



Ready, aim, fire: Soldiers shoot in competition



**Story and photo by Pfc. Bethany Little
172nd Infantry Brigade**

FORWARD OPERATING BASE KALSU, Iraq – Echoes of weapons firing ricocheted through the mid-morning desert air as servicemembers displayed feats of extraordinary marksmanship by taking aim at a Royal Flush during a shooting competition at Forward Operating Base (FOB) Kalsu March 8.

Servicemembers were able to play their hand at poker with the Morale, Welfare and Recreation staff as their dealer. Fifty-two cards sprawled out and stapled to a wooden board located 25 and 100 meters away, was the playing table for participants to flaunt their marksmanship skills.

Participants with the M14A1, 7.62 mm, Sage-enhanced battle rifle competed against each other to shoot the best poker hand from a 100-meter distance in one minute. Pairs and four of a kinds were nothing compared to the full house that one Soldier shot.

“I’m pretty happy with what I shot, my full house was filled with queens and jacks,” laughed Spc. Chris Cannaday, a scout for Troop

AIM, see page 5

Spc. Antonio Manzano, a mechanic for Company B, 172nd Support Battalion, fires his M4 carbine assault rifle during a shooting competition sponsored by the Morale, Welfare and Recreation staff at FOB Kalsu March 8. Fifty-two cards were the targets for service members to flaunt their marksmanship skills during the competition.

Financial experts, regulators bring info to Schweinfurt

Story and photo by Mark Heeter

With stock markets and indices around the world flailing wildly from day to day, there might be no better time than the present to talk money with the experts.

Officials with the Financial Industry Regulatory Authority (FINRA), the largest private regulator of the financial industry in the United States, visited the USAG Schweinfurt Tuesday, their second stop at Army installations this week.

“FINRA is a financial industry regulatory authority, and we’re the largest private regulator of the securities industry in the United States. Anybody who sells stocks, bonds, mutual funds in the United States is regulated by us,” said Francis Dong, associate director of the FINRA Investor Education Foundation.

“We’re partners in the DoD financial readiness campaign,” Dong said and, as such, have traveled to dozens of military installations and reached more than 18,000 servicemembers and their families around the world in three-and-a-half years.

Until 2007, FINRA was the National Association of Securities Dealers, created along with the Securities and Exchange Commission in the wake of the 1929 crash of the stock market, according to Dong.

Empowered to fine companies who violate the rules and laws of dealing financial instruments, FINRA used part of a \$12 million settlement to establish its military program, the largest in its



education arsenal, according to Dong.

“Why the military? Well, the military is a population that has a steady income and, therefore, is of interest to business” trying to make money, he said. “And we have done some research and found that the military does need some more sophistication in terms of finance.”

Regarding finances, the military audience is not much different than its civilian counterpart, according to Darryl Jones, USAG Schweinfurt financial readiness program manager.

“In fact, it does pertain to them, because they end up with the same result as their average civilian does – lot of debt, high credit card **FINRA, see page 8**



SPRECHEN SIE FUN?

Events and activities in the local communities

FOR MORE INFORMATION ON LOCAL ACTIVITIES AND EVENTS VISIT:
www.schweinfurtserver.de/user/tourismus/Neu/stadtplan_EN_Endversion_2008.pdf

Schweinfurt's new mall, the Stadt-galerie, is now open with the following hours:
Mon - Sat
9:30 a.m. to 8 p.m.



Friday through July 12:

Exhibition of children books: a walk through six centuries at Museum Otto Schäfer, Judithstrasse 16 in Schweinfurt.

Tue – Sat: 2 – 5 p.m.
Sun: 10 a.m. – 5 p.m.

Altes Rathaus, Bad Kissingen, Marktplatz 12 in Bad Kissingen:
Mon. – Fri: 9 a.m. – 5 p.m.
Sun: 2 – 5 p.m.



Saturday:

“What a wonderful World”



concert performed by the Louis Armstrong Revival Band at Max-Littmann-Saal in Bad Kissingen, 7:30 p.m.

Flea market at Wirsingstrasse 13, in Schweinfurt 7 a.m. – 4 p.m.

Flea market at TG Sports-club (located on the bottom of the hill to the Silvana indoor/outdoor pool) 7:15 a.m.



