

# the Gateway

The Gateway to Europe

Vol. 61, No. 15, Aug. 1, 2003, Rhein-Main AB, Germany

## News Briefs

### **Newest majors**

Congratulations to Capt. Kevin Wilkinson, 469th Air Base Group Legal Office, and Capt. T.J. O'Connell, 817th Expeditionary Aerospace Squadron, who were selected for promotion to major in the 2003A promotion board.

### **Award nominee**

Congratulations to Master Sgt. Terry Carroll, 726th Air Mobility Squadron, was selected as the Air Mobility Command's nominee for the Gen. Lew Allen Jr. Trophy. Maj. Greg Endris, a former member of the squadron deployed from McChord Air Force Base, Wash., has also been nominated.

### **Rocket gate**

The Rocket Gate may be used by all base personnel (ID and pass holders) in passenger vehicles. All guests without passes must still sign in at the Main Gate. All large vehicles need to use the Main Gate. For more information, call the 469th Air Base Group Security Forces Flight at 330-7164.

### **Mylar protection**

Gateway Gardens housing units facing the perimeter of the base will soon receive fragment retention film on each window to prevent glass from shattering and raining down if broken. Installation will begin Tuesday. Housing officials will work with residents to install the film on the windows. Look for notices and timetables in housing stairwells.



Photo by Barbara Swingle

### **SCUBA time**

*Super Cool Undersea Bible Adventure was the theme of the Vacation Bible School at the base chapel recently. Sixty-eight children attended the week-long school. Children enjoyed singing, story-time, games and crafts with an under-the-sea theme. The children also collected shoes and socks as part of the Operation Kid-to-Kid mission. The items were donated to the Frankfurter Tafel and will be distributed to children in need in the greater Frankfurt area.*

## **Base clinic to treat civilians on fee-for-service basis**

By Maj. Wayne Surratt  
469th Air Base Group Clinic

Because staffing at the Rhein-Main Medical Clinic has stabilized, the facility now has predictable excess capacity and the ability to expand services to include treating civilian patients on a fee-for-service basis.

Approximately two years ago the clinic discontinued seeing civilian patients. This was due primarily to staffing shortages and mandated changes in the Air Force Medical Service's way of

delivering medical care.

While the staff is eager to expand services, the clinic must do so carefully and within the guidelines established by public law and TRICARE Management Activity.

The plan is to register up to 200 patients and provide all of their primary medical care and preventive health services and some limited dental services.

The clinic is currently in the process of accepting registration forms from Department of Defense civil service employees,

————— See *CLINIC*, Page 4

## Ready anytime!

### Rhein-Main's READY program in full force

**By Tech. Sgt. Michael Vidaurri**  
469th Air Base Group Security Forces  
Flight Training and Evaluation

It's been a busy two years since the terrorist events of Sept. 11, when we all witnessed the huge steel twin towers of the World Trade Center come crashing down. Thousands of our citizens died along with the others that perished on the airplanes.

Because of this tragedy, higher force protection conditions were implemented throughout the United States and overseas where our bases are located. To do this, Rhein-Main needed increased vigilance and the 469th Air Base Group Security Forces Flight needed more manpower.

The "READY" program, or resource augmentation duty, organized by the security forces flight, was designed to help fill and augment units by providing trained, certified personnel from the 469th ABG, 726th Air Mobility Squadron, and 64th Replacement Company.

These personnel from different Air Force Specialty Codes assist in force protection efforts during critical times.

Since Sept. 11, there have been several instances when force protection conditions warranted the use of our READYs to assist security forces.

Now, almost two years later, we here in security forces have experienced some increased support with the arrival of new security forces members, continued temporary duty support, and the German

military taking over our base entry control responsibilities.

Not too long ago, one individual approached me and stated, "Well Sergeant Vidaurri, I guess you guys over there in security forces won't need READYs anymore. You're pretty much covered from now on."

I thought for a minute and said to myself, "How wrong can you be!" The READY Program is in full force. The terrorist threat is still out there and with Operation Iraqi Freedom and operations in Afghanistan continuing, we must not lose sight of the importance of preparation for increased force protection conditions.

Rhein-Main is a small base with a big mission and has been for the last two years. Having a robust, solid and trained READY augmentation force is an

essential element of preparation for an increased threat against our family of personnel, resources and property.

In the early 1990s when I was assigned to Phoenix Ace, our motto was "Any mission, Anywhere, Anytime" because we would train at home but deploy at a moment's notice. I emphasize the term "anytime" which, to me, means to be prepared at a moment's notice to initiate our mission requirements.

