



# The Citizen

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Serving the Great Military Community

www.stuttgartcitizen.com



Photos by USAG SFD from its 2017 open house demonstration, Panzer Kaserne.

In the sequence at top, the Leonburg Volunteer Fire Department demonstrates how easily a mattress burns; left, a garrison firefighter teaches a young community member how to put out a fire using an extinguisher; right, a car fire burns vigorously in the Panzer Main Exchange parking lot.

## Learn, don't burn, during Fire Prevention Week, Oct. 7-13

By John Reese

USAG Stuttgart Public Affairs and the National Fire Prevention Agency

The Great Chicago Fire, which began on Oct. 8, 1871, and devastating the city, killed more than 250 people, left 100,000 homeless, destroyed more than 17,400 structures and burned more than 2,000 acres of land. In commemoration of that conflagration, Fire Prevention Week is observed each year during the week of Oct. 9.

Since 1922, the National Fire Prevention Agency has sponsored the public observance of Fire Prevention Week. In 1925, President Calvin Coolidge proclaimed Fire Prevention Week a national observance, making it the longest-running public health observance in the U.S. During Fire

Prevention Week, children, adults and teachers learn how to stay safe in case of a fire. Firefighters from the U.S. Army Garrison-Stuttgart will provide lifesaving education for students of the in an effort to drastically decrease casualties caused by fires.

"Fire Prevention Week this year is Oct. 7-13; it's a good time to go over the fire safety plan in your home and office," said firefighter Michael Ambacher, USAG Stuttgart Directorate of Emergency Service-Fire Division. Ambacher, a veteran firefighter, is well-known in the Fire Service community for his development of unique training using locally available resources that meets the needs of firefighters and the requirements of the garrison. He and other members of the department will be visiting the garrison schools

to share this year's FPW campaign: "Look. Listen. Learn. Be aware. Fire can happen anywhere." The campaign works to educate students (and their about three basic but essential steps to take to reduce the likelihood of having a fire — and how to escape safely in the event of one.

Fire safety education isn't just for school children. Teenagers, adults and the elderly are also at risk in fires, making it important for every member of the community to take some time every October during Fire Prevention Week to make sure they understand how to stay safe in case of a fire. In a fire, mere seconds can mean the difference between a safe escape and a tragedy.

"Your USAG-Stuttgart Fire Department will be promoting Fire Prevention Week with school

demonstrations, an information booth at the Panzer Main Exchange, and new this year, a firetruck pull competition to be held at the Patch Xpress on the 11th of October," Ambacher said. "Come cheer on your favorite teams at 10 a.m., followed in the afternoon by a rescue demonstration of a victim trapped under a vehicle in the gas station parking lot."

Members of the Stuttgart military community, especially those in residential areas, can attend monthly evacuation training offered by the Fire Department. See the announcement in the News Briefs section.

"Remember to review your fire safety plans a couple of times a year, not just during Fire Prevention Week," Ambacher said. "Your USAG-Stuttgart Fire Department cares about your safety!"



Unless otherwise indicated, all six-digit phone numbers in The Stuttgart Citizen are DSN numbers and all longer numbers are civilian.





# Events of 9-11-2001 commemorated by USAG Stuttgart

Story and photos by John Reese  
USAG Stuttgart Public Affairs

A 9/11 remembrance ceremony was held on the parade field in front of the garrison headquarters building for the 2001 attack on New York City and the Pentagon, Sept. 11.

Hosted by the U.S. Army Garrison–Stuttgart and conducted by Veterans of Foreign Wars Post 10810, the ceremony marked the 17th anniversary of the attack. The event was attended by hundreds of uniformed and civilian garrison personnel, German emergency responders, service members from all branches and the Stuttgart High School JROTC. Community members in attendance hailed from across the U.S. and around the world.

The post flag, lowered to half-staff, was backdropped by firetrucks, a Military Police car and a humvee. A firefighter's turnouts, helmet, axes and boots sat at the base of the flagpole.

Navy veteran, VFW-Europe senior vice president and USAG Stuttgart school liaison officer Joe Holder led the observance, supported by fellow

VFW members who provided a memorial wreath, conducted a Navy two-bell ceremony and played taps.

"I remember that first image, the shot across the Hudson Bay at the south tip of Manhattan. A bright, sunny day, blue sky much like today, and against that blue sky the skyline of Manhattan ... or better, the missing skyline engulfed in that gigantic, greyish, pyramid-shape cloud of dust and smoke," said keynote speaker Chief Karl Doersam, USAG Stuttgart Fire Department, Directorate of Emergency Services. "The sheer dimensions of that cloud and the high rises invisible—not even a blurry image of the familiar silhouettes—this engineer's mind realized the brutal reality at once while the heart still was screaming prayers for another option, clinging to one last piece of hope."

Doersam brought the past into the present by reminding the audience that emergency responders need community patience and passage, and maybe offer the service member, firefighter, EMT or cop a smile and some gratitude.

"That would, indeed, honor the

legacy of the 343 firefighters, 23 (New York City) police officers and 37 Port Authority Police who made the ultimate sacrifice on 9-11," Doersam said.

It was an emotional observance. The playing of taps frequently evokes tears, and as the ceremony concluded, some

senior service members who were serving on that day in 2001, could be seen wiping their eyes as they returned to performing their places of duty.

*(Editor's note: Watch the ceremony at [www.stuttgartcitizen.com](http://www.stuttgartcitizen.com).)*

## SHS holds its first 9/11 remembrance ceremony

By Evonna Moody  
Senior, Stuttgart High School

As the eight o'clock bell chimed at Stuttgart High School, students and faculty gathered around the flagpole to participate in a commemoration ceremony on the 17th anniversary of the Sept. 11, 2001 attacks.

Principal Rick Renninger began the ceremony with a compelling speech, encouraging the 800 young adults to "reflect on the thousands of Americans we lost on Sept. 11, 2001, and how these events changed our world." Also, he urged for the "honoring of the selfless Soldiers, Sailors, Airmen, Marines, firefighters, law enforcement personnel and first responders who have paid the ultimate price to protect us, our freedom, and our way of life."

After his remarks, the flag was lowered to half-staff by retired lieutenant colonels Norm Matzke and Phil Carson. A moment of silence followed as the Stars and Stripes rippled against the notably azure sky. To close the ceremony, Assistant Principal Tessa Moss-Beaman sang an enthusiastic and patriotic rendition of the Star-Spangled Banner.

This remembrance ceremony marked the first time in SHS history in which there was an official designated observance for the attacks.

"The administration was brainstorming ideas that not only bring the school together, but are also meaningful and purposeful," Moss-Beaman said.

It is important to consider that the majority of students at SHS

weren't alive during the attacks. If a tradition of remembrance endures at SHS, it will symbolize the earnest efforts that Americans make every year to not forget that fateful day.

*(Editor's note: Evonna Moody is part of the SHS Career Practicum program. She is interested in international relations and journalism.)*



A ladder truck from Stuttgart Army Airfield pulls into place to serve as a backdrop during the remembrance ceremony.



Retired Special Forces Sgt. 1st Class John Leffler, commander, VFW Post 10810, and Command Sgt. Maj. Toese Tia, senior enlisted adviser, USAG Stuttgart command team, salute a wreath placed in remembrance of the fallen on the 17th anniversary of 9-11.



Similar to a battlefield cross, a display of a firefighter's equipment rests at the base of the USAG Stuttgart post flag.



Photo by Kristen Donnelly, SHS Class of 2019  
Vietnam veteran and SHS JROTC instructor Norm Matzke, left, and math teacher Phil Carson salute the flag after lowering it to half-staff in memory of the thousands of lives lost on Sept. 11, 2001. Both men are retired lieutenant colonels.



# Remembering Eunice Kennedy Shriver and her life helping people with intellectual disabilities

By John D. Jones  
Disability Program Manager  
USAG Stuttgart Equal Employment  
Office

Most of us take the internet, smart phones and other modern marvels for granted. The average person gets around in the world without too many barriers. Innovation sometimes makes it easy to forget that there are those among us who struggle with simple tasks because they were born with intellectual disabilities. For one pioneering woman, Eunice Kennedy Shriver, helping these individuals to live better lives became her mission that culminating in the formation of the Special Olympics.

She was the fifth of nine children born in Brookline, Massachusetts. During her childhood, she was often reminded by her parents to ensure her sister, Rosemary (who suffered from a mild form of intellectual disability), was included in family activities.

Later in life, her oldest brother, Joseph, was killed during World War II. The Joseph P. Kennedy Jr. Foundation was formed in his memory with two purposes in mind: to prevent intellectual disabilities by identifying their causes, and to improve the way persons with intellectual disabilities are



Eunice Kennedy Shriver with an athlete at the Special Olympics World Winter Games 2005 in Nagano, Japan.

treated in society. Eunice Kennedy married Robert Sargent Shriver in 1953 and in 1957 took over as director of the foundation.

