

HERALD UNION

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April-October 2019



**Welcome to Wiesbaden
"Our home in Germany"**



Special edition
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2019

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Wiesbaden Command

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Religious Support Office promotes unit, Family readiness

Anna Morelock
 USAG Wiesbaden Public Affairs

Many new arrivals to U.S. Army Garrison Wiesbaden stay in Army Lodging on Hainerberg. One of their best resources lies right across the street — Hainerberg Chapel.

USAG Wiesbaden's Religious Support Office provides religious support for Soldiers, Department of the Army civilian employees and their Family members who want to exercise their right to worship according to their conscience. They also are a conduit to connect community members to each other, as well as to garrison resources.

"Our mission is all about spiritual connection," said Garrison Chaplain Lt. Col. Jeffrey Dillard, "helping people to connect to God, to connect to each other and even to connect within themselves."

While worship services are the mainstay of the RSO, strong youth and auxiliary programs keep community members connected. Services, bulletins and announcements are keys to staying informed in the chapel community. The chaplains also are available for individual and Family counseling and have an on-call chaplain for emergencies.

Auxiliary ministries include Catholic and Protestant women of the chapel groups and youth groups. The youth programs include service days and trips, as well as scripture and leadership studies. Another way to become involved is to volunteer with RSO programs including the mission trips, child and youth ministries, and weekly worship services.

The RSO also makes sure Soldiers and Families are connected with their Unit Ministry Teams, which consist of a chaplain — or multiple chaplains for larger



Herald Union file

One way to become involved is to volunteer with Religious Support Office programs including the mission trips, child and youth ministries, and weekly worship services.

commands — and a religious affairs specialist. Outside of RSO activities, the UMTs promote various events within their own units such as worship groups and activities. They also support the RSO in providing weekly community services.

Weekly Protestant, Catholic and Jewish services are offered at Hainerberg Chapel and Clay Kaserne Chapel, which is also where the RSO is located. A Muslim prayer room is available during open hours at the Clay Chapel.

For more details about RSO services and auxiliary ministries, visit home.army.mil/wiesbaden and click on About, Garrison and then Religious Support Office.

Clay Kaserne Chapel

Bldg. 1019
 (0611) 143-548-5178
 Hours: Monday through Friday,
 9 a.m. to 5 p.m.; closed Saturdays
 and U.S. federal holidays

Hainerberg Chapel

Bldg. 7779
 (0611) 143-548-5174
 Hours: Monday through Friday,
 9 a.m. to 5 p.m.; closed Saturdays
 and U.S. federal holidays

Get assistance with finding employment

Lena Stange
 USAG Wiesbaden Public Affairs

Finding employment can be hard, especially when people do not know where to search or how to apply. The Employment Readiness Program provides employment information and referral services to all Department of Defense ID card holders.

"We provide services for those seeking jobs in the community," said Earl McFarland,

the ERP manager. ERP provides a weekly listing with jobs in the Wiesbaden community and assists with writing resumes and cover letters, he said.

"A lot of people don't know how to write a resume, and each resume is unique to the person. So, I like to always think that is a good service to offer," McFarland said.

He also offers training on how to set an alert for a certain type of job on usajobs.gov and

how to navigate the site.

Classes on topics such as dressing for success and interview techniques will start around April, he said. However, one-on-one appointments are always possible.

"Mock interviews help them get out of their comfort zone. . . . When you practice, anything is easier," McFarland said.

ERP has a computer lab, a copy machine, a fax and a printer. Those resources are

available to the community, he said.

"I'm here, I'm available and I will work hard," McFarland said. He said he is especially motivated to help spouses find employment "because they give up so much to support their Soldiers."

For appointments, call the Army Community Service main desk at (0611) 143-548-9202 and ask for the ERP manager.

Cover photos clockwise from center: Kindergarteners visit Wiesbaden Army Airfield; Soldiers volunteer to clean up at the Wiesbaden Arts and Crafts Center; the U.S. Army Europe Band and Chorus performs during an annual Christmas concert for the city of Wiesbaden; a dancer performs during the Asian American and Pacific Islander heritage month event; Soldiers from the 66th Military Intelligence Brigade (Theater) lead PT at Hainerberg Elementary; Families participate in a Halloween Trunk or Treat event; and a mural is completed on Clay Kaserne, in honor of the 70th anniversary of the Berlin Airlift.

Herald Union staff 2018

Army Wellness Center offers free services

Lena Stange

USAG Wiesbaden Public Affairs

The Wiesbaden Army Wellness Center offers free services to enhance health and overall well-being. Reasons for taking advantage of these services include weight goals, fitness testing, stress management, sleep issues and the desire to eat healthier.

“It’s a great resource for the community and for your well-being,” said Richard Hoke, director of the AWC. “A lot of times, people are not aware of their daily health-related behavior, things that could cause their health to go down over the course of time. We help individuals become aware.”

When it comes to weight goals, metabolic testing can be of great help. It takes approximately 20 minutes to measure the oxygen consumption. Test results are handed out during the one-hour class, Upping Your Metabolism. The AWC provides information about metabolism, useful tips about healthy nutrition and exact recommendations on how many calories to consume per day depending on personal weight goals.

The BOD POD is a ma-

More info

All adult Department of Defense ID card holders are eligible for these services: Soldiers and dependents, civilians and dependents, and local nationals.

Appointments can be made via phone or in person at AWC, Bldg. 1201, second floor, parking lot entrance, phone: 06371-9464 -1478, DSN: 590-1478.

Opening hours are Monday – Thursday: 7:30 a.m. to noon, 1-4:30 p.m.

Friday: 7:30 a.m. to noon

For more information, visit [facebook.com/AWCwiesbaden](https://www.facebook.com/AWCwiesbaden).

chine that measures body fat via air displacement technology. According to AWC staff, it is very accurate and just takes two minutes. Personal trainers from the fitness center often send their clients over to have the test done in order to tailor fitness programs to their clients’ needs. In addition, when measuring body fat on a monthly basis, people can keep track of the changes their bodies undergo when exercising regularly.

When pursuing specific fitness goals, people can check their fitness by having VO2 testing. This oxygen test reflects cardiorespiratory fitness. The more oxygen the body consumes, the more fit the person. The test also shows the ideal heart rate zones depending on personal goals. Thus, maximum training efficiency can be reached.

After the testing phase, personal questions can also be addressed in individualized health coaching sessions.

Stress and sleep issues affect many people. Biofeedback can help. It is a process of learning how to change physiological activity in order to calm down and relax. The AWC teaches meditation techniques and monitors heart rate and breathing at the same time. The purpose is to show these techniques actually work over time without additional monitoring.

Additionally, the AWC offers health-related classes every week. The topics include healthy diet, stress management, fitness and exercise, and healthy sleep habits. Classes are free, but pre-registration is required.



Lena Stange/USAG Wiesbaden Public Affairs

An Army Wellness Center employee opens the BOD POD, a machine that measures body fat via air displacement technology.

“We are here to support the health and well-being of the Soldiers and Family members,” Hoke said. “We are here to give

concrete health education and guidance to help people live longer and help them meet their fitness and wellness goals.”

Program offers help with personal, work challenges

Emily Jennings

USAG Wiesbaden Public Affairs

Many people can recall a time when they experienced a stressful situation at work or wanted to give advice to a colleague going through a difficult time. But what people may not know is community members have a resource to get help right here at U.S. Army Garrison Wiesbaden.

The Employee Assistance Program offers free, confiden-

tial counseling and referral services for Family members, civilians and retirees. The program is here to help employees work through various life challenges that may impact job performance, health or personal well-being.

Employees can be self-referred to the program, referred by a peer or their supervisor, but don’t need a referral to go — and using the service is always voluntary, said Dr. John Kaiser,

Employee Assistance Program coordinator.

When a person decides to use EAP, they will receive an initial assessment, fill out paperwork and then receive up to four solution-focused counseling sessions. During the initial assessment, Kaiser works with the employee to identify the issue and the desired outcome. Subsequent counseling sessions may consist of counseling, coaching and education, and

assigned homework.

If necessary, a referral may be made for extended treatment or medical care, in which case the employee would then use medical insurance.

Reasons for seeking help from EAP include both job-related and personal issues such as grief, divorce, job performance issues, substance abuse, financial issues and stress. For supervisors whose employees’ work performance is suffering,

EAP can be a resource for early intervention.

EAP is covered under AR 600-85, the Army Substance Abuse Program.

Learn more

For more information about EAP at USAG Wiesbaden, call (0611)143-548-1402 or stop by Bldg. 1023 East, Room 168.

Emergency numbers:

For on-post emergencies call the military police at (0611) 705-114, DSN 114; for an ambulance or in case of fire on post call (0611) 705-117, DSN 117.

For off-post emergencies call 110 for the German Polizei or 112 for the German Fire and Rescue.

- SHARP hotline: DSN 53-SHARP (74277), (0162)296-6741
- Domestic violence hotline: (0162)297-5625
- Suicide prevention lifeline: 1-800-273-8255
- Child abuse hotline: (0611)143-548-7777
- Poison control center English hotline: (0911)398-2451

Keep skills current, give back to community

Emily Jennings

USAG Wiesbaden Public Affairs

People with a desire to volunteer have a variety of opportunities at U.S. Army Garrison Wiesbaden to help others, give back to the community, make social connections or keep their job skills current.

