



Retirees appreciated, supported at garrison's 10th annual RAD

Story and photos by John Reese
USAG Stuttgart Public Affairs

In a strong show of support to a "purple" joint service community of retirees in the Stuttgart area, about two hundred participants used services and garnered information at the U.S. Army Garrison Stuttgart's 10th annual Retiree Appreciation Day, Oct. 19.

The event at the Swabian Special Events Center, Patch Barracks, featured multiple USAG Stuttgart agencies together with federal and service organizations sharing the latest medical, financial and federal benefit administrative support services offered. Participants scheduled dental and medical exams, checked their blood pressure and spoke with dozens of representatives from Veterans Affairs, Defense Finance and Accounting Service, the Social Security Administration and more.

Former Soldiers attend most Army garrison RADs in the continental U.S. However, reflecting the joint service nature of the Stuttgart military community, the retired participants came from all branches of service.

"Stuttgart is a purple community. I've spoken with Navy and Air Force retirees," said Mary "Tweedy" Knef, representing USAG Stuttgart Family & Morale, Welfare and Recreation. "This is a joint service community. RAD makes it easy for them to have everything in one place, so they can ask questions while representatives of different agencies are here."

The Stuttgart Health Clinic had an entire room offering free

vision screenings, immunizations and wellness/preventative health information.

"Getting immunized is very important, so if you do end up getting sick, you won't be as sick than if you didn't get it," said Frances Barlock, nurse case manager, Patch Health Clinic. "The symptoms will be milder for you and it protects people who have COPD (chronic obstructive pulmonary disease), diabetes - and its highly recommended for people over 50 to get their flu shots."

For retirees who missed RAD, Barlock recommends visiting the clinic 7:30 a.m. - 4 p.m., or coming for one of the upcoming special Saturday vaccination days (see p.6 for more).

"We're trying to get everybody immunized," Barlock said.

Dental specialists Sgt. Amos Ngilla and Spc. Amanda Eubanks, Panzer Dental Clinic, kept busy scheduling dental exams.

"We're here today to accommodate all of our great veterans who served our nation, to get them appointments for their dental hygiene exam and cleaning, and to make sure they're taken care of and well off on their dental readiness," Ngilla said.

The dental clinic has many retiree patients, Eubanks added.

"We're helping the retirees, the ones who set the path for us. We try to take care of them the best we can at our facility," Eubanks said. "We're making sure they get their exams and cleaning today. We've booked a full schedule dedicated just to RAD."

The American Red Cross checked blood pressures and explained its



The tables in the Swabian Special Events Center buzz with activity at the 2017 RAD, Oct. 19.

many services, while next to them Veterans Affairs was one of the busier spots in the room as everyone present used its services. Another busy table was the Federal Benefits Unit from the American Consulate in Frankfurt, representing the Social Security Administration and other important federal services.

"We had a lot of Social Security issues, where people are asking us for specific information on their retirement age, on the amount of benefits they may receive, or have questions regarding survivor benefits," said federal claims representative Anya Baethäs.

Visiting Stuttgart is a special occasion for the consulate staff, Baethäs said, ticking off a few other RADs she recently attended.

See RAD, p.4



VA Overseas Military Service Coordinators Alicia Depp and Michael Pike speak with retirees. Depp is the former OMSC serving Stuttgart, while Pike is the current visiting representative.

'Show some love' to charities by donating to CFC

USAG Stuttgart
Public Affairs

The Combined Federal Campaign continues its commitment to giving and provides U.S. Army Garrison Stuttgart military community members with the opportunity to make positive changes through donations.

This year celebrates CFC's 56th year of federal workplace charitable giving, and every year, federal employees dig deep in their pockets

to give to those in need all over the world. The 2017 campaign that began Oct. 16 will continue until Jan. 12.

This year's campaign theme is "Show Some Love."

"CFC gives us the opportunity to show some love to causes that are close



to our hearts. The Campaign allows us to donate to multiple charities at once while remaining anonymous, if you would like," said Debra Peake, U.S. Army Garrison Stuttgart CFC-Overseas

Community Area Project Officer. "Supporting those causes that are important to you - both financially and through volunteer hours - is a great way to make a difference in the world."

There have been several changes to the campaign this year. Donors now have the ability to pledge volunteer hours as well as funds. If a charity indicated they would like to receive volunteer support, donors

See CFC, p.4

Time to winterize one's self, vehicle and home

By Col. Neal A. Corson
Commander, USAG Stuttgart

As the weather begins to get colder and the Swabian winter gets closer, it's time to get one's self prepared for the winter ahead.

Of course the common sense approach to getting yourself winterized is to dig out the winter coats, hats, gloves and stocking up on the cold medicines; however taking precautions to prevent colds and the flu is an even better idea to consider.

During October, the U.S. Army Stuttgart Health Clinic conducted a 2017 Flu Pandemic Exercise at three locations in the Stuttgart community. The goal of the exercise was to vaccinate 90% of the available active duty



Col. Neal A. Corson

service members within a five-day period to test the clinic's capability to respond to a pandemic disease outbreak.

Now that this training event is completed, the health clinic is ready to administer the flu vaccine to the civilian workforce and family members, and I encourage everyone to get the vaccine. If you are not able to get to the clinic during normal operating hours, the flu vaccine will be administered to Stuttgart Community members each Saturday, except Nov. 11 and 25 until Dec. 2.

As we move into the winter season, temperatures in the

Stuttgart area are known to dip into the single digits. I encourage everyone to consider the appropriate personal, vehicle, and home measure to manage the colder temperatures.

Hats, gloves, and boots are essential items during the winter season, and for all of the children that walk to school a drop in their core temperature can be dangerous. Please ensure we are bundling up our kids.

Getting your vehicle winterized is as simple as taking the car into the AAFES or FMWR auto shops to check the fluids, windshield wipers and of course making sure you have winter or all season tires on the vehicle, because colder temperatures bring snow and ice.

Winterizing our homes is as important as taking care of our cars and our bodies, because the last

thing you want to experience is a busted water pipe because it froze or your heater goes out because it was not serviced for the extra work it will need to do during the colder weather.

These measures may seem routine or common knowledge to those of us who came to Germany from cold climate areas; however there are dozens of families who have come from warmer climate areas like Florida, California or Hawaii where the temperatures don't dip into the single digits and they do not get a lot of snow.

Not being prepared for the harshness of the winter can result in a winter not to be remembered, however properly prepared, the opportunity for skiing, sledding, and participating in Christmas markets can make Germany seem like a winter paradise.

SECDEF outlines DoD's three lines of effort

By Jim Mattis
Secretary of Defense

The start of a new fiscal year serves as an opportunity for greater alignment as we reconfirm our commitment to America. As a member of the U.S. Department of Defense, you play a vital role in supporting the three million men and women - uniformed and civilian - who fight for our values, and America's military reinforces traditional tools of diplomacy, ensuring President Trump and our diplomats negotiate from a position of strength.

We are a Department of war. We must be prepared to deal with an increasingly complex global security situation, characterized by an accelerated decline in the management of the rules-based international order. North Korea's

provocative actions and reckless rhetoric continue despite United Nation's censure and sanctions.

Russia has violated the borders of nearby nations and seek veto power over the economic, diplomatic, and security decisions of its neighbors. China is a long-term strategic competitor that seeks to intimidate its neighbors while escalating tensions in the South China Sea. Iran continues to sow violence and remains the largest long-term challenge to Middle East stability. Despite recent gains against ISIS, terrorist groups continue to murder the innocent and threaten peace.

Pursuit of global security and stability requires our Armed Forces to remain the world's preeminent fighting force, and our Department has three lines of effort to enable us to remain the the world's preeminent fighting force:



SECDEF James Mattis

First, restore military readiness as we build a more lethal force. We will execute a multi-year plan to rapidly rebuild the warfighter readiness of the Joint Force, filling holes in capacity and lethality while preparing for sustained future investment. This line of effort prioritizes a safe and secure nuclear deterrent, the fielding of a decisive conventional force, and retains irregular warfare as a core competency.

Second, strengthen alliances and attract new partners. Alliances and multinational partnerships provide avenues for peace, fostering conditions for economic growth with countries sharing the same vision. Strong alliances also temper the plans of those who would attack other nations or try to impose their will over the less powerful. History is compelling on this point: nations with strong allies thrive, while those without stagnate and wither. We will continue to work with our allies, partners, and coalitions - The North Atlantic Treaty Organization, Association of South East Asian Nations, the Defeat-ISIS Coalition, and others - to reinforce the safety and security that underpins peace and economic prosperity for all nations.

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October into November

By John Reese

USAG Stuttgart Public Affairs

October began by recognizing Domestic Violence Awareness Month with participants writing how they felt they should be treated on paper t-shirts for a garland hung in front of the Panzer Exchange. It was also the month for Breast Cancer and Cyber Security Awareness, and Filipino, German, Hispanic and Polish-American Heritage observations.

The Stuttgart Hybrid College Fair at Stuttgart High School, Oct. 11, was well attended by hundreds of future college students, parents and alma mater who represented their universities.

The Kelley Theatre hosted a presentation for the Department of Defense Computer/Electronic Accommodations Program (CAP), Oct. 23-24, in support of October's Disability Awareness Month. CAP provides assistive technology and accommodations to support individuals with disabilities and wounded, ill and injured service members throughout the federal government in accessing information and communication technology. CAP helps the DoD make work environments more accessible to people with hearing, visual, dexterity, cognitive, and communication impairments.

The Great Pumpkin Run, a 5K race and 1-mile fun run, took place on Patch Barracks' Husky Field, Oct. 28. The race wound around Patch, looping back to where it began.



Photo by John Reese, USAG Stuttgart Public Affairs

Col. Sean McBride, chief of staff, MARFOREUR/AE, joins sisters Isabella (left) and Luciana Duggan to create their own, unique message for Domestic Violence Awareness Month.

Runners, some wearing Halloween costumes or pushing baby carriages, took part.

On the same day, the garrison's Harvest Fest took place in the parking lots of the Patch Fitness and Youth centers. The fest kicked-off the fall season with family-oriented fun, food and activities.