Having an essential READY force at Rhein-Main gives us the ability to cover the increased manning requirements at a moments notice or "anytime." This can happen due to an event, an attack or intelligence received that requires



**Tech. Sgt. Vidaurri**

Commander's Action Line

*The Action Line is one way for me to keep my finger on the pulse of the Rhein-Main community and is used as an avenue for communication.*

*The main objective of the Commander's Action Line is finding solutions to problems or providing explanations for processes.*

*If you experience problems at Rhein-Main, you should always try to resolve problems at the lowest level by contacting the unit or agency managers. In almost every case, your chain of command is the best solution. I strongly encourage everyone to use that route first. When normal channels haven't been able to resolve your issues, feel free to send an e-mail to [Hotline@rheinmain.af.mil](mailto:Hotline@rheinmain.af.mil) or call 330-7777. Please include your name and contact information along with your concern.*

*Action Lines are forwarded to the appropriate agency for action and response. They should contact you within 24 hours. Once an Action Line is started, the agency must provide a complete answer to me within 10 days.*

*The 469th Air Base Group Public Affairs Office is responsible for managing the Action Line program on my behalf.*

*If you have any questions, call the 469th ABG/PA office at 330-7804 or e-mail at [Hotline@rheinmain.af.mil](mailto:Hotline@rheinmain.af.mil).*

**Col. Bradley Denison**  
Commander, 469th Air Base Group

**330-7777**

increased security posting.

I'd hate to see the unthinkable happen again and hope that there are no more tragedies such as Sept. 11 or any other terrorist attacks. But in this day and age we must be prepared. We must be

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## the Gateway

### Editorial Staff

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*The deadline for the Aug. 15 edition of the Gateway is 4 p.m., Aug. 8.*

## Celebrating summer (hires)

*Col. Bradley Denison, 469th Air Base Group Commander, shares lunch with several members of the Rhein-Main Summer Hire Program during an appreciation lunch hosted by the family support center and chapel July 25. Twenty-eight youth took part in the program from June 16 - July 25, assisting in 18 offices throughout the base and working more than 6,000 hours.*



Photo by Staff Sgt. Matt Summers

# CFC contributions return to benefit command family, youth programs

By 1st Lt. Bryan Edmonson  
USAFE News Service

**RAMSTEIN AIR BASE, Germany** — U.S. Air Forces in Europe military members, civilians and their families will reap increased benefits of their own generosity this year because of record contributions to the Combined Federal Campaign in 2002.

Renée Acosta, president of Global Impact, a not-for-profit organization which was appointed by the Department of Defense in 1996 to serve as the campaign manager for the CFC, recently presented USAFE Commander Gen. Gregory Martin with a mock check for \$93,205.76 — the amount of money designated by CFC contributors to USAFE family support and youth programs in 2002.

The FSYP designated amount, which is well over the \$70,745.00 DoD members donated in USAFE in 2001, will be returned to the local communities

where the donations originated.

The money will contribute to improvements such as the quality of life of Air Force military and family members across the command by funding food lockers for needy families, and helping hospitalized parents offset the cost of child care.

### 2003 CFC

The 2003 CFC  
kicks off Oct. 1 and  
runs through Nov. 10.

“This year, USAFE men and women donated more than \$93,000 because so many of them care about our communities and helping those who are in need,” said Martin. “Our CFC donations really do come back to help us and go a long way towards improving our world and our own communities across USAFE.”

“This is a great way for the USAFE community to support the quality of life in the places where they live,” said Vince Halverson, family support center director for the 86th Air Wing. “By designating their contributions to FSYP, people are putting the money back to help their own community.”

## What is the CFC?

The Combined Federal Campaign is the annual fund-raising drive conducted by Federal employees in their workplace each fall.

It was established in 1961 and is the largest workplace charity campaign in the country. Nearly four million federal civilian and postal employees and military personnel are given the opportunity to contribute to the charities of their choice during the annual charity drive.

It is the only campaign authorized to solicit and collect contributions from federal employees in the workplace.

In 2002, Team Rhein-Main contributed \$30,452 to the CFC. The entire campaign brought in nearly \$237 million dollars nationwide.



Combined Federal Campaign

## Warriors of the Week



Capt. Nolan Diestro

**Unit:** 469th ABG  
**Time in Service:** 4 years  
**Duty Title:** Executive Officer  
**Hometown:** Pensacola, Fla.  
**Hobbies:** Racing (NASCAR and street)  
**What has been your best experience in the Air Force?**  
 Attending Joint Specialized Undergraduate Pilot Training and Communications Officer Training School.



Karen Robinson

**Unit:** 469th ABG  
**Time in Service:** 2 years active-duty, 22 years as a civilian  
**Duty Title:** Commander's secretary  
**Hometown:** O'Fallon, Ill.  
**Hobbies:** Jogging, crochet and movies  
**What has been your best experience in the Air Force?**  
 Meeting a lot of different and friendly people. All of the character-building experiences.

**READY, from Page 2**

prepared for anything at anytime.

For those who wonder, the READY program is designed to train, certify, and equip other flight personnel to assist us when needed. Certifications consist of one day of M-16A2 weapons firing and one day of actual READY certification in subjects of force protection, law enforcement, security skills, apprehensions, and communications.

READYs at Rhein-Main are a critical part of the SF team. They're so valuable, that without them, SF could not man all our posting requirements during increased threat conditions.

I ask all technical sergeants and below in the 469th ABG to contribute to the READY program by being a part of Team Rhein-Main in force protection efforts. By being part of the team, if something happens, our READYs can be initiated in full force to protect our resources and our personnel.

