

berlin observer

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Photo by Air Force Sgt. J. P. Owens

The Presidential Visit —
story and photos on pages 4 and 5

Inside

Nutrition
for athletes
page 6

Tripartite
sailing
page 7

NBC
Training
page 8

editorial

Exercise can take pounds off

There are two widely held myths about exercise and weight loss. The first is that it takes a back-breaking, eye-bulging amount of physical exercise to lose even a little weight. The second is that exercise increases appetite which can lead to weight gain instead of loss.

Neither is true, according to the President's Council on Physical Fitness and Sports.

In a recent publication, the Council states that it takes very little exercise to make the difference between gaining

weight and losing it. For instance, 100 calories a day more than necessary (about equal to a piece of bread) could add up to ten pounds of fat a year. But a mile of vigorous walking a day — which takes about 20 minutes — would mean a loss of ten pounds in a year. Tying the increase in exercise to a slight reduction in calories could result in a significant weight loss with little effort.

The Council also says that increasing exercise should not increase the appetite. After vigorous exercise a lean

person might eat more to replace the calories used, but an obese person will not necessarily react the same way. Since the calories used in exercise come primarily from body fat, the overweight person will usually find that exercise does not stimulate the appetite.

Health authorities recommend regular activity that uses many parts of the body and is strenuous enough to tax the muscles and produce a sense of healthful fatigue. It's best to check with a doctor before launching a

vigorous exercise program, since some people have medical problems that could be aggravated by the wrong kind of exercise.

Some exercise requires practically no time. Instead of using the elevator, walk up or down the stairs. Take a walk at lunch instead of just sitting and eating. To improve balance, put on and remove shoes and socks while standing.

These little actions, while not taxing, are cumulative in their effects. Every calorie burned is one less to add fat.

(AFPS)

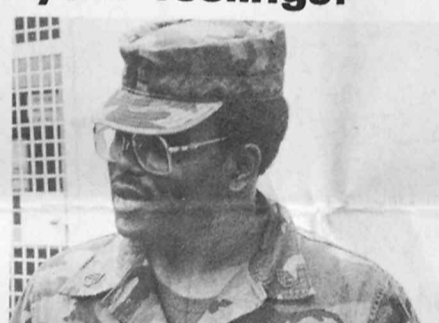
Question — Did you see the President and if so what were your feelings?



Pvt. 2 Eddie Rhoden, Combat Support Company, 4th Battalion — "Yes, I felt proud when he gave his speech, it picked up the morale. The crowd was very enthusiastic and supportive."



Sp4 Richard Gerrish, Headquarters and Headquarters Company, Berlin Brigade — "Yes, I was glad that he came. He excited a lot of people and lifted the peoples, spirits by showing that he cared."



SSgt. Robert Hawkins, Company B, 3rd Battalion — Yes, I saw him at TCA. I was proud to see my Commander-in-Chief for the first time — it made me feel good about myself and my job."



Sgt. Lee Korn, Hunter Army Airfield, Georgia — "Yes, his speech brought tears to my eyes. I felt very proud being so close to the President."



PFC Raymond Husted, Company B, 2nd Battalion — "Yes, I was in formation at TCA. He was the fourth president I've seen and I feel honored to have him as our Commander-in-Chief."



Kenda Hehn, Berlin American High School Senior — "Yes, on television. I thought it was really great that he could come to our symbolic city, it made me feel very proud."



SSgt. Andrew Tomer, Headquarters and Headquarters Company, Berlin Brigade — "I was there. It was great. It really improved Berliner and American relationships."



Maj. Monte Lewis, 7350th ABG, Tempelhof Central Airport — "Yes, I felt that his trip alleviated a lot of the tensions which the German people have against the current Reagan Administration."

U.S. Commander, Berlin Maj. Gen. J. G. Boatner
 Commander, Berlin Brigade Brig. Gen. Leroy N. Suddath, Jr.
 Public Affairs Officer Lt. Col. Robert E. Ahrens
 Information Services Officer Maj. Larry D. Seals
 Command Information Officer 1st Lt. Michael W. Jordan

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briefs

Uniform policy

Some Berlin Brigade soldiers seem to be confused about which T-shirt to wear with the battle dress uniform and which uniforms have passed their wear-out dates.

As stated in the May 28 issue of the Observer, the Army does allow white T-shirts to be worn with the BDU if there is a shortage of green or brown T-shirts at installations. However, Berlin does not have a shortage of green T-shirts so they must be worn with the BDU. You may wear white T-shirts with the green fatigue uniform.

Female fatigues passed their wear-out date Oct. 1, 1981 and are therefore no longer authorized for wear. The female fatigue field jacket may be worn as long as serviceable, though.

Berlin ID card reissue

Effective Jan. 31, 1983, United States Forces Berlin Identification cards issued prior to June 1, 1982 will not be authorized to effect travel to the eastern sector of Berlin.

As of June 1, AG Customer Service began issuing the new card which includes the card number with the photograph.

To be issued the new card, the sponsor must report to his or her personnel administrative center for the appropriate form and authorization before going to Customer Service.

Roses for Americans

A local group called Konservative Aktion passed out roses and letters to American service members and their families Wednesday at Truman Plaza.

The letter read in a part, "Konservative Aktion together with the Student Union of Berlin wishes to thank you for living and serving in Berlin.

"You are prepared to defend, as we are, the free democratic rights of the whole Western World. Without you this would be impossible. The overwhelming majority in Germany knows and supports this."

It was a gesture appreciated by the recipients.

