



Engineers vie for top honors

Story and photos by Mark Heeter

A blotch of blood seeping through the left leg of his uniform, Spc. Santos Delgado grunted and gasped for a heap of fresh air, trying to negotiate both his exhaustion and the “over-and-under” obstacle on the Camp Robertson confidence course.

One of four Soldiers and four noncommissioned officers competing for the titles of Soldier and NCO of the Year for the 15th Engineer Battalion, Delgado, had some advice for young Soldiers who want to succeed.

“Have motivation, confidence, and do what you’re told at all times,” said Delgado, winner of previous Soldier of the month and quarter boards, thus qualifying to vie for the title in the Schweinfurt training area July 21 and 22.

“These are guys that are serious about not only representing their unit in a good light, but also themselves,” said 15th EN Bn Command Sgt. Maj. Bradley Houston, who presided over the competition.

“They get tested physically, mentally, both on their tactical warfighting skills but also on the decision-making process.”

Staff Sgt. Michael Seelow, 500th Engineer Company, and Spc. Ryan Panosh, Forward Support Company, were named NCO and Soldier of the year, respectively, and will represent the battalion in the 18th Engineer Brigade competition in September.

Soldiers and NCOs who participate in such competitions have set themselves apart, according to Houston.

“Guys that compete at these kinds of things are really your self-starters, guys that are serious about distinguishing themselves above their peers,” he said. “So a lot of it comes from personal pride.”

The event, which began with a physical training test and ended with a board in Class A uniform the following day, included day-

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Staff Sgt. Michael Seelow, Headquarters and Headquarters Company, 15th Engineer Battalion, low crawls his way to being named the battalion’s NCO of the year.

Schweinfurt environmental program earns high marks

By Mark Heeter

Before the 2009 Environmental Performance Assessment System (EPAS) final report of findings landed at the USAG

Schweinfurt Directorate of Public Works (DPW) July 20, corrective action was more than 70 percent complete.

In April, a team of experts evaluated



Soldiers with the 15th Engineer Battalion relocate and create new biotopes earlier this year as part of a project that earned a positive finding in the recent environmental performance assessment report. (Courtesy photo)

twenty aspects of the total Schweinfurt environmental program, from hazardous material storage and drinking water quality to environmental noise and natural resource management.

“Out of the 80 findings that we had, we’ve already corrected

58 so far,” said Lothar Rueckert, chief of the DPW environmental division, proponent for the EPAS, a triennial evaluation.

This year’s EPAS was a success, according to Rueckert, because of cooperation throughout the USAG Schweinfurt and beyond.

“It’s better than last time, because we acted like a team this time. Almost every unit was involved, every unit was informed and up to speed,” Rueckert said. “When you look at the kudos list, they got good information from every unit. In every unit you had people who stood out.”

One project involving a local unit, in particular, stood out, according to Rueckert, and garnered a positive finding—a relatively rare EPAS occurrence.

Earlier this year, Soldiers from the 15th Engineer Battalion re-located and built

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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

Today:



“Hunting horn” concert performed by the brass group of Gerolzhofen, the city and county of Schweinfurt, and the Parforce horn group at Martin-Luther-Platz in front of Johannis Church, Schweinfurt, 8 p.m.

Bauerngassen Fest in Schweinfurt. Live music by “Pay or we Play” at 9 p.m.

Now until Sunday:



Special exhibition of the works of the famous artist “Edouard Manet” at the Museum Georg Schäfer, Brückenstrasse 20 in Schweinfurt. Open hours are Tue– Sun 10 a.m.–5 p.m., Thu 10 a.m.–9 p.m.

Saturday:



Flea market at Wirsingstrasse 13 in Schweinfurt (near the train station), 7 a.m. – 4 p.m.

Flea market at the Plan in Sennfeld, 9 a.m. – noon

Saturday - Monday:

Wine fest in Altstadt (historical part of town) in Zeil.



Sunday:

Choir concert “The Echos of Venice” by the choir “Les amis de Claudio” and the orchestra “Camerate Monteverdi” at the Franziskaner Monastery in Hammelburg at 10:30 a.m.

Tuesday:

Concert by “Mama’s Finest” at castle Hallburg near Volkach at 8 p.m.



