

The heat is on!

By Dr. Helmut Stienen,
Occupational Health Officer

With the hot days of summer upon us, we all tend to spend more time outdoors, exposing ourselves to some major hot weather hazards. Here are some of the problems you should be aware of:

Sunburn

The sun is a potent source of ultraviolet radiation, especially when the sun is straight overhead. While moderate doses of the sun's ultraviolet light give you a deep, dark tan, overdoses cause sunburn. Knowing the effects of sunlight will help you protect yourself from the pain of sunburn. These factors fall into three main groups:

- Individual susceptibility.
- Conditions determining the amount of ultraviolet radiation you're exposed to.
- Length of exposure time.
- The longer the exposure times, the worse the sunburn. Many people seem to forget that sunburn symptoms appear several hours after overexposure.
- Atmospheric conditions, time of year and nearby reflective surfaces greatly influence the amount of exposure.

Heat exhaustion

Heat exhaustion is not quite as life threatening as sunstroke, but it's still very important to begin first aid right away. Heat exhaustion is the result of excessive sweating and loss of fluids and salts from the body.

The symptoms of heat exhaustion are:

- Muscular cramps, aching limbs and joints.
- Dizziness, nausea and staggering.
- Frequent vomiting.
- Profuse sweating (especially around the face and forehead), and clammy skin; excessive sweating is the main sign a person is suffering from heat exhaustion and not sunstroke.
- Dry mouth.
- Weak pulse and shallow breathing.
- Possible unconsciousness for short periods.
- The person may feel cold -- their body temperature is low. Since heat exhaustion results from dehydration of body fluids and salts, it's important to rehydrate the person.

Take the following steps:

- Move the person to circulating air.
- Keep the person warm and administer stimulants, like coffee or caffeinated soft drinks. Only give stimulants if you're sure the person is not suffering from sunstroke.
- Get the person to drink water, slightly salted if possible.
- Place the person's head level or lower than his/her body.

Heat cramps

Heat cramps also result from excessive sweating and loss of bodily salts, and will be quickly relieved by replacing these lost salts. Salted water or solutions should be

administered promptly.

Protect your eyes

The summer season is upon us and with temperatures moving well into the 30's, it's time to start thinking about protecting ourselves from the sun. Many people are aware that using sunscreen protects their skin from the harmful effects of the sun, but the eyes also need protection.

Although there isn't a topical sunscreen for the eyes, they are just as vulnerable and prone to disease and degeneration if not properly protected from the sun. According to the American Academy of Ophthalmology, exposure to the sun's ultraviolet rays can cause cataracts and macular degeneration, both of which are leading causes of blindness.

Wearing sunglasses can help prevent such problems. "Sunglasses don't have to cost a lot, but make sure they block 99 to 100 percent of the ultraviolet rays," says the American Academy of Ophthalmology. Wearing a broad-brimmed hat also provides additional eye protection.

The sun's rays aren't the only things the American Academy of Ophthalmology warns against while enjoying this summer weather. Wear goggles when swimming in the pool, ponds, or lakes. Chlorine in the pool can make your eyes red and puffy. Be careful doing outside chores. Make sure you wear safety goggles when using lawn mowers or

other power tools. Stones and debris can cause serious eye injuries when thrown.

Play ball but protect your eyes. Some of the summer's most popular sports are also some of the leading causes of eye injuries. It is a good idea to wear protective eyewear while playing games such as baseball, tennis and badminton.

Sometimes, even after following safety precautions, we still experience eye problems. These first aid tips may help relieve immediate stress to the eye.

Sand or small debris in the eye: Use eyewash to flush the eye out. Do not rub the eye. If the debris doesn't come out, lightly bandage the eye and see a doctor.

Blows to the eye: Gently apply small cold compresses to reduce pain and swelling. Don't apply any pressure. Seek emergency medical care if there is pain, reduced vision or discoloration, such as a black eye.

Cuts or punctures to the eye: Bandage the eye without any pressure and seek emergency medical care immediately. Do not attempt to wash the eye or remove.

Safe and sane vacations

Vacations are too few, too far between and too brief. No wonder we try to squeeze them for every bit of enjoyment we can muster.

See HEAT on page 3



BMW Military Sales



www.BavarianMotorCars.com

Sheer Driving Pleasure

JOY IS INSTANT GRATIFICATION.

Joy inspires people to perform to their maximum – and when a difficult challenge has been overcome, joy is reflected in smiling faces. Reward yourself, by making your heart beat faster and by experiencing the thrill of acceleration. By enjoying the dynamic driving experience that you only find in a BMW. Take advantage of the preferential terms offered by BMW Military Sales, and get the joy that you deserve. For more information, visit www.BavarianMotorCars.com

BMW MILITARY SALES.

BMW Efficient Dynamics 
Less emissions. More driving pleasure.

STATESIDE HOME SHIPPING INCLUDED
- to U.S. Port or Stateside dealer under direct shipment

**FREE MAINTENANCE PLAN
4 YRS/50,000 MILES**
- stateside to include oil changes with 4yrs/50,000 miles warranty

**UP TO \$5,000.00
TRADE-IN SUPPORT AVAILABLE**
- on selected BMC stock models to help with negative equity or devaluation problems

MASSIVE CLEARANCE SALE ON 2009 MODELS!