Growing up in a large, physically active family, Shriver recognized the value sports activities offered. While caring for her sister Rosemary, she learned that excelling in sports was not beyond the reach of persons with intellectual disabilities. Shriver recognized that children with learning disabilities could benefit from engagement in sports activities. Responding to parents of children with intellectual disabilities asking why there were no summer camps for their children, Shriver opened her family home and property as a safe environment for those families to bring their children with intellectual disabilities and enjoy group physical activities. Assuming leadership of the foundation and formation

of Camp Shriver were both crucial events that inspired her to establish the Special Olympics.



When Shriver delivered opening remarks during the inaugural Chicago Special Olympics, July 1968, the world took notice. The Special Olympics were based on the games of the modern Olympiad and any person, regardless of age, with a below-average intellect was invited to participate.

During the inaugural event, Shriver predicted one million of the worlds intellectually challenged would someday compete, thanks to Special Olympics. She was wrong. Today, approximately three million Special Olympics athletes train year-round in 181 countries and 221 Special Olympics chapters.

Shriver was a pioneering woman throughout her life. Her efforts on behalf of persons with intellectual disabilities were in tandem with an underlying cause of women's equality. In her opening remarks at the first Special Olympics Games, Shriver recited the

following, which remains to this day the oath of the Special Olympics:

**Let me win.**  
But if I cannot win,  
**let me be brave**  
**in the attempt.**  
- Special Olympics athlete oath



Eunice Kennedy Shriver with an athlete at the Special Olympics World Summer Games 2007 in Shanghai, China.

**Learn more about the Special Olympics**

Information for this article was researched at [www.eunicekennedyshriver.org/bios/eks](http://www.eunicekennedyshriver.org/bios/eks) and [www.specialolympics.org/](http://www.specialolympics.org/). To learn more about Special Olympics here in Baden-Württemberg, visit <https://specialolympics.de/baden-wuerttemberg/>.

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# Soldier inducted into Navy Chief's Mess

Story and photos by John Reese  
USAG Stuttgart Public Affairs

Although the USAG Stuttgart is a joint-service community, here's something you don't see every day: An Army master sergeant being accepted into the Navy Chief's Mess, Sept. 14.

In a ceremony familiar to Sailors, Marines and Coast Guardsmen but foreign to Soldiers and Airmen, Master Sgt. Jacob Huckleby, a senior Armor/Cavalry noncommissioned officer currently serving with U.S. Africa Command, became a member of the Chief's Mess on pinning day. And to make it more interesting, his sponsor isn't in the Navy; he is a senior chief petty officer of the Coast Guard.

"I am a member of the Stuttgart Area Chiefs and I recommended to the Chief's Mess that Master Sgt. Huckleby be allowed to go through Sailor 360 and the Chief's Initiation process based on his desire to learn about naval tradition, history and his willingness to join the Chief's Mess," said Senior Chief Petty Officer Richard M. Whitney, senior enlisted advisor, AFRICOM J31 Joint Operations Center. "His inspiration was his grandfather's service as a Navy chief."

Huckleby never got to speak with his grandfather to learn firsthand



One of these warriors is not like the other, as Master Sgt. Jacob Huckleby stands before a gathering of mostly Sailors and Marines to become a member of the Chief's Mess, Sept. 14.

about his service.

"My grandfather fought in the Pacific during World War II as a chief gunners mate," Huckleby said. "He passed in 1972 and I never got the chance to meet him. Any chance that I can walk in my grandfathers shoes and experience some of the traditions that he experienced is quite humbling."

Huckleby's blue Army Service Uniform stood out amidst the Navy Service Dress Khaki uniforms as he marched into the ceremony, singing cadence called by the Sailor leading the 11 inductees onto the square in front of the AFRICOM headquarters building. Pinning day was Navy-wide, as 4,704 active, 448 selected

reserve and 262 full-time support first class petty officers were admitted to the chief's mess, according to The Navy Times.

An interesting part of the program was the chief selects singing the songs of the five services. When the call of "To the Army" was heard, a small scattering of Soldiers in the audience, surrounded by Navy and Marine duty uniforms, robustly joined in singing the Army song.

Whitney and Huckleby became friends in July after marching together during the annual Nijmegen commemoration for the biggest airborne drop of World War II. During that time, the Coastie got to know the Soldier.

"We marched 100 miles in four days with over 5,000 military personnel from 39 countries, and I witnessed his dedication in taking care of his Soldiers, his sound judgement and as an ambassador of goodwill—the qualities of a great chief," Whitney said.

Huckleby was introduced to the Navy's CPO 365 program in 2014 and decided to pursue the opportunity to learn more about life as an enlisted Sailor.



Navy Master Chief Joel Steinbach pins Army Master Sgt. Jacob Huckleby with chief's anchors as Coast Guardsman Senior Chief Petty Officer and sponsor Richard Whitney joins them; Chief Jay Vazquez approaches from left with Huckleby's cover.

"To reinforce the opportunity to work with and to learn from any branch of service is an opportunity that we should take. We are joint, and we will remain joint well into the future. I believe this really goes back to growing as a leader, as a Soldier, Sailor, Airmen, Marine, or Coastie," Huckleby explained. "All branches of service are similar, and for the most part share the same values and beliefs. We have volunteered to support and defend the constitution of the United States. We are all working toward a common goal."

The traditional Navy ceremony included the history of CPOs and a reading of the CPO's charge, plus a dynamic, engaging story told by Rear Adm. Heidi Berg, J2, AFRICOM, about her first chief and the impact he had on her career.

After being pinned and having their cover ceremoniously placed on them by friends, mentors or family members, the 10 chief petty officers and lone master sergeant returned salutes to a party of side-boys as a ship's bell welcomed them aboard the Chief's Mess via a red carpet lined with ropes and naval artillery shells.



The chief selects and one Soldier arrive at the ceremony singing a Navy cadence.

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Returning a salute as he passes through a cordon of side-boys, Master Sgt. Jacob Huckleby is welcomed aboard with two rings of a ship's bell.



# Uniting beyond Stuttgart during DAZ 'American Days'

By Carola Meusel

USAG Stuttgart Public Affairs Office

Featuring more than 80 events such as lectures, exhibitions, music, concerts, movies, workshops and sports, the Deutsch-Amerikanisches Zentrum (German-American Center) James-F.-Byrnes Institut Stuttgart will host its "American Days," Oct. 16-28.

The 8-day program revolves on the United States' culture, society, politics, economy and the American way of life, according to Christiane Pyka, director of the German-American Center Stuttgart.

"The festival aims to emphasize the bonds we have here when it comes to U.S. culture and topics," Pyka said. "Beyond that, we would also like to network with and connect the various partners and institutions for future projects and an ongoing exchange."

About 90 institutions, ranging from German-American groups, culture associations, foundations, sports clubs and schools, will partake and support the various events and programs. The German-American Institutes in Heidelberg, Tübingen and Freiburg will also participate.

American Days were established in 2008, with the intention to provide information about the U.S. and its diversity to the public, especially as American history is very present in Stuttgart, according to Pyka. Today, the American Days make for one of the largest German-American culture festivals in Germany also celebrating its 10th anniversary.

Pyka also pointed out that the American Days festival provides a platform for Germans, Americans and people of all nationalities to foster relationships not only on the local level, but beyond Stuttgart.

"After all, it's a culture festival," she said.

The program is designed for all age groups, and events are held in German, English, or in both languages. Most events are free of cost.

## Highlighted events:

• **Oct. 17, 6-9 p.m.:** "Break-n' the Rulz: Hip Hop and American Film" at Stuttgart University, Keplerstrasse 17, Bldg. II, 70174 Stuttgart. Lecture/



Photo by James Palik

A choir performs at the German-American gospel concert during the 2016 American Days. A hymn sing and reflective service will be held at St. Catherine's Anglican Church, Katharinenplatz 5, 70182 Stuttgart, 11:15 a.m. to 12:30 p.m., Oct. 28.

discussion (English), free admission. A lecture with Richard J. Powers, lecturer at Stuttgart University and emeritus professor of English, University of Maryland University College, will showcase clips from popular American hip-hop movies from the 1980s to present. Following the presentation, audience members are encouraged to ask questions and participate in a dynamic discussion. Snacks and beverages will be offered.

• **Oct. 18, 6 p.m.:** German-American Art Show, city hall, Bad Cannstatt, Marktplatz 2, 70372 Stuttgart. Exhibition (English/German), free admission. The German-American Artist Group Stuttgart, a consortium of German and American artists, will feature an exhibition at the historic city hall in Bad Cannstatt. Col. Neal A. Corson, commander, U.S. Army Garrison Stuttgart, will open the exhibition along with Bad Cannstatt's District Mayor Bernd-Marcel Löffler. The exhibition will run until Oct. 26. The group will also feature an exhibition at the Deutsch-Amerikanisches Zentrum, Charlottenplatz 17, 70173 Stuttgart, at 7 p.m., Oct. 24. The exhibition will run until Nov. 11 and can be viewed Tuesday to Friday from 9 a.m. to 1 p.m., and 2-6 p.m.

