

It's time to put energy issues front, center

Commentary by Lt. Gen. Rick Lynch

Installation Management Command commander

In the past, energy has been a side conversation for the Army. It tended to be an area of concern for some experts and specialists, but many of us did not give it much thought.

However, with changing security concerns and increased demands on finite financial and natural resources, we must proactively address today's energy challenges for the sake of ourselves, our mission and our nation, as well as for future generations.



Lt. Gen. Lynch

I intend to keep the issue front and center.

The Army depends on a reliable, safe, cost-effective supply of energy to accomplish its mission, as well as provide a good quality of life for Soldiers, civilians and families on installations worldwide.

To the extent that energy supply and distribution

are outside the Army's control, the ability to accomplish our mission is open to risk.

The Installation Management Campaign Plan, the strategic document directing our actions, includes a section focused on energy efficiency and security; this section, Line of Effort 6, was developed in support of the Army Energy Security Implementation Strategy.

The keys to success for LOE 6 focus on reducing energy and water consumption, increasing energy and water efficiency, modernizing infrastructure, and developing renewable and alternative energy supplies.

We have continued to work on LOE 6, in particular refining the keys to success and developing meaningful metrics to measure our progress. Version 2 of the Campaign Plan will be released in October, which is national Energy Awareness Month. I did not plan for the two events to coincide, but it is fitting.

The revised LOE 6 will show us the way ahead for achieving the energy security and efficiency that is a critical part of achieving and maintaining installation readiness.

While the Campaign Plan is the driving force

in changing how we do business, the Installation Management Energy Portfolio is our toolbox. This document, which is also being revised for release in October, describes Army programs and initiatives that help installations realize their energy goals.

One example is metering. Housing units on 45 Army installations are metered to measure whether the occupants of each unit are using above or below the energy usage baseline every month. Provided with the meter data, occupants have steadily reduced their energy consumption so that 80 percent now receive money back for using less than the baseline each month.

Other programs and initiatives include efforts to improve the Army's energy grid security and management, to track and offset utility costs, and to require that new military construction and renovation meet rigorous energy efficiency standards.

The Energy Portfolio also highlights several projects in which installations are making creative use of all these resources to save and produce energy.

See *Energy issues* on page 4



New \$5 million CDC opens on Kelley Barracks

Gen. William E. "Kip" Ward, U.S. Africa Command commander, takes a moment to engage with Jackson Boyle (from left), 22 months, Anthony Richards, 2, and Arianna Wilson, 2, after the Kelley Child Development Center ribbon-cutting ceremony on Aug. 23. The Kelley CDC provides full-day care to 86 children, from 6 weeks to kindergarten age. The old CDC on Kelley now offers hourly care and part-day care.

See page 3 for the complete story.

Susan Huseman

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INSIDE THIS EDITION

Back to school: New friends, books, faces

More than 2,600 students arrived at U.S. Army Garrison Stuttgart schools on the first day Aug. 30, greeted by teachers, friends and the promise of learning.



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Bods of steel compete for trophies

They're hot! Competitors in the 2010 Annual European Bodybuilding and Figure Championship strutted their beach bodies while the audience went wild Aug. 28.



Commander's Column

Prevent suicide: encourage others to seek help

Commentary by Col. Carl D. Bird
USAG Stuttgart commander

Suicide is a subject that we, as members of the military community, do not really talk about on a daily basis. Perhaps it is because it typically does not happen to people we know.

But that's not exactly the case.

The Army has lost 170 Soldiers to suicide so far this year, and although you may not have known them personally, they were not total strangers.

They may have served under your command, shared your military occupational specialty, worn the same combat patch or served on the same Forward Operating Base.

They were part of the Army Family — our brothers and sisters in arms.

The Army's commitment to the

health and well-being of our Soldiers is unwavering. We will never stop doing all we can to connect our Army Family members with quality care.

To emphasize this commitment, the Army is joining the nation in observing National Suicide Prevention Month in September. The Army's observance will use "Shoulder to Shoulder: I Will Never Quit on Life" as its theme this year, to emphasize the Army's commitment and the responsibility we all have to reach out and help our fellow Soldiers, family members and civilian employees.

The Army recently released the Health Promotion Risk Reduction Suicide Prevention Report, which offers a comprehensive look at one of the most troubling issues Army leaders face. The report is indicative of the Army's willingness to hold itself accountable for our shortcomings and our commitment to overcoming them.

The report is clear. Leaders and NCOs absolutely must do a better job at identifying our Soldiers who are at risk. By taking the time to get to know our Army Family members and stepping in

Seeking help when you're feeling distressed is a sign of strength and courage.

when we see warning signs, we can help reduce suffering and emotional pain.

We must continue our efforts to create an environment where it's OK to ask for help.

The perceived stigma associated with seeking behavioral health treatment represents a very real barrier as the Army strives to care for its people.

Here in U.S. Army Garrison Stuttgart, our team of behavioral health and health care providers, chaplains and substance abuse professionals have scheduled activities to address the five dimensions of strength as outlined by the Comprehensive Soldier Fitness program.

Free yoga classes will address physical fitness. Dr. Eric Leong, the chief of the Stuttgart Behavioral Health clinic, will address the social fitness dimension through several interviews on AFN Heidelberg throughout the month.

Resiliency training for families will address the family fitness aspect of CSF, while our chaplains will offer special prayers and homilies in their services to enhance spiritual fitness. Assist-Care-Escort training for all Soldiers and civilians will touch on emotional fitness.

The Army is a special family. There is always someone there to listen and help, whether it's a battle buddy, chaplain, or a behavioral health specialist.

Army Family members can also turn to the Military One Source and the CSF program websites for more information, or talk with Military Family Life Consultants for free and confidential counseling.

It's not a symbol of weakness. Seeking help when you're feeling distressed is a sign of strength and courage.

THE CITIZEN

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Shoulder
to
Shoulder

I WILL NEVER
QUIT ON LIFE



USAG Stuttgart Suicide Prevention Month Activities

Free yoga classes

- Sept. 10, Panzer Gym
- Sept. 17, Kelley Gym
- Sept. 24, Patch Gym

Classes start at 6:30 a.m. and are open to all community members.

Family Resiliency training

Sept. 29, 10-11:30 a.m.
Army Community Service
Room 222, Building 2915
Panzer Kaserne



Prevent Army Suicides
Reach Out ★ Talk ★ Listen

For more information, call 431-2530/civ. 07031-15-2530

CORRECTION

In the photo outline for "MPs receive deployment awards" in the Aug. 26 issue of *The Citizen* (page 1), we wrote that Lt. Col. Roger P. Hedgepeth, 709th Military Police Battalion commander, pinned on the awards in the photo. The story should have read "Col. Thomas P. Evans, commander, 18th Military Police Brigade, pins an Army Commendation Medal on Sgt. Edward Hinsberger" The story also said that four Soldiers received the Military Service Medal. It should have read "Meritorious Service Medal."



Azavier McDaniel, 2, (right) dribbles a ball while Anthony Richards, 2, (left) considers his next move during an afternoon play session Aug. 27 at the recently opened Kelley Child Development Center.

Kelley CDC opens, increases child care options for community

Story & photo by Susan Huseman
USAG Stuttgart Public Affairs Office

Options for child care in U.S. Army Garrison Stuttgart have expanded, thanks to the new Kelley Child Development Center on Kelley Barracks.

The \$5 million facility is the first of four specially funded child care centers to be completed in Europe. Similar projects at the Landstuhl, Wiesbaden and Ansbach military communities are expected to be completed in the next several months.

The emphasis on proper child care facilities is part of the Army Family Covenant, a promise to Soldiers and families to ensure excellence in child, youth and school services.

"This facility represents the Army Family Covenant's commitment to standardizing funding and increasing the availability, quality and affordability of child care," said Col. Carl D. Bird, USAG Stuttgart commander, at a ribbon-cutting ceremony for the center Aug. 23.

U.S. Africa Command Commander Gen. William E. "Kip" Ward joined Bird in opening the center.