The key is to initiate at a moments notice and with a sufficient force readily available. The times of need may not seem important now. But we must be ready "anytime!"

**CLINIC, from Page 1**

as well as individuals holding a United States passport assigned to Rhein-Main or the U.S. Consulate. This will be for a three-month initial test period and will come with many challenges.

For those individuals who are registered, the medical clinic will assign a primary care team. This team will consist of a physician, a nurse, two medical technicians and an administrative technician.

The team will provide primary care and preventive services to their patients, making every effort to meet the TRICARE access standards of 24 hours for an acute appointment, seven days for a routine appointment and 28 days for wellness appointments.

For dental healthcare, the dental clinic will initially be able to only offer

exams and cleanings during the test period. Dental clinic services will be reevaluated as manning stabilizes. If manning is sufficient to provide expanded services, the dental clinic will start by offering simple operative dentistry.

At the end of the three-month test period, the clinic will reevaluate and determine whether it is able to continue this program.

All medical and dental healthcare services rendered to civilian patients are on a fee-for-service basis.

It's important to remember that the individual who receives medical or dental care is

responsible for their bill and for any claims submissions required by their insurance company. The clinic cannot legally act as the claimant or brokerage agent.

**Clinic info**

Contact the 469th ABG clinic administrator, at 330-4269 for more information.

The base clinic is located outside the base perimeter in the Bldg. 674. After exiting the main gate, make the first right towards the Steigenberg Esprix Hotel. Follow this road until you see a two-story, white building on the left side of the road inside a green fence.



## Around the force

### 2004 realignments

The Air Force will lose 2,260 military and 2,839 civilian manpower positions, and 1,055 reserve drill authorizations next year, according to the 2004 force-structure announcement released July 23.

Many bases, both active duty and reserve component, are affected by the realignment. In many cases, units will gain aircraft and missions, while others will pare down.

Besides manpower reductions, the realignment formally announces the retirement of the C-9A Nightingale and KC-135E Stratotanker aircraft.

According to Air Force officials, the 20 C-9s are being retired because of reduced-patient movement, range limitations and increasing maintenance and upgrade costs. The aeromedical-evacuation mission will become a requirements-based system using all passenger-capable aircraft.

The service will retire 44 of the Air National Guard and Air Force Reserve Command's 43-year-old KC-135Es next year, replacing them with 24 KC-135Rs from the active-duty fleet. By the end of fiscal 2006, the Air Force will have re-

tired 68 of the KC-135Es.

For the complete list of realignments, visit [www.af.mil/forcestructure04/force\\_structure2004.html](http://www.af.mil/forcestructure04/force_structure2004.html).

### 'Use or lose' leave

Active-duty airmen who were unable to take annual leave this past year because they were supporting contingency operations will be allowed to accumulate more than the normal 60 days after the fiscal year ends.

Air National Guard and Air Force Reserve members who performed full-time training or other full-time duty for more than 29 days are also eligible for this special leave accrual.

Those affected can retain up to 90 days of leave until the end of fiscal 2004, according to personnel officials.

### AF loses a friend

Airmen around the world mourned the loss of Bob Hope, the only American ever to be made an honorary Veteran of America's Armed Forces. He was 100. Hope called the troops his "best friends" and made it his mission to be with them



Photo by Tech. Sgt. Michael Haggerty

wherever they served, regardless of distance or danger. His final tour, at age 90, took him to the Persian Gulf and the men and women of Operation Desert Storm.

The media dubbed him "America's No. 1 Soldier in Greasepaint," and to the G.I.s he was "G.I. Bob."

## Rhein-Main blotter

compiled by Staff Sgt. Patrick Gaudet

**July 5** — A soldier transiting the base was stopped for failing to stop at three posted stop signs. The soldier told the security forces member that he was lost and unfit to drive. The soldier was transported to the security forces control center and agreed to provide a sample of his breath. The soldier's blood alcohol content was over the legal limit and he was processed for driving under the influence.

**July 6** — A civilian employee at the base exchange detained an individual for larceny, theft by deception. A security forces patrol responded to the exchange and identified the individual as a civilian assigned to the 1st Military Intelli-

gence Battalion. Exchange personnel said the civilian had been placing discount stickers on merchandise in which he would later purchase. The civilian was transported to the SFCC for further processing.

**July 10** — A soldier assigned to the 64th Replacement Company was apprehended for Failure to Obey a Lawful Order. The soldier had been operating his personal vehicle after being issued a preliminary revocation of driving privileges order, pending the outcome of a intoxicated driving investigation. The soldier was released to his first sergeant.

**July 12** — An NCO assigned to the 726th Air Mobility Squadron detained an individual who was not in

possession of the proper credentials to access the base. SF made contact with the individual's sponsor, a civilian transiting the base, who relayed he was unaware visitors had to be signed on and escorted around the installation. SF escorted both individuals to the main gate.

**July 18** — The spouse of an officer assigned to the 469th Air Base Group was involved in a vehicle accident off base. Upon the arrival of an SF patrol, the dependant spouse said an unknown person had failed to yield prior to making a left hand turn, striking the driver side of her door, causing a two-foot dent in the driver side door and ripping off the driver side rear quarter panel, thus disabling the vehicle. The operator of the second vehicle fled the scene.