• **Oct. 20, 9 a.m.-noon:** Autumn Volksmarching Day, Mettertalhalle Horrheim, Neue Schulstrasse 33, 71665 Vaihingen-Horrheim. Fun & Games (English/German). Cost €2. Join the Stuttgart German-American Wandering Club for a six to 11 kilometer hike through the picturesque Enz Valley and discover the international sport of Volksmarching. Hikers must register by Oct. 18 by emailing clubpresident@sgawc.org.

• **Oct. 21, 1:30-2:30 p.m.:** "Light Sensitive 2," photography from the Schaufler Collection, SCHAUWERK Sindelfingen, Eschenbrünnlestrasse 15/1, 71065 Sindelfingen. Guided tour (English), free admission. The Light Sensitive 2 exhibition presents about 150 photographic works by German and international artists from the Schaufler collection including classic genres of photography—portrait, nude portrait, landscape, architecture and industry. The tour and admission to the entire collection of the museum will be free Oct. 21 exclusively for American Days.

• **Oct. 22, 8-9:30 p.m.:** Big Monday Night, Hochschule für Musik und Darstellende Kunst (HMDK Stuttgart Music School), Urbanstrasse 25, 70182 Stuttgart. Concert (German/English). Cost €10. The HMDK Stuttgart Big Band will present American jazz with bandleader Prof. Dr. Rainer Tempel. Tickets can be purchased in advance at [www.hmdk-stuttgart.reservix.de/events](http://www.hmdk-stuttgart.reservix.de/events).

• **Oct. 25, 4:30 p.m.:** Behind the Scenes of the State Theater Stuttgart, State Opera house (meeting at the steps, right entrance door. In case of inclement weather, under the roofing opposite of the State Parliament), Oberer Schlossgarten 6, 70173 Stuttgart. Guided tour (English), €10, children 7 years and older, €5.

Get a glimpse behind the scenes of the State Theater Stuttgart, where theater, ballet and opera lovers typically enjoy their evenings year-round. But what happens at the theater throughout the day? Sneak a peek at the stage, the building, daily operations at the theater, workshops, costume department, and the engineering involved in theater productions. Patrons must register by Oct. 25 by emailing [thomas.koch@staats-theater-stuttgart.de](mailto:thomas.koch@staats-theater-stuttgart.de).

• **Oct. 27, 2:45-5 p.m.:** Guided history walk in English through Esslingen am Neckar, meeting point will be at Marktplatz 16, 73728 Esslingen adjacent to the tourist information. Free admission. Explore Esslingen's medieval and picturesque downtown area with its half-timbered houses, cobble stone streets, hidden alleys, the historic city hall and church. The tour will conclude at a Swabian restaurant, where participants can also sample local wines (individual payment). Register by Oct. 25 by calling 07181-46594 or email [s.beard@gac1948.de](mailto:s.beard@gac1948.de).

For more events and information, visit [www.americandays.org](http://www.americandays.org). Check the website frequently, as times and locations could be subject to change. Program flyers can be picked up at the Public Affairs Office, Bldg. 2949, Rm. 312, Panzer Kaserne.



## Catch Culture Corner Thursdays

Tune in to Culture Corner on AFN Stuttgart, to hear about the festival from the DAZ American Days program manager, 8-9 a.m., Oct. 11.



## What's the scope of services at the SLC?

By Capt. Nicole A. Oberjuerge  
Judge Advocate Chief  
Client Services  
Stuttgart Law Center

Numerous recent posts on the Facebook page Stuttgart Friends 2.0 demonstrate a common misconception about the services provided by the Stuttgart Law Center.

The mission of every Army Legal Assistance Office is to help, advise, and counsel eligible persons with their personal legal matters. Personal legal matters include the preparation and execution of wills, powers of attorney, and advance medical directives, and counseling on family law and landlord/tenant law, consumer credit transactions, real property transactions, and federal and state taxation. However, sometimes the law center will turn individuals away. Why would the SLC turn people away, you ask?

First, only "eligible" persons are authorized services. Second, certain cases are entirely "out of scope," and legal assistance attorneys are prohibited from providing assistance on those cases. Common examples of out of scope issues include military justice matters, litigation against the United States, private business activities, and employment matters.

Frequently, dependents request guidance on home-based businesses,

employment off-post in Germany, and corresponding SOFA status and tax implications. However, those questions fall under "private business activities" and are out of scope. Individuals with questions on private business activities will be instructed to obtain guidance from private attorneys. Similarly, any issues relating to GS and NAF employment, i.e. "employment matters," are out of scope. Individuals will be directed to their servicing Civilian Personnel Advisory Center. Military justice matters will be referred to Trial Defense Service.

Other instances where services may be curtailed, limited or even prohibited include conflicts or when a client is already represented. Rules of professional responsibility prohibit lawyers from representing opposing parties. If an individual hires an attorney to represent them in a matter, legal assistance attorneys cannot assist or advise on that particular matter.

Finally, as a part of the Army, it should be noted that a judge advocate's true expertise is in assisting Soldiers in preparing rebuttals, statements or appeals to Army administrative actions including reports of survey, reprimands, bars to reenlistment, reduction boards, line-of-duty investigations, and OER or NCOER appeals.



This is the current entrance to the SLC. They're not joking – that's the staircase entrance under the white tarp.

## Finding the Stuttgart Law Center during construction

Story and photo by  
Spec. Jonathan Longoria  
Paralegal Specialist,  
Military Justice  
Stuttgart Legal Center

**Q:** I tried to get an appointment to see a lawyer, and nobody answered the phone. When I went to their office to make an appointment in person, all their entrances were boarded up or covered in scaffolding. How do I get help?

**A:** Due to staffing limitations and ongoing construction, we know that it can be difficult to get through to our office. To address this, the Stuttgart Legal Center provides multiple ways for potential clients to find the help they need. The easiest

way is to pick the phone and dial. A paralegal will answer, asking several questions to better assist you. If all of the paralegals are working with other clients when you call (as is often the case), they will not be able to answer the phone. If you reach the voicemail, leave a message. Messages and responses are tracked and updated daily.

Your second option is to send us an email (a link to this email address can be found on the garrison website). When sending us the email, please be sure to provide us with a detailed summary of what the issue is, and the names of all parties involved. Or, if you happen to be on Kelley, you may want to come to our office to schedule an appointment (more on how to navigate that maze below).

We have multiple attorneys who work with us, and each of them specialize in different areas. The waiting time to meet with one varies, depending on our workload and your particular circumstances. We might be able to assist you more quickly when it comes to a will execution, but not as quickly as you might like when it comes to issues with your German landlord.

It is important you contact our office as soon as you become aware of a potential legal issue.

Powers of Attorney and notary services are always available, without appointment, during our normal business hours or at other times for emergencies. Our office also provides walk-in services every Tuesday for American attorneys only, on a first-come-first-served basis.


Our facility is currently undergoing renovations, including the addition of an elevator. The old glass entrance doors are blocked off due to the current construction, making the building inaccessible from the front (by the barber shop and the bank). Make your way to the back of the building by walking around the outside or cutting through the community mail room, and you will notice scaffolding wrapped in white tarping, surrounded by construction materials.

We're not joking—that's the entrance. The staircase is there for your convenience.

Once at the top of the stairs (don't let the unexpectedly loud creaking dissuade you), you will find signs directing you to your final destination.



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### Hours and finding the SLC by phone or online

The SLC is located in Bldg. 3312, Rm. 230, Kelley Barracks. It's new hours of operation are weekdays, 9 a.m.-4:30 p.m., except Thursdays when the center is open 1-4:30 p.m. If you need further directions, call 421-4152 or 0711-729-4152, or email the SLC at [us-army.stuttgart.21-tsc.mbx.slcla@mail.mil](mailto:us-army.stuttgart.21-tsc.mbx.slcla@mail.mil).



# Tradition starts Viehscheid in Allgäu region

Story and photos by

Kevin S. Abel

U.S. Army Garrison Stuttgart

Public Affairs Office

Every year from mid-September into October, the Allgäu region of Southern Germany celebrates the return of cattle and the shepherds from the summer pastures high in the Alps.

The Almbtrieb, which is called Alpbtrieb or Viehscheid in the Allgäu region, is a traditional event the Allgäu people celebrate with joy and, of course, a festival.

Every year before the weather turns to winter and after about 100 days in the mountains, the shepherds bring the cattle back to the valleys. Long before you can see them, you hear the cowbells ringing. During the Viehscheid, around 30,000 head of cattle leave the lush mountain pastures of Allgäu Region to be herded into the valley to the Scheidplatz and sorted before being returned to their owners.