LOOKING AHEAD...

Aug. 7:

Taubertal festival in Rothenburg, open air festival.



Aug. 30:

“Nabucco” opera by Verdi at 7 p.m., recreation area Sennfeld. For tickets call 09381-40112, 0931-600199859 or 09324-1594.

Sept. 12 - Oct. 2:

“Nachsommer” concert season, 10th anniversary. Trade mark of the festival is its crossover program between classic, soul and jazz performed by national and international artists at SKF Hall 410 in Schweinfurt. For tickets, call 0971-8048-444 or go to kissingen-ticket@badkissingen.de



Schweinfurt Dispatch



Commander Lt. Col. Anthony Haager
Public Affairs Officer George Ohl
Command Information Officer Mark Heeter
Writer/Editors 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.



This week...

Askren gate adjustments

The Askren Manor Niederwernstrasse gate (near the commissary) will be reestablished as the gate open 24 hours a day, seven days a week as of Monday. This is also the entry point for all trucks over 3.5 tons and all trucks requiring drivers to be signed in. The JFK gate will resume its support role, open Monday through Friday from 7 a.m. to 7 p.m.

Swimming for teens

Middle and high school students are invited to join Club Beyond on trips to the local Silvana Schwimmbad Aug. 5 and 12 from 2-4 p.m. For more information about carpooling, call 354-8620 or 0175-666-3339.

Legal office closed

Schweinfurt legal assistance office including the tax center located on Conn Barracks, bldg. 1, will be closed on Aug. 6. Business will resume as normal the following day. In addition, the walk-in hours have been adjusted to the following: Mon-Wed 9-11 a.m., 1-3 p.m.; Thu 1-3 p.m.; Fri 9-11 a.m., 1-3 p.m.

Vacation Bible School needs volunteers

Vacation Bible School (VBS) is now taking pre-registration for kids ages 4-10 attending Ledward Chapel Aug. 17-21 from 9:30 a.m. to 12:30 p.m. Volunteers are need from ages 11 to adult. Training for volunteers will take place Tuesday or Aug. 11 starting at 5:30 p.m. Call 09721-96-1370 to sign up

Shopping or wine

Join Outdoor Rec on a shopping trip for Polish pottery Aug. 1 or a winefest trip to Ziel am Main Aug. 2. Polish pottery trip departs at 4 a.m. and returns 11 p.m. for \$50. For the winefest, depart at noon and return at 5 p.m. for \$10. Call 354-8080.

Bamberg High School tour

Will this fall be your teen's first year attending Bamberg high school? Attend the Bamberg High School tour Aug. 5 or 12 from 8 a.m.-4 p.m. Community and downtown tour is also included. Depart from the Askren Manor late activity bus stop. To register, call 09721-96-6517.

Newcomer's orientation

Are you new to the Schweinfurt community? If so, then the five-day Schweinfurt Newcomers Awareness Program is the fit for you from Aug. 3-7. Free childcare is available the entire week. Get acquainted with the military community as well as the German town of Schweinfurt. For more information or to sign up, call 354-6933 or 09721-96-6933.

Fuel card outage

AAFES will have a scheduled system outage that will affect the ESSO ration card system Monday 6 a.m.-8 a.m. Between these hours, customers will not be able to purchase fuel on post or use their ration card at local ESSO stations, and AAFES will not be able to issue new fuel ration cards. The outage is necessary so the fuel ration card will remain compliant with industry standards.

Autism support group

Come speak with others living with Asperger's and Autism Friday 10-11:30 a.m. and expand your current support network. Class is held at ACS. For more information, call 09721-96-6933.

Schweinfurt



Tonight-	7 p.m.	Star Trek (PG-13)
Tomorrow-	7 p.m.	Terminator Salvation (PG-13)
Saturday-	4 p.m.	Dance Flick (PG-13)
	7 p.m.	I love you Beth Cooper (PG-13)
Sunday-	4 p.m.	Dance Flick
	7 p.m.	I love you Beth Cooper (PG-13)
Monday-	closed	
Tuesday-	closed	
Wednesday-	7 p.m.	Terminator Salvation (PG-13)