# BEEFing up

## Reservists flex muscles while giving Rhein-Main a face-lift

By Staff Sgt. Leo Brown  
Public Affairs

Rhein-Main is getting in a little better shape this summer, thanks to the efforts of some folks from Ohio.

Laying concrete for new sidewalks, replacing stonework on monuments and repairing restrooms at the base fire station are some of the improvements occurring thanks to Air Force Reserve Command's 445th Civil Engineer Squadron, based at Wright-Patterson Air Force Base, Ohio. The squadron is known as Prime BEEF, or Prime Base Engineer Emergency Force.

One group of 28 squadron members arrived in early July and, combining forces with Rhein-Main's 469th Civil Engineer Flight and Pacific Architects and Engineers, began tackling a backlog of work orders and projects. The work is continuing under a second group of 38 445th members until early August.

"There's a good partnership with them," Maj. Shawn Moore, 469th CE flight commander, said of the 445th. "The contractor (PAE from California) is glad they're here. They brought electricians, plumbers, a full compliment of people.

They've been super," he said. "They have a great 'can-do, will-do' attitude. They're Ohio guys."



Photo by 2nd Lt. Uriah Orland  
**Staff Sgt. William Donaldson (left) and Tech. Sgt. Richard Price, deployed from Wright-Patterson AFB, Ohio, lay bricks near the base flag pole.**



The feeling of the 445th members is mutual.

"This has been a really good (annual tour)," said Maj. Brady Johnson, who commanded the first 445th group. "We've had better support here than ever. We've had to rely on some of their tools and equipment, but we've never heard, 'Who are you?' and 'Why are you here?'"

"Markus Matz (PAE's Prime Beef coordinator) has been awesome. He had one half of my job done for me," he added.

"The method of construction and tools we're using are a little bit different here than in the states," said Senior Master Sgt. John Crossan, the 445th on-site structural superintendent with the first group. "But we've had good support from the CE and PAE folks."

(Brown, with Air Force Reserve Command's 442nd Fighter Wing Public Affairs office at Whiteman AFB, Mo., is on temporary duty with the 469th Air Base Group Public Affairs Office.)



Photos by Senior Airman Andrew Rouleau

**(Top) Tech. Sgt. Dave Long, (operator) and Master Sgt. Ken Tipton, deployed from the 445th Civil Engineer Squadron, repair wiring for streetlights on Ellis Road. (Above) Senior Airman Josh Steward, repairs the ceiling the base fire department restroom.**

# Pedal power

## *Security forces bicycle patrol rolls into base housing*

**By Staff Sgt. Leo Brown**  
Public Affairs

Improving community relations and increasing police visibility are two goals of the 469th Security Forces Flight's new bicycle patrols in Gateway Gardens.

The program, which began in early July, is a win-win situation for the flight and for the public, according to Master Sgt. David Saunders, 469th SFF operations superintendent.

"We have a lot of children in the housing area, and (bicycle patrols) are something they can identify with whether they're four years old or 14 years old," he said. "They can identify with them and get a little closer to (our airmen)."

Airman 1st Class Elizabeth Speichinger, a 469th SFF specialist and one of five flight members currently manning the bicycle patrol, said it's a great way to interact with people.

"A lot of the kids wave and say hello," she said. "Many people are surprised to see somebody out there on a bike and a lot of them don't know we're doing it.

"But so far, people have been like, 'Oh, that's a good idea,'" she added.

Saunders said this "good idea" will also improve safety in the housing area.

"It gives us the mobility we didn't have before," he said. "In base housing, if you're trying to go from point A to point B using certain streets it'll take you a little while with speed bumps and

traffic. But on a bike, they can virtually cut through anywhere and be there in a matter of minutes.

"With the mobility comes the opportunity for the police officer to see more. A lot of times when you're driving a vehicle, you're paying attention to avoid accidents and what not, you're not really seeing what's going on in the neighborhoods. Whereas on a bike, you can stop easily and see a lot more," Saunders added.

He noted the number of automobiles ticketed for violations has increased since the patrols started. Violations include illegal parking, expired tags and abandoned vehicles.

"They're out here obviously to protect us," said Tech. Sgt. Michael Wolcott, 469th ABG ground safety manager and Gateway Gardens resident. "But I think a bike patrol's out here for more of the code enforcement and watching for criminal activity. A bike's not as visible as a police

car that's white and says "Security Forces" on it."

Hopefully, the bicycle patrols will bring more peace of mind to housing residents, especially in light of a recent rash of bicycle thefts.

"We've had some problems with some crime here," said Wolcott. "Someone stole the pedals off my bike (recently). I know a senior NCO who had his bike stolen. I know someone else who had their bike stolen.

"As a good enforcement tool, I think it's (the bike patrol) a great idea. They have some of the stealth to be able to come through the neighborhoods and they can go around behind the buildings easier," he added.

Saunders said he hopes the number of airmen manning the patrols will increase in the near future.

"We haven't been able to man it every day but that's something we're working on and hopefully within a week or two we'll be able to man it every day," he said.

