

HERALD UNION

herald-union.com



March 12, 2020

Survivors find easier Army post access

Installation Management Command

Certain Gold Star and next-of-kin survivors are expected to find it easier to visit Army installations since a new process went into effect in January.

The new survivor's access policy allows qualified survivors to get through gate security

more easily and travel on post without an escort to attend events, view memorials, receive services and similar activities using their survivor's access card.

"The Army values people, especially our Gold Star spouses and family members," said Lt. Gen. Douglas Gabram,

commanding general, U.S. Army Installation Management Command. "This change allows them to more easily receive the benefits and services to which they are entitled, and helps enable them to remain connected to the Army."

Eligible survivors are those who meet the criteria to receive

the Gold Star lapel button or Gold Star next-of-kin lapel button, including widow or widower, parent, child, step-child, child through adoption, brother, half-brother, sister and half-sister.

Eligible survivors may apply for and receive a survivor's access card by using DA Form

1602 for survivor's access.

Among the services available to Gold Star spouses and next-of-kin family members is the Army Survivor Outreach Services program, which provides dedicated and comprehensive support through a

See 'Survivors' on Page 2

66th MI Bde. hosts Black History Month event



ABOVE: Members of the U.S. Army Europe Dixieland Band perform during the Black History Month observance Feb. 26 at the Tony Bass Auditorium.

RIGHT: U.S. Army Garrison Wiesbaden Postmaster Carolyn Johnson speaks in a video presented at the Black History Month observance Feb. 26 at the Tony Bass Auditorium. She told of how she joined the Army against her father's advice and experienced discrimination because of her skin color. She later went on to make history as the first female postmaster in Europe, which she called "an honor."

See story on Page 3.

Emily Jennings/USAG Wiesbaden Public Affairs



AER campaign needs your help

Emily Jennings

USAG Wiesbaden Public Affairs

Army Emergency Relief began its annual fundraising campaign for 2020 during a kickoff event March 4 on Clay Kaserne.

This year's AER campaign theme is, "A Hand Up for Soldiers. It's What We Do."

Funds raised provide as-

sistance to Soldiers and family members. AER provides interest-free loans, grants and scholarships for Soldiers, retired Soldiers and their families. It helps pay for things such as emergency travel, health care expenses, food purchases, rent or mortgage, minor home repairs and other expenses.

See 'AER' on Page 2

Stay informed with Alert, Web, Facebook, AFN

USAG Wiesbaden Public Affairs

Community members can get up-to-date, official communication on the coronavirus, or COVID-19, as well as other emergencies

and news that relates to U.S. Army Garrison Wiesbaden by verifying their contact information in Alert, adding the garrison website to their

See 'Alert' on Page 5

NEW KANTINE NOW OPEN
Clay Kaserne has a new breakfast and lunch option. **Page 4**

SPRING IS COMING SOON
Celebrate Passover, Easter, German customs. **Pages 8-9**

CULINARY ARTS FESTIVAL
Students competed in a Europe-wide cooking challenge. **Page 10**

Vol. XXII, No. 6

U.S. Army Garrison Wiesbaden Command

Commander
Col. Noah C. Cloud

Command Sergeant Major
Command Sgt. Maj.
Christopher Truchon

Newspaper staff

Acting Public Affairs Officer
Anna Morelock, DSN 548-2002

Editor
Emily Jennings, DSN 548-2004

Public Affairs Specialist
Lena Stange, DSN 548-2003

HERALD UNION
published by
AdvantiPro

The *Herald Union*, printed exclusively for members of U.S. Army Garrison Wiesbaden, is an authorized, unofficial Army newspaper published under the provisions of AR 360-1. Contents are not necessarily the official views of, nor endorsed by, the U.S. government or the Department of Defense. The editorial content is the responsibility of the USAG Wiesbaden Public Affairs Office. No payment is made for contributions. Everything advertised in this publication shall be made available for sale, use or patronage without regard to race, color religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. This is a monthly newspaper published by AdvantiPro GmbH and printed by Oggersheimer Druckzentrum. Circulation is 6,000 copies. **For display advertising rates:** call Jaqueline Samad at (0631) 3033 5537, email ads@herald-union.com; Editorial offices are in Bldg. 1205 on Clay Kaserne. **Address:** USAG Wiesbaden, Herald Union, Unit 29623 Box 60, APO AE 09005-9623; **Telephone:** (0611) 143-548-2002; **Email:** army.wiesbadenpao@mail.mil; **Home page:** home.army.mil/wiesbaden.



Find our list of home-based businesses and learn how to become a garrison-approved HBB at www.herald-union.com/usag-wiesbaden-approved-home-based-businesses.

AER

Continued from page 1

“As a garrison commander, I’ve been able to see AER in action and impact people’s lives,” said Col. Noah Cloud, U.S. Army Garrison Wiesbaden commander, at the event.

“I’ve seen families who have children with disabilities who are struggling with care because they needed something — a piece of equipment, a bed that accommodated a special requirement — and they just couldn’t afford it so they were just going without it. They ran across someone who suggested they go talk to AER, and it was really life-changing for the family.”

AER is 100% focused on financial readiness, said Michael Vetter, USAG Wiesbaden AER officer.

“It’s really about Soldiers helping Soldiers, giving each other a hand when they need it and knowing they’re there for each other during good times and bad.”

A 5k fun run is scheduled for 6:15 p.m. May 7 at the fitness center.

For more information, go to wiesbaden.armymwr.com or call (0611)143-548-9201.



ABOVE: Garrison Commander Col. Noah Cloud speaks at the Army Emergency Relief campaign kickoff event March 4 at the Mission Command Center on Clay Kaserne.

RIGHT: Sheri Buono, education services officer at the Wiesbaden Education Center, Lt. Jeremy Dardo, 214th Aviation Regiment AER unit representative, Cloud and Michael Vetter, garrison AER officer, cut a cake at the event.