Wannsee bus running daily

The Wannsee Express bus is now operating daily to serve the Berlin community throughout the summer months. Buses will depart the bus terminal at 9:45 a.m., 1:05, and 4:05 p.m.

The scheduled route for the express will take you to the American recreation facilities at the Wannsee Harbor and to the U.S. Army Berlin Golf and Country Club.

The Wannsee Express will be operating daily until the end of August, when it will resume operating on weekends until late September.

Grass skiing clinic slated

A three-day USAREUR Grass Skiing instructor's clinic has been scheduled for July 7 to 9 at Schweinfurt, according to Morale Support officials of 1st PERSCOM.

Designed to assist outdoor recreation personnel develop grass skiing programs within their communities, the course will cover basic skiing techniques, organization and conduct of classes and special events, maintenance of equipment, and safety measures. Attendees should have advanced or intermediate snow skiing ability.

Instructor for the course will be Rudi Gerr of the Schweinfurt Morale Support Office.

Professional recreation personnel wishing to attend the USAREUR clinic may register by contacting Rudi Gerr at Schweinfurt military 2323-6216 or Chris Comulada at Schweinfurt military 2323-7174. Deadline is June 27. (1st PERSCOM)



Education Branch plans graduation

The Education Branch is preparing to recognize formally and congratulate all service members of the U.S. Berlin Command who have earned a high school diploma, GED equivalency certificate, Associate or Bachelors degree, and Masters degree.

The graduation ceremony is scheduled to take place Tuesday at the Coliseum Theater, McNair Barracks, at 8:30 a.m. The guest speaker will be Lt. Col. Robert H. Wood, commander of the 2nd Battalion.

Brigade Review

The Berlin Brigade Review will be held on Friday, June 25, at the 4. Juli Platz located next to McNair Barracks. The review will begin at 11 a.m. Everyone

in the Berlin community is encouraged to attend.

Buses will depart at 10 a.m. from the Bus Terminal, Düppel housing area and the Park Manor estates. After the ceremony is over the buses will return to their original departure points.

Later that evening the Berlin Brigade Band will present a concert in Dreipfuhl Park in Zehlendorf. The concert will be followed by a traditional fireworks display beginning at 10 p.m.

Spouse employment

Career employment opportunities for spouses of Army military personnel and civilian employees assigned overseas got a boost recently under a new presidential executive order.

The order authorizes non-competitive appointment to competitive-service positions for family members when they return to the United States after completion of 24 months in an overseas U.S. Government position.

Before the President's action, overseas local-hire positions were not integrated with the career service system used in the United States. Working spouses interested in continuing a career with the federal government when they returned to the States were unable to credit their overseas service toward getting a federal job.

The new order is expected to be published in the office of Personnel Management Regulations in 60 to 90 days, and will apply to overseas service after January 1, 1980. (ARNews)

AAFES car rentals

AAFES—Europe concessions at 11 locations in Germany offer car rental service which saves you up to 50 percent compared to commercial prices.

The locations are Kaiserslautern, Ramstein, Rhein-Main, Frankfurt, Baumholder, Heidelberg, Fuerth, Zweibrücken, Stuttgart, Wuerzburg and Bamberg.

Maj. Ben Thornal, an exchange spokesman, says cars in several sizes can be rented. "Rates are by the hour, day, week, weekend or month," he said. "You can choose an unlimited mileage plan or pay a daily fee, plus a charge by the kilometer."

Thornal said customers stationed in Europe must show an ID card and a USAREUR driver's license to rent a car. New arrivals can show their state or international license and their PCS orders, he said. (ARNews)

Tennis Day

The Berlin-American Tennis club will hold a "tennis day" on June 26 from 9 a.m. to 6 p.m. at the Harnack House courts. The event is designed to attract new members and provide an opportunity for old members to renew their membership. Refreshments will be provided and courts will be available for play. In the event of inclement weather the Hüttenweg tennis bubble will be used.

President Reagan visits divid

by Doris Flack

President Ronald Reagan landed at Tempelhof Central Airport Friday morning amid shouts and cheers from the crowd of more than 3,000 American service men and women and their families who turned out to greet him.

Berlin was Reagan's last stop on his 12-day European tour, which included stops in Great Britain, France, and West Germany.

In addition to a speech given at TCA, Reagan also visited Checkpoint Charlie. He later spoke to Berliners, along with Governing Mayor of Berlin Richard von Weizsäcker and West German Chancellor Helmut Schmidt, at the Charlottenburg Schloss during his four-hour stay here.

"Over this last week," Reagan told the crowd at TCA, "I've met with presidents and prime ministers, even a queen. But being with you — the men and women of our Armed Forces — is one of the proudest moments of this entire trip"

"I know it's hard to keep your eye on history when the hours are long and you're homesick. And it's very hard to take the long view when your sergeant keeps telling you to move faster and grunt harder," remarked Reagan amid laughter. "But you're here because you're vital to freedom — the crowning glory of our civilization. America wouldn't be America without freedom and we can't keep it without you"

"We need not look very far from this airport to see just how important your service really is. Despite the ever present threat from the East, our role here has preserved a period of peace longer than any Europe has known in this century. And peace in Europe means peace in America."

After saluting the men and women in uniform, Reagan departed TCA for a visit to Checkpoint Charlie.

When questioned about the wall, the President remarked, "It's as ugly as the idea behind it."

Reagan's last stop in Berlin was the Charlottenburg Schloss where he addressed Berliners. In that speech he said, "To be a Berliner is to live the great historic struggle of this age, the latest chapter in man's timeless quest to freedom."

