



A family visit 60 years in the making

Story and photos by Kimberly Gearhart

Joan Margaret Conn was 6 years old when her oldest brother, Orville, left Burlington, Iowa, to join the Army. World War II was raging when “Junior,” as he was known, earned his commission and became 2nd Lt. Orville B. Conn Jr., assigned to the 6th Cavalry Group as a member of a mechanized reconnaissance troop.

On Aug. 10, 1944, 2nd Lt. Conn was Killed in Action, fighting in Normandy, France. His body was interred in France, and now rests in the Brittany American Cemetery and Memorial.

Three years later, Dec. 22, 1947, the U.S. Army honored Conn, the first WWII casualty for the 6th Cavalry Group, by renaming the newly-acquired Schweinfurt Airfield as “Conn Barracks.”

Sixty years later, Joan’s daughter Cassandra Williams found herself heading to Germany.

“My cousin Erin [Brand] asked me to be Godmother to her new baby, Hedda,” Williams said. When she told her mother she was coming to Germany, Joan mentioned her brother.

“Mom said she’d always wanted to see Conn Barracks, which was named after Junior. She would so very much like to come.” Joan’s desire gave Williams the idea of traveling to Schweinfurt and seeing the installation named after the uncle she never met.

Standing in the shadow of a painting of 2nd Lt. Conn which hangs in the Conn Community Club, Williams reflected on her

CONN, see page 5



Erin Brand looks at a painting of her third cousin, 2nd Lt. Orville B. Conn, Jr. after whom Schweinfurt’s Conn Barracks is named.

CYS continues offerings for deployed troops’ kids

By Mark Heeter

USAG Schweinfurt Child and Youth Services (CYS), under the mandate of the Army Family Covenant, continues to offer deployment-related benefits to families of 1st Squadron, 91st Cavalry Soldiers currently in Afghanistan.

“We just want the 1-91 folks that we’re still her to support them through the Army Family Covenant. We have programs in place,” said Michael Payne, CYS coordinator.

The Schweinfurt community became acquainted with the 15:12 and Blue Star programs beginning in August 2007, when the Army began funneling money and resources toward communities and families affected by deployments.

“All of that is now the Army Family Covenant. The 15:12 was the quick wins solution, quickly implemented to take care of a problem that they saw, before they sat down and spelled this out in the Army family Covenant,” Payne said explaining some of the benefits for deployed Soldiers’ families.

“The families of those who are deployed will continue to get the benefit of that Blue Star card,” said Pamela Rio, CYS outreach services director.

Elimination of fees for up to four SKIES classes and two team or individual sports per child, as well as the 20 percent reduction of regularly scheduled care fees, are some of the benefits that continue for 1-91 CAV families.

Another popular benefit is the 16 hours of free respite care per month, which parents must use in four-hour blocks at the Child Development Center or three-hour blocks at the School Age Services.

“And the reason we do that is because of staffing. In order to staff those rooms efficiently, we have to do it for a longer period of time,”

Payne said.

“If we’re going to staff a room, it’s easier to do if we know how many kids we’re going to have in a longer period of time,” Payne said, noting that the four-hour requirement is an Army-wide directive.

For the family who schedules for other than four-hour blocks, Payne suggests two alternatives. Either they can pay a half-price hourly care fee – another Army Family Covenant benefit – or they can split the four-hour block with another family. The latter requires coordination with the center staff.

Out of consideration for other parents, people should cancel their reservations if they no longer require hourly care, Rio said.

“It’s very important to cancel because if a child doesn’t show, well, is that child late? Then it goes empty when someone who really needs it could have gotten the care. So it’s just a little consideration,” she said.

Free child care support for one monthly fam-

COVENANT, see page 4



Rio



News Briefs

Calling all actors

Come try out for the next USAG Schweinfurt Community Theatre play "Bus Stop," written by William Inge and directed by Michael Payne. Auditions are at the Abrams Entertainment Center in Schweinfurt on Jan. 9 and 10 starting at 6 p.m. No previous experience is required. For more information, call 0162-296-2776 or email garland.travis@us.army.mil.

B.O.S.S. Events

Join Better Opportunities for Single Soldiers for classes, trips, and events this winter as part of the "I can do it" Success Series.

· Construct your own mug shelf at the Ledward Wood 'N' Frame Shop on Tuesday at 6 p.m.

· Participate in an auto shop safety class at the Auto Skills Center on Conn Barracks, Jan. 10 at 6 p.m.