Emily Jennings/USAG Wiesbaden Public Affairs



SURVIVORS

Continued from page 1

network of civilians serving as advocates for survivors. SOS staff can help survivors to access benefits available to them at their local installation, such as career and financial counseling.

To track survivors’ feedback on the new process, the Interactive Customer Evaluation survey added new questions to help determine customer satisfaction with outreach efforts.

“The Army honors our surviving family members by ensuring their access to our installations and Army-led joint bases,” said IMCOM Provost Marshal Col. Kevin A. Comfort.

IMCOM is directing policy

More information

For more information on Survivor Outreach Services, visit <https://www.armymwr.com/programs-and-services/personal-assistance/survivor-outreach>.

For questions about Survivor Outreach Services at USAG Wiesbaden, call (0611) 143-548-9201/9202.

compliance and training for its 75 garrisons and installations.

The new process resulted from Section 626 of Public Law 115-232, the John S. McCain National Defense Authorization Act for Fiscal Year 2019. The law recognizes survivors as having a valid requirement for long-term, unescorted access to



Anna Morelock/Herald Union file

Retirees check out booths at last year’s Retiree Appreciation Day on Clay Kaserne. Survivor Outreach Services staff can assist survivors to access benefits available to them at their local installation, such as career and financial counseling.

Army installations.

Survivor’s access cards will be consistent across the Army and will be valid for three years.

Department of Defense leaders are determining policy to provide reciprocity for survivor’s cards across all services.

Women’s History Month

March 19: Cake cutting at 11:30 a.m. at the StrongEurope Cafe dining facility

March 25: Observance at noon at the Tony Bass Auditorium

Wiesbaden celebrates Black History Month

Emily Jennings

USAG Wiesbaden Public Affairs

U.S. Army Garrison Wiesbaden celebrated Black History Month with an observance Feb. 26 in the Tony Bass Auditorium.

The theme for this year's event, hosted by the 66th Military Intelligence Brigade, was "Honoring the past, securing the future."

Lt. Col. Thomas Herman, deputy commander of the 66th MI Bde., told the story of the all-black 369th Infantry Regiment. Initially, they had been relegated to labor service, he said. Then, in 1918 they were assigned to the French, who were ecstatic to receive reinforcements and completely integrated the Soldiers into their front lines, he said.

"From April 1918 to Nov. 11, 1918, which was Armistice Day, the 369th fought valiantly alongside the French in both defensive and offensive actions along the front," Herman said. "France awarded the entire unit the Croix de Guerre along with presenting 171 individual awards for heroism."

It is important to hear these stories and to celebrate Black History Month, Herman said. Events like these help to educate people on the many forms of racism so Army Soldiers and leaders

can identify and stop them.

"Personally, I see their example as one of the truest forms of selfless service out there; something I want to try and emulate. What about the other Army values? Loyalty, duty, respect, honor, integrity and personal courage. This unit — these Soldiers — and many others truly lived the Army values in some of the most extreme conditions possible. It is important to celebrate their achievement and attempt to emulate their example."

While acknowledging the successes the U.S. has made over the last 100 years, he cautioned the need to remain vigilant and strive to root out racism and discrimination.

"Diversity is one of our country's and our Army's greatest strengths, as it allows us to harness the best of all of us," he said. "Learning from where we have been will help us do better for tomorrow."

A video was presented that depicted moving stories of the contributions of local blacks and African Americans in history and in the Army.

Master Sgt. Tony Williams, 66th MI Bde., shared the story of his great, great uncle, Bishop Robert S. Williams and his family's 100-plus-year legacy of church leadership, which he continues today in

the Catholic Church.

Command Sgt. Maj. Francis Swirko, Headquarters and Headquarters Battalion U.S. Army Europe, recalled as a white student being bused to a majority black and Hispanic school district in Boston in 1974. He described how he and other children on his bus had to duck down to avoid rocks being thrown in protest.

Benjamin Brand paid tribute to his long-time friend and Soldier Master Sgt. Micheal Riley, who spent many years stationed in Germany and died during a firefight in Afghanistan in 2019.

USAG Wiesbaden Postmaster Carolyn Johnson told of how she joined the Army against her father's advice and experienced discrimination because of her skin color. She later went on to make history as the first female postmaster in Europe, which she called "an honor."

The U.S. Army Europe Dixieland Band entered through the back of the auditorium belting out jazz hits, such as "Basin Street Blues," popularized by Louis Armstrong, Ella Fitzgerald, Ray Charles and Miles Davis; and "I Found a New Baby," first recorded by African American jazz pianist and composer Clarence Williams.



Emily Jennings/USAG Wiesbaden Public Affairs

Members of the U.S. Army Europe Dixieland Band perform during a Black History Month observance Feb. 26 at the Tony Bass Auditorium.



Emily Jennings/USAG Wiesbaden Public Affairs

Members of the U.S. Army Europe Dixieland Band make their way to the stage as they play for the audience during a Black History Month observance Feb. 26 at the Tony Bass Auditorium.

Pinwheels to symbolize Child Abuse Prevention Month

April is nationally recognized as Child Abuse Prevention Month. The symbol for child abuse prevention is the pinwheel, which represents hope, health and happiness. The pinwheel is a happy and uplifting symbol of childhood and represents our efforts to ensure the healthy development of children. Additionally, the pinwheels serve as a reminder that we all have a responsibility to create communities that promote healthy environments for children.

The Army Community Service Family Advocacy Program has partnered with the garrison's elementary schools and child development centers this month

in an effort to spread awareness and get the community involved because we all play a role in children's lives. The community will see pinwheels colored by the children on display in various locations around the garrison. The children will also be making their own pinwheels and "planting" them in their classrooms to create a pinwheel garden.

Our most basic obligation is to support the healthy development of our nation's children. All children deserve a great childhood because our children are our future.

Laura Johnson, U.S. Army Garrison Wiesbaden Family Advocacy Program Specialist



Herald Union file

The Wiesbaden Family Advocacy Program provides education, training and awareness to help prevent domestic abuse, child abuse and neglect. During the month of April, pinwheels will be displayed around the garrison as a reminder of everyone's responsibility to promote a healthy environment for children.