Whatever the reason for volunteering may be, there is something for everybody, said Mary Cheney, volunteer coordinator with Army Community Service. "It's limitless where people can volunteer," she said.

A good first step is to sign up through Army OneSource at www.myarmyonesource.com. It's important for volunteers to sign up and log their hours in Army OneSource, because all volunteer work goes onto the record and is kept there as people move from one station to another, Cheney said. It helps to have this record when applying for jobs, and it travels with the volunteer.

Call ACS at (0611)143-548-9202 or stop by Bldg. 7790 on Hainerberg for more information.

People interested in volunteering with the American Red Cross Wiesbaden must attend a volunteer orientation, said Frances Salas, field office coordinator. They are offered the second Wednesday of every month at 11:30 a.m. at the Red Cross office in Bldg. 1201. Interested volunteers can call or email to make an appointment for orientation, which takes about an hour. During the class, they learn about the organization and the volunteer positions the Red Cross offers.



Emily Jennings/Herald Union file

Sarah Graham (left), military spouse, gets information on volunteering from Grace Lauer, Wiesbaden Community Spouses' Club Thrift Shop manager, during a volunteer fair Feb. 22 at the Exchange on Hainerberg. People interested in volunteering should contact ACS or the organization they want to volunteer with and register with Army OneSource.

Many medical professionals must complete a certain number of hours of work to keep certifications active. If they come to Wiesbaden as a spouse and aren't able to find a job opening a good alternative to keep their certifications active is to become a medical volunteer with the Red Cross, Salas said.

"We are the only organization that works with the clinic to help place volunteers as medical professionals," she said. "We have a lot of volunteers that come to us that want to keep certifications up to date with hours, and we work with the clinic to help place them there."

Volunteers also serve as blood drive coordinators, special event coordinators, in administrative positions, community

education and the resiliency program, Salas said.

For more information, contact the Red Cross at wiesbaden@redcross.org, (0611)143-548-1760 or follow them on Facebook under American Red Cross Wiesbaden.

The 66th Military Intelligence Brigade has volunteers through its Family readiness group. The FRG offers opportunities to volunteer in areas such as fundraising, spouse and Soldier support, newsletters, community outreach, newcomer briefings and unit organizational days.

Upcoming events are posted on their Facebook page under 66th Military Intelligence Brigade.

"Volunteering opens a doorway to support your community and provides a fundamental source of joy for both the volunteer and those receiving the service or the assistance," said Merelle Rodriguez, Family readiness support assistant for the 66th MI Bde.

The Wiesbaden Community Spouses' Club Thrift Shop is another place people can volunteer their time. Volunteers can work as little as one hour and train on the job for a variety of duties, said Grace Lauer, thrift shop manager.

"One thing I love about our volunteers is that I see these bonds built," said Lauer, who said she's seen friendships blossom between people who met at the thrift shop.

Volunteer hours are 9 a.m. to 4:30 p.m. Tuesdays and Thursdays and the second and fourth Saturdays of the month. Check out their Facebook page, Wiesbaden Community Spouses' Club Thrift Shop, for more information.

Volunteers interested in supporting the USO can go to volunteers.uso.org and create a profile. There they will learn about the volunteer opportunities within the organization, which include sponsor cookouts, a back-to-school event, fundraisers, free food at events and social activities, such as baking, storytime, crafts and activities to keep Families involved, said Sue Swirko, USO volunteer.

"I really enjoy the people I work with and the people who come in," she said. "I enjoy helping people. It makes me feel good; it makes them feel good; it's a win-win."

Army programs promote financial health

Lena Stange and Emily Jennings

USAG Wiesbaden Public Affairs

The Army values financial health as an important ingredient to a successful life. Several programs are in place to help Soldiers and their Families stay financially healthy.

"The Financial Readiness Program helps Soldiers and Families deal with their finances," said Federica LeMauk, Financial Readiness Program manager. "The two basic ways in which we're doing that are through financial education classes and one-on-one counseling."

The classes are for people who "want to know how to manage

their money and how to make the most out of their money," LeMauk said. The classes focus on different topics such as credit and debt management, retirement planning, budgeting for a baby, saving and investing, and taxes.

People can also call and make an appointment for a one-on-one counseling session.

"We can look specifically at what your income is, what your expenses are, and how you are managing your savings and your investments. We look at the specifics of your situation, and we find solutions to difficulties that you may have," LeMauk said.

If a financial emergency hits, Soldiers and Family members

can seek help with Army Emergency Relief. The most common categories of assistance are car repairs, housing and emergency travel expenses, said LeMauk, who is also the USAG Wiesbaden AER officer.

"A lot of things can happen, so AER steps in with an interest-free loan that a Soldier can repay over time," she said. The repayment is automatically deducted from the paycheck.

"It gives Soldiers a second chance and keeps them away from financial institutions who could take advantage of a Soldier's emergency," LeMauk said.

AER is accessible without command involvement, unless

the Soldier is still in the first 12 months of duty, she said.

This year, AER has added two new categories that are covered with grants. One is special needs. The intent is to provide assistance for special needs equipment and adaptive devices, LeMauk said. An example is the coverage of cranial helmets for children.

The other new category is immigration fees. The coverage extends to recently married active duty Soldiers with foreign-born spouses and children, LeMauk said.

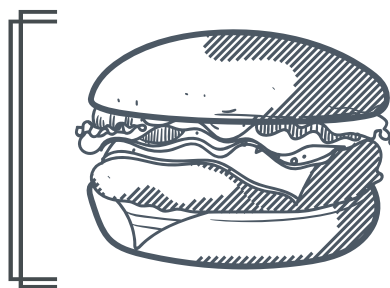
It covers passport, immigration, visa, naturalization and biometric fees. It does not in-

clude routine passport fees not related to the immigration and naturalization process or registering a birth abroad to American parents. The intent is to promote Family unity and reduce the financial burden of maintaining two separate households, she said.

AER also offers need-based scholarships for spouses and children of active duty Soldiers who pursue their first undergraduate degree, she said.

For more information go to aerhq.org and wiesbaden.armymwr.com/programs/financial-readiness-program, call ACS at (0611) 143-548-9201 or email LeMauk at federica.s.lemauk.civ@mail.mil.

what's for LUNCH?



U.S. Army Garrison Wiesbaden has several dining options for those who want to stay on post. Pick from sit-down restaurants, fast food, food truck food, grocery and convenience food.

JAVA EXPRESS

This walk-up window café offers on-the-go sustenance. Java Express has a variety of items for breakfast and lunch, such as sandwiches, paninis, salads, coffees and tea.
Hours: Mon. to Fri.: 7 a.m. to 1:30 p.m.
Location: Bldg. 1011 (outside the Community Activity Center)

QUENCH BENCH

The Quench Bench is a juice bar in the fitness center that offers a variety of refreshments and snacks to refuel after a workout. Although famous for their smoothies, such as strawberry and peanut butter chocolate, they also serve protein shakes, protein bars, fruits, snacks and a variety of beverages.
Hours: Mon. to Fri.: 5 a.m. to 8:30 p.m.
Sat. and Sun.: 10 a.m. to 5 p.m.
Location: Fitness center

LITTLE ITALY

At Little Italy, customers can choose to dine in, take-out, or even order delivery with a choice of pasta, salads, soups, pizza and more.
Hours: Mon. to Fri.: 11 a.m. to 2 p.m. and 5-11 p.m.
Sun.: Noon to 2 p.m. and 5-11 p.m.
Location: Bldg. 1011 (Community Activity Center)

LATIN STREET

Find authentic tacos, enchiladas, burritos at Latin Street for lunch and dinner.
Hours: Tues. to Fri.: 11 a.m. to 2 p.m. and 5-10 p.m.; Sat.: 11 a.m. to 2 p.m. and 5-11 p.m.
Location: Bldg. 1214

MAIN COURSE

Main Course food truck offers meals for people who want to grab and enjoy their food in the office or with colleagues. They serve burgers and their specialty, pulled pork sandwiches.
Hours: Tues. and Thurs.: 11 a.m. to 1:30 p.m.
Location: Outside Bldg. 1021

DEUTSCHE KANTINE

This traditional German restaurant offers daily specials, including a vegetarian option, a small salad bar and fresh bread. For breakfast they have omelets and eggs, plus daily specials.
Hours: Mon. to Fri.: 6:30 a.m. to 2:30 p.m.
Location: Bldg. 1532

STRONG EUROPE CAFE

The Strong Europe Café dining facility offers a variety of food options including fried chicken, fish, Tex-Mex style, Asian style and a salad bar.
Hours: Mon. to Fri.: 7-8:30 a.m., 11:30 a.m. to 1 p.m., and 4:30-6 p.m.; Sat., Sun. and holidays: 9:30 a.m. to 1 p.m. and 5-6:30 p.m.
Location: Bldg. 1052

CLAY KASERNE FOOD COURT

The Clay Kaserne food court offers a variety of sandwiches, salads, wraps and grilled foods for breakfast and lunch from Subway, Bun-D, Dunkin' Donuts and Sahin's Kebab.
Hours:
Subway: Mon. to Fri.: 10 a.m. to 7 p.m. and Sat.: 11 a.m. to 5 p.m.
Bun-D: Mon. to Fri.: 7 a.m. to 7 p.m.
Dunkin' Donuts: Mon. to Fri.: 6 a.m. to 3 p.m.
Sahin's Kebab: Mon. to Fri.: 11 a.m. to 7 p.m.
Location: Bldg. 1023 North