For more information on these events, call 354-6270 or 0170-725-6464.

SNAPS

New to the community? Get acquainted with the Schweinfurt community by attending Army Community Service SNAPS – Schweinfurt Newcomer's Awareness Program for Spouses. The next orientation will be held at Ledward ACS Monday

through Friday from 9 a.m. to 2:15 p.m. Participants will learn about the city bus system, Schweinfurt's military agencies, some German language basics and more. The orientation concludes Jan. 11 with a trip by train to a nearby city to explore and put newly learned skills into practice. To sign up, call 09721-96-6933.

Christmas tree pick up

The USAG Schweinfurt Directorate of Public Works will pick up old Christmas trees in Askren Manor and Yorktown Village housing areas Tuesday morning. Trees should be outside next to the trash collection point before 6 a.m. All ornaments and decoration must be removed. All other trees should be brought to the recycling center on Conn Barracks Mon-Sat, 8 a.m.-8 p.m.



Free computer classes

Learn to be computer savvy by attending free computer classes offered by Army Community Service at the Schweinfurt digital training center in Finney Gym. Classes include: Basic Computer and Windows XP on Monday, Basic Word on Tuesday, Basic Excel on Wednesday, and Internet and Outlook on Thursday. All classes run from

8 a.m. to 12:50 p.m. For each class, participants will receive a certificate of completion. To sign up, call 09721-96-6933.

Holiday movie matinee

Stop by the Ledward Library for a free holiday movie matinee Tuesday at 2 p.m. For more information, call 09721-96-1740.

Ski and snowboard trip

Outdoor Recreation offers a ski and snowboard trip to Salzburgerland, Austria, Jan. 18-21. The price is \$269 per adult and includes transportation, three overnights, three breakfasts, ski or snowboard rental and lessons. Ski lift ticket is not included. To sign up, call 09721-96-8080.

Unit level basketball

Deadline for unit-level basketball league registration is Jan. 11. Competition will be round-robin play with NCAA rules. For more information, call 353-8234.

German classes

Learn basic German communication skills in a free five-week course at Leighton Army Community Service (ACS). Class begins Monday and will be held every Monday and Wednesday from 11:30 a.m. to 1 p.m. For more information, call 0931-889-7103.

Schweinfurt Dispatch



Commander Lt. Col. Anthony Haager
Command Sgt Maj. CSM Keith McMullen
Public Affairs Officer George Ohl
Command Information Officer Mark Heeter
Writer/Editors Kimberly Gearhart
Elvira Gladwell
Sandra Wilson
Miranda McLean

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.



