

# SABER E-HERALD

SPANGDAHLEM AB

NEWSLETTER OF THE 52ND FIGHTER WING

Nov. 30, 2012

Avoid holiday blues

Spangdahlem  
leaders serve at  
Thanksgiving meal

USAFE/AFAFRICA  
Command Chief  
Shares Philosophy

Congratulations to  
Spangdahlem third  
quarter award winners



## POLISH AIR FORCE LEADERS VISIT SPANGDAHLEM

Polish air force Brig. Gen. Wlodzimierz Usarek, left, 2nd Tactical Air Wing commander, studies an A-10 Thunderbolt II cockpit with U.S. Air Force Lt. Col. Clinton Eichelberger, 81st Fighter Squadron commander from Annapolis, Md., during a visit to Spangdahlem AB Nov. 27, 2012. Usarek was accompanied by Polish air force Brig. Gen. Tadeusz Mikutel, 1st Tactical Air Wing commander and Col. Kristian Ziec, 32nd Air Base commander during the tour around the base. View more photos at <http://www.spangdahlem.af.mil/news/story.asp?id=123327919>. (U.S. Air Force photo by Airman 1st Class Gustavo Castillo/Released)

## Sabers must stop illegal dumping of refuse

### Staff Reports 52nd Civil Engineer Squadron

There is an increasing trend of Sabers illegally dumping refuse on base.

Illegal dumping is classified as a member residing off base dumping their household waste and debris in on-base receptacles.

Household waste must be disposed of by residents in accordance with their community's local policies and regulations. Limited exceptions exist for short notice moves of two weeks or less not aligning with the local community trash pick-up schedule.

Proper sorting and recycling of waste is German law and required of U.S. Air Forces in Europe sponsored military and civilian members. This applies to all members, whether they live off base or on base. All members are authorized and encouraged to use the base recycling center for disposal of all recyclables.

The recycling center accepts:  
- bulk trash, such as mattresses

- glass
- wood
- plastic foam
- green waste, such as compost
- used cooking oil
- electronics
- scrap metal
- cardboard or paper
- plastic
- light bulbs
- batteries
- household chemicals, such as kitchen and bathroom cleaning supplies
- paint
- used clothing
- Automotive items should be taken to the auto hobby shop.

The recycling center's hours are Monday, Tuesday and Friday from 11 a.m. - 5 p.m.; closed Wednesday; Thursday from 9 a.m. - 6 p.m....

Read the entire article at <http://www.spangdahlem.af.mil/news/story.asp?id=123327756>.



### SUPER SABER PERFORMER

Airman 1st Class Carl Miller, 480th Fighter Squadron intelligence analyst, is the Super Saber Performer for the week of Nov. 29 - Dec. 5. Read the entire article at <http://www.spangdahlem.af.mil/news/story.asp?id=123327753>. (U.S. Air Force photo by Airman 1st Class Gustavo Castillo/Released)



## Teamwork makes new MMA victors in the cage

Airman 1st Class Sean Whitaker, right, Spangdahlem mixed martial arts team member, releases his opponent as the referee calls the match Nov. 17, 2012, at Kombat Komplett 7 in Baumholder. Whitaker won the match at 00:01:03 into the second round. Whitaker started training in martial arts in 2010. The Pittsburgh native is an intelligence analyst with the 480th Fighter Squadron at Spangdahlem Air Base. (U.S. Air Force photos by Senior Airman Natasha Stannard/Released)

### Senior Airman Natasha Stannard 52nd Fighter Wing Public Affairs

The bell rings signaling the start of Kombat Komplett 7, Nov. 17, 2012, in Baumholder, Germany.

This was the moment of truth for two Airmen from Spangdahlem who had been hard at work training for their first mixed martial arts

competition.

These Spangdahlem MMA team fighters worked out three times a day before their fights. When fighters here prepare for cage fight matches, it is mandatory they attend MMA team practices at least three days a week to condition their bodies and teach one another fighting techniques.

