



USAG Ansbach's

On the Scene

U.S. Army Garrison Ansbach — "Your Army Home!"

Oct . 16, 2009

Domestic violence can never be an option



After taking the hands and words pledge, Col. Christopher Hickey, USAG Ansbach commander, places his purple painted hand on a page that was placed on a community banner, promising to stamp out domestic violence in the community, Oct. 14 at the Katterbach dining facility. Yadira Morales, coordinator of the hands project helps and looks on.

By Ronald H. Toland Jr.

October is National Domestic Violence Awareness month and every year domestic violence cases increase in communities--Ansbach being no exception.

"It is an epidemic," said Daisy Boyd, Ansbach Family Advocacy Program manager. "It is an epidemic affecting individuals in every community--regardless of age, economic status,

race, religion, nationality or educational background."

But what is it exactly?

According to The National Coalition Against Domestic Violence Web site, domestic violence is defined as the willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior perpetrated by an intimate partner against another.

Certain behavioral patterns of dominance and control can be red flags—

controlling, going through your personal items, taking an ID card or monitoring cell phones, Boyd said.

"We have noticed a cycle of violence in our community," she said. "It is like a bell curve."

When Soldiers return from deployments, many families that experience domestic violence go through a "honeymoon stage" for a while. Once

that is over, the confusion stage sets in, resulting in the return to the violence stage, she explained.

"So please, watch out for the red flags."

The main thing people can do to help battle domestic violence within the community is to report it.

"We brief and educate the community and units about this epidemic and how to stop it, in addition to the number of programs and recommended treatments for help," said Boyd.

"There are in-place procedures and interventions that are to be followed, but the duty--a mandated one--of anyone that is a witness, is to report it to the military police. You are not helping families if you do not report," she said. "That is the first step to getting help. If there is no intervention, it will only get worse--intervention saves lives."

It is important for bystanders, even if they are friendly with the people involved, to not try to personally intervene because of the chance of injury, Boyd added.

What to do?

Take a look at the latest goings on
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Construction Corner

The latest on traffic changes at Ansbach
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COLA SURVEY

Survey gives servicemembers an opportunity to take part in ensuring accurate Cost of Living Allowance rates
Pg. 6

Click for your 5-day weather forecast:
Katterbach
Storck Barracks

Con't from 1

"It is not your job to be an investigator. effort." We have professionals in the community that do this and that is their job—they are on-call 24/7," she said. "So always call the military police first."

And the command takes domestic violence seriously.

"Awareness is important because we want to stamp out domestic violence in the community," said Col. Christopher Hickey, USAG Ansbach commander.

Boyd said enabling violators does not do them any favors.

"You do not do your spouse a service when you do not report domestic violence incidents," she said. "The command needs to get involved to make sure victims get the treatment they need so they will not live in an atmosphere that is terrifying.

"We all need to be able to live in a community that is a healthy and safe—we are entitled to that," Boyd said. "We all have to be part of the solution—it is a community

For more on domestic violence contact Daisy Boyd, the FAP manager at DSN 467-2516 or CIV 09802-83-2516.

October is DOMESTIC ABUSE PREVENTION MONTH in the ARMY

Make the RIGHT CHOICE: ACT To Prevent DOMESTIC ABUSE

L _ D _ R _ S _ H _ I _ P LOYALTY

COMMIT to the safety of the community INTERVENE at the first sign of abuse

Katterbach Victim Advocacy
DSN 467.3660
CIV 09802.83 3660
24-Hour 0160.661.5638

U.S. ARMY

ARMY COMMUNITY SUPPORT ACS

MWR

Are you happy with our customer service?



AT THE MOVIES



Katterbach

Fri, Oct. 16,

Cloudy With a Chance of Meatballs (PG), 7 p.m.

Sat, Oct. 17

Bandslam (PG), 4 p.m.

Sun, Oct. 18

Cloudy With a Chance of Meatballs (PG)), 4 p.m.

A Perfect Getaway (R), 7 p.m.

Thu, Oct. 22

GI Joe: The Rise of Cobra (PG-13), 7 p.m.

Storck Barracks

Fri, Oct. 16

Whiteout (R), 7 p.m.

Sat, Oct. 17

GI Joe: The Rise of Cobra (PG-13), 7 p.m.