- 7 JAN --Conversational German class begins at Leighton ACS, 11:30 a.m. to 1 p.m. Call 350-7103.
--Free basic computer/Windows XP class, Finney Gym, 8 a.m. to 12:50 p.m. Call 354-6933.
- 8 JAN --Free basic Microsoft Word class, Finney Gym, 8 a.m. to 12:50 p.m. Call 354-6933.
- 9 JAN --Free Basic Microsoft Excel class, Finney Gym, 8 a.m. to 12:50 p.m. Call 354-6933.
- 9-10 JAN --Community theatre casting call for "Bus Stop" at Abrams Center, 6 p.m. Call 0162-296-2776.
- 10 JAN --B.O.S.S. auto shop safety class, Conn Auto Skills Center, 6-9 p.m. Call 353-8224.
--Free internet & basic web design class, Finney Gym, 8 a.m. to 12:50 p.m. Call 354-6933.
- 11 JAN --Birth-N-Babies I, Ledward ACS class, 10 a.m. to 1 p.m. Call 354-6933.
- 14 JAN --Birth-N-Babies II, Ledward ACS class, 10 a.m. to 1 p.m. Call 354-6933.
- 16 JAN --ACS "Lunch Bunch," meet at Leighton ACS bldg 14, 11 a.m. to 2 p.m. Call 0931-889-7103.
--"Couples can do it" salsa dancing at Abrams Center, 6 p.m. Call 354-6933.
- 17 JAN --B.O.S.S. bowling (drill a customized ball), Kessler Bowling Center, 8 p.m. Call 354-6332.
- 18-21 JAN --Outdoor Recreation ski and snowboard trip to Salzburgerland, Austria. Call 3553-8080.
- 22 JAN --Free advanced Microsoft Word class, Finney Gym, 8 a.m. to 12:50 p.m. Call 354-6933.
--"Don't sweat the deployment stuff (adults)" class, Ledward Yellow Ribbon Room, 6-8 p.m.
- 23 JAN --Dagger Memorial Dedication, Dagger Rose Garden, Conn Barracks, beginning at 10:30 a.m.
--Schweinfurt Community Spouses' Club luncheon at 11:30 a.m., details at scscrsvp@gmail.com
--German Language class begins at Ledward ACS, 11:30 a.m. to 1:30 p.m. Call 354-6933.
--Free advanced Microsoft Excel class, Finney Gym, 8 a.m. to 12:50 p.m. Call 354-6933.
- 24 JAN --B.O.S.S. brake repair class, Conn Auto Skills Center, 6-9 p.m. Call 353-8224.
--Free Microsoft Power Point class, Finney Gym, 8 a.m. to 12:50 p.m. Call 354-6933.
--ACS "Lunch Bunch", meet at Ledward ACS bldg 242, 11 a.m. to 1 p.m. Call 354-6933
--"Don't sweat the deployment stuff (kids)" class, Ledward Yellow Ribbon Room, 5-7 p.m.
- 25 JAN --MWR Winter Fest Finney Fitness Center, beginning at 11 a.m.
--Daddy Basic Training class at Ledward ACS 5:30 to 8:30 p.m. Call 354-6933.
--Free Microsoft Access class, Finney Gym, 8 a.m. to 12:50 p.m. Call 354-6933.
- 25-27 JAN --Fishing license course, Conn Outdoor Recreation. Call 353-8080.
- 28-31 JAN --AFTB Level II classes, Schweinfurt Education Center, 8:45 a.m.-2 p.m. Call 354-6933.
- 27 JAN --Musical "Fame" performed in English, Schweinfurt City Theater, 7:30 p.m. Call 09721-51475
or 09721-510 for tickets.
- 30 JAN --B.O.S.S. create your own stein, Ledward Arts and Crafts Studio, 6-9 p.m. Call 354-6903.
- 31 JAN --Sign up for The Big Read at Ledward and Leighton libraries. Call for info. 354-1740.
- 3 FEB --B.O.S.S. superbowl party at Finney Sports & Leisure Center. Time TBA. Call 354-8476.
- 15-18 FEB --Outdoor Recreation ski and snowboard trip to Dolomites, Italy. To sign up call 353-8080.

Community 6 week outlook calendar



Picking up inbound vehicle can be a breeze

By Sandra Wilson

Upon arriving at a new duty station, perhaps one of the most pressing issues is how to get around base and the community. For this reason, arrival of your shipped vehicle is of great importance.

Shipping a vehicle from the States to Germany can take anywhere from 40 days, if from the east coast, to 75 days if from Alaska or Hawaii.

Since you may arrive at your new duty station before your vehicle does, it's a good idea to check in with the nearest Vehicle Processing Center (VPC) to give them your current contact information and check on the status of your vehicle shipment.

When the wait is over and your vehicle has arrived, a few tips are helpful to know in order to make the pick up process quick and easy. Authorization to pick up the vehicle is only given to the sponsor with orders, otherwise, anyone else, even a spouse, must have a power of attorney for the vehicle to be released.

The first step must take place at the POV Registration Office. You will need

your vehicle's shipping document; title or state-side registration; proof of insurance; military I.D. card; USAREUR driver's license; and a check, money order, or credit card to pay the fee of \$30. Once registration is completed, you will receive German license plates.

Take everything with you to the VPC to pick up your vehicle. No appointment is necessary. At the VPC, you conduct a joint pick up inspection with the contractor. This is the time to report if any damage to your vehicle was incurred during transit or if anything was stolen.

If there is damage or if items were stolen from the vehicle, a quick claim can be filed on site for up to \$1,000. If the company agrees with the damage you record, the claim can be paid that very same day.

"This isn't free money," said Fatih



Steve Thornbrugh inspects a vehicle at the Schweinfurt vehicle processing center. (Photo by Mark Heeter)

Yukse, VPC area manager located in Mannheim, emphasizing that damage or theft claims must be valid and approved.

If a claim must be made more than \$1,000 or if hidden damages are found later, the VPC will provide you with proper paperwork to file the claim via mail.

The VPC can assist in attaching license plates and airing up tires if needed. Be sure to take advantage of the free same-day carwash before driving your vehicle home.

COVENANT

ily readiness group meeting is also still available to the 1-91 CAV, Rio said.

"They might not know it is still there for them," she said.

