter

Schweinfurt Middle School (SMS) students will undergo annual health screenings at the school Nov. 17-21, and officials are looking for parents and volunteers to help with the testing.

“We’ll be testing for vision, hearing, body mass index, blood pressure and scoliosis,” said Heather Salyars, SMS nurse.



Salyars

Shortly thereafter, parents will receive a health status “report card” detailing the results and giving

parents a gauge for their children’s health, according to Angela Hunter, USAG Schweinfurt health promotion coordinator.

“It’s important to know. A lot of children don’t have wellness checkups,” once their childhood immunizations are complete, Salyars said.

Meanwhile, Hunter and Salyars encourage parents and eligible volunteers to assist with the screening sessions, which will take place each day from 1:30 to 4:40 p.m. Volunteers will mainly ensure that paperwork is completed swiftly, allowing children to move through the testing stations quickly, they said.

For details about the screening, or to volunteer, call 354-6812 or 09721-83688.

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Keep flashlights and batteries on hand in case the power goes out.

It's dangerous to use candles for emergency lighting.

USAG SCHWEINFURT
FIRE & EMERGENCY SERVICE



Recycling saves money, preserves Earth's resources *Schweinfurt observes America Recycles Day early at the main exchange*

By Sandra Wilson

The beauty of nature, with colorful flowers, tall trees, and fresh air, is largely maintained by Earth's resources manager: you. American Recycles Day is Saturday, and the USAG Schweinfurt Directorate of Public Works (DPW) is ready to educate the community on how to help protect the environment. Tomorrow, table displays in the Schweinfurt main exchange and commissary will provide all the information needed to properly recycle in Germany.

"It's a chance for us to get out in a public place" to increase awareness, said Brad Posey, Separate or Recycle Trash (or SORT) program coordinator for Schweinfurt.

"German law mandates recycling, and therefore, all residents must participate in the SORT program ... regardless if you

live in the government housing areas, the barracks, or off-post housing," says the USAG Schweinfurt resident's guide to housing, a copy of which can be picked up at housing.

While setting up recycle containers in your home may seem like a lot of work, Posey says many will be surprised at how easy it is to establish.

Small containers for paper, plastic, glass, cans, and regular trash are enough to get started. If living quarters are tight, sorting recyclables at the community receptacles can save the floor space, according to Posey.

"(Germans) live in the same size apartments as we do," and they have no issue with properly sorting their trash, Posey said.

"The recycling rate is not the greatest

in our community," said Angie Elliott, environmental engineer for DPW.

"A lot of Americans just don't want to do it," she said. But it's not a matter of choice—recycling is required.

For those who put forth the effort of sorting and dropping off bags during specified recycle center hours, the Earth breathes a sigh of relief and the garrison finds more money in its pocket from not having to pay extra disposal fees.

"We're trying to teach the people something. If you recycle, you do the right thing ... for the environment and you save the community money," Elliott said.

For more information about recycling and to receive a free gift, stop by the SORT tables tomorrow in the main exchange from 10 a.m. to noon and the commissary from noon to 3 p.m.

Little water, little snow: Outdoor rec has something for all

By Emily Athens

When summer ends, so does the season of sun and swimming pools, thus beginning the season of snow and ski slopes. However, this winter, Morale, Welfare, and Recreation (MWR) in partnership with Outdoor Recreation are providing a way to continue the swim season for those preferring the pool over the slopes.

Outdoor Rec hosts an indoor swimming trip to Gemaris in Gerolzhofen Nov. 20 at 5 p.m. Two and a half hours of pool time will be granted with transportation departing from Outdoor Rec. Cost is \$5 for transportation and 4 euro to enter. Price includes the enjoyment of a high dive, water slides, and a kid's pool.

For those eager for the traditional winter sport, take advantage of a weekend ski trip to Sölden, Austria, Nov. 27-30 offered by Outdoor Rec.

With deployment right around the corner, this is a great opportunity for Soldiers and their families to enjoy carefree fun during the Thanksgiving weekend, explained Christian Hofstetter, director of Outdoor Rec.

"A lot of people don't know where to go or how to get there, but by going on an MWR trip, we help them to do that and to have fun," said Hofstetter, emphasizing the benefits of the numerous Outdoor Rec events.



Photo illustration by Holger Steinmueller

Hofstetter explains that Outdoor Rec likes to offer what the community wants while setting good prices that are reasonable for everyone.

The guided ski trip this Thanksgiving costs \$299 for adults, \$229 for children 11 to 15 years of age, \$199 for children 4 to 10, and free for children under 4 years old. Price includes a three night stay at a three star hotel with breakfast and dinner, skis/snowboard rental, and if needed, a snowboarding class. Lift ticket is not included.

"We know the good places to go, and we select top-of-the-line places," said Hofstetter, adding that MWR persons are present on the trips and always available for questions and information.

"Just sign up with Outdoor Rec and let us do the work for you," Hofstetter concluded.

For more information and reservations, call 353-8080.