Sun, Oct. 18

Bandslam (PG), 4 p.m.

A Perfect Getaway (R), 7 p.m.

Schedule on the Web:

<http://www.aafes.com/ems/euro/katterbach.htm>

or llesheim.htm

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Col. Christopher M. Hickey, USAG Ansbach commander

Jim Hughes, Public Affairs Officer

Connie Summers, Public Affairs Specialist

Ronald H. Toland Jr., Public Affairs Specialist

Public Affairs Office — 468-1600 or 0981-183-1600

Domestic Violence Prevention Month

The Hands Project (www.handsproject.org)- To End Abuse and Violence in our homes, schools, and communities around the world. **Mission Statement:** To educate each person in every community about their moral and legal right to live free of abuse and violence. The Hands & Words Are Not For Hurting Project is an **effective** tool and a key piece in the puzzle of abuse and violence prevention education.



Order of Events:

Gate Awareness:

Oct. 5- Katterbach Gate 0730-1000
Oct. 6- Katterbach Gate 0730-1000
Oct. 7- Shipton Gate 0730-1000
Oct. 8- Illeshiem Gate 0830-1000
Oct. 9- Illeshiem Gate 0830-1000

DFAC Pledge Dates:

Oct. 14- Katterbach
Oct. 23- Shipton
Oct. 26- Illeshiem




**Are you facing
foreclosure?**

The **HOUSING
CRISIS** is affecting
millions of Americans
including Soldiers

Through the Homeowners
Assistance Program,
Servicemembers can be
partially reimbursed for
home sale losses incurred
because of a PCS

Learn more about the programs, information and
services available. Visit Army OneSource, talk to
your command or stop by your ACS office

www.myarmyonesource.com
Click on Soldier and Family Housing



Europe
On A Budget

29 SEPT | 9 NOV • 0900-1100 @ Storck ACS

Where should you go? What should you see? How can you get there? Can you really go to **Rome** on an E-3 salary!!!! **YES YOU CAN!** Find out how with ACS. Even seasoned travelers are invited to share your helpful hints.



Contact ACS for details. DSN: 467.4555 | CIV: 0984.1.83.4555

Goings on**Retiree day**

The Army in Europe Retiree Appreciation Day, hosted by USAG Baden Wuerttemberg/Heidelberg, is Oct. 17 at 8 a.m., Patrick Henry Village, Heidelberg, in the Village Pavilion, main ballroom. This year the Commanding General, United States Army Europe and Seventh Army, Gen. Carter Ham, will present commander's comments to the audience and present a long overdue Bronze Star Medal with "V" device to retired Army Staff Sgt. Alfred Pankey for his actions in Vietnam with the 11th Armored Cavalry Regiment. Services provided for members at the RAD include medical, dental, and legal as well as other personnel services. Registration is from 7 a.m. to 7:55 with provided services beginning promptly at 9 a.m. until 3 p.m. Please RSVP to Ivor Watson at DSN 370-3347 or email: roshd@eur.army.mil.

CIF inprocessing hours

Due to the change in the In-processing Transition Center schedule for in-processing Soldiers, the Central Issue Facility now will be conducting initial issue to new arrivals every Tuesday from 8 a.m. to noon effective Oct. 20. Mondays, Wednesdays and Thursdays from 8 a.m. to noon will be reserved for appointments. The CIF will be open for walk-in service Mondays-Thursdays from noon to 4 p.m. The CIF will continue to be closed Fridays for training, inventories and equipment processing. Any questions regarding this schedule can be directed to Stanalee R. Blackburn, the Ansbach CIF manager, at DSN 468-7691 or CIV 0981-183-691, or Walter Campos, the Illesheim CIF manager, at DSN 467-4567 or CIV 09841-83-4567.

STORCK NEWS

➤A Better Opportunity for Single Servicemembers meeting is held on Storck Barracks, Oct. 20, at 2 p.m. in the BOSS center, located across the

street from the Commissary. Please make sure all representatives are available and in attendance.

For more: contact Miss Jenny Sullivan DSN 467-2929 or CIV 09802-83-2929.

➤Fun in the kitchen moves to Thursdays Oct. 22 at the Yellow Ribbon Room from 6-7:30 p.m. For more, call DSN 467-4555 or CIV 09841-83-4555 to sign up.