"As Americans we understand this. Our commitment to Berlin is a lasting one. Thousands of citizens have served here . . . not as conquerors, but as guardians of the freedom of West Berlin and its brave, proud people"

"... Today I want to pay tribute to my fellow countrymen, military and civilian, who serve their country and the people of Berlin, and in so doing stand as sentinels of freedom everywhere."

He closed his speech with, "We all remember John Kennedy's stirring words when he visited Berlin. I can only add that we in America and the west are still Berliners, too. And always will be. And I am proud to say today that it is good to be home again."



INSPECTION—Before speaking to the crowd at TCA, Reagan inspected the Troops. The Berlin Brigade, Air



FIRST LADY—Nancy Reagan stops to talk with American family members at Templehof Central Air-



FLAG WAYER—One of the more than 3,000 people who attended the arrival of President Reagan

remembered to bring a flag. Flags were in evidence throughout the crowd.



WELCOME—Maj. Gen. J. G. Boatner, U.S. commander, Berlin, welcomes the President to the divided

Photo by Doris Flack

ded city



Photo by Air Force Sgt. J. P. Owens

Force personnel and a Tripartite Honor Guard stood in inspection.



Photo by Air Force Sgt. J. P. Owens

port. The First Lady accompanied her husband during his Berlin visit.



Air Force Photo by Thomas Farr

city in ceremonies at Tempelhof Central Airport.



Photo by Air Force Sgt. J. P. Owens

SPEECH—President Ronald Reagan gave two speeches during his four hour visit to Berlin Friday.

He addressed the American and German communities at different times and locations.



Photo by Frank Jones

UGLY WALL—President Reagan waves while standing at Checkpoint Charlie. He said of the wall, "It's

as ugly as the idea behind it."

Pro course—way to stay fit

by R. Gibson

"The Army's Year of Physical Fitness" — a statement made by the Secretary of the Army, calling upon each and every soldier to raise or maintain their standard of physical fitness.

There are several ways to keep fit in the walled city. The sports facilities offered here have been called the best in Europe. But for those athletes looking for something different, there is an area near the Grunewaldsee called a "pro course". The pro course is an exercise trail that measures about two miles in length, and features several stops along the way where a variety of exercises can be performed.

The start of the course is located at the Grunewaldsee parking area on Hüttenweg. The course takes the athlete back into the woods and around to the main road again. Some of the exercises found on the course are a rope climb, where the athlete

must jump to a rope suspended from a beam, climb the rope, and touch the beam. Another stop features two rows of logs set at different heights where the participant can do sit-ups.

One of the favorite stops on the trail is a jumping exercise where the athlete is required to jump and touch a beam that is set overhead and on an angle. The athlete must continue to jump and work his way up the beam until he touches the highest point on the beam that he can reach.

It is possible to over-do-it on the pro course, so participants are reminded to stretch thoroughly before beginning, and cover the course at a moderate pace that feels comfortable. The exercise course is designed to build stamina, and to exercise each muscle group as well as the respiratory system.

Once the athlete has completed the course, a refreshing walk around the lake is a beautiful way to catch one's breath and cool off.



SWINGIN' IN THE TREES—Sp4 Ingrid Chambers and Sp5 Phillip Desaultes, both of Headquarters Company, Berlin Brigade, cross the pro

course at the Grunewaldsee forest. This is just one of many different exercises found along the course. (Photo by R. Gibson)

Nutrition important for athletes

by Karen Johnson
Chief of Food Services
Berlin Army Hospital

Whether you are an amateur athlete or a professional, your nutrition is important to your overall efficiency and performance in your chosen sport.

There are many theories on what the perfect diet for an athlete is and what it should be composed of. Some groups advocate high protein intake. There is also much discussion about water balance and how it should be maintained. Individual athletes are interested in anything that will improve

performance so a claim about the impact of certain foods on efficiency is likely to catch many peoples' attention. The athlete needs to be aware that many of the claims made for special products or regimens may not help and some may be rather dangerous.

Most experts agree that the best diet for an athlete is a diet that contains 50 to 55 percent of calories from carbohydrate, 10 to 20 percent from protein, and 30 to 35 percent from fat and meets the calorie requirements of the individual.

The best indicator of meeting calorie requirements is a person's weight. Weight loss is an indication that calorie needs are not being met and is not desirable unless the weight loss is intentional due to obesity.

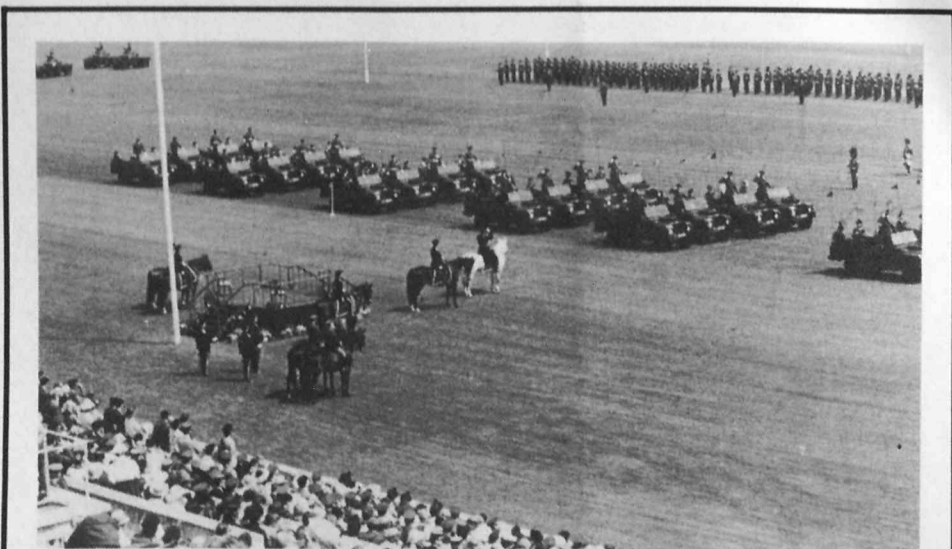
Athletes can use the food group as a guide to the foods to eat daily to ensure adequate carbohydrate, protein, fat, vitamins, and minerals. These groups are fruits and vegetables, breads and grain products, meat and protein foods, and milk and dairy products. Consuming several servings from each group daily in quantities sufficient to meet calorie needs should ensure the correct amounts of nutrients are available for the body to perform required tasks.

