



WARNER WEEKLY

News & Information at Your Fingertips



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Thur. March 4, 2010

Combatives tournament kick-starts European series

By Ashley Bateman, USAG Bamberg Public Affairs

Soldiers from all over Europe competed in a compelling series of close battles Feb. 26-27 at Warner Barracks, in what was U.S. Army Europe's first combatives tournament.

Twenty competitors representing five European garrisons were matched according to individual weight and skill in competitive matches.

The ultimate goal for the tournaments is to create a team of top-trained Soldiers from Europe-based garrisons to compete in the Army-wide combatives tournament, said Steve Van Fleet, a retired professional fighter and level IV combatives instructor who facilitated the tournament and prepped fighters in Bamberg's February combatives clinic.

The tournament kicked-off a series of competitions scheduled to rotate monthly to different USAREUR locations as part of an initiative to better develop Soldiers with the skills needed to succeed in combat, while

(COMBATIVES continued on page 11)



Ashley Bateman

At left, Staff Sgt. Lemonte Armstrong faces Sgt. Abdur Khan in one of the tournament's last mixed martial arts matches, Feb. 27. Khan was declared the winner after multiple hits to his opponent forced the referee to call a Technical Knockout halfway into the first 5-minute round. Khan earned the title of Outstanding Male in the overall competition.

Soldiers improve network downrange



1st Lt. Jerry Garner

An upgrade to 173rd Airborne Brigade Combat Team's network infrastructure kept Sgt. Mark Marshall, Spc. Brian Knopf and Pfc. Preston Samuel busy. These troops crawled through rafters and underneath buildings to identify cables that needed to be improved or upgraded. They were able to accomplish an important mission by improving their communications network.

Conference attendees address diverse issues, discover solutions

By Ashley Bateman, USAG Bamberg Public Affairs

Representatives from multiple post organizations actively expressed concerns and suggested innovative improvements for their respective workplaces and the Warner Barracks community at Bamberg's annual Army Family Action Plan Feb. 23-25.

"The process went great," said Vanessa Holland, conference coordinator. "All the delegates were enthusiastic and excited about being a part of a process that will eventually change a policy, legislation or regulation. I am very proud of them for the hard work and diligence they showed in three days."

As the garrison representative, post commander Lt. Col. Gary A. Rosenberg opened the conference by thanking those in attendance.

"Because of your willingness to participate, your community quality of life will improve," Rosenberg said. "This is a good process. This is a chance to make our community better. I really do appreciate getting three days of your time."

The community traditionally has at least one issue that goes all

(AFAP continued on page 12)

Bamberg's Web site being upgraded, simplified

By Douglas DeMaio, USAG Bamberg Public Affairs

Bamberg's Web site, located at www.bamberg.army.mil, is taking on a new image.

The site is being upgraded to a new and improved template. Some pages are being structured to better present content to visitors and assist them with finding content about U.S. Army Garrison Bamberg.

There are three links near the top of the page that pop out in the About Bamberg section:

Moving to Bamberg has valuable information, to include a video, for personnel transitioning to Bamberg; the links to the right should help to answer newcomer's questions.

Living in Bamberg is designed to provide easy links to those living in Bamberg.

Rather than navigating through an entire site to find the Work Order link, links of commonly used services are provided.

Leaving Bamberg has links specifically for those who are out processing.

Not all the links are active yet, and some of the directorates are still transitioning from the old Web template to the upgraded version. Some of the Web pages will be refined during the upgrade to be more interactive.

Warner Barracks Celebrates Black History Month

By Mindy Campbell, USAG Bamberg Public Affairs

Surrounded by words of inspiration and history, members of the Bamberg community gathered recently to celebrate Black History month.

The event, held at the Warner Conference Center on Saturday, showcased the talents of many of Bamberg's residents.

Entitled "The History of Black Economic Empowerment – Past, Present and Future," the event featured a broad spectrum of entertainment including musical numbers, poetry readings and oral history on black economic achievements. Bamberg's youth offered a step team performance, a fashion show and an interpretive dance.