2009 BMW 128i Convertible
Cashmere Silver, Black Boston Leather, Gray Poplar Wood Trim, Steptronic Automatic Transmission, Premium Package, Comfort Access, Heated Front Seats, Park Distance Control, Xenon Lights, Moonlight Black Soft Top, etc.
\$ 33,995.-
webcode: VJ75999



2009 BMW 335i Convertible
Black Sapphire, Gray Dakota Leather, Dark Burl Walnut Wood Trim, 6 Speed Manual Transmission, Sport Package, Heated Front Seats, IPOD Adapter (without cable), Park Distance Control, etc.
\$ 40,995.-
webcode: P252169



2009 BMW 135i Convertible
Montego Blue, Black Boston Leather, Gray Poplar Wood Trim, 6 Speed Manual Transmission, Premium Package, Sport Package, Cold Weather Package, Comfort Access, IPOD Adapter (without cable), Park Distance Control, etc.
\$ 33,990.-
webcode: VE94578



2009 BMW 335i Convertible
Platinum Bronze, Beige Dakota Leather, Light Burl Walnut Wood Trim, Steptronic, Premium Package, Cold Weather Package, Navigation, Comfort Access, HD-Radio, Heated Steering Wheel, IPOD Adapter (without cable), Park Distance Control, etc.
\$ 42,995.-
webcode: PX44996



2009 BMW 135i Convertible
Blue Water, Gray Boston Leather, Gray Poplar Wood Trim, Steptronic Automatic Transmission, Premium Package, Sport Package, Comfort Access, Heated Front Seats, etc.
\$ 34,995.-
webcode: VK41140



2009 BMW 335i Convertible
Mojave, Beige Dakota Leather, Dark Burl Walnut Trim, Steptronic Automatic Transmission, Premium Package, Cold Weather Package, Navigation, Comfort Access, HD-Radio, Heated Steering Wheel, IPOD Adapter (without cable), Park Distance Control, etc.
\$ 42,990.-
webcode: P252153



2009 BMW 135i Convertible
Alpine White, Black Boston Leather, High Gloss Black Trim, Steptronic Automatic Transmission, Premium Package, Cold Weather Package, Navigation, Comfort Access, HD-Radio, IPOD Adapter (without cable), etc.
\$ 35,990.-
webcode: VK40758



2009 BMW 335i Convertible
Alpine White, Black Dakota Leather, Aluminum Interior Trim, Steptronic Automatic Transmission, Premium Package, M Sport Package, Cold Weather Package, Navigation, Comfort Access, IPOD Adapter (without cable), etc.
\$ 46,995.-
webcode: P473939



2009 BMW 328i Convertible
Alpine White, Black Dakota Leather, Dark Burl Walnut Wood Trim, Steptronic Automatic Transmission, Premium Package, Cold Weather Package, Navigation, Heated Steering Wheel, HD-Radio, Park Distance Control, etc.
\$ 42,995.-
webcode: PX26105



2009 BMW 335i Convertible
Titanium Silver, Black Dakota Leather, Dark Burl Walnut Wood Trim, Steptronic Automatic Transmission, Cold Weather Package, Heated Steering Wheel, IPOD Adapter (without cable), Park Distance Control, etc.
\$ 39,995.-
webcode: P473911

Wuerzburg
Phone +49 931 27885 890
Phone +49 931 27885 891
Phone +49 931 27885 886

Mannheim
Phone +49 621 728495 1
Phone +49 621 728495 2
Phone +49 621 728495 3

Vilseck
Phone +49 9662 8779

Schweinfurt
Phone +49 9721 67527 35
Phone +49 9721 67527 32

Grafenwoehr II
Phone +49 9641 92605 71
Phone +49 9641 92605 72

Grafenwoehr I
Phone +49 9641 92404-13
Phone +49 9641 92404-14
Phone +49 9641 92404-16
Phone +49 9641 92404-18

Ansbach
Phone +49 981 9700 127

Bamberg
Phone +49 951 9370 500

Katterbach
Phone +49 9802 957377

Frankfurt
Phone +49 69 4036 543

Darmstadt
Phone +49 6151 7007413

Lowest Price Guarantee included! See our website for details. All trades welcome.

300 CARS IN STOCK. SAME DAY DELIVERY.

www.BavarianMotorCars.com/skywatch/
E-Mail: skywatch@BavarianMotorCars.com

Prices and Car-Information are subject to change without notice!

NS230710

Terry Fox Campaign 2010

Terry's dream, 30 years and counting

By Cpl Dustin Francis

Terry Fox of British Columbia, Canada, was 18 years old when he was diagnosed with osteogenic sarcoma (bone cancer). His right leg was amputated 15 cm above the knee. While in hospital, Terry was so moved by the suffering of cancer patients that he decided to run across Canada, more than 8,500 km from the Atlantic Ocean to the Pacific Ocean, to raise money for cancer research. He called his journey the "Marathon of Hope".

With little fanfare, Terry began his run 12 April 1980 on Canada's east coast. Although it was difficult to garner attention in the beginning enthusiasm grew and the money collected along his route began to mount. He ran 42 km every day (the distance of a marathon) through Atlantic Canada, Quebec and Ontario. On 1 September 1980, after 143 consecutive running days

and 5,342 km, Terry was forced to end his run when the primary cancer spread to his lungs. Terry died on 28 June 1981 at 22 years of age. Terry was gone, but his legacy was just the beginning.

The Terry Fox Foundation (Headquartered in Chilliwack, British Columbia) has a dual mandate. Not only does it raise money for cancer research, but it also continues to share the story of Terry Fox. People around the world become inspired when they learned about Terry and his courage.

The Terry Fox Foundation raises money for cancer research primarily through the annual Terry Fox Run. In Canada, over 1,000 communities and 4,800 schools hold a Terry Fox Run annually. Internationally, more than 50 countries organize their own Terry Fox Run. To date, over 400 million Dollars has been raised worldwide for cancer research in Terry's

name. Thanks to the thousands of volunteers who organize over 10,000 runs Worldwide, the Terry Fox Run is one of the largest contributors to Cancer Research and Awareness.

