

# Regular training with new fitness machines prevents back problems

By Heidi Soerensen

**"Our main purpose is to improve the overall health and well being of the Component members. Back problems are one of the most common reasons for sick leave and can affect anyone at any age," says Mr. Fritz Stelten, Chief of the Sports Department.**

"The purchase of the new back training machines was recommended by the Occupational Health Officer, Dr. Helmut Stienen. They are not only here for fitness reasons but also for medical treatment of people with back problems," explains Stelten.

"At least 80% or more of Component staff members and crewmembers have had painful experiences with back aches or other musculoskeletal disorders, to different degrees. Medical professionals can try to ease the problem, particularly in the acute phases. However, regular exercise focused on muscular strength, balance and flexibility is the key

to lasting improvement and/or prevention of such aggravation. Use it or lose it! The new equipment offers a great opportunity for a personalized workout that also takes account of your individual condition, so that this training is safe and effective for everyone," says Stienen.

Since January Component members have been using the five new Compass fitness machines manufactured by the German company Proxomed to strengthen their back muscles and to perform preventive training to avoid back problems. The machines contain unique training software allowing

individually tailored training programs for users. As of 18 May a personal chip card will be available at the Sports Department. The chip card holds your individual training program and will make your training even more effective.

"We wanted to go one step further by purchasing advanced and intelligent training resources for Component members. The new machines are functional equipment focusing on the biomechanical condition of each person. They are not for body builders! Regardless of your physical condition you can benefit from this kind of fitness

training. We are doing our utmost to get even more people to practice regularly, thereby improving their physical wellbeing," says Stelten.

Fitness instruction sessions on how to use the new machines for maximum benefit take place Monday, Tuesday and Friday from 0900 to 1100, and also Wednesday and Thursday from 1330 to 1530. You can also make an appointment by contacting the Sports Department on ext. 4920.

A variety of back training classes takes place throughout the week - see the fitness schedule on the Sports Department WISE page.

## Prevention of back pain

Good back care can greatly reduce your risk of back pain. To look after your back, make sure you:

- Take regular exercise - walking and swimming are particularly recommended.
- Perform regular back training.
- Try to reduce your stress levels - use relaxation techniques.
- Bend from your knees and hips - not your back.
- Maintain good posture - keep your shoulders back and don't slouch.



*The new machines for improved fitness and medical training of the back.*

Photo Andrea Hohenforst



**Next NATO Skywatch:**  
29 May  
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**Italian community**  
**celebrates anniversary huge**  
**See page 6**



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# Flying Squadron One 'Tigers' has new Commander

By Heidi Soerensen

Hangar 1 was the scene for the Flying Squadron One Change of Command on 28 April. Operations Wing Commander Col. Manfred Arndt (left) presents the Unit Colours to Lt. Col. Timothy L. Brester after Lt. Col. James W. Casey relinquished command.

Lt. Col. Brester had his first assignment at the E-3A Component in 1997, where he flew as a Weapons Controller/

Fighter Allocation Officer and in 2000 he was selected as Executive Assistant for the E-3A Component Commander.

Lt. Col. Brester rejoined the Component in 2007 as Deputy Commander and Director of Operations, Flying Squadron Two.

Lt. Col. Casey departs Geilenkirchen Airbase for the United States Air Force's Air War College located at Maxwell Air Force Base, Alabama.



Photo Andrea Hohenforst

## Armed Services Blood Program Give Blood, Give Often



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**\*All persons that are at least 17 years of age, 110 pounds, and possess a US social security number are eligible to donate.**

### Points of Contact:

*MSgt Satanga Brown 02451-99-3396*

*TSgt Michael Mohay/SSgt Craig Arcuri 02451-99-3398/3379*

## Component Fitness Event For May



Photo PAO archive

**Thursday, 28 May at 1100.  
Lap swimming at the pool.**

Photo Andrea Hohenforst



## 10,000 Flying Hours!

By Andreas Hunold

On Monday, 11 May, Lt. Col. Thomas Regner, Operations Wing Test & Evaluation Division, Flight Test Branch, received an outstanding and quite exceptional recognition for achieving 10,000 flying hours.