Another development from local implementation of the Army Family Covenant included the elimination of the annual fee for CYS registration for all children – whether the sponsor is deployed or not, according to Dawn White, Child and Youth systems technician and administrator.



White

Additionally, Super Saturdays went to once a month, while parents must now pay a \$15 fee for the monthly parents' night out.

"So we still provide one free service per month, and the other one, if you choose to use it, there's a fee with that... We didn't take anything away; we actually gave them an extra," White said, adding that Blue Star card holders can apply the card in lieu of the \$15 fee.



CONSTRUCTION UNDERWAY!

This sign marks the ongoing construction project near the recycling center in Askren manor housing area. The project will result in improved traffic flow, the creation of parking spaces and planted bushes. Another project underway will improve traffic flow near the north end of the post exchange parking lot on Ledward Barracks and also includes plan for a major renovation and improvement to the walking area in front of the PX, according to Tim Snyder, USAG Schweinfurt DPW director (Photo by Miranda McLean)



Changing thought patterns key to treatment of post-traumatic stress

By Kimberly Gearhart

Soldiers returning from a war zone often have difficulty adjusting to life at home. They are easily irritated, react suddenly and unexpectedly to loud noises, or become withdrawn and unwilling to communicate.

For Family members, this can be frustrating, but the good news is that most of the time the situation improves with time. If it doesn't, then it may be time to seek professional help.

People who experience a frightening, traumatic event—such as many do during war—often react with heightened levels of arousal and fear. Memories of the event are painful, and may trigger a fear response similar to that caused by the original event.

“It’s normal” and adaptive to experience these heightened fear responses, said social work care manager Rick Thompson. “But most people, over a period of time, usually around three months, get back to normal.” Post Traumatic Stress Disorder, or PTSD, occurs when a person gets “stuck” in the grip of that fear. The cause, though not completely understood, appears to be both neurobiological—a result of chemical reactions in the brain—and also related to the way the patient thinks.

The chemical aspect of the disorder may be treatable with medications, but the thought processes that foster and perpetuate

the disorder are often difficult to change.

“A Soldier thinking that their symptoms are related to weakness: That’s the kind of belief that isn’t going to be helpful, and tends to keep you stuck,” Thompson said. PTSD symptoms and some minor Traumatic Brain Injury (mTBI) symptoms overlap, and tests designed to uncover one, such as the Automated Neurobiological Assessment Metrics for mTBI, often pick up on Soldiers suffering from the other, according to Lt. Col. Daniel Duecker, Schweinfurt health clinic commander.

To further complicate matters, many psychological disorders, such as PTSD or major depression, have overlapping symptoms, and making the correct diagnosis becomes complicated.

“With PTSD, you have to have some sort of scary event history, and there has to be some sort of re-experiencing symptoms,” Thompson said.

This re-experiencing most often occurs as intrusive memories.

“With some people it’s flashbacks, but it’s not all that common. With a lot of people, it’s nightmares ... That symptom category is something that does not happen with mTBI or depression,” Thompson explained.

Seeking treatment for PTSD has been somewhat stigmatized over the years, but the military community is changing. Programs such as Battlemind Training have

been worked into reintegration schedules, and screening for PTSD is conducted as well.

“The Battlemind program helps reframe



the types of training and thinking that were required for Soldier survivability in a war zone” in a way that will help the Soldier cope with life outside of the war zone, Thompson explained.

For example, in a war zone, emotional suppression may be necessary in dangerous situations. Continuing to deny expression can be maladaptive once outside of the war zone, causing the Soldier to become detached or seem uncaring. This can lead to problems in coping, and exacerbate any existing post-traumatic reactions.

Altering those thought patterns is one step toward avoiding or healing PTSD, according to Thompson.

The Schweinfurt Mental Health Clinic can be reached by calling 09721-96-6231.



Cassandra Williams takes a picture of the main gate onto Conn Barracks, which was named after her uncle in 1947.

CONN

family’s history.

After Conn’s death, the family fractured, and within two years both of his parents had passed away, leaving Joan in the care of her other siblings.

Brand, who resides in Germany with her husband and was until last year a Soldier herself, described Conn as “a shining knight” in the eyes of her aunt Joan, who lamented that she could not make the trip with Williams. With any luck, however, Conn’s baby sister will be able to make the journey to Normandy, France, this summer and visit Conn’s final resting place.

“We’re trying to convince her that she can do both, see his grave and his namesake [Conn Barracks] during her trip,” Brand said.