This year is the 30th Anniversary of Terry's Marathon of Hope. Let's keep his dream alive and make this year the best year to date. Fundraising will begin on 1 August 2010 with donation jars at all the NATEX outlets. Additionally, the campaign will consist of four major events, the first being the Terry Fox Charity Car Wash which is being held on Friday, 6 August at Building 65N, near the NATEX Garage. Haircuts from Coiffeur Team Pfeil Hair Salon and BBQ during the Information & Registration Day on 22 August at the Terry Fox Halle on the Selfkant Kaserne in Niederheid. The Terry Fox sponsored 'REALSHULE Run for Cancer

Research' will be held on Friday, 10 September. The campaign will conclude with the Annual Terry Fox Family Fun Run on Sunday, 12 September, at the Terry Fox Halle on the Selfkant Kaserne in Niederheid.

The world is closer than ever to finding a cure for cancer, and with your continued participation and support, we will succeed. This year, make it a point to come out and participate. Nationality does not matter, as Cancer knows no boundaries. All proceeds go directly to cancer research. So bring your family and friends. Terry ran 42 kilometres every day for cancer research to help people beyond his own life. His single dream has brought a world of hope!

For more information on the above events please contact the Terry Fox Committee Chair WO Marlene Shillingford at +49 (0) 2451 63 3583.

HEAT

Continued from front page

As a result, we tend to overdo it. Too much food, too much play, and too much sun can spoil our best-laid plans -- all because we took too little preparation. Here are some helpful summer vacation tips:

Beating the heat

Except for the cold, heat kills more individuals than any other natural hazard, including hurricanes, floods and earthquakes.

To have fun in the hot summer sun:

- Restrict strenuous activities to the coolest part of the day. Avoid direct exposure to the sun between 1000 and 1500, when the sun's rays are the strongest.
- Wear loose fitting, lightweight

and light coloured clothing that reflects the heat and sunlight.

- To stay cooler on long walks, consider investing in garments made from new high-tech fabrics.
- Drink lots of water and other non-alcoholic fluids before, during, and after strenuous activity. And drink even if you don't feel thirsty.
- Don't take salt tablets unless your doctor has prescribed them, especially if you have high blood pressure or a heart condition.
- Adjust to hot environments gradually. It usually takes a couple of days to acclimate to hot weather.
- Avoid direct sunlight as much as possible. Use a sun screen with a 'sun protection factor' that matches your skin type.
- Don't wear a snug hat, since your

body's heat needs to escape from your head.

- If you're on a prescription, consult your doctor on possible side effects in hot weather.
- Eat light, nutritious meals and avoid fatty foods.

Bugs that bite

To live in harmony when around stinging insects:

- Wear insect repellent.
- Don't wear bright-coloured clothing.
- Don't use cologne or scented cosmetics, especially floral.
- Don't walk barefoot, and watch where you're walking.
- Avoid rapid movements that look like attacks.
- If you happen upon a nest, move away slowly.
- Don't eat or drink sweet things

outdoors. They attract insects like a magnet.

- If you are stung by an insect and begin to experience hives, stomach pains, diarrhoea, dizziness, chills, or facial swelling (regardless of where you may have been stung), you are having an allergic reaction. Seek immediate emergency medical help.

Please don't forget: Summer still is a great time of the year! But you can enjoy the outdoors with playing, swimming, barbecuing and travelling much more if you prevent illness and injury by following the above simple, yet important health and safety tips.



The German NCO Association (DUK) would like to invite all Component members, their families and friends to the 28th annual Geilenkirchen Oktoberfest. It will take place in Hangar 2 on 25-26 September.

Tickets will be on sale at the German NCO Association (DUK) office, Building 46, ext.

3465, from 9 August until 22 September 2010. Ticket sale will be available between Monday and Friday from 1000-1400.

Please use Component Form 34.17 for your external guests because it will simplify your purchase of tickets.

Each NATO ID holder is entitled to purchase a maximum of five

tickets.

If you sponsor non-NATO ID holders, you have to register their full name and national passport number when purchasing the tickets. If you have to change names on tickets afterwards, this change has to be made at the DUK office, Building 46.



Volume 26, No. 14 23 July 2010

NATO Skywatch is an authorized, unofficial commercial enterprise newspaper published under exclusive written agreement with the NAEW&CF E-3A Component by HOUX DIGIPRINT, Arendstraat 3, 6135 KT Sittard, +31 (0)46 4582111. Opinions expressed by contributors are their

Commander
Brig. Gen. Burkhard Pototzky
Chief, Public Affairs
Capt. Jolene Ortiona
Editor
SMSgt. Johan Hijmenberg

own and do not necessarily reflect the official views of, or endorsement by, the North Atlantic Treaty Organization. The appearance of advertising in this publication, including inserts or supplements, does not constitute an endorsement by NATO of the products or services advertised. Submissions are due seven days before publication and may be edited for style and space. Send articles and classified advertisements to the NAEW&F E-3A Component Public Affairs (PA), Postfach 433007, D-52511 Geilenkirchen, or base distribution Mail Stop 33. Call PA at (02451) 632480 or fax (02451) 7936 or e-mail pao@e3a.nato.int. For paid advertisements call Hub Durlinger media at +31 (0) 46 452 9292, fax +31 (0) 46 452 9285 or hub@durlingermedia.nl. Articles may be reproduced after permission has been obtained from the editor, provided mention is made of NATO Skywatch. To see the NATO Skywatch online visit www.e3a.nato.int

Cultural Corner

P O R T U G A L

The real treasure is its people

By SMSgt. Johan Hijmenberg

Beja Air Base in Portugal is frequently visited by E-3A Component aircraft and crews to conduct training with the Portuguese Defence Forces. When approaching Beja you fly over the golden plains of Alentejo, one of the five regions. The open, spacious landscape is peppered with cork oaks and olive trees that have withstood the ravages of time. Alentejo is one of the most important wine regions, too.

Portugal is a country blessed with an amazing variety of landscapes, cuisine and architecture. For nature lovers the country truly has it all. It's almost a must to explore the more than 30 nature reserves or the local countryside to see the flora and fauna and experience the country's climate and geographical diversity.