Ward said that while the need for a child development center was driven by the influx of AFRICOM personnel, "the entire Stuttgart military community benefits from this facility."

The new Kelley CDC provides full-day care for children 6 weeks to 5 years of age.

It "allows us to offer approximately 25 more full-day slots than the old facility," said Suzanne King, the acting director of USAG Stuttgart Family and Morale, Welfare and Recreation.

It also allows Child, Youth and School Services to expand its hourly care and part-day preschool program at the old CDC, now dubbed the "Kelley CDC Annex."

"This is the first time we've offered a five-day, part-day program," said Hyacinth Smith, direc-

tor of the Kelley CDC and its annex. "In the past, we only had a part-day program for preschool and pre-K, for three hours a day. Now it's daily for all age groups."

Hourly care in the annex is available from 6 a.m. to 6 p.m., Monday to Friday. Kinder Time, for children ages 6 weeks through pre-kindergarten, runs from 7:30 a.m. to 1:30 p.m. Strong Beginnings, the CYS Services kindergarten readiness program, is offered from 8 a.m. to noon and follows the local school schedule.

Children at the old Kelley CDC began the transition to the new center on Aug. 16.

"The children were so excited by the toys, the new environments and the playground," said Robin Reed, a training and curriculum specialist with CYS Services.

"It's a beautiful facility," she said. "Things are well stocked and attractively displayed. It's a very inviting environment for children and adults."

While children and adults are happy with the new CDC, so is the garrison's energy manager.

"We are required to reduce our energy use by 3 percent every year ... and are continuously looking at ways to save energy and operate more efficiently," said USAG Stuttgart Directorate of Public Works' Werner Kienzle.

With solar panels on the roof, double-paned windows, well-insulated exterior walls and energy-saving light bulbs throughout, Kienzle said the building will go a long way in helping the garrison meet its energy goals.

To make an hourly care reservation, call 421-2541/civ. 0711-729-2541, or make a reservation online at www.stuttgartmwr.com. For more information, call Parent Central Services at 430-7480/civ. 0711-680-7480 or e-mail StuttgartCYS@googlemail.com.

Editor's Note: Justin Ward, U.S. Army Corps of Engineers, Europe District Public Affairs Office, contributed to this story.

News & Notes

Visit Twin Towers photo exhibit

A photo exhibit of the Twin Towers in New York, both before and after the events of Sept. 11, 2001 will be on display at the German-American Center/James F. Byrnes Institute from Sept. 11 to Oct. 7. The photos, by Stuttgart photographer Tom Bloch, have become part of the collection of the National 9-11 Memorial and Museum.

The exhibit will be open Tuesday through Thursday from 2-6 p.m., with a special opening Sept. 11 from 11 a.m. to 5 p.m.

Navigating MEB/PEB process

Service members new to the Medical Evaluation Board and Physical Evaluation Board process can request help through the MEB Outreach Counsel in the Wiesbaden Legal Center. Licensed attorneys are available to advise and represent Soldiers throughout the MEB-PEB process. For more information, call 337-4738/civ. 0611-705-4738

Bazaar volunteers wanted

Volunteers are needed for the 42nd Annual Pfennig Bazaar, hosted by the German-American Women's Club. Set-up will be Oct. 21 from 8:30 a.m. to 8 p.m., and the sale will run Oct. 22 from 9:30 a.m. to 8 p.m., and Oct. 23 from 9:30 a.m. to 6 p.m. To volunteer, e-mail saxtonpfennigbazaar@yahoo.com.

No stogies allowed

U.S. citizens are breaking U.S. law if they buy or use products, particularly cigars, from Cuba anywhere in the world. Cuba is one of several countries that the U.S. embargoes.

For more information, call the Customs Office at 431-2731/civ. 07031-15-2731.

EUCOM All Hands Call

U.S. European Command will hold an All Hands Call at the Patch Barracks Fitness Center Sept. 10 at 3 p.m. All EUCOM personnel are encouraged to attend. There will also be an awards ceremony.

Rate garrison services

U.S. Army Garrison Stuttgart community members are invited to rate garrison services such as housing, transportation and recreation in Installation Management Command's Customer Service Assessment survey, available at www.mymilitaryvoice.org. The survey runs through Sept. 26.

New fee for ESTA registration

The Department of Homeland Security has announced a new \$14 travel authorization fee for Visa Waiver Program travelers. The fee went into effect Sept. 8 and applies to U.S. military dependent family members from any of the 36 VWP countries, including Germany, who intend to travel under the Visa Waiver Program. Applicants will be required to pay when they complete the Electronic System for Travel Authorization registration, required of all VWP travelers. ESTA clearances are generally valid for two years and can be used for repeated trips, provided you are travelling on the same passport registered in the initial clearance.

For more information, visit the Department of Homeland Security's website at http://cbp.gov/xp/cgov/travel/id_visa/esta.

Ask a JAG

Editor's Note: Do you have a legal question you would like to see answered in a future edition of The Citizen? If so, contact "Ask a JAG" at sean.marvin@eur.army.mil.

By Capt. Sean A. Marvin (U.S. Army)
Stuttgart Law Center

Q: I am a federal employee working for the Department of Defense, and have been closely following the upcoming elections. Are there restrictions on my involvement?

A: Although serving as a federal employee does not prohibit a person from participating in our country's political process, there are restrictions on how such employees may participate.

A federal law passed in 1939, named after former Senator Carl Hatch of New Mexico, prevents federal employees from conducting certain political activities on, and sometimes off, duty.

The law, commonly referred to as the Hatch Act, prohibits federal employees from using their position to influence or interfere with an election. A federal employee may not solicit or discourage political activity from anyone who has business before the employee's agency. Federal employees also may not wear political buttons while on duty or display political items such as posters, signs or stickers in the workplace. They may not run for public office in partisan elections, solicit or receive political contributions, or host political fundraisers at their home. More extensive restrictions exist for employees of certain federal agencies, such as the Defense Intelligence Agency.

Although the Hatch Act does not apply to military personnel, DoD Directive 1344.10 imposes similar restrictions on their political activities. As with other federal employees, military personnel may not use their position to influence or interfere with an election. Additional restrictions exist, due to the differences between civilian and military life. For example, although a service member may display a political bumper sticker on his or her private vehicle, he or she may not display a partisan political sign at his or her residence if the residence is on post and the sign is visible to the public.

Consequences for violating the Hatch Act can be serious. During the last election, a federal employee used his government computer to e-mail co-workers and solicit funds for a particular political candidate. He was suspended from duty and pay for 120 days. A different federal employee under similar circumstances was terminated.

None of this is to say, however, that federal employees may not participate in the political process. They may register and vote as they wish. They may also assist in voter registration drives, contribute money to political organizations, attend and participate in political rallies, and distribute campaign literature, among other things, so long as they do so outside the scope of their employment.

This column is not intended as individual or specific legal advice. If you have specific issues or concerns, you should consult a judge advocate at 421-4152/civ. 0711-729-4152.

We are all 'Battle Buddies' in fight against suicide

By Steve Davis
*Europe Region Medical Command
Public Affairs Office*

A dark thing happens when situations or relationships begin to spin out of control. A feeling of hopelessness or despair may set in. No matter how hard you may try to shake it, the gloom darkens and turns what used to be joy for life into unbearable pain.

"I just can't take this anymore. I just want the pain to end," some Soldiers have been heard to say.

Those statements could be a warning sign that they are considering suicide. Personality changes, high risk behavior, irritability, anger and depression can also be warning signs.

"Don't take them lightly. Treat them seriously, even if you think they are off-the-cuff passing remarks or behavior," said Dr. Maria Crane, a clinical psychologist with the Europe Regional Medical Command Soldier and Family Support Services.

The Army is training Soldiers, leaders, Department of the Army civilians and family members to "Act," "Care," and "Escort." The ACE Suicide Prevention Program asks everyone to get to know Soldiers on a personal level and, if necessary, escort them to someone who can help them, such as a behavioral health provider, chaplain or social worker.