New Kantine now open

News flash

Upcoming holidays

Community members should be aware of the following training holidays, which may affect some garrison services.

March 20 — Training holiday

March 23 — Training holiday

Call before you go on training holidays. Find the garrison phonebook at home.army.mil/wiesbaden. For holidays, go to www.eur.army.mil and click the “Community” tab, then click “Training Holidays.”

Soldiers should confirm with their local chain of command whether they have a federal or training holiday off.

Daylight savings

Clocks sprung forward in the U.S. on March 8, and will do so in Germany on Sunday, March 29. During those three weeks, time zone differences between most of the U.S. and Europe will be one hour less than usual.

Shuttle schedule

Changes to the garrison free shuttle went into effect March 2 and then again on March 4. These changes include an additional stop in Crestview and on Clay and minor changes to some times. The latest shuttle schedule can be found on the garrison website, home.army.mil/wiesbaden. Hover over the “My Wiesbaden” tab and click “Getting Around” from the drop down menu.

Parking lot closure

Traffic flow into the parking garage near the fitness center on Clay Kaserne has changed. Vehicles must enter and exit through the back of the garage, adjacent to the ring road where indicated. Ladd Avenue is closed to all traffic and on-street parking, except for the marked parking spaces adjacent to Bldg. 1208. This includes the access and exit points to the Ladd Avenue side of the parking garage. Additionally, the parking lot on the Ladd Avenue side of the parking garage is closed. Traffic flow may be congested in this area, and personnel are asked to use alternative routes. Parking is prohibited around Bldg. 1052 unless in a marked parking space.

The changes are in preparation for the DEFENDER-Europe 20 exercise, which is expected to run through July.

Outdoor Recreation

The new Outdoor Recreation facility, Bldg. 3400 on Clay North, is open Monday to Friday from 11 a.m. to 7 p.m. A Grand Opening will be held March 24 at 11:30 a.m. with free cake, food and beverages; facility tours; product displays; MWR giveaways; and reduced equipment check-out rates. For more information visit wiesbaden.armymwr.com.

USAG Wiesbaden Public Affairs

The Deutsche Kantine has re-opened under new management. The restaurant will serve breakfast from 6:30 to 10 a.m. and lunch from 11 a.m. to 1:30 p.m.

For the first two weeks, breakfast offerings will include cold sandwiches with lunch meat and cheese. After that, they plan to add eggs, bacon, sausage, omelets and egg sandwiches.

Daily lunch specials include German, European and Korean food as well as a vegetarian option.

During the first two weeks diners will receive a special deal where all meals cost no more than 5.50 euros. After the initial grand opening special is over, they will always have two meals (one German and one Korean) that do not exceed 5.50 euro but other meals could cost 7-10 euros. Drinks, salads and desserts are extra.

The restaurant accepts cash only, in euros.

Reservations can be made after the two week special — no more than a four-person table.

Menus will be posted online once a website is created.



Photos by Emily Jennings/USAG Wiesbaden Public Affairs



The Kantine is open Monday to Friday from 6:30 a.m. to 1:30 p.m.

Facebook Live town hall reaches more than 130; more events planned

USAG Wiesbaden Public Affairs

On March 4, U.S. Army Garrison Wiesbaden Commander Col. Noah Cloud, joined by Deputy Garrison Commander Scott Mowry, hosted the garrison’s first town hall live via Facebook. More than 130 people joined in the live event and many more viewed the video posted online.

“I’m very happy with the turnout, and we will definitely use this venue again so we can reach as many of our families as we can,” Cloud said.

The first town hall was streamed live at 10:30 a.m., but future iterations will be planned at other times to determine what works best for those watching from home. Community members can still view the town hall on Facebook at www.facebook.com/usagwiesbaden, even without log-

ging in to a Facebook account. The garrison commander provided an update on the coronavirus situation, an update on new facilities opening, and announced the publication of the Drinking Water Consumer Confidence Report that is now available on the garrison website. He also took questions live during the event and answered a few submitted prior to the event.

Responses to all of the questions submitted will be posted to the Facebook page and the garrison website.

Like the page and keep an eye out for more town halls in the future.

A screen shot shows Garrison Commander Col. Noah Cloud and Deputy Garrison Commander Scott Mowry during the Facebook Live town hall March 4.



www.facebook.com/usagwiesbaden

ALERT

Continued from page 1

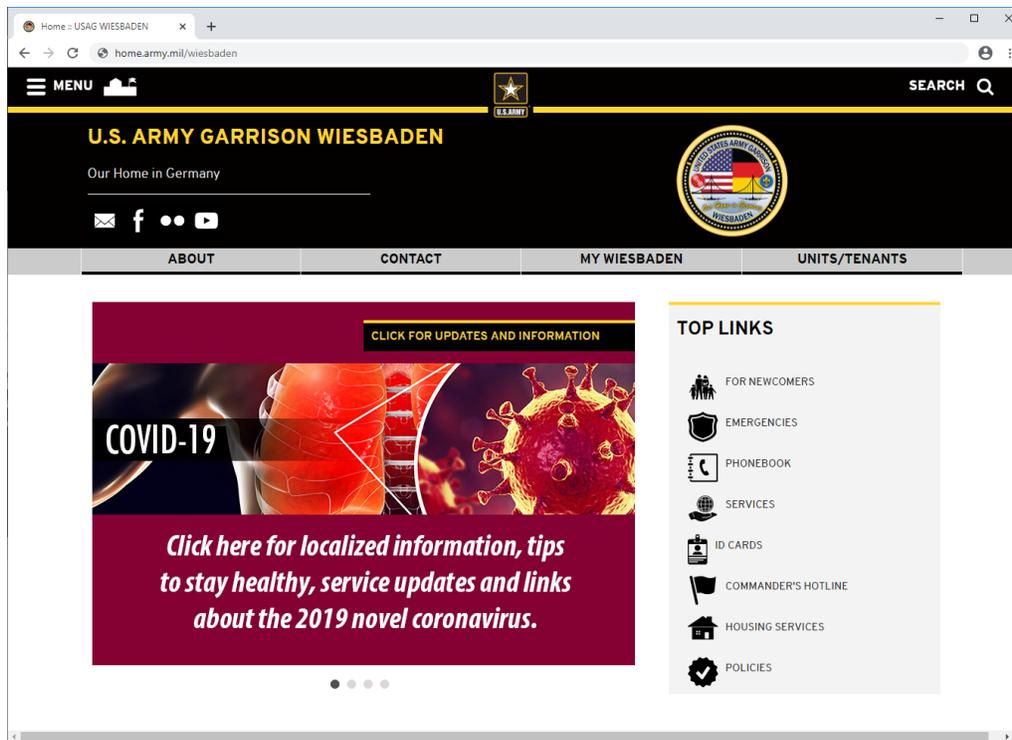
favorites, liking the garrison on Facebook and tuning in to AFN.