➤Want to shop for something unique and not found locally? ACS Yellow Ribbon room now has a catalogue shopping room filled with different and unique catalogs that you can view and then order on-line for fast Christmas shopping and delivery.

Come join us for some cookies and coffee while you shop through our catalogues.

➤Europe on a Budget class, learn to travel and see all the places you want to without going broke. The class takes place Oct. 29 at 9 a.m. at the Storck ACS.

➤A contract position is available at the Illesheim ACS for an intake/reception clerk. For a copy of the solicitation and more details, call the Storck ACS at DSN 467-4555 or CIV 09841-83-4555.

Community Child Find

Free developmental screening hosted by EDIS & Illesheim Elementary School for children birth to five years of age.

Oct. 26, from 9 a.m. to noon at the Illesheim Elementary School. These are appointment only screenings -- no walk-ins! Please call Ansbach EDIS at DSN 468-7644 or CIV 0981-183-644 to schedule.

COMMUNITY CHILD FIND

Hosted by EDIS & Rainbow Elementary School

**FREE DEVELOPMENTAL
SCREENING
FOR CHILDREN BIRTH TO
FIVE YEARS OF AGE**



**WHEN: NOVEMBER 9TH, 2009
TIME: 0900 - 1200 HRS
WHERE: RAINBOW ES**

**BY APPOINTMENT ONLY -- NO WALK INS
PLEASE CALL RAINBOW ES AT DSN 468-7806
CIV 0981-15984**

Debt collection

People who owe money to, or were owed money by Spc. Jordan Roberts of 12th CAB HHC in Ansbach should contact Cpt. Justin Izzo at DSN 467-2173 or CIV 0151-229-81003. A list of such accounts will be given to SPC Roberts legal guardians.

Cancellation of Festival

Due to the renovations to the Storck chapel, the Fall Festival previously scheduled for Oct. 31 has been canceled. The Fall Festival at Katterbach chapel will continue as planned. For more contact Mrs. Cindy Kostelnik DSN 467-2785 or CIV 09802-83-2785

Last chance to see the one-act plays

The Terrace Playhouse performs Shel Silverstein's Signs of Trouble this Sunday at 3 p.m. at the Longbow Lounge in Illesheim. Also being performed will be some Storybook Theater -- Bremen Town Musicians, The Little Peasant. If you're looking for a great way to enjoy a Sunday afternoon, come on up and enjoy the show! NOTE: Signs of Trouble is for a mature audiences, but Storybook Theater stuff is kid friendly.

Construction Corner

HOT: The Katterbach gas station is slated to reopen Nov. 1 according to AAFES officials!



Bismarck Kaserne—Bismarck Kaserne. No major changes; sewer the

work continues by the movie theater and on the south west corner of the Exchange.

Katterbach Kaserne—No major changes here either, however there is still work to be completed in the clinic parking lot.

The sewer line behind the dining facility will continue for about four more weeks, but that does not affect traffic flow.

Storck Barracks—On Monday, Oct. 19, weather permitting, the asphalt top layer will be installed at the engineer building. Traffic will be temporarily re-routed to enter by the post office at the pedestrian zone and is expected to last one day. This will be a

two-way street for that one day only, so please watch for signs.

As well and also weather permitting, the top layer of the road by the bank will be laid on Wednesday. Traffic will detour by the simulation center--please watch for signage here too.

Barton--no changes this week.

Thank you for your patience during this phase of sewer construction.

Single Soldier? Check out Fantasy Football

NFL Football Pick 'Ems League

The **2009 BOSS Pro Football Pick'em Season** is here! Each week you'll get to show off your smarts by picking the winners in all professional football games.

Prize: 8GB iPod Touch

Win an iPod Touch!

Play from Downrange!

To receive instruction for registration, email:
AnsbachBossFantasyFootball@yahoo.com
 Only Single Soldiers are eligible to play

HALLOWEEN! extravaganza

BOSS Scary Movie Night
 26-29 October • 1900 • Different movie each night!
 Katterbach BOSS Lounge & Storck BOSS Facility

BOSS Haunted House
 30 October • 1800-2200 • \$1 Entry
 Action Lanes, Katterbach & Apache Lanes, Storck Bks

Community Carnival at Action Lanes
 31 October • 1500-2000 • Family-Friendly Halloween Fun
 31 October • 2000-? • "Thriller" Party • Adults Only!
 Action Lanes, Katterbach • WEAR YOUR COSTUMES!