The fighters are built into well-rounded

punching, kicking and wrestling machines in the cage because each fighter brings different skill sets to the table.

First time cage-match fighter Airman 1st Class Markus Williams from Phoenix said practicing with his teammates was like getting super powers.

Read the entire article at <http://www.spangdahlem.af.mil/news/story.asp?id=123327769>.



Airman 1st Class Markus Williams, Spangdahlem mixed martial arts team member, puts his opponent into a guillotine choke Nov. 17, 2012, at Kombat Komplett 7 in Baumholder. Williams, a Phoenix native, is a member of the 52nd Logistics Readiness Squadron. He has been a member of Spangdahlem MMA since February 2012 and has trained in martial arts since 2007. Kombat Komplett 7 was Williams' first cage fight, which he won in 00:00:45.



Airman 1st Class Sean Whitaker, left, Spangdahlem mixed martial arts team member, fights in his first cage fight Nov. 17, 2012, at Kombat Komplett 7 in Baumholder. Kombat Komplett 7 is a German MMA event in which members of various nations participate. Whitaker, a member of Spangdahlem Air Base, faced off against a local national in his first fight.



# Cologne offers things for everyone to enjoy

**Iris Reiff**  
**52nd Fighter Wing**  
**Public Affairs**

Cologne, located on the Rhine river, is the third-largest German city and industry.

The city is a popular travel destination for people from near and far, whether it is during the holiday season with the Weihnachtsmarkt, or Christmas markets, opening mid-November, or in the springtime, when Fashion Week attracts tens of thousands of visitors to celebrate the arrival of spring.

It also boasts multiple cultural events and many shopping opportunities.

Towering above the city are the steeples of the world-famous Koelner Dom, or Cologne Cathedral. This church is one example of High Gothic style architecture, and one of the few large buildings in the world that has been executed in such a uniform way.

It took 632 years to complete the Cologne Cathedral, and by that time the monument was the focal point of the city, towering

above the famous Rhine-side view.

Among the treasures in the Dom are the Gero cross, dating back to 975 A.D.; the Occident's oldest large sculpture; the Shrine of the Three Magi; an example of goldsmith's work from the Rhine area; and the large-winged altar painting, called the Dombild. Stephan Lochner created the Dombild around 1450, and it is considered a masterpiece of the Cologne Art School. The choir fittings have been preserved entirely, and so have the statues of the 12 apostles in the choir. Anyone entering the cathedral may be overwhelmed when looking up at the tall windows and the steep vaulting.

Today, the main thoroughfare



COLOGNE, Germany -- Cologne is the largest city in North Rhine Westphalia and the fourth largest city in Germany. Cologne is only slightly smaller than Berlin or Hamburg. It is made up of nine urban districts and a total of 85 quarters, known as "Veedel" in Cologne dialect. Cologne has seven Rhine bridges and 10 motorways, which make up an excellent transport system. Each day more than 1,000 trains enter or leave Cologne Hauptbahnhof, or main station. Over the last few years, the international Cologne-Bonn Airport has become the German hub for budget airlines and air freight, whereas the harbor has made it the second largest inland port location in Germany. The most famous beverage of Cologne is Koelsch beer. (Courtesy photo)

of Roman times, Hohe Strasse, is Cologne's most famous street for shopping. The most prominent evidence of the Roman times are the remains of the city walls, the Roemerturn, and the 14-meter high Publicius Tomb in The Roemisch-Germanisches Museum,

which dates back to the time around 40 A.D. This museum presents the Roman everyday life and shows wonders of art such as glass, ceramics and much more.

Read the entire article at <http://www.spangdahlem.af.mil/news/story.asp?id=123327604>.