Alert

The Army's Alert mass warning notification system notifies service members, Army civilians and their families during a crisis. Alert operators, for example, can issue alerts in the event of an active shooter, inclement weather or any other event requiring immediate notification.

Alert provides similar service to the old AtHoc system — which it replaced — and is capable of sending emergency notifications to worldwide users via desktop pop-up, mobile phone, SMS text, email and public distribution.

Personnel with a common access card and a “.mil” email address should verify their contact information is updated. To check, users should go to the Alert icon at the bottom right of their work



Screenshot from the garrison website, home.army.mil/wiesbaden

computer screen. The icon is a solid blue circle with a white exclamation point inside. Right click on it and select “Edit Contact Info” to verify that all contact information and that of dependents, if applicable, is correct.

The USAG Wiesbaden

Emergency Management team recommends adding dependents so that everyone can be in the know if an emergency were to arise. Alert allows registered users to add up to 10 different phone numbers to include more family members

Garrison website

Emergency information will be displayed in a large graphic at the top of the home page. These graphics are changed regularly to share the latest garrison news and important information. The public affairs office has created a page

on the website with local updates on the situation surrounding the COVID-19 outbreak. This page can be accessed via a COVID-19 graphic on the home page, home.army.mil/wiesbaden.

The page contains information on current restrictions or closures, personal protection measures, what people should do if they feel sick and have had close contact with a suspected or confirmed case of coronavirus or have traveled to a high-risk area.

Facebook

Emergency information, local news and updates about closures and exercises can be found at facebook.com/usagwiesbaden. Type the address into a browser, or find the page by searching “Garrison Wiesbaden” within Facebook, and be sure to “like” the page to receive the latest news and information.

AFN Wiesbaden

Listen to local radio reports, emergency information and traffic in English on AFN Wiesbaden 103.7 FM or <https://www.afneurope.net/Stations/Wiesbaden>.

Auto Exchange

5x155

Forum focuses on spouse jobs, training

Melissa Bitter

Special to the Herald Union

More than a dozen spouses, dependents and other U.S. ID cardholders attended U.S. Army Garrison Wiesbaden's first Spousal Forum on Hiring March 3 at the Community Activity Center.

Greeting attendees was Garrison Commander Col. Noah Cloud and Deputy Garrison Commander Scott Mowry who said this first employment forum will serve as a launching point on where to go from here.

"You (spouses) are very important to us," Cloud said. "You support our Soldiers and Airmen and they are important to us. We want to be able to fulfill the needs of our Soldiers and their families."

The forum brought representatives from the Directorate of Human Resources, Workforce Development, Civilian Personnel Advisory Center, Army Community Service

and U.S. Army Europe G1 to a single location to engage in dialogue, answer questions and provide guidance in the federal hiring process.

Personnel from Defense Commissary Agency, Army & Air Force Exchange Service and the Wiesbaden Community Spouses' Club, Inc. Thrift Shop were also on hand to provide information about current paid positions available within those organizations.

"It's important to have all the people in the right spot being supportive to those looking for opportunity," Cloud said. "We want to help you understand which opportunities exist and how to get those opportunities."

Recently the garrison hired five spouses in the on-post housing office. Creating new civilian positions, which many spouses may be eligible for, allows more opportunities for spousal employment within the community.

"Who better represents the needs of the community" than the spouses who live within the community, Cloud said.

The morning session dedicated time to answering questions about general hiring practices, how to find employment opportunities and how to maximize the abundant amount of time many spouses put into volunteer work.

Along with paid positions available throughout the garrison, volunteer opportunities are becoming available in a variety of agencies and organizations as a way to get more spouses and dependents into the federal training systems.

The goal is to provide opportunities for people to get real job training experience and hopefully into some of the training available online or digitally, Cloud and Mowry said.

While volunteering in a role doesn't guarantee a job within that agency or organization, the volunteer hours will translate

into on-the-job experience.

ACS Volunteer Manager Mary Cheney and CPAC representative Angel Rivera Valentin explained how to tally and quantify those hours spent in service so that it translates into job experience during the hiring process.

"Your volunteer hours serve as equal to paid experience. It's important though to quantify your time in these roles so hiring managers can see you have the same level of expertise. You can upload your volunteer service transcripts to USAJOBS or simply put in the hours and date ranges you were in those roles," Cheney said.

Anyone who has questions or needs assistance in obtaining their records from the Volunteer Management Information System should contact the Army Volunteer Corps. on Clay Kaserne or CPAC office in Mainz Kastel.

The afternoon session offered an in-depth look at individual resumes and navigating USAJOBS, the main portal for federal jobs.

Three of the main points delivered to participants were:

1. Complete your resume in narrative form — the more detailed the better, especially with dates worked (or volunteered) and highlight functions related to the job posting.
2. Select all preferences in USAJOBS you believe to be applicable — the CPAC reviewers will confirm the selection most advantageous to the individual.
3. Be honest in your assessment responses, but learn to relate job experience that you may not immediately see a correlation with the job posting.