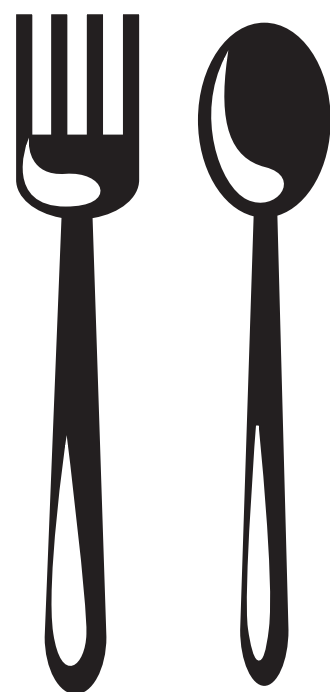
SHOPPETTE

The shoppette offers a variety of microwavable and ready-to-eat choices such as chicken wings and bites, pizza, hot and cold sandwiches, salads, frozen meals, and canned and packaged shelf-stable foods.
Hours: Mon. to Fri.: 6:30 a.m. to 10 p.m.
Sat.: 9 a.m. to 10 p.m.
Sun.: 10 a.m. to 7 p.m.
Location: Bldg. 1046

SAHIN'S GRILL

Sahin's Grill cooks a variety of chicken and steak dishes daily. Meals include chicken and steak sandwiches, bratwurst and fries.
Hours: Mon. to Sat.: 8:30 a.m. to 6 p.m.
Location: Outside the shoppette

clay kaserne



hainerberg

HAINERBERG FOOD COURT

The Hainerberg food court offers a selection of American fast food chains.
Hours: Pizza Hut: Mon. to Sat.: 11 a.m. to 8 p.m., Sun.: 11 a.m. to 7 p.m.
Popeyes: Mon. to Sat.: 10:30 a.m. to 8 p.m., Sun.: 10:30 a.m. to 7 p.m.
Burger King: Mon. to Sat.: 8 a.m. to 8 p.m., Sun.: 8 a.m. to 7 p.m.
Taco Bell: Mon. to Sat.: 11 a.m. to 8 p.m., Sun.: 11 a.m. to 7 p.m.
Charley's: Mon. to Sat.: 7 a.m. to 8 p.m., Sun.: 10:30 a.m. to 7 p.m.
Starbucks: Mon. to Fri.: 6:30 a.m. to 7 p.m., Sat.: 8 a.m. to 7 p.m., Sun.: 9 a.m. to 6 p.m.
Location: Bldg. 7850, Hainerberg Mall

BAMBOO ASIAN RESTAURANT

Bamboo offers Chinese-style dishes as well as sushi.
Hours: Tues. to Sun.: 11 a.m. to 9 p.m.
Delivery is available from 5-8:30 p.m.
Location: Bldg. 7762

WIESBADEN ENTERTAINMENT CENTER

Java Cafe in the Wiesbaden Entertainment Center offers a variety of foods, such as pizza, burgers, wings, fries and more. They also serve breakfast.
Hours: Mon.: 7 a.m. to 7 p.m., Tues. to Fri.: 7 a.m. to 9 p.m.
Sat.: 8 a.m. to 11 p.m. and Sun.: 8 a.m. to 7 p.m.
Location: Bldg. 7891

COMMISSARY

The Wiesbaden Commissary offers a deli, a bakery and packaged and frozen items.
Early bird hours: Mon. to Fri.: 8-10 a.m.
Normal hours: Mon. to Fri.: 10 a.m. to 8 p.m.
Sat. and Sun.: 9 a.m. to 7 p.m.
Location: Bldg. 7765

SHOPPETTE

The shoppette offers a variety of microwavable and ready-to-eat choices, hot and cold sandwiches, salads and frozen meals.
Hours: Everyday: 6 a.m. to 10 p.m.
Location: Washingtonstraße 7833

Stay safe driving – know the road rules

Emily Jennings

USAG Wiesbaden Public Affairs

Drivers learn the rules of the German road when they prepare for the test to get their U.S. Forces Certificate of License. But sometimes it's difficult to remember every rule, especially for those who stick to the same routes or don't drive often.

"The biggest weakness that we see is not knowing the right before left rule at unmarked intersections," said Michael Leyba, transportation specialist with the garrison's Driver Training and Testing Station.

When in doubt, refer to the Drivers Handbook and Examination Manual for Germany, AE Pamphlet 190-34. The following refresher may be useful for new as well as seasoned drivers.

Did you know...

If there is no sign at an intersection, vehicles coming from the right have the right of way.

At a red light, drivers must stop before the white stripe painted across the lane and may not turn right on red unless a green arrow is attached to the right of the main light. In this case, the driver must still come to a complete stop and ensure the road is clear before making the turn.

Working traffic lights take priority

Quick conversion for kph to mph:

Multiply the kilometers by 6 and drop the last digit of the result to get a close estimate

30 kph = 18 mph

50 kph = 31 mph

80 kph = 50 mph

100 kph = 62 mph

120 kph = 75 mph

130 kph = 81 mph

over signs.

Speed limits

Contrary to popular belief, there are speed limits on many stretches of Germany's autobahns. Even when no speed limit is posted, the recommended limit is 130 kph (81 mph) for cars. This limit applies to an experienced driver under ideal conditions. If a driver going faster than 130 kph is in an accident, they will be held liable.

If no sign is posted, the speed limit within city limits is generally 50 kph (31 mph).

Many residential zones and business districts have a speed limit of 30 kph (18 mph).

The speed limit on U.S. military installations is 30 kph (18 mph), unless otherwise posted.



Emily Jennings/USAG Wiesbaden Public Affairs

Drivers approaching an intersection with no signs should yield to vehicles coming from the right.

Speed limit rules differ for buses, trucks and vehicles with trailers.

Some intersections and roads have cameras programmed to catch drivers running a red light or speeding. When that happens, drivers can expect to receive a fine in the mail and may lose driving privileges.

Safety first

German law requires passing drivers to leave at least 1.5 meters (about 5 feet) between their vehicle and a person on a bicycle.

It is against the law to use a hand-

held cell phone while driving a vehicle or riding a bicycle.

Drivers must remove snow and ice from windows before driving.

The USAREUR license is only valid in Germany. Drivers need an international driver's license outside the country.

The Drivers Handbook reminds Americans they can drive safely in Europe by driving defensively, staying sober, being alert and courteous, maintaining their vehicles and becoming familiar with the local traffic laws and driving customs.

Keep Germany beautiful — dispose of trash properly

Emily Jennings

USAG Wiesbaden Public Affairs

In Germany, virtually everything that can be recycled, is. Properly sorting waste saves energy, reduces air pollution, decreases greenhouse gas emissions and saves money.

Personnel new to the area will need to learn how to properly sort their household garbage for recycling. That task is made easier with the use of

color-coded garbage bins—yellow for plastic and metal packaging, blue for paper and cardboard, brown or green for biodegradable waste (not available in all areas) and black for non-recyclable items.

Items that do not fit in one of these categories, i.e., hazardous waste, batteries, bulk waste, electronics, clothing and shoes can be taken to the Recycling Center on Clay Kaserne for on-post residents or to public ELW



RECYCLING

recycling centers in the city for those living off post. Recycling containers for glass, separated

by color, can be found in housing areas and at the Recycling Center on Clay Kaserne.

Besides benefitting the environment, recycling saves money, said Heinz Peter Schneider, solid waste manager with the U.S. Army Garrison Wiesbaden Directorate of Public Works.

"If we don't recycle, we have to pay much more," he said, explaining that the garrison receives refunds for certain

types of recyclable material and when not properly separated, that money is lost.

If trash is found improperly separated, bins will not be picked up, Schneider said. This applies both on and off post.

For on-post trash pick-up schedules and a list of Wiesbaden recycling centers, visit home.army.mil/wiesbaden and search "Trash and Recycling."

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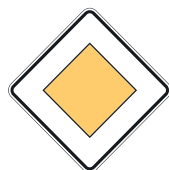
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Get licensed to drive on, off post



Emily Jennings
USAG Wiesbaden Public Affairs

U.S. military personnel, civilian employees and Family members who plan to operate a privately owned vehicle while stationed in Germany will need a U.S. Forces Certificate of License, or USAREUR license. This license allows drivers to drive on and off post within Germany by passing a written test, proving they understand the road rules and signs.

The test can be taken in person or online. Either way, the driver will need to bring documentation to the Drivers Training and Testing Station on Clay Kaserne and pay the required \$20 fee for the license, said Michael Leyba, transportation specialist at the DTTS.

Once a driver passes the test, they are eligible for a temporary license. The

permanent license will be mailed to the driver's CMR address within 60 days and is valid for five years, when signed and accompanied by a valid stateside license for the same class of vehicle, said Hans-Peter Moosberger, driver's training instructor at the DTTS.

Authorization to drive a POV in Germany is a privilege, not a right, as outlined in the Driver's Handbook and Examination Manual for Germany (AE Pam 190-34/USAFE Pam 31-206). Driving privileges may be withdrawn for offenses committed while operating a vehicle.