To teach first-line supervisors to recognize suicide warning signs, trainers from U.S. Army Europe G1 and the Installation Management Command Europe Substance Abuse Program are hosting Applied Suicide Intervention Skills Training.

"The Army's goal is to have two ASIST-trained facilitators at each garrison, major subordinate command and Army Reserve Command before Dec. 31," said USAREUR G-1 Wellbeing and Quality of Life Program Manager Dr. Betty Summerlin. "Once trained, those master trainers will then conduct three two-day workshops."

Summerlin said squad leaders, platoon sergeants, platoon leaders and other first-line supervisors are the target audience for the training, as well as Family Readiness Groups.

Sonja Brown-Lathan, FRG assistant program manager for U.S. Army Europe, said, "It is important

This is a matter of life and death, and it absolutely unacceptable to have individuals suffering in silence ...

Gen. Peter W. Chiarelli
Vice Chief of the Army

to be prepared and trained to respond effectively to many types of situations."

She said properly trained family readiness support assistants and FRG volunteers can play a significant role in identifying and referring Soldiers and family members in crisis to the appropriate professionals.

Chaplains and Army Community Service provide training to family readiness support assistants.

Deputy IMCOM-Europe Chaplain (Lt. Col.) Avi S. Weiss said military community and unit chaplains will conduct suicide prevention training throughout September and also address Soldier and family resilience during chapel services.

Vice Chief of the Army Gen. Peter W. Chiarelli said that the Army is working very, very hard to eliminate the stigma long associated with seeking and receiving help.

"This is a matter of life and death, and it is absolutely unacceptable to have individuals suffering in silence because they're afraid their peers or supervisors will make fun of them, or worse, it will adversely affect their careers," Chiarelli said.

A new video, called "Shoulder to Shoulder: I Will Never Quit on Life," features vignettes and testimonials of real Soldiers who received help for psychological distress or who assisted an individual in need. The video illustrates how people can work together to keep each other, and the Army, mentally fit.

The video and other suicide prevention resources are available at the Army G1 Suicide Prevention Web page at www.armyg1/hr/suicide.

Energy issues

Continued from page 1

These projects include a 12-acre solar power array at Fort Carson, Colo., a vegetative roof project at Tobyhanna Army Depot in Pennsylvania, a methane gas project at Fort Knox, Ky., the first wind turbine on an active Army installation at Tooele Army Depot in Utah, and solar walls at Fort Drum, N.Y.

The revised Energy Portfolio will expand on this last section in particular, to provide ideas and inspiration to other members of the Installation Management community.

When we look at the energy projects around our installations, we can see we've made a solid start in addressing energy issues. However, when we consider those issues, we can also see how far we still have to go.

Last year we spent \$1.3 billion for the installation

utility bill, which includes electricity, steam, water and natural gas. The Army spent \$4 billion for fuel and utilities. That is a large price tag for resources we do not control and that will run out eventually.

Focusing on our energy programs is truly non-negotiable. We have to look to our programs to generate savings that will help with the Army's part of the \$23 billion in efficiencies that the Secretary of Defense is requiring from all the services.

We have to look to them to more securely position ourselves to accomplish our missions, to provide an even better quality of life for Soldiers and families, and to help address some critical environmental issues, so that we do not pass them on to our children and grandchildren.

Getting our energy programs right is the right thing to do.

If an emergency or disaster strikes, are you prepared?

By Ron Kirkemo

USAG Stuttgart Directorate of Plans,
Training, Mobility and Security

& Susan Huseman

USAG Stuttgart Public Affairs Office

Floods in Pakistan, earthquakes in Haiti, wildfires in Russia — natural disasters can happen anywhere, to anyone.

That's why Americans are encouraged to take simple steps to prepare for emergencies in their homes, businesses and communities during September, National Preparedness Month.

This year, the focus of National Preparedness Month is on getting everyone actively involved in emergency preparedness.

In fact, U.S. Army Garrison Stuttgart has become a member of the 2010 National Preparedness Month Coalition.

USAG Stuttgart joins more than 2,700 private and 50 military organizations in pledging support to building communities that will work together to take action during an emergency.

Emergency preparedness is much more than having smoke detectors, dead bolts and a fully stocked pantry.

Consider a severe winter storm



U.S. Air Force photo by Master Sgt. Jack Braden

Residents of Cedar Rapids, Iowa, wait at a checkpoint to hear if they will be allowed to return home after massive flooding overwhelmed much of the city, on June 15, 2008. Make sure you're prepared to deal with emergencies.

that knocks out power for five days or a tornado, like the one in July that killed three people in Lower Saxony, Germany — do you have an emergency plan should a disaster strike?

Knowing what to do can save time, property and lives.

Get a kit

“When preparing for a possible

emergency situation, it's best to think first about the basics of survival: fresh water, food, clean air and warmth,” according to the Ready.gov website.

The website recommends having enough basic supplies on hand in order to survive for at least three days if an emergency occurs.

While the website includes a printer-friendly list of basic emergency supplies,

officials suggest that Americans consider where they live and the needs of their family in order to create a personalized emergency supply kit, and have one both at home and in their vehicles.

Make a plan

Families who have spent the time creating and exercising emergency plans are better prepared to respond to and recover from an emergency.

A plan spells out how you will communicate with your family members and where you will reunite with them.

An online application to help create your family emergency plan is available at <http://ready.adcouncil.org/beprepared>.

Preparedness begins with being informed of potential hazards.

The Ready Army website includes downloadable hazard fact sheets on weather, natural disasters, diseases and man-made hazards.

The USAG Stuttgart Emergency Management Office can provide information on the potential hazards that exist in the Stuttgart community to families and organizations.

For more information, call the USAG Stuttgart Emergency Management Office at 431-2035/civ. 07031-15-2035.

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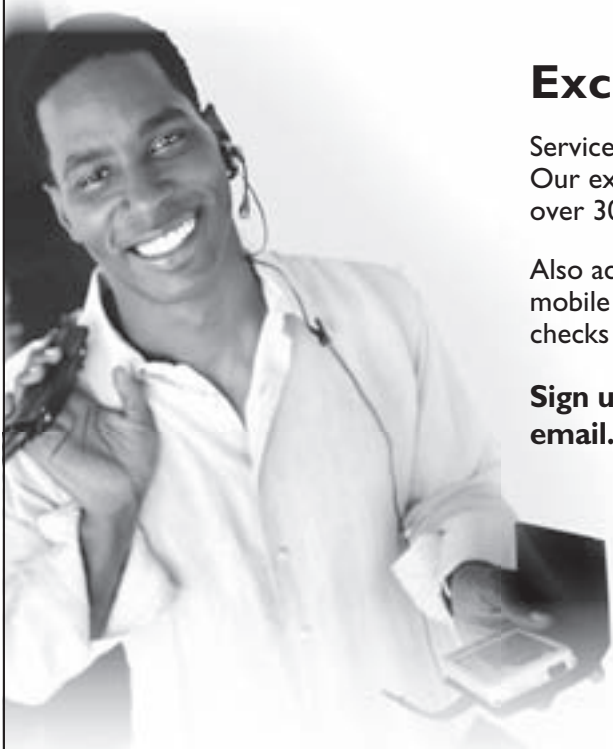
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BACK TO SCHOOL



Birgit Thompson
Para-educator Robert McGonigle points John Watson, 14, in the direction of his eighth-grade class.



Susan Huseman
[Left] Anne Scalise gives her son, Jack, 6, a kiss goodbye inside his first-grade classroom at Patch Elementary School. [Above] Austin Templin, 14, poses for a yearbook photo at Patch High School on the first day of school, Aug. 30. Brittany Carlson



Susan Huseman
[Above] Kris German (from left), 15, Firdevs Collins, 16, and Alee Stenzel, 15, check out their new planners on the first day of school at Patch High School.



[Right] Hundreds of students gather outside Robinson Barracks Elementary/Middle School before the first bell rings Aug. 30.

Birgit Thompson



Larry Reilly
[Above] Cheryl Plonka addresses her first-grade class Aug. 30 inside one of Böblingen Elementary/Middle School's four new portable classrooms. [Right] Leslie Rosengren directs her first-grade class, led by Gabriel Reid, into BEMS.