For most people the protein content, 10 to 20 percent of total calories is about right. Experts agree that adult athletes probably only require 1 gram of protein per kilogram of body weight even if they are training regularly. Actually, the body will only use the protein it really needs for building, the rest will be used for energy. High protein intake will also increase the amount of work the kidneys must do to get rid of the waste products. Most athletes can meet their protein needs by consuming two to three cups of milk and the same amount of moderate meat or protein food servings per day. Meeting protein needs is rather easy and most people go over without even trying. Water needs are something more difficult to meet.

Maintaining balance is extremely important to performance and essential for staying alive. Water loss of four to five percent of body weight effects performance and is something to be concerned about. For most athletes, thirst is an adequate mechanism for water balance. Individuals who participate in lengthy physical competition in hot climates, such as marathon runs, need to pay special attention to water needs because thirst mechanisms may not be enough to maintain sufficient fluids.

At this time, water seems to be as good for maintaining water balance as the many commercial products on the market. The water gets into the system as quickly as the commercial products and usually amounts of electrolytes and sugar provided in the commercial products do not contribute significantly to the athletes intake of those substances. Usually, electrolytes can be provided in sufficient quantity in the food the athlete eats.

More and more, it is becoming evident that athletes, like the general population, do best on a sensible diet that provides a variety of foods and sufficient water. It will probably always be tempting to try new diet theories that pop up. It is essential that the new diets be evaluated by the individual and that the individual ensures that the diet provides the quantity and quality of food needed to maintain health and performance.



TAKING THE SALUTE—General Sir Michael Gow, Commander in Chief, British Army of the Rhine (On white horse), takes salute from mechanized units as they pass in review during the parade honoring the birthday of Queen Elizabeth II, June 5 at Olympic Stadium. (Photo by Mike Gelfand)

events

Investment Club meeting

The Berlin Investment Club will hold their next meeting on June 30 at 7 p.m. in the TAR cafeteria. All members should try to attend this meeting.

Ballet classes

The American Women's Club School of Ballet is offering summer classes. The classes offered are Ballet I (3 to 7-year old) Tuesdays from 3:30 to 4:30 p.m., Jazz-Exercise Thursdays from 6 to 7 p.m., and Beginning Ballet for Adults Thursdays from 7 to 8 p.m. The classes are held at the Outpost Theater. The term runs until July 30 and the price is \$22 for seven weeks.

Theatrical presentation

The time is between 1963 and 1974. Joanne, Kathy and Mary are three very aggressively vivacious cheerleaders. Five years later, in their college sorority house, they are nervously trying to confront their futures. They reunite briefly in 1974 in New York, only to find out they have each taken a different road.

Their friendship, which once thrived on assumptions as well coordinated as sweater sets, is strained and ambiguous. The old ways seem false, and nothing seems to really fit. They finally realize they can no longer afford to have very much in common. This bitter sweet comedy called "Vanities" is an astute snapshot chronicle of the lives of three Texas girls and will take place tonight, tomorrow, and Sunday at Andrews Music and Theater Center. Make sure you don't miss it. All performances start at 7:30 p.m. Call 819-3550 for more information.

Volksfest needs

How would you like to be Paul Bunyan in the 22nd Annual German-American Volksfest? Creative and Performing Arts Branch is looking for Paul Bunyan candidates. Come on you giants, call 819-3550 for more information.

Two male and one female singer needed to take part in the Volksfest District Day Show. Auditions will be at 7 p.m. July 9 and at 2 p.m. on July 10. For more information call 819-3550.

DYA is now recruiting for the position of Volksfest clean-up supervisor. This position involves the supervision of youth who will clean the grounds of the American area of the Volksfest. Interested applicants should call Mrs. Yeager at 819-6249 for more details.

Career opportunities

The Department of Commerce is now recruiting to fill positions as Foreign Commercial Service Officers.

Applications are being accepted from U.S. citizens interested in serving abroad in some 55 positions at FCS posts around the world. The positions are in the middle to senior levels—FS-4 to FS-1 (GS-12 to GS-15 equivalent). Applicants must have at least four years of experience, mainly overseas, in either private sector or government positions.

Details concerning duties, qualifications, conditions of employment and method of applying are available in the Personnel Office of the U.S. Mission, Berlin, Room 1036, Building 2, Clay Headquarters.

Scout News

Berlin Cub Scout Day Camp will be held July 12 to 16 at Rose Range. All boys 8 years old or having completed the second grade who are or want to be registered Cub Scouts are eligible. For further information call your pack leaders or 811-8137.

ads

For sale

Mercedes 200 Diesel, good condition, good tires, just passed inspection, approximately 30 MPG. \$1,000 or best offer by June 30. Call 831-3752.