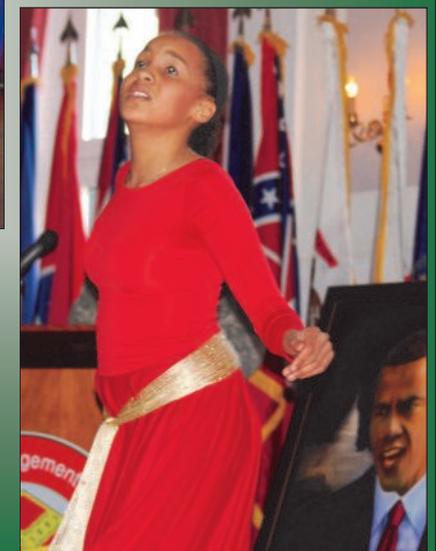
Deena Brown, Bamberg Middle/High School assistant principal, gave the keynote address and spoke about historically successful black endeavors and overcoming obstacles.

"Slavery is not our legacy," she said. "Poverty is not our destiny. Education is the key to forging a promising tomorrow."

She encouraged everyone, including the youth, to not be weighed down by their bank statements.

"African American economic empowerment rests upon three fundamental cornerstones: faith, community and education," she said. "So, be inspired to take risks and follow your dreams."

"It is important to make people aware of how things used to be and show them where we are going," said Fritz DesRoches, a 16th Special Troops Battalion civilian employee in attendance.



Lt. Col. Gary A. Rosenberg
U.S. Army Garrison
Bamberg, Commander

USAG Bamberg, Public Affairs Officer
Renate Bohlen

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Soldiers build new aid station, improve care

By Sgt. Shawn Casey, 16th Sustainment Brigade Public Affairs

Medics from 16th Special Troops Battalion, 16th Sustainment Brigade, are taking care of their fellow Soldiers thanks to the medical platoon opening a new aid station in Bamberg on Feb. 5.

Treatment for general medical needs will be provided at the aid station to Soldiers from the brigade headquarters and the battalion, which should allow speedy service and rapid return to duty for all the Soldiers.

Opening this aid station will reduce the workload on the clinic, plus keep the medical platoon constantly in a state of readiness with less training required, said Sgt. Jayson Clark, the treatment noncommissioned officer at the aid station.

According to Staff Sgt. Michael Shaw, a pharmacy noncommissioned officer with the brigade, this aid station took blood, sweat and tears to complete.

"The aid station was provided for us, but it was completely empty," said Shaw. "We weren't discouraged. It became a challenge. We were able to save a lot of furniture from being thrown away. We did a lot of networking and traveling to pull together what we have. The Soldiers played a big part in building this place from scratch."

Among the recovered equipment and furniture, from places as far as Weisbaden and Baumholder, were chairs, desks, beds, medical cabinets, phones, screens and a crash cart.

"We took a lot of trips to the hardware store too," said Spc. Aaron Lloyd, a medical evacuation specialist. "A lot of the furniture was fairly damaged but repairable. We brought the equipment up to regulation standards for an aid station."

Along with the aid station, a sense of pride and camaraderie was built.



Sgt. Shawn T. Casey
Spc. Kayla Bush-Williams, a patient administration specialist at the new 16th Sustainment Brigade aid station, greets a Soldier as he enters the facility.

"We're very proud of this place," Shaw said. "This challenge has turned us into a family."

Overcoming the challenges associated with building a facility such as this in a relatively short amount of time has proved to be a great learning experience for all the Soldiers involved. According to Staff Sgt. Robert Norton, the medic platoon sergeant, this has earned the medical platoon the nickname "Jedi Knights."

"I named us the Jedi Knights because of the Jedi ideology of do no harm, help as many as you can, fight only if you have to and vigorously defend our own at all cost," Norton said.

U.S. Army Europe changes sexual assault reporting for adult civilians

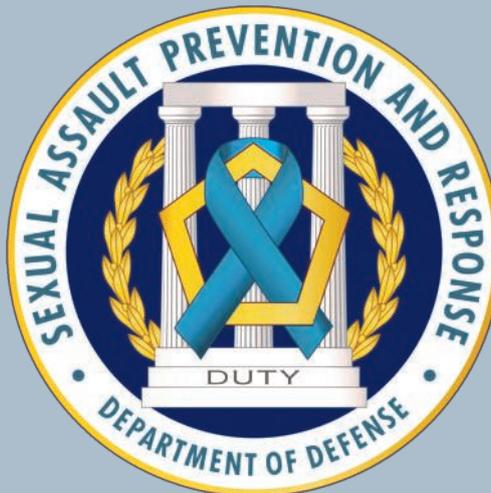
By Staff Sgt. Patricia Deal, USAREUR Public Affairs Office

HEIDELBERG, Germany – A six-month pilot program begins March 1 that gives adult civilian beneficiaries of the military health care system in U.S. Army Europe the option of filing a restricted report for sexual assaults.