A current eye test by an optometrist (within 60 days) is required for applicants over 65 who are applying for an initial or replacement U.S. Forces Certificate of License.

What you need

Please have the following items and information available when attending orientation and training for a driver's license:

- Valid stateside license or any other valid civilian or country driver's license.
- DoD ID card
- Sponsor's social security number and DoD ID card number
- \$20 check, money order, credit card or debit card (no cash)
- Glasses or contacts (if needed to pass eye test)
- Unit (Company, Battalion, Detachment, DoDEA, AAFES, or whatever applies)
- Full CMR address (Must be driver's mailing address, not somebody else's or a unit address)
- DSN (Work phone of sponsor) or other contact telephone number



Online

CAC login: Personnel can take the USAREUR driver's test online at <https://jkodirect.jten.mil/>.

Family member login: Those without a CAC can take the test online at <https://jkodirect.jten.mil/Atlas2/faces/page/login/Login.seam>. Click the link "non-government/sponsored account registration" on JKO's website. Once a user ID and password is received from JKO, users must enter this into JKO to take the test. Search the course catalogue for USA-007 for the course and USA-007B for the test. Users will be prompted to put in their DoD ID number before taking the training and test. Family members may not use a sponsor's CAC to log into JKO, as

USAREUR will not accept the scores.

Completing the training: After taking the test, it will take 48 hours for the DTTS to receive the final score.

Bring the two certificates (USA-007 and USA-007B), a valid ID card, valid stateside or country driver's license and \$20 (no cash accepted).

Orientation and test results are valid for 60 days after taking the class and test. Drivers who fail the online test may take it again the same day.

Prepare for the test by reviewing the driver's handbook at: www.aepubs.eur.army.mil/AE-Pamphlets and taking a practice test at www.usareurpracticetest.com.

In person

To take the test in person, customers should attend one of the regularly scheduled orientation and testing times: Tuesday, Wednesday and Friday at 7:25 a.m. in Bldg. 1023W, Room 324 on Clay Kaserne. The DTTS is closed on German and American holidays.

No appointment is necessary, but the DTTS can be reached at (0611) 143-546-6077/6076 for further information.

If a driver fails the test, they may retake it the next day the testing is offered, arriving at 10:30 a.m. (skipping the orientation).

Prepare for the test by reviewing the driver's handbook, found at: www.aepubs.eur.army.mil/AE-Pamphlets and taking a practice test at www.usareurpracticetest.com.



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Ventilation can help keep mold at bay

USAG Wiesbaden Safety Office

Mold is something most people don't think about until they see it. Or smell it.

Being proactive is the best way to keep mold at bay. This means increasing ventilation, removing moisture and immediately cleaning any beginning signs of its growth.

So, once you detect mold in your house or apartment, what's the best course of action?

Some types of mold are more dangerous than others, but the Centers for Disease Control and Prevention says testing is neither necessary nor reliable.

"If you are susceptible to mold and mold is seen or smelled, there is a potential health risk; therefore, no matter what type of mold is present, you should arrange for its removal," according to the CDC's website.

According to the Environmental Protection Agency, if the problem is relatively small in size, it can be cleaned up without professional help. "If the moldy area is less than about 10 square feet (less than roughly a 3 foot by 3 foot

patch), in most cases, you can handle the job yourself."

Areas that are often wet or damp are particularly susceptible to mold.

"If there's some mold in the shower or elsewhere in the bathroom that seems to reappear, increasing ventilation (running a fan or opening a window after every shower) and cleaning more frequently will usually prevent mold from recurring, or at least keep the mold to a minimum," according to the EPA website.

Cleaning products containing diluted bleach are recommended for bathroom disinfection. Follow the safety precautions on the container label, opening windows to ventilate, and using gloves and eye protection.

The agency urges caution when using products containing bleach. Concentrated bleach is extremely corrosive to the eyes and can cause permanent damage.

The generally accepted concentration is one part concentrated bleach to 10 parts water. Residents should never mix different chemicals, especially bleach and ammonia.

Keep mold out of your home with these tips

Incomplete and improper ventilation may cause mold to grow.

Wet, damp weather, combined with closed windows, causes walls to "sweat," forming mildew and mold.

Mold is everywhere; it's an integral part of the natural environment. The key to mold's growth is moisture. Controlling mold is a matter of controlling moisture. Once the moisture problem is cured, it is very likely that the mold won't come back.

The following tips will assist with proper ventilation and preventing mildew or mold build-up:

- Ventilate your house for a minimum of 30 minutes daily.
- Cross ventilation is necessary, so interior doors must be opened along with windows on opposing sides.
- Keep your kitchen door closed and the room ventilated while cooking or operating your dishwasher.
- Keep your bathroom door closed during showers and baths. An exhaust

fan should be turned on or a window should be ajar to let moist air out.

- Move furniture four to six inches from walls so air flows between them.

- During winter months, rooms on the north side of a home are colder. Make sure those rooms are heated slightly more than rooms facing south.

If walls are already damp, resolve the moisture problem. Then scrub the mildew or mold off hard surfaces with detergent and water and dry completely.

Open windows so there is a draft. Leave windows open for approximately 10 minutes. Then turn up the thermostat.

After three to four hours, the air will be filled with water again. Open the windows for another 10 minutes and repeat the process of exchanging the water-filled air with dry air from the outside for about two weeks.

Courtesy of KMC Housing Facilities

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Wiesbaden Library offers window to many worlds

Karl Weisel

USAG Wiesbaden Family and MWR

It's a multi-dimensional portal to worlds far and wide.

It's a physical place — and at the same time a virtual reality.

That's right, today's Wiesbaden Library is a lot more than simply a collection of hard-copy books, CDs, DVDs and reference materials.

"The library has really evolved," said Wiesbaden Library Director JoAnn Ogreenc. In addition to now offering around-the-clock access to online resources ranging from genealogical services to language lessons, test preparation to tutorial services, the library is also a place where people come together for recreational, cultural and children's activities.

"What we're really concentrating on is being a gathering place — America's living room — a place where people can get together," Ogreenc said.

During a grand reopening of the library last year, patrons learned more about the opportunities available through the library and the updates made to enhance the overall library experience.



Karl Weisel/USAG Wiesbaden

Marco Marques checks out books for a patron at the Wiesbaden Library.

"Over the past three years we've been redesigning the library to make it a more flexible space," Ogreenc said, explaining that this gives the staff and patrons the ability to more easily move things around for various functions and events.

"We've redone the computer stations to allow for more privacy." Other features include USB charging stations, memorable quotes on the library walls and more comfortable study and relaxation areas.

"Expand and explore — that's what it's all about," Ogreenc said, pointing to the wide range of free materials and services available — both physically and at the click of a computer mouse.

"We have books, video games, select movies, audio books for those long drives and an exceptional children's selection including Spanish-language books," she said, adding that e-books, audio, video and e-magazines and newspapers (including nine major U.S. dailies) are also featured.

"Anytime someone comes in we let them know there are a host of online tests they can do," including CLEP and GRE preparation, she said.

A handout available at the library front desk provides a handy showcase of online resources and how to get connected to gain access. Whether looking for a small-engine repair guide or brain training, downloadable e-materials or business or history texts — it's all listed in the 2019 Online Resources Guide.

Regular features at the library include preschool and Spanish language story times, American Girl Doll socials, Lego block parties, "Maker" arts and crafts classes and holiday book events.

"We're also partnering with Better Opportunities for Single Soldiers to offer life skills programs," Ogreenc said, pointing to a project where BOSS members make bean bag chairs for their barracks rooms.

Community members are encouraged to see the options for themselves during the library's regular opening hours, from 10 a.m. to 6 p.m. Tuesday through Saturday in Bldg. 1029 on Clay Kaserne — or anytime online through mwrlibrary.biznet.com.

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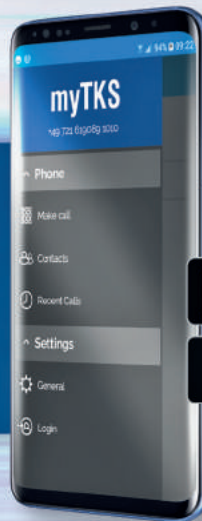
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Get your baby's birth certificate, passport

Emily Jennings

USAG Wiesbaden Public Affairs

Expectant parents may have a bit more planning to do before having a baby in Germany versus the U.S. Besides finding a doctor and choosing a hospital, after baby is born, American parents will need to obtain a Consular Report of Birth Abroad and a U.S. passport for their child.

The parents must provide evidence of U.S. citizenship when applying for a CRBA. A baby born in a German hospital will get a "beglaubigte Abschrift aus dem Geburtenregister," or German-issued birth certificate, from the Standesamt. A baby born at Landstuhl Regional Medical Center will receive an AE Form 40-400B, Report of Child Born Abroad of American Parents.

Parents should take one of these forms along with a DS-11, Application for U.S. Passport, and DS-2029 Application for Consular Report of Birth Abroad to the passport office on Clay Kaserne, said Jonathon Palmer, passport acceptance agent with the U.S. Army Garrison Wiesbaden



Emily Jennings/USAG Wiesbaden Public Affairs

American parents of babies born in Germany will need to obtain a Consular Report of Birth Abroad and a U.S. passport for their child.