Maj. Gen. Dieter Naskrent, Commander 1st German Air Force Division, personally awarded Lt. Col. Regner with a certificate on behalf of Lt. Gen. Aarne Kreuzinger-Janik,

Commander German Air Force Command, during a ceremony at the Officers' Club.

Lt. Col. Regner has been assigned to the NATO E-3A Component since March 1994 and has accumulated more than 6,700 flying hours on the Boeing E-3A/TCA.

Prior to joining the E-3A Component, he flew on various aircraft types, such as the T-37/T-38, Fiat G-91, RF-4 Phantom II and Panavia Tornado.



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# "We are all children of the same world"

## International Children's Festival 2009 attracted more than 1,000 visitors

Text and photos Heidi Soerensen

On Saturday, 25 April the Turkish National Support Unit successfully held the 21st International Children's Festival (ICF) at the E-3A Component. The Mass Briefing Facility and its surroundings were transformed into a spectacular scene with exciting activities, fascinating performances, beating rhythms and lots of shining eyes in happy, painted faces.

The ICF is based on a tradition established more than 80 years ago. On 23 April 1920 the first Turkish National Assembly dedicated its opening day to children and during the following years 23 April was celebrated as Children's Day in Turkey. In 1978 the United Nations adopted the idea, and 23 April was selected as World Children's Day. The first ICF at the E-3A Component was celebrated in 1989, and every year since then the Turkish NSU has welcomed children and their families to this special day. This year more than 1,000 people from all nations took part in this truly multicultural celebration of youth.

"The festival, which has been celebrated for more than twenty years at the Component, has already become a tradition. It reflects very well the emphasis NATO puts in providing a peaceful future for the World and her children. We hope to give you the opportunity to meet children from other nations and backgrounds. We believe that the chance to meet other cultures gives the children a more comprehensive outlook on the diversity of cultures, as well as the similarities between them, which actually far outweigh the differences. It is our intent to guide the children towards realizing



*Ballet performed by the IYA group.*

the similarities and appreciating the diversity. We are all children of the same world," said the Deputy E-3A Component Commander, Col. Ton Van Happen in the opening speech.

Turkish Senior National Representative, Lt. Col. Fikret Celik welcomed the children and their families. In his speech he highlighted the historical background and meaning of the children's day. "As it was originally intended, the Festival has been offering an atmosphere of peace and mutual understanding among the children of the World. It gives them an opportunity to introduce their cultures to other children. They are encouraged to show their talents and their way of life. We firmly believe that a better future with peace and harmony can only be achieved by bringing together

children of different backgrounds," he said.

For toddlers, teenagers, and people of all ages it was a day packed with positive and educational entertainment.

Besides the wide variety of enthusiastic dance performances, numerous outdoor activities such as an International Military Police dog show, NATO train ride, an E-3A static display, Canadian Hockey team and clowns turned the day into an adventure for the entire family.

The ICF Committee wanted this particular day to be a day when all of

*Clown Udin's balloon show.*



us took pride in the joy and pleasure of hearing children's laughter as well as celebrating the innocence of youth.

The ICF Committee would like to thank the Turkish Consulate General in Cologne Kemal Demirciler, Turkish Attaché of Education in Cologne Uğur Acar, Deputy Component Commander Col. Ton Van Happen, Morale and Welfare Activity Branch, International Youth Activities and DITIB Folk Dance Group, participating National Support Units and Component Branches for their contributions and efforts in making the International Children's Festival such an outstanding success.

*More than 1,000 people celebrated the ICF 09.*



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# Italian community presents grand celebration for anniversary of Republic Day in centre of Geilenkirchen

By Lt. Col. Carmine Squeglia

This year, like every year, the Italian community of the E-3A Component will celebrate the anniversary of the Republic Day on 30 and 31 May, a few days prior to the official date, which is 2 June. This year the event will be unprecedented, as it will take place in the centre of the city of Geilenkirchen to attract as many people as possible from the tri-border community. Thanks to the outstanding support from the Geilenkirchen Municipality and the numerous sponsors, this year's celebration of Republic Day will no doubt be a very special one.