The 2018 enrollment for the Patient Protection and Affordable Care Act began Nov. 1 and continues until Dec. 15. Visit www.healthcare.gov if you, your family members or friends will need coverage in the coming year. For 2018 TRICARE changes, see page 6.

Also continuing until Dec. 15, the Combined Federal Campaign

is underway. With the recent hurricanes and fires, contributions toward relief mean so much more to Americans. Read more on page 1.

November happenings

In addition to Veterans Day, national observances for Diabetes, Adoption, Caregivers, and Novel Writing fill the month. November is also Native American Heritage Month and the Stuttgart Equal Opportunity Office has arranged a member of the Apsaalooke Nation (Crow tribe) to perform and speak at the Panzer main Exchange, 12-2 p.m., Nov. 20. Army veteran Kendall Grant Old Elk, from the south-central part of the state of Montana is a Native American advocate who speaks on Native American issues in the U.S. and abroad. He is a traditional singer and dancer, having performed professionally for more than 15 years. He performed for the garrison's Native American Heritage Month observance in 2016.

Veterans can enjoy a Veterans Day "thank you" breakfast, Nov. 9, 7 a.m., at the USO Center, Panzer Kaserne, Bldg. 2915, featuring coffee, breakfast burritos and fruit. After breakfast, walk over to Patch Elementary School for a Veterans Day ceremony, 8 a.m., in front of the school. Veterans are encouraged to attend and be recognized. On Nov. 11, attend a Veterans Day ceremony, 11 a.m., at the Patch Chapel.

The annual Lantern Walks take place at Robinson Barracks Zentrum (Nov. 13), Panzer Kaserne School Aged Center (Nov. 16), Patch Barracks Hub Youth Center (Nov. 17) and the Kelley Barracks

Child Development Center (Nov. 18). Bring your lantern and join the evening walk.

If you prefer to do your walking on the links, the Stuttgart Golf Course is hosting its Turkey Shoot Golf Tournament, 10 a.m. - 2 p.m., Nov. 18. The top 80 percent scores will receive a turkey. Call 07141-879151.

Tree lighting ceremonies

Santa Claus and the USAG Stuttgart Fire Department will be busy with the garrison's annual community tree lightings taking place on the following dates:

- ✓ Robinson Barracks, Nov. 27
- ✓ Panzer Kaserne, Nov. 28
- ✓ Patch Barracks, Nov. 30
- ✓ Kelley Barracks, Dec. 1

The community tree lightings are very popular with families with children. Children should wear reflective or illuminating clothing for better visibility, and motorists are advised to drive with extra caution near the tree lighting areas. Bundle up and expect to find warm drinks and other treats to enjoy the programs, which include dancing, singing and speakers. No Krampus need attend, please.



Photo by John Reese, USAG Stuttgart Public Affairs

Where's Waldo? Drago and his human Rocky Wallace are found at the Panzer Pet Clinic's Halloween canine costume contest, Oct. 26. To find out which dog had his day, visit the clinic's Facebook page at www.facebook.com/stuttgartVTE.



Photo by Larry Reilly, USAG Stuttgart Public Affairs

The bowling lanes were full, the chicken was hot off the grill and more than 230 community members gathered at the Panzer Galaxy Bowling and Entertainment Center on Oct. 19 to participate in Bowling for Healthy Families night.



Photo by John Reese, USAG Stuttgart Public Affairs

Dental specialists Sgt. Amos Ngilla (back) and Spc. Amanda Eubanks sign up retirees for checkups at the Panzer Dental Clinic as part of RAD, Oct. 19.

RAD

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“We like to attend the RADs around the country,” she said.

The Defense Commissary Agency (DeCA) and the Army and Air Force Exchange Service were present to answer questions, show off products and share some bling.

“DeCA is here today to show our appreciation to our retirees, and to educate them on what’s going on at the commissaries,” said Melquiadeth Supinger, manager, Kelley Barracks Commissary. “Recently we launched our own

CFC

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can pledge the hours they plan to volunteer for the upcoming year. Volunteering at local charities can provide useful work experience, helps people network and can instill pride, loyalty, and engagement with these organizations.

The total number of volunteer hours and its monetary value can be shared with these agencies at the conclusion of the campaign, although they aren’t counted toward agency goals. Charities accepting volunteer hours will be marked with an identifying symbol.

Another change is a centralized



Photo by Debra Peake, USAG Stuttgart Voting Assistance Officer

William Ewer, Retiree Council Service volunteer, and Col. Neal A. Corson, commander, USAG Stuttgart, open the RAD meeting with saber and cake.

private label brands: Home Base, Freedom’s Choice and Top Care.”

Retirees learned they can purchase commissary grocery gift cards and use a rewards card to download coupons, Supinger said.

Mette Czarzasty, AAFES supervisor for central checkout, Panzer Exchange, had many conversations with retirees who want to buy American goods.

“We’re here to let the retirees know what we can do for them, and that we appreciate them coming and shopping. It’s not always easy,” Czarzasty said. She was surprised that 99 percent of the retiree community was already shopping at the Exchange and using the AAFES Star Card.

“The benefits of the Star Card are now much, much better,” she said. “It’s been improving over the years and I’m glad that the retired population uses it.”

Supinger and Czarzasty both noted the commissaries in the Stuttgart military community will now be accepting the AAFES Military Star Card.

Kevin and Carol Maddox, Panzer Optometry optician and office manager, respectively, were also at the AAFES table offering glasses cleaning kits and info.

“We’ve been having a great interaction with the retirees,” Carol said. “We’ve seen people who aren’t sure that, as retirees, they’re able to use our services. We’ve been able to let them know they’re welcome.”

accomplished through the online Giving Portal. According to cfcoverseas.org, federal employees have the opportunity to give to any participating CFC charity, not just the local charities in their CFC zone. This option to support thousands of organizations allows donors to give to causes like health care, medical research, disaster relief,

housing, youth development and more, regardless of geographic location. “This program

is an opportunity to link our Stuttgart community with some great charities and, in the process, educate the next generation of CFC leaders,” Peake said.

A final change this year is

“Glasses on the German economy just skyrocketed and we try our best to keep them at U.S. prices,” Kevin added.

Retired Army major Herrick Marden and his wife Ursaal came for the retiree meeting at the start, but encountered Juan Aguilar from the garrison Passport Office. Since Marden needed his passport renewed, Aguilar set him up to dash over to Panzer Kaserne and take care of it.

“I was in and out quicker than eating my lunch,” Warden said, eating his lunch from a spread provided for the retirees. “They were ready and waiting for us. Juan sent me, told me where to go and what I should do.”

Marden, who retired in 1992 and lives an hour and a half away, had all of his ducks in order and didn’t require many of the services offered. Still, he came to attend the RAD meeting and was spared a trip to Frankfurt.

“Before, we had Heidelberg and all of the services we needed,” Marden said. “I wouldn’t have come to Panzer to do my passport, because I thought I had to go to consulate to do that, and what a drag that would’ve been.”

Following lunch, the retirees filtered for their scheduled appointments and RAD 2017 ended.

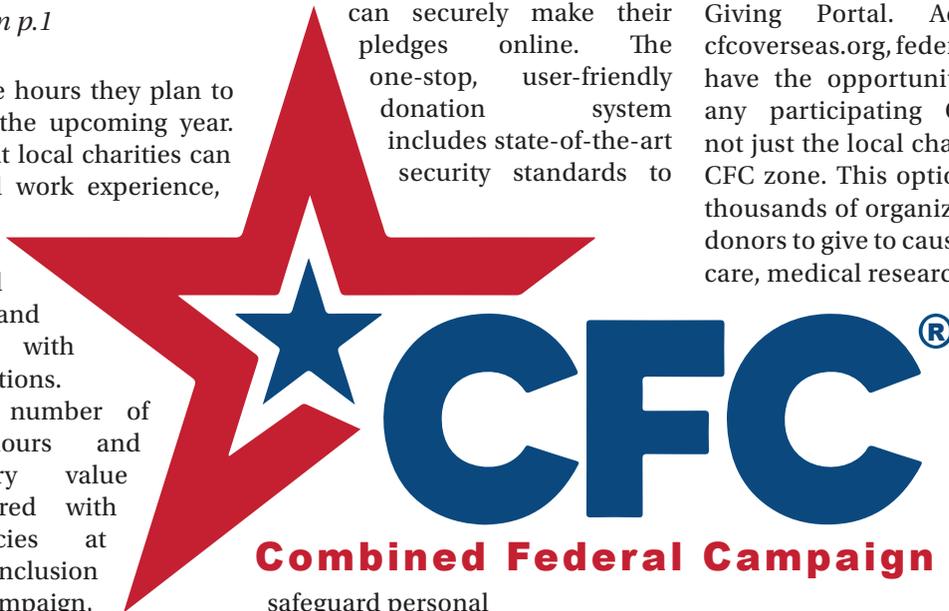
“I think it’s great that the garrison does this for the community, because the retirees have sacrificed so much in service to our country and we’re here to give back to them,” Knef said.

that CFC no longer accepts cash donations, meaning that units can no longer collect cash donations at CFC fundraisers; instead, units can collect pledges at bake sales, car washes and chili cook offs. This change shouldn’t hamper people’s spirit of giving but inspire creativity in the ways attention is brought to the CFC and the causes it helps federal employees support.

“I encourage you to find a cause you believe in, maybe something that has touched your life, and help touch the lives of others by giving,” said Peake.

For more information, call 07031-15-2865 or visit <http://cfcoverseas.org> or the CFC-Overseas Facebook page at www.facebook.com/cfcoverseas.org/.

(Editor’s note: Information for this article was provided by Mary Ann Davis, USAG Rheinland-Pfalz Public Affairs.)



safeguard personal information, making contributions only a click away.

Additionally, retirees can now make contributions to the campaign by giving out of their annuities. This can be

USPS, garrison post 2017 holiday schedules

U.S. Postal Service and USAG Stuttgart Army Post Office News Release

The holiday season is the most wonderful time of the year, but many people miss loved ones who are stationed overseas as military or diplomatic members. While the holidays are a hard time to be away from home, the U.S. Postal Service makes it a priority that those serving their country will receive their presents, care packages and cards in time for the holidays — no matter where they may be.