Ghost Bowling at Apache Lanes
 30 October • 1800 • Bowling Fun for Families
 Apache Lanes, Storck Bks • WEAR YOUR COSTUMES!

For more info on any of these events, email ans-mwr@eur.army.mil



Survey gives servicemembers say in determining Cost of Living Allowance rates

By Staff Sgt. Patricia Deal

U.S. Army Europe Public Affairs Office

HEIDELBERG, Germany – U.S. Army Europe Soldiers and their Families in select communities will have the chance to directly affect part of their paychecks this year by taking part in the Living Pattern Survey.

Results from the online survey help determine amounts of Overseas Cost of Living Allowance paid to service members stationed overseas, according to William Gordon, finance policy specialist from the USAREUR personnel directorate here.

Overseas COLA is designed to allow service members outside the United States to maintain the purchasing power they would have if stationed in the U.S.

"It is so important that all Soldiers and Family members who are eligible ... participate in the survey ... so we can have the most accurate data possible. The LPS is one of the 'building blocks' of COLA, and the key to success of an accurate determination of the rates to have maximum participation and good data," Gordon said. The LPS survey is normally done every three years, Gordon said, but the last

survey here was in 2005. "We're back on schedule now and need to be sure to get 100 percent participation."

From Oct. 1 - 31, eligible Soldiers will be able to access the survey via the "Hot Topics" link on the USAREUR home page. Gordon explained that the link goes directly to the Web site for the Defense Travel Management Office, which manages COLA.

For surveyors in the Ansbach garrison, participants can simply access it at the Ansbach home page, said Donna Bond, who is heading up the local initiative.

"The link to the survey is on the Ansbach Home page at: www.ansbach.army.mil, right at the top," said Bond.

"Follow that link to the survey and the location code--GM228--is very easy to find, since it (Ansbach) is the first entry on the location menu," added Bond. According to the DTMO directive, those Soldiers required to complete the LPS are all Soldiers not living in the barracks, who are on permanent duty orders to Germany and who have been in country for at least three months, and are assigned to selected communities.

"We anticipate maximum participation

from all active duty Soldiers not living in the barracks," said Bond adding that spouses can help Soldiers to complete the survey during the month of October, explaining that if one does not have access to a computer, they can use computers at the Yellow Ribbon Room or Library.

"In order for our information to contribute to the survey, we must have maximum participation for each rank group," said Bond.

"In order for our information to contribute to the survey, we must have maximum participation for each rank group," said Bond.

ties, Ansbach being one of them.

"Typically the LPS is used to identify shopping patterns -- how much the Soldier buys on the economy versus from the PX and commissary. We identified those specific communities to give us a representative sampling from three areas: fully supported, partially supported, and non-supported," Gordon explained.

According to Gordon, the survey is quite detailed, covering most common purchases such as groceries, personal care items, appliances, recreation, transportation, and day care.

(con't on pg. 6)

COLA Survey

(con't from page 5)

The survey asks where members purchased basic goods and services, such as from outlets on the local economy, on-base outlets such as commissaries and exchanges, and purchases made from catalogs, export houses or online.

"It really is a chance to make an impact without a lot of effort. The survey is very simple and straightforward," said Sgt. 1st Class Luis Lopez, NCO-in-charge in the office of the USAREUR command sergeant major. Lopez participated in the last survey, and said he is already gathering his information for the new survey. "My family and I do a lot of shopping on the economy as well as at the PX. I'm more than happy to fill out the survey as a way to provide (the Army's finance system) with whatever information they need to help them determine the COLA rates."

The results of the survey are used to form the retail price survey, or Market Basket Survey, which takes place Nov. 1 - 30. Retail Price Schedules are conducted annually in overseas and stateside locations to collect approximately six to nine prices at on- and off-base sources for items on a list of 120 goods and services identified in the LPS.

Gordon said commander of each community designated to participate in the survey chooses a locality point of contact -- its "secret shopper" -- to perform the Retail Price Survey scheduled from 1-30 November 2009. Based on guidance provided by USAREUR financial policy experts, the secret shoppers shop at the PX, commissary, stores on the local economy, and other places for those 120 specific items, broken down into 12 categories such as groceries, clothing, recreation, day care and medical and dental care.