According to Department of Defense policy, restricted reporting allows victims to confidentially report the sexual assault and seek appropriate medical care and advocacy services without triggering a criminal investigation.

Unrestricted reporting allows victims to still seek appropriate care and services while immediately initiating an official investigation of the sexual assault.

USAREUR Commander Gen. Carter F. Ham gained approval for an exception to current Department of Defense policy that



prevents non-service members who report sexual assault through military channels from filing a restricted report.

Ham pointed out in his request that civilian beneficiaries in the states have many options to seek any medical care and advocacy help through their civilian community without having to involve either military or

civilian law enforcement or the judicial process.

"This is not true in Europe," Ham said. "While initial medical treatment may be received at host-nation facilities, follow on services must be obtained through the military healthcare system, even if only for referrals to host nation assets. As a result, civilian victims of sexual assault are forced to choose to endure the investigative process of an unrestricted report or to forego vital treatment in exchange for confidentiality."

"I really think we need to eliminate this inconsistency," he said.

To report sexual assault, call the USAREUR Sexual Assault Hotline, 486-5469 (06371-86-5469) or toll free: 00800-0-277-2858 (00800-0-ASSAULT); contact your installation Sexual Assault Response Coordinator, Victim Advocate, health care provider, or chaplain.

21st TSC welcomes new command sergeant major

By Angelika Lantz, 21st TSC Public Affairs

KAISERSLAUTERN, Germany – It was standing room only for the large number of guests, Soldiers, Family members and civilian employees attending the assumption of responsibility ceremony for the 21st Theater Sustainment Command's highest ranking enlisted Soldier.

Maj. Gen. Patricia E. McQuiston, the commanding general of the 21st TSC, administered the oath of office to Command Sgt. Maj. James Spencer during the Feb. 22 ceremony at the Kleber Gymnasium on Kleber Kaserne.

First McQuiston thanked Sgt. Maj. Tomas Gonzales for serving as the interim command sergeant major in addition to fulfilling his regular responsibilities as the sergeant major of the 21st TSC's plans and operations section.

"I thank you for all your hard work, dedication and commitment," she said.

McQuiston highlighted some of Spencer's accomplishments while serving as the command sergeant major for the 21st TSC's 16th Sustainment Brigade in Bamberg.

She noted the brigade truly left a mark in the sand during its 15-month deployment to Contingency Operating Base Qayyarah-



Alfred Barraza

Command Sgt. Maj. James Spencer takes the oath of office during his assumption of responsibility ceremony Feb. 22 at the Kleber Gymnasium on Kleber Kaserne. Spencer now serves as the command sergeant major for the 21st Theater Sustainment Command.

West where it supervised the relief in place and transfer of authority of more than 140 company- and detachment-level transitions and was responsible for more than 4,200 Soldiers.

"Under Command Sgt. Maj. Spencer's experienced and skilled leadership, the Soldiers and NCOs of the 16th did an exceptional job of executing full spectrum logistics

(TSC continued on page 8)

Army Community Covenant– Europe's Special Contribution

By Lt. Gen. Rick Linch, Commanding General Installation Management Europe

In America, The Secretary of the Army created the Army Community Covenant in 2008 to build mutual relationships and strengthen bonds between Soldiers, Families and American communities. The ACC has been a valuable tool in fostering and sustaining effective state and community partnerships with the Army to improve the quality of life for Soldiers and their Families on home front U.S.A.

The ACC accomplishes two things by recognizing the selfless service and contributions of community volunteers, and also shows Soldiers the compassion and support of the American public.

Though the Army Community Covenant is not a formal program at European garrisons, Europe has long carried the torch as a pillar of support for the U.S. Army, ever since we helped liberate it from the bonds of tyranny during World War II and the bonds of oppression during the Cold War.