Spring clothes market in Werntalhalle in Poppenhausen 1 – 4 p.m.

Sunday:



“Voices from Britain” concert performed by King Singers at Kulturhalle in Grafenrheinfeld at 5:30 p.m.

Wednesday:

“The Jungle Book” musical performed by the Vienna Theater Ensemble at the Schweinfurt Theater at 9 a.m. For tickets call 09721-51475.

March 19 - 23:

Fish market at the Schweinfurt Market Square”

March 19 and 20: 10 a.m. – 8 p.m.
March 21 and 22: 11 a.m. – 8 p.m.
March 23: 10 a.m. – 7 p.m.

Looking ahead...

March 20:

Symphony orchestra of Bamberg performs at the Schweinfurt theater, Rosbrunnstrasse 2 at 7:30 p.m. for tickets call 09721-51475 or 510.



“Best of Irish Dance” at the Scher- enberghalle in Gemünden at 8 p.m. For tickets, call 01801-79-3793.

March 22:

“Cinderella”

by Tchaikovsky performed by the ensemble of the Ukrainian State opera of Kiew at the Schweinfurt theater, at 7 p.m. For tickets call 09721-51475.



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



This week...

Library St. Patrick's Day

Celebrate St. Patrick's Day by searching for the leprechaun at the Ledward Library. Earn a coin from the pot of gold and receive unlimited DVD check-out.

Civilian fitness program

Want three hours of paid time to work out each week? Talk to your supervisor and apply for the USAG Schweinfurt Civilian Fitness program. Enrollment packets can be found at www.schweinfurt.army.mil and must be completed before the initial fitness assessments at Kessler Fitness Center Wednesday from 1 to 4 p.m. or March 27 from 9 a.m. to 12 p.m. For more information, call 09721-96-6735.

Tea party

March is Women's History Month. In honor of this, Ledward Library partners with the Equal Employment Office to host a women's tea party March 19 at the Abrams Entertainment Center beginning at 2 p.m. Listen to a guest speaker and play a game of trivia. Everyone within the community is encouraged to attend. For more information, call 09721-96-1740.

Community flea market

The Alpha company family readiness group of the 9th Engineer Battalion hosts a community flea market Saturday in the elementary school multi-purpose room from 9 a.m. to 2 p.m. Come browse the assortment of items for sale.

Food handler's course

Ledward chapel offers food handler's training Tuesday at 6 p.m. The class is open to all ID card holders and child care is available. To sign up, call 09721-96-6860.

B.O.S.S. trip deadline

The deadline to sign up for the Better Opportunities for Single Soldiers trip to Neuschwanstein is March 20. The trip departs March 28 with transportation leaving at 6 a.m. and returning at 10 p.m. For more information or to sign up, call 09721-96-8476.

Irish pub festivities

In celebration of St. Patrick's Day, the Irish Pub at the Conn Community Club will serve green beer and appetizers beginning at 5:30 p.m. Tuesday.

Soccer registration ends

The deadline to register for unit level soccer is March 20. The season will run from April 8 through May 18. To sign up, call 09721-96-8234.

MS PowerPoint training

Army Community Service offers Microsoft PowerPoint training Wednesday from 8:30 a.m. to 12:50 p.m. For more information, call 09721-96-6933.

Youth softball/baseball

The deadline to sign up for youth softball/baseball ages 6 – 18 is tomorrow. Cost is \$25 for ages three to five and \$46 for ages six to 18. All participants must be registered with Child Youth and School Services (CYSS). For more information or to sign up, call CYSS at 09721-96-6414.

Commissary tour

Come to the commissary tour Monday at 4 p.m. sponsored by Women, Infants, and Children Overseas to discover the truth about the claims made by food products. Learn about label reading, healthy shopping, and food choices. For more information, call WIC Overseas at 09721-96-6791.