"We're starting in the housing area because that's where we're going to get the most visibility, but we'll eventually alternate between housing and the main base."

The patrols currently, and in the future, are scheduled to run during daylight hours.

*(Brown, with the Air Force Reserve Command's 442nd Fighter Wing Public Affairs office at Whiteman AFB, Mo., is on temporary duty with the 469th ABG Public Affairs Office.)*



Photo by 2nd Lt. Uriah Orland

**Senior airmen Kevin Brock (left) and Jeremiah Brewer, 469th Air Base Group Security Forces Flight, hit the pavement in Gateway Gardens.**

Take a look at yourself

# Are you missing any body parts?

By Chief Master Sgt. Joe Lavigne  
2nd Bomb Wing Command Chief

**BARKSDALE AIR FORCE BASE, La.** — The other day I had an interesting conversation about drastically changing the Enlisted Performance Report system. Someone suggested we totally do away with the numeric-based program, and even do away with writing all the flowery bullets to make sure the form is completely filled.

Instead, the form would simply be a drawing of a stick figure. Really simple. There would be room to draw two legs, a torso, two arms and a head. If, at the end of your rating period, your rater and the rater's rater felt you portrayed the "whole person" concept, they would draw a complete stick figure, and when you became eligible, you'd be able to take your promotion tests and compete for your next stripe.

If your picture wasn't complete, you simply wouldn't test. That would save you a lot of time studying, only to become frustrated when you weren't on the promotion list.

## Legs

So exactly how would your rater decide what kind of person you are? Easy. As you know, the legs provide the basis for movement. One leg would represent your technical competence. If you had completed your necessary upgrade training, had been certified on all your core tasks and had mastered your trade, that leg would be drawn.

The other leg would represent your mastery of overall Air Force knowledge. Have you completed the appropriate levels of Professional Military Education? Have you read any of the books on the Chief of Staff's or Chief Master Sergeant of the Air Force's professional reading list? Have you

attended any voluntary professional development seminars? If so, that leg would also be drawn.

## Torso

Let's move up to the torso. Here you'd be evaluated on how well you maintain standards. Do you look sharp in your uniform? Are you presenting a proper military image? Do you participate in a personal fitness program? Do you follow the instructions you need to safely and effectively accomplish the mission? Do you ensure your subordinates meet the standards as well?

## Arms

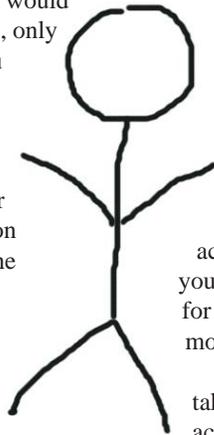
To draw your left arm, your rater must be able to honestly say you are actively supporting your unit and the base. Are you out there helping your unit advisory council improve your squadron? Do you occasionally pitch in some off-duty time to help with your booster club's efforts?

What about being an "active" member in one or more professional organizations or one of the benevolent organizations dedicated to improving the quality of life for our troops? Remember, being active doesn't simply mean paying your dues and hanging around waiting for your going-away gift when you move, separate or retire.

The right arm is simple. Are you taking part in any community activities? The possibilities here are endless: youth groups, helping the aging, church groups, schools, support for community events.

## Head

Finally, the head must be drawn to signify your pursuit of a well-rounded education. Are you taking advantage of the programs offered by the Community College of the Air Force? If you've already received that degree, are you



## Who's moving up?

Following are line numbers for promotions on Aug. 1:

To chief master sergeant -  
0326 -0374  
To senior master sergeant -  
0519-0645  
To master sergeant -  
0001-0401  
To technical sergeant -  
0001-0513  
To staff sergeant -  
18,200 - remaining

For more information log on to  
[www.afpc.randolph.af.mil](http://www.afpc.randolph.af.mil)

working toward a bachelor's, or perhaps a professional certification?

You need to understand and accept the fact that today's enlisted corps is becoming more and more highly educated than at any other time in the history of the Air Force. If you're not pursuing your education, you're behind your peers, plain and simple.

Will we ever adopt this form of evaluation system? You never know. If we do, will you be a complete person or will you have some missing body parts? The choice is yours.

By the way, this whole person concept isn't anything new. It's clearly outlined in Air Force Instruction 36-2618, *The Enlisted Force Structure*.

We've been using the whole-person concept as a yardstick to measure people for years. Be it a "Stripes for Exceptional Performance" promotion, selecting annual award winners, or picking our next batch of senior and chief master sergeants, the picture needs to be complete.

Why not take a few minutes to draw a picture of yourself? Or, ask your boss to. If you find you're missing some body parts, take action now. You'll be glad you did!

(Courtesy of Air Combat Command News Service)

# Volksmarching

## Walk your way around Germany

By Staff Sgt. Matt Summers  
Editor

Mark Twain once said, "Golf is a good walk spoiled."

On any given weekend in Germany you can find dozens of 'good walks' and none of them ruined with sand traps, fairways or club houses.

The country is the land of volkswanderung, loosely translated as volksmarching. A Volksmarch is an organized walk through woods, fields and villages followed by a "mini fest" with German-American camaraderie, music and food, according to the American Volkspport Association home page.