The main attraction will be the Roman Historical Group 'SPQR' (from the Latin acronym) 'Senatus Populusque Romanus' meaning 'The Senate and the Roman People'. Their show will feature folklore dancers, circus attractions, gladiators' fights, an open-air view of a typical historical Roman village and much more.

Also reproductions of Roman armour and weapons will be displayed with ancient tools and Roman tents. Finally, to top off the event and make it a memorable one, bring your camera and take a snapshot of yourself, friends and family members standing next to a gladiator from 70 BC. This is indeed a chance in a lifetime! For further detailed information see: <http://www.ludusmagnus.info/e-html/e-cornice.html> and <http://www.legiodecima.it/html/menu.html>

An art exhibition will also be held in one of the rooms in Geilenkirchen City Hall. Fabio Pietrantonio, a famous contemporary Italian painter and sculptor, will demonstrate through his works the long-standing and acclaimed artistic reputation Italy has. The natural and cosmic order of Pietrangelo's work is expressed through materials such as wood, stone, powders, sand and pigments balanced with metals, textiles and even flower petals. The use of such materials creates what Antonio Pietrangelo defines as "totems", multiform objects, sculptures, paintings, which depict cosmic balance and harmony transmitting at the same time peace and harmony. His artwork includes figurative, abstract, and sacred and land art paintings. Strongly influenced by the figure of Pope Karol Wojtila, soon after his death, Fabio started a parallel cycle of sacred art, painting Popes' portraits, sacred religious symbols and biblical animals. More can be found on the website <http://www.fabiopietrantonio.com>



Last, but by no means least, an open-air car exhibition is being planned but has yet to be defined. Some of the most famous carmakers that have been internationally recognized as the best in style and design in the car-making industry will hopefully participate.



The two-day program will unfold as follows:

## Saturday 30 May:

- 1000 Car exhibition, art exhibition and SPQR parade on the Geilenkirchen Marktplatz.
- 1020 Roman camp.
- 1030-1800 Repeat shows by SPQR.
- 1800 Legionnaires salute the VIPs and the local community.
- 1815-1845 SPQR show.
- 2000 Closing time for art exhibition and car exhibition.
- 2200-2400 SPQR night show (highlight of the event).
- 2400 Closing time for all activities.

## Sunday 31 May:

- 1000 Car exhibition, art exhibition and SPQR parade on the Geilenkirchen Marktplatz.
- 1020 Roman camp.
- 1030-1230 Repeat shows by SPQR.
- 1300 Closing time for art exhibition and car exhibition.
- 1400 Closing time of the Roman camp and end of the event.

Entrance is free and timings may be subject to change. For further detailed information please refer to the Geilenkirchen Stadt website, E-3A Component website or contact POC Lt. Col. Alessandro Concarì at 0177/6280402.



0815  
0830 – 0930  
0830 - 0930  
0830 – 1230  
0900 – 1015

0900 – 1300  
0900 – 1130

0930 – 1700  
1015 – 1230

1030 – 1200  
1200 – 1230  
1300 – 1500  
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1600 – 1900

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## New on-base wellness services available

By A1C Nick Baderschneider

Searching for some relaxation after your hard work, but the sauna is too exhausting for you on hot summer days? No problem. As of now, the E-3A Component is offering wellness and relaxing massage services for its personnel.

You can choose between relaxing massages, full body massages, facial massages, massages of particular limbs, medical foot care, personal grooming sessions, intensive skin care/muscle care and much more.

All this is available at the sauna located in Bldg. 214. If you are

interested, please call Mr. Fritz Stelten, ext. 4920 or Mrs. Carol John, ext. 4900.

Wellness- and relaxation massages, whole body: 50 minutes for €20; massages for neck, shoulder and the back: 25 minutes for €10; foot care: 50-60 minutes for €16.