Schweinfurt three-day weather forecast

A.M.		P.M.	
	Friday Sunny Lows 11 C / 52 F		Friday Sunny Highs 20 C / 68 F
	Saturday Mostly cloudy Lows 13 C / 55 F		Saturday Sunny Highs 23 C / 73 F
	Sunday Mostly cloudy Lows 16 C / 61 F		Sunday Mostly cloudy Highs 23 C / 73 F

Source: 21st Operational Weather Squadron



- 10 AUG --Registration ends for community co-ed volleyball, travels on weekends. Call Finney 353-8234.
--FRG crash course for leaders, Yellow Ribbon Room, 11:30 a.m.-1:30 p.m. Call ACS 354-6933.
- 10-12 AUG --Bible basics seminar, Ledward Chapel 11:30 a.m.-1 p.m. Lunch, watchcare provided 354-1370.
- 12 AUG --Bamberg High School and community tour, 8 a.m. - 4 p.m. Call 09721-96-6517 for details.
--Pre-transition briefing, Conn Barracks bldg. 40, 9 a.m. to noon. Reserve a seat, 354-8683.
--Club Beyond trip to the Silvana Schwimmbad, 2-4 p.m. For more information, call 354-8620.
--Love & Logic parenting class, Army Community Service 5- 7 p.m. Call 09721-96-6933.
--Retirement briefing CSB/REDUX, Conn Barracks bldg. 40, 1-2 p.m. Reserve a seat 354-8683.
- 14 AUG --Operation Rising Star begins, Ledward Rohr's Diner, 7 p.m. Call 09721-96-6225.
--Schweinfurt wild animal park, 11 a.m. Bring kids and lunch or euro. Call 09721-942-7641.
- 16 AUG --Trip to Kleinsassen artist colony with Crafts Studio. Departs 8 a.m., returns 6 p.m. 354-6903.
- 17 AUG --Registration ends for unit-level flag football. Season begins Aug. 22. Call 09721-96-8234.
- 17-21 AUG --Vacation Bible School, Ledward Chapel, 9:30 a.m. - 12:30 p.m. for ages 4 years to fifth-grade.
- 18 AUG --High-schooler rock climbing with Bamberg Club Beyond and Outdoor Rec. Call 354-8620.
--Bulk trash pick-up from Askren, Yorktown, gov't-leased housing. Put out items before 7 a.m.
- 18-19 AUG --Auditions for "The Way of All Fish," Abrams Center, 1 p.m. and 6 p.m. Call 0162-296-2776.
- 18-21 AUG --Eastern European football camp open to high school players. Info. packets in the Commons.
- 19 AUG --Writing workshop with best-selling author Gary Shteyngart, Conn Community Club, 6 p.m.
--Club Beyond trip to the Silvana Schwimmbad, 2-4 p.m. For more information, call 354-8620.
--Love & Logic parenting class, Army Community Service 5- 7 p.m. Call 09721-96-6933.
--Registration opens for dodgeball tournament on Aug. 27 at 6 p.m. Call 09721-96-8234.
- 19-22 AUG --Flag football officials clinic at Finney Fitness Center, 6-8 p.m. For details, call 09721-96-8234.
- 20 AUG --Registration opens for unit-level dodgeball league. Season starts Sept. 16. Call 09721-96-8234.
- 21 AUG --Registration ends for Parents' Night Out childcare Aug. 31, 6:30-11:30 p.m. Call 354-6517.
- 22 AUG --Tailgate flea market, motor park across from PX parking lot, 10 a.m.-4 p.m. \$20 per vending slot, no tables provided. Call 09721-96-6205 to sell.
--Registration ends for dodgeball tournament at Finney gym Aug. 27 at 6 p.m. Call 354-8234.
- 26 AUG --Women's equality day two-mile fun walk, Askren Commissary parking lot, 9 a.m.
- 28 AUG --Parents' Night Out child care for ages 6 weeks to fifth-grade, 6:30-11:30 p.m. Call 354-6517.
- 31 AUG --Kindergarten readiness camp begins at School Age Services, 9-11 a.m. Call 09721-96-6090.
--School begins at Schweinfurt Elementary, Middle, and Bamberg High School.
- 2 SEPT --Registration ends for unit-level dodgeball league. Season starts Sept. 16. Call 09721-96-8234.
- 8 SEPT --Community update forum in the multi-purpose room at the elementary school, 6 p.m.
- 20 SEPT --Trip to Lichtenfels basket market with Crafts Studio. Departs 8 a.m., returns 6 p.m. 354-6903.