Larry Reilly



Brittany Carlson

Emma Wells, 6, meets Patch Elementary School Music Teacher Rayanne Bowker, with her parents, Petty Officer 1st Class Terry and Beth Wells Aug. 30, on her first day of first grade. This year, 2,621 children will attend the four schools in U.S. Army Garrison Stuttgart.

Home again: service members and reintegration

Editor's Note: This is the first installment in a three-part series addressing how reintegration affects families in the military.

By **Brittany Carlson**

USAG Stuttgart Public Affairs Office

When a deployment ends, service members and families may feel like their troubles are finally over.

However, it takes time to recuperate from spending months to a year in a combat zone. And, the adjustment isn't always easy.

"I liken it to taking a rucksack off," said Chaplain (Col.) Randall Dolinger, U.S. Army Garrison Stuttgart command chaplain. "It feels really good to take a rucksack off ... but you're still really tired. You still have to recover from that time."

Service members and behavioral health experts say seeking support from others is the best way to mitigate or avoid problems after returning home.

Phases of reintegration

The "reintegration" period is the first few months after a service member returns from a deployment, according to Dr. Eric Leong, chief of behavioral health for the Stuttgart Army Health Clinic.

During this time, they are reintroduced to their family, a garrison job and life outside of work.

The first month or so is called the "honeymoon phase" of reintegration, in which time the service member and his or her family are just excited to be together again, Leong said.

But by the third month, deployment issues start to surface, according to Leong. "If you are going to have problems, that's when they peak," he said.

A tale of four deployments

Staff Sgt. Greg Hatfield, a military policeman with the 554th Military Police Company in USAG Stuttgart, has deployed four times during his 12 years of service. Every time he's come home, there have been different hurdles to confront.

His first three deployments were almost back-to-back: Kosovo for nine months in 2001, then Iraq for a year in 2003 and again in 2005.

"It was a brutal time for me and my wife," he said. "For five years, we saw each other for 19 months. It was kind of a blur."

After his first deployment to Kosovo, there were not many programs in place to help him and his family readjust, he said. "There were a few classes. Then, they threw me back to my family," he said.

"It was very rough on everyone I know," he said of fellow Soldiers. "A lot of families didn't make it."

When Hatfield came home after the 2003 de-



Photo provided by Lt. Kami Irlmeier

Sgt. Greg Hatfield (right), a 554th Military Police Co. Soldier, evaluates an Afghan National Police class with Sgt. Noel Gerig, a team leader, at an ANP station during a recent deployment which ended in May. It was Hatfield's fourth deployment. Each reunion brought its own share of challenges, but Hatfield shared how he and his family handled them.

ployment to Iraq, the stress built up over the two deployments spilled out. On top of that, his wife had given birth to their first child, Brianna, while he was away.

"It was hell," he said. "I resented coming home. I had an almost 1-year-old daughter there, needing attention. All I wanted to do was be left alone."

Hatfield didn't want to talk to his wife about what he had encountered down range, which put stress added on the marriage.

"She always felt so left out," he added. "I just felt so exhausted all the time. I was just so distant."

Arguments became more frequent.

"I've never been an angry person," he said. "I would lash out."

Everyday noises would startle him. One night, when he was doing the dishes, his wife walked in and said his name, which sent him into high alert.

"I would drop to the floor, my heart pounding," he said. "There were signs of PTSD and I didn't realize it."

His family encouraged him to see a counselor, so he visited a website he had on a refrigerator magnet, www.myarmyonesource.com, and was referred to a trained PTSD counselor at the local Veterans Affairs hospital. However, he soon had to deploy again.

While on his third deployment in 2005, Hatfield lost some friends and saw others get injured, which made his symptoms worse. He decided he needed to see a counselor, despite discouragement from his commander.

"I took heat from my commander," Hatfield said. "He didn't want me to go," because he thought other Soldiers would follow suit, he added.

Hatfield went anyway.

"Once I went, several other Soldiers stepped forward and said 'Sgt. Hatfield, because you had the courage to do this, I have also.' It's one of the things that stuck with me in my career," he said.

Seeing the counselor helped Hatfield, but he and his wife still had issues to address from previous deployments when he returned home again, he said.

After moving to USAG Fort Hamilton in 2006, they started seeing a counselor at the local VA hospi-

tal, again through myarmyonesource.com, and continued to do so for two years. Sessions are confidential for all service members, unless they pose a danger to themselves or others, Hatfield added.

"It was probably the best thing for us," Hatfield said. "We had made agreements as to behavioral changes, and we stuck to it."

They also started to communicate regularly.

"If something is bothering you, it's important you tell [your spouse]," Hatfield said. "[Your] wife or husband can't help you if you don't open up."

Since Hatfield returned from his fourth deployment in May with the 554th MP Co., things are very different than they used to be.

"We change how we address [issues]," he said. "We don't yell; we talk. This time, there's more peace at home."

He attributed this to the counseling programs he has taken advantage of.

"The Army's come a long way since I first went for help," he said. "My last unit made it so easy for me to get the help I needed to save my family and myself, because we were on the road to divorce."

Trouble sleeping

Besides marital issues, the most common problem Dolinger and Leong see in service members is trouble sleeping.

"About 70 percent of people coming back from a deployment have a serious sleeping disorder," Leong said. These can range from simply not being able to sleep to having vivid nightmares, thrashing or even choking a spouse during sleep.

"A lot of times, they can't sleep," Leong said. "Symptoms worry about things all the time. They worry about friends, they worry about their families. If they [lost] anybody down range, they feel personally responsible for that, and a lot of them can't let it go."

Lack of sleep can lead to other issues, including irritability and hyper vigilance, Leong said.

"It's affecting their home life. It's affecting their

My last unit made it so easy for me to get the help I needed to save my family and myself, because we were on the road to divorce.

Staff Sgt. Greg Hatfield
Military Policeman, 554th MP Co.

See Home again on page 8

Home again . . .

Continued from page 7

ability to do their job," Leong said. Leong encourages service members who can't sleep to get professional help right away.

"If I can fix the sleep problem, a lot of other stuff goes away," Leong said. "A lot of people feel so much better, they can manage the rest."

The worst thing to do is self-treat the problem with alcohol or over-the-counter sleep aids, he added.

"It will start to destroy your health, family, finances, career," Leong said.

A change in tempo

In addition to causing sleep issues,

transitioning from working non-stop to having free time again, is tough.

"What tends to happen over time is the Soldier goes out in theater and gets exposed to a lot of combat things, learns to think in a different way," Leong said.

Redeployed service members may experience a variety of side effects during this time, including decreased sexual drive, hyper vigilance, and the desire to be alone, he added.

Dolinger noted that most service members experience a constant feeling of unease after a deployment. "They haven't figured out how to unwind," he said.

Dolinger experienced this himself, after returning from a 12-month tour of Iraq in 2004.

"It took several months before I could truly be at ease," he said. "I did not have a real sense of peace. You're just bouncing from one thing to another, and your mind's racing."

Sgt. 1st Class Todd Parsons, detachment sergeant for the Headquarters, Headquarters Detachment, 52nd Signal Battalion, stationed in USAG Stuttgart, said he felt guilty for spending time at home, after spending six months in Afghanistan as an individual augmentee until February 2010.

"It was tough coming back, coming off working every day, sometimes 18 hours a day," he said. "Your body is set



Staff Sgt. Shedrick Durden

During a recent deployment, Sgt. 1st Class Todd Parsons often worked 18 hours a day configuring servers for the new International Security Assistance Force Joint Command Headquarters in Afghanistan. When Parsons returned home, it was hard to get used to having free time again.

Sometimes I felt guilty on the weekend; it was hard to relax because I felt like I was wasting time.

Sgt. 1st Class Todd Parsons

Detachment Sergeant, HHD 52nd Signal Bn.

up to go, go, go. Sometimes I felt guilty on the weekend; it was hard to relax because I felt like I was wasting time."