Volksmarches can be found in the state of Hesse nearly every weekend from April through October. Walkers can usually choose from 5, 10 or 20 km routes. (Conversion to miles equals 3.1, 6.2 or 12.4) For the more serious walkers looking for strenuous exercise, many events host 42.195 (marathon) or 50 km walks.

Some walkers even bring their dogs out on the trails, but always on a leash.

Walkers can normally begin any time between 6 a.m. and 2 p.m. for 5, 10 or 20 km distances, but the longer distances require more precise start times to ensure all participants are finished by nightfall. Participants should keep in mind that an average walker completes 10 km in approximately two hours. A marathon walk consists of eight hours of walking.

Language is rarely a barrier at volksmarches, as the sport has international roots and most host speak English. To find the dates and times of volksmarches throughout Germany, log on to [www.ava.org/clubs/germany](http://www.ava.org/clubs/germany) or <http://www.104thasg.hanau.army.mil/hunion/Takeahike.htm>.

A detailed road map of Germany is a must for any serious volksmarcher, as many of the small towns hosting marches are inaccessible from the main autobahns. Once near the volksmarch, participants will see IVV signs to direct them to the start or ziel for the march.

Look for more volksmarching information in future editions of *the Gateway*.



Courtesy photo

## Me and my bud

*Lt. Col. Guy Parker, 469th Air Base Group Deputy Commander, and his son Ryan, sail through the "Buddy walkers" portion of the Rhein-Main Parent/Child "Krazy" Olympics July 19 at the youth center. The Parkers brought home gold in the competition while the team of Master Sgt. Marino Duran and son Colin captured silver.*

## Softball Spotlight

Throughout the varsity softball season, the Gateway will feature members of the Rhein-Main Rockets varsity softball team. This week's player is:

Chris Frederick  
From: Beaumont, Texas  
Position: Infield/  
Outfield  
Hits: Right  
Experience:  
Three years  
playing softball  
on the varsity  
level at Rhein-  
Main, one at Carswell AFB, Texas  
Strength: Utility player  
Weakness: High pitch



## Sports shorts

### Youth sports

Rhein-Main Youth Center holds registrations for youth soccer and flag football through Aug. 31.

Soccer is open to all youth ages five to 15 and flag football is open to ages 10 to 12. For more information or to sign up call 330-7125.

### Uniform return

During a recent inventory it was discovered that many youth have not turned in uniforms from last years soccer, basketball and baseball seasons.

The following should be returned: smurf blue, tiger orange, red, or gray soccer shirts; bantam girls team navy

softball pants; junior boys gray baseball pants; junior boys team light blue baseball jerseys; bantam and junior size navy/white youth services basketball jerseys; and Rhein-Main cheerleader uniforms.

Please turn these items in at the Rhein-Main Youth Center.

### Flag football

The intramural flag football season began Tuesday with three games on the docket.

469th ABG vs. 62nd AMXS = 26-6  
Fire Dept. vs. AFN = 18-6  
SFS vs. 726th AMS = 26-0

For a full schedule, call 330-7151.

## Fun in the Sun word search



### Take the 469th Air Base Group safety challenge!

In an effort to increase safety awareness at Rhein-Main the safety office created the safety challenge. The challenge runs once a month in *the Gateway*. The first member of Team Rhein-Main to correctly complete the Fun in the Sun word search and return it during normal duty hours to a member of the 469th ABG safety office, room 132, Bldg. 347, will win a random prize. The answers and the name of the winner will be published in the Aug. 15 newspaper.

Complete sentences 1-14 by filling in the blanks with the missing word(s). Then find the missing words which are hidden in the word search. (Words are spelled forward, backward and diagonally.)

- One s \_ \_ \_ \_ m that a person has been out in the sun/heat too long is muscle \_ r \_ \_ \_ .
- When you plan to be out in the sun (especially if for more than 20 minutes) you should always put on a \_ \_ n \_ \_ \_ \_ n or a \_ \_ \_ b \_ \_ \_ k .
- Because water m \_ \_ \_ \_ f \_ e \_ the power of ultraviolet rays, sunscreen is especially important if you're \_ w \_ \_ \_ \_ .
- Even if your sunscreen is \_ \_ t \_ \_ \_ \_ o \_ f it's still a good idea to r \_ \_ \_ \_ y it after leaving the \_ \_ \_ e \_ , to ensure full \_ r \_ \_ \_ \_ \_ n .
- O \_ \_ \_ \_ \_ \_ u \_ \_ to the sun can cause skin \_ \_ \_ \_ e \_ .
- The most i \_ \_ \_ \_ e sun \_ \_ d \_ \_ \_ \_ n occurs between 10:00 AM and 2:00 PM.
- Most sunscreens are labeled with a \_ \_ \_ protection factor.
- There are \_ e \_ e \_ \_ \_ s from exposure to the sun. \_ \_ \_ a \_ \_ \_ (D) is produced. However, the \_ a \_ \_ \_ from overexposure easily outweighs any benefits.