## SHIRTS DOMINATE AT ALS VOLLEYBALL

U.S. Air Force Senior Airman Chauncey Lawson, 52nd Maintenance Operations Squadron, serves during the 52nd Force Support Squadron Airman Leadership School student versus first sergeant volleyball game at the Skelton Memorial Fitness Center Nov. 21. Lawson is part of the ALS Globemaster flight and had to communicate on the fly with his flight members, many of whom had never played volleyball together. The strategic objective of the match, apart from encouraging morale, is to test the students' ability to work together against a seasoned first sergeant team. The first sergeants won with an overall match score of 3-2. View more photos at <http://www.spangdahlem.af.mil/news/story.asp?id=123327533>. (U.S. Air Force photo by Staff Sgt. Daryl Knee/Released)

# What's happening?

## Was ist los?

### **Snow and Ice Festival**

The Snow and Ice Festival takes place Nov. 23-Jan. 6 in Bruges, Belgium. People can see snow and ice sculptures inspired by the stories of Harry Potter, The Lord of the Rings and The Hobbit and other fantasy character. The festival will include other ice attractions to such as an ice slide and bar. People should wear warm clothing as temperatures in some attractions are minus six degree Celcius. For more information, visit <http://www.buzzoffbase.com/festival-events-guide-military-in-germany-europe/details/1138-the-snow-.html?ice-sculpture-festival-bruges-2012>.

### **USAFE Christmas Band concert**

Enjoy this year's Christmas concert by the U.S. Air Forces in Europe Band 8 p.m., Dec. 10 at the Bitburg Stadthalle. Tickets are 11 Euro for adults and 7 Euro for children or students. Tickets can be purchased now from the Bitburg Cultural Society at 06561-6001-220 or via <http://www.ticket-regional.de>. A limited number of tickets will be available at the door as of 7 p.m. the day of the event.

### **Shipping of lithium ion batteries**

The U.S. Postal Service now accepts packages containing lithium ion batteries bound for many international, APO/FPO and DPO locations overseas. As of now, this does not include sending items from an overseas location to the U.S. For more information, call DSN 452-7182 or 06565-61-7182.

### **Additional movie matinees**

The Exchange service has added additional matinees that will play G, PG and PG-13 movies during the holiday season. The schedule includes a 4 p.m. showing for Dec. 1, 8, 15, 29. For more information, visit <http://www.shopmyexchange.com/ReelTimeTheatres/Movies-Spangdahlem.htm>.

### **School advisory board meeting**

A school advisory board meeting takes place 4-5 p.m. Dec. 5 at the conference room in the welcome center. For more information, call DSN 452-5015 or 06565-61-5015.

### **Intro to Scuba Diving**

An intro to Scuba diving course takes place 7 a.m. - 5p.m., Dec. 11 in Rheinbach. The cost is \$69 per person and includes transportation, gear, admission, instruction and lunch. Participants 18 years old and younger must be accompanied by an adult. For more information,

call DSN 452-7170 or 06565-61-7170.

### **Bundles for babies**

Bundles for Babies takes place 1-3 p.m., Dec. 13 at the airman and family readiness center. Active-duty members receive free supplies for their children and learn about newborn health and nutrition. For more information and to register, call DSN 452-6422 or 06565-61-6422.

### **Snowworld**

A trip to Snowworld Holland takes place 4:30 p.m. - 1 a.m., Dec 14. The cost is \$85 and includes transportation and entrance. Free equipment rental is available for E-4s and below. For more information, call DSN 452-7170 or 06565-61-7170.

### **MLK Jr. ski, snowboard trip**

A ski and snowboard weekend celebrating Martin Luther King Jr. takes place Jan. 18-21 in St. Johann, Austria. The cost is \$550 per person in a double room and \$600 per single room. The price includes three overnights, three breakfasts and dinners, a two day lift pass and transportation. Full payments are due Dec. 14. Free equipment rental is available to E-4s and below. Passports are required. For more information, call DSN 452-7170 or 06565-61-7170.

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