The truth about PTSD

Though certain symptoms of PTSD, including hyper alertness, or sleep issues, are common in redeployed service members, the odds of having full-blown PTSD are extremely low, Leong said.

"People say, 'If you deploy, you'll get PTSD,'" Leong said. "No, you won't. It depends on what the deployment was like."

Only 7 percent of service members who watch a friend get killed down range will have PTSD, Leong said. Those who witness moderate combat

have a 30 percent chance of having PTSD, and those who witness severe combat have a 50 percent chance. Those at the highest risk are prisoners of war, with a 95 percent change, he added.

An individual's risk for having PTSD is affected by: "the more personal something is, the more times it happens and the more horrible it is," he said.

Regardless of whether or not they have PTSD or just need help adjusting, service members can always receive help, he added.

"As bad as problems might be, there is help out there, and they can get treatment," he said. "And, the earlier they get treatment, the better."

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Buy food in bulk

The Patch Commissary will have a case lot sale Sept. 24-25 in the Patch Commissary warehouse.

For more information, call 430-8401/civ. 0711-680-8401.

Run 4 Life

The U.S. Army Garrison Stuttgart Equal Employment Opportunity Office Special Emphasis Program will host a Run 4 Life Oct. 1 from 4 p.m. to midnight, to commemorate cancer warriors. To register your team, call 430-5256/civ. 0711-680-5256.

Volunteers are needed to organize the event. To volunteer, send an e-mail to yasmin.a.rosa@us.army.mil or eshe.faulcon@us.army.mil.

Religious education conference set

Religious education volunteers are invited to attend "Walking Humbly With Our God," a training conference sponsored by the U.S. Army Garrison Stuttgart Religious Support Office.

The conference is set for Sept. 25 from 8:30 a.m. to 3:30 p.m. in the Panzer Chapel. Register by Sept. 17.

For more information, call 431-3078/civ. 07031-15-3078, or e-mail james.sciegel@eur.army.mil.

PCSing briefing set

The next scheduled permanent change of station/pre-separation briefing in U.S. Army Garrison Stuttgart will be held Sept. 15 at 1 p.m. in Building 2913, Panzer Kaserne. All service members and civilians departing within the next four to five months should attend.

Pre-registration is required. For more information and to sign up, call 431-2599/civ. 07031-15-2599.

NAF career fair set

A Nonappropriated Fund Career Fair will be hosted at the Galaxy Bowling and Entertainment Center Sept. 22

Welcome back, teachers!



Larry Reilly

Left to right: Patch Elementary School teachers Shawna Penilla-Williams, fifth grade; Dana Rivera, second grade, and Melissa Nettleingham, kindergarten, share a laugh in the buffet line during the Community Welcome Back event for teachers and new community members, held at the Swabian Special Event Center on Aug. 26. The community welcomed 25 new teachers and a new principal.

register, stop by the ARC Office, Room 314, Building 2915, on Panzer Kaserne. For more information, call 431-2812/civ. 07031-15-2812.

PHS antique sale

The Patch High School Model United Nations and Contemporary Issues classes host an antique sale Sept. 18 from 10 a.m. to 3 p.m. in the PHS Forum. For more information, call 430-7191/civ. 0711-680-7191.

Learn about health care benefits

The Europe Regional Medical Command has designated September as Health Care Benefits Awareness Month. Representatives from the Stuttgart Army Health Clinic will be available to discuss benefits and medical services information at the Patch Commissary on Sept. 17 and 24 from noon to 4 p.m. For more information, call the health clinic at 430-4332/civ. 0711-680-4332.

Boost your health

The Stuttgart Wellness Center will host a class on exercise fundamentals Sept. 14 from 11 a.m. to noon. Nutrition basics will be offered Sept. 21 from 11 a.m. to noon.

All classes are held in the Wellness Center classroom, Building 2337, Patch Barracks. Register by calling 430-2997/civ. 0711-680-2997.

NOTE: Send your community-wide announcements to stuttgartmedia@eur.army.mil.

from 10 a.m. to 2 p.m. The NAF Human Resources Office at the Civilian Personnel Advisory Center will accept applications for various NAF positions.

For vacancy announcements and the NAF Job Application Kit, visit <http://cpol-rehp.belvoir.army.mil/eur/cpoac/stuttgart/index.htm>.

For more information, call 431-3126/civ. 07031-15-3126.

Visit BEMS auction

The Böblingen Elementary/Middle School Parent Teacher Association will host a furniture and collectibles auction and sale Sept. 25 in the BEMS gym.

A preview/silent auction will begin at 10 a.m., followed by the live auction at 11 a.m. For more information, call Meg Gilster at civ. 0171-778-0460.

Listen to live jazz

The Smooth Grooves jazz tour group will perform in U.S. Army Garrison Stuttgart Sept. 17 at 8 p.m. in the Robinson Barracks Community Club. Admission is free.

The show is presented by Army Entertainment and Navy Entertainment, in partnership with American Forces Network.

Adoption is possible

If you are interested in learning about the overseas adoption process, join the U.S. Army Garrison Stuttgart Adoption Support Group Sept. 16 at 6:30 p.m. in the basement conference room of Building 2949, Panzer Kaserne.

The group meets the third Thursday of each month. For more information, e-mail Felice Procaccio at feljoypro@googlemail.com.

Join Patch ski club

The Patch Ski Club will host a fall harvest barbecue Sept. 19 at 1 p.m. on Husky Field, Patch Barracks. The event includes live music by Dicke Fische, food, and entertainment for chil-

dren. Join the ski club, sign up for trips and get skiing tips. For more information, visit www.patchskiclub.com.

Earn an MBA

The University of Phoenix in U.S. Army Garrison Stuttgart offers MBA face-to-face classes at the Panzer Education Center in Building 2915, Panzer Kaserne. Classes start Sept. 29. For more information, e-mail Erin.Lipton@Phoenix.edu.

Learn to babysit

The American Red Cross Stuttgart Office will offer a two-day babysitter training/CPR class on Oct. 7 from 4-6 p.m. and Oct. 8 from 8:30 a.m. to 4:30 p.m. Each class is \$40. To

Practice team sports safely

- Warming up and stretching before practices or games reduces the risk of injury.
- Remove jewelry to prevent it from getting caught in equipment or uniforms, or hurting other players.
- Consider the style of play: the more contact involved, the higher the incidence of injury.
- Have a qualified coach, who can provide safety information and enforce rules, oversee the game or practice.
- Do not forget to replenish liquid and nutrition after the practice or game.

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Nine ways to get

Looking for ways to be part of the local community? Want to practice your German, make new friends or learn about a new skill in a different country? Here's just a handful of the many ways Americans can join in.

By Susan Huseman & Brittany Carlson
USAG Stuttgart Public Affairs Office

While there are hundreds of ways to get involved in the German community, here are a few ideas.

Friendship

The U.S. Army Garrison Stuttgart Outreach Kontakt Club is a German and American friendship organization.

"Germans and Americans [come] together to exchange ideas and build friendships," said Birgit Thompson, the USAG Stuttgart liaison to the Kontakt Club.

Monthly activities include a "Stammtisch," or dinner reservation, where club meets to talk (in German

and English) over a meal.

Cpl. Christopher Altman, a 554th Military Police Company Soldier stationed in Stuttgart, recently started attending Kontakt Club activities with his wife, Janet. "You start talking ... before you know it, you're facebooking like crazy," he said.

The club also takes field trips to local museums, fests and markets, and organizes group activities such as baking cookies together for Christmas, Thompson said.

For more information, visit www.kontakt-club-stuttgart.de.

Quilting

The Black Forest Quilt Guild provides a place for Stuttgart residents of all nationalities to socialize, quilt, and share their expertise with a needle and thread.

The guild meets on the fourth Friday of every month at Panzer Hall (the old firehouse), on Waldbergstrasse, just outside of Panzer Kaserne. The next meeting is set for Sept. 24 at 6:30 p.m.

It's an easy way for newcomers to the Stuttgart military community to make friends, said Deb Miner, the guild's American president. "One of the greatest things is, if you're already a quilter, you can plug into the community."