R	U	T	R	A	Y	S	K	C	O	L	B	N	U	S
A	L	N	W	A	T	E	R	E	A	P	P	L	Y	P
G	T	G	O	R	D	J	T	E	K	N	A	L	B	M
R	R	N	O	I	E	I	N	K	U	D	Z	S	C	A
F	A	I	E	N	T	F	A	S	C	A	C	U	M	R
O	V	N	G	T	S	C	L	T	R	E	C	N	A	C
O	I	N	A	E	A	W	E	E	I	H	N	S	G	U
R	O	I	M	N	N	R	I	T	C	O	M	C	N	M
P	L	H	A	S	D	M	B	M	O	T	N	R	I	B
R	E	T	D	E	O	N	R	S	M	R	S	E	F	R
E	T	V	I	T	A	M	I	N	B	I	P	E	I	E
T	A	H	P	E	D	F	M	P	R	O	N	N	E	L
A	U	M	S	S	T	I	F	E	N	E	B	G	S	L
W	Y	W	R	I	N	K	L	E	S	N	R	U	B	A
S	E	E	R	U	S	O	P	X	E	R	E	V	O	S

- Besides causing skin cancer, \_ l \_ \_ \_ - \_ \_ o \_ \_ \_ rays can also cause the skin to \_ \_ i \_ \_ \_ e .
- Cement also r \_ \_ \_ \_ \_ the sun.
- When you're not swimming, wear a \_ \_ \_ with a \_ \_ \_ m to protect your head and \_ e \_ \_ .
- Never use a sun reflector or metallic reflector \_ l \_ \_ \_ e \_ . They can cause serious \_ \_ r \_ \_ very quickly.
- When applying sunscreen don't forget your \_ \_ \_ \_ , especially if your hair is \_ \_ \_ n \_ \_ \_ g .
- Seek out shade, but remember that beach \_ \_ \_ r \_ l \_ \_ \_ do nothing against \_ \_ \_ s reflected off \_ \_ n \_ and \_ e \_ .

### 101 Critical Days of Summer Safety

#### Drive to arrive

Over the last five years, the Air Force has lost an average of 21 members during summer. Of those off-duty fatalities, 70 percent are in the 18- to 25-year-old age group.

"The most significant loss of life among Air Force members involves private motor vehicles," said John Russell, the Air Force Safety Center's chief of ground safety. "These are tragic and preventable mishaps."

Driving while impaired, speeding and fatigue are leading contributing factors in fatal motor vehicle mishaps, Russell said.

Motorcycle mishaps accounted for about one-third of the Air Force's fatal motor vehicle accidents.

Lack of proficiency, speeding and impaired driving were the primary contributors to the fatal two-wheeled incidents, said Russell.

Safety officials offer the following factors to consider when planning summer travel:

- Wear seatbelts.
- Remain alert while at the wheel and plan rest breaks at frequent intervals.
- Don't speed in an effort to arrive early — it's better to arrive late than not arrive at all.
- Don't drink alcohol and drive.

(Courtesy of Air Force Print News.)

## School hours change

Halverson-Turner School has announced new hours for the 2003 - 2004 school year. New hours are 8:25 a.m. to 2:35 p.m.

## National Kids Day

In celebration of National Kids Day, the youth center and the Missoula Children's Theatre will perform a musical production of Cinderella Saturday at noon. The performance will be done by youth from Rhein-Main and the surrounding communities. After the show enjoy activities for parents and kids.

## UMUC registration

University of Maryland University Campus Term 1 registration for the academic year 2003/2004 begins Monday and ends Aug. 15. For class schedules and other information stop by the Rhein-Main UMUC office or visit the UMUC Web site at [www.ed.umuc.edu](http://www.ed.umuc.edu).

## Out of this world

Astronaut Dr. Guion Bluford visits the Rhein-Main Youth Center Gym Tuesday at 4 p.m.

Dr. Bluford's visit is part of the Extreme Summer Program. He will discuss achievements in his career and adventures in space.

## German-American club

The Buchschlag German-American club holds a meeting Tuesday at 7 p.m. at the "Haus Falltorweg" in Dreieich-Buchschlag. Come out and meet new friends from the Rhein-Main and Dreieich communities.

For more information call 06103-68738.

## Creative stamping

The family support center hosts creative stamping on Tuesday at 6 p.m. The class

will cover is an introductory course to show the latest rage in creative crafts.

The class shows stamping with different colored inks to make personalized greeting cards, wall arts, wrapping paper, etc.

Anyone who is into scrapbooking type crafts would be interested in attending.

Call 330-7992 for more info.

## German culture class

A new German Culture Class series goes every Tuesday until Sept. 9 beginning Tuesday at 7 p.m. Each class is a stand-alone event. The class is free and open to everyone. Call the FSC for more info.

## Babies Cost Bundles

The Rhein-Main Family Support Center sponsors a Babies Cost Bundles class on Wednesday at 12:45 p.m. at Our House. The class is sponsored by the Air Force Aid Society and provides information about family life, safety, personal finance and medical care.

Participants receive a gift basket valued at over \$50. It is open to families who are expecting a child, even if it is not the first. Call the FSC for more info and to sign-up.