The garrison continues to seek paid and volunteer roles for spouses and dependents. Additional paid positions will be available during the summer at the post office, vehicle registration, commissary, youth sports and ACS, according to human resources and Commissary representatives.

AdvantiPro

5 x 150

Community notes

Spouse networking

Military spouses are invited to attend a military spouse networking event from 9 a.m. to 1 p.m. March 13 in the small ballroom at the Community Activity Center. Make friends and meet agency representatives interested in recruiting volunteers. Light breakfast and lunch included. Space is limited. Register at www.cvent.com/d/wnqpg8.

Vietnam veterans pin

In honor of the National Vietnam War Veterans Day, all Vietnam Veterans are invited to visit the Exchange on Hainerberg to receive a special Vietnam Veteran lapel pin during a ceremony March 27 recognizing their valor and sacrifice. Interested veterans who do not have post access should contact Installation Access Control at (0611) 143-548-7080/7081/7082/7083.

Contemporary worship

A new contemporary-liturgical worship service (blended musical styles) will begin at 1 p.m. April 12 at Clay Chapel led by Chap. Terri Hunt and Chap. Mark Lee. The new service will be general Protestant, open and affirming of all in the Christian tradition. All community members are welcome. Child care will be provided.

Spring Bazaar

Shop for international items from throughout Europe during the 2020 Spring Bazaar at the Wiesbaden Sports and Fitness Center from noon to 7 p.m. April 17, from 10 a.m. to 7 p.m. April 18 and from 10 a.m. to 5 p.m. April 19.

'Matilda the Musical'

The Amelia Earhart Playhouse presents "Matilda the Musical," a stage musical by Dennis Kelly and Tim Minchin based on the children's book by Roald

Dahl. Follow the adventures of an extraordinary little girl who, armed with a vivid imagination and a sharp mind, dares to take a stand and change her destiny. Performances in April are at 7:30 p.m. April 17, 18 and 24; and at 2 p.m. April 18 and 19. Purchase tickets at the Playhouse or Wiesbaden Arts and Crafts Center.

Kinder Fest

Wiesbaden's Child and Youth Services celebrates Month of the Military Child with Kinder Fest from 11 a.m. to 2 p.m. April 11. The free event, to be held in and around the Wiesbaden Entertainment Center, will feature games, arts and crafts, egg hunts and free refreshments.

Baby Fair

Army Community Service's New Parent Support Program holds a Baby Fair on April 21 from 11 a.m. to 3 p.m. at the Community Activity Center (Little Italy Restaurant and Catering Center) on Clay Kaserne. Pick up information, goodies and lots more during the fair.

Where's Rocket?

Come join in the weeklong celebration during the Month of the Military Child and National Library Week — April 19-23. Every day during normal hours of operation find Rocket (the library's mascot) and bring him to the library's circulation desk for your prize (Rocket will be hidden at least five times a day). All ages are invited to participate.

Spouse Orientation

Spouses are invited to pick up information, get answers to their questions from garrison subject matter experts and to network with fellow spouses during the Spouse Orientation on April 15 from 9 a.m. to 1 p.m. at the Army Community Service Cafeteria. Free child care is available if arranged a week in advance. Call

(0611) 143-548-9201 for more information.

City walking tour

Join a free walking tour on April 16 with a local expert who will share insights on shopping, getting around on public transportation and the local culture. Bring Euros for public transportation, shopping and dining. Register, starting two weeks before the tour date, with Army Community Service at (0611) 143-548-9201.

BOSS meetings

Wiesbaden's Better Opportunities for Single Soldiers meets every first and third Wednesday of the month from 4-5 p.m. at the Warrior Zone. Find out about upcoming outings for single service members, community support and more. Call (0611) 143-548-9816 for details.

Toddler playgroup

A Toddler playgroup meets April 3 and 17 from 10-11:30 a.m. at the Army Community Service Cafeteria. The free playgroup is for children ages 1-4. Call (0611) 143-548-9201 for more information.

Car Care Class

Learn Basic Car Maintenance during this class on April 26 from 10:30-11:30 a.m. at the Wiesbaden Automotive Skills Center. Topics include checking fluids, jump-starting your vehicle, changing a tire, proper tire pressure and oil changes. Call

(0611) 143-548-9817 to sign up.

Blood drive

The next Red Cross blood drive is scheduled for 9 a.m. to 5 p.m. May 12 on the fitness center basketball courts. Donors can make an appointment at www.militarydonor.com. Appointments are not required, but extremely helpful for the team to be able to prepare the right amount of equipment.

Guitar, bass lessons

Enjoy individual electric and acoustic guitar lessons or electric bass lessons for adults at the Wiesbaden Arts and Crafts Center. Lessons are 30 minutes long and generally available Tuesday through Fridays from 2-4 p.m. Register at the Arts and Crafts Center or call (0611) 143-548-9838.

Church of St. Augustine

2 x 50

The Refuge Wiesbaden

2x50

2 x 120

Wiesbaden Dental Care

Pfingstgemeinde

1 x 100

Zahnarzte am Kurhaus

2 x 50

German traditions include Easter fires, egg hunts, egg shooting and lamb-shaped cakes

As the dark days of winter slowly come to an end, you will see more and more events in Germany that are held outside. Springtime is a time of awakening, which Germans traditionally greet with joyful dances, traditional songs, Easter markets and the so-called Easter Fires. Traces from times long gone hint at the belief that humans tried to draw the sun's warming rays down to earth to scare away the cold and dark days of winter.

Easter Fires have been around in Germany for centuries. Traditionally, they can be found in Christian communities where people gather to light a big bonfire on the evening before Easter Sunday. If you live in a community where the local church bells announce the time or the beginning of a church service, you may wonder why you don't hear the bells during the days before Easter Sunday.

When asked, German children may tell you that they fly to Rome

to be blessed by the Pope. In fact, they fall silent on Thursday before Easter to remember the time of Christ's suffering and death. However, they come back to life when people gather during the night before Easter, to light a big Easter fire, to celebrate the resurrection of Jesus. In earlier days, people would extinguish every light in their houses before going to the Easter Fire. Then, they would light their torches, to bring "new life" to their homes.