Schweinfurt



Tonight-	7 p.m.	Valkyrie (PG-13)
Tomorrow-	7 p.m.	The Spirit (PG-13)
Saturday-	4 p.m.	Fired Up (PG-13)
	7 p.m.	Unborn (PG-13)
Sunday-	4 p.m.	Fired Up (PG-13)
	7 p.m.	Unborn (PG-13)
Monday-	closed	
Tuesday-	closed	
Wednesday-	7 p.m.	The Spirit (PG-13)

Schweinfurt three-day weather forecast

A.M.		P.M.
	Friday Cloudy with rain Lows 5 C / 41 F	
	Saturday Partly Cloudy Lows 1 C / 34 F	
	Sunday Mostly cloudy Lows 5 C / 41 F	

Source: 21st Operational Weather Squadron



- 20 MAR** --Registration ends for unit level soccer season Apr. 8 through May 18. Call 353-8234.
- Deadline to sign up for B.O.S.S. trip to Neuschwanstein Mar. 28, 6 a.m.-10 p.m. Call 353-8476.
- Job Fair at the Kessler fitness Center 9 a.m. to noon. For information, call 09721-96-6933.
- 24 MAR** --Bulk trash pick-up in Askren, Yorktown, gov't-leased housing. Put items out prior to 7 a.m.
- B.O.S.S. council meeting. For more information, call 09721-96-8476.
- G.U.T.S. newcomer orientation for teens, Schweinfurt Middle School library. ACS 354-6933.
- 25 MAR** --"Seven steps to get out of debt" training at ACS 3:30 to 4:30 p.m. Call 09721-96-6933.
- 25-27 MAR** --Soccer clinic, Finney Fitness Center, 6-8:30 p.m. Tournament Mar. 28, 6 p.m. Call 353-8234.
- 26 MAR** --Lunch Bunch meets at Army Community Service 11 a.m. Bring euros for lunch. Call 354-6933.
- Book Club meets at Ledward Library, 5:15 p.m. to discuss "The Zookeeper's Wife" by Diane Ackerman. Coffee and treats will be served. For more information, call 09721-96-1740.
- Breastfeeding support group, Army Community Service, 12 to 1 p.m. Call 354-6933.
- Family Readiness Group roundtable, Yellow Ribbon Room, 6-8 p.m. Call ACS at 354-6933.
- 27 MAR** --Asperger's and Autism support group at ACS 10 a.m. to noon. Call 09721-96-6933.
- 27-29 MAR** --Annual spring bazaar by Schweinfurt Community and Spouses' Club, Finney Fitness Center. Visit www.schweinfurtspousesclub.com for opening and closing hours.
- 28 MAR** --Spring festival outside Finney Fitness Center, 11 a.m.-7 p.m. for the whole family.
- Miss/Mister Schweinfurt pageant at Finney Fitness Center in conjunction with spring bazaar. For more information, call 0151-5161-2690.
- 30 MAR** --Effective management of volunteers class 10 to 11 a.m., Yellow Ribbon Room. Call 354-6933.
- 31 MAR** --Volunteer Management Information System (VMIS) training 10 a.m. to noon at ACS.
- 1-2 APR** --"Christ in the Passover" Protestant Women of the Chapel special program, Ledward Chapel. Community is invited. Wed 9 a.m. & Thu 5:30 p.m. Free watch care on premises.
- 4 APR** --Easter breakfast at the elementary school starting at 7:30 a.m. \$4 for children, \$11 for adults.
- 3-5 APR** --Fishing license class, Conn Outdoor Rec \$65. Call for details at 09721-96-8080.
- 7 APR** --Bulk trash pick-up in Askren, Yorktown, gov't-leased housing. Put items out prior to 7 a.m.
- 12 APR** --Easter egg hunt at Ledward Andrus Garden, 2:15 p.m. Call 354-6186 for more details.
- 13-17 APR** --Spring Community Enhancement. Information TBA.
- 15 APR** --"Gourmet Night" at Finney Fitness Center, 6 p.m. For more information, call 09721-96-8476.
- 20-24 APR** --Newcomers awareness program, SNAPS, child care available. Call ACS at 09721-96-6933.
- 21 APR** --Bulk trash pick-up in Askren, Yorktown, gov't-leased housing. Put items out prior to 7 a.m.
- 22 APR** --New PWOC small group Bible study begins, Ledward Chapel, 9 a.m. Call 0170-277-8980.
- 25 APR** --Kinderfest for Month of the Military Child, Askren Manor 1 p.m.
- 27 APR** --ADD & ADHD support group, Army Community Service, 10 a.m.-12 p.m. Call 354-6933.
- 2 MAY** --Annual middle school spring flea market, rent a table at diane.schmidt@eu.dodea.edu.