PCS garage sale at 15A Luchsweg, Pücker housing, Saturday, June 19 from 9 a.m. to 2 p.m. Shoes, children's clothing, toys, hamster cages, potty chair, high chair, yogurt maker, car tires and parts, camping table and chairs, potted plants, coat stand, shoe cupboard, garderobe, and sundry items.

PCS Sale June 19 from 9:30 a.m. to 4:30 p.m. at 148 Sundgauer. Lots of clothes, all sizes; knick-knacks; books; plants; albums; lamps; hair-dryer; and more.

Yard Sale, 20 Reichshofer Strasse (Duckpond area of Gary Strasse) Saturday, June 19. The largest sale of the year on the longest day of the year. 9 a.m. to 8 p.m.

Basement Sale: Saturday, June 19, 0800 - 1300 - Washing machine, antique desk, hanging macrame table, clothes, toys, books, radios, plants, and much more. 13 E.C. Diltz Strasse, Düppel.

VW Volvo, 1977. Very good condition. Dependable car for city and highway. 47,000 km. \$2,000. Call 826-3205 after duty hours.

Men's 5-speed bike, \$40; women's 3-speed bike, \$40; 500-watt transformer. Call 826-3205 after duty hours.

Sansui 4000 stereo receiver, 45 watts per channel. Wooden case. Excellent condition. \$120. Call 832-8261 after 6 p.m. or anytime weekends.

1980 Porsche 924, mocha brown in color, perfect condition, new radial tires, dual Phillips car stereo speakers, German specifications. Must sell, leaving Europe. Call 813-6729.

Upright piano for sale — \$350. Call 831-3647 after working hours for more information.

Multi-Family Basement Sale, 9 a.m. Saturday, 12 Pritchardstrasse (BB). Baby stroller, baby swing with cradle, play pens, baby items, toys, boys clothes up to size 12 mo., girls size to size 2, large size men's and women's clothes, household items, humidifier, many miscellaneous items.

1970 Mercedes Benz 250C Coupe in outstanding condition. U.S. specifications guarantee shipment at government expense. This luxury automobile is fully equipped to include air conditioning, PS BP electric windows, Becker AM/FM radio, and many other extras. Price \$8,500 firm. For information on how you can become the next owner of this garaged, limited production car call 832-8401 after 6 p.m.

Multi-Family Basement (or Yard) Sale Saturday and Sunday, June 19 and 20 from 9 a.m. to 4 p.m. at 15 E.C. Diltz Strasse (Düppel). Items for sale include 2 boys' bikes, child's bike seat, stroller, baby carrier, Strollee, car seat, children's toys and clothes, extension cords, 220-volt water pik, crib, plants, leather purses, and much more.

Wanted

We will pay someone to take care of our three-year old Cocker Spaniel from July 3 through 30. If you are interested, please call 811-5468.

Want to contact user of a SINCLAIR computer. Call 819-6816 or 819-6838.

Household Furniture Exchange

From June through October 1982, due to the summer turnover of family quarters, the primary tasks for the DEH furniture trucks will be to furnish vacant quarters and deal with emergency calls. Routine exchange of furniture journeys will be limited and will be performed strictly in waiting list order. Occupants of quarters requiring routine exchanges should consider "Self-Help." The necessary documents can be obtained from the customer service office, DEH, Dahlemer Weg, Building 871a, Room 105.

Please watch requirements and deadline!

Community Events and Classified Ads for each week's issue will be printed space available only, and are due by close of business Tuesday. Only double-spaced, typewritten announcements will be accepted for printing.

Recreation Center fun

Come one, come all to the "Fabulous Fifties Party" at the All American Recreation Center tomorrow at 8 p.m. Listen to such great hits as "Baby Don't Cry," "Earth Angel," "The Bristol Stomp," and many, many more! Be sure to dress in bobby-sox, faded jeans, long skirts, pigtails, and greased hair. There will be a contest for the best dressed man and woman, hula hoop, dance and bubble blowing contests. Call 819-3125 or 819-3254 for more information.

Amerika Haus art exhibit

Amerika Haus Berlin invites you to visit their Chicano art exhibition, "Images de la Raza — Self portrayals of Mexican-American Culture". The exhibition, being shown in conjunction with "Horizonte '82 — Second Festival of World Culture," will run through July 12. Amerika Haus Berlin is located 22-24 Hardenbergstrasse and is open Monday, Wednesday, and Friday from 11 a.m. to 6 p.m. Tuesday and Thursday from 11 a.m. to 8 p.m., and Saturday from 11 a.m. to 4 p.m. It will be closed June 17 and July 5. Admission is free.

Tour with ITT

Visit the Charlottenburg Palace with ITT on June 27. After a guided tour through the royal chambers, you'll have time to stroll through the beautiful gardens and see the fabulous porcelain collection in the Belvedere Tea House.

East side, west side, all around the town. See all the sites of Berlin on ITT's East/West Combination tour every Saturday in June. This comprehensive tour of the divided city will show you the main sites on both sides of the Wall.

For more information or to make reservations on any ITT tour, drop by the ITT office in the Sports Center on Hüttenweg or call 819-6523/7189.

ITT offers a free West Berlin Sightseeing Tour on Sunday, June 27. Call 819-6523/7189 for details.