Community 6 week outlook calendar



Iraqi army steps into the forefront

Story and photo by Capt. Stephen Short
172nd Infantry Brigade

FORWARD OPERATING BASE ECHO, Iraq – Soldiers of the 172nd Infantry Brigade, Blackhawks are standing back as Iraqi soldiers step up and do exactly what they have learned from their American mentors in regards to planning and preparation for going on patrol following the June 30 date for withdrawal of Coalition Forces from Iraqi cities.

The Iraqi army and Soldiers from the 172nd Infantry Brigade are collocated at FOB Echo in Diwaniya Province, which lends many opportunities for joint patrol missions and training with Iraqi Security Forces.

Armor Soldiers from Company C, 3rd Battalion, 66th Armor Regiment are conducting joint patrols on a regular basis with Iraqi army soldiers to help improve the capability in conducting a spectrum of missions.

“Our mission when we go out is to partner with the Iraqi Army in order to assist in their professionalization,” said 1st Lt. Charles Sitz, 3rd platoon leader, C Co, 3rd Bn, 66th AR.

“We have transitioned now that they are leading the missions; they decide where we go and what we will do,” added Sitz, a resident of Hampton, Virginia.

Iraqi units discussed their mission planning upon rendezvousing with C Co and then arranged their vehicles for a series of drills to ensure everyone in their platoon was ready to conduct a vehicle inspection checkpoint and dismounted patrol.

“I have done this many times and watched the Americans do these procedures; it is the right and safe way to do things. It is dangerous at times since I have personally experienced being shot

at by an insurgent before returning fire and going after him,” said Sgt. Ali Gareeb Yassim, an Iraqi squad leader.

“I am confident that we can handle the security of our country when the Americans leave, because the Iraqi army has grown strong and are ready,” said 2nd Lt. Ahmed Hadi Ali, 2nd platoon leader, 2nd Company, 4th Iraqi Army Bn. Ali is electrical engineer with a month of combat experience since graduating from the Iraqi Army Academy.



2nd Lt. Ahmed Hadi Ali, 2nd platoon leader, 2nd Company, 4th Iraqi Army Bn leads from the front as he instructs his Soldiers on proper techniques for conducting a dismounted patrol.

Schweinfurt dependent receives scholarship from commissary

By Sandra Wilson

Through the Scholarships for Military Children Program, nearly \$6.5 million has been given out over the last eight years to military dependents. These scholarships are designed to be awarded to one person every year in each community with a Defense Commissary Agency. Schweinfurt’s commissary was no exception, and Victoria McKernan, a Schweinfurt military dependent who will be entering her sophomore year in university, accepted \$1,500 to apply toward school tuition.

“Scholarships for Military Children— which is funded by the vendors and manufacturers who sell groceries to you every day— makes the premier military benefit even more valuable by offering military children a chance to earn a \$1,500 scholarship,” said Larry Weathers, store director.

But this award was not given without some work on McKernan’s part. She had to submit all the necessary paperwork

including an application, school transcripts, and an essay. The packet was then sent onto the Fisher House Foundation, as it serves as the program administrator and evaluator.

The application acceptance period each year typically runs from November to February. The essay portion requires all applicants to answer the same question. This year, dependents were asked what five items they would leave in a time capsule to help future generations better understand life in a military environment.

McKernan and her family were excited to have received the extra financial aid from her award.

“I have to pay out-of-state rates,” McKernan said, “and pharmacy school is pretty expensive.”

After her first full year at a university in Pennsylvania, she has declared a major in chemistry toward pharmacy school and also decided that college is a great place to be.

“It’s just something new. It’s different— it’s a new social circle,” McKernan said.

Her parents agree that every bit of financial aid toward college tuition helps.

“I’m very proud of you, Victoria,” said her mother, Megan Stockdill.

McKernan returned to the Schweinfurt community for the summer to work as a summer hire at the front desk of School Age Services and also continues her schooling by taking transferrable online classes with University of Maryland University College. Bagging groceries at the commissary is an additional task she takes on during the weekends.