## Country cooking

Do you miss mom's home cooking?

Come out to the country coking class sponsored by the family support center on Wednesday at 6 p.m. Sheila Cottle teaches the secrets to make your food taste as good as mom's.



## Kindergarten

### prep

Parents, are you ready to send your little ones off to school? Come learn how to cope with the anxieties of separation and school fears at a Kindergarten Prep class. The class is set for Thursday at 6 p.m. at Our House.

Call the family support center at 330-

## Movies Rhein-Main

**Tonight** - "The Matrix Reloaded," (R), 7 p.m.

**Saturday** - "Daddy Day Care," (PG), 5 p.m., and "Charlie's Angels: Full Throttle," (PG-13), 7:30 p.m.

**Sunday** - "A Man Apart," (R), 7 p.m.

**Wednesday** - "Bad Boys II," (R), 7 p.m.

**Aug. 8** - "Legally Blond 2," (PG-13), 7 p.m.

**Aug. 9** - "Bruce Almighty," (PG-13), 5 p.m., and "Terminator 3," (R), 7:30 p.m.

**Aug. 10** - "The In-Laws," (PG-13), 7 p.m.

**Aug. 13** - "Tomb Raider: The Cradle of Life," (PG-13), 7 p.m.

Movies and times are subject to change.

Movie schedules for local communities can be found at [www.aafes.com/ems/default.asp](http://www.aafes.com/ems/default.asp)

## Want Ads

Looking for a person who does PCS cleaning. Call 0170-2733-0727.

7992 to sign-up or for more information.

## Tuesday night meal

Rhein-Main sponsors a Tuesday Meal and Visit for shift workers on Aug. 12. Food and desert donations are needed. Please bring baked goods, individually wrapped to the chapel before 4:30 p.m.

Volunteers are needed to help prepare meals and deliver them to various organizations around the base.

Contact the chapel at 330-7501 for more information.

## German Mail

Small parcels and packets are delivered to the German Post Office (Charlie's) located in Building 348. Charlie's hold packages delivered there for 14 days. After that time they are returned.

If you expect a package stop by or call DSN 330-6303 or 069-69-2638.

There are currently several packages waiting to be picked up.

# Schloß Mespelbrunn

One of Germany's most well-preserved castles only minutes from base

**Story and photo by**  
**2nd Lt. Uriah Orland**  
Public Affairs

Surrounded by green wooded hills and crystal waters the Mespelbrunn Castle is well worth the thirty-minute drive from Rhein-Main.

The castle, dating from 1564, is one of the few in Germany that has retained its original form and furniture. The castle was untouched during the Thirty Years War and World War II, events that devastated nearly all of the country's castles. Location was key to its survival, as the castle is nestled in a valley in the Spessart, a heavily forested area near Würzburg, east of Frankfurt.

Because of the large moat that surrounds the castle it's commonly called a water castle. There is also a large park with walking trails through the neighboring forests. These trails vary from four to 12 kilometers.

Tours are given every 15 minutes and if asked for, are available in English. The tours cost 3.50 Euros for adults and 2.50 Euros for children. The tour includes stops in the knights' hall, ancestors hall, banquet hall, Chinese-room and a guest bedroom.

Throughout the years many special guests have stayed at the castle. Among



*Known as a water castle because of the moat surrounding it, Schloß Mespelbrunn is nestled in a lush valley in the Spessart, a heavily-forested area near Würzburg.*

the famous visitors were the Brothers Grimm from fairy-tale fame and Johann Wolfgang von Goethe, one the most well-known German authors of all-time.

The castle still has full-time residents, the family of Count Albrecht Ingelheim, who is also the mayor of Mespelbrunn.

To get there, follow A3 towards Würzburg. Exit at Mespelbrunn/Weibersbrunn (exit 63). Follow the signs to Mespelbrunn with the picture of the castle. Proceed through the town and turn left at the Schloß sign.

There's a large parking lot for two Euros or parking in the town for free.

## Our German Friends...

In each future edition of *the Gateway*, the public affairs staff will answer questions from the Rhein-Main community concerning the German culture. If you have a question, send an e-mail to [pa@rheinmain.af.mil](mailto:pa@rheinmain.af.mil) or call 330-7805. For this edition:

**Q:** After a German student graduates from secondary school, what options does he or she have?

**A:** German youth have three choices after graduating from secondary school, which is called "Realschule."

First, they can find a job (not a profession), like sorting boxes in a store or other kinds of unprofessional work, called *hilfsarbeit*, which doesn't require an apprenticeship.

When they turn 18 they also can get their drivers licence and perform driving jobs, which requires more skill than only *hilfsarbeit*.

Second, youth can find an apprenticeship, which leads to a final test, normally after three years. If they pass, then they have a recognized profession.

Third, they can continue their studies after receiving one of two kinds of "Abitur."

One is "Fachabitur" granted after 12 years of school, enabling the pupil to go to a "Fachhochschule." While not a regular university, a student can become an engineer or computer scientist. The regular abitur enables the pupil to become a student at a regular University, where they earn a degree as a doctor, professor or other professional careers.