It all starts in the spring when herders promise owners of cattle herds they will return all of their animals to them in good health in the fall. These herders take on a great amount of responsibility and drive the cattle up into the mountains shortly after the snowmelt to fatten them up during the 100 days of summer. The time spent up in the mountains isn't easy for the herders; they often live in very simple conditions



**How now, brown cow? An Allgäu Braunvieh (a trademark for the Allgäu brown cow) patiently awaits its turn to be sorted and returned to its owner. While they yield less milk, they live almost twice as long as high-performance cows. They have a well-balanced character and are considered to be very robust.**

and lead extremely lonely lives.

If all has gone well, the leading cow is elaborately decorated. Whilst all of the cattle are decorated with bells and collars, only the leading 'Kranz' (or 'Kranzkuh' in Bavarian) is decorated with a wreath. The wreath is fashioned from pine boughs, alpine flowers, bearing a cross and a mirror. All the other cows wear huge bells to ward off evil demons encountered on the journey back to the valley. This is the traditional way of giving thanks for a good grazing season without losses.

In recent years, the Viehscheid has become increasingly popular and vary in the number of cattle and tourists. The average size of the gather is approximately 300-500 head of cattle per event. It's advisable to get there early for a good view. However, depending on the weather, the Viehscheid may be postponed.



**The matriarch Allgäu Braunvieh in her festive decoration Kranz of pine boughs, alpine flowers, and bearing a cross and a mirror, leads the herd at the Alpbtrieb to signify that no accidents happened on the mountain over the summer, Sept. 8.**

## JTAGS Alpha Detachment cases guidon for move to Sicily

USAG Stuttgart Public Affairs

For the past 21 years, A Detachment of the Joint Tactical Ground Station (JTAGS-Europe), 1st Space Battalion system on Kelley Barracks proved itself an invaluable asset to the warfighter and the missile defense community, supporting multiple combat operations.

"During these 21 years, Alpha Detachment has provided over 120,000 hours of missile warning and battle-field characterization of both theater and strategic events to a third of the globe," said Lt. Col. Donald Brooks, battalion commander, 1st Space Bn. "For JTAGS-Europe, these past 21 years have been riddled with global conflicts that have kept JTAGS operators focused on the battlefields of Kosovo,



Photo by Sgt. 1st Class Ernest Dominguez, operations, JTAGS-Europe  
**At right, Capt. Dustin Mondloch, commander, A Det., JTAGS, and his space warriors furl the unit guidon for movement to Sicily.**

Afghanistan, Iraq, Crimea and the Ukraine, not-to-mention the thousands of missile tests and nuclear proliferation by rogue states."

The Army fielded the first fully operational JTAGS within the Stuttgart garrison footprint

on Feb. 19, 1997. Officially known as the 15th Air Defense JTAGS Det., it began operating 24 hours a day. On Sept. 14, the detachment cased its colors and will continue to support the region from its new location in Sigonella on Sicily, Italy. Under the command of Capt. Dustin Mondloch, A Det. Will carry on its legacy for JTAGS-Europe by providing 24/7 missile early warning operations for the European, Central and Indo-Pacific Commands.

*(Editor's note: Sgt. 1st Class Ernest Dominguez, JTAGS-Europe, and John Reese, USAG Stuttgart Public Affairs, contributed to this article. For more about JTAGS legacy, view the March 23, 2017 article in the digital archive on [www.stuttgartcitizen.com](http://www.stuttgartcitizen.com).)*

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# Cannstatter Volksfest celebrates 200 years of fun

By Carola Meusel and John Reese  
USAG Stuttgart Public Affairs

The annual Cannstatter Volksfest, ongoing now in Bad Cannstatt through Oct. 14, is celebrating its 200th anniversary this year on the Cannstatter Wasen fest grounds in Bad Cannstatt.

Cannstatter is the second-largest Volksfest in the world, offering seven beer tents, the Cannstatter Oberamt wine tent and the Almhüttendorf, a reconstruction of a typical Bavarian-Austrian alpine village.

Participants will enjoy grilled chicken and many other foods sweet and savory, live bands, carnival rides and a variety market.

The fest is open Monday through Thursday from noon to 11 p.m.; Fridays from noon to midnight; Saturdays from 11 a.m. to midnight; and Sundays from 11 a.m. to 11 p.m. A family day with a reduced entrance fee is offered Oct. 10. Entrance to the fest is free.

On Oct. 14, the fest will conclude with a 15-minute fireworks show set to music at 9:30 p.m. People can catch a great view of the fireworks show at König-Karls-Brücke adjacent to the fest grounds.

## Reservations

Reservations for tables in the beer



Photo by Bardia Khajenoori, USAG Stuttgart Public Affairs  
**German, American and other allied troops enjoy the Soldiers' Fest, Oct. 1. The event, a tradition since 1975, brings allied service members together to enjoy the Cannstatter Volksfest in an atmosphere that builds camaraderie.**

tents are typically made months in advance. Without a reservation, a visitor may encounter long lines and wait times, and a possible rejection to enter a tent, especially during the weekends. To see if reservations are still available, visit [www.stuttgarter-fruehlingsfest.de](http://www.stuttgarter-fruehlingsfest.de), go to the Festzelte tab on the left, select the respective beer tent by clicking on the image, proceed to the tentmeister's website and click on the Reservierung tab.

## Security, safety and transportation

Backpacks and bags will be

searched at the entrance or when entering any beer tent. No knives are permitted on the fest grounds; all knives will be confiscated during security checks conducted at the various entrances to the fest ground and prior to entering any beer tent. Fest-goers cannot bring any bottles (plastic, glass or steel) on the fest grounds. No pets are not allowed on the fest grounds; service dogs are permitted.

If you're not going alone, purchase a group day ticket (GruppenTagesTicket) at any stop.

It is valid for up to five people or for a parent with any number of children 17 years or younger. Prices vary based on selected travel zones: 1-2 zones: €12.30; 3-4 zones: €17.10; entire network €19.90. Fest-goers can also download the USAG Stuttgart mobile app to plan their trip and receive event and public transportation information. There is no parking available at the Cannstatter Wasen fest grounds for privately owned vehicles this year, due to the Agricultural Festival being held at the same time.

Large events such as the fest increase the potential of drinking and driving. If you plan to enjoy the fest, ensure you have a plan for returning safely home afterward. Use a designated driver, public transportation or a taxi. Don't leave children unattended at any time. Always follow the safety instructions posted at the rides and/or instructions given by the operating personnel; when in doubt, ask before you take a ride.

## Lost and Found

Forgot, or lost something while festing? The lost and found office (Fundbüro) is located in a container between the Zum Wasenwirt beer tent and the Stuttgart administrative office, or call 0711-9005625.

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### Following a preventive maintenance schedule

"The Stuttgart Health Clinic is doing an outstanding job when it comes to preventive services," said Maj. Scott A. Maddox, Public Health Nurse, MEDCOM, Bavaria Health Command.

These screenings are based on age and risk factors:

- Get regular blood pressure screening.
- Cholesterol screening is advised for all men 35 and up, or 20 and up if there are other risk factors.
- Get colorectal cancer screening at age 50 and up.
- Get a Tetanus booster every ten years for men over 50.
- Get a flu shot every year.
- Prostate cancer screening is recommended starting at age 50 for average risk, based on individual case factors.
- Diabetes screening should occur every 3 years at age 45, or earlier if the man has high blood pressure or high cholesterol.
- Monthly self-exam for irregular moles are encouraged, with an annual visit to a dermatologist for a complete exam.
- Get an annual testicular exam by a doctor and do monthly self-exams to check for lumps.

"Each patient should take an active role in their health care," Maddox said. "We need your help to ensure your health is maintained."

### To help improve mental and emotional health, men should:

- Find ways to de-stress, including maximizing physical activity and sleep.
- Speak to a chaplain, behavioral health care professional or healthcare provider if there is a struggle with negative thoughts, excessive worries, or hopelessness or have suicidal thoughts or plans for suicide.

"Call the appointment line at 06371-9464-2900 or DSN 590-2900 to schedule an appointment," Maddox advises. "We highly recommend enrolling in the Patient Portal, Tricare Online, also known as Secure Messaging, which allows you to book appointments, refill prescriptions, securely email your health care provider and more. Visit <http://rhce.amedd.army.mil/stuttgart/>, then select Patient Portal on the right hand side."

Visit the Stuttgart Wellness Center at <http://rhce.amedd.army.mil/stuttgart/Services/awc.html>.

# Key in on men's health

By BethAnn Cameron, Health Educator  
Army Public Health Center

The Army Public Health Center is encouraging men to maintain good health. If you are a male, have you had regular scheduled check-ups and annual screenings?

Army public health professionals are heightening awareness of preventable health problems and are encouraging men and boys to seek regular medical advice and early treatment for disease and injury. They are reminding men to take steps to be healthier.

Women have a role as well. Whether it is for yourself or for your husband, partner, dad, brother, son or friend, you can help support the health of the men in your life.