"One of the most beautiful natural areas lies in the Minho, Lima and Douro valley," says Maj. Mario Cavaco, Sqn 1 Surveillance Contoller. "Here you can explore the verdant beauty and rural customs of the Minho valley, or check out the spectacular gorge in the Douro Valley. And don't forget to visit the beautiful Atlantic archipelagos of Madeira and the Azores, both of which are part of the Republic."

Located on the Iberian Peninsula in Southern Europe, Portugal is the westernmost country of continental Europe. It is bordered by the Atlantic

Ocean to the west and south, and by Spain to the north and east. Mainland Portugal is divided by its main river, the Tagus. The northern landscape is mountainous in the interior, with plateaus indented by river valleys, whereas the south, including the Algarve and the Alentejo, features mostly rolling plains and a climate somewhat warmer and drier than in the north.

The country has developed a specific culture influenced by various civilizations that crossed the Mediterranean and the European continent or were introduced when Portugal played an active role during the Age of Discovery. A UNESCO World Heritage Site, the Belém Tower in Lisbon is a typical example of Portugal's unique architecture. Lisbon, the only European capital with Atlantic beaches, is blessed with natural beauty and steeped in fascinating history.

Beyond Lisbon, the country's historic villages are among its best kept secrets. Located in the heart of the country and built from granite and schist they have witnessed over 900 years of history. In the past they were not so tranquil, but nowadays they are amazingly peaceful places to visit. Perched high on hilltops the villages played a crucial role in protecting the surrounding lands. Their location gave them a hugely effective form of defence because the vantage points it provided made it almost impossible for would-be

invaders to approach undetected.

Portuguese music encompasses a wide variety of genres. The most renowned is fado, a melancholy urban music, usually associated with the Portuguese guitar. The country also has a rich history as far as painting is concerned. The first well-known painters, such as Nuno Gonçalves, were at work in the XV century, part of the Gothic painting period.

Portuguese cuisine is diverse. The inhabitants consume a lot of dry cod, for which there are hundreds of recipes. There are more than enough dishes for each day of the year. Accompanying the food is a nice glass of wine. Portuguese wines have received international recognition since the times of the Roman Empire. Today the country is popular with wine lovers and its wines have won



Praia de Marinha is one of the most beautiful places in the Algarve

Photo courtesy Turismo de Portugal



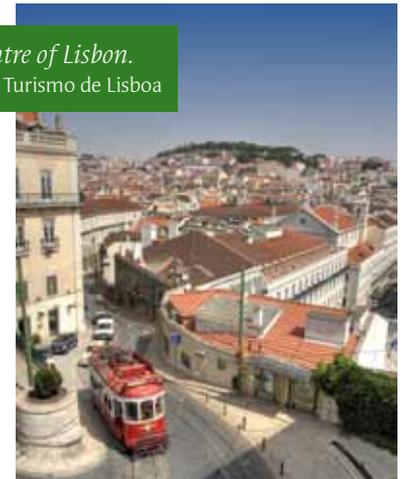
won several international prizes. Port Wine is the most widely known type of wine in the world. Another region, the Douro, is the oldest wine-producing area.

"Despite its beautiful landscape, its fine cuisine, its marvellous architecture, its perfect wines and its sunny weather," says Maj. Cavaco, "the real treasure of Portugal is its people. They always try to give a good Portuguese welcome to visitors."



The historic centre of Lisbon.

Photos courtesy Turismo de Lisboa



The golden plains of Alentejo.

Photos courtesy Turismo de Alentejo

Moving? call Baltes!



INT. MÖBELSPEDITION
BALTES

Aachen/Germany
call: +49 (0) 241 50 50 95
info@baltes-umzug.de

NATO contracting partner • Overseas Removals • Domestic Removals • Storage

50 years Culpeck Insurance Broker GmbH

We proudly introduce **Allianz** and welcome ALL NATIONALITIES.

Hahoverstrasse 11
D-52511 Geilenkirchen
Email: geilenkirchen@culpeck.com
Web: www.culpeck.com



Call 02451 2983

Airport Shuttle Service Zentrale Schumacher

Phone: +49 (0)2452 - 7777

Call for information/reservations and ask for Mary

To place an advertisement in



contact

Hub Durlinger media

Skywatch is the only authorized
NATO AWACS Base Newspaper.

Phone +31 (0)46 4529292
Mobile +31 (0)6 54726473
hub@durlingermedia.nl

*** Superior City Hotel

First House in Town • 3-Star Hotel

- Exclusive single, double & triple rooms with shower/WC, minibar
- Suites equipped with modern appliances such as kitchenette, microwave, coffee machine, DVD player, balcony
- Apartments for families fully equipped with modern appliances, two bedrooms, living room, kitchen, microwave, coffee machine, bathroom/WC, DVD player or video recorder
- Appliances for entire hotel: Wireless LAN, color tv, ASTRA, Premiere Pay-tv, direct dial phone, washers & dryers, sauna



Our bistro *Cafe Fleur* is open daily from 0700 to 2400 hrs
Breakfast Buffet • Lunches (like Mom's) from 4.80 € to 6.50 € • Take away meals

City Hotel ***

Theodor Heuss Ring 15 phone: +49 (0)2451 627-0
52511 Geilenkirchen fax: +49 (0)2451 627300
e-mail: office@cityhotel-geilenkirchen.de
URL: www.cityhotel-geilenkirchen.de

KOHL

Immer in Bewegung

Our special offer:

If you bring us your BMW or MINI for service and maintenance you have the possibility for a testdrive until your car is finished.

We guarantee the best service for your BMW or MINI in our region.

Be welcome!

Best service guaranteed!