To send packages to loved ones serving in the military and diplomatic posts abroad, the Postal Service offers a discounted price of \$17.35 on its largest Priority Mail Flat Rate Box. The price includes a \$1.50 per box discount for mail sent to APO/FPO/DPO (Air/Army Post Office/Fleet Post Office/Diplomatic Post Office) destinations worldwide.

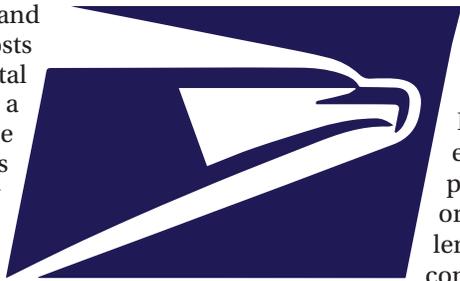
Priority Mail Flat Rate Boxes are available at no cost at the U.S. Army Garrison Stuttgart Army Post Office and online at shop.usps.com. Postage, labels and customs forms can be printed online anytime using Click-N-Ship at usps.com/ship.

To ensure timely delivery of

holiday wishes by Dec. 25, the Army Post Office recommends that cards and packages be sent to/from military APO/FPO/DPO addresses overseas no later than the mailing dates listed below.

- ✓ Retail Ground: Nov. 6
- ✓ Space Available Mail(SAM): Nov. 27
- ✓ Parcel Airlift Mail (PAL): Dec. 4
- ✓ First-Class Mail, Letters and Cards: Dec. 11
- ✓ Priority Mail: Dec. 11
- ✓ Priority Mail Express Military Service (PMEMS): Dec. 15

PAL is a service that provides air transportation for parcels on



**UNITED STATES
POSTAL SERVICE**

a space-available basis. PAL is available for Standard Post items not exceeding 30 pounds in weight or 60 inches in length and girth combined. The applicable PAL fee must be paid in addition to the regular surface price for each addressed piece sent by PAL service.

SAM parcels are paid at Standard Post prices with maximum weight and size limits of 15 pounds and 60 inches in length and girth combined. SAM parcels are first transported domestically by surface and then to overseas destinations by air on a space-available basis.

Use the Military Care Kit to Send

Presents and Care Packages

The Postal Service has created a free “Military Care Kit” based on the items most frequently requested by military families. The kit contains:

- ✓ Two Priority Mail APO/FPO/DPO Flat Rate Boxes
- ✓ Two Priority Mail Medium Flat Rate Boxes
- ✓ Priority Mail tape
- ✓ Priority Mail address labels
- ✓ Appropriate customs forms

To order the kit, call 800-610-8734. Guidelines for packing, addressing and shipping items to U.S. troops can be found at usps.com/ship/apo-fpo-dpo.htm. To order Flat-Rate Boxes featuring the “America Supports You” logo, go to usps.com/freeboxes.

Got mail?

Are you going to be sending holiday gifts? Did you order a lot of gifts online? Are you expecting incoming gifts?

Beginning Nov. 18 and continuing through Jan. 6, the garrison’s Community Mail Rooms will be open for business Saturdays, 11 a.m. – 3 p.m. (6 p.m. on Dec. 23), for postal patrons to pick up their parcels. The CMRs are about to receive hundreds of packages that overflow the facilities. They will be closed on Thanksgiving, Christmas, New Year’s Day and all Sundays.

If you’re sending mail, Stuttgart Postmaster Robert Rauschenplatz said the average transit time for mail

is as follows:

- ✓ Express Mail: 2 – 5 days
- ✓ Priority/1st Class: 4 – 10 days
- ✓ PAL: 2 – 4 weeks
- ✓ SAM: 4 – 6 weeks

“(Transit time) could be longer if U.S. Customs inspects the mail,” Rauschenplatz said. “Customers may make appointments for holiday mailing by calling their servicing APO.”

Appointments will be made for the hour before the APOs open for business.

To better serve the community, the Patch Barracks and Panzer Kaserne APOs will be open Saturdays, Nov. 25 – Dec. 16.



Who you gonna call?

To make an appointment to mail your outgoing parcels in time for the holidays, call your APO at:

- Kelley Barracks – 421-2542
- Panzer Kaserne – 431-2563
- Patch Barracks – 430-7226

Ask a JAG: What’s the line between discipline and abuse?

By Capt. Mathew N. Karchaske, Judge Advocate Stuttgart Law Center

Q: My kids have been eating an excessive amount of candy thanks to Halloween. Where is the line between acceptable parental discipline and abuse? If I see conduct that is abusive, what should I do?

A: Under the Uniform Code of Military Justice, parents are allowed to physically discipline their children as long as certain conditions are met:

- ✓ The action is taken for a parental purpose;
- ✓ The action is to safeguard or promote the welfare of the child; and
- ✓ A reasonable degree of force is utilized.

To determine whether a parent’s conduct constitutes a UCMJ violation, a court will examine the age of the child, what the parent used to strike the child, and whether

the parent used an amount of force known to create a substantial risk to the child.

For example, courts have found that excessively squeezing the cheeks of a three-year-old, followed by striking the child in the face with a fist, is unacceptable. Courts have also found that binding a twelve-year-old child’s hands and feet and placing a plastic bag over the child’s head was beyond the reasonable amount of force that a parent could use to discipline their child.

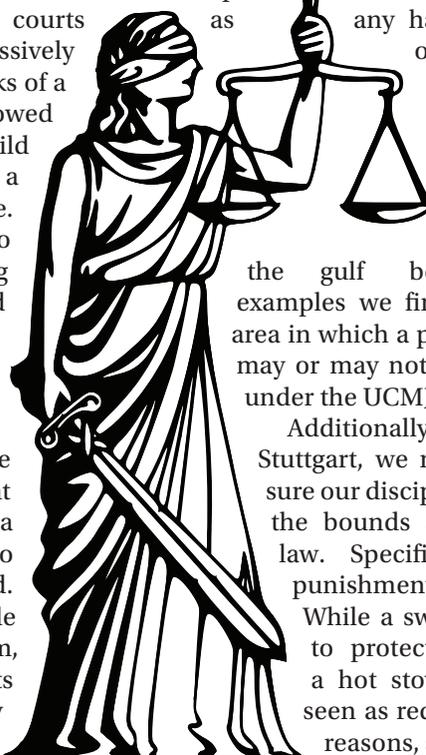
On the other side of the spectrum, military courts have consistently allowed parents

to discipline their children by spanking them with either their open hand or a belt (so long as

any hard belt buckle or clasp has been removed and the spanking causes no evidence of serious injuries). In

the gulf between these examples we find a large grey area in which a parent’s conduct may or may not be permissible under the UCMJ.

Additionally, here in Stuttgart, we must also make sure our discipline falls within the bounds set by German law. Specifically, corporal punishment is not allowed. While a swat on the hand to protect a child from a hot stovetop could be seen as required for safety reasons, striking with the



belt or any contact with the face as a form of punishment is strictly prohibited.

“Parents found to be using such methods will be contacted by the Youth Welfare Office and face a fine, or, in severe cases, the child could be removed from the home,” warns Werner Sukup, Senior German Attorney at the Stuttgart Law Center.

All installation law enforcement personnel, including social workers, school personnel, Family Advocacy Program and Child Youth and School Services personnel, psychologists, and medical personnel are required to report any potentially abusive conduct they witness.

(Note: This column is not intended as individual or specific legal advice. If you have specific issues or concerns, you should consult Stuttgart Law Center’s judge advocate.)



Photo by Kevin S. Abel, USAG Stuttgart Public Affairs

A garrison employee receives his flu shot at the Stuttgart Health Clinic on Patch Barracks.

Time to get that annual flu shot

By John Reese
USAG Stuttgart Public Affairs.

The Stuttgart Health Clinic, the Centers for Disease Control and Popular Science agree: Get your annual influenza shot.

All Stuttgart military community members 6 months and older are encouraged to visit the Stuttgart Health Clinic, Nov 4, Nov. 18 and Dec. 2, for vaccination. The clinic on Patch Barracks, is open to all eligible Stuttgart military community members.

Everyone has been there before and knows the symptoms. Coming down with the flu can be very mild to life-threatening, even fatal. Getting a flu shot doesn't mean you won't get the flu, but it can make the difference between how severe the flu is, how long it lasts, etc.

The CDC recommends the flu shot each year for "highly susceptible individuals such as seniors, pregnant women, young children, healthcare workers, policemen, persons with asthma, diabetes, or other chronic medical conditions."

Popular Science says that more than half of the American public doesn't get an annual flu shot for a variety of reasons, from fearing/hating shots to feeling virus-proof from not always coming down with influenza.

"You can't get the flu from the flu shot. The flu can kill people, even healthy adults," said Sara Chodosh, science writer. "It takes a few weeks for the vaccine to kick in, so if you get sick right after the shot it was just a coincidence. If you still get the flu, the vaccine helps you fend off life-threatening complications."

Common reactions to flu shots are redness, swelling and pain at the injection site, as well as fatigue, headache, muscle aches, fever, chills, weakness and joint pain, adds Capt. Scott Maddox, Stuttgart Health Clinic Preventative Health.

The Oct. 11 Popular Science article goes on to note the evidence is that vaccinating

every single year is the right thing to do, regardless of rationalizations.

"The influenza virus is a contagious viral respiratory disease which tends to increase and spread between early fall and late spring months," Maddox said.

Flu virus can spread person-to-person through respiratory contact or by direct contact touching infected surfaces and objects. Once infected, it takes about two days for the symptoms to appear, but you can be contagious one day before symptoms develop and up to five days after becoming ill.

"Symptoms can range from mild-to-severe. Those infected with flu may sneeze and cough often," Maddox said. "They can have a fever, chills, headaches, muscle aches, stuffy nose, experience fatigue, possible diarrhea, nausea, vomiting and abdominal pain."

Maddox says the best protection is to get your flu shot and wash your hands often with soap and warm water. Also, clean your environment by frequently wiping down your workplace equipment.