What should men do to maintain good health? Most experts agree that men should be physically active; have a healthy diet; maintain a healthy weight; manage stress in a positive way; get seven to nine hours of sleep daily; drink alcohol only in moderation; not smoke and avoid secondhand smoke. The Performance Triad campaign promotes the three key components of sleep, activity and nutrition designed to encourage healthy behaviors of Soldiers, their families and retirees. The Army Wellness Center and installation resources such as athletic centers and recreational programs can help men improve their health.

It is important for men to partner with their healthcare provider to choose an appropriate preventive health care program. Men should get regular, annual checkups with their healthcare provider. Men should also know their family medical history and share it with their family and with their healthcare provider.

Get preventive tests or screenings at the recommended age. Getting the right screening test at the right time is one of the most important things a man can do for his health. Certain diseases and conditions may not have symptoms, so checkups and screenings help identify diseases early, before symptoms occur. Many major health risks that men face, such as colon cancer, testicular cancer or heart disease may be preventable. Likewise, they are easier to treat when found early.

Men also experience stress and may suffer from depression and other mood disorders, so taking care of mental and emotional health is key. It is a well-known fact that depression affects overall health and well-being.

Are you interested in learning more about men's health? Educate yourself and check out the informative resources in the related links section.

"The Stuttgart Health Clinic has a Wellness Center," said Maj. Scott A. Maddox, Public Health Nurse, MEDCOM, Bavaria Health Command. "Please call 590-1601 to schedule a visit."



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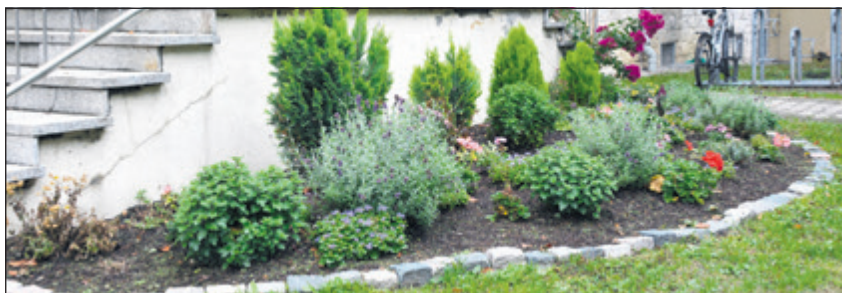
All of the picnic tables in "Buffalo Park" are adorned with flowers.

## Kelley Barracks' secret gardener revealed

Story by community member  
Rachel Alberstadt and  
John Reese  
USAG Stuttgart Public Affairs

When you walk to the Kelley Barracks Post Office, you've may passed an incredible little garden outside of Bldg. 3313. Unbeknownst to most, this garden wasn't planted, nor is maintained by, the garrison's Directorate of Public Works; it's the sole accomplishment of Stuttgart military community member Kay Hall.

Hall, who grew up in Montana, arrived in the community about a year ago. Without a home garden of her own, she created the one in front of her workplace. It is a delight of the



**It's not that the garden area is in a secret location; it's that it is an entirely volunteer effort by a community member just because.**

building's occupants and all who pass by. She buys the materials herself, does all of the planting, weeding and maintenance, and diligently waters the garden daily.

"When we moved here from Northern Virginia, we left a house with a massive yard where I had a garden and lots of flowers. While we love living in Stuttgart, we do not have a yard

or space for growing things," Hall explained. "When I saw our building, I saw potential with the groundwork prepared through others over the years. It is grand that others enjoy it. I am excited about fall foliage and mums."

Nearby, past the picnic tables adorned with flowers, is a large bison statue placed by DPW after its home garrison was closed.

"To really make it a significant rally point, we are hoping to move an American bison statue from a forgotten corner of Kelley to an empty piece of soil in our picnic area (Buffalo Park)," Hall said. "Apparently, this bison was the mascot of the now-shuttered American high school in Mannheim. Just like the school, this bison will remind everyone of something uniquely

and impressively American—and my home, Montana."

Hall is a veteran, civil servant and aspiring actress who recently performed in a couple of plays at the Kelley Theatre.

"I have been most fortunate to have played the quirky Biondella in 'Taming of the Shrew' and the peculiar Cordelia Haversham in 'A Course Acting Show,' both directed by the celebrated Richard Roberts," Hall said. "I relish the experience."

And like the actual shrew, a tiny critter that eats insects and digs holes in gardens, Hall is experiencing a minor pest problem.

"Unfortunately, there are a few varmints that have taken up residency in the flower bed," she said.

Hall's garden spot has blossomed into something colorful and enchanting, changing design and fragrance with the seasons. It positively impacts community morale; her florals bring smiles to faces and delights visitors with a dignified elegance to Kelley's appearance.

"I am most eager to see how the adjacent green space can be spruced up. It was once only a smoking area and now we have some picnic tables and potted flowers," Hall described. "A lot of folks are enthusiastic about it.

DPW thinks (moving the bison statue) is possible, and those hard-working fellows have embraced the idea. We hope the park will encourage teammates to gather together."

Her work, through sharing her hobby, is recognized and appreciated.

*(Editor's note: John Reese, USAG Stuttgart Public Affairs, contributed to this article.)*



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# The fallen of the Great



Soldiers await the beginning of the St. Mihiel commemoration.



A U.S. Navy band adds martial music to the St. Mihiel commemoration.

By Stephanie Addison &  
Joe Holder  
*Veterans of Foreign Wars  
Post 10810, Stuttgart*

The American Expeditionary Forces of World War I was formally established on July 5, 1917, building up from 14,000 Soldiers the previous month to more than a million by May 1918. Fighting together with its allies from France, Great Britain, Canada, Australia and Italy, the AEF fought with valor in such battles as Cantigny and Belleau Wood through the summer of 1918.

Gen. John J. Pershing, commander, AEF, laid out an 8-page battle plan to push the western front into Germany. The Saint Mihiel Offensive conducted Sept. 12-16, 1918, was the first American-led action of the war. By the end of September, the Meuse-Argonne offensive began. The Meuse-Argonne Offensive was the greatest American battle to date in numbers of combatants and casualties, leading to the armistice that ended the war on Nov. 11, 1918.

A century later, six members of the Veterans of Foreign Wars, Post 10810, Stuttgart, traveled to France, Sept. 22-23, to participate in commemorations of the last two major offensives of World War One; St. Mihiel and Meuse-Argonne.

The Centennial Commemoration of the St. Mihiel offense was held at the Saint-Mihiel American Cemetery near Verdun, France, the final resting place of 4,153 Americans. The observance was attended by military

and civilian participants from around the globe who came to honor their fallen "Doughboys" or fellow countrymen. Remarks were made by U.S. Army Gen. Curtis M. Scaparotti, commander, Supreme Allied Commander Europe, and French General de Corps d'Armee Gilles Lillo. Both generals laid a wreath of remembrance. Also in attendance were descendants of famous American Soldiers such as Gen. John Pershing, Sgt. Alvin York and Gen. George Patton.

The Stuttgart VFW six visited the largest American cemetery in Europe at the Meuse-Argonne American Cemetery and Memorial, Sept. 23. Throughout the day, Soldiers' names were read by volunteers and each grave site was illuminated. The VFW members placed more than 500 candles on some of the 14,246 headstones in preparation for the WWI Centennial Luminary Event that evening.

Despite the very inclement weather, the ceremony began with guests moving into the cemetery chapel. Among the distinguish visitors was Secretary of the Army Mark T. Esper.

In commemoration of the 100th anniversary of Armistice Day, VFW Post 10810, in conjunction with Patch Chapel, will conduct a combined ceremony and service at the chapel, Sunday, Nov. 11, at 11 a.m. The commemoration is open to the entire Stuttgart military community.

A century ago, Americans fought in the war to end all wars; not for pride or fame, but for sense of duty. They will never be forgotten.





# War are not forgotten



Members of VFW Post 10810 place luminaires on 500 of the 14,246 grave markers of American Expeditionary Force soldiers at Meuse-Argonne, Sept. 23.



Two types of AEF uniforms flank one of 1918 France.



French soldiers march into the St. Mihiel commemoration, Sept. 22.



Re-enactors dressed as WWI "Doughboys" provide a St. Mihiel color guard.



Photos by Joe Holder, VFW Post 10810-Stuttgart  
The grave markers at American Cemetery and Memorial at Meuse-Argonne are illuminated, Sept. 23.



## NEWS BRIEFS

**K1055 re-opened**

The non-Autobahn link between Patch Barracks and Panzer Kaserne, better known as "Frog Road," is now back in service after months of closure. It re-opened late on Sept. 20. Please mind the toads, frogs, bicyclists and scooters. Also, deer and wild pigs have been spotted crossing K1055, and slow farm vehicles are on other country roads, so wherever you are, drive with caution.

**Get the lead out**

A town hall was held at the Patch Chapel to address concerns about lead paint in facilities, Sept. 13. Some families stateside had expressed concerns about potential risks in government housing. The command team is evaluating all options to address any concerns.