Although the Easter bunny delivers and hides colored eggs in the yards of German families, did you know that in some parts of Germany, the Easter Fox or the Easter Rooster delivers the eggs? This may have resulted from the tradition of dyeing the Easter eggs with onions or onion skins, which gave the eggs a reddish-brown tint, which may look like a fox or a brown rooster. However, most Germans have adopted the bunny as their traditional egg deliverer. Hence, many German families bake a cake in the form of a bunny or a lamb — as a symbol for Christ — on Easter Sunday.

After an adventurous egg hunt through the yard — with mom and dad desperately trying to remember where they hid all the eggs — many adults continue with another very German Easter tradition: Easter Egg Shooting. Germans have the opportunity to discover their inner William Tell at a local shooting range. In this open-to-all, fun-filled Easter Egg Shooting event, people shoot air rifles at small targets and win a colored egg every time they hit the target.

Easter in Germany is a time when many festivals and markets come back to life. It is the end of the Lenten season — so you can finish eating the rest of your Fasching candy — and the unofficial beginning of spring. Take a look at your local community's events calendar and you will notice that there will begin to be fewer weekends of peace and quiet in Germany.

Check your local listings for event dates and times.

By Nadine Bower, U.S. Army Garrison Wiesbaden Public Affairs Specialist



Passover and Easter religious services

Passover seder

The Religious Support Office will host a Passover seder at 5:30 p.m. April 8 in the Hainerberg Chapel. The family-friendly dinner experience will include interactive games and readings and a traditional meal. RSVP by April 1 to ladyruthanna@yahoo.com.

Catholic Lenten Services

Stations of the Cross will be held Fridays during Lent at 6 p.m. at the Hainerberg Chapel. It will be held at the Marionthal Monastery April 3.

Mass of the Lord's Supper

A Mass of the Lord's Supper will be held at 6 p.m. April 9 at the Hainerberg Chapel.

Good Friday Catholic

A Good Friday Catholic service will be held at noon April 10 at the Clay Chapel.

Good Friday

A Good Friday Protestant service will be held at 7 p.m. April 10 in the Hainerberg Chapel. The somber Christian service of scripture reading, prayer and

songs will be hosted by Chap. (Lt. Col.) Jeff Dillard.

Easter Vigil

An Easter Vigil will be held at 8 p.m. April 11 at the Hainerberg Chapel.

Easter Sunrise Service

An Easter Sunrise Service will be held at 7 a.m. April 12 at aircraft hangar Bldg. 1668 on Clay

Kaserne. The key speaker will be Chap. (Capt.) Neil Huenefeld, 24th Military Intelligence Battalion. A light continental breakfast will follow the service. For more information call (0611)143-548-5176.

Easter Sunday

Easter Sunday mass will be held at its normal time at 9 a.m. at the Hainerberg Chapel.

Students participate in Culinary Arts Festival

Emily Jennings

USAG Wiesbaden Public Affairs

Students from across the continent came to U.S. Army Garrison Wiesbaden for the Culinary Arts Festival of Europe Feb. 12 at Army Community Service.

Students from seven Department of Defense Education Activity-Europe schools, including Wiesbaden High School, participated in the competition.

Teams demonstrated their culinary knowledge, skills, and creative abilities during the competition through the preparation of a unique three-course meal consisting of a starter, an entrée and a dessert, according to event organizers. Performance was observed and rated by judges from the food service industry and post-secondary schools.

The student chefs were judged on safety and sanitation, product taste and appearance, and menu and recipe presentation.

WHS senior Fernando Colorado competed for the second year in a row. He recalled as a child watching his mother cook and said he wants to be a chef.

“This is my career,” he said. “I always wanted to be in the kitchen, even when I was little.”

WHS senior Jonah Tyler said he and his teammates

were nervous, but they handled it well.

“Cooking is fun for me – a lot of joy; a way to decompress,” he said. “It’s something I used to do at home all the time, and I came here, and I learned a lot of new skills.”

Terry Hunter, culinary teacher at WHS, was pleased with how the students did.

“They practiced hard – they put in a lot of hours, and each time they got better,” she said. “They were happy with the comments they received.”

The results were announced later that evening with Stuttgart High School taking first place, Alconbury Middle High School in second place and Hohenfels Middle High School in third place.



Photos by Emily Jennings/USAG Wiesbaden Public Affairs

Students from Department of Defense Education Activity-Europe schools participate in the Culinary Arts Festival of Europe Feb. 12 at Army Community Service.



Andrews Federal Credit Union

3 x 100

The comm shop

2 x 100



The Sexual Assault Awareness and Prevention Month kickoff and **SHARP Amazing Race** will take place from 6 to 9 a.m. April 2 at the fitness center. The race is a timed group event requiring teams to use clues to complete a SHARP scavenger hunt throughout Clay Kaserne. The team with the highest score wins. Participants should register their team of five and a team name by March 2 at <https://www.eventbrite.com/e/sharp-amazing-race-2020-tickets-91753327673>. The SHARP Amazing Race

is free of charge and open to all community members.

The **Strike Out Sexual Assault Bowling Event** will take place from 2 to 6 p.m. April 16 at the Wiesbaden Entertainment Center. Community members are invited for an afternoon of bowling to increase awareness of the problem of sexual assault. There is no cost for bowling or shoe rental.

The **Drive out Sexual Harassment and Assault Golf Scramble** will take place from 8 a.m. to 2 p.m. April 24 at the Rheinblick Golf Course. Teams of four

must register at <https://www.eventbrite.com/e/drive-out-sexual-assault-and-harassment-golf-scramble-tickets-91326366621>.

The cost for this event is \$50 per person (cost includes a shared golf cart, club rental, range token and lunch).

The **Look SHARP! Clothing Exchange** will take place 9 a.m. to 6 p.m. April 28-29. Clothing can be dropped off before the event at Army Community Service, the Re-Use Center or the SHARP office in Bldg. 1201 on Clay Kaserne.