Passport Office. Both parents will have to provide their passports; original marriage certificate; original divorce decrees, if applicable; or sole physical custody court order, if applicable.

One U.S. citizen parent has to prove presence in the U.S. for five years, two of which have to have been after the age of 14, Palmer said. This can be done with SF-50s for civilians or ERB or ORB for military, college transcripts, high school report cards or transcripts, naturalization

certification, etc., or documentation of working for the U.S. government (even if overseas) for people who have lived abroad most of their life.

Originals are only needed for vital records, such as marriage certificates, divorce decrees and birth certificates. Transcripts, SF-50s, etc., can be copies.

Both parents must be present and bring their ID cards and passport photos of the baby taken within six months. Two photos are required if only applying for a tourist passport. Four photos are required to also obtain a no-fee passport. If one parent is deployed or on temporary duty, the non-applying parent must fill out a DS 30-53, have it notarized and provide a copy of the ID they used on the day of notary.

Parents should bring a money order or cashier's check made out to the Department of State for \$215.

"Parents are always welcome and encouraged to come in ahead of time with the required documents to ask questions and go over the paperwork before the actual process where both parents and child have to be present," Palmer said.

The passport office recommends par-

ents complete this process within 30 days of the birth of their child. It is possible, but not necessary, to make an appointment at the passport office before baby is born. The office accepts walk-ins on Wednesdays.

It takes an average of six to eight weeks to receive, but this processing time varies by workload, Palmer said. Once parents get the notification that their baby's passport and CRBA is ready for pickup, they should get with their sponsoring agency — S1 for military dependents and CPAC or human resources for civilians — to get a SOFA request form to bring with them on the day they pick up the passport and birth certificate. Parents should pick up the passport as soon as possible or within 90 days of the expiration listed on the SOFA request form.

Parents will soon be able to complete the CRBA application online. Passport agents will provide additional guidance when this service becomes available.

For more information and to fill out needed forms, go to home.army.mil/wiesbaden, click on My Wiesbaden, scroll to the Passports and ID Cards section and click on Passports and SOFA.

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Planning your move to USAG

What to expect for housing

Most housing in Germany is in walk-up apartments and townhomes, not single-Family homes with yards like in the United States. The same is true on post.

U.S. Army Garrison Wiesbaden has five neighborhoods — Clay Kaserne, Crestview, Aukamm, Hainerberg and Newman Village. Each has unique benefits, and, as the Housing Services Office transforms its processes, newcomers will have more choices upon arrival.

Housing requirements

Due to its large housing inventory and based on Army in Europe Regulation 420-1, all military Families at USAG Wiesbaden are required to live on post. Single and unaccompanied Soldiers in the rank of E-6 and below also are required to live on post. Certain civilian employees, depending on their position, are authorized on-post housing, but otherwise live off post.

Neighborhoods are designated as follows: Hainerberg, junior enlisted housing; Aukamm, officer and senior noncommissioned officer housing; Clay Kaserne, enlisted and officer housing; Newman Village, officer and senior NCO housing; and Crestview, junior enlisted and officer housing.

Notify housing

Once Families receive their orders to Wiesbaden, they can contact housing via email. This is especially important if the Family has special architectural needs based on their Exceptional Family Member Program status. Ensuring medical needs are noted on the EFMP paperwork is essential. If needs aren't documented when a Family arrives there may be delays due to processing, medical appointments and approvals required for EFMP paperwork.

It's important customers have a greater choice, but at the same time the housing office still has to work within its regulations, said Mary Schmitt,

Off-post housing

Those authorized to live off post can visit www.homes.mil and search, "Army USAG Wiesbaden" to get an idea of housing available on the economy. The Off-Post Housing Office is located in Bldg. 1023 West, Clay Kaserne. Email the office at usarmy.wiesbaden.imcom.list.hso-information@mail.mil.

Floorplans and photos

Visit www.housing.army.mil and select Wiesbaden to view floorplans and photos of housing.

Directorate of Public Works Housing. For this reason, it's important to communicate early with the office about special needs.

If a home needs modifications for accessibility, those can be completed, or equipment can be ordered, before the Family arrives.

Neighborhood centers

Another change to housing is the establishment of neighborhood centers. The first neighborhood center is scheduled to open on Hainerberg in spring, so depending on their arrival timeline, junior enlisted Families may be directed to that center for a more personalized experience. Hainerberg Neighborhood Center staff will be able to help Hainerberg and Crestview Families as they arrive and throughout their stay with general neighborhood information, service orders and other needs.

After the pilot center in Hainerberg is opened, other centers are planned for Aukamm and Clay. Until the transition to the neighborhood center model is complete, staff will still be available at in-processing, Bldg. 1023, to assist residents as they move into the other neighborhoods.

During and after the neighborhood center transition, Families will still initially in-process with housing at Bldg. 1023 and be placed on the appropriate waiting list based on their requirements.

Some things to note about on-post housing

More re

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Temporary

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Relocation

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program

- Welcom
- Lending
- Language
- Spouse

USAG Wiesbaden neighborhoods



Hainerberg

Junior enlisted housing

Apartments in Hainerberg, a secured installation, are within walking distance of the Exchange, Commissary, shoppette, theater, Army Community Service, schools, child care centers and many other garrison services. Downtown Wiesbaden's pedestrian area and main train station are just two miles from Hainerberg, and pedestrian gates offer closer access for walkers.

Wiesbaden

- Only two cats or dogs are allowed in Family housing.
- Cats and dogs are not allowed in unaccompanied housing.
- All housing has a combination of 110-volt and 220-volt outlets.
- All Family housing includes in-unit washers and dryers.
- All Family housing includes built-in dressers and closets.
- Family housing is not air conditioned.
- Because of building construction, it's important to air homes out at least 20 minutes per day to prevent mold. To learn more, visit www.berald-union.com and search "mold."
- Wiesbaden has high-quality water, however, water in housing is still tested for lead and legionella to meet Army and German testing requirements. For more information, visit home.army.mil/wiesbaden and search "Environmental Division."

Resources

Family Lodging

Lodge
reservations@mail.mil
g.net/property/Wiesbaden-Lodge

Family Lodging Policy

avel.dod.mil/site/faqtle.cfm

Readiness

ymwr.com/programs/relocation-readiness-

Home packets
Storage closet
Language classes
Relocation sponsorship

Self-Help Store

Bldg. 7802, Hainerberg
(0611) 143-548-4072
8:30 a.m. to noon and 12:45 to 3:30 p.m., Monday to Friday
Closed U.S. and German federal holidays

Thrift Shop

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(stay tuned for information on a 2019 move to Hainerberg)
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Thursdays and the second and fourth Saturday of each month
www.facebook.com/wcscthriftshop



Aukamm

Officer and senior NCO housing

The Aukamm neighborhood is located off post in the Wiesbaden community of Bierstadt. It consists of apartment, duplex and single-family homes. An elementary school is located in the community and busing is provided to the other schools on Hainerberg. Aukamm is about two miles from the Wiesbaden city center and just over two miles to the Exchange and other garrison services on Hainerberg.



Clay Kaserne

Enlisted and officer housing

Housing on the secured installation of Clay Kaserne includes Family apartments, barracks and unaccompanied personnel housing. Amenities on Clay Kaserne include a shoppette, dining facility, food court, child care, library and welcome center. Most personnel assigned to USAG Wiesbaden will work on Clay Kaserne.



Crestview

Junior enlisted and officer housing

Crestview is located off post between Aukamm and Hainerberg in the Wiesbaden community of Bierstadt. Just a five-minute drive or 20-minute walk will take residents to garrison services on Hainerberg. Housing on Crestview is in apartment buildings.



Newman Village

Officer and senior NCO housing

USAG Wiesbaden's newest housing area is American-style homes, which make up less than 20 percent of the housing inventory. These homes are located on Clay Kaserne and have easy access to the library, dining facility, food court, child care centers and other garrison services. Most personnel assigned to USAG Wiesbaden will work on Clay Kaserne.

Help for newcomers

Karl Weisel

USAG Wiesbaden

Family and MWR Marketing

Are you new to Wiesbaden? Wondering about job opportunities or finding your way around the area? Looking for other like-minded individuals with whom to connect during your time overseas?

Army Community Service and the Non Appropriated Fund Human Resources Office are here to help you adjust to your home away from home in Germany.

ACS's Relocation Readiness Program has a wealth of services and support groups aimed at easing the transition for service members, civilians and their Families.

"We try our best for newcomers to have a good first impression upon their arrival in Wiesbaden," said Gigi Wilson, Relocation Readiness Program manager. "We want them to be happy to be here."

A stop at ACS in Bldg. 7790 on Hainerberg (across from the Wiesbaden Entertainment Center) is a great way to find out about the various programs available to help ease one's transition overseas.

Host nation orientation

All members of the Family are invited to take that first step by joining one of the weekly Host Nation Orientations — held on Tuesdays starting at the Wiesbaden Entertainment Center. During the daylong orientation participants learn about the German culture, how to use public transportation and other aspects of life in Wiesbaden. The class includes a short walking tour downtown in the afternoon.

"It's the way we introduce them to their new location as shared by the locals," said Wilson, explaining that the German instructors bring a local flare to the experience. "It's their venue for making newcomers comfortable in their new environment."