**Celebrate Hispanic Heritage**

The next event coming from the Equal Opportunity Office will be the Hispanic Heritage Month observance at the Panzer main post exchange, Saturday, Oct. 13, from noon to 2 p.m. The details of this event were still being worked out at press time. The EO will have more information upcoming; watch the garrison Facebook page and the Stuttgart Citizen online for announcements.

**Kelley construction heads-up**

DPW advises that Birch Strasse, Kelley Barracks, will be closed Oct. 8–26 for construction. The contractor will block the whole road for safety reasons. Customers and employees the operations and maintenance yard may use the back entrance on Pine street. Detour signs with directions will guide drivers to the back entrance of the yard. The parking spaces behind the Kelley Fitness Center's tennis courts will not be available during the time of the road closure; signage will be posted to inform about the closure. DPW and the contractor will try to keep the blockage to a minimum and finish the work within the announced timeframe. The ongoing construction that caused the closure of Oak Street is expected to continue until Oct. 29.

**CAP wants you**

The Civil Air Patrol-Stuttgart Flight meets in the lower level of Bldg. 2900, Panzer Kaserne (Marine Forces-Europe

building near the Panzer main gate).

The CAP is for community members aged 12 and up who are interested in aviation and service to the country. Call 0170 7027412 or visit [www.gocivilairpatrol.com](http://www.gocivilairpatrol.com).

**Juice box painting**

The garrison's Exceptional Family Member Program is holding two more "Painting and Juice Boxes" evenings (like adult painting and wine classes, only for kids) in the Panzer Chapel classroom, beginning at 6 p.m., Oct. 11 and Nov. 1. This is a free family activity for EFMP families in which children will create a painting masterpiece with an experienced art instructor. Snacks will be served and all supplies are included. Call 431-3362 /07031-15-3362 to register for one or more classes.

**Truck pull**

In conjunction with the USAG Stuttgart Fire Department and Fire Prevention Week, AFFES is sponsoring a firetruck

pull at the Patch Express gas station, 10 a.m., Oct. 11. Participation is free for teams of 10 participants and there will be great prizes. Fire safety material will be available for kids, and there will be live fire and rescue demos carried out from 9 a.m. to 3 p.m. Call 0711-680-8724 for more information.

**Join the SCSC bunco squad**

Join the Stuttgart Community Spouses' Club for food and fun at the Swabian Special Events Center, Patch Barracks, Oct. 16. Doors open at 5:30 p.m. with a buffet dinner. Attendees can also shop the "Ways & Means" table where they'll find an assortment of European collectibles. First-time guests don't need to be a club member to register. For more info, to register and to make payment by Oct. 8 at [stuttgartspousesclub.org](http://stuttgartspousesclub.org) and select the event tab. Cost: \$20.

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### Get your shot

The Stuttgart Army Health Clinic will be providing flu shots for service members who missed the pandemic vaccination exercise at the beginning of October, and for the rest of the Stuttgart military community, Saturdays, 9 a.m.-1 p.m., beginning Oct. 20 and again on Nov. 3 and Dec. 1.

### Lunch & Learn with SME panel

October is National Disability Employment Awareness Month; bring your lunch and join the garrison Disability Program Manager at the Panzer Chapel Annex for an interactive discussion panel about employing individuals with disabilities, Oct. 24. Lunch from 11:30-noon, followed by a panel of legal, medical, Works Council and CPAC subject matter experts. Call 431-3173.

### Evacuation training

The Directorate of Emergency Services - Fire Department will hold the next evacuation coordinator training at 1:30 p.m., Oct. 25, in the "Firehouse" (Bldg. # 3180 (Waldburgstraße 104, 71032 Böblingen, near Panzer Kaserne). These classes are mandatory in accordance

with AR 420-1. Classes are held the last Thursday of every month. Please pre-register. Call 431-3830 or 431-3857.

### Celebrate the harvest

The garrison will hold its annual Children Youth Service Harvest Fest on Saturday, Oct. 27, from 11 a.m.-2:30 p.m., in the Patch Youth Center and Fitness Center Parking Lot. See p.15 for more info and other October Family & Morale, Welfare and Recreation happenings.

### Volunteers needed for retirees

Volunteers are needed to run the Retiree Services Office and to be on the retiree council. Call 431-2010 or 07031-15-2010.

### Have a late (Community) Club sandwich

You've just left the movie theater and the popcorn didn't fill you up. Solution? The Patch Community Club now offers late afternoon and evening food options such as burgers, chicken, appetizers and more. The days and hours of food service include: Thursdays 4-10 p.m., and Fridays and Saturdays from 4 p.m. to midnight. If you're looking for that midnight snack, head on over to the club.

### Be a BOSS

The Stuttgart military community's Better Opportunities for Single Servicemembers meets at 11:45 a.m. - 12:45 p.m. on the first (Patch Arts & Crafts Center) and third (HHC USAG Stuttgart on Panzer Kaserne, next to the Panzer Commissary) Wednesdays of the month. Check with your unit BOSS representative or call 430-4061 or 431-2083 for details.

### Online appointments

Community members can now schedule appointments online for vehicle registration or inspection, the hospital tour and host nation orientation tour, with more services to be added in the near future. A CACisn't necessary to access it. Users may also access the site through the "Appointments" section of the USAG Stuttgart mobile app. Once customers have selected their appointments, the scheduling site allows them the option to create an account that will help them track multiple appointments. Customers will receive immediate email notifications to confirm appointments upon booking with additional details about the appointment, as well as the option to cancel or reschedule up to 24 hours in advance. Visit www.stuttgartcitizen.com or use the app.

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# CID warns Army community of disaster fraud schemes, scams

U.S. Army Criminal Investigation Command  
News Release

The U.S. Army Criminal Investigation Command is alerting the Army community to be on the lookout for "Disaster Fraud" charitable schemes and repair scams.

"Disaster Fraud occurs after man-made or natural catastrophes such as the recent damage, storm surge and flooding caused by Hurricane Florence.

Often dishonest individuals or contractors will use this opportunity to inflate damage estimates, or swindle homeowners in home repair, debris removal

and other cleanup scams," said Chris Grey, CID spokesman. "These scammers will

also exploit the disaster by seeking out those wishing to support and assist affected victims

fraudulent e-mails or creating phony websites to solicit contributions or personal information resulting in identity theft."



CID agents warn that some of these organizations are fraudulent, or misleading at best because they do not have the infrastructure

to support the affected disaster area. Do not respond to unsolicited email (spam), links or attachments from these fake groups because in addition to stealing your identity, these links may also contain computer viruses and/or hijack

your computer files for ransom.

The scammers will also focus on getting their victims to become emotionally invested to help those in need. Special Agents from CID recommend that people who want to give do research before donating. Ask detailed questions about the charity or organization, which includes basic information such as their name, address, telephone number, and if the charity is registered. Also request proof that a contribution is tax deductible or if the organization is tax exempt. Be cautious of out of state organizations – especially if their address is a post office box.

Officials also urge would-be-givers to ensure monies are donated to trustworthy organizations and make contributions directly to known and verified organizations rather than relying on a third party to do so.

Experts also advise that copycat websites are very active during natural disasters. Copycat websites will have links that will appear authentic to similar known web addresses. It's the same for some social media platforms. An increased use of social media platforms using copycat websites and accounts of trusted organizations will be used to display devastating and emotional images combined with a link in an effort to get you to donate to those in need.

If you decide to donate, go directly to the organization's website and do not donate using a link that has been sent via email or social media, CID advises. Be sure to check the organization's verification. Most sites use a check mark behind the name to let you know that you are on or viewing a verified account.

Additionally, some crowdfunding and fundraising websites and accounts may not be used for the intended purpose of helping disaster victims, so beware of solicitations from these sites posing as legitimate and fake organizations. It is important to verify all organizations before donating.

In addition to charitable donations and email scams, victims should also beware of contractor and home repair fraud.

"Please keep in mind that legitimate and licensed repair contractors are quickly booked," said Special Agent William Stakes Jr., CID's Economic Crime program manager. "Do not overlook normal precautions and do not hire an untrustworthy or questionable freelancing handyman because you are eager to start the repairs quickly. Do your research when hiring repair contractors."

If you think you've been the victim of any of these scams, you can file a complaint with the Federal Trade Commission.

(Editor's note: Some information contained in this advisory is courtesy of the FBI, the National Center for Disaster Fraud and the National White Collar Crime Center.)