Maiss
2 x 25

H&R Block
2x50

GM Profi
2 x 50

FMWR marketing

Sports & travel

Biggest Loser

The Wiesbaden Sports and Fitness Center holds Wiesbaden's Biggest Loser from April 6 to May 27. Sessions are from 6:30-7:30 p.m. Mondays and Wednesdays. Change your life during this eight-week-long fitness program. Cost is \$219. Sign up at the fitness center.

Team with the Masters

Rheinblick Golf Course holds an 18-hole, two-person scramble event at 9 a.m. April 11. Scores from the Augusta Masters Tournament will be combined with local players' scores to determine the winners. Sign up at the Rheinblick Pro Shop.

AFCU Freedom Run

The Wiesbaden Sports and Fitness Center hosts the Ninth Annual Andrews Federal Credit Union Freedom Run at 9 a.m. April 18. The event will feature a 10-miler, 5-kilometer run and

a 1-mile children's run. All of the runs are free. The 10-miler is an official Army Europe 10-Miler qualifying race. Visit wiesbaden.armymwr.com to download the registration form and submit to the fitness center.

Youth Golf Academy

Juniors, ages 7-17, are invited to learn the game of golf during the Rheinblick Golf Course's Youth Golf Academy. Sessions are held from April to September—youths can sign up for four sessions (\$50) or the full season (\$150). Call (0611) 143-548-5485 or stop by the Pro Shop for more information.

Trip to Keukenhof

Join Wiesbaden Outdoor Recreation for a trip to the Netherlands April 25-26. The trip includes a visit to Keukenhof Gardens, a cheese factory and a three-hour guided tour of Den Haag and Scheveningen. Cost is \$349 for adults, \$329



Karl Weisel/Herald Union file

Contestants from a previous Wiesbaden's Biggest Loser event pose with their trainer in December 2018. For more information about upcoming classes and fitness programs, visit wiesbaden.armymwr.com or stop by the fitness center on Clay Kaserne.

for children ages 15 and under. Stop by the new Outdoor Recreation Center in Building 3400 on Clay North to register.

Explore Limburg

Army Community Service's Relocation Readiness Program invites community members to join them on a train visit to the

picturesque Lahn River town of Limburg on April 23. Bring Euros for public transportation, shopping and dining. Call ACS at (0611) 143-548-9201 to register.

Recreational shooting

Community members will have another opportunity for

some time on the range April 18 from 10 a.m. to 3 p.m. Recreational shooting is held at the McCully Range in Wackernheim with firearms available for rent on site. Call Outdoor Recreation at (0611) 143-548-9801 or 9830 to register.

Get Golf Ready

Discover the game of golf during the Rheinblick Golf Course's five-lesson program, Get Golf Ready. Sessions are throughout the summer with the next one on April 20-24. Cost is \$99. Stop by the golf course or call (0611) 143-548-5485.

Martial arts classes

Learn self-defense techniques during Golden Sage Martial Arts classes at the fitness center Saturdays from noon to 2 p.m. Cost is \$8 per class. For more information visit www.bob-karnes-golden-sage.com or call the fitness center at (0611) 143-548-9830.

Chillers

Best Warrior



Jason Johnston/TSC Stuttgart

U.S. Army Sergeant First Class Durham, of USAG Wiesbaden, makes his way through an obstacle course during the Installation Management Command, Directorate-Europe's Best Warrior Competition 2020. The four-day competition began Mar. 1 at U.S. Army Garrison Stuttgart. On Day 0 of the competition, thirteen competitors from across U.S. Army Europe participated in the timed obstacle course event. Over the next three days of exercises, candidates marched, shot, fought and ran to determine who is IMCOM-E's Best Warrior, who will then go on to compete at the U.S. Army level in Texas.



Jason Johnston/TSC Stuttgart

Sgt. 1st Class. Durham, of U.S. Army Garrison Wiesbaden, negotiates an obstacle on day zero of the 2020 IMCOM-E best warrior competition March 1, at USAG Stuttgart. Over the next three days of exercises, candidates marched, shot, fought and ran to determine who would be IMCOM-E's Best Warrior, who will then go on to compete at the U.S. Army level in Texas.

Check opening hours and get contact information in the garrison phonebook, home.army.mil/wiesbaden.

Extra ad

3x100

**GM Profi
2x150**

Take time to make yearly eye exam

March is National Save Your Vision Month. The American Optometric Association (AOA) offers five tips for a lifetime of healthy vision.

Every waking minute, our eyes are working hard to see the world around us. It's easy to incorporate steps into your daily routine to protect your vision!

1. Schedule yearly comprehensive eye exams. Seeing a doctor of optometry or ophthalmology regularly will help keep you on the path to healthy eyes. The Wiesbaden Army Health Clinic's optometry service offers eye exams to active duty and family members. Appointments are also available to retirees and civilians on a space available basis.

2. Protect your eyes from UV rays. No matter what season of the year, it's important to wear sunglasses. Sunglasses protect our eyes from harmful UVA and UVB light. These ultraviolet rays can lead to macular degeneration, cataracts and skin cancer around the eyes. However,



Andrey_Popov/Shutterstock.com

The Wiesbaden Army Health Clinic's optometry service offers eye exams to active duty and family members. Appointments are also available to retirees and civilians on a space available basis.

not all sunglasses provide UV protection. Make sure you get sunglasses that indicate they block all or most of UVA and UVB light.

3. Give your eyes a break from digital device use. Most of us spend a lot of time looking at electronic screens at work and home. Consequently, many people experience dry, sore and tired eyes, headaches and blurry vision which is now termed Computer Vision Syndrome.

Thankfully, there is a simple step that will combat CVS known as the 20/20 rule: every 20 minutes, take a 20 second break and look at something at least 20 feet away. Artificial tear drops may also be helpful.

4. Eat your greens. We are constantly reminded that good nutrition is important for our health and this is true for vision. Eat five servings of fruits and vegetables each day. Green leafy vegetables

are particularly good for the eyes. Some examples include spinach, Swiss chard and kale.