Gila Challenge tests combat readiness

Story and photo by Emily Athens

Soldiers must be prepared for the same mission, the war fighting mission. To be prepared, 9th Engineer Battalion has done more than just train. They competed in what became known as the Gila Challenge, a competition testing the Soldier's readiness in numerous warrior tasks.

Beginning last week, participants were tested in physical fitness, leadership, communication, lifesaving aid, and small unit drills. These warrior tasks and battle drills are a collection of skills deemed critical to the endurance of Soldiers in a combat environment.

The competition consisted of fourteen teams who were evaluated in their knowledge, strength, and speed and aided in making army warrior tasks more realistic while teaching the Soldiers the importance of working together.

"This is the first time I've done this at the battalion level. Soldiers need to work on teamwork. They need to talk together, work together, come together to overcome challenges," said 9th EN Bn Command Sgt. Maj. Christopher Walton, the mastermind of the operation.

"The need to build a team together is an essential part of any successful unit," added Lt. Col. Benjamin Bigelow, commander of 9th EN Bn.

As the Brigade prepares to deploy, the challenge equipped Soldiers with



Sgt. Heraclio Trevino, of Bravo Company, 9th Engineer Battalion, pulls security in a mock combat zone, while his teammates evaluate and treat a simulated casualty during the battalion's "Gila Challenge".

the technical and tactical knowledge, leadership, and motivation they will need in combat.

"It was a real morale booster with deployment because it helps build teams. We go over individual warrior tasks and apply them to a game setting, but you're still getting educated while you're doing

it," said Sgt. Marque Winters, emphasizing that the challenge is not only a competition, but a training event as well.

Being trained in the aspect of being a warrior should be on the mind of every Soldier, despite his Military Occupational Specialty (MOS), explained Bigelow.

"None of the events were Sapper specific. We had teams that are engineers, teams that are mechanics, teams that are cooks, all different kinds of MOSs, and all able to be the winners of the Gila Challenge," Bigelow said, indicating that not only are the events diverse, but the teams are, too.

The Soldiers benefitted in more ways than just having the opportunity to be critiqued and evaluated on their level of knowledge and proficiency.

"Soldiers benefit in esprit de corps, morale, and promotion points," said Walton, touching on the importance of Soldiers possessing a high standard of performance.

"As long as I'm here, as long as I'm in the Army, I will try to continue something like this," Walton added.

The 9th EN Bn is scheduled to deploy with the 172nd Infantry Brigade (Separate) in the coming weeks.

New!! Tune your radio to FM 87.7 for AFN-Bavaria "The Eagle."

Health clinic continues to aid with pre-deployment processing

By Mark Heeter

The Schweinfurt Health Clinic will be short-staffed Nov. 17-21, while doctors and support staff continue to assist with the pre-deployment processing (PDP) of the 172nd Infantry Brigade (Separate), according to Lt. Col. Patrick Denman, clinic commander.



Denman

The clinic is heavily involved with assisting brigade medical staff, as it was with tenant-unit medical staff when the 1st Squadron, 91st Cavalry returned from Afghanistan, and is during all pre-and-post deployment processing.

"When we're gearing up to deploy a unit, or when we're bringing a unit back, we're deeply involved in that process," Denman said, noting that he has been moving providers out of the

clinic and into the PDP.

"So this summer, while they were getting geared up, it was pretty hectic. And it's still pretty hectic, especially right now,"

he said. "The reintegration portion of a mission, that's totally our mission. The reintegration process is the health clinic's mission, lock, stock and barrel."

"Every licensed, independent practitioner that we had assigned to our facility was actually at Conn, building 54, doing reintegration," Denman said. "Now, the pre-deployment process is not as in-depth for us. We have to facilitate and assist the 172nd. That's predominantly their mission."

"Whatever assets and resources they need above and beyond what they have, we fill in that gap," he said.

To compound the expanded mission, the clinic has faced challenges hiring doctors and key staff, Denman said.

"That's a bit of an obstacle. So we're trying to manage expectations. People shouldn't have the expectation that they're even going to be able to get in and see one of our providers," he said, asking also for patients to remember that the health clinic is not staffed with specialists.

"There is an expectation that the Schweinfurt Health Clinic can meet everyone's needs, and we can not. We're not an emergency room, I don't have any ER doctors," he said, as an example.



Soldiers polish off personal affairs with PDP

Story and photo by Mark Heeter

Soldiers with the 172nd Infantry Brigade (Separate) are putting the finishing touches on preparations for their upcoming mission, undergoing the pre-deployment processing (PDP) that has become a critical step on the road to Iraq.

“This is a process that prepares them completely from a personal, and also from a professional, standpoint in going into a deployment,” said Bruce Likens of the USAG Schweinfurt Directorate of Plans, Training, Mobilization and Security.

The PDP includes stations for every Soldier devoted to finance, legal, medical, and other agencies and issues. The greatest benefit to the PDP, according to Likens: one-stop shopping.