"Stay home if you're ill," Maddox advised. "Children who are ill shouldn't go to school or daycare. Avoid close contact with sick people and cover your nose and mouth when coughing and sneezing."

If you do come down with the flu, what treatment should you follow?

"Really, it is supportive," Maddox said. "Rest, analgesics such as Tylenol, fluids and time."

The more Stuttgart military community members who get vaccinated, the safer the community will be.

"The benefits outweigh the risk," Maddox said.

Got shot?

People can also make an appointment outside of the scheduled hours by contacting 590-2900 or 06371-9464-2900. To learn more about the flu, visit www.cdc.gov/flu, www.health.mil/vaccines and www.immunize.org/influenza.



Enrollment changes

As of Oct. 1, administration of the TRICARE benefit transitioned from a fiscal year to a calendar year period.

Enrollment fees will be prorated for the 3-month period (Oct. 1 - Dec. 31, 2017) and billed accordingly for beneficiaries who pay on a monthly or quarterly basis. Beneficiaries who pay fees on an annual basis will have their payments credited toward the transition period and any future enrollment fees.

TRICARE Prime beneficiaries will need to pay an additional quarter's premium to cover Oct. 1 - Dec. 31, 2017; then the actual renewal will be Jan. 1, 2018.

By Nov. 20, 2017, beneficiaries should complete any and all enrollment actions. During December 2017, there will be an enrollment freeze for TRICARE Prime enrollments, and primary care manager changes will be delayed. Patients will still be able to receive care.

Eligible beneficiaries must be registered in the Defense Enrollment Reporting System to enroll in TRICARE Prime or a Prime option.

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Astronaut/Kennedy Space Center director visits Stuttgart schools

Story and photo by John Reese
USAG Stuttgart Public Affairs

Kindergartners and other students in the Stuttgart military community schools got an out-of-this-world experience, Oct. 24-26, when they were visited by a senior NASA official and astronaut. But for one 6-year old Patch Elementary School kindergartner, he was grandfather.

Robert D. Cabana, retired Marine Corps colonel, astronaut on four space shuttle missions (two as pilot and two as mission commander) with more than a thousand hours logged in space and now director of the Kennedy Space Center, Florida, spoke in Toulouse, France, and took a few days of leave to visit his son, Marine Corps Lt. Col. Jeffery Cabana, European Command. While in the neighborhood, he offered to speak to students of all grades attending U.S. Army Garrison Stuttgart schools, including his granddaughter Lily's PES kindergarten class, Oct. 24.

"Even in the job that I'm in now as director of the Kennedy Space Center, I try and do community outreach on a regular basis," Cabana said, adding he speaks to students at schools near the Space Center and through a distance learning network. "I think it's really important to share my passion with them, to show them that you can achieve whatever you want if you apply yourself."

Cabana is a pilot, test pilot and astronaut. He narrated a slide show for students about the dawn of aviation, the space program and his part in it, to include commanding STS-88, the mission that brought the first U.S. module of the International Space Station (ISS) aboard the space shuttle Endeavour, to link up with the first Russian module, Zarya (Dawn), Dec. 4, 1998. During that 12-day mission, the two modules were connected; since then, the ISS has since grown in size to be visible in orbit by the naked eye.

Lily's fellow kindergartners paid close attention as Cabana spoke, and when the time came to ask questions, almost every hand shot up. While some of the questions are what one would expect from 5-6 year old children, most of them were interesting and thoughtful. Cabana was twice asked about Pluto, and told the students about the New Horizons spacecraft



Robert D. Cabana, director, Kennedy Space Center, answers questions from Patch Elementary School kindergartners after showing them a slide show about the space program and his four shuttle missions, Oct. 24.

mission that sent back incredible photos of the dwarf planet in July 2015.

"Pluto's a great planet, even if it's a dwarf planet," Cabana said.

Other questions included the distance to the moon (230-240,000 miles); how the sun works; how air and water are filtered and recycled in space; what astronauts eat (some food is similar to MREs, some is irradiated, some in bags that you eat or drink from a straw); what liftoff is like ("You sit in your seat, lying on your back, and it's like having your dad sit on your chest," Cabana described. "After the rockets cut off, the shuttle is orbiting the earth at 17,500 mph."); what it's like in zero gravity ("It's awesome! You can just float."); meteors, and the return to Earth (after detaching from the ISS, you hit the thrusters over Australia to land in Florida).

While describing the hot plasma field, the area in front of the shuttle's heat shield during re-entry, Cabana asked the students to briskly rub their hands together and then put them on their cheeks to demonstrate the effect of friction encountered as spacecraft enters Earth's atmosphere.

More questions followed about moon dust (it's sharp and dangerous because it wasn't worn down by erosion); are there toilets ("Boy, I sure hope so," Cabana said. "I wouldn't want to be in space for two weeks aboard the space station without a bathroom." He said there are two aboard the ISS, one Russian, one American, and described how the astronauts use a toilet in zero gravity.) and two very surprising questions and answers

about temperatures in space and Wi-Fi.

"Without an atmosphere, it can get as cold as 150 degrees below when working in the shade, and as much as 300 degrees when working in the sun," Cabana said. "The suit protects us against extreme temperatures and micro meteorites."

And there is Wi-Fi in space.

"That's a good question," Cabana said "On the International Space Station, laptop computers have Wi-Fi linked to the internet, and on the space shuttle, too, a separate computer let astronauts send emails to their family and friends."

There's also a telephone that uses the internet. Cabana told a story about how he was sitting in his office one day when a fellow astronaut called from space, saying it was so clear "it was like he was in the next room."

As he finished the Q&A, Cabana encouraged the students to embrace science and math as fun, and to keep trying at what they want to do, even if they don't succeed on the first go.

"Science and math are really important today. And it ought to not scare children. It's all on how it's presented," Cabana said. "You can help kids find uses for it and show that it's not as difficult as some might think."

Following the presentation, Cabana spoke about the future of NASA.

"A lot of people think NASA has shut down after the space shuttle stopped flying, and nothing could be further from the truth," he said.

"We've transformed the Kennedy Space Center into a multi-user spaceport, using both commercial and government operations to and from low Earth orbit and beyond."

Currently, two companies are competing for flying crew to the ISS through the commercial Crew Program (Boeing with the CST-100 Starliner spacecraft on an Atlas V rocket, and Space X with the crew dragon launching on a Falcon-9 rocket). Both of those companies hope to be flying test flights in 2018 to demonstrate their capability.

NASA is also building the Orion Multi-Purpose Crew vehicle, a spacecraft with a crew of four that Cabana says will allow humans to go back to the Moon and eventually on to Mars. By the end of 2017, NASA will have constructed all the hardware and facilities necessary to support the processing and launch of that rocket.

There are also additional commercial companies that are part now of operations at Kennedy Space Center. By bringing in commercial partners, NASA was able to maintain one of the original launch pads used for the Moon and shuttle missions, a high bay end vehicle assembly building, a mobile launcher and one crawler transporter, a tracked vehicle that is the largest self-powered vehicle in the world. Modifications completed by Space X means the launch systems can support two versions of the Falcon-9 rocket; the Dragon for cargo payloads and the Crew Dragon for humans. Cabana said there have already been 11 successful launches of the Falcon-9 rocket off that launch pad in 2017.

"We have a very bright future," he said. "I think this is an exciting time for human space flight, for space flight in general as we work together with our commercial partners to make our nation even greater."

For Lily, it was just fun to have her grandfather visit and meet the other children.

"I like that he was talking about space to all of the classes," she said.

When asked if she wished to follow her grandfather into space, Lily she'd really like to be a pilot, astronaut and veterinarian who saves animals in the ocean.

"Going to space would be fun," she said. "If (her fellow kindergartners) would like to be an astronaut, they'd have to keep flying, and trying and trying."

Give blood, give life

The American Red Cross is sponsoring a blood drive with the Armed Services Blood Program, 10 a.m. to 6 p.m., Nov. 14-15, at the Patch Community and the Panzer Fitness Center. Visit www.militaryblood.dod.mil.



Play or watch hockey

The Stuttgart Mustangs, the U.S. military community hockey club, is always looking for new players. The current team roster is made up of adult players with a wide range of skill levels and experience, from former college players to those new to the sport. Additionally, the Mustangs will host free family skates at its home rink in Wernau, Dec. 9, Jan. 27, and March 3. Visit www.facebook.com/groups/smc.hockey/.

Be excellent

The next mandatory annual Operation Excellence course for garrison appropriated fund, local national and military managers and employees is scheduled 8:30 a.m. - 12:30 p.m., Nov. 30, in the conference room, Bldg. 3307, Kelley Barracks. Non-appropriated fund

professionals will receive their training through their training coordinator.

Lifesaving training

Applied Suicide Intervention Skills Training (ASIST) is a two-day, intensive, practice-dominated and interactive course, Nov. 28-29, designed to help gatekeepers recognize risks and learn how to intervene to prevent the immediate risk of suicide. It's highly recommended that each unit have trained personnel on hand. All will benefit from receiving this valuable information and the Stuttgart Community will be safer. Call 431-2743.

VA ID coming

The Department of Veterans Affairs announced that all honorably discharged veterans of every era will be able to get a hard-copy photo identification card to prove their service without carrying a copy of their DD-214. The VA said the process to get an ID card will begin in November; watch for an update. Veterans can apply online after the application process opens. At present, there is no fee.



A smog by any other name

The City of Stuttgart resumed occasionally issuing "fine dust" alerts on Oct. 15, continuing until April 15, 2018, as a voluntary measure to prevent added smog and air pollution in the area. The first alerts can be issued at any time between the set timeframe. However, on Dec. 24 and Jan. 6, the city won't issue fine dust alerts. Visit www.feinstaubalarm.stuttgart.de, www.facebook.com/Stadt.Stuttgart, or www.twitter.com/stuttgart_stadt.

Great American Novel

For National Novel Writing Month, a write-in takes place at the Patch Barracks, Library, Nov. 9, 4:30 - 6:30 p.m. Do you need a quiet space to work on your novel? The library has got you covered. Bring your laptop or paper and pen, and there will be a quiet space for you to get the words flowing. Call 430-5232 or 0711-680-5232.