For more information please call:

Mirko Görtz:
Tel. +49 (0) 24 52 / 91 35 -27
Tobias Weiss:
Tel. +49 (0) 24 52 / 91 35 -29

KOHL automobile GmbH

Filiale Heinsberg
Industriestraße 53
52525 Heinsberg
Tel. 0 24 52 / 91 35 0



also for take away

THAI garden



Opening hours:
Tue to Sat 1700-2200 hrs
Sun 1600-2200 hrs

Rijksweg Noord 8
6131 CL Sittard
Phone: +31 (0)46 4517324
www.thaigarden.nl



Conen GmbH

Your authorized HONDA, ACURA & Citroen partner
Large range of new & pre-owned cars
Service & parts for american & european spec. HONDA, ACURA & Citroen
Glass exchange & chip repair for all car brands
Body shop; Paint shop



Starting price € 16.800



Starting price € 18.500

TAX FREE

Erkelenzer Straße 76 - Heinsberg-Dremmen

TAX FREE

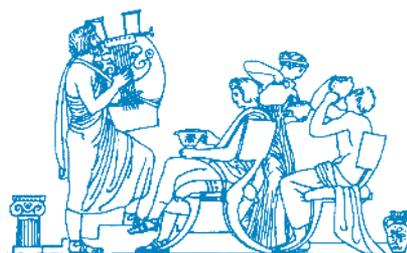
Service & parts: Erik Thönnissen
e-mail: erik@honda.ps - Phone +49 (0)2452 951018

Sales: Waldemar Bader
e-mail: bader@autohaus-conen.de - Phone +49 (0)2452 951013



ELENA

GRILL - RESTAURANT - PIZZERIA
Greek and international cuisine



Reservations under
Tel. +49 (0) 2451 95 94 13
call - order - pick up



Opening hours:
Tuesday to Sunday
17:00 - 22:00 hrs
Closed on Monday

Bischof-Pooten-Str. 7
52511 Geilenkirchen-
Teveren

Avord Change of Commands

The 30th of June was a big day for our E3F brethren in Avord, France. Component and Force Command leadership were invited to attend not one, but four change of command ceremonies. The Avord Base Commander, the 36 AEW Squadron, the Transport Pilot School and the Ammunition Depot had a joint change of command ceremony and parade. Despite the heat, guests and troops alike were treated to a beautiful display of military ceremony. The highlight of the event was multiple flyovers. In addition to attending the ceremony, all the invited guests enjoyed French hospitality during lunch in the Officer's Club.



Lt. Col. Dabadie accepts command of 36 AEW Squadron.

Photo courtesy Avord Air Base

Things to do in the local area

Locomotive pulling at Simpelveld



Tomorrow, 24 July at 1400, for the first time in Dutch history, the national championship locomotive pulling is organized at Simpelveld railway station. During the event 28 participants from the Netherlands, Belgium and Germany compete each other. Their task is to move a 1957

historian diesel engine with a weight of 47,000 kilograms as fast as possible over a length of 25 metres railway.

The happening finds place near the 100 year old train station building, the home base of the South Limburg Steam Engine Company, which is located at Stationsstraat 20, 6369VJ Simpelveld, the Netherlands. Distance Geilenkirchen - Simpelveld is 23 km.



Photo PAO archive

7-9 August, Hartbufkes Preuve

For the 21st time at the historic market square of Maaseik, Belgium: Hartbufkes Preuve, culinary event. 14 Restaurants give you the opportunity to taste their specialties during these three days including wines and local beers and live music.

Profits will be donated to charity.

Open: 7 Aug 1900-0300; 8 Aug 1000-0300; 9 Aug 1000-0300.

12-15 August, Schlemmermarkt

In Wassenberg, at the Rosstorplatz the culinary event starts on 12 August at 1800. High ranking restaurants from the tri-border area will be represented and also booths with delicacies like you to sample their products. A cocktail bar will serve the perfect cocktail for you.

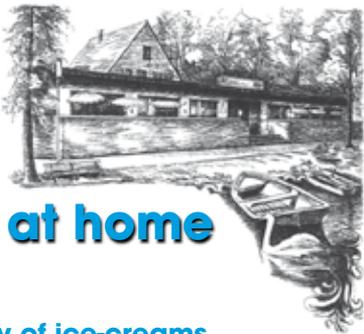
Open: 12 and 13 Aug, 1800-2400; 14 Aug 1700-2400; 15 Aug 1100-2200.

26-29 August, Preuvenemint

For the 29th time, Maastricht hosts the Preuvenemint, a four-day culinary event on the Vrijthof square. More than 30 stands function as restaurant where you can enjoy delicious food and wine accompanied by live-music. This makes the Maastricht Preuvenemint the largest open-air restaurant in the world. With special Preuve-bills you pay for your food and drinks. The proceeds of the Preuvenemint will be fully spent on good causes.

Open: 26 Aug 1800-0200; 27 Aug 0400-0200, 28 Aug 1400-0200; 29 Aug 1200-2400.

Café Restaurant Partyservice
Haus Hamacher
 52538 Gangelt • Am Freibad 10



Take your vacation at home

We are there for you all day:

- for à la carte lunch and dinner
- for coffee and cake or a variety of ice-creams
- or for an in between snack

In the close vicinity of mini-golf, rowing, outdoor pool, hiking paths

English spoken



For reservations please call: +49 (0)2454 1414, or fax: +49 (0)2454 939301
 All-Day Dining as of 1100 hrs • Reservations highly recommended

Phone +49 (0)24 54 - 14 14
 Fax +49 (0)24 54 - 93 9301

[www. Haus-Hamacher.de](http://www.Haus-Hamacher.de)



Friendly family & single Guesthouse
 with four new apartments

- * Complete kitchen with
- * dishwasher & microwave
- * Washer & dryer
- * TV, satellite
- * DSL-Internet for free
- * Phone



* **Everything for Children**

- * Baby's high chair
- * Toys in all apartments
- * Big playground

Sonja Loomans
 Prioretion
 47 Hochstrasse

0049 2456 / 50 95 78
 0049 163 25 95 909

Selfkant-Schalbruch



CARE BY VOLVO = CARE BY YOU

BY AUTO KALLEN GELEEN!