Spouse orientation

Spouses are invited to the monthly Spouse Orientation which is held every third Wednesday of the month at



Karl Weisel/USAG Wiesbaden Family and MWR Marketing

Army Community Service's Irmgard Goebel leads a group of newcomers on a Host Nation Orientation Tour of Wiesbaden.

the ACS cafeteria. "Let ACS take care of the business of explaining how organizations and agencies operate within the garrison," Wilson said. Although intended for newcomer spouses, all spouses are welcome to attend as there are a wealth of valuable information and networking opportunities available during the orientation, she added.

Lending closet

ACS's Lending Closet, located in the same building, is another helpful resource for those having just moved to Wiesbaden, Wilson said. "The Lending Closet provides them with temporary household items while they are waiting for their household goods to arrive. It helps save them money by avoiding additional financial obligations."

Other resources

Other Relocation Readiness Program resources include local walking tours which include visits to restaurants and shopping centers and local points of interest; Foreign Born Spouses Meetings; Hearts Apart Get-Togethers; and Spouse Sponsorship training events.

"We have tours that will let people experience dining out in a local restaurant, browse through a German menu and learn how to order (in German)," said Wilson. "The main intent is to help newcomers feel comfortable in exploring what their new home has to offer."

"We see ourselves as a one-stop shop — once they discover ACS, they won't feel alone any more. ... This is their

Family away from home," said Wilson, explaining that with a mix of Germans, Americans, paid staff and volunteers, the Relocation Readiness staff is well-versed in some of the challenges newcomers face. "These are people giving back to the community to help others."

"While we don't offer official translation services, we can assist our clients with such things as German phone and utility bills, consumer information and making inquiries in the local economy," she said. "Our goal is to provide them with the tools they'll need in their new environment," Wilson added. "And everything we offer at ACS is free."

"This is what we live for — to serve our customers — service members, civilians and their Family members. That's our goal," said Wilson, adding that ACS always welcomes feedback which is then used to enhance programs and services.

Employment

Newcomers interested in employment opportunities should stay tuned for upcoming job fairs. The NAF Human Resources Office frequently holds job fairs to recruit individuals for NAF jobs ranging from Child and Youth Program assistants to staff for the many local NAF Business Operation Division services (food service, bartenders, managers and more).

For more information about job fairs or Relocation Readiness Program events go to wiesbaden.armymwr.com, call (0611) 143-548-9201 or stop by ACS.

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Why stores are closed Sundays

We have all been in this situation: It's a Sunday afternoon in Germany and we really need to buy something in the store. However, stores are closed on Sundays and holidays in Germany. But why is that?

In the past, store opening times in Germany were not governed by any regulations. Stores used to be open seven days a week, between 5 a.m. and 11 p.m. In order to allow workers at least one day of rest per week, and to give them the chance to go to church on Sundays, a general law to govern store opening times was established around 1900, said Christoph Fink, head of the Wiesbaden Department of Trade, Event Management and Central Fines Office.

Although the rule that stores had to be closed on Sundays and holidays even applies today, there were many changes to the opening times during the week in the past century.

In 2006, the state of Hessen put a general law in effect to govern store opening times. The law states that "generally, stores are allowed to be open on work days around the clock, while they have to remain closed on Sundays and holidays."

However, exceptions to these rules were made for tourist areas or stores at train stations, airports or harbors. "Gas stations as well as stores in international airports that sell items



Nadine Bower/USAG Wiesbaden Public Affairs

Store opening times are dictated by German law.

needed during the journey are allowed to be open 24 hours. Newsstands, bakeries, pastry shops, flower shops and farmer's stores can be open for six hours on Sundays and on holidays if their opening times don't interfere with general church times and if the store closes before 8 p.m.," Fink said.

German states can decide individually how they want to regulate their store opening times. The state of Hessen, for example, does not govern when stores have to be closed, whereas its neighbor Rheinland-Pfalz requires stores to be closed between 11 p.m. and 6 a.m. In contrast, the Hessen Store Opening Times Law (Hessische Ladenöffnungsgesetz) allows stores to be open around the clock during the workweek, as long as they stick with German labor laws. Additionally, communities can apply for up to four so-called "open-store-Sundays" per year, if there already is a public event that

would draw in guests anyway. "However, the event must be the main reason for guests to go to that area and not the fact that stores are open on a Sunday," Fink said.

Fink also explains that although there is the desire to have more "open-store-Sundays" in Wiesbaden and its communities, "many churches and labor unions strongly oppose this in order to protect workers." Therefore, in Wiesbaden open-store-Sundays only happen twice a year — during the Easter Market (Ostermarkt) and Fall Market (Herbstmarkt).

However, restaurants are allowed to be open 23 hours a day, Fink said (one hour is needed for cleaning), so instead of trying to find a gas station to buy eggs or milk to bake a cake on a Sunday, you could just try out a new restaurant or bakery in town.

Nadine Bower is the Community Relations Chief at U.S. Army Garrison Wiesbaden.

Save money with fuel cards

USAG Wiesbaden Public Affairs

U.S. Army Garrison Wiesbaden service members and civilian employees must have a fuel ration card to purchase tax-free gas on post and off post at designated ESSO stations.

Eligible vehicles must be registered with U.S. Army Europe.

Fuel cards are opened under the sponsor's information, and

rations are designated to specific vehicles. Only the card holder can purchase tax-free fuel under the fuel card program, which only works in Germany.

Short-term fuel cards are available for up to 30 days for rental cars and vehicles registered outside of Germany.

To obtain a short-term fuel card, eligible personnel will need AE Form 550-175L from the military Customs

Office or Military Police desk. The Customs Office for Wiesbaden is located in Bldg. 1025 on Clay Kaserne. The MP desk is in Bldg. 1006 on Clay Kaserne.

ESSO cards for USAG Wiesbaden can be obtained at the Hainerberg Express.

Learn more about the Fuel Ration Program at www.aafes.com/exchange-stores/overseas/germany-fuel-ration/.

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Sunday March 31: Family Service 10.00 am
Sunday March 31: Sung Evensong 5.00 pm
Saturdays in Lent (March 9 - April 13): Lenten Prayer Walks - see website for time and venue
Fridays in Lent (March 15 - April 12): Stations of the Cross 6.00 pm
April 14 - 22: Holy Week and Easter Services - see website

Herzlich Willkommen!

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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

More information

Visit the Wiesbaden VTF in Building 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 (0611) 143-546-0700

Wiesbaden VTF

phc.amedd.army.mil/organization/Pages/VtfDetails.aspx?VtfID=23

Traveling with pets:

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

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 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.

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they automatically renew if you don't cancel in time. Early cancellation can result in costly fees, and unfortunately service members are not exempted. With easyConnect from TKS, there's no minimum contract duration; no cancellation fees or hidden charges.

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Wood shop offers hands-on help, expertise

Karl Weisel

USAG Wiesbaden Family and MWR

Do you have a piece of furniture that needs refinishing or repairing? Want to learn how to frame treasured photos or artwork? Need a particular piece of equipment to complete a woodworking project?

Look no farther than the Wiesbaden Arts and Crafts Center. The center's Wood Shop offers patrons professional expertise, guidance and use of tools to complete projects — in addition to providing custom work.

"We still have a lot of people who walk in here and say, 'I've been here for years and didn't know you were here,'" said John Gardner-Brown, Wood Shop manager. "We want people to take advantage of all that we have to offer."

"We're so lucky to have this facility here," said David Justen as he worked on a project to build picture shelves. "Places like this in the states cost a lot more to use."

Justen, who said he had done some small carpentry projects in the past, including recently finishing a dining

room table, added, "this place blew me away. It has everything you need — all the tools. We're so lucky to have John. He's a professional and knows the ins and outs of the industry. And he takes the time to explain things to you."

"My wife has a job on base, and I needed something to do," said Kyle Gross, a Wood Shop volunteer who said he grew up learning the craft in his father's shop.

"I needed some furniture for the house and this is a lot cheaper than buying it," said Gross, adding that he helps out wherever he can when people come in looking for assistance in the Wood Shop. Recently he had the opportunity to help out with Pinewood Derby and mousetrap racecars.

"A lot of it is learning by doing," Gross explained, pointing to readily available guidance from the Wood Shop manager and tips on YouTube. "It's a matter of practicing the technique until you get it right."

People of all abilities — from beginners to more advanced — are welcome at the Wood Shop, Gross said.

"It's nothing complicated," he said,

adding the main thing is to come into the shop "and get your hands dirty. Start with something small and then work up from that."

"Once they learn the basics, they are very enthusiastic," said the Wood Shop manager. "I look at some of the work that people do in here and it's just fantastic. It's a great way to turn off from their daily lives."

Typical projects include everything from moving repairs — repairing furniture, clocks or mirrors — to picture frames, plaques and going-away gifts, Gardner-Brown said.

"One of the biggest projects we did was to build the front half of an Abrams tank, to full scale," for an exhibit in the U.S. Army Europe Mission Command Center, he said.

"The best thing for me is the reaction of the customer. The majority of our work is commissioned work — such as building desks for units. ... I've built children's toys and even a coffin for a deceased cat — everything from the sublime to the ridiculous," Gardner-Brown said.