I fully understand that Europe's positive impact on the strength of the Army Family overseas is a jewel in our nation's crown.

Much the same as the ACC in the states, Soldiers and Families who call Europe their home away from home enjoy fabulous friendship and selfless support from community leaders, business owners and average citizens in numerous German, Italian, Belgian and Dutch communities who empathize with the sacrifices of forward-

stationed Soldiers and Families, and speak volumes through their deeds of support to them.

In my travels, I hear countless stories of the extent to which our European community partners strive to support our Soldiers and Families before, during and after the many deployments, without the expectation of reward. These partnerships strengthen ties between our Soldiers and host nation partners, and the bond of fellowship this develops certainly builds added resilience in our Families as they deal with numerous hardships.

The generosity of Europe's neighborhoods, towns, cities, and counties is astounding. Just as in America, every day communities surrounding our European Army garrisons devise new ways, both small and large, to demonstrate their appreciation for Soldiers and Families. Here are a few initiatives that give you an idea of the scope of this support:

Adults, children, and organizations support Family Readiness Groups in supporting efforts to support deployed Soldiers from the local area.

Reduced-fee or gratis incentives provided by cities to families and Soldiers to attend host nation community, cultural and tourism events enhance cultural understanding.

Host Nation Visitation Tours for Soldiers and Families to German
(COVENANT continued on page 13)

Community Announcements

Please send all announcements to Bamberg Public Affairs via the following Web site:
<http://www.bamberg.army.mil/mobi/form.asp>.

Training Event

Joint Multinational Readiness Center has the Bamberg Local Training Area (LTA) reserved from March 11-19 in support of an exercise. There will be noise associated with the exercise due to a high volume of vehicles, Soldiers, aircraft and simulations. Unauthorized military and civilian personnel must stay out of the LTA during this training event. For more information, call 469-8437.

mTBI Clinic Requests Artwork

In support of the valuable role that art can play in enhancing the healing process, the mTBI clinic staff would like to invite community members to donate original drawings, paintings or framed photographs for display in the hallways of Bamberg's new mTBI facility. These donated pieces can be on stretched canvas for easy hanging or on flat canvas. Size preferred for framework is 8x10. Sindy McCord, occupational therapist, is an advocate and supporter for integrating art into health care environments and will be the main point of contact for the project. For more information, call Sindy McCord at 469-8969 or the mTBI front office 469-7984 or 0951 300 7984.

BOSS Trips

Better Opportunities for Single Soldiers will have a shopping trip to Ramstein Mall on March 6. The cost is \$25. There will also be a weekend trip to Berlin and Tropical Island on March 19 - 21. The cost is \$229. Sign up for these trips today at the Freedom Fitness Facility.

Ansbach Bazaar

U.S. Army Garrison Ansbach will have a Spring Fling Bazaar on Katterbach Kaserne in Katterbach/Ansbach from March 12-14. The bazaar will be located in Hangars 3 and 4 on the Katterbach Army Air Field. The opening ceremony begins at 2 p.m. on March 12. Vendors from all over will offer a variety of goods for sale including crafts, jewelry, gifts, oil paintings, antiques, Polish pottery, Belgian furniture, Italian wines, Dutch cheese, baskets and much more. Hangar doors will open for business from 2 to 7 p.m. on March 12, 10 a.m. to 7 p.m. on March 13 and 10 a.m. to 4 p.m. on March 14. A large selection of refreshments will be provided. An area for children's activities will be open Saturday and Sunday. The event is open to U.S. ID card holders only and vendors will accept dollars, checks or credit cards for payment.

NAF 101

Bamberg Non Appropriated Funds Civilian Personnel Advisory Center will be conducting employment workshops for all eligible individuals



interested in learning how to apply and write a resume for a NAF position. This is not a general class on how to write a resume. It is specifically tailored for NAF vacancy announcement applicants. The workshop will in the Bamberg CPAC Conference Room in Building 7486. All workshops are on Fridays from 10 - 11:30 a.m. Dates are as follows: April 23, June 18, Aug. 27 and Oct. 22. Please sign-up the Tuesday prior to each scheduled workshop as there is a maximum of eight slots available. If you have any specific questions regarding the training or eligibility, call 469-8027.