Community 6 week outlook calendar



Dress for success at the community job fair

By Emily Athens

In an effort to provide the community with employment information and assistance, the Army Community Service (ACS) employment readiness program partners with the Civilian Personnel Advisory Center, the Army Career and Alumni Program, and the Schweinfurt resource center to host an employment information job fair March 20 from 9 a.m. to noon at the Kessler Fitness Center.

The job fair is a great opportunity for members of the community to not only find out what jobs are available, but to also educate job-seekers of the resources available to them during their job search, explained Lew Lewis, employment readiness program manager at ACS.

“The biggest thing about this job fair is that we really want to make it a resource

job fair as well. It’s important to provide the community with additional resources that would support them in securing employment,” Lewis said.

These additional resources, Lewis explained, will be opportunities for resume critiques, the conducting of mock interviews, and a career interest and assessment inventory.

“We want to give them some practical experience and professional assistance ... and give them a chance to perfect their job-seeking skills so they can hopefully obtain secure employment,” Lewis said, emphasizing that these offer a

chance for individuals to better understand their skills, interests, and values when job searching.

Local vendors, international companies, and a few stateside agencies with government contracts will be present at the job fair ready to shake hands and accept

resumes.

“It will highly benefit the community by providing more availability and access to prospective jobs and companies for military spouses, DoD civilians, local nationals, and others living in and around the Schweinfurt community,” said Erin McCauley, employment readiness resource coordinator.

The event also provides the opportunity for participants to schedule follow-up appointments, as ACS offers countless programs to ensure community members have direct access to these resources prior to the job fair. These programs include computer classes, a first impression class, federal resume writing, and much more.

ACS continuously offers life enhancement-type classes. We like to help develop the personal skills that are important to the workforce such as stress management, time management, and so on,” Lewis said, “I’m excited about this event. I think it will be a positive and worthwhile experience.”



Lewis

AIM B, 1st Squadron, 10th Cavalry Regiment, 2nd Brigade Combat Team, 4th Infantry Division.

Competitors with the M4 carbine assault rifles and M16, 5.56 semi-automatic rifles had a slightly different game to play with the MWR staff. Instead of a poker hand, the goal was for shooters to hit as many cards possible in one minute from 25 meters away. Each card held a certain value, for example, the ace card was worth 12 points.

In this lane, shooters with magnification power on their weapons fired separately from the ones without magnification power.

The three winners of the competition were Cannaday, Sgt. 1st Class Remi Vande-Voorde, an assistant operations non-commissioned officer for Headquarters and Headquarters Company, 172nd Infantry Brigade, and Pfc. Dallas Caviness, an infantryman, Company C, 2nd Battalion, 28th Infantry Regiment.

“It feels great to win, and I’m proud to represent my company,” said Caviness, the winner of the M4/M16 lane without magnification.

“It was worth coming out here to shoot and I’m glad they held this competition,” said Cannaday, the winner of the M4 lane. “We centered the sights on our weapons last week, and this opportunity to compete assures us that our weapons function properly.”

Storytellers entertain community



Baba Jamal Koram, one of the three professional storytellers invited to U.S. Army Garrison Schweinfurt, beats his drum in tune to a song in his story told to the audience gathered in the Schweinfurt Elementary School (SES) gym March 5. They spent the day with the SES students and then performed a concert for the community in the evening. (Photo by Sandra Wilson)



Camps provide activities for youth during break

By Sandra Wilson

A week of vacation during the schools' spring breaks can serve as a refreshing time away from school for any kid. It can be an opportunity for families to travel together or just a time to relax at home. Not having homework means that kids have more free time and in order to keep them busy and having fun, U.S. Army Garrison Schweinfurt has options for the elementary ages.

"It's really good for the child to stay active. It's really easy to get bored," said Bobbie Jones, School Age Services (SAS) director. "You don't want kids just wandering around— that's when kids get into trouble," said Gwen Fontenette, homework lab technician at SAS.