Football rivals to clash

Soldiers versus Sailors & Marines will face off in the garrison's annual Army-Navy flag football game on the Stuttgart High School football field, 1 p.m.,

Dec. 2. Witness the ongoing rivalry between as they face-off in the biggest flag football game of the season. Come out and support your team. Call 430-7136/5386 or 0711-680-7136/5386.

Fall cleanup underway

The ongoing annual garrison fall cleanup requires all units, organizations and families to conduct cleanup activities within 50 feet of their offices, buildings, work and on-post living areas. Patch Barracks conducted its cleanup; the remaining dates are reserved for Kelley Barracks, Stuttgart Army Air Field, Panzer Kaserne and Robinson Barracks:



- Nov. 6-10: Kelley Barracks and Stuttgart Army Air Field
 - Nov. 13 - 17: Panzer Kaserne and Robinson Barracks
- Building coordinators will provide more detailed information in the housing areas.

Doggone waste bins

Dog-walkers and dog park patrons can obtain plastic bags at green bins located throughout the installations and dispose of dog droppings properly. The

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garrison recycling division has received frequent reports from host nation waste collectors stating recent incidents where military community members threw filled plastic bags over walled trash islands, placed them on top, instead of inside, trash bins, or even left them on the ground in the trash bin area. Improper disposal of any items in Germany, whether living on or off post, can result in trash not being collected if not meeting recycling and disposal requirements. It can also result in fines to individuals or the garrison. Visit www.stuttgart.army.mil/services-trash.html.

Star card coming to DeCA

The Army & Air Force Exchange Service Exchange Credit Program is expanding acceptance of the Military Star card to commissaries around the world. By Nov. 9, the card's acceptance will be expanded throughout Defense Commissary Agency for all branches of service. As of press time, the Kelley Barracks Commissary was to kick-off use of the Star card locally on Oct. 27. For more information about the



Military Star card, visit MyECP.com.

Speaking of shopping ...

More than 225,000 honorably discharged veterans have been verified to shop through an earned lifelong online military exchange shopping benefit beginning this Veterans Day. This new program, the first military exchange benefits expansion in nearly 30 years, will allow America's 18.5 million veterans to shop online at the military exchange websites. Visit ShopMyExchange.com today to verify eligibility to shop.



Patching the food court roof

The Patch food court is undergoing a roof replacement beginning this fall. During construction, access to the facility may be adjusted with scaffolding placement and parking against the building will be blocked. Details will follow at stuttgartcitizen.com.

Customary for customers

The Panzer Kaserne Customs Office reminds customers that hard copy printouts are required of all necessary documentation to receive the appropriate customs documents, i.e. rental contracts,

rental vehicle registration, bills of lading, bills of sale, etc. Retirees that need a pink card renewal must bring their ID card, U.S. Passport and Residence Permit. Call 431-2657.

MWR Tours opening

Stuttgart Family and Morale, Welfare and Recreation hosts the grand opening of the MWR Tours Office, 10 a.m., Nov. 6, in Bldg. 2915, Rm 312B, Panzer Kaserne. Enjoy light refreshments, meet the tours team and start planning trips. Call 431-2104 or 07031-15-2104. See related story p.20.



RBES gym closed

The Robinson Barracks Elementary School gymnasium is temporarily closed; it is slated to re-open sometime this fall. Watch for announcements at www.stuttgartcitizen.com and on the garrison Facebook page.

Fitness Center Orientation

Free orientations with a tour and overview of the fitness center, programs and unit level sports are held every 2nd Tuesday of the month from 11:30 a.m. - 12:30

p.m. at the Patch Fitness Center Conference Room. To sign up, contact DSN: 430-7136/civ. 0711 680 7136.

No training holidays for fitness

The community Fitness Centers hours have been updated. The gyms are now open normal hours on training holidays. Visit <https://stuttgart.armymwr.com/>.

Illinois roadwork continues

Construction on Patch Barracks' Illinois Straße has changed the drop-off and pick-up zones for Patch Middle School to Montana Straße. Parents will have to drop their children off at other locations such as Washington Square, Bankers Row, the AAFES food court, the commissary, the Community Center or the Patch Fitness Center.



Montana Straße and parts of New York Straße are closed to all traffic except school buses starting at 7:25 a.m. until all buses have left the area, and again in the afternoon starting at 2 p.m. On early release Thursdays, the afternoon closure will occur at 1 p.m.

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offers extremely flexible terms with no long-term contract commitments, which means that you never have to worry about early cancellation fees or hidden costs. Other carriers in Germany provide little or no English customer service and mainly offer plans with a long-term contract commitment. Let's find out more about the features and benefits available with TKS.

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USO Stuttgart 2017 Holiday Events



Thanks for Thanksgiving

Celebrating Thanksgiving and maintaining the traditions of cooking the family feast at home is incredibly important to many in the community, but it can be financially straining while living overseas. Individual families will be nominated by their commands to receive all the makings for their own Thanksgiving dinner at home including turkeys, green beans, stuffing, mashed potatoes and more. Scouts will be collecting donated groceries from a suggested list outside the Patch Commissary on Nov. 4 and 11, to be included in Thanksgiving packages for families.

The USO needs volunteers to help pack bags the day before and during the Nov. 18 event at the Patch Commissary.

Thanksgiving Dinner

Whether you are new to the garrison, on your way out, or just want to enjoy dinner with lots of new friends, join us for Thanksgiving lunch, 1-2:30 p.m. Nov. 23, at the USO Center. The food and fun are free. Please RSVP via a link on the USO Facebook and website.

Working?

Sign up in advance for takeaway boxes, 11:30 a.m. - 12:30 p.m. Want to help? Volunteers are needed to cook, serve and clean up.

Toy Drive

Help the USO make the holiday bright for local German children in need. Purchase a new, unwrapped toy, valued at \$10 or more, for a 4 to 8-year-old and drop it off at the USO Center from Nov. 20 to Dec. 8.

Black Friday goodie

The USO will be serving up snacks and coffee to those waiting for the Panzer Exchange doors to open on Black Friday, Nov. 24. There will also be information about the Toy Drive.

Pictures with Santa

Come and enjoy a festive day of crafts, holiday snacks, and pictures with the Big Man himself, Dec. 5, at the USO Center. Call the USO center for times.

Santa Paws

Bring your friendly pets to the

USO Center to get some facetime with Santa Claus, Dec. 6.

Cookie Drop

The USO will be spreading holiday cheer, Dec. 11, handing out homemade cookie bags to our friends at Panzer Kaserne and Kelley, Patch and Robinson Barracks. Donations of cookies are needed.

Single and unaccompanied service members holiday dinner at the USO

Don't miss out on holiday fun just because you're away from family. The USO is preparing a special celebration with a delicious meal, gifts and fun games at the USO Center, 6 p.m., Dec. 14, just for single and unaccompanied service members. Volunteers are needed to cook, serve, and clean up. Donations of gifts to give those in attendance are encouraged. Please RSVP on the Facebook

page or website.

Enjoy a takeaway holiday dinner at home

One of the greatest traditions of the holidays is dinner with family and friends. Living overseas can make this difficult financially and logistically, and those are some mighty tiny German ovens. Sign up ahead of time on our Facebook or website to stop by the USO and pick up a to-go meal you can reheat and enjoy. Please RSVP. Volunteers to cook, serve and clean up are needed.

For all of the events above, email programs.stuttgart@uso.org, call 07031-201-9018 or visit www.uso.org/stuttgart or www.facebook.com/usostuttgart/.



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Drechsler

Thanksgiving cooking spikes mealtime structure fires

By John Reese
USAG Stuttgart Public Affairs

Burning down your home is the last thing you want to do on any given day, and Thanksgiving is one of those days where the number of residential fires spike due to the dangers of unattended cooking and the deep-frying of turkeys.

Structure fires stats on Thanksgiving are significantly different from the rest of the year. Unattended cooking fires are already a primary cause for structure fires; add in a pot of boiling oil over an open flame, and you've got the potential for disaster.

"The average number of reported residential building fires on Thanksgiving Day was more than double (2.1 times more) the average number of fires in residential buildings on all days other than Thanksgiving," the National Fire Incident Reporting System (NFIRS) warns. "The average losses for Thanksgiving Day fires in residential buildings, however, were less than the same measures for non-Thanksgiving Day fires in residential buildings."

Most fires on Thanksgiving are residential, starting during the afternoon preparation of the big feast. This is different from the typical structure fire resulting from cooking, which tends to be later in the evening.

Statistics from the NFIRS show that more residential building fires are reported in the U.S. on the holiday, costing millions in property loss, numerous injuries and some fatalities. With better awareness, detection systems and other safety practices, the U.S. Army Garrison Stuttgart Fire Department has seen a reduction in the number of fires on post.

"Cooking fires in residential buildings occurred more often on Thanksgiving Day than any other day of the year," NFIRS said. "Cooking was, by far, the leading



Photo courtesy of Stuttgart Fire Department

This example shows how easy a turkey cooker can ignite and spread a fire.

cause of all Thanksgiving Day fires in residential buildings at 72 percent ... By comparison, cooking was the cause of 48 percent of residential building fires that occurred on all days of the year other than Thanksgiving. Heating, at 9 percent, was the next leading cause of Thanksgiving Day fires in residential buildings," according to NFIRS.

If you have a cooking fire, just get out, advises USAG Stuttgart FD assistant fire chief Len Fagan.

"When you leave, close the door behind you to help contain the fire. Call 1-1-2 or the local emergency number after you leave," Fagan stressed. "If you try to fight the fire, be sure others are getting out and you have a clear way out."

The best way to prevent cooking fires is to be ready for them and not leave items on the stove unattended.

"Keep a lid nearby when you're cooking to smother small grease fires. Smother the fire by sliding the lid over the pan and turn off the stovetop. Leave the pan covered until it is completely cooled," Fagan said. "For an oven fire, turn off the heat and keep the door closed."

Other tips can prevent fires or burns, such as turning the handles

of pots and pans inward to avoid accidentally knocking hot liquids off the stove and on to yourself. Keep the kitchen area clear of children, toys or other trip-able items, use the overhead grease fan and good ventilation to avoid tripping a smoke detector (and test your smoke detector while you're at it).