Bazaar with Heart

The annual "Bazaar with Heart" sponsored by the Bamberg Spouses and Civilian Club and Morale, Welfare and Recreation is scheduled for April 23-25 at the Freedom Fitness Facility. For more information, e-mail bazaar@bsccgermany.com.

New Tax Relief Services

The MWR Tax Relief Office now offers a new service for USAG Bamberg customers: With the implementation of the UTAP (Utility Avoidance Program) customers can then sign up locally and save 19 percent tax on their electricity, gas and water bills if these utilities are provided by Bamberg Stadtwerke. (Other energy and utility providers can also be used, but customers still have to register through the USAG Schweinfurt UTAP). Please contact the Bamberg tax relief office at 0951-300-1780 or Schweinfurt tax relief office at 09721-96-1780.

Red Cross Classes

The American Red Cross Bamberg will offer CPR/First Aid/AED, Babysitting and CPR instructor classes. Come to ACS Building 7029 room 113 for class times, locations and registration. For more information or to register, call 469-1760.

- CPR and AED on March 13 (donations accepted)
- Babysitting class on Tuesday-Thursday on April 13 and 15 is \$35 - minimum age is 11 years old
- CPR/First Aid/AED on April 22 is \$40
- CPR/First Aid/AED on May 8 is \$40
- CPR Instructor Class on Tuesday-Thursday on May 11 and 13 is \$100.

Impact Health Care in Your Community: Volunteer

The U.S. Army Health Clinic Bamberg will implement Patient and Family Centered Care in the coming months. The program is an approach to the planning, delivery and evaluation of health care promoting partnerships among providers, patients and families. This organization-wide model will assist the health clinic in process improvement and a variety of patient-focused projects, allowing staff members to continue providing high-quality health care to patients. The success of this program is dependent on volunteers within the community who assist the health clinic leadership with planning, coordination and implementation of patient and family-centered processes. The volunteers will serve on an executive council scheduled to meet on a monthly or bi-monthly basis (likely two to three hours per month). For more information on this volunteer opportunity which directly impacts health care in Bamberg, call Maj. Vince Myers at 0162-297-6576 or e-mail vincent.myers@amedd.army.mil for more information.

Weekly Reminders

Bamberg Tax Assistance Center

The Bamberg Tax Assistance Center is located in Building 7000. Walk-ins are accepted, as well as appointments. File before the April 15 dead-



line. For more information, or to make an appointment, call 469-8261 or 0951-300-8261.

Money Track

Come to the Lunch Time Money Track session from 11:45 a.m. to 12:45 p.m. on March 16 and 24, April 6 and 14, May 5, 18 and 26, and June 8 and 16. For more information, call 469-9193.

25 Year Reunion

Members of D Company have been planning a reunion for the all veterans of 1st Battalion (Mechanized), 52nd Infantry, who served from about 1980 until it became part of the 6th Infantry. There will be a reunion on June 16-20 at the Tuscany Suites and Casino in beautiful Las Vegas. For more information, e-mail Bill Burt at LMJWRB@msn.com or visit <http://deltacompany-52nd-inf.ning.com> or <http://www.facebook.com/home.php?ref=home#/group.php?gid=160711462863>.

ACS Hours of Operation

Army Community Service is open Monday through Friday from 7:30 a.m. - 4:30 p.m. The office is closed on federal holidays but open on training holidays.

Clinic Hours

The Bamberg Health Clinic hours of operation are as follows: Monday through Thursday sick call is from 7 - 8 a.m.; full service is available from 7:30 a.m. - 4:30 p.m. On Fridays, sick call is from 7 - 8 a.m. and full service from 7:30 a.m.—noon. We are closed on Friday afternoons for mandatory training. The Health Clinic is also closed on federal holidays and weekends. For more information or if you need to make an appointment, call 469-1750 or 0951-300-1750. If you have a medical emergency, call the Bamberg Military Police at 0951-300-114. You may also call the TRICARE Nurse Advice Line at toll-free number 00800-4759-2330, 24 hours a day, seven days a week to talk to a nurse about your health care concerns, get self-care advice to help you feel better now, schedule appointments with your military provider and arrange a phone call with your provider.