5. Use eye protection and use contact lenses appropriately. There are approximately 2,000 eye injuries every day in the US according to the National Institute for Occupational Safety and Health. For example, metal or dust particles and rebounding nails are the most common causes of vision loss in construction workers. Use appropriate eye protection when around power tools, shooting weapons and riding motorcycles.

Contact lenses are a fantastic vision option, but have potential for serious infection when abused. Do not sleep or swim while wearing contacts. For Active Duty Service members, regulations strictly prohibit contact lens use while deployed or in field environments.

We look forward to serving you at the Wiesbaden Army Health Clinic's Optometry Service!

*Lt. Col. C. Kelly Olson
Chief, Optometry Service*

Wiesbaden Army Health Clinic Hours:

Monday to Friday:
7:30 a.m. to 4:30 p.m.

Schedule appointments:

Online at
www.tricareonline.com
Call DSN 590-5762
or (06371) 9464-5762

Medical readiness

2.93%

Percent of Soldiers classified as Medical Readiness Classification (MRC) 4 HQDA Standard is 2%.

*Data as of Feb. 18

Access to Care (Appointment Wait Time)

Patients who call for an URGENT appointment are seen within:

.66 day

Tricare standard = 1 day

*Data as of December

Patients who call for a ROUTINE appointment are seen within:

3.6 days

Tricare standard = 7 days

*Data as of January

Patient Satisfaction

JOES Satisfaction Levels

90.1%

*44 responses

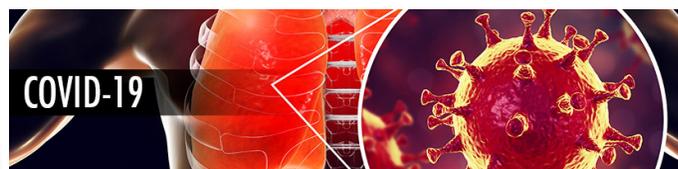
Positive ICE Comments

67%

*27 responses

*Data as of January

Your feedback matters to us. Please complete the Joint Outpatient Experience Survey (JOES) or Interactive Customer Evaluation.



Protect others from getting sick

When coughing and sneezing cover mouth and nose with flexed elbow or tissue



Throw tissue into closed bin immediately after use

Clean hands with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick



Protect yourself and others from getting sick

Wash your hands

- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



Up-to-date, official information:

<https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>
<https://www.defense.gov/Explore/Spotlight/Coronavirus/>
<https://it.usembassy.gov/covid-19-information/>
<https://www.eucom.mil/eucom-covid-19-updates>
<https://home.army.mil/wiesbaden>

Plan ahead for pets when moving on, off post

Anna Morelock

USAG Wiesbaden Public Affairs

The Wiesbaden Veterinary Treatment Facility has three main missions, the most visible to the community being the care of its pets.

Whether they've traveled overseas, or been adopted locally, U.S. Army Garrison Wiesbaden's cats and dogs need to ensure their owners register them with the VTF upon arrival. While they are welcome to, pets don't even need to stop in to the VTF, but simply need to send their vaccination records along with their owners to complete the registration process.

The registration process with the VTF may be simple, but owners should still remember that moving is not only stressful on them, but also on their pets.

"It's always important to keep a close eye on our pets while traveling and transitioning

to a new environment to make sure they are acclimating well," said Capt. Kathleen Stewart, veterinarian and officer in charge of the Wiesbaden VTF.

Stewart recommended keeping pets' routines as consistent as possible. Make sure they are getting attention, the same number of walks and the same food, and have a blanket that smells like home or a favorite toy, she said.

After they are registered, pets can be seen at the VTF for routine wellness appointments, vaccines and preventive medications, and minor sick call appointments. For more serious issues that require major diagnostics, overnight hospitalization or surgery, pet owners should be prepared to take their pets to a German veterinarian.

Owners with pets on special medications and diets should talk with the VTF staff about the best way to fulfill their pets' needs. The VTF can import

certain medications and food, but it may be necessary to purchase these items on the German economy.

"We share (the owners') love for four-legged critters, and we strive to provide the best service for everyone and their pets," Stewart said. "We want to make visits to the VTF as happy and low stress as possible."

When traveling with their owners throughout the European Union, it is important for pets to have an EU pet passport, which can be obtained from a German veterinarian. After its initial issuance, the Wiesbaden VTF staff can update the passport with any additional vaccines. And, while the pet passport facilitates travel within the EU, owners need to check the websites of the countries they are visiting in case there are extra requirements instead of, or on top of, the passport.

When pets are ready to leave Germany for their next

duty stations, it's important for the owners to research pet importation requirements for their new home and engage with the VTF early to ensure everyone is ready to move.

The VTF can set up pre-travel appointments to make sure pets' vaccines are up to date before the required timeline is in motion for the health certificate. Most stateside destinations require the health certificate to be signed within 10 days of the pets' arrival.

The Wiesbaden veterinarians can write health certificates back to the United States, U.S. territories and Japan. For other destinations, owners should consult the Animal and Plant Health Inspection Service of the U.S. Department of Agriculture and talk to VTF staff on the best way to complete requirements. Other destinations may require a visit to a German veterinarian.

When not tending to the

Vet clinic phone numbers have changed!

The new numbers are (06371) 9464-1544, DSN 590-1544.

Visit the Wiesbaden VTF in Bldg. 1038 on Clay Kaserne from 8 a.m. to noon and 1-4 p.m., Monday, Tuesday, Wednesday and Friday and 8 a.m. to noon, Thursday or on the web at phc.amedd.army.mil/organization/Pages/VtfDetails.aspx?VtfID=23.

Traveling with pets:

www.aphis.usda.gov/aphis/pet-travel

community's pets, VTF staff are fulfilling their other missions. The same services they provide to pets also are provided for the military working dogs who call U.S. Army Garrison Wiesbaden home. And, VTF staff also protect the garrison's Families by performing food safety and public health inspections on the installation.

AdvantiPro