Visit the Charlottenburg Palace with ITT on Sunday, June 27. After a guided tour through the royal chambers you'll have time to stroll through the beautiful gardens and see the fabulous porcelain collection in the Belvedere Tea House.

Join ITT for a trip to Peacock Island and a tour through the castle on June 29. For a relaxing morning and a beautiful outing make your reservations now.

Be crafty

Come and let us show you how to care and use your paint brushes. The Andrews Ceramics shop will offer a beginners brush stroke class starting on July 22 thru August 12 at 7:30 p.m. For more information call 819-3578 weekdays.

The McNair Multi Crafts Shop has a new selection of picture frame moldings, plain and fancy. Stop by and check them out, or call 819-3578 weekdays for more information.

Learn how to hand color your own black and white prints in a three-session class at the McNair Photo Center. The class will meet Wednesday June 23, and 30 from 7 to 9 p.m. The fee for the class is \$5 and students must supply their own black and white prints.

Russia tour

The American Women's Club of Berlin is sponsoring a tour to Russia this fall. Visit Leningrad and Moscow from Sept. 4 through 11 for DM 1028. The price includes round trip air fare and accommodations in first category hotels with full pension and extensive sightseeing tours. Plan early to go on this trip since there is special paperwork to get in. Booking deadline is Aug. 10. For more information and reservations contact Vanthana Schubert at 802-5179 between 10 a.m. and 2 p.m. daily.

College courses

Central Texas College is offering the following courses in June and July: Brakes, Automotive Electrical Systems, Human Relations, Labor Management Relations, Personnel Management, Photography, Evidence for the Law Enforcement Officer, Juvenile Procedures, Technical Writing, and Computer Science.

Household goods

The video tape, "It's Your Move," will be shown on June 25, 1982 at 2 p.m. in the hospital auditorium. The auditorium is located in the basement of the hospital, adjacent to the exchange facility. This film portrays the entitlements and responsibilities of DOD personnel shipping and/or storing household goods and is highly recommended for all personnel who will be departing Berlin in the near future. Much useful information can be obtained from this film. Spouses are urged to attend with their sponsors.

Job opportunity

City Colleges of Chicago is now accepting applications for qualified lecturers in Business Administration and related fields. For further information, contact City Colleges of Chicago at the Andrews Education Center or call 819-3635.

Applications are now being accepted for the following position vacancies at the Clay Headquarters Compound Army Education Center — Learning Resource Center Manager and Assistant Learning Resource Center Manager. Positions are in support of the Army Continuing Education System, are dollar-paid, and will begin August 16, 1982. Applicants who feel they are qualified should contact the Clay Headquarters Army Education Center, Building 4, Room 403 (819-6919 or 6991) to pick up an application and arrange an interview. Interviews will be conducted at the Headquarters AEC during the period July 5 through 15, 1982. Only U.S. citizens are eligible to apply providing they do not have a residency (German) stamp in their passport.

Closings

The Laundry and Dry Cleaning Plant, all Laundry and Dry-cleaning pick-up points, and the Central Issue Facility will be closed Monday, July 5.

Art Guild field trip

The American Art Guild has planned a summer field trip for sketching/painting to the Museumdorf Düppel. Non-members are cordially invited to participate. The date is Sunday, June 27 from 10 a.m. until 1 p.m. at 11 Clauertstrasse near the Düppel housing area. Bring your favorite art supplies and a small admission fee (DMs). In case of rain, the trip will be cancelled.

Long range pistol shoot

The Berlin Rod and Gun Club presents a long range pistol shoot tomorrow morning at Rose Range beginning at 9:30 a.m. Registration costs \$2 and no optics are allowed. In the Men's Division the range is 100 meters and in the Women's Division, 75 meters. Accuracy determines the winners.

Community Fair

The Federal Woman's Program is sponsoring a Community Fair Aug. 22 in the Truman Plaza parking lot to celebrate Federal Woman's Week. IT'S YOUR FAIR is an opportunity for your organization to explain your services, reach potential volunteers, and raise money. For additional information on how your organization can reach out to the women, men, and children of the Berlin community call 819-6814, 6385, or 6201.

Fashion Show

You are cordially invited to attend the All American Recreation Center's Fashion Extravaganza. The Fashions and Fantasy Show will be presented on June 25 at 7 p.m. This is an event you wouldn't want to miss!

Feature Flicks

Don't miss your Sunday Feature Flick each week at 2 p.m. at the Hi-Lite Recreation Center on the video big screen! Call 819-3554 after 1 p.m. to find out what's playing!

Finance closing

The Finance Services Section of the Finance and Accounting Office, Building 9, Clay Compound, will be closed all day on June 28, 1982 for LES filing. Only service members with outprocessing appointments, TLA and reenlistment bonus appointments will be seen. Cashier services and McNair in/outprocessing remain unaffected by this closure.

Household Goods

The deadline for shipment of ammunition with house hold goods has been extended to September 30, 1982.

Dinner theater

Two short modern operas, "Trouble in Tahiti" and "The Secret of Susanna" will be performed at the Music and Theater Center Andrews Barracks June 25 to 27 and July 4 and at Amerika Haus July 2 and 3 at 7:30 p.m. Also don't miss the dinner theater at the Hi-Lite Recreation Center in conjunction with the June 25 and 26 performances. Call 819-3550 for more information.

Clock sale

The Harnack House will host a clock bazaar during Friday through Sunday. Operating hours will be noon to 9 p.m. today and Saturday and 9 a.m. to 2 p.m. Sunday. Selections include grandfather, cuckoo, and many other clocks.