Meetings include guest speakers, refreshments, "show and tell" and raffles.

"It's really a fun way to meet people who live here in Stuttgart who have the same hobby as I do," said Aby Dolinger, an American member.

Guild members also visit quilting shows throughout Europe and go on retreats.

"You don't have to be an expert quilter to join," Dolinger added.

For more information, visit www.blackforestquilters.com.

Singing

The Stuttgart German-American Community Chorus was founded in 1977 by singers in USAG Stuttgart who wanted to perform Handel's "Messiah" for Christmas. German singers were invited, and the result was the German-American Community Chorus, according to the website.

"The whole purpose and grounding for this was to provide entertainment to the American military community for people who would not regularly go downtown to hear a concert," said Thomas Carter, the chorus' director for the past 23 years and a member of the Stuttgart military community. "It's also to promote German-American relations."

Today, the chorus is still made up of members with many nationalities, Carter added. He directs in both English and German.

The chorus performs several concerts each year, both inside USAG Stuttgart and in the greater Stuttgart area.

They also sing a variety of works in many languages. The upcoming Advent Concert, set for Nov. 28 at the Leonhardskirche Stuttgart, will feature the German language "Böhmische Hirtenmesse," by Jakub Jan Ryba, and the English "Christmas Carols," by John Rutter.

"We go from masses to musicals and spirituals," Carter said.

The chorus meets every Monday night from 7:30-9:30 p.m. in the Stuttgart-Münster Vereinsheim (club house).

Singers of all skill levels are welcome. For more information, call Carter at 0141-835-0359, or visit www.sgacc.de/usmenu.html.

Public speaking

Studies show that the one thing people fear the most is public speaking.

For the rare breed who enjoys it — or for those who need to improve their oratory skills — the Stuttgart International Toastmasters Club may be the perfect venue.

The Toastmaster process takes the fear out of public speaking, according to long-time member Dr. Howard Krout, USAG Stuttgart's Employee Assistance Program coordinator.

Members prepare and deliver speeches in front of the club, and receive almost-immediate feedback on how they can improve their presentation skills. "Once you get started, you'll find it's not nearly as intimidating," Krout said.

The club normally meets on the first

and third Thursday of Klub Böblingen. Meetings are conducted in English and are scheduled for Sept. 16.

For more information, visit www.toastmasters-stuttgart.de.

'Happy Wanderer'

The Stuttgart German-American Wandering Club offers a variety of events, including air, fitness and friendship events all over Europe.

The membership is open to all nationalities and continuously-operating events include a wandering club including Germans and 60 American club officials.

Members can participate in a 20 kilometer walk and more.

"It's great exercise," said John Pettaway, who works for the U.S. Army. "I normally do the 10 kilometer walk way up to the 20."

He appreciates wandering because it's something his family can do. Pettaway, his wife and two children attend many weekend events, which will allow.

There is also great socializing at the club, especially after a walk — have a beer or a glass of wine. "It's a great German and American tradition," Pettaway said.

The Stuttgart German-American Wandering Club meets on the first and third Thursday of each month at the Garrison in Vaihingen.

For more information, visit www.sgawc.org.

History, culture

The 1948 Club offers a variety of events for Americans to meet and learn about German history, language and culture. "It's a great experience," said John Pettaway, a club member and a club official.

The club, with 200 members, meets on the first and third Thursday of each month. "Last month we had a



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nd share their culture,
customs. "It's been a
Ann Reed, a EUCOM
member since 1999.
members — about 70
hosts a cultural outing
onth we visited some

World War II bunkers in Feuerbach. This month we're doing a country and western evening," Reed said.

Upcoming events include the Bad Cannstatt Volksfest (Sept. 25) and the Ludwigsburg pumpkin festival (Oct. 16). Dinners, wine tastings and visits to local points of interest are also on the calendar.

While the official language of the club is English, Reed said occasionally on an outing, a guide may speak only German, but someone in the club will serve as a translator. "We usually try to set up German and English tours so everyone can understand and participate."

Annual dues are €60. Reed recommends interested parties attend a few outings before joining. "See if you like it, then join," she said.

For more information, visit the 1948 Club website at www.gac1948.de.

Sports

While the sports programs within USAG Stuttgart are top notch, budding athletes may desire a more competitive environment.

Nick and Matt Ashley did. They play football with Child, Youth and School Services. For basketball, however, they play on an under-14 team at Böblingen's Hermann-Raiser-Halle.

"We've played with the Germans for two years," Nick, 11, said.

Last season, the boys' team made it to the Baden-Württemberg state championships, placing fourth.

Playing with and against Germans is more challenging, according to Matt, 13, because they are focused on improving their skills. "We're the youngest on our team. It makes me push myself so much more," he said.

The brothers are very athletic, and their mother, Joanna, wanted to make sure they had the opportunity to excel at their athletic endeavors. "We decided to try what's in our neighborhood," she said.

They found there were no language barriers. "Lots of the kids spoke English. The coach spoke excellent English," Joanna said. The boys were also able to practice their German.

Athletes will find German sports clubs offer just about every

sport imaginable, including American football and baseball. To find out what sport clubs are available in your area, visit your city's home page and search for "Vereine," then "sport."

Philanthropy

The German American Women's Club of Stuttgart promotes friendship and cultural understanding.

"We're a mixture of Germans, Americans and international women," said Laurie Menzel, the American president.

Through GAWC, women can become involved in special interest groups such as fitness, language, literature and culture.

They can also be a part of the Stuttgart military community's largest fundraiser, the Pfennig Bazaar, a giant flea market held each year in October. "We raise money for German and American community groups," Menzel said. Last year the group raised more than €107,000.

A side benefit to belonging to GAWC, according to Menzel, who has belonged to the club for eight years, is making connections with local Stuttgart women who are happy to explain how to use the train system or where to go for a good meal. And volunteering at the bazaar, she said, is a good way to meet women from the military community.

For those who are interested in joining, a welcome event is scheduled for Sept. 30 at 10 a.m. in the Swabian Special Events Center on Patch Barracks. A €15 fee includes lunch.

"You can learn about the club, our special interest groups and sign up to volunteer at the Pfennig Bazaar," Menzel said.

For more information on joining or volunteering, contact Menzel via e-mail at lmenzel@att.net.

Social, cultural

Navy Capt. Greg Stephens was looking to join an active group that offered a wide variety of social and cultural activities, such as concerts, museums, cycling trips and potluck dinners. He found what he was looking for

in the Metropolitan Club Stuttgart.

"I've kicked tires on a bunch of organizations. This is a great one because of the quality of people and the variety of events," said Stephens, who is assigned to EUCOM.

The club, part of the Deutsch-Amerikanisches Zentrum/James F. Byrnes Institute, has approximately 50 members of all nationalities.

English is the official language, but thanks to its international membership "if you're aspiring to learn Korean, Hungarian or German, you can," Stephens said.

Members don't just show up for meetings, they help plan them. "I've co-sponsored a potluck dinner, and this fall will be sponsoring a tour to the Landwirtschaft in Hohenheim," he said.

In addition to the activities, the club holds a monthly meeting in downtown Stuttgart.

For more information, visit www.metclub.de.



Do you belong to a club not mentioned? Tell us about it on Facebook at www.facebook.com/usagarrisonstuttgart.

1/10 Soldier receives Frederick Award for heroism, leadership

By Master Sgt. Donald Sparks
SOCEUR Public Affairs

During World War II, Lt. Col. Robert T. Frederick commanded the First Special Service Force "Black Devils." He personally selected recruits who were strong, relentless and independent thinkers.

Today, Frederick's namesake award is presented to both Canadian and American Special Forces operators who exhibit the qualities Frederick sought. This year's American recipient is Master Sgt. Joe Dickinson, a Green Beret from 1st Battalion, 10th Special Forces Group (Airborne). This is the second consecutive year the award has gone to a 1/10 SFG (A) Soldier.