# E-3A COMPONENT SPORTS DAY

## Thursday, 04 June 2009

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**Human Sports Award**  
**Distance Runs (5, 3 or 2 km)**  
**Class Classes (see separate flyer for schedule)**  
**Tournaments (Soccer, Softball, Volleyball, Basketball, Badminton)**  
**Competitions (Archery, Shooting, Golf and Tennis)**  
**Family Fun**  
**Human Sports Award**  
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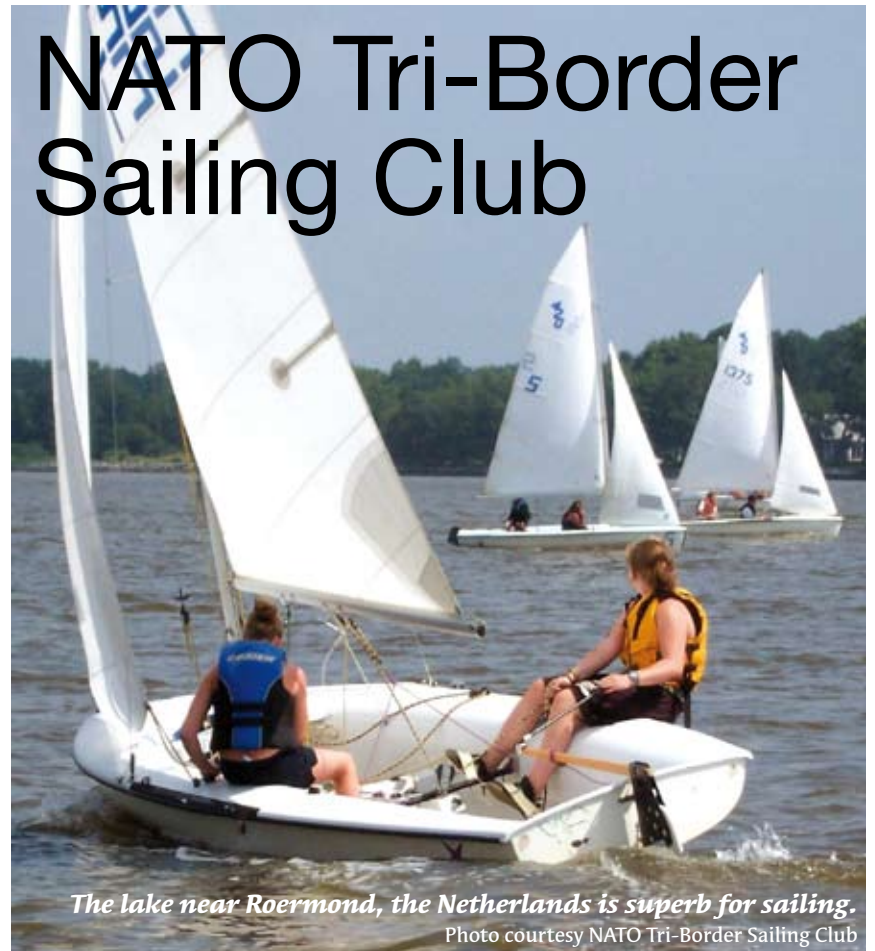
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## NATO Tri-Border Sailing Club



*The lake near Roermond, the Netherlands is superb for sailing.*  
 Photo courtesy NATO Tri-Border Sailing Club

By TSgt. John Duffy

"There's nothing half so much worth doing... as simply messing around in boats." This was how the River Rat relayed to Mole his love for the water in Kenneth Grahame's classic book *The Wind in the Willows*. Come experience this love for yourself and get out on the water this summer with the NATO Tri-Border Sailing Club. It's fun, it's cheap and it's close-by!

The NATO Tri-Border Sailing Club is open to all NATO ID cardholders and their guests. The club operates a well-equipped fleet of boats of different types catering to sailors of all abilities and ages. For families and beginners, the club offers family boats (the Dutch Stockpaard), which are safe and easy to handle keelboats equipped with outboard engines. The more advanced sailors will enjoy our sporty International 420s. These adrenaline-fuelled craft are designed for 2 persons and can be exhilarating. Laser sailboats are also offered for a single-handed challenge. Lastly, youngsters will enjoy our selection of Optimists and Toppers for training.