Girl Scout Day Camp

Registration for the Berlin area Girl Scout Day Camp will be held tomorrow in front of the Main Exchange at Truman Plaza. The Day Camp will be held at Rose Range July 1 to 9. Adults wishing to help with the camp may also sign up at this time. Adult training will be held prior to the opening of camp. For more information call 819-5513.

Red Cross classes

The Red Cross will hold classes in CPR and multimedia first aid this weekend. The CPR classes will be held Saturday from 8 a.m. to 5 p.m. and from 6 p.m. to 10 p.m. Monday and Wednesday at the TAR cafeteria. The first aid course will be held from 8 a.m. to 5 p.m. Saturday in the ACS classroom. Call 819-6459 to register.

FWP luncheon

The next Federal Women's Program (FWP) monthly lunchtime program, Thursday, noon to 1 p.m. in the Main Library Conference Room, will be a workshop on the "SF 171" — the application form for civilian employment with the U.S. Government. Bring your own "171," completed or underway; see Civilian Personnel Division, U.S. Programs or the Library for blank forms. Call 819-7154/6907 for further information. Workshop is open to the entire community.

DYA

Get down at the DYA June 25, at the Teen Dance from 7 to 11 p.m. Ages 13 to 19. Best dressed will win a prize.

Gateway to German

A "Gateway to German" class will be offered at the McNair Education Center on Tuesday and Thursday evenings from 6 to 8 p.m. June 29 through Sept. 2, 1982. Take advantage of this free opportunity to learn German by calling 819-6605 for registration or more information.

Public auction

The American, French, and British occupation powers will auction off vehicles and other items no longer needed at 9 a.m. on the following days: June 22, July 6, Aug. 3, Aug. 17, and Aug. 31. The auction will be held at Flughafen Tegel — Nord Halle XIII, access via Seidelstrasse. Items may be viewed between 7 and 9 a.m. prior to each auction. Purchase price is to be paid in DM. Removal of the items is required on the spot since no storage is available.

BAEA moves

The Berlin Adult Education Association has a new location: Clay Compound, Building 4, Room 401. The Coordinator's hours are 9:30 to 11:30 a.m. every morning except Tuesday. If you have any questions about the Berlin Adult Education Association or Fall classes, just call 819-6992 or 802-7309.

sports

Tripartite races held at Wannsee

Last weekend 72 sailors from three countries met at the Wannsee Recreation Center to take part in the annual American Regatta. The unusual thing was that most of these sailors were soldiers stationed in Berlin. And once again the overall winners were the British.

The regatta featured four classes of vessels. The Laser, a small fast boat manned by a single person was the smallest class. Mark Fletcher, a British participant, took a first place finish in the Laser race.

A pair of British sailors took the first place in the 470 class. Paul Fletcher and Andrew Cross finished the course on top. The 470 is also a very fast, flat-bottomed vessel, but is manned by two people. The American team of Arthur Graham and Susan Strehlow garnished a third place finish following the French entry.

The Bowsun is another craft with a two-man crew and the British team of Tony Lee and Andrew Worth took another first place over the American representatives Wolfe Fischer and Andrew Weiss. The Randmeer was the only craft in the regatta with a three man crew consisting of a helmsman, a crew member on the jib and one on the center board.

The French team won the Randmeer

class of the regatta, with Daniel Tshambser at the helm. Bobby Hughes was at the helm of the American vessel and brought it across for a second place finish. Another French boat took third helmed by Natalie Rosa.

The British forces here will host their annual tripartite regatta tomorrow and Sunday at the British forces recreation facility located on the Wannsee at Gatow.

A pair of British sailors took the first place in the 470 class. Paul Fletcher and Andrew Cross finished the course on top. The 470 is also a very fast, flat-bottomed vessel, but is manned by two people. The American team of Arthur Graham and Susan Strehlow garnished a third place finish following the French entry.

The Bowsun is another craft with a two-men crew and the British team of Tony Lee and Andrew Worth took another first place over the American representatives, Wolfe Fischer and Andrew Weiss. The Randmeer was the only craft in the regatta with a three-men crew consisting of a helmsman, a crew member on the jib and one on the center board.

The French team won the Randmeer class of the regatta, with Daniel Tshambser at the helm. Bobby Hughes was at the helm of the American vessel



SHEETS IN THE WIND-The 470s get under way in last weekend's Annual American Regatta held at the Wannsee Recreation Center. A British sailor

helmed the winning entry, Paul Fletcher and his crew Andrew Cross brought in the first place finish. (Photo by R. Gibson)

and brought it across for a second place finish. Another French boat took third helmed by Natalie Rosa.

The British forces here will host

their annual tripartite regatta tomorrow and Sunday at the British forces recreation facility located on the Wannsee at Gatow.

American golf course hosts Berlin Open

by Sue Sweeney

The four-day Berlin Open Golf Tournament wound down to a close last Friday with Berlin golfers taking many top honors.

One-hundred-twenty golfers from around Germany competed in the 72-hole stroke play.

In the championship flight (handicap 0-6) Marco Spellacy from Heidelberg was the top gross winner with 279, one under par.

In the net championship flight Joe Bushee was first with a 275 stroke total followed by Berlin's Trevis Hairston with a 282 net.

In the men's 1st flight (handicap 7-11) Berlin's Walter Ragosch took top honors with a 312 total. Second place went to Tim Strutzel of Wiesbaden

while Heinz Gregor from Berlin took third.

In the first flight net, Paul McNeil of Ramstein put to first with a 277 but Berlin took second and third places with Heinz Friedrich's 288 and Jose Cadena's 291.