Dickinson accepted the award during the 63rd annual First Special Service Force reunion, held Aug. 13-16 in Helena, Mont., but viewed it as a team honor.

"The Frederick Award is an individual award, but you don't do a lot of the things you do without strong people on your team," Dickinson said.

Dickinson earned the award for his performance as the operations sergeant for Special Forces Operational Detachment-Alpha 0112. In the award nomination, he was praised for leading "one of the most successful detachment combat



Photo illustration courtesy U.S. Army
Master Sgt. Joe Dickinson of 1st Battalion, 10th Special Forces Group (Airborne), depicted in this photo illustration (center) was awarded the Frederick Award.

rotations in the history of Task Force-10 in support of the International Security Assistance Force Afghanistan."

Having deployed into theater without a team leader, Dickinson expertly managed not only his team of U.S. Special Forces Soldiers, but also the integration of 12 Romanian special forces soldiers.

Dickinson was able to lead his men

in developing critical relationships with local and regional Afghanistan government officials, Afghan National Security Forces and ISAF senior leadership.

He was significantly praised for actions on Dec. 27, 2009, in which he led his ODA on a mission through an insurgent stronghold, while enemy forces attempted to overrun his team.

During an hour of intense fighting, Dickinson and company killed six enemy forces and received no casualties. For his actions, he was recommended for the Bronze Star with Valor.

On the morning of May 19, 2010, when Taliban fighters conducted a sudden, well-coordinated, complex attack on Bagram Airfield, Dickinson and four members of his team engaged the insurgents to repel the attack. Dickinson then ran 25 meters across a potential mine field to provide life-saving medical treatment to a wounded Marine.

Dickinson was recommended for the Silver Star Medal. However, garnering medals is not something for which Dickinson and his team strive.

"It was a very difficult situation and we moved very quickly," Dickinson said. "We were not thinking about valor or awards, just that we had each other's back if one of us was taken out."

Dickinson's company commander sees the award recipient as symbolic of what it means to be a Special Forces noncommissioned officer.

"Joe never took unnecessary risks and always had the interest of his team members, while at the same time inflicting high numbers of enemy casualties and protecting the local Afghan populace," the company commander said.

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Explore local history in Stuttgart's oldest city district

Story & photo by Carola Meusel
USAG Stuttgart Public Affairs Office

Bad Cannstatt is Stuttgart's largest and oldest city district and holds centuries-old relics of Swabian culture and tradition.

Visitors to Bad Cannstatt will find a small piece of history on every corner of the city, including Roman settlements, medieval sites, fine wines and mineral baths.

Bad Cannstatt's history dates back to A.D. 98 and is one of the largest Roman settlements in Baden-Württemberg. The Romans built a solid fort in Bad Cannstatt, which became the most powerful military unit between the Roman legions in Mainz and Augsburg. Today, visitors can still visit the historical Römerkastell.

The Romans also cultivated Cannstatt's bathing culture. Bad Cannstatt has the second biggest mineral water source in Europe, after Budapest's city district of Ubuda. Locals refer to Bad Cannstatt as the "Sauerwasserstadt" (sour water city) because the mineral water is sulfurous. The mineral water originates in the Neckar riverbed. To this day, visitors and residents can enjoy the healing water at MineralBad Cannstatt, the Leuze mineral bath, and Bad Berg.

The Romans also planted the first grapevines in Bad Cannstatt.

"The Romans brought the grapevines all the way from Tyrol to Bad Cannstatt and placed them along the hillside surrounding the Neckar River," said Thomas Jakob, Bad Cannstatt's district mayor. For centuries, the city lived off its wine cultivation, Jakob added.

The most delicate and popular wine is the Cannstatter Zuckerle. This light, red wine received its name from the Zuckerberg (sugar mountain), which spans along the Neckar River between Bad Cannstatt and Hofen. The area, with its steep terraces covered in grapevines, is ideal for growing wine. Stone walls hold the terraces and store heat from the sun. The mild climate at the Neckar gives this wine its mineral component.

Almost a century after the Roman era, Bad Cannstatt was first officially mentioned in a document: the "Canstat ad Neccarum" (Cannstatt at the Neckar River), in the year 708. In 1330, Bad Cannstatt received its city rights from the Emperor Ludwig the Bavarian.

Bad Cannstatt's Klösterle (monastery) was built



Visitors walk past the Rosensteinschlössle, one of Bad Cannstatt's historical landmarks, adjacent to the Rosenstein Park, which leads into the Schlossgarten. Locals also refer to this area as the "green lung" of Stuttgart. Bad Cannstatt is Stuttgart's oldest and largest city district.

in 1463 and was home to the religious order of the Beginen nuns. The Klösterle is the only Beginen monastery in Europe.

"The Klösterle is the oldest building in Stuttgart," Jakob said. "To this day, Bad Cannstatt has kept its special medieval charm. Cannstatt has many timbered houses, and, with the Klösterle, the historical town hall and the city church, we have the oldest buildings in the greater Stuttgart area."

Bad Cannstatt also witnessed the creation of the first automobile. Gottlieb Daimler, engineer and inventor of the first gas engine and the first automobile, worked on his projects in a small greenhouse at Bad Cannstatt's Kurpark (park area). Back then, the local Polizei suspected Daimler was producing counterfeit money. Today, visitors can follow the success story of Gottlieb Daimler at the Mercedes-Benz museum in Bad Cannstatt.

The city is also a destination for nature lovers. The Wilhelma Zoo, a botanical-zoological garden, was built in the 19th century as the private "pleasure garden" and "love nest" for King Wilhelm I. The Rosenstein Castle in Rosenstein Park has a museum for natural sciences and is another historical landmark. The surrounding park area, Rosensteingarten,

is modeled after a classic English garden.

"Bad Cannstatt has so many stories to tell. I was amazed by its vitality and rich history," said Ingrid Foxall, who recently came from Tennessee to visit Bad Cannstatt. "Personally, I really enjoyed the hearty Swabian food at Cannstatt's wine restaurants, as well as the Rosenstein castle and the park. It's precious to find a green oasis in the middle of the city."

Bad Cannstatt is also the home of the Cannstatter Wasen fest grounds, where the annual Volksfest (people's fest) is held every year. The Volksfest was celebrated for the first time in September 1818. King Wilhelm I sponsored the event as an "agricultural fest" for his subjects after a three-year period of bad harvesting. This year's fest will run from Sep. 24 through Oct. 10 at the Cannstatter Wasen.

From Roman-era baths to modern-day fest fun, Bad Cannstatt has had something to offer the Stuttgart community — and the world — for centuries. Today, visitors can walk along its path of history, and enjoy traditional Swabian culture along the way.

For more information, visit www.stuttgart.de/bad-cannstatt. For Bad Cannstatt city tours in English, call Stuttgart Marketing at civ. 0711-2228-237.

What's happening in FMWR

Sign up for 'Amazing Race' by Sept. 13

The U.S. Army Garrison Stuttgart Directorate for Family and Morale, Welfare and Recreation will host an "Amazing Race" Sept. 18, starting at 10 a.m. at the Patch Fitness Center.

The race will test community members' athletic prowess, fine motor skills and creativity. Enter by Sept. 13 for a chance to win one of 10 team spots. The grand prize is a three-night stay in Camp Darby, Italy, for the Run to the Tower (Oct. 7-10).

The event is open to all U.S. ID cardholders ages 18 and over. For

more information, or to sign up, visit www.stuttgartmwr.com.

Sell, buy art at SSEC

Local and Stuttgart garrison artists and crafters will sell their handmade creations at the next Art and Espresso event, Oct. 14-16, at the Swabian Special Events Center on Patch Barracks.

To become a vendor, e-mail Kelly Sarles, arts and crafts director, at kelly.sarles@eur.army.mil.

Art therapist wanted

The U.S. Army Garrison Stuttgart FMWR Arts and Crafts department is looking for an art therapist who can volunteer to help develop a new

program.

For more information, e-mail kelly.sarles@eur.army.mil.

RB brunch back on

The Robinson Barracks Club brunch is starting up again, beginning Oct. 3 from 10:30 a.m. to 2 p.m.