## Red flags and important points to consider when hiring a contractor

- Ensure contractor hired is legitimate. Seek companies licensed obtaining three itemized bids before choosing a contractor.
- Contractor asks for cash up front (advanced fee scheme)
- Get a written estimate and don't sign a blank contract. Get a second set of eyes to look over the contract. Always best to get a second opinion.
- Don't sign over your insurance settlement check and don't pay with cash but by credit card or check and never the full amount up front.
- Have the work inspected; holding the final payment until repair completed to your satisfaction.
- Don't be pressured or fall for someone claiming to offer a "one-day-only" special or discount for hiring them on the spot. Often after disasters, disreputable contractors will solicit door to door offering to repair or clean up damage.
- Beware swindlers peddling "Mold-Free" certificates – there are no laws requiring homeowners to produce this credential.
- Another good proactive measure is to take pictures with the contractor; business cards, contractor/vehicle licenses – fraudsters are unlikely to cooperate.

## Resources

National Center for Disaster Fraud: (866) 720-5721

Email: [disaster@leo.gov](mailto:disaster@leo.gov)

Department of Homeland Security/FEMA Fraud Hotline: (800) 323-8603

<https://www.oig.dhs.gov>

Federal Trade Commission: <https://www.ftc-complaintassistant.gov/#&panel1-1>

## Helpful Links:

<https://www.consumer.ftc.gov/articles/0074-giving-charity>

Directory of national charities: <http://give.org/charity-reviews/national>

For more information on CID or to report a felony-level crime or provide information concerning a crime, contact your local CID Office or the Military Police or visit [www.cid.army.mil](http://www.cid.army.mil).

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# Facing the grey season in faith

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

I really don't like bearing bad news and the Bible tells us not to overly concern ourselves with bad news.

*"They will have no fear of bad news; their hearts are steadfast, trusting in the LORD." Psalm 112:7*

But the truth is that cold weather is on the way and the grey season is around the corner. You might remember the grey season, the season of cloudy skies and highs of 30-40 degrees Fahrenheit; occasionally the sun pokes through.

The grey season in Germany is often dreaded by those who know it, and it comes as oppressive and draining to those new to it. Oftentimes, you may find yourself both going to work and returning home in the dark.

The grey season has a clinical name: seasonal affective disorder, or SAD

for short. SAD is often characterized by the onset of depression, irritability, tiredness or low energy, not wanting to be around people, hypersensitivity, feeling heavy, not wanting to get out of bed as days draw shorter and grow colder.

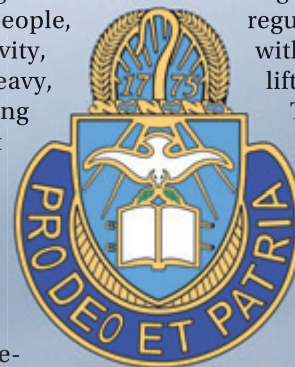
Of course, seeing your primary care provider is important for sudden health changes. Engaging your faith and spiritual practices during the grey season can make a big difference as well. Faith-based countermeasures to SAD are mostly the opposite of the symptoms. It's important to get outside in God's creation and feel the sun when it pokes through the clouds. Exercise mitigates tiredness. Go for a walk; spend time outdoors. Go out of your way to be outside with others and don't give in to cabin fever.

Having an active

social network is important during the grey season. Chapel communities are great places for all ages to be part of a regular community with regular and uplifting happenings. Those who pray regularly show significantly less depression and anxiety, more optimism and greater levels of spiritual experience. On many occasions Jesus himself went to pray when met with intense times of trial. If Jesus needed prayer during difficult times, how much more do we mere mortals require prayer?

The good news is that through engaging spiritual health, the grey season doesn't have to be bad news. We can learn from the Good News how to keep hope and joy alive during the darkness.

*(Editor's note: Ch. O'Lear is an Anglican priest for the Sunday 8:30 a.m. Protestant Liturgical Service at Panzer Chapel.)*



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**The Return of the RB Sheep**  
Photos by Sabrina Wilson  
volunteer, Robinson Barracks

Winter is coming, and so are the sheep to graze the green hills of Robinson Barracks. The critters are a familiar sight as they return every fall to mow and fertilize the grass.

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R2 students navigate the Waldhochseilgarten ropes course, Sept. 18. This time they conquered the course with a parent.

## Ready and Resilience returns, this time family-style

USAG Stuttgart School Liaison Office  
Photos by Joe Holder  
School Liaison Officer

Real life resilience was experienced by 13 youths and their parents by climbing, crossing and zip-lining together between trees at a forest ropes course, Sept. 18.

Child and Youth Services, through the Patch Youth Center and the School Liaison Office, offered the opportunity to challenge the Waldhochseilgarten at the Rutesheim Freizeitpark. Youth and their parents gained awareness of their connection with each other,

confidence in themselves and their abilities, and a heightened sense of control over how to solve problems and overcome obstacles.

Relationships matter, and the teens experiencing the course with their parents let them deepen already existing connections in a new and challenging environment; they relied on each other to accomplish each task throughout the course working together to grow and succeed as a team. One parent said he'd learned that it's okay to be afraid at times, and that the kids helped him overcome his own fears on the course as he learned new things

about himself and his children.

"The first part scared me. But then I took a deep breath and was able to balance on the ropes," said Stuttgart High School freshman Jacqueline Gillium.

The course provided a wealth of opportunities to gain confidence by demonstrating competence in real-life situations. Throughout the day, participants practiced the skills they'd learned, and the belief in themselves and their abilities continued to grow.

The use of deliberate breathing helped participants to slow themselves down, decrease anxiety and

gain control as they maneuvered from tree to tree, driving the right emotions and reactions to effectively overcome the obstacles in their path.

Participants bounced back and adapted to challenging situations throughout the day and brought the best of themselves to what they encountered. They gained self-confidence and self-control while deepening connections with each other.

*For more information regarding the Ready and Resilient (R2) program and future outreach activities, contact the School Liaison Office at 430-7465 or 0711-680-7468.*

## 'Bulldog Buddies' lend a helping hand at RBES

By Teacher Janis Renninger  
Special Education, Robinson Barracks  
Elementary School

The challenge of being a military child be daunting for students. Long hours, TDYs and long deployments are just some of the difficulties that families face when trying to connect with school and their children.

The Parent Teacher Student Association (PTSA) at Robinson Barracks Elementary School has started a program with the support of the principal, teachers and School Liaison Officer Brian Pappas called "Bulldog Buddies." The goal of the program is bring volunteer RBES dads into the classrooms one time each month to interact with the staff and students. Bulldog Buddy volunteers will be working across many classrooms, interacting with students during specials, recess and lunch, and even getting the opportunity to directly help students with academic work during the day.

"Bulldog Buddies is so very important to our school in particular because our kids deal with their parents working late hours and going TDY often,"

said Sabrina Wilson, president, RBES PTSA. "We, as adults who have been a part of this military life for so long, sometimes forget how difficult it can be emotionally for our kids."



Photo by Sabrina Wilson, president, RBES PTSA

**Bulldog Buddy Sgt. 1st Class Odell Jackson helps the kindergarteners of Shana Tuttle's class.**

Wilson explained that the program's success can be attributed to the generous volunteers who are ready and willing to give their time to be a Bulldog Buddy.

The Bulldog Buddy program kicked off on Sept. 7 with four volunteer dads. Wearing specially designed t-shirts to identify them to the staff and students, the Buddies participated in classes and activities throughout school day.

"I had fun and really liked interacting with the kids and especially enjoyed reading to the kindergarten students," said Eric Newsome.

Nick Hilliard, who has a 3rd grader at the school, reported that it was a "great experience and it was especially good to interact with students across grade levels."

One benefit of the fathers coming during the school day is that it also gives them the opportunity to see how education has evolved since their own elementary school days.

"To have the opportunity to help teachers influence kids in their learning environment was probably my favorite part," explained Nate Wilson. "Seeing how education has changed

since the early '80s and sharing those experiences with kids was fun."

Odell Jackson, dad of a current RBES 3rd grade student, enjoyed his experiences as a Buddy.

"It was much more than I initially expected, from helping our kindergartners properly write their names to working on physical exercise drills in the gym," "My day was an adventure from start to finish," Jackson said. "I saw so many kids just excited to see the dads in the school. I am proud to say I'm an active Bulldog Buddy."

### Become a RBES Bulldog Buddy

If you're an RBES father and would like to participate in the Bulldog Buddies program, a minimum of four dads being sought out as volunteers for the first Friday of each month. Slots are filling fast. Email the PTSA president at [rbspresident@gmail.com](mailto:rbspresident@gmail.com).





# FMWR announces October Harvest Fest and Halloween hauntings

**Oct. 25: Monster Mash Escape Room, Patch Library, Patch Barracks, 2 – 7 p.m.** See if you can break the code and escape before the monsters return and find you in their space? 5 sessions, each beginning on the hour and lasting 45 minutes. Recommended for elementary to middle school children. Call 430-5232 or 0711-680-5232.

**Oct. 27: CYS Harvest Fest, CYS, Patch Youth Center Parking Lot, 9:30 a.m. – 12:30 p.m.** Community children are encouraged to come out and learn about resiliency through

reading at the 2018 Harvest Fest. Receive a free copy of the book "The Bear and the Piano" (while supplies last), Truck of Treating offered by Moms of Preschoolers (MoPS), and a ton of craft and fun activities: bouncy houses, photos with a scarecrow, harvest crafts, pony rides and more. Call 430-7480 or 0711-680-7480.