SAS offers a week-long camp Spring Back to Nature for first-through fifth-graders April 6-10. Activities throughout the center will be based on the environment and teaching children to become proper stewards. If weather permits, SAS hopes to hold many outdoor activities as well.

Breakfast, lunch and a snack will be served each day. Students will have the opportunity to indulge in arts and crafts, sports, educational activities, projects in the computer lab, and science experiments.

Children enrolled in the camp will also take a field trip to Nuernberg Zoo April 9.

SAS remains open from 5:45 a.m. to 6 p.m. as usual, but the camp runs from 9 a.m. to 4 p.m.

In partnership with SAS, the Ledward Chapel offers a faith-

based community program during the same dates with the spiritual component for those who desire it for their children. The chapel Character Camp is also designed for first- through fifth-grade.

"It's a lifestyle type of camp where we teach character and we're trying to teach them responsibilities," said Donna Hilley, director of religious education and coordinator of the chapel camp.

Children will enjoy singing, a spiritual message, sports, mini classes on character, crafts, and lunch each day at no charge. Classes will teach about money, health, setting goals and more. Character Camp runs from 9 a.m. to 12:30 p.m. The chapel camp attendees will also take the trip along with SAS to the Nuernberg Zoo.

Parents are invited to sign up their children for both camps in part or in whole.

"I think this is going to be a very valuable and meaningful experience for the kids," Hilley said.

"We welcome all the kids in our community to attend. If they need that full-time day care, SAS is working in partnership to make sure that the kids can participate in the chapel programs and still benefit from quality day care programs when they are not with (the chapel)," she said.

SAS will provide supervised transportation from SAS to the Ledward chapel and back for those who indicate participation in the joint-faith program.

For more information about the Ledward Chapel Character Camp, call 09721-96-6860. For cost and more information about the SAS Spring Back to Nature Camp, call 09721-96-6732.

Schweinfurt Elementary School cooks up some fun

Fourth-graders Mia Johnson-Gonzales, left, and Benjamin Finch add ingredients to the chicken noodle soup for the after-school Schweinfurt Elementary School cooking club. The club meets for six weeks with 17 fifth-graders Thursdays and 17 fourth-graders Fridays.

"It's become very popular, so sometimes the teachers have to do a drawing of some sort," said teacher Stephanie Ferch, explaining how the 34 participants are chosen for the six-week club.

Students learn how to make a new meal each week. Ferch and teacher Beth Myers share about nutrition, how to properly handle and prepare food, and cleaning up afterwards. The meals are enjoyed at the end of each session by the hands that prepared it. (Photo by Sandra Wilson)





Stigma: The ‘deadly, toxic workplace hazard’

By Mark Heeter

Stigma is a little, six-letter word with enormous consequences, according to Brig. Gen. (Dr.) Loree Sutton, special assistant to the Assistant Secretary of Defense (Health Affairs) for Psychological Health and Traumatic Brain Injury (TBI).

“Stigma kills,” said Sutton, borrowing a catchphrase she learned from colleagues in the Canadian armed forces.

“They consider stigma a deadly, toxic, workplace hazard. I like that term. Because as a leader, if any of us become aware of a deadly, toxic workplace hazard, we’re not content with just minimizing it. No, we have to eliminate,” Sutton said while visiting the Schweinfurt Health Clinic Feb. 27.

One key to de-stigmatizing the mental and psychological challenges facing Soldiers upon redeployment is education, according to 1st Sgt. Creed McCaslin, from the Warrior Transition Battalion at Fort Lewis, Wash.

McCaslin joined Sutton on the Schweinfurt visit with Brig. Gen. (Dr.) Rhonda Cornum, director of comprehensive soldier fitness, Office of the Deputy Chief of Staff (G-3/5/7), Department of the Army and Brig. Gen. Keith Gallagher, commanding general, Europe Regional Medical Command.

“We have to educate society. You have to understand, when a



McCaslin

Soldier comes back, he’s going to be different,” said McCaslin, a Purple Heart recipient who had logged four deployments in his Army career as of January 2008.

“It’s just not like turning off the light switch,” for Soldiers and sometimes they have drastically different reactions to their environment, McCaslin said.

Cornum quickly added something else about the returning Soldier, as a matter of educating the unfamiliar.