Tasty but hazardous fried turkey

Deep-frying turkeys is very popular with Americans. The skin gets nice and crispy while the meat comes out tender and delicious. If you wish to avoid the challenges of deep-frying a turkey, consider attending the USO's or one of the other garrison Thanksgiving Day meals (see page 19 for details); the USO volunteers use several fryers to cook multiple turkeys in the parking lot behind Bldg. 2915, Panzer Kaserne. By example, this is the safe way to deep-fry turkeys; the dangerously hot oil is on a flat, non-flammable surface, constantly monitored by experienced turkey frying volunteers with fire extinguishers on stand-by.

FEMA warns about the dangers of frying a turkey yourself, including that turkey fryers can easily tip over and spill hot, possibly burning oil, over a large area. It only takes a little

spilled oil to make contact with the exposed burners to ignite.

Measuring the soon-to-be boiling oil is critical. An easy way to do it is to first fill the cold pot with water and then lower the bird in to measure how much oil is necessary, then mark the spot. This avoids overflowing hot oil.

Once cooking, the sides, lid and handles of the frying pot can become dangerously hot, FEMA warns, emphasizing that the turkey must be thawed before attempting to cook. Ice crystals and hot oil react violently; it's easy to find safety videos demonstrating what can happen when a wholly or partially frozen bird hits the oil.

While FEMA warns of the hazards of turkey deep-fryers, the National Fire Prevention Agency (NFPA) discourages using them at all.

"NFPA continues to believe that turkey fryers that use cooking oil, as currently designed, are not suitable for safe use by even a well-informed and careful consumer. These turkey fryers use a substantial quantity of cooking oil at high temperatures and units currently available for home use pose a significant danger that hot oil will be released at some point during the cooking process," NFPA warns.

Again, consider checking out the Thanksgiving meals offered on post. The 2016 offerings were all top notch, plus there's no clean-up.

"NFPA urges those who prefer fried turkey to seek out professional establishments, such as grocery stores, specialty food retailers, and restaurants, for the preparation of the dish, or consider a new type of "oil-less" turkey fryer," NFPA advises.

When you cook your meal, or prepare your big feast, do it with the safety of your family, guests and home in mind.

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Hackenberg Fortress:

Defended open borders of French frontier, largest Maginot Line fortification built

Story and photos by Kevin S. Abel
USAG Stuttgart Public Affairs

In response to the costliest battle in history, the Battle of Verdun, Marshal Joseph Joffre first proposed a line of fortifications be built to defend the open borders of the French frontier bordering Germany.

Stretching out from the Ardennes to the Rhine River, south to the Alps and on the island of Corsica a defensive line of fortifications was to be the answer.

Joffre was opposed by modernists such as Paul Reynaud and Charles de Gaulle who favored investment in modern armor and aircraft, which would have been outdated at the onset of WWII, but had the support of Marshal Henri Philippe Pétain.

This line of fortifications bears the last name of André Maginot, who was known as a brilliant leader in WWI and Minister of War from Nov. 1929 until his death in 1932.

His only noted contribution to the fortification that bears his name is his presentation of the project to parliament in 1929 as an item for funding.

In early 1930, the French parliament approved 2.9 million francs, to be spent over five years for the construction of the "Maginot Line," which represented only five percent of the defense budget at that time.

Part of the force behind of the Maginot Line was, also a Minister of War, politician and a renowned mathematician Paul Painlevé. Painlevé was responsible for everything from funding to construction phases. He had to spread the funding out from its start in 1930 to the completion of phase six. Gros Ouvrage Hackenberg (A19) was in this sixth phase, which was set for completion in 1943.

The frontier was divided into 25 sectors, each sector having a varying degree of defense, with the German/Luxembourg borders being the most heavily defended.

A19, the defensive line's largest fortress, lies eight miles from the German border near the small town of Veckring, France just over three hours from Stuttgart. It was really two fortresses connected by a mile-long tunnel, with a total of 17 battle blocks armed with a combination of artillery, mortars and machine guns, and was home to just over a thousand soldiers.

In 1940, the region of France near A19 was defended by French 26th and 42nd Infantry Divisions, along with the British 51st (Highland) Inf. During this time of WWII, no attempt was made by the Germans to directly attack this central portion of the Maginot Line. On June 15, 1940, the German 1st Army broke through at the Saar and pushed west and east along the line, enveloping the French forces and taking most of the fortresses on the Maginot Line from behind.

An additional fortification in the area open for visits is A-10 Ouvrage Immenhof, near Thionville. The A10-Immerhof is a Small Work which was built between 1930 and 1935. More information can be found on their website at

<http://www.maginot-immerhof.fr/>



For a time after the armistice of June 25, 1940, A19 remained under French control until the fortress was evacuated on July 4, 1940.

During the Cold War, Hackenberg had been designated part of the Môle de Boulay, which consisted of 10 other fortifications in the northeast to defend against Soviet attack. By the late 1950s, interest in fixed fortifications was waning after France developed a nuclear deterrent, causing most fortifications to fall into disrepair.

Despite the lack of funding, A19 was maintained for use by the French Army until 1968, and finally abandoned in 1970. In the mid 70s, local residents of Veckring and other local villages started to organize sightseeing tours, which led to the founding of the volunteer-driven AMIFORT association for the preservation of Gros Ouvrage Hackenberg (A19).

Today, visitors get a chance to see the ammunition storage area, power generation room, barracks and kitchen, as well as uniforms and weapons in the museum area.

As the tour continues, visitors ride on an electric train, as troops did when the fortress was occupied, to combat Block 9.

After a tour of the inner workings of Block 9 and demonstration of its 163-ton artillery tower, visitors are allowed to walk on top of this block. Visitors are then able to move to Block 8 which still bears the marks of the intense fighting of 1944 between the Wehrmacht and troops from the U.S. 90th Division.

The fortress's website advises visitors to ask for the English tour at the entrance, and if one is not available, a booklet in English will be provided.

Temperature inside the fortress is 53 degrees Fahrenheit, so dress appropriately as the tour lasts a little more than two hours.

Prices: 5 euro Adult: 10
2 euro Child: 5 (4-16 years)

Address: 61 bis grande rue
57920 Veckring, France

Website: www.maginot-hackenberg.com

Tel: 03.82.82.30.08

Email: amifort@orange.fr

GPS: N 49°20'30.299" E 6°21'55.979"



Observation cupola armed with two GFMs on the highest point on Block 9, behind right is a 135mm retractable gun.

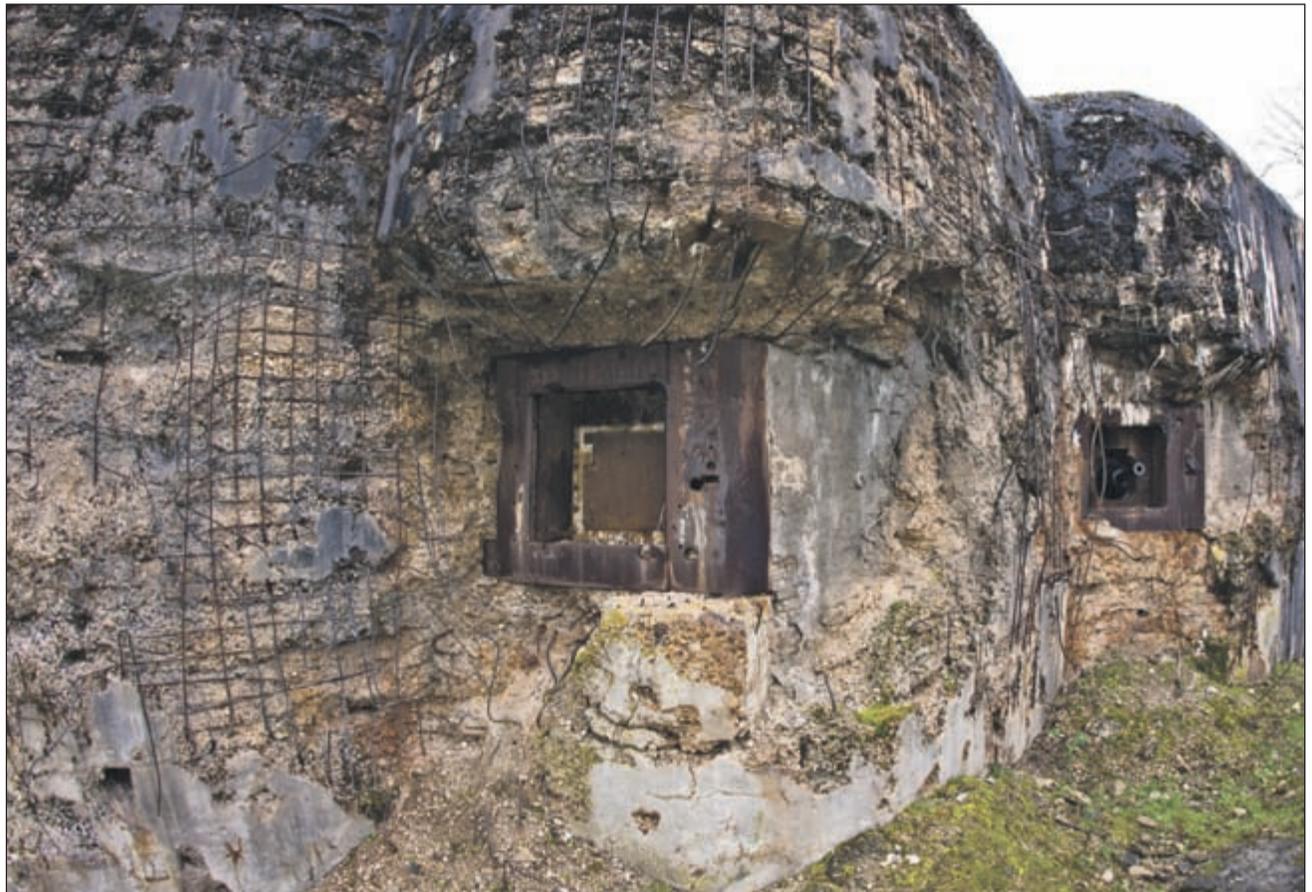


Hackenberg is the defensive line's largest turret gun and two automatic rifle cloch.