- **New Car Sales**
- **US and Canadian Specs**
- **European specs**
- **Diplomat Sales**
- **Specials on Military Sales**
- **Original Spare Parts**
- **Friendly English-speaking staff**
- **Service and Maintenance**

Only official Volvo Military Sales agent for NATO Airbase Geilenkirchen

Just 15 km from Geilenkirchen, 8 km from Brunssum and 3 km from US Garrison Schinnen!

Rijksweg Zuid 320 6161 BZ Geleen The Netherlands +31 (0)46 4238686 www.autokallen.nl r.vossen@autokallen.nl
 contact Mr. Roger Vossen

VOLVO
 for life

Karin's Guesthouse

Located less than 10 minutes from NATO Air Base!

- FULLY EQUIPPED
- PETS ARE WELCOME
- FREE INTERNET
- FREE ENGLISH SPEAKING TV

For more information or reservation call:

+49 (0)2451-720 15 or +49 (0)178 - 414 08 55

or visit our website www.karins-guesthouse.com



The Open Air Museum offers a day in yesteryear

By SMSgt. Johan Hijmenberg

The Open Air Museum at Arnhem, The Netherlands, occupies a magnificent park with more than 80 historic houses and farms from different parts of the country. These afford a unique view of daily life and work in the Netherlands over the past 250 years.

Experience the Friesian 'wâldhúske' (journeyman's house) from Damwoude. The family that lived there had five children. They had to walk a few hundred metres to draw their water from a well.

A difference in wellness you find in the farmhouse from Beerta. In the kitchen the kettle is ready to preserve the vegetables and in the living room you can see how the rich farmer saved his money, for example, by investing it in shares.

At the nursery garden the museum maintains a large collection of many

different varieties of plants, which were one part of every farmer's garden. Further, one can admire the collection of buxus and taxus bushes cut in special shapes. The herb garden is over 75 years old. With its convent garden, medicinal herbs, spices, mythical plants and plants used to make dyes, it is feast for the senses.

At the laundry from Overveen you can discover how the washing was done around 1930. And when the children are tired from playing at the Zaan Square a visit to the shipbuilding yard and the Marken fisherman's cottage is your next stop. At the bottom of the slipway, you can take the tow ferry across the pond.

In the blue farmhouse from Harreveld the people lived with their animals in the same building. They cooked over an open fire. The smoke filtered through the entire building, offering some protection against rotting of the rye harvest in the attic, but also provided an unhealthy

living climate that caused many eye problems.

In 'De Goede Moordenaar' (The Good Murderer) you can enjoy an old-fashioned drink with the talkative publican. You can also play pall-mall or practise archery. And in the Hanekamp pancake restaurant you can enjoy delicious pancakes.

The park amuses adults and children but if you are looking for something special for the children visit the Children's Estate, fun activities during weekends and holidays. Also the youngsters will enjoy the old fashioned playground from the 1930's and the Zaan Square with its old-fashioned toys, the bakery and the 'poffertjes' stall.

Be sure not to miss the HollandRama, an adventure for children and grownups alike. A mysterious copper egg adorns the museum entrance. It encases the HollandRama time capsule. It is

dark as the performance begins. Suddenly you hear splendid music and the time capsule starts to move. Breathlessly, you see how the stylish Dutch interiors and cityscapes float past you.

Duration of the visit will be a minimum of three hours, depending on the time spent in the buildings. Due to the length of the route a tram is also available to use on the exhibition terrain; tickets can be purchased at the information desk or from the tram conductor.

Opening hours until 31 October from 1000 to 1700. Admission prices: Adults €14,10, children under 13 years €10, parking €4,50.

The Open Air Museum is situated close to the A12 motorway at the northern edge of Arnhem. There are well-posted signs from all directions (Nederlands Openluchtmuseum), distance Geilenkirchen-Arnhem 167 km. Explanation at the attractions is in Dutch, English and German.



A tram is available to bring you around



Historic houses can be visited



Steam machines can be admired



The windmill is one of the characteristics of the Netherlands



Restaurant and terrace

July / August Offer

- * 4 hours access to the slopes (excluding gear rental)
- * Bread with aioli
- * All you can eat barbecue buffet
- * Summer cocktail

only **€ 27,50**



SnowWorld Landgraaf
Witte Wereld 1
6372 VG Landgraaf
T: +31 (0)45 - 54 70 700

SnowWorld, snow guaranteed!

Visit the Food Service System Web Page on the Component Information Portal or the Services Branch Web Page for the latest programme information and upcoming events.

MWA Membership Card Issuing Office

Effective 1 August, MWA Membership Cards will be issued in Building 80 (Services Branch Accounting Section), Room 16. Office opening hours: Monday-Thursday 0930-1130 & 1300-1500; Friday 0930-1130. As a member you will receive a discount on all food/beverage items purchased at the Sentry Club/E-3A Club/Rotodome, along with the entitlement to participate in all MWA programmes on Base. You will also receive the Food Services Newsletter and the weekly Rotodome menu per email, if you so wish.

Food Services System

(BPWF/4990)

POC: Mr. Rene Peeters, ext. 4990, email rpeeters@e3a.nato.int.

E-3A Club

Opening hours Bar Monday-Friday 1100-2200 (Special arrangements can be organised for meetings outside of these times); Restaurant Monday-Friday 1700-2100; Sunday 1100-1400, reservations are required for Sunday brunch. Happy Hour (free snacks available) Tuesdays 1700-1800 and Fridays 1430-1700.

Sunday brunch 1100-1400, price adults €15,95, children (4-12 years) half price, reservations required.

Steak Night every Monday and Friday.