Security Awareness Alert

The Department of State urges U.S. citizens to maintain good security practices at all times and to maintain a heightened situational awareness and a low profile. Americans are advised to monitor news reports and consider the level of security present when visiting public places or choosing hotels, restaurants and entertainment or recreation venues.

Firearms notice

In accordance with Army in Europe Regulation (AER) 190-6, Registration and control of privately owned firearms and other weapons in Germany, dated 20 July 2006, it is prohibited for any Soldier, U.S. Department of the Army Civilian (DAC), or Family Members (FM) to own an unregistered



FREE SUMMER CAMP FOR MILITARY KIDS

SMEA's Operation Purple® camps offer a free week of fun for military kids with parents who have been, are currently, or will be deployed.

SIGN UP TO ATTEND THE CAMP IN YOUR AREA.

WHERE: Near Ansbach, Germany

WHEN: 11-17 July 2010

Visit www.operationpurple.org for registration information or additional locations and dates.

Operation Purple
A program of the National Military Family Association

Privately Owned Firearm (POF). All POF must immediately be registered with USAG Bamberg Field Registration Station (FRS) located in Bldg 7011 (MP station), Warner Barracks, Bamberg. For more information contact the customs office at 469-7460/9312 or 0951-300-7460/9312.

Chapel Meeting

The Bamberg Protestant Women of the Chapel has weekly meetings on Wednesdays from 9-11:30 a.m. at the Bamberg Chapel. Free Child-care is provided. For more information, call 469-1570.

Community Activity Center Hours

Bamberg's Community Activity Center operational hours are:

- Monday - Thursday: 8 a.m. - 8 p.m.
- Friday: 8 a.m. - 6 p.m.
- Saturdays: 11 a.m. - 6 p.m.
- Sundays: 11 a.m. - 6 p.m.
- Free Wi-Fi is available around the CAC (Building 7047).

Customs Office

The Bamberg Customs Office is located in Rooms 124 and 125 in Building 7011 across the street from the movie theater. Customer service hours are from 8 a.m. to noon and 12:30 - 3:30 p.m. Monday to Friday. We are closed on German and American holidays. For more information, call 469-7460 or 0951-300 9312. The fax number is 469-8665. Office personnel can assist with importing items, selling items to non-ID cardholders, help visiting family members get permission to drive USAREUR-plated car or get permission to have an ESSO card for rental vehicles by filling out a 175L form. Personnel can also help retirees and widows get permission to go shopping on post if they visit for more than 30 days or live in Germany.

Family Readiness

Classes for Family Readiness Group volunteer positions are every first and third Tuesday of the month from 10:30 - 11:30 a.m. in Building 7354. Learn the duties of an FRG.

Family Strengths and Stresses

Army Community Service, Family Advocacy Program is here to provide help and support by offering a New Parent Support Program, Newborn Network, Play Group, Parenting Classes, Communication Classes, Victim Advocacy and Stress and Anger Management Classes. For information, call 469-7777 or 0951-300-7777.

- Family Advocacy** - Need assistance in learning how to manage a life full of stress or ambivalence? Come every Thursday to Building 7487 from 1:30 - 3 p.m. for Anger/Stress Management Class.
- New Parent** - Being a new parent can be a challenge. Join the new parent support group every Friday from 10-11:30 a.m. in Building 7487.

Pre-Separation Briefing

Planning to move from Soldier to civilian? Take advantage of the transition services offered by the Army Career and Alumni Program, such as a Department of Labor two-and-a-half day job assistance workshop, resume preparation assistance and information about veterans' benefits. Make an appointment to attend the mandatory ACAP Pre-Separation Briefing; held weekly and about an hour long. Separating Soldiers can start the ACAP process one year before separating. Soldiers who will be retiring can start two years out from their projected retirement date. Take the first step by calling ACAP at 469-8925 or 0951-300-8925.

Service Office

The U.S. Army Garrison Bamberg Retirement Services Officer/Casualty Manager has relocated to Building 7290, Room 208, right next to Burger King. For more information, call 0951-300-7514.

Sexual Assault

Your Sexual Assault Response Coordinator is available 24 hours a day. Call 469-8397 or 0951-300-8397 for your local office, or 0162-510-2917 for the 24-hour hotline.