Bond stressed that designated shoppers will be visiting stores in Ansbach and Bad Windsheim during November to check prices for our Market Basket survey.

"The DTMO uses results compiled



Cost of Living Allowance (COLA) and the 2009 European Living Pattern Survey (LPS)



This is your opportunity to help determine the amount of Cost of Living Allowance (COLA) you and other Soldiers in Europe receive. Service members in Europe receive COLA to compensate for the difference in prices between the continental United States and specific overseas areas. This also includes an offset for the Euro exchange rate and its effect on your purchasing power. All active duty members not living in the barracks in USAG Ansbach and who have been on station for at least 3 months are required to complete the mandatory COLA LPS by 31 October 2009. Soldiers are encouraged to take the survey with their families.

Between 1-31 October 2009 the survey is available on the USAREUR Home Page under "Hot Topics" or at <https://www.defensetravel.dod.mil/oscola/lps/Germany/>

DON'T HAVE A COMPUTER? USE OURS AT YOUR YRR OR LIBRARY.
USAG Ansbach POC: D. Bond, DSN- 468-7760, CIV 0981-183-760 or
e-mail: donna.bond@eur.army.mil



from the Germany Market Basket Survey and the data collected from the stateside Market Basket Surveys to help compute COLA index rates," Gordon said. "Economic conditions in the States obviously have a direct impact on overseas COLA rates. But we don't anticipate any major increase or decrease in the overseas rate in the near future."

The last major change to the overseas COLA rate for USAREUR was a four-point deduction phased in from May through August 2009. According to information on the DTMO Web site, annual survey data from Germany and data on the rate of inflation collected in the United States during the last two years showed the purchasing power gap between the U.S. and Germany

had narrowed from 24 to 16 percent because the prices of goods and services in the U.S. were rising at a greater rate than in Germany.

For more information on the survey for Ansbach, contact Donna Bond at DSN 468-7760 or CIV 0981-183-760 or email at: donna.bond@eur.army.mil.

Club Beyond: PRE-DEPLOYMENT DATE NIGHT October 24 * 1730-2130

What:

Child care for a night out with your spouse before deployment

Where:

Katterbach Chapel

Cost of watch care:

Watch care is free. Care will be provided by adult and high school volunteers trained by the Red Cross.



Please call the Katterbach Chapel at 467-2785 or email Cindy.kostelnik@eur.army.mil to add your children to the list. Space is limited.

AAFES gas station closes during construction

With all the construction going on at Bismarck Kaserne, the garrison and AAFES closed the retail gas station there because of safety concerns.

Officials expect the closure to last until mid August.

Officials stressed that they pursued every option to keep the station open; however, the need to drive through the motor pool area two ways, and the congestion at the gas station and car care center with no exit on the main gate road creates too many safety hazards.

Additionally, officials said that keep-



ing the car care center was seen as a priority to ensure people could still get car repairs on the installation.

Because of the closure, community members will need to gas up their cars at area Esso stations using the AAFES fuel cards.

People will need to ensure money is in their fuel card account. This can be done at the PX on Bismarck, on line at <https://odin.aafes.com/esso/> or via phone at 0800-181-9945.

Also, people can find Esso stations using the company's English search site at <http://www.euromap.be/esso/RouterInputAddress.aspx>.

Officials realize this complicates getting gas for most of the community, but they feel strongly that the safety hazards of keeping the station open are too severe to allow operation after May 25.



Local stations

Esso stations in Ansbach:

1. Rothenburger Str 2-4
91522 Ansbach
Phone: 0981-84-397
Hours: 6 a.m. to midnight
(This is the one you pass when driving through Ansbach in the direction of Lehrburg)
2. Feuchtwanger Str 111
91522 Ansbach
Phone: 0981-61-227
Hours: 6 a.m. to 10 p.m.
3. Vetterstr 1
91522 Ansbach
Phone: 0981-97-1880
Hours— 24/7
(This is the one past Barton at the A6 entrance)



Other stations in the local area:

4. Heilsbronn
Nuernberger Str 22
91560 Heilsbronn
Phone: 09872-5635
Hours: 6 a.m. to 10 p.m.
5. Herrieden
Bahnhofstr 18
91567 Herrieden
Phone: 09825-209
Hours: 6:30 a.m. to 7 p.m.
6. Aurach
Ansbacher Str 20
91589 Aurach
Phone: 09804-91-000
Hours: 7 a.m. to 7 p.m.