There will be no Dinner Service at the E-3A Club on 26 and 27 August due to special functions.

Upcoming events:

08 Family brunch.

22 Family brunch.

27 Country night/BBQ with live music by the band 'South Mountain', starting at 1900. Ticket sales (€2.50) commence as of 1 August at the E-3A Club Manager's Office.

Coffee & cake, €3,55, is served every day as of 1100. Coffee-to-go is also available.

Toasties are now also available. Come and enjoy a relaxing moment on the terrace which overlooks the wooded area.

The E-3A Club is equipped to cater for all special functions, official dinners, conferences, meetings, etc. Please contact Mr. Peeters, ext. 4990 to arrange details.

Sentry Club

Opening hours Monday-Friday, Breakfast 0730-1000; Fast Food 1100-1700; Saturday-Sunday 1100-1700.

The Sentry Club offers a wide variety of fast-food items, such as pizza, hamburger, chicken nuggets, etc.

Rotodome

Opening Hours Monday-Friday

MWA INFORMATION August

Breakfast 0530-0900; Lunch 1100-1400.

The daily menu is published on the Component Wise Page. Customers wishing to receive the menu per email are requested to send their email address to rpeeters@e3a.nato.int for inclusion in the automatic distribution list.

Sports Department

(BPWS/4946)

Opening hours every day from 0600-2200.

Registration for Winter Schedule Old/New Gym and Multi-Purpose Room.

Deadline for registration in the Winter Schedule (permanent reservation) for the Old Gymnasium, New Gymnasium and Multi-Purpose room commences is 5 September. Component Squadrons have priority.

For more info please call Hans Kicken at ext. 4987 or Bert Hendriks at ext. 4921.

All Component personnel are authorised to utilise the sports facilities free of charge. However, participation in sports classes with instructor, i.e. spinning, aerobics, dance classes, etc. is restricted to personnel in possession of a valid MWA Membership Card. Dependents are required to be in possession of a valid membership card to utilise the Gym. Daily checks will be conducted.

International Library

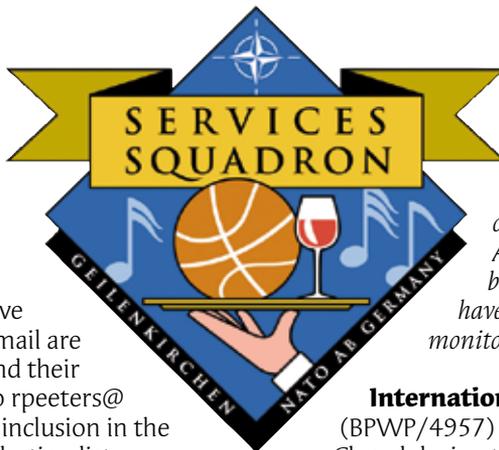
(BPWL/4956)

Operating hours 1100-1500, Monday through Friday.

Visit the Geilenkirchen International Library and see the expanded travel section, books and guides for most European countries as well as other fantastic vacation destinations! They are there to help make your holiday travel planning run smoothly. We also have compiled lists of discount airlines and hotel booking agencies to help you.

Remember to come back often, since a lot of the music and movie collections are frequently updated. We have material to help with your continuing education as well. The entire Embry Riddle section has been recently updated as well as many of the CLEP materials. We even have some CLEP material on DVD to help you make the grade.

Don't be one of those unfortunate people who visit the library only during out-processing, only to realize how nice it would have been to use the facility while you had a chance. The friendly and helpful staff members are always available to assist you. Some brand new CDs and



DVDs have arrived!

Also, a 6th Internet computer has been installed for our customers. All computers are brand-new and have 17-inch LCD monitors.

International Pre-school

(BPWP/4957)

Closed during the summer holidays in August.

International Youth Activities

(BPWY/4954/5)

Information and registration at the IYA Office in Bldg 95, ext. 4954, 4955.

Trip to Rhine in Flames in Koblenz on Saturday, 14 August. Explore one of the most beautiful and oldest cities in Germany at the confluence of the Rivers Rhine and Mosel. Throughout the city there are stages with live music and entertainment. During the magical firework display with glittering stars and shimmering cascades of colour Europe's largest parade of brightly decorated boats glides along the gleaming rivers. The unique show bathes towers and battlements in a wonderful glow of Bengal lights. Our luxury bus departs from outside the Main Gate at 1400. Cost is €19 p.p.

Summer Break Programme

for children of all nationalities aged 6 and older runs until 20 August. Monday to Friday, 0745 to 1745. Enjoy fun games, exciting contests, swimming, field trips, arts & crafts, sports & hikes, free play, special projects, movies and much more. Daily rate is €11 including pool fee, €13 on Fridays also including lunch. Rate for Monday- Tuesday- Thursday-Friday package €42 including pool fee each day and lunch on Friday. See below article for cost of Wednesday field trips.

Summer Break Trips

for children of all nationalities aged 6 and up chaperoned in groups. Chaperones go free. Slots are limited. The children can be dropped off from 0745 and need to be picked up by 1745.

Movie Park Germany, big amusement park, 4 August, 0800-1900, €31; Walibi big amusement park, 11 August, 0800-1900, €31; Duisberg Zoo with dolphin show, 18 August, 0800-1730, €18.

NEW: Parents with children of all ages and individual guests are welcome to join IYA field trips for a fun day out! Call ext. 4954/5 for information about rates etc.

Above rates apply to families with a valid MWA card (or monthly membership with a fee of €10 per family per month). Families without MWA card or monthly membership pay 25% more.

SKYWATCH

Skywatch Classifieds are free to all NATO personnel. Advertisements must be typed, including name, office symbol and duty extension. Advertisements for services that generate a regular income will not be accepted. Submissions are due to PAO, mail Stop 33, e-mail: pao@e3a.nato.int, by noon Thursday, 5 August.