The presentation of the scholarship award to McKernan was the last that Weathers will be conferring in Schweinfurt, as his service here has come to an end.

“The community has been very supportive in my efforts here. I really hate to go. I’ve seen a lot of improvements since I’ve been here. Command has been great— couldn’t ask for anything better,” Weathers said. His new job will take him to Shaw Air Force Base, S.C.



McKernan



New gymnastics class tumbles into Schweinfurt

By Sandra Wilson

Tumbling, vaulting, and cartwheels have finally made their way into the Schools of Knowledge, Inspiration, Exploration, and Skills, otherwise known as SKIES. Starting Monday, gymnastics for kids aged 4 to 6 and 7 to 9 begins at the Abrams Center.

“The good thing about gymnastics—you don’t have to be good at anything. The kids can start from the really little things and get better,” said Esther Perez, the new gymnastics instructor.

The SKIES program has also obtained equipment to enhance the variety of exercises provided for the participants.

“I called DJK ... and asked if they had equipment, and they said yes. They gave it to us for free,” said SKIES Director Peter Potter, referring to a local sports club.



Perez

Along with donated equipment, Perez brings a wealth of personal experience to the classes. She has been involved in gymnastics for 20 years, began teaching it when she was 14 years old and obtained her license to teach by the age of 17.

Participants will learn a new skill each week, including exercises related to body tension and games involving jumping and hoops.

“The kids learn how to use their body,” Perez said. Body awareness increases confidence, she said, and it can also have other future benefits.

“They develop what I call body-memory. They will learn better and adapt their muscles better. With a class like this, kids will open up to sports in general,” Potter said.

For the younger group, participants can expect 45 minutes of instruction from 3:30 to 4:15 p.m., while ages 7-9 will meet for an hour from 4:30 to 5:30 p.m. on Mondays. It is possible to sign up for the classes at any time. For more details, call SKIES at 09721-96-6460.

Stress buster helps kids flip out



13-year-old Samantha Gray flips out during the teen summer stress buster at Kessler Field today. About 50 teens came out for fun and games, free refreshments served by Soldiers with the Schweinfurt Warrior Transition Unit, educational presentations from community agencies, music and more. (Photo by Mark Heeter)

TEAM

some new biotopes in the Schweinfurt local training area, a project that required detailed coordination and cooperation among several agencies.

“They did an excellent job, and that comes down to very good coordination between DPW, RTSC (regional training support center), the 15th Engineers, the German government and the forest meister,” Rueckert said.

While such cooperation is necessary for the success of the environmental program, it is not always easy, according to Fraenzi Sommerfeld, compliance manager with the environmental division.

“It’s hard work because the units change out, and they have to come out and re-train again,” Sommerfeld said. “I’m impressed with the work of the environmental division.”

Training Soldiers on the environmental program, and having the opportunity to talk with them, has been a bright spot for Rueckert.

“I found out there are many people who really do care for the environment, that have questions during the inprocessing,” he said. “I had Soldiers tell me how they changed their habits when they came here.”

“That’s a good feeling for the environmental division, if you think you’ve done something or changed something in a good way for the environment,” Sommerfeld said.



TF 1-2 partners with German army at the range

Staff Sgt. Michael Gal, Company D, 1st Battalion, 2nd Infantry Regiment, gives a weapons familiarization class to members of the German army yesterday.

The event provided an opportunity for the partnership unit, 3.91 Panzer Grenadier Battalion from Bad Salzungen, to train with American Soldiers, at an American range, and with American weapons. Similarly in the past, the American troops have been given the chance to join the German army weapons qualification training. Nearly once every month, these two units make the time to train together or to conduct a joint ceremony.

“The benefits of the fruitful partnership between our two units include a better understanding of our host nation’s culture, its military’s modern training methods, and a broader more global perspective for Black Scarves Soldiers,” said Capt. Joshua Buchanan, D Co commander, 1st Bn, 2nd IN. (Photo by Spc. Jared Ellenwood)



Online booking of medical appointments now available

Europe Regional Medical Command press release

HEIDELBERG, Germany – The Europe Regional Medical Command (ERMC) has embarked on a drive to improve beneficiary access to care, including increasing the availability of online appointments through TRICARE Online.