...st fortress, which lies eight miles from the German border near the small town of Veckring, France. Block 9 was armed with one 135mm embrasure howitzer, one 135mm ...es (GFM) cupolas for observation and local defense.



Above – Block 8 of A19 was attacked by American forces against the occupying German forces, it suffered severe damage before sending the occupying force in retreat. Today, Block 8 and Block 9 and a few other portions of the fortress are open to tourists. *Left* – With its 19 infantry and artillery blocks and 10 km of tunnels, Hackenberg Fortification is the largest fortification along the Maginot Line. Visitors will see original installations and infrastructure in perfect working order. With a guide, the visit takes place aboard a small-scale period train which transports visitors to the infantry and artillery blocks.

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Perspective is powerful

By Ch. (Maj.) Kelly O'Lear
 Command Chaplain
 Special Operations Africa

"... do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God."

The author of this text, Philippians 4:6, was Saint Paul. His perspective was that of a prisoner in a first-century prison where he anticipated execution for his faith. Religious freedom was not widely practiced in first century Rome. What was his message? Don't be anxious. Pray for yourself. Pray for others. Do all of this with thanksgiving. What allowed Saint Paul to express thanksgiving in the most difficult of situations?

Similarly, and Revolutionary War Army officer Lt. Col. (later Secretary of War, general during the War of 1812 and congressman) Henry Dearborn's diary entry for Dec. 18th, 1777, read:

"This is Thanksgiving Day. God knows we have very little to keep it with, this being the third day we have been without flour or bread, and are living on a high,

uncultivated hill, in huts and tents, lying on the cold ground. Upon the whole I think all we have to be thankful for is that we are alive and not in the grave with many of our friends."

How does a leader find the sense of heart and mind to express thanksgiving in the midst of such austere conditions?

Asking these questions as we look to our own Thanksgiving Day is important. Sometimes we need to take perspective. Yes, many of us will be far away from our beloved homeland this Thanksgiving, and yet we have many reasons for giving thanks. We are the freest people in history. Our military stands strong to defend our freedoms. The one freedom often surveyed as a predictor of peace – religious freedom – is a bedrock value within our great country.

As I see it, an important factor in all of this is choosing perspective. Many of us have lived in harsh conditions as part of our military service. Our families and loved ones know what it is like to have their service members gone for important days and holidays.



Henry Dearborn

Perspective is everything.

If you are with loved ones this Thanksgiving, take time to recall the difficult days in the past when you would have done anything to be with these people, and take time to give thanks.

I challenge you to open your home this season to one who is alone as an act of gratitude. For all those away from your loved ones this Thanksgiving; remember it is their freedom, and the freedoms of all Americans, that is worth the sacrifice of your time and service.



Contact Information

Garrison Chaplain
 07031 15 3079/DSN 431-3079

Director of Religious Education
 07031 15 3071/DSN 431-3071

Family Life Chaplain
 07031 15 3030/DSN 431-3030

Catholic Chaplain
 07031 15 2029/DSN 431-2029

Chapel Facility Coordinators

Patch Chapel
 07031 15 3074/DSN 431-3074

Panzer Chapel
 07031 15 079/DSN 431-3079

Family Life Center
 07031 15 3030/DSN 431-3030

RB Chapel
 07031 15 3074/DSN 431-3074

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SECDEF

continued from p. 2

Third, bring business reforms to the Department of Defense. This line of effort instills budget discipline and effective resource management, develops a culture of rapid and meaningful innovation, streamlines requirements and acquisition processes, and promotes responsible risk-taking and personal initiative. Some specific reforms are already in progress, such as

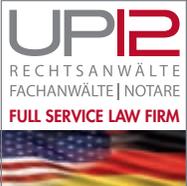
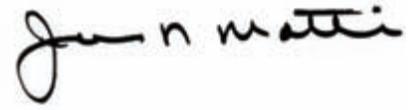
the Congressionally-mandated creation of a Chief Management Officer and realignment of the Under Secretary of Defense for Acquisition, Technology and Logistics, as well as the Department's preparations for its first full-scope financial audit in FY 2018. Others are forthcoming, as we seek to modernize the defense travel system, protect our infrastructure and intellectual property, improve information

technology business operations efficiency, and implement real cost accounting.

I expect you to pursue actively these three lines of effort. Set disciplined goals, collaborate across components, and model appropriate ethical behavior. Remember, attitudes are caught from those who set the example - use your force of personality to

lead with a sense of urgency and purpose every day, so that we leave this Department in even better shape for those that follow.

James Mattis
Secretary of Defense



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 - SAT NOV 25: "GARDEN OF DELIGHT" LIVE CELTIC ROCK
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What's happening at DoDEA schools

USAG Stuttgart Public Affairs

'To bee, or not to bee'

For the 30th year, the National Geographic Society is holding its National Geographic Bee for students in the fourth through eighth grades in thousands of schools across the U.S. and in the five U.S. territories, as well as in Department of Defense Education Activity schools around the world.

Preliminary classroom spelling bees at Patch Middle School that began Oct. 6 will finish Nov.14. The school's big bee will be held in January, and that champion will advance to the next level of competition; a qualifying test to determine state competitors.

All school champions are eligible to win the national championship and its first place prize, a \$50,000 college scholarship, a lifetime membership in the National Geographic Society, including a subscription to National Geographic magazine, and an all-expenses-paid Lindblad expedition to the Galapagos Islands aboard the new National Geographic Endeavour II. The national championship

takes place May 20-23, 2018, in Washington, D.C. Travel for the trip is provided by Lindblad Expeditions and National Geographic. Visit www.nationalgeographic.org/bee

RBES sings

Choir 4th and 5th graders at Robinson Barracks Elementary School will put on two performances of "Americans We," Nov. 15, at 1:30 and 5:30 p.m. If you miss these performance, the RBES office said the singing students will also perform at their tree lighting ceremony, Nov. 27.

European Junior Leadership Seminar

Patch Middle School will send 10 student leaders to attend the European Junior Leadership Seminar in Oberwesel, Dec. 3-8, so that they can be better leaders for tomorrow. The students applied and were selected to represent the school. Reagan Allvin, Elena Bryson, Caden Burkman, Nian Crouch, Alana Ginter, Justine Lee, Megan Newkirk, John "Carter" Nickless, Autumn Stiens, and Andrew Wagner will have a busy week learning leadership techniques and skills, working with teachers and students

Makeup of a mime



Photo by E. Eilah Cook, Stuttgart High School Zeitgeist yearbook

Student Page Burnore applies black makeup during a recent session with SHS Drama teacher Brandi Johnson. "Two of the Theatre Arts standards include creating and performing," Johnson said. "Drama students first started with the history, movements and finally the makeup of mime. Once students were in mime makeup, they performed the physical actions along with the facial expressions of a true mime!"

from middle schools throughout Europe.

'Hybrid' college fair at SHS

Representatives from 83 universities filled the halls of Stuttgart High School, Oct. 11, to help the next generation of scholars decide on which college to

attend. The schools participating in the Stuttgart Hybrid College Fair included eight online, and the SHS webpage provided students information. Forty students from Ansbach Middle/High school joined 650 Stuttgart area students to attend.

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Christmas Markets Guide

USAG Stuttgart Public Affairs Office

Just in time for Thanksgiving weekend, a number of local Christmas markets will be opening to help walk off that big feast. Get out, stay warm and enjoy what the markets have to offer.

Stuttgart

Nov. 29 to Dec. 23: The Stuttgart Christmas market spans from Marktplatz to Schillerplatz, Karlsplatz and Schlossplatz. It's considered one of Europe's largest with an ice rink, a small Ferris wheel, miniature train and Finnish Christmas village. The market will be open Monday to Thursday from 10 a.m. to 9 p.m., Friday to Saturday 10 a.m. to 10 p.m., and Sunday from 11 a.m. to 9 p.m. On Nov. 29, the market will be open from 5-9 p.m. and Dec. 16 (long shopping night) from 10 a.m. to 10:30 p.m.

Stuttgart's "Wintertraum" (winter's dream) village, located on Königstrasse, features an ice

skating rink and various food booths, glühwein and more. Open Nov. 22 at 5 p.m., then open 11 a.m. to 10:30 p.m. until Jan. 1. Visit www.wintertraum-stuttgart.de for special events.

Esslingen

Nov. 28 to Dec. 22: Esslingen's medieval market features costumed vendors, arts and crafts, jugglers, firebreathers, jousting and more. Open Nov. 28 at 4 p.m. to 8:30 p.m., then open Sunday to Wednesday from 11 a.m. to 8:30 p.m., Thursday to Saturday from 11 a.m. to 9:30 p.m.; on Dec. 22, open 11 a.m. to 6 p.m.



Photo by Kevin S. Abel, USAG Stuttgart Public Affairs

The Mittelalter market aims to be authentic for visitors to truly experience the Middle Ages. You may even see a fire-breathing dragon.

decorations, jewelry and pottery, as well as hearty food and glühwein. It is Stuttgart's largest fund-raising Christmas market.

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SIDES

Tasty fruit and
steamed vegetables

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a classic autumnal 4-course menu.

Ludwigsburg

Nov. 23 to Dec. 23: A baroque-inspired Christmas village is located in the historic downtown area, illuminated by arches and gates made up of thousands of tiny lights. More than 170 stands offer Christmas decorations, handmade candles, jewelry and much more. The market is also famous for its freshly baked gingerbread and "Holzofendinnde," or Swabian pizza. Open daily from 11 a.m. to 9 p.m.

Böblingen

Nov. 29 to Dec. 3: The Böblingen Lake sets the stage for this traditional Christmas market with entertainment, shopping and food. Open Wednesday to Saturday, noon to 9 p.m., Sunday noon to 8:30 p.m.