“The majority of them will come back more appreciative of their family, more responsible. They will come back better able to determine what is important,” she said.

Most people will come back better citizens after what can be a defining or changing moment in their lives, she said, citing especially Soldiers in the reserve component.

“So they’re going to come back and they’re going to reintegrate into their communities,” Cornum said.

“Yes, they may have some of that hyper-alertness, and they won’t be the same,” she said.

“I know for me, I appreciate life a lot more,” McCaslin said. “Family’s become a lot more important, society’s become more important, my ethos in general, my values on life have changed and become a lot stronger.”

The country needs to be engaged in a dialogue with the military to learn about mental health, mild traumatic brain injuries, and psychological impacts of combat, according to Sutton.

“We want to educate the country and ignite the level of dialogue and hope,” she said.

Welcome to the workspace. Ergonomics anyone?

Story and photo by Mark Heeter

Bouncing off the monitor, the sun’s reflection causes a blinding glare. Meanwhile, the keyboard is set on a desk just a few critical inches too high for the user.

Welcome to the world of faulty ergonomics.

“Essentially, ergonomics is the interplay between your body and your working space. It’s how you relate,” said Leona Turek, community occupational health program manager for the USAGs Schweinfurt, Bamberg and Ansbach.

“Ergonomics isn’t rocket science. There are certain angles within your body that you need to be aware of, where it’s natural,” Turek said.

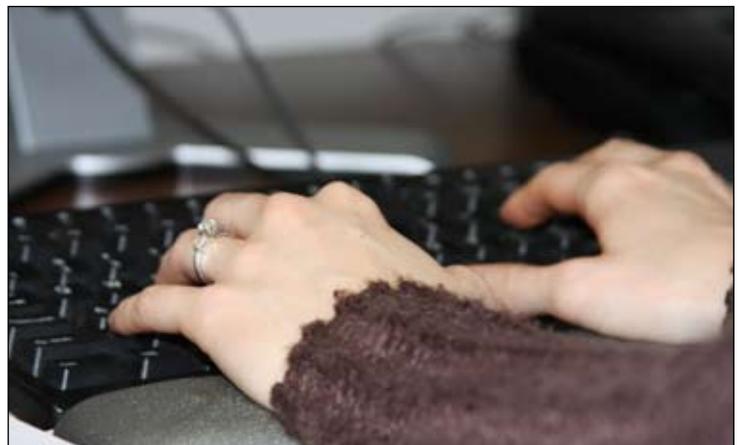
A work environment that is incompatible with its owner can cause chronic aches and pains from head to toe, according to Turek and Eddi Sauer, USAG Schweinfurt safety officer.

“You have to look to make sure the computer is sitting properly, at the right eye level. The monitor has to be just a little bit lower than the eyes and can be up to 30 degrees down. At the computer, you should be able to sit straight and comfortably,” Sauer said.

But ergonomics is not just for the office worker pounding away on the keyboard. Those whose job requires frequent or heavy lifting have to evaluate the ergonomics of their workplace as well, Turek said.

“Do it smart. There’s ways to lift, and there’s ways to carry,” she said.

“If you have to (lift heavy objects) 100 times a day, or 80, it’s just too much,”



Sauer said.

Turek and Sauer encourage regular evaluation of the workspace’s ergonomic compatibility and adjustment when necessary, and Sauer reminded workers to take regular breaks to move around as a way to combat stiffness and pain.

“It doesn’t really take special equipment,” Turek said.



Prayer breakfast held to observe World Day of Prayer

Story and photo by Pfc. Bethany Little
172nd Infantry Brigade

FORWARD OPERATING BASE KALSU, Iraq – Task Force 1st Battalion, 2nd Infantry Regiment of the 172nd Infantry Brigade (Separate) conducted a prayer breakfast at the Blackhawk Inn dining facility on Forward Operation Base (FOB) Kalsu March 6 to celebrate the World Day of Prayer.

The World Day of Prayer is a global movement, which brings Christians of many traditions together to observe a common day of prayer each year.

The FOB Kalsu Gospel Choir sang several songs and two members performed a praise dance.

“It was motivating to listen and watch the choir perform during the prayer breakfast,” said Spc. Andrew Roberts, an infantryman for Company B, 1st Bn, 2nd IN.