Each clinic’s Web site (visit <http://ermc.amedd.army.mil/mtf>), has an “online appointment” link. Online appointments are available around the clock, long after the appointments desk at clinics have closed.

Access to care goals for online appointments are:

Ensure 80 percent of all primary care appointments are Web-enabled. Clinics have already reached this goal. In addition to that, clinic staffs are improving the chances beneficiaries will see a



It is now possible to book medical appointments online for the Schweinfurt health clinic. Go to <http://ermc.amedd.army.mil/schweinfurt/index.cfm>.

provider they’ve seen before. Sometimes, a primary care manager is unavailable due to training requirements or other absences. When that happens, beneficiaries will receive an appointment with someone else on a team of providers who substitute for one another when necessary. The ERMC goal is to have no more than three providers to a team.

Ensure 25 percent of military treatment facility-enrolled TRICARE prime beneficiaries are registered correctly on TOL by September, increasing to 50 percent by March next year. Beneficiaries are asked to visit the TRICARE online (TOL) Web site to ensure personal information is accurate. This includes making sure the beneficiaries are associated with the clinic that serves them. Many people are still listed under a clinic or hospital at a former duty station, for example. Others use their economy address when the APO address is needed. Anyone who wants to make changes but is uncertain how, can visit their clinic’s TRICARE service center for assistance.

Increase TOL appointment booking to a minimum of three percent by September, increasing to a minimum of five percent by the first of the year. Using the TOL online appointment service more often will help, ERMC officials say. They also promise to do what it takes to make the service easy and reliable. Anyone who tries to make an appointment online unsuccessfully should let the clinic know. Every clinic’s Web site has a link to the Interactive Customer Evaluation (ICE) card for that facility. Beneficiaries are encouraged to leave a comment there or to tell the local clinic’s patient advocate.

Canceling appointments

If you make an appointment through TRICARE online that you cannot keep, you can also cancel it online. If made by phone, however, you must call your local central appointment line to cancel. Canceling early gives other beneficiaries an opportunity to get a medical appointment and also eliminates provider down-time.



Fire escape plan – with a Plan B – could save your life

**IMCOM-Europe public affairs
press release**

HEIDELBERG, Germany – If your fire escape plan consists of simply running out the front door of your apartment or room, it may not be a good enough plan.

Having a well-prepared fire escape plan, which includes ‘Plan B,’ could save your life.

That’s one of the basic rules people should follow to successfully escape from a room or housing fire, according to Sigurd Mack, IMCOM-Europe fire protection specialist.

“The fact is that the majority of Soldiers and family members live in multi-story apartment buildings and quarters that only have one stairway. If a fire rendered that door non-usable, where is the next safe way out? In this case, apartment doors are fire rated, so rescue by the fire department through a window is the second way out,” said Mack. “It’s important for people – particularly as we observe the Army’s Fire Safety Campaign – to really think these issues through.”

Mack said that occupants in barracks, Army family housing or leased quarters should all become familiar with existing evacuation procedures. In living quarters not regulated by Army policy or in off-post locations, individuals should develop evacuation plans. Parents should take time to ensure children are aware of procedures,



Everyone needs a fire escape plan. (Photo by <http://www.wusa9.com/>)

as well.”

According to Mack, individuals can ensure they develop a sound, safe escape plan by following some basic guidelines:

- Draw a floor plan with at least two ways of escaping every room
- Choose a safe meeting place outside the house
- Practice alerting other households
- Practice evacuating the building blindfolded - the smoke from a fire will most likely make it impossible to see.
- Practice staying low to the ground when escaping. Stay close to a wall; count the number of doors on your way to the stairwell.
- Practice checking all doors before opening them. If the door is hot, seal yourself in for safety. Smoke from a fire is toxic and deadly no matter what kind of structure you live in.

• In the event of a fire, if stairwells are filled with smoke, stay in your apartment or room and wait for the firefighters. Apartment doors will protect you from fire.

• Call the fire department to report your exact location and gather in a room with a window to await their arrival. European addresses may be a challenge to remember. Place a flyer with information containing street/installation/building number and city next to your phone.

• Close all doors between you and the fire. Use duct tape or wet towels to create a seal around the door and over air vents in order to keep smoke from coming in.