**Oct. 26: Nightmare on Patch Street, Patch Community Club, Patch Barracks, 9 p.m. – 2 a.m.** This Halloween season let the music control you at the free dance party. Come dressed to impress or to scare.

Enjoy a delicious buffet that includes fried chicken wings, egg-rolls and BBQ meatballs. Buffet starts at 10 p.m., beverages sold separately. Is your costume impressive? Enter into the costume contest. Categories are best male, female or couple. You can only enter into one category. 3 judges will decide the winner who will receive a \$100 gift card. Event is open to US ID cardholders 18 and older and their guests. Call 430-5433 or 0711-680-5433.

**Oct. 27: Traumatica Europa Park, MWR Tours, Panzer Kaserne.**

On this night, horrible creatures reign over a world of ash and decay. The seas are dry, soils are barren and the deserts are filled with the dust of the dead. If you dare, enter the five frightful mazes filled with fear and attractions that are waiting for you. You must be at least 16 to attend. Price includes transportation and entrance to the Traumatica event (not the entire Europa Park). \$94 per person and \$47 per SWPC. Register by Oct. 18. Call 431-2104 or 07031-15-2104.

**Oct. 27: The Great Pumpkin Run, Patch Fitness Center, Patch Barracks, 9 a.m.** Get into the Halloween spirit with a fun run. \$15 per individual and \$40 per family when you register in advance (Sep. 17 – Oct. 24) and \$20 per individual and \$50 per family when you register the day of the race (no refunds). First 250 registrants will receive a t-shirt at time of payment. Run is pet, child and stroller friendly. Costumes are encouraged and can be entered into the costume contest. Categories are: scariest, most original and best couple. Call 430-7136 or 0711-680-7136.

**Oct. 31: Halloween Movie Night, Patch Library, Patch Barracks, 3 – 6 p.m.** Come to the Library for some not-so-spooky entertainment while waiting for Trick-or-Treat to start. Movies will be selected from our children's section, so they will be suitable for all ages. Call 430-5232 or 0711-680-5232.

**Oct. 31: Family Halloween Party, Galaxy Bowling & Entertainment Center, Panzer Kaserne, 5 – 9 p.m.** Come to the Halloween party where everyone in the family will have a spooky good time. Enjoy bowling games (Knock down the pin with a ghost on it to win a prize), trick or treat from different areas inside the Galaxy Bowling & Entertainment Center and wear your costume down the costume catwalk, 7-7:30 p.m.). Children ages 12 and under bowl for free. Call 431-2575 or 07031-15-2575.

**PRE-AUDITION WORKSHOP:**  
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Book by Jeff Whitty; Music and Lyrics Jeff Marx and Robert Lopez

**PRE-AUDITION WORKSHOP:**  
October 21, 6p.m.  
**AUDITIONS:**  
October 22-24  
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Ages 15+, 7p.m.

*A Christmas Carol*

**PERFORMANCES:**  
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**PERFORMANCES:**  
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Book by Kevin Del Aguila; Original Music and Lyrics by George Noriega & Joel Someillan

**PRE-AUDITION WORKSHOP:**  
January 13, 2p.m.  
**AUDITIONS:**  
January 15-16, 7p.m.

**WITNESS FOR THE PROSECUTION**

**PERFORMANCES:**  
**MARCH 15 - 31**

**TICKETS: ADULTS: \$15 | STUDENTS \$13**

By Agatha Christie

**PRE-AUDITION WORKSHOP:**  
March 17, 2p.m.  
**AUDITIONS:**  
March 18-20, 7p.m.

**MAMMA MIA!**

**PERFORMANCES:**  
**MAY 17 - JUNE 16**

**TICKETS: ADULTS: \$17 | STUDENTS \$15**

Music and Lyrics by Björn Ulvæus and Benny Andersson; Book by Catherine Johnson

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Photo courtesy of USAG Stuttgart FMWR  
A patch on Patch of little pumpkins begins the 2017 Great Pumpkin Run, a pet, child and stroller friendly event where participants are encouraged to run in costume; those who run in costume will be entered into a contest. For this year's run, the first 250 registrants will receive a t-shirt at time of payment.



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# Dirndl Dash highlights health and wellness day on Patch

Story and photos by Larry Reilly  
USAG-Stuttgart Public Affairs

Nearly 80 people gathered at the Patch Barracks Fitness Center for the annual Dirndl Dash, with many ladies donning their dirndls and a number of guys sporting their running lederhosen, Sept. 15.

The 5K fun run on a sunny Saturday morning was the drawing card that brought a number of people onto Patch early; however, it was the USAG-Stuttgart Family & MWR Health and Wellness Fair that followed the run that helped entice them to stay for the remainder of the morning.

"We wanted to expand on the Dirndl Dash this year and bring in a number of agencies and groups

that specialize in health promotion," said Felicia Hanes, fitness coordinator, FMWR Recreation Division. "We partnered-up with various agencies like ASAP (Army Substance Abuse Program), Red Cross, Army Wellness Center, Behavioral Health and other Medical Command components, and the Physical Therapy Clinic, to highlight and promote all of the wonderful health and wellness programs and centers the garrison has to offer."

Through the FMWR marketing sponsorship program, a number of sponsors were on hand to promote health and wellness, and provide a variety of healthy snacks and giveaways, such as a smart watch and a mountain bike.

"Having fruits, juices and water for the runners after the run was a great idea, and then to offer sandwiches and healthy smoothies was a nice surprise," said Teresa Turner, whose family of five and their dog took part in the Dirndl Dash and many of the exercises inside the gym. "Our teenage daughter was hesitant to join us at first, but in the end, she really did



Runners of the 5K Dirndl Dash take off at the start of the race.

have a good time."

Having a good time and looking at the many different healthy options is what the FMWR events are about, Hanes said.

The healthy options didn't stop at the food and drinks, there was a number of exercises and challenging cardiovascular events everyone could participate in from boxing to boot camp.

"We brought out a boxing coach who offered up lessons, an aerobics instructor who took many people young and old through some tough stretching exercises, and we had health experts who provided tips on

maintaining a better lifestyle and provided encouragement on how to get to that desired weight," Hanes said. "There was an endless list of health and wellness personnel and groups on hand and many of them conducted workshops, clinics and seminars during the fair on topics such as nutrition, running, and smoking cessation to name a few."

Along with the Dirndl Dash participants, a number of other community members attended the fair to help set the tone for many more wellness events being joined with a community 5K run.

"The idea was to combine a number of events and activities in ways that empress upon the need for good health while at the same time getting people involved in some fun activities," said Hanes. "Hopefully we will be able to continue this type of event combination to reach a wider audience and expand our program footprint to all four corners of the garrison."



## AFRICOM Olympics

Photo by Staff Sgt. Grady Jones II  
U.S. Africa Command Public Affairs

An attacker lunges for the volleyball during one of the many competitions held at the eighth annual U.S. Africa Command Olympics on Kelly Barracks, Sept. 18. AFRICOM directorate teams were pitted against each other as they vied to win at games such as flag football, 400-relay race, tug-of-war, ultimate Frisbee and kickball.



People of all ages joined together to do some challenging stretches during the Health and Wellness Fair at Patch Fitness Center, Sept. 15.

## Boxing comes back to USAG Stuttgart

By Joel Wasco

Family & Morale, Welfare and Recreation  
USAG Stuttgart

The garrison was selected by the Installation Management Command-Europe to host the "USAG Stuttgart Oktoberfest Boxing Championships" at the Panzer Fitness Center, Saturday Oct. 20.

"The last boxing championship in Stuttgart was held in 2014. A new boxing event requires a new flair, an Oktoberfest flair. Family & Morale, Welfare and Recreation will extend Oktoberfest for our audience and combine the best of both worlds" explained Ken Wetherill, division chief, Community Recreation.



Photo by Mary "Tweedy" Knef,  
USAG Stuttgart FMWR  
Pugilists duke it out during the 2014 European Boxing Championship.

Doors open at 4 p.m. and boxing begins at 6 p.m. The fitness center will be Oktoberfest-decorated, and Oktoberfest specials for spectators such as beer brats, funnel cakes and pretzels will be offered. For anyone

wanting to capture the moment, a photo booth on site will be your chance for snapshots, and additional memorabilia like T-shirts and beer steins will be available in limited supply.

"The rivalry between the Stuttgart and Bavaria boxing teams is strong, since the USAG Bavaria boxing team will attempt to reclaim their European Champion title. The boxing team has already started training at Panzer," said Tom Hlavacek, FMWR Sports. "It should be a good night for Stuttgart fans."

A clinic for boxing officials will take place Oct. 18-19. All garrisons in Europe are invited to attend and participate in this event. For more information, call 431-2724 or 07031-15-2724.



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