Guest speaker, Maj. Chuck Rizer, the brigade Chaplain, spoke about the importance and power of prayer.

“Prayer can be categorized as some of the best poetry in the history of literature, but until it becomes communication with the God of love it is merely nicely crafted words,” Rizer said, “God has consistently answered our prayers to bless us here.”

Rizer discussed adoration, confession, thanks and supplication with the audience. He mentioned how each of these things applies to everyday life.

“God has consistently answered our prayers to bless us here,”

Rizer said. “There is always a possible threat and thankfully things have been quiet.”

He finished his speech with a story that referenced Psalms 23. As the audience began to applaud, Lt. Col. Steven Miska, the 1st Bn., 2nd IN commander, spoke a few words.

“I personally want to thank Chaplain Rizer for coming here this morning to inspire us and for always supporting our battalion in all that we do,” said Miska.

“This is my first time hearing Chaplain Rizer speak and he kept my interest through the entire speech,” said Grimes, a supply clerk for Company A, 204th Brigade Support

Battalion, “I liked what he said, how he started and how he showed meaning behind what he said.”

“We wanted to provide an opportunity for FOB Kalsu residents to hear the different prayers in different languages and time for fellowship among each other,” said Sgt. Keith Johnson, the chaplain non-commissioned officer for HHC, 1st Bn, 2nd IN.



The Forward Operating Base Kalsu Gospel Choir sings during the World Day of Prayer, prayer breakfast at the Blackhawk Inn dining facility March 6.

Commissary bakery now open



After a short speech, Lt. Col. Anthony Haager, USAG Schweinfurt commander, and Larry Weathers, Schweinfurt commissary store manager, cut the ribbon for the grand opening of the new commissary bakery March 10. Fresh donuts, pastries, and broetchen are now available for sale during the commissary’s open hours. (Photo by Sandra Wilson)

FINRA

interest rate, buying cars with high interest rates and things like that,” Jones said. “So it’s very important for us to be more concerned, because there are businesses that use the military for scams.”

And the days of the gold watch and steady pension after a 30-year career with the same company are largely gone, according to Dong.

“Now people pretty much have to select their investments through their 401(k)s and so on,” Dong said. “We’re trying to help educate the public so they can understand finance better and get involved in making better choices, asking the right questions and understanding the answers that are given.”

Jones was grateful for the opportunity to bring a Wall Street and Washington powerhouse like FINRA to the USAG Schweinfurt.

“They bring additional resources and education right to our doorstep that we don’t normally see and deal with every day,” Jones said.

The FINRA Investor Education Foundation has objective and educational tools at its Web site www.saveandinvest.org.

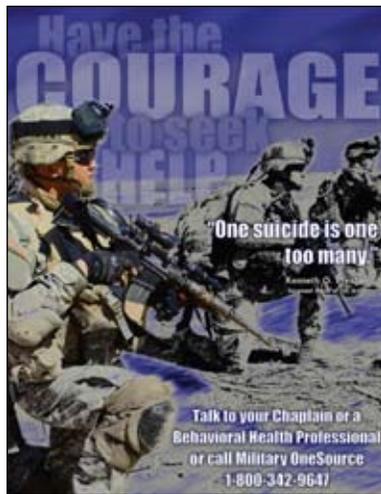


Army 'stand down' for suicide prevention

By Gary Sheftick, Army news service

WASHINGTON - An Army-wide "stand down" for suicide-prevention training continues through Sunday and it will be followed by chain teaching that must be completed by July 15.

The centerpiece of the stand-down training is an interactive video called "Beyond the Front" that Army Vice Chief of Staff Gen. Peter Chiarelli said he spent five hours on.



During a Blogger's Roundtable on suicide prevention, Chiarelli said the interactive video is "some of the best facilitation for training that I've seen in 36 years in the Army." He said the purpose of the video is to reduce the stigma of seeking help, to teach Soldiers to recognize the signs of suicide, and how to provide help to a battle buddy.

Commands are scheduling this stand-down training where Soldiers watch the interactive video in small

groups and make decisions on how to react to the vignettes. Their decisions determine the outcome of the vignettes and ultimately whether the Soldier on the video lives or dies.