• If possible, you should open your window so fresh air can get in. Don’t break the window – if smoke enters the room from outside the building, you won’t be able to protect yourself.

• Wave a flashlight or light colored cloth at the window to let the fire department know where you are located.

• When travelling, familiarize yourself with your way out in the hotel, using the same steps.

“It’s important to emphasize that the intent of the escape plan is to ensure everyone gets out safely,” Mack said. “After getting out – don’t go back in!”

Also, Mack recommended always carrying the phone number to the military emergency services agencies. In Schweinfurt, dial 117 on a DSN phone; if using a civilian, phone individuals must dial 09721-87711 to call the military fire department.

OBSTACLE

and-night land navigation, testing on Army warrior tasks, an eight-mile road march, and a stress shoot at the Victory Training Center.

“It is a very hard competition not to be taken lightly and definitely involves a lot of training,” said Spc. Justin Dibler, a mechanic with the 902nd Engineer Company who conducted regular road marches while preparing for the competition.

“They’ve got to do the right thing at all times and, of course, work on their physical and mental toughness. Besides that, train, train, train,” said Sgt. Robert Smith, who, like Delgado, represented Headquarters and Headquarters Company.

Smith, who has been keenly aware of his own personal goals and milestones during his three-plus years in the Army, wants Soldiers to push themselves to see how good they are.

“It’s always been my belief that if you want something bad enough, go for it and take it. They’ve just got to step up to the plate, go for it and grab it,” he said.



Command Sgt. Maj. Bradley Houston, 15th Engineer Battalion, left, gives instructions to Soldiers and NCOs just prior to their board presentation, the final event of the battalion’s Soldier and NCO of the Year competition.



got weekend plans?



Conn Barracks, Bldg. 50
CIV: 09721-96-8080
DSN: 353-8080

SUMMER 2009 TRIPS

August 1
Polish Pottery Shopping Trip
Depart ODR at 4 a.m. and return around 11 p.m. Snooze on the bus and shop-until-you-drop! Cost: \$50 for transportation.

August 2
Famous Winefest in Ziel am Main
Depart ODR at 12 p.m. and return at 5 p.m. Sit back and enjoy the ride...and the wine. Cost: \$10 for transportation.

**"Yes We Can!"
CYS Services**



**SUMMER CAMP
2009**

**Now through August 28
Only four weeks left**

← **Who**

- Kindergarten @ CDC
- 1st-5th Grade @ SAS
- 6th-8th Grade @ Middle School/Teen Center
- Weekly Sports Camps for K-12th Grade at Youth Sports & Fitness

MS/T:
Monday-Friday, 9 a.m.-1 p.m., Open Recreation

SAS:
Monday-Friday, 9 a.m.-4 p.m.
(Before & After-Camp Care available)

For more information,
call CIV 09721-96-6414/DSN 354-6414

Amusement Parks • Museums • 3D Movies • Treasure Hunts
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**BAMBERG HIGH SCHOOL
LET US GIVE YOU THE INFORMATION YOU NEED**

WHEN: August 5 & 12

WHERE: In and Around Bamberg

TIME: 9 a.m. - 4 p.m.

DEPART: 8 a.m. from the Askren Manor Late Activity Bus Stop



Sign up at CYS Services Central Registration in the Commons.
For more information, call CIV 09721-96-6517 or DSN 354-6517.



**WIN THE ULTIMATE
RECORDING MUSIC
EXPERIENCE!**

**Local Winners: Win \$500
cash & advance to the
Televised Finals**

2nd place: Win \$250 cash

3rd place: Win \$100 cash

Audience: come vote and win prizes too!
\$300 awarded locally to the most supportive Unit or FRG.

Grand prize experience includes all expense paid trip for two, vocal coach, professional arrangement, sound engineering, and your very own 3 song demo cd. **A once in a lifetime experience.**

Singers must be Active Duty, Reserve, National Guard or military family members 18 and older!

Sign up now!

GM MILITARY DISCOUNT
ROHR'S Restaurant + Bar
Pentagon

**FRIDAYS
7P.M.**



Visit www.OptimizingStar.com for participating locations and official rules.

Auditions run Aug 14 to the end of Sep. To sign up, call 354-6225.