Möhringen

Dec. 2: The market next to Martin's Church, will be open for one day only, 11 a.m. to 6 p.m., offering handmade

Vaihingen

Dec. 2-3: The Christmas market in downtown Vaihingen More than 120 booths offer Christmas decorations, arts and crafts, and food. A historic toy railways exhibition will be held on the Schwabenplatz Square during the Christmas market. Dec. 2, the market will be open from 11 a.m. to 8 p.m., and Dec. 3 from 11 a.m. to 7 p.m.

Schorndorf

Dec. 2-20: The Schorndorfer "Weihnachtswelt," or Christmas world, will be held throughout the historic downtown area and at the market square in front of the town hall. Open Sunday through Thursday, 11 a.m. to 8 p.m., Friday and Saturday from 11 a.m. to 9 p.m.

Rudersberg

Dec. 1-3, Dec. 8-10, Dec. 15-17, Dec. 22-23: The "Adventswald," (advent forest) in Rudersberg will turn the Alte Rathausplatz into a festively-illuminated advent forest and Christmas market. Open on weekends only, Friday from 5-10 p.m., Saturday from 2-10 p.m. and Sunday from 11 a.m. to 8 p.m.

Where to find Thanksgiving feasts

By John Reese
USAG Stuttgart Public Affairs

Hungry for a Thanksgiving meal with all of the trimmings, but don't have a place or desire to do the preparation, cooking and cleaning?

There are three major feasts to satisfy your Thanksgiving palate.

USO

The USO will put on a great spread at the USO Center, Bldg. 2915, Panzer Kaserne, beginning at 1 p.m. Nov. 23, reservations are recommended. Takeaway boxes will be available, 11:30 a.m. - 12:30 p.m., for those who must work the holiday and sign up in advance. Volunteers are wanted to cook, serve and clean up. Visit www.uso.org/stuttgart or www.facebook.com/usostuttgart/ to RSVP, request a takeaway box or volunteer.

BOSS

The Better Opportunities for Single Servicemembers a traditional meal of turkey, cornbread stuffing, sweat potatoes, greens, salad and dessert, 6 p.m. - midnight, Nov. 21, at the Galaxy Bowling Center, Panzer Kaserne. Expect There will also be free bowling and prizes.

"We expect it will be a fun time for all involved," said Clare Reid, FMWR BOSS adviser.

10th SFG DFAC

A great spread served by officers and senior noncommissioned officers in their best uniforms takes place Nov. 21, 11 a.m. - 1 p.m., at the 10th Special Forces Group dining facility, Panzer Kaserne. The Soldiers at the DFAC pull out all of the stops for a home-style feast with all-American favorites for \$9.05.

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FMWR brings tour services back to Stuttgart

By Kevin S. Abel
USAG Stuttgart Public Affairs

The MWR Tour Office is now open to help community members plan the perfect tour during their stay in the Stuttgart military community, whether it is a tour on a holiday or a personalized group tour.

To celebrate this opening, the Stuttgart Directorate of Family and Morale, Welfare and Recreation (DFMWR) will host an open house for its MWR Tour Office in Bldg. 2915, Rm. 312B, Panzer Kaserne on Nov. 6 from 10 - 11 a.m.

"The community now has an opportunity to travel options they haven't had since USO stopped offering tours last year," said MWR Tours manager Kimberly Reid. "MWR tours will facilitate personalized group tours for 10 or more participants, have planned tours, which will be held throughout the year on training holiday weekends, as well as day trips for everyone."

MWR Tours is open to all authorized ID holders, their family members and guests. "If a local national wishes to use our service, they must have a sponsor who is an authorized ID card holder with

installation access," Reid said.

According to Reid, to make sure everyone who participates in tours are fully satisfied, each tour will include a MWR guide who can provide helpful information and assist participants during their tour.

The first tour to be offered is a trip to Prague in the Czech Republic on Nov. 24 - 26. Prague has a rich architectural heritage that reflects both the uncertain times in history and urban life extending back more than 1,000 years. During the tour, participants will walk across the Charles Bridge, which stands astride the Vltava River and encapsulates the city as a medieval metropolis.

The Charles Bridge remained largely undamaged during World War II. In order to participate in this tour, registration must be made by Nov. 9.

The upcoming Christmas season will be all about the Christmas markets. "Most of our market trips will include an English speaking guided tour of the

city before visiting the market." MWR Tours has scheduled a trip to the weihnachtsmarkt in Traben Trarbach, which is an underground Christmas market focused on the themes of wine, enjoyment and culture held in the wine cellars, which were once a busy wine trading location around the turn of the century.

In May 2018, a military battlefield themed tour to France will be offered covering battlefields of WWI and WWII. It will start with WWII in Caen and continue to Point du Hoc, Utah Beach, Airborne Museum and the cathedral in Sainte-Mere'-Eglise, the site where Pvt. John Steele, 505th Parachute Infantry Regiment, 82nd Airborne Division landed on the church

steeple. The WWII portion will finish out on the second day with a visit of Coleville-Sur-Mer American Cemetery and Memorial, Omaha Beach, Arromanches to see the remains of the Mulberry harbor, Juno Beach and ending at the Pegasus Bridge.

To honor the 100th Anniversary of Belleau Wood, the tour will attend the memorial ceremony at Aisne-Marne American Cemetery, Belleau Wood where Marine regiments will be joined by dignitaries and grateful citizens to celebrate and remember their accomplishments and sacrifices. It will also be attended by members of MARFOREUR/AF, who will be taking part in the ceremony.

If you are looking for travel guide books, books for kids about travel and other related merchandise, MWR Tours plans to also fill that need with a small selection of its own.

The MWR Tour office is located across from the Exchange A list of upcoming tours and events can be found by visiting Stuttgart's Morale, Welfare and Recreation web page <https://stuttgart.armymwr.com/programs/family-and-mwr-travel>.



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Learning about 'German' holiday pickles and trashcan beans

By John Reese
USAG Stuttgart Public Affairs

For Americans living in Germany, every day can bring a new cultural difference. Two small but interesting differences are pickles to decorate holiday trees and receiving a Beanstandung notice when the garbage man doesn't like the way you present your waste.

While shopping at an Exchange concession on Panzer Kaserne for ornaments to decorate a tree, you'll find a variety of delicate glass pickles that defy explanation. Although it has become an accepted tradition in Germany, the story of why a pickle ornament would be hung on a tree gets pretty murky and seems to originate in America rather than Deutschland.

The most acceptable version is the tradition began in the 1890s as glass fruit and vegetable ornaments from Germany or France were imported for Woolworths. Another

version dates to an 1864 story about a Bavarian-born Union Soldier named Pvt. John C. Lower. Lower was a starving prisoner during the Civil War being held at Fort Sumter, S.C., and was on the brink of death when a guard gave him a pickle that sustained him enough to make it a family tradition.



Yet another version from a pickle-growing region of Michigan credits St. Nick rescuing Spanish children from an innkeeper who held them captive in a pickle barrel.

The current tradition is to hang the pickle on the tree last, and the first person to find it gets a reward of some kind or will have good luck in the coming new year.

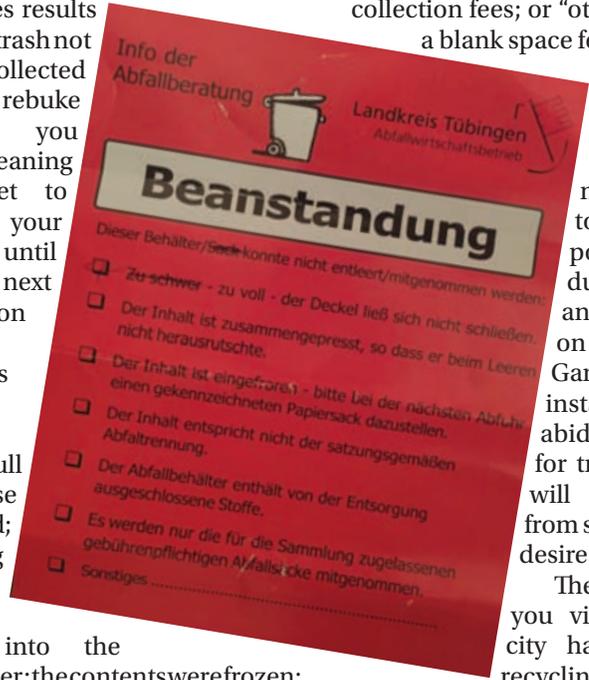
The Beanstandung (complaint) notice is a lot less amusing. Landkreis Tübingen and other counties in Germany have specific

rules about how restmüll (regular trash), bio, recyclables and other refuse is collected. Failure to follow the rules results in your trash not being collected and a rebuke telling you why, meaning you get to keep your trash until the next collection day. Reasons include being too full to close the lid; packing too much trash into the container; the contents were frozen; you didn't separate the types of trash correctly; you put an excluded substance in the can

that can't be collected; you aren't supposed to be putting out trash because you haven't paid your trash collection fees; or "other," providing a blank space for the collector to explain his reason for not taking it.

Since it's not permitted to dump off-post trash in dumpsters anywhere on U.S. Army Garrison Stuttgart installations, abiding by the rules for trash collection will prevent you from storing that you desire to be gone.

The next time you visit your local city hall for yellow recycling bags, ask about the rules and schedule for your local trash collection.



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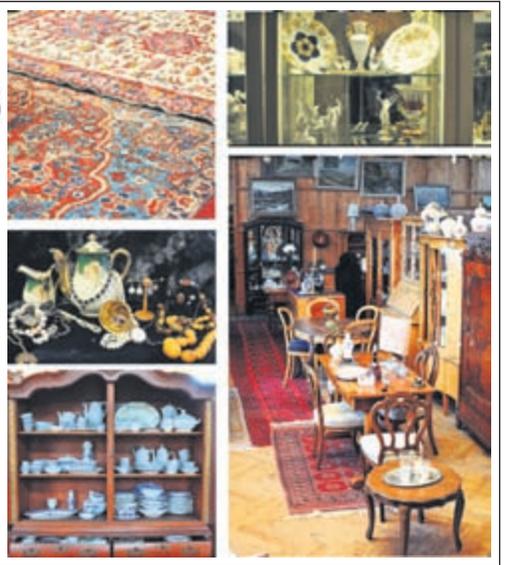
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