In the 2nd flight Robert Hess of Wiesbaden was a winner with 328, while George Punter of Berlin not only came in 3rd but took first in the closest to the pin competition as well.

In the 2nd flight net Berlin's Ed Pomroy stroked to a first place with a 344.

In another 3rd flight competition, Berlin won out. Frank Jordan, George Holt, and Michael Creekmore were the top three winners in the gross flight.

In the net division again Berlin

golfers were on top. John Stefan, Rainer Herrmann, and Jack Muldowney were winners. Closest to the pin was Berlin's Frank Kutsavage.

Berlin's women were tops in the ladies' European Command, 36-hole tournament. The 1st gross of Overall Field was Erika Annison, Gatow, British Club. The first net in overall field was Barbara Neeley. The Championship flight winners were Brigitte Zeidler and Ann Hanson. Judy Hall was the first place gross total winner in the first flight. Long drive winner was Berlin's Ann Hanson.

Trophies and awards were presented by Col. Donald Valz and golf Pro-manager Paul Davis at the conclusion of the tournament.



Security increased during Reagan visit



VISIBILITY AS A DETERRENCE—Sgt. Lee Worthel and PFC Charles Hiser of Company C, 4th Battalion, walk post at the AFN transmitter tower.

Most of the people involved with the extra work in preparation for Reagan's visit last week were rewarded for their efforts by seeing the President and his party in person at Templehof Central Airport on his arrival. That wasn't the case for many of the soldiers of Company C, 4th Battalion.

At least once during the days leading up to Reagan's visit you probably saw soldiers from Charlie Company on patrol somewhere in the American community equipped with field radios and armed with M-16s. Those soldiers were acting as roving patrols augmented to the contingent of Berlin Brigade Headquarters guards that are normally on duty in the headquarters compound.

According to 1st Lt. John Eberly, executive officer of Co. C the task of headquarters guard, better known as B. B. guard, passes from company to company on a regular basis every two weeks and usually only calls for a small guard force inside the compound. Prior to the President's visit the guard force was heavily increased and included many roving and stationary sites

outside the compound as well as several roving jeep patrols.

Capt. Javan Ridge, company commander of Charlie company, explained that although the guards were armed their mere visibility was a good deterrent to any possible trouble.

PFC Guillermo Padilla thought that his part of the increased security was just another day of work despite the fact that he didn't get a chance to see the President.

"I'm just doing a job that someone has to do," Padilla said, "and when you have a job to do you might as well just go ahead and do it."

About the soldiers who did get to see Reagan while they stood in ranks at Templehof, Padilla said, "Those guys that were out there were just doing their job too."

All in all there were many groups and individuals who put in some long hours to insure the President's visit went according to plan. Some of those individuals were from Charlie Company, 4/6. They were just doing their job.

HHC(P) tests NBC skills

The members of Headquarters Company, Berlin Brigade took to the woods for three days last week to test their proficiency in the field of Nuclear, Chemical and Biological warfare.

The test was conducted at the Rose Range facility, consisted of eight stations that touched on 10 aspects of NBC training.

One of the things tested was reaction to a nuclear blast. At this station the soldier was graded on reaction time, and procedure.

At the station that tested the soldier in decontaminating himself and personal weapon, the soldier had to know which decon kit to use and how to properly apply it. Another station tested the soldier in the proper treatment of a nerve agent casualty.

The testers for the NBC exercise came from the Headquarters Company itself. 1st Lt. Lilibeth Goldshine, officer in charge of the test, saw to it that the testers were all well versed in not only their particular station, but in each of the stations of the test.

Sp4 Earnest Rojas said "I don't know why we don't have this type of test more often than just once a year. The things that we are being tested on would mean the difference between life and death if the problem ever came up during combat."

The weather was cooperative, with the exception of one cool day, and the only thing the testers found difficult to cope with were the mosquitoes. Other than that everything went very well, according to the soldiers that were tested.



EMERGENCY TREATMENT—Sgt. Paulette Cramp-ton, administers an atropine injection to a "victim".

Learning centers — here to keep soldiers prepared

Knowing your job, or keeping up to date on recent changes in your particular fields is not an easy task. With the state-of-the-art technology being put to use today in the military, knowing all you can about your field is an endless learning experience.

Soldiers stationed in Berlin may be well ahead of many units in the Army. Every battalion in the brigade has a learning center where classes are given, and MOS related courses are taught.

There are also learning centers at Clay Headquarters, Teufelsberg, and the hospital.

One of the things offered at the learning centers are video cassette tapes that cover a wide variety of subjects that are very valuable in related MOSs. Training Extension Courses (TEC) are another popular feature of the learning centers. TEC tapes that teach subjects characteristic to the MOSs serviced by

that particular learning center are available for use by soldiers either individually or in class type groups.

Another area that the local education centers offer assistance in is Skill Qualification Testing (SQT). Soldiers expecting an SQT may go by the learning center to prepare themselves prior to their test date. The tapes offered at the learning centers are also useful when preparing for a Soldier of the Month or promotion board.

The phone numbers for the learning centers around the brigade are: 2nd Battalion, 819-3311; 3rd Battalion, 819-3620; 4th Battalion, 819-3269; Combat Support Battalion and Headquarters Company, Berlin Brigade, 819-3409; Field Station Berlin at Andrews Barracks, 819-3601; Field Station Berlin at Teufelsberg, 819-6720; Clay Headquarters, 819-6333; and MEDDAC, 819-4100.