Now Hiring

Here are some of the job openings listed on the Civilian Personnel Web site: <http://acpol.army.mil/employment/>, for NAF; [USA Jobs](#) for AF; and [AAFES](#). On these job ads, you will find the name of the position, the low and high grades and the closing date. See the appropriate site above on how to apply, and please keep in mind this list was put together doing searches on the above Web sites and may not include all jobs available in the community. To make sure you have the latest info, get with ACS or conduct current job searches on the sites.

Non-appropriated Funds

- * **Lead Child and Youth Program Assistant** (EUNAFHJ0907641039A1), Ansbach, Oct. 18
- * **Budget Analyst** (EUNAFHJ0910821612A), Ansbach, Oct. 21
- * **Child and Youth Services Program Associate Tech Lab**, (EUNAFHJ0910825277A), Ansbach, Oct. 21
- * **Human Resources Assistant**

(EUNAFHJ0910830375A), Ansbach, Oct. 21

- * **Child and Youth Program Assistant** (EUNAFHJ0901AOC), Dec. 31.
- * **Hotel Desk Clerk** (EUNAFHJ0901AOC1), Ansbach, Dec. 31.

Appropriated Funds

- * **NAF Support Manager** (CF09-601) Ansbach, Oct. 21
- * **Civil Engineer** (EUJD09833164) Ansbach, Oct. 26
- * **Sales Store Tech.** (EUHU09DECA2091IL/AN) Storck Commissary, Dec. 31
- * **Store Associate** (EUHU09DECA1108AN) Katterbach Commissary, Dec. 31
- * **Food Service Worker** (EUHU09DECA7408AN), Ansbach Commissary, Dec. 31
- * **Store Worker** (EUHU09DECA6914IL/AN) Katterbach and Storck Commissaries, Dec. 31.

AAFES

- * **Food Service Worker** (H-030344-2009) Ansbach, Oct. 19

Central Texas College

- * **Field Rep.** Education Ctr. DSN: 353-8309 / 09721-968309 or sarah.johnson@europe.ctcd.edu

Local National

- * **Customer Assistant** (09OCT0HJ235B0X835887) Illesheim, Oct. 28
- * **Air Traffic Control Specialist** (08DECOHMCOR0X231687) Illesheim, Oct. 28

Looking for a job? ACS can help!
Call DSN 467-4555 or CIV 09841-83-4555 or DSN 467-2883 or CIV 09802-83-2883 to find out how!

NOW THROUGH DECEMBER 4



2009

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A Spot of Tea ...



The Women of Ansbach Army Clinic :
Cordially Invites All Women To

" A TEA "

When: Friday 30 October 2009
Time: 1300
Where: Ansbach DFAC

Join us in bringing attention to
National Breast Cancer Awareness Month

Door Prizes.
TRIPLE TOUCH self exam demo
Live Music



SCARY MOVIE NIGHTS OCTOBER 26—29

KATTERBACH BOSS CENTER

Poltergeist

OCTOBER 26

Nightmare
on Elm Street

OCTOBER 27

The Grudge

OCTOBER 28

The Hostel

OCTOBER 29

STORCK BOSS CENTER

The Exorcist

Friday the 13th

Carrie

Saw

Movies begin at 1900

Contact BOSS for more information
467.2921 | 09802.83 2921



Health Information



The key to filling your German prescription is being prepared

By Jennifer Walsh, BMED-DAC PAO

Pharmacists across Bavaria are celebrating National Pharmacy Month this October by educating beneficiaries about how to fill German prescriptions.

"We don't want to make it difficult for the patient to get their medication," said Lt. Col. Paul Ray, Bavaria Medical Department Activity pharmacy director. "We want them to have this information on hand so they can reference it when they need it."

According to Ray, there are two ways to get a German prescription filled. Patients can get their medications from the German pharmacy, or they can ask their German provider to give them an English prescription so they can get their medications from their health clinic pharmacy.