"Some people will bring in old photographs and want to make antique

frames to match the photos. On all projects, we can help with the design," he said. "That's the beauty of having things done in here — they are custom made to the client's desire and budget. We get quite a lot of projects where I'll do the labor piece and the customer will do the finishing."

The Wood Shop manager can also assist in selecting and suggesting sources for purchasing the proper wood for a project.

The Wiesbaden Arts and Crafts Center's Wood Shop is open Thursday, Friday and Saturday from 10 a.m. to 5:30 p.m.

A safety and orientation course must be completed before using the equipment. Classes are held the first and third Wednesdays of the month from 5:15-6 p.m.

Patrons can pay \$30 for unlimited use of the shop per month or a one-time fee of \$10, he said.

For more information on getting started on a project, custom work or a gift for a departing colleague, stop by Bldg. 1214 on Clay Kaserne or call (0611) 143-548-9838.

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Go on an adventure with Outdoor Rec

Karl Weisel

USAG Wiesbaden Family and MWR

“Outdoor Recreation is gearing up for a busy summer and fall season full of exciting adventure programs, educational classes, leisure travel and recreational trips,” said Joseph Harris, Wiesbaden Outdoor Recreation Center director.

Additionally, the center director is looking forward to the completion of a brand new facility, located on Clay North, at the end of summer.

“We are planning to open the facility this fall,” said Harris, adding that the total project cost about \$10 million in non-appropriated funds major construction funds.

“The new Outdoor Recreation Center will enable us to place all of our equipment in one central location,” Harris said, “to include bicycle/ski/snowboard shops, training rooms for educational classes, plus (having space for) a new paintball field at the end of the property.

“This will become a one-stop shop for all ODR activities, classes, programs, retail shop, services, tickets, tours and trips,” said Harris, explaining that a pro shop or retail area at the shop will feature hunting, fishing and sport shooting items such as ammunition and other supplies; paintball equipment including markers, paint, hoppers and masks; bicycle parts for all bikes and the option of “special ordering” firearms, bicycles, skis and snowboards.

Upcoming adventure programs include biking, camping, canoeing, climbing, hiking and skydiving. Educational classes range from fishing and hunting to climbing and sport shooting.

“As an agreement between the U.S. and German authorities we are able to offer (English-language) classes at an affordable price,” said Outdoor Recreation Programmer Al Klaver, Hunting, Fishing and Sport Shooting manager. Successful completion of the U.S. Forces German Fishing or Hunting Courses allows participants to join their Ger-



Karl Weisel/USAG Wiesbaden Family and MWR

A player sprints for cover while attacking opponents during a Warrior Adventure Quest paintball session.

man counterparts in practicing these activities here.

“We have a great partnership with our host nation hunters,” Klaver said. “As we help them out in their reviers (hunting areas) by managing game population, protecting forest and farm land, we make lifelong friends and memories.”

Monthly recreational shooting days at the Wackernheim Range near McCully Barracks are another regular feature offered through Wiesbaden Outdoor Recreation.

“The recreational shooting program allows U.S. ID cardholders and bona fide guests a way to shoot firearms without having to take a course to own them. Also if you want to learn how to shoot, we have volunteers out at the range who can work with you one-on-one to assist you,” Klaver said. “We also offer shooting competitions at the range.”

“ODR will be hosting inflatable park days on Clay North during the summer months,” Harris said.

“Outdoor Recreation also provides vacation planning to multiple European

locations with insights on activities, lodging, travel routes and tourist information,” he said.

As spring gets underway and summer nears, community members should keep the various rental equipment and repair services at Outdoor Recreation in mind.

“Outdoor Rec has a full-service bicycle repair shop along with some great bikes and other water sports equipment for self-guided programming. Community members can also check out our inflatables, battle balls, dunk tank, sumo suits, barbecue grills and other party equipment for birthday parties, organization days or private gatherings,” Harris said.

Another new Outdoor Recreation feature is .50 cal paintball gear for younger paintball fans (down to age 10). “This is ideal for birthday parties and other youth gatherings,” Harris said. “Our normal paintball equipment/program for ID cardholders age 16 and older uses .68 cal. paintball markers.”

Outdoor Rec’s paintball season, from April through September (contingent

upon the weather), will feature at least one normal paintball play day per month, Harris said, adding that other days are available by reservation.

Units are invited to take advantage of Outdoor Recreation’s Warrior Adventure Quest program.

“This is open to all U.S. Army units that are deploying, returning from deployment or that have been in garrison longer than 22 months since their last Warrior Adventure Quest participation,” Harris said. “This program is free to all U.S. Army units and other U.S. service members assigned to the Wiesbaden U.S. Army Europe footprint.”

Paintball is a regular component of the Warrior Adventure Quest program, he added, but in the future Outdoor Recreation will include biking, canoeing and rock climbing as other options.

In addition to a host of great classes and trips in the coming months, Outdoor Recreation has an action-packed schedule of one day trips planned for Spring Break, April 8-13. These include a shopping trip to Wertheim Village, a museum visit to the Speyer Technical Museum, a day at wave pool (Rebstockbad) in Frankfurt, a Rhein cruise, Europa Park trip and canoeing adventure.

Other upcoming Outdoor Rec events include a Maimarkt Express April 27; an Archery, Ropes Course and Barbecue May 5; Rafting the Rhein May 11; skydiving May 18, July 13 and Sept. 14; a trip to Verdun May 27; U.S. Forces German Fishing Course July 11-14; Sport Shooting Knowledge Course July 25; U.S. Forces German Hunting Course Aug. 6 to Oct. 19; Bad Duerkheim Wine Fest Sept. 7; Oktoberfest Express Sept. 28-29; Stuttgart Oktoberfest Oct. 12; and a Berlin Wall Commemorative Trip Nov. 8-10.

To find out details about upcoming trips, educational classes and other upcoming happenings with Wiesbaden Outdoor Recreation visit the Wiesbaden Sports, Fitness and Outdoor Recreation Center on Clay Kaserne or go to wiesbaden.armymwr.com/programs/outdoor-recreation.



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Community resources to stay informed

USAG Wiesbaden Public Affairs

Information is key. Tune in to the following resources to stay up-to-date:

Garrison website

Find us online at home.army.mil/wiesbaden. For Family and MWR activities, visit wiesbaden.armymwr.com.

Social media

Like us on Facebook at facebook.com/usagwiesbaden and facebook.com/WiesbadenArmyMWR.

Herald Union

The Herald Union is pub-



lished monthly and distributed to offices and services across post, such as the Exchange, Commissary, fitness center, library, welcome center and shoppette. It is also available online at herald-union.com. It can be helpful to

search the site for specific information when needed. Chances are there is a story in the archive on just that topic.

Photos

Check out photos from garrison events at dvidshub.net/us-agw and flickr.com/photos/wpao.

AFN

Listen to American Forces Network on 103.7 FM to learn about various garrison services and activities.

CIE

Come to the Community Information Exchange, another forum to learn about

community events, and ask questions of garrison leaders. Times and dates are announced on Facebook and the Herald Union page. The CIE includes information from the schools, health clinic, garrison directorates, FMWR and more. The latest slides are always available on the U.S. Army Garrison Wiesbaden website and at herald-union.com/community-information-exchange.

Commander's hotline

The Commander's Hotline is for Wiesbaden military community members to voice

their opinions, suggestions, issues, complaints and recommendations.

Go to home.army.mil/wiesbaden and click on Commander's Hotline on the home page.

Feedback

USAG Wiesbaden directorates want to hear about their customers' experiences. Via the Interactive Customer Evaluation system, feedback can be provided to garrison services. When the contact information is included customers will also receive a response.

Domestic violence.

Call the 24/7 Domestic Violence Hotline at (0162)297-5625 or visit your Family Advocacy Program at Army Community Service. If you hear or witness a situation rising to the level of an emergency, call the military police at 114 or (0611)143-548-7777. Or off-post call the Polizei at 110.

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Communication key to care on, off post

Wiesbaden Army Health Clinic

The Wiesbaden Army Health Clinic Patient Centered Medical Home is accredited by The Joint Commission. Each patient enrolled to the clinic is assigned a primary care manager on one of the PCMH teams (Blue or White). In the PCMH model, patients have a health care team that knows their medical needs, takes care of their needs, and coordinates with other health care delivery teams to provide the best quality care. PCMH staff includes the primary care manager (a physician, nurse practitioner or physician assistant), registered nurses, medics, clinical pharmacists, and an integrated behavioral health consultant.

The clinic also offers a variety of other services in different locations across Clay Kaserne:

Bldg. 1040

- Medical and Dental Clinic
- Primary Care
- Optometry
- X-ray
- Lab
- Physical Therapy
- Soldier Medical Readiness Cell
- Patient Administration
- TRICARE

Bldg. 1041

- Family Advocacy Program
- Educational and Developmental Intervention Services (EDIS)

Bldg. 1526

- Outpatient Behavioral Health

Bldg. 1201

- Army Wellness Center
- American Red Cross

Patient satisfaction and feedback

Patients are encouraged to provide feedback, positive and negative, to allow clinic staff to continually improve patient experience and satisfaction with their care. Patients can use the following methods to provide feedback.

• Joint Outpatient Experience

Survey: Approximately 72 hours after an appointment, patients will receive a survey to complete by mail or electronically.