See 'Greater Tuna Show' at Kelley Theatre

The Stuttgart Theatre Center Entertainment Branch presents the off-broadway comedy "Greater Tuna Show," at the Kelley Theatre this month. Show dates are Sept. 10, 11, 17, 18, 24, 25 at 7:30 p.m., and Sept. 12,

19 and 26 at 3 p.m. To purchase tickets, call 421-2825/civ. 0711-729-2825.

New ODR schedule

Outdoor Recreation has just published its fall/winter schedule. Upcoming trips include day hikes, a trip to a ropes course and overnight skiing and paragliding excursions to Italy, Switzerland and Austria.

For more information, call Outdoor Recreation at 431-2774/civ. 07031-15-2774.

For more information, visit www.stuttgartmwr.com. Receive MWR updates by e-mailing mwrmarketing@eur.army.mil.

Stuttgart bodybuilding, figure team muscles out competition

Story & photos by **Brittany Carlson**
USAG Stuttgart Public Affairs Office

This year, bodybuilders and figure competitors in U.S. Army Garrison Stuttgart wanted to get an edge on their competition with more than lifting weights and practicing poses: they needed a support system.

That's why they created the USAG Stuttgart Bodybuilding and Figure Team — just in time for the 2010 Annual European Bodybuilding and Figure Championship, held in U.S. Army Garrison Stuttgart's Kelley Theater Aug. 28.

Their strategy worked.

The Stuttgart team still walked away with eight awards, including the overall men's and women's bodybuilding trophies.

Competitors came from all over Germany, including Landstuhl, Darmstadt and Vicenza, Italy.

"Year by year, we get more competitive," said Anja Langer, one of the competition judges and 1988 Ms. Olympia runner-up.

"This competition is very hard to judge," she added. "It's very impressive to see the willpower people have."

Bodybuilders were judged on their muscularity, symmetry and proportions through 90 seconds of free posing, followed by mandatory poses for comparisons with competitors. Figure competitors were judged for poise and facial beauty, in addition to muscularity, during a "T-walk" to both sides of the stage, and in comparison poses.

The competition was sanctioned by the International Natural Bodybuilding and Fitness Federation. Guest posers included Justin Houstin, World Natural Bodybuilding Federation pro, and 50-year-old Reinhard "Hucky" Maier, local national and International Federation of Bodybuilding and Fitness pro.

Training for both bodybuilding and figure competitions involves intense workouts and very strict diets.

"When you get to the point where you are weighing your chicken and counting your almonds, you know you have discipline," said Nelanie Hamilton, a first-time figure competitor from Stuttgart.

For figure competitors, it gets even harder: they have to demonstrate their strength in four-inch heels.

Hamilton joined the Stuttgart team for extra support. "It allows you to tap into the experience of others," she said.

In fact, helping others through the training is one reason why Travis Welborn started the team.

"It's a team concept: people help you out," said Welborn, a technical sergeant who works for U.S. European Command J2 and the third place winner in the men's lightweight bodybuilding



[Above] The top bodybuilders from each category compete for the overall men's and women's trophies at the 2010 Annual European Bodybuilding and Figure Championship, held in U.S. Army Garrison Stuttgart Aug. 28. The winners were Naomi Ludan (right) and Spc. Vashaan Johnson (second from right). [Right] Tech Sgt. Travis Welborn displays his muscles. For more photos, visit www.flickr.com/photos/usagstuttgart/.



This bodybuilding challenge was my 40th birthday gift. Stepping on that stage is a mission accomplished.

Charmaine Valmonte
First-time bodybuilder

category. "We mentor each other; we help each other from diet tips to ... posing and practicing."

Besides supporting each other, competitors still had to spend a lot of time and effort working on their physiques, as evidenced by Stuttgart's top male and female bodybuilders.

Naomi Ludan, women's heavy-weight bodybuilding and overall winner, attributed her success to two things: "dedication and sacrifice."

It was Ludan's first time competing, although she has lifted weights for several years. The audience almost drowned

out her music with cheers when she took the stage, showing off muscle striations that rivaled her male counterparts.

Likewise, Vashaan Johnson, a specialist with the 52nd Signal Battalion who took first in men's middleweight and overall bodybuilding, called training "a part-time job."

But his work paid off: Johnson took home a pro card.

For Charmaine Valmonte, another first-time bodybuilder, her dedication paid off in other ways.

Since Valmonte started training, she lost 23 pounds, and her uniform — which she says used to fit like skinny jeans — now hangs off of her.

"This bodybuilding challenge was my 40th birthday gift," said Valmonte, an Army major who works for EU-COM J6.

She added that she couldn't do it without encouragement from her teammates. "We look to each other for motivation," she said.

"It's a challenge. Some days it's painful," she added. But in the end, it was worth it all. "Stepping on that stage is a mission accomplished."

SPORTS SHORTS

8th Annual AFCEA golf tourney set

The Armed Forces Communications and Electronics Association Stuttgart Chapter will hold its 8th Annual Golf Classic Sept. 17 at the Stuttgart Golf Course in Kornwestheim. For more information, call 434-5244/civ. 0711-68639-5244.

Join Sitzmarkers

The Sitzmarkers Ski and Board Club, aimed at students in grades seven through 12, will hold an information and membership meeting Sept. 20 at 5:30 p.m. in the Religious Education Center on Patch Barracks.

For more information, visit www.sitzmarkers.org.

Kudos to martial artists

Two young Stuttgart military community members took top honors at the 2010 World Organization of Martial Arts Athletes World Martial Games, held Aug. 20-22 in Killarney, Ireland.

Cole Cruickshank, 7, won gold medals for beginners in weapons forms and empty hand forms. Jordan Thigpen, 12, won a silver medal for junior black belts in empty hand forms.

Tee off at Fall Golf Scramble

The Fall Golf Scramble at the Stuttgart Golf Course in Kornwestheim is scheduled for Oct. 2. The shotgun start begins at 10 a.m. Sign up as a team (preferred) or individually.

All golfers must have a valid handicap, or see the a golf pro before the tournament. For more information, call civ. 07141-879-151.

On your mark, get set, Pumpkin Run!

The 2010 Great Pumpkin Run, sponsored by the U.S. Army Garrison Stuttgart Directorate for Family and Morale, Welfare and Recreation, will be Oct. 30 at Husky Field on Patch Barracks. Both the 5K and 10K races will start at 10 a.m.

Participants must be age 6 or older for the 5K, and 15 years or older for 10K. Registration opens Oct. 1. No entries will be accepted after Oct. 24.

For more information, call 430-7136/civ. 0711-680-7136.



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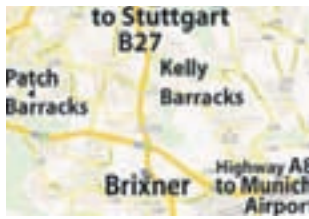



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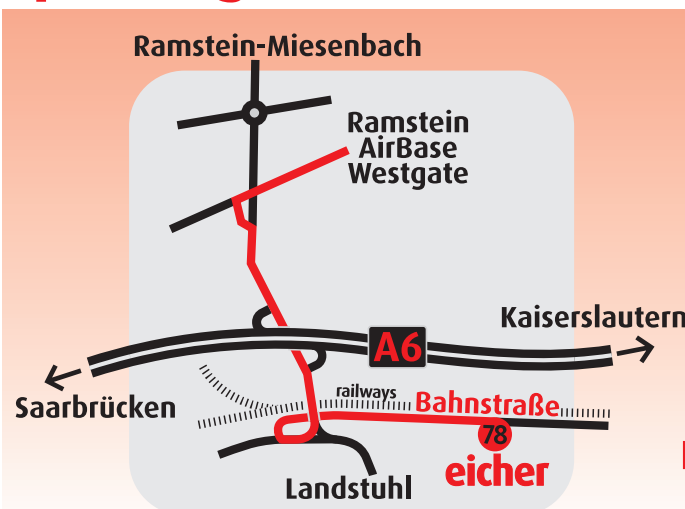


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