“That means we bring all these resources together and put them under one roof, basically, so that these Soldiers don’t have to go throughout the community from place to place. They can basically get everything done under one roof,” he said.

The USAG Schweinfurt Directorate of Human Resources are the “heavy hitters” behind the PDP, Likens said. The entire Schweinfurt community gets high marks, though, according to Capt. Karen Obeng-Dompreh, assistant adjutant for the 172nd SIB.

“This community is on my top list, very user-friendly,” Obeng-Dompreh said.

The task of processing several hundred Soldiers “in one day is no joke, because that’s face-to-face with each Soldier,” she said.

Still, the Schweinfurt agencies have been prepared to meet her requests for everything from paper and toner to printers and chairs, without question, she said.

“All I had to do was pick up the phone, send an email, it went so smooth,” Obeng-Dompreh said.

The PDP continues for most Soldiers through next week and complements family deployment processing that has simultaneously helped families prepare for the upcoming deployment.



Sp. Joshua Aeberhard, 9th Engineer Battalion, fills out paperwork during the PDP at Kessler Fitness Center.

Class for dads-to-be offers skills in baby care

Story and photo by Sandra Wilson

How long should you let your newborn cry at night before attending to him or her? How many times a day does a newborn eat? What are baby blues? As a soon-to-be father, do you know the answers to these questions?

Army Community Service (ACS) has just the class for dads-to-be and even men that are already fathers with another little one on the way. Daddy Basic Training offers information and hands-on practice for dads wanting to know how to be the best father to the new baby in the house.

“It’s a neat class, because it’s more based for the dads,” said Sara Huey who attended the class with her husband. The Hueys are expecting their first child in December.

“From the very beginning that she announces that she’s pregnant, he can be involved in the process,” said Lew Lewis, an ACS male role model in the class.

“I had a lot of questions. I came in to see what I can do to help her out at night,” said Pfc. Daniel Huey of 1st Battalion, 2nd Infantry Regiment, “I’m learning a lot.”

The three hour class consists of videos

“We want to provide education and support to the Soldiers so that they feel comfortable going in to that father role ... and their spouse will feel more comfortable, too,” said Katie Sixta, registered nurse and ACS parent support home visitor.

A father’s role from the very beginning is of great importance, said Sixta. The mother is the only one that can breastfeed the baby, but the father can do everything else.

“His contribution to taking care of the baby can reduce the amount of stress that’s placed upon her in particular. Also it gives him more identification with his own child and also allows him to have a better sense of well-being in the relationship ... with his wife and baby,” Lewis said.

The next Daddy Basic Training will be held at Ledward ACS Nov. 21 from 9:30 a.m. to 12:30 p.m. To sign up, call 354-6933 or 09721-96-6933.



Sara Huey, left, watches her husband, Daniel, swaddle a baby in the ACS class, “Daddy Basic Training,” next offered Nov. 21.

and hands-on instruction. Participants test their previous knowledge through a short quiz then learn how to swaddle an infant and practice proper bathing techniques.



November / December Trips

Arts & Crafts Studio Trips

November 30 Kitzenger Advent Market at Hanau
December 14 Ziegenhain Christmas Market
For more information, call CIV: 09721-96-6903 or DSN: 354-6903

Outdoor Recreation Trips

November 20 Indoor Pool Trip Geomariss - Gerolzhofen
December 6 Christmas Market Trip Rothenburg ob der Tauber
November 27-30 Thanksgiving Ski and Snowboard Trip Sölden, Austria
December 12-14 Weekend Ski and Snowboard Trip Garmisch-Partenkirchen
For more information, call CIV: 09721-96-8080 or DSN 353-8080

Finney Rec Center / BOSS Trips

November 21-23 Skiing in Garmisch
December 13 Stuttgart Christmas Market
November 27-29 Thanksgiving in Berlin
December 20 Bad Wimpfen Christmas Market
December 6 Rothenburg Christmas Market
For more information, call CIV 09721-96-8476 or DSN 353-8476



Holiday Bazaar International Vendors
28, 29 & 30 November
Tax Free, Stroller Friendly, Cash, Checks & Credit Cards
Finney Fitness Center, Conn Barracks, USAG Schweinfurt
Friday & Saturday 12-7 p.m., Sunday 12-4 p.m.



Free T-Shirt



Adult 10K

CYS Services 2, 3 & 5K

Advance Registration: Finney or Kessler Fitness Centers
Same Day Registration: Kessler Fitness Center
Information: DSN 354-6735 or 09721-96-6735

November 22, 9 a.m.
Registration begins at 7:30 a.m.
Kessler Fitness Center

Trophies for 1st & 2nd place in each age category.
Open to ID cardholders ages 6 and older.



NOW AT LEDWARD LIBRARY:

Paperback Book Kits available for deploying troops!
Each kit contains 25 various fiction and non-fiction titles.
One kit per unit please.



Pick up a kit through November 30.

Ledward Barracks, Bldg. 242
CIV: 09721-96-1740 or DSN 354-1740