• Interactive Customer Evaluation

Patients can complete an ICE card or submit ICE comments online at <https://ice.disa.mil>.

- **Patient Advocate:** Located in the TRICARE Service Center, advocates can be reached at 06371-9464-1361 or DSN 590-1364.

Access to care

It is extremely important all active duty military and their command-sponsored Family members enroll in TRICARE Prime. Enrollment can be accomplished either at inprocessing

or the TRICARE Service Center. One significant benefit to Prime enrollment is the access to care standards that assure patients receive timely, quality care. If timely care is unavailable at the clinic, patients may be referred to Landstuhl Regional Medical Center or to a host nation provider or hospital.

Patients can make appointments by using TRICARE Online at www.tricareonline.com or by calling Central Appointments at 06371-9464-5762.

Access to care standards

- Acute Care - 24 hours
- Routine Care - 7 calendar days
- Specialty Care - 28 calendar days

IN CASE OF EMERGENCY

The Wiesbaden clinic does not provide emergency care. For medical emergencies, go to the nearest hospital, dial 112 off post, or call the MP station at DSN 114.

Universitätsklinik Mainz

Langenbeckstrasse 1, 55131 Mainz Oberstadt
Phone: 06131-170

www.unimedizin-mainz.de

Emergency Room: There are three different emergency rooms.

- Pediatrics ER in Bldg. 109
- Surgery ER in Bldg. 505
- Internal Medicine ER in Bldg. 605

Helios Dr. Horst Schmidt Kliniken (HSK) Wiesbaden

Ludwig-Erhard-Strasse 100, 65199 Wiesbaden
Phone: 0611-430

www.hsk-wiesbaden.de

Emergency Room: The HSK has a 24-hour, fully-staffed Notaufnahme (emergency room).

St. Josefs-Hospital (JOHO) Wiesbaden

Beethovenstrasse 20, 65189 Wiesbaden
Phone: 0611-1770

www.joho.de

Emergency Room: St. Josefs has an emergency room.

Note: Patients with behavioral health crises, pediatric emergencies, and eye emergencies should not go to St. Josefs Hospital. These patients should go to the emergency room at HSK or Uniklinik Mainz.

Asklepios Paulinen Klinik Wiesbaden

Geisenheimer Strasse 10, 65197 Wiesbaden
Phone: 0611-8470

www.asklepios.com/wiesbaden

Emergency Room: APK has an emergency room.

For gynecological and obstetric emergencies, contact the gynecology department on the ground floor of the hospital on Mondays, Tuesdays and Thursdays from 8 a.m. to 4:30 p.m. and Wednesdays and Fridays from 8 a.m. to 4 p.m. Outside of these times, contact the emergency department.

Note: Patients with behavioral health crises, pediatric emergencies, and eye emergencies should not go to APK. These patients should go to the emergency room at HSK or Uni Klinik Mainz.

Virtual tools

The below tools are available to patients to schedule appointments, access information, communicate with their care teams, or to seek guidance.

TRICARE Online

www.tricareonline.com

- Make, reschedule or cancel appointments.
- The blue button allows patients to view their health information, including lab and radiology results, medications, immunizations and more.
- To refill prescriptions, click on the Rx refill button, select which medications to refill, select the pharmacy location, and then submit. The refill will

be ready the following business day.

Secure Messaging

<https://app.tolsecuremessaging.com>

- Ask your healthcare team to register you at your next appointment.
- Allows secure communication between patients and their primary care manager or PCM team. Best for non-emergency communication.
- Patients can consult with their PCM or care team, request an appointment, request prescription renewal, request lab or test results.
- Once you register, you must reply to the email to activate RelayHealth

TRICARE Service Center:

Wiesbaden Army Health Clinic has a TRICARE Service Center located in the front of the clinic to assist with enrollments and eligibility, referrals and authorizations, billing and claim issues as well as patient liaison and translation services.

Host nation patient liaisons are available to assist U.S. beneficiaries to include DoD civilians and retirees during emergency room visits, inpatient hospitalizations and initial routine medical appointments. A patient liaison is available 24/7 for emergency assistance.

The TSC can:

- Schedule host nation medical appointments
- Process authorizations with International SOS for host nation care
- Provide local resources for medical supplies and pharmacies
- Schedule OB hospital tours
- Assist with filing claims to TRICARE for medical reimbursement
- Provide guidance on obtaining Certificates of Credible Coverage or proof of insurance
- Discuss benefits and how to use the various TRICARE plans overseas and stateside
- PCM enroll eligible beneficiaries

Host nation patient liaisons can:

- By request, can accompany patients on initial medical appointments with a host nation provider
- Assist with care transfer between a military treatment facility and a host nation medical facility
- Ease language barriers between the patient and the host nation provider
- Provide assistance with the birth certificate process

The TRICARE Service Center is open Monday through Friday, 7:45 a.m. to noon and 1-4 p.m.

To contact the clinic, call DSN: 590-1302 or Comm.: (06371)9464-1302

Patient liaisons can be reached at (0162)270-7743, (0162)296-1189 or (0162)297-1057/7746.

Travel guidance and protective measures

USAREUR Antiterrorism Division

This guide provides general location and activity-based tips. It is important to tailor protective measures to your situation.

Festivals, concerts, Christmas markets and public events

Pre-incident/event

- Stay vigilant and situationally aware.
- Report suspicious activity, unattended bags or anything outside of the norm.
- Avoid high traffic and peak visiting times.
- Avoid locations which restrict or limit movement or ability to exit the venue quickly.
- Remain especially observant near pedestrian entry and exit points.
- Don't stay near controlled entrances where crowds gather and be extra vigilant when moving through.
- Do not loiter in areas accessible to large vehicles.
- Know where emergency evacuation points are located and establish predetermined family or group rally points.
- Identify closest exit point to your location.
- Locate other exit points and have an escape plan.
- Active shooter response is, Run, Hide, Fight!
- Move away from incidents, seek cover, and avoid panicked crowds.
- If an attack occurs and you are in a safe area, attempt to communicate with responders electronically.

Post-incident/event

- Do not move toward responders unless directed.
- Remain calm and follow security or responder directions.
- Be prepared to answer security or first responder questions.
- Exit the location as quickly as possible, keeping in mind the security environment.
- Secure personal identification documents and have them readily available if the need should arise.
- Remember where predetermined family or group rally points are located.

- Help others when appropriate.
- Ensure responders and medical personnel know your nationality, if appropriate.

Returning home

- Remain vigilant and situationally aware.
- Update chain of command, legal or law enforcement as required.
- Provide lessons learned to chain of command.

Airports

Minimize your exposure. Airports and other mass-transportation hubs are attractive targets for terrorism and difficult to secure.

Departures:

- Arrive early to avoid rushing, but not so early you are waiting for long periods.
- Proceed immediately to ticket or check-in and then directly to and through security screening to minimize exposure in unsecure areas.
- Keep watch for and report suspicious activity or unattended bags.
- Avoid broadcasting your DoD affiliation.
- Once onboard, remember Antiterrorism Level I training: avoid aisle seats and choose window seats if possible.
- Stay aware of emergency escape exit points.

Security arrivals:

- Retrieve luggage and proceed quickly out of the terminal.
- If necessary, wait for transportation in less congested areas near a visible police presence.

portation in less congested areas near a visible police presence.

- Consider not using public mass-transit. When using public transportation such as buses and trains, remember AT Level I training: choose aisle seats which may provide shelter from external threats.
- Use embassy, locally approved or reputable ground transportation. Do not use unmarked transportation vehicles or ride shares.

Individual protective measures for all trips

- Travel in small groups and vary routes and times.
- Let your unit, coworker, family or battle buddy know where you're going and your expected return.
- Be inconspicuous and don't wear clothing with U.S. or DoD affiliation. Avoid talking loudly or drawing attention to yourself. Remove any DoD or U.S. affiliated stickers from your vehicle.
- Be aware of your surroundings and potential safe havens (i.e., police station, hospital).
- Avoid gatherings or demonstrations and depart if one is encountered.
- Know emergency numbers and other important numbers (i.e. nearest U.S. Consulate). When possible, carry a cell phone and preprogram emergency numbers.

- Monitor available media, including news and government websites and social networking sites (such as "Stay Safe Antiterrorism" on Facebook) for information while traveling.
- Be cautious in high risk areas such as hotel lobbies, nightclubs, sports arenas and other public places where attacks may occur. Be aware of egress points in the event of an attack.
- Register with State Department's Smart Traveler Enrollment Program to receive alerts and messages for your duty station and travel destinations at step.state.gov/step.

Threat situation

It is necessary to have an understanding of the threat situation to guide your individual protection efforts. Visit www.eur.army.mil/StaySafe and travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html for current information.

Link up plan

Emergencies can occur at any time. Do you know how to link up with your family if you are not together?

Local:

Select easily recognizable primary and alternate meeting spots near home. Also consider points near schools, sports fields or other frequented locations.

Look for rally points that offer additional protection, such as walls, trees and barriers.

Make sure everyone in the family knows where to go and what to do, and share the plan with a trusted neighbor.

Draw a map and discuss with family members.

Traveling:

Identify places that provide some additional security and safety, such as:

Hospitals, police stations, Red Cross or local equivalent locations, embassies, protected hotels, military bases and industrial or commercial locations with security.

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