"Unfortunately, suicide is touching every segment of our force: Active, Reserve and National Guard; officer and enlisted; deployed and non-deployed, and yet-to-be-deployed," Chiarelli said.

Last fiscal year, 138 Soldiers committed suicide, Chiarelli said. In January, 12 Soldiers committed suicide and in February, two Soldiers committed suicide.

"As a Soldier and a leader, I'm deeply saddened every time a Soldier loses his or her life," Chiarelli said, "but it's especially

troubling when a Soldier commits suicide."

About a third of those Soldiers were deployed, Chiarelli said. Another third had returned from a deployment, and the last third had never been deployed.

"The rational person might think, the more deployments, the more likely you are to commit suicide," Chiarelli said. "But we saw just the opposite."

He explained that "a certain resiliency" seems to grow in Soldiers that have completed multiple deployments.

A new Suicide Prevention Task Force, headed by Brig. Gen. Colleen McGuire, will look across multiple disciplines - from personnel to medical - to try and discern the root causes of suicide and synchronize solutions.

There's no single solution to the problem, Chiarelli said, characterizing it as "very, very complicated."

About half of the Soldiers who committed suicide last year had sought treatment from mental-healthcare providers, Chiarelli said. Yet they still committed suicide.

Only 5.4 percent of the suicide victims had been diagnosed with Post Traumatic Stress Disorder, said Col. Elspeth C. Ritchie, a psychiatrist who serves as director of strategic communications for the Army Medical Department.

About 60 percent of those who committed suicide had relationship problems, said Col. Thomas Languirand of Army G-1. Some also had compounded legal problems, financial problems, or work problems, the panel explained.

On Wednesday, Chiarelli spoke to more than 100 chaplains from across the Army gathered for a suicide-prevention summit meeting.

Col. Dave Reese, director of ministry initiatives for the Army's Chief of Chaplains Office, and a planner of the summit explained that the chaplains broke into four groups to discuss suicide prevention across four domains: Life skills training, intervention and crises, fostering hope, and engaging grief and recovery. The initiatives will eventually comprise what Reese termed a renewed "holistic approach" to suicide prevention for chaplains.

DeCA accepting commissary certfichecks

From DeCA Corporate Communications

FORT LEE, Va. - The Defense Commissary Agency will accept outstanding CertifiCheck gift certificates from authorized customers thanks to a plan approved by the Department of Defense. The approved plan allows DeCA commissaries to honor CertifiCheck gift checks now through July 31, 2009.

"I am happy to report that DeCA and DoD have found a way that we can honor our customers' unredeemed certfichecks," said DeCA Director and CEO Philip E. Sakowitz Jr. "We have been deeply

concerned about how this situation has impacted our customers worldwide, and we're happy that we've been able to find a solution."

CertifiChecks Inc., the Dayton, Ohio, company that has issued the commissary gift checks since 2002, announced Feb. 26 on its Web site that it had ceased operations and was filing Chapter 7 bankruptcy.

Since then, DeCA had been working non-stop with DoD officials to settle on a legal recourse it could offer its customers left holding the unredeemable certfichecks.

DeCA will be allowed to absorb the losses incurred from honoring the certificates from its Defense Working Capital Fund, Resale Stocks Account, Defense officials said. The DWCF was established to allow the federal government purchase and repair activities to account for costs and revenue as if they were commercial businesses.

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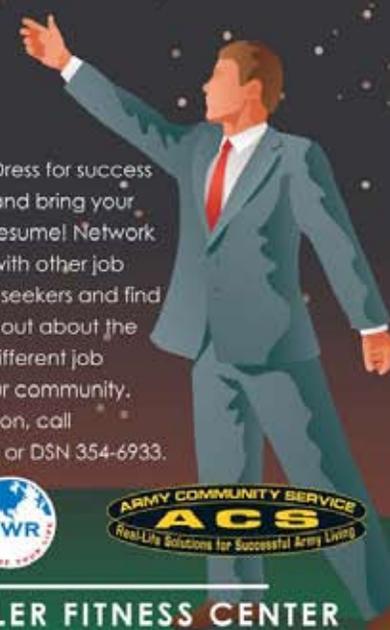


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