<p>Autos 03/2002 VW Passat Variant 1.9 TDI (white), diesel, inspection valid until 04/2011. Excellent condition, winter tires included, a/c, tow bar, etc. Asking price: €5,000 or best offer. For more info contact: 02456 508151 (leave message) or 02451 63 2004.</p>	<p>Subaru Impreza 2008 STI, black, 16,800 miles, US Spec's, good condition. Asking US \$25,500. For more info contact Mr. Steve Forman, ext. 3535 or +31 681199317, mail sfroman@e3a.nato.int or steven_e3a@yahoo.com</p>
---	---

IYA

Information and registration at the IYA Office in Bldg 95, ext. 4954, 4955.

Trip to Rhine in Flames in Koblenz on Saturday, 14 August 2010. Explore one of the most beautiful and oldest cities in Germany at the confluence of the Rivers Rhine and Mosel. Throughout the city there are stages with live music and entertainment. During the magical firework display with glittering stars and shimmering cascades of colour

Europe's largest parade of brightly decorated boats glides along the gleaming rivers. The unique show bathes towers and battlements in a wonderful glow of Bengal lights. Our luxury bus departs from outside the Main Gate at 1400. Cost is €19 per person.

Above rate applies to families with a valid MWA card or monthly membership, fee: €10 per family per month. Families without MWA card or monthly membership pay 25% more.

RS auto cleaning bv

for your total car cleaning

- ★ your car is being hand-washed with wax shampoo for only € 12,-
- ★ car cleaning
- ★ Permagard protective coating
- ★ dent removal without repainting
- ★ spot repair

DISCOUNT COUPON of **€ 20.00** valid on a total treatment of euro 125,-

Heerlen • Breukerweg 195 • Heerlen • +31 (0)45 - 522 59 00

EL COMAL

MEXICAN RESTAURANT

BEST OF MEXICO
IN BRUNSSUM

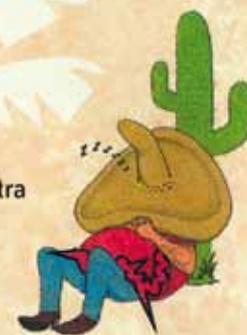
- Exquisite menu with 120 choices
- Wonderful terrace. Seating under palm trees.
- Icecold Margheritas
- Complete vegetarian menu
- Friendly, delightful service and atmosphere
- Look for Mexican singers and Mariachi Orchestra

Open at 17.00 hrs from Wednesday to Sunday

Please call +31 (0)45 564 0158 for reservations

ALONA EN PETER WELCOME YOU

Rumpenerstraat 49 6443 CC Brunssum Phone +31 (0)45 564 01 58 www.elcomal.nl



RESTAURANT

El Greco

THE REAL GREEK CUISINE

An authentic dinner in a modern, elegant Greek ambience

In down town Heerlen you find now the Greek restaurant El Greco. Located behind the church at the Pancratiusplein 39, you enter modern Greece. No surplus of plastic grape clusters or the obligatory blue-and-white interior.

At El Greco you taste the traditional Greek cuisine with-in a contemporary design.

Having dinner at the Greek restaurant puts you to a higher level at El Greco. El Greco sets a new norm to style and ambience.

The ambience reflects modern Greece, but the cuisine is completely authentic. The diverse menu is like a poem to connoisseurs and lovers.

Everyone can find something of his or her choice on the menu. All products are of top quality. The close team of El Greco continuously works at a high level. From the kitchen to the table, it is pure pleasure. However, the price of the offered products is completely reasonable. That is why El Greco is the perfect address not only for a family dinner, but also for your friends, for a delicious Greek night out.

You will certainly experience the authentic Greek cosiness during one of our Greek nights with live music, dance and excellent food and drinks.

Those who would like to pre-taste the wonderful cuisine of El Greco, can already visit our website www.elgreco-heerlen.nl

As an introduction:
5 EURO DISCOUNT
on your bill / 1 coupon per 2 persons

Pancratiusplein 30, 6411 JZ Heerlen
Phone: +31 (0)45 574 2096
www.elgreco-heerlen.nl

Opening hours: Mon to Sat 1600-2400 hrs
Sun and Holidays 1300-2400 hrs
Kitchen open until 2230 hrs

Vamos de Copas al Restaurant Madrid

Experience the Spanish way of life at Restaurant Madrid

Kitchen open daily:
1200-1500
and 1800-2300



TAPAS - an expression of a fine Spanish life style

TAPAS - are tempting, small delicacies that accompanied by a good beverage, invite to a nice chat with friends

Apfelstrasse 16 • Heinsberg Downtown • Phone +49 (0)2452-106290



weekdays only
from Monday to Friday
breakfast
1000 - 1300 hours



BMW Military Sales

www.PentagonCar
Sales.com



The Ultimate
Driving Machine



JOY LOVES GIVING GIFTS.

Buy any 2010 X3 model from our stock and you'll qualify for an extra \$2,000 off BMW Military Sales' special factory-direct prices. In addition, we'll install a super **Mobile Rear Seat Entertainment Package*** valued at around \$500 - for no cost. Remember, these special offers are only available while stocks last, so drop by a PCS showroom today, or request more information via our website at www.pentagoncarsales.com

- + BMW Factory-Direct Prices
- + BMW Factory Warranty
- + BMW Home Shipping incl.
- + PCS Trade-in Program

\$2,000 OF ANY 2010 BMW X3 AND WE'LL ADD A REAR SEAT DVD ENTERTAINMENT PACKAGE FOR NO-COST.

BMW EfficientDynamics 
Less emissions. More driving pleasure.

Im Kreuzgarten 1 A
54529 Spangdahlem
Tel: 06565 93 69 90
E-mail: Sales@PentagonCarSales.com

Pentagon Car Sales

*The Mobile Rear Seat Entertainment Pack is an original BMW accessory. Both offers valid while X3 stocks last.