"The method we recommend is whichever is easiest for the patient," Ray said. "However, patients should be aware that if they go to

the German pharmacy they may be required to pay a co-pay or file reimbursement paperwork with TRICARE."

Ray also said patients may be required to show their original referral paperwork from their military treatment facility to their German doctor and should bring a copy with them to the pharmacy.

Patients who choose to have their German prescription filled at their health clinic pharmacy also need to keep a few things in mind.

"The biggest thing is making sure the prescription is in the English format when it gets to the health clinic pharmacy," Ray said.

Although German and English prescriptions are similar, Ray said when it comes to medications it's all about details and patient safety.

"If a patient brings in a prescription in the German format to the health clinic pharmacy, we have no way of safely knowing exactly what they want," Ray said. "We can't guess at it."

Instead, Ray recommends patients ask their German providers to write their prescriptions in the English format if they want to pick up their medications at the health clinic pharmacy.

"Most of the German providers enrolled in our Preferred Provider Network know how the prescriptions should be written," Ray said. "If they have a question about what we stock or how to write the

prescription, we'd be more than happy to help."

Ray also said patients should be aware that health clinic providers are prohibited from rewriting German prescriptions into an English format.

"Unless the health clinic provider has evaluated the patient, they cannot rewrite a prescription," Ray said. "This is for the patient's safety."

In the end, Ray said it does not matter where the patient fills their prescription. The important thing is that they get their medication, follow the directions and start to get better.

"You went to see the doctor for a reason – you weren't feeling well," Ray said. "We'll try everything we can to make it work."

For more information, contact your local health clinic pharmacy or TRICARE Service Center. For step-by-step instructions on filling your German prescriptions, visit <https://ermc.amedd.army.mil/Bavaria/index.cfm>. Click on your local health clinic, then click on the pharmacy tab.

Things you should know about filling your German prescription:

On the economy:

If you are enrolled in TRICARE Prime, a network pharmacy will not charge you for the medication. They will submit the bill to TRICARE. You must show a copy of your referral from the

clinic to the German doctor.

If you use a non-network pharmacy, you will have to prepay and then submit a claim to TRICARE for reimbursement.

If you have TRICARE Standard, you will have to prepay and then submit your claim to TRICARE for reimbursement. You are responsible for the co-pay and deductible.

If you are a civilian, you will have to prepay and then obtain reimbursement from your health insurance.

At your local health clinic:

The German provider must be a network provider and must be listed in the military pharmacy database.

The prescription must be in English and meet the following criteria:

Patient's full name and date of birth

Date the prescription was written

The chemical name, strength and quantity of medication to be dispensed

Dosage instructions in plain English

Signed by prescribing German physician

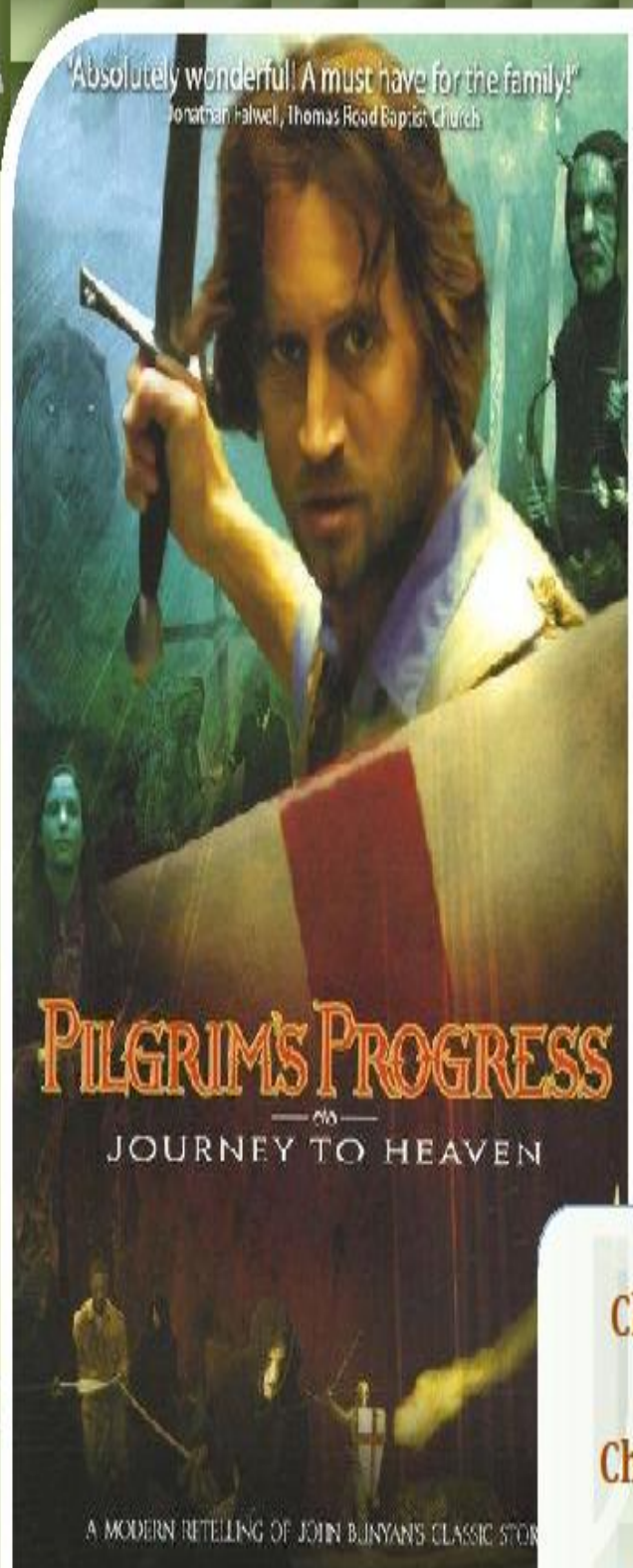
Medication must be listed in military formula

Doctor must write the diagnosis or indication on all controlled substance prescriptions

Can only be dispensed by an MTF pharmacist or dispensing physician

Writing prescriptions in English is strictly voluntary on the part of the German provider

Movie Night at the Chapel



When: October 16th

At: 18:00

*Where: Katterbach Chapel
Fellowship Hall*

Come for the Free Food

And...

Stay for the fellowship!



Children's Feature:

Chronicles of Narnia

**Child Care Provided
For: 0-4 yrs.**

12th CAB Dining Facility
"Mongolian Lunch Meal"
October 30, 2009

Mongolian Beef w/ Peppers & Onions
Thalk-Bo-Kum (Chicken)
Cantonese Ribs
Egg Rolls

Fried Rice & White Rice
Oriental Noodles
Oriental Side Potatoes

Vegetable Stir Fry
Seasoned Corn
Fried Cabbage

Egg Drop Soup
Cream of Broccoli Soup
Cantonese sauce
Sweet & Sour Sauce

Also Introducing
"Katterbach's
Super Asian Wok"





Grafenwoehr Consolidated Exchange

Graf Food Court Closure Notice for Re-flooring

Projected closure dates:

**5 Oct 09 - 11 Oct 09
12 Oct 09 - 18 Oct 09
19 Oct 09 - 25 Oct 09**

**Subway
Taco Bell and Charles
Popeye's**

Baskin Robins last day of business will be 3 Oct 09. The New Pizza Hut will replace the Baskin Robbins space, opening is to be announced.



**Energy Awareness Month
within USAG Ansbach**



**How can you contribute to save?
There Few Tips...**

Not in use? Turn off the juice!

- **USE YOUR WITS, SAVE YOUR WATTS!**

Switch off unnecessary lights. Empty rooms love dark!

- **UNPLUG THAT DRAIN!**

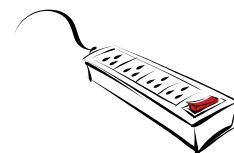
Shut off or unplug electrical "drain" such as battery chargers, printers, scanners, and coffee makers.

- **BE WISE ABOUT OFFICE SUPPLIES!**

Use energy efficient products with Energy Star label

- **BURN CARBOHYDRATES...NOT HYDROCARBONS!**

Walk, bike, or take public transport to work.





You
can teach a
girl to
raise her
score
or you
can teach her
to raise her
expectations.

Changing a life. It's Forever.

Become a Girl Scout volunteer.

Contact Girl Scouts-Ansbach at gsansbach@yahoo.com

We are recruiting for Troop Leaders for all age levels.

Training and mentorship provided.