For new members that already hold a sailing certification, only a check-ride on our boats is needed. For new members with no prior sailing

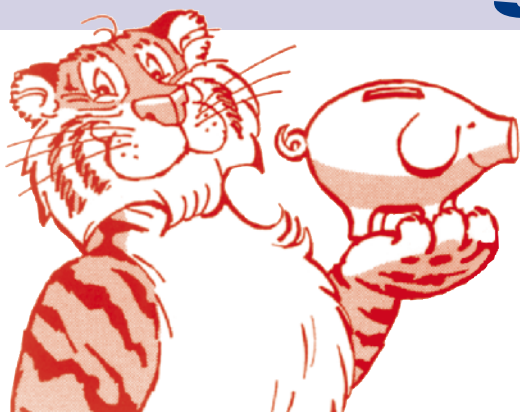
experience, training is available with coordination. Local courses are also offered on the economy if you later wish to rent a sailboat elsewhere (holiday or vacation).

During the spring and summer months, the boats are moored at the Hatenboer Marina in Roermond, Netherlands. This wonderful sailing lake connects to the Maas River, which further expands your sailing opportunities. The marina has modern facilities with toilets, showers, changing rooms, restaurant and a bar. The use of these facilities is included in the very reasonable membership cost. Parking is also free at the marina.

Our upcoming annual open house is the best time to see everything that our club has to offer. This will be held at the Hatenboer Marina near Roermond on Saturday, 31 May at 1000. Come out and join us for some refreshments and an introductory day of sailing.

For more information contact one of the following E-3A Component members: Dieter Schoel at ext. 3664, Klaus Wagner at ext. 3652 or John Duffy at ext. 3589. Interested JFC Brunssum personnel can also contact Klaus Risse at ext. 2145 or Manfred Bode at Manfred@mmbode.de

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# Base pool re-opens for summer season



By Heidi Soerensen

The pool on base is a nice, family-friendly place to spend a warm summer day. In addition to the main pool area, it also offers an enclosed area with a small playground, trees that can provide a much-needed break in the shade, and a children's pool with a slide. The water in the children's pool is renewed every day.

The pool is open Tuesday through Sunday from 1100 until 1900; it is closed Monday. Single ticket

€2.50, 10 + one single ticket €24, one-person season ticket €35, family season ticket €70. There is free admission for children aged 6 and under. Workdays from 1100 to 1300 the pool is reserved for working Component members and lap swimming. No entrance fee is required during that time frame.

The construction of the pool dates back to the 1950s, when the British Royal Air Force originally built the base. That is why the measurements are a little 'strange'; instead of the 'normal' European length of 25

metres the base pool is 31.20 metres (100 feet) long. So that is why your lap swimming is a little harder here!

You can also arrange a private pool party: call ext. 4948 for further information.

## Vacancy Announcement

Applications are invited for the following post:

*Senior Technician (Fuselage)*, Advertisement Numbers 09020-09022, NATO Grade B-4, assigned to the Fuselage Section, Aircraft Systems Branch, Aircraft Maintenance Squadron, Logistics Wing. Subject posts are vacant since/will become vacant on 1 July 2009.

Closing date: 29 May 2009.

*Principal technician (Fuselage)*, Advertisement Number 09023, NATO Grade B-5, assigned to the Training Section, Aircraft Systems Branch, Aircraft Maintenance Squadron, Logistics Wing. Subject post will become vacant on 1 July 2009.

Closing date: 29 May 2009.

*Deputy Fire Chief*, Advertisement Number 09017, NATO Grade B-5, assigned to the Fire, Crash & Rescue Branch, Airfield Services Squadron, Base Support Wing. This post is due to be filled as soon as possible.

Closing date: 15 June 2009.

*Chief Fireman/Shiftleader*, Advertisement Number 09018, NATO Grade C-6, assigned to the Fire, Crash & Rescue Branch, Airfield Services Squadron, Base Support Wing. This post is due to be filled as soon as possible.

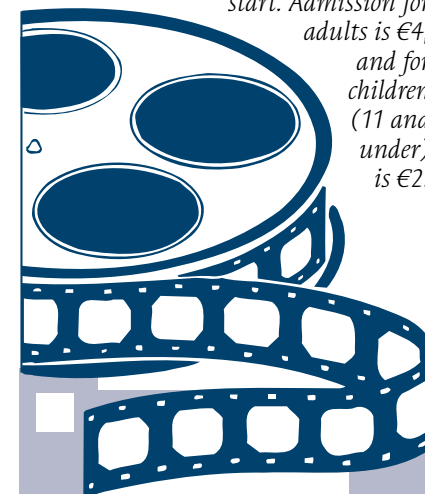
Closing date: 15 June 2009.

For further details, please visit the Component Information Portal (WISE) under Headquarters, PEC, Recruitment/Services Section or review the advertisement posted in Building 8.

*Note: Only applications of qualified personnel will be considered.*

## JFC HQ Alliance Theatre presents

The theatre is located in Building #406, JFC HQ Brunssum, the Netherlands. Doors open 30 minutes prior to film start. Admission for adults is €4, and for children (11 and under) is €2.



### The Last House on the Left (R)

Friday, 15 May, 1930  
Garret Dillahunt,  
Martha McIsaac

### Hotel for Dogs (PG)

Saturday, 16 May, 1300  
Emma Robertson,  
Don Cheadle

### Miss March (R)

Saturday, 16 May, 1600  
Molly Stanton,  
Holly Hindman

### Watchmen (R)

Saturday, 16 May, 1900  
Carla Gugino,  
Jeffrey Dean Morgan

### My bloody Valentine (R)

Friday, 22 May, 1930  
Jensen Ackles,  
Jaime King

### Caroline (PG)

Saturday, 23 May, 1400  
Dakota Fanning,  
Teri Hatcher

### Duplicity (PG-13)

Saturday, 23 May, 1900  
Julia Roberts,  
Clive Owen

## SKYWATCH CLASSIFIED

**Skywatch Classifieds are free to all NATO personnel. Advertisements must be printed or typed, and include your name, office symbol and duty extension. The editor will not accept advertisements for services that generate a regular income, or for housing other than vacation rentals. Submissions for the next NATO Skywatch are due to PAO, mail Stop 33, e-mail: pio@e3a.nato.int, before noon Wednesday, 20 May.**

### Autos

Opel Astra Twin Top Convertible (Nov 2006) 1.8 (140 ps), AT, Ultra Blue, Anthracite interior, 65,000 km, cruise control, wind deflector, CD/MP3 radio w/info display (controls on steering wheel), park sensor, automatic air conditioning, electric windows, sport suspension, ABS, ESP, TC, remote control (doors, windows, roof), 17 inch summer tires/alu wheels plus 16 inch winter tires/steel wheels with covers. VAT paid/German registration, €13,000/US dollar equivalent, or reasonable offer. Contact Greg Mintman at ext. 3032 or 02451-68230.

Volvo S80 2.4T (200 hp), first time registered 4 Nov 2002, 68,000 km, European spec, silver metallic, manual shift, computer, airbags, ABS, electric windows, electrical adjustable side mirrors, automatic windscreen wipers, cruise control, luxurious interior décor with leather seats (black), 2-zone climate control with separate air distribution, auto dimming rear view mirror, heated front seats,

electrical adjustable driver seat, integrated alarm, integrated radio with CD/cassette player, service book. Asking price (without TAX): €9,000. Please call Maj. Kurt Normand, phone 0172 5275975 for further information.

### Puppies

For sale: Labrador puppies, black or yellow. IRJGV registered, vet checked, microchipped, with current shots and deworming. Parents free of hip, elbow and eye problems. Born at home, integrated into family environment with children. Puppies will be released at 8 weeks of age. Early reservations recommended. Contact Ralf Gülpen at ext. 2340 or 0177 451 3334.

### Babysit

Looking for a babysit? Responsible 15 year old girl has some extra time available in the evenings or in the weekends. Native English & Dutch speaker. Call 02456-508280 (leave a message) or email Liaska1966@hotmail.com

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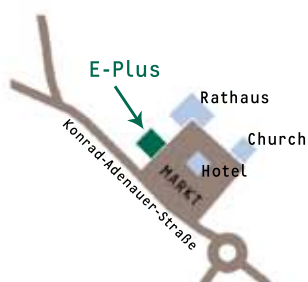
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