Veterinary Facility

Veterinary Office hours are Monday through Wednesday from 8 a.m. - 4 p.m., closed Thursday and open Friday 8 a.m. - noon. No walk-in appointments are available. The clinic is closed on the last weekday of each month for inventory. The clinic is also closed on all American and training holidays. Over-the-counter products and prescriptions may be purchased during regular business hours. For more information or to schedule an appointment, call 469-7972 or 0951-300-7972.

Weather Information

Get road and weather conditions and school closure information. For more information, call 469-8373 or 0951-300-8373 or click on the link posted at www.bamberg.army.mil.

Sports, Health and Fitness

Bowling Lanes

The Birchview Lanes Bowling Center is located in Building 7690. Visit the Web site at www.bamberg.army.mil/sites/mwr for latest updates and upcoming MWR events.

- Freaky Friday** - Every Friday from 11 a.m. - 6 p.m. every hour a score will be posted, bowl that score and receive a free game. The cost per game is \$1 and shoe rental is \$1.75. For more information, call 469-7722.
- Ladies Night** - Every Friday 6 p.m. to closing, ladies receive free shoe rental and may enter for the monthly drawing. The drawing is last Friday of the month. The cost per game is \$2.25 and shoe rental is \$1.75. For more information, call 469-7722.
- Pick your Price** - Every Saturday from 11 a.m. - 6 p.m. after completing bowling, pull a ticket to determine what price you will pay for your game(s). For more information, call 469-7722.

Physical Shape

There is a Spinning and Abs class Tuesdays between 8:30 - 9:30 a.m. and a spinning class on

Wednesday mornings from 5:30 - 6:30 a.m. For the Wednesday morning class, units can participate for physical training. Units can reserve up to 24 bikes. There is a cardio-weights class on Thursdays from 8:30 - 9:30 a.m. The cost is \$4 per class. Instructors will lead you through the workout of your life. Sign up at the Freedom Fitness Facility today.

Personal Trainer Available

Want to get in shape with one-on-one personal service? The Freedom Fitness Facility is offering personal training with a Certified Instructor to get you in shape like you always wanted. Fees are \$35 per session or save \$35 by taking five sessions for only \$150.

Class Registration

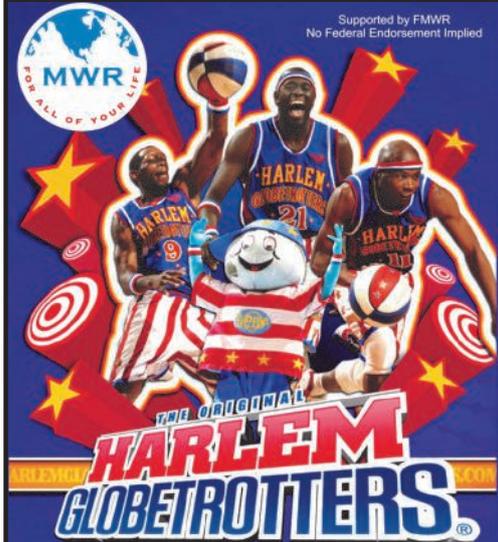
Do you want to get in shape this new year? The Women, Infants, and Children office is starting a walking program geared towards mothers with children and those who are pregnant. The program is every Wednesday at 10 a.m. in the Freedom Fitness Facility. Children are welcome (hourly care is also available through Child Youth Services) and strollers (free of ice and salt) are welcome. Open to all ID card holders, so come out, bring your friends and get in shape this New Year. For more information, call 0951-300-7913.

Youth and Teens

Youth Basketball

Competitive Athletics Sports Europe will have tryouts for their 2010 Amateur Athletic Union boys and girls basketball teams on the following dates and locations:

- **March 6:** Heidelberg (Boys/Girls @ Patton)
- **March 7:** Kaiserslautern (Boys/Girls @ Miesau)



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MWR
FOR ALL OF YOUR LIFE

THE ORIGINAL
HARLEM GLOBETROTTERS

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Tel: 0711-954 74 74 Fax: 0711-954 74 70

Zentrale Kassenervice:
0711-954 74 64 + 65
www.modernewelt.de

www.eventim.de www.modernewelt.de

March 15, 7 p.m.
Bamberg JAKO Arena

Tickets available at
(0951) 2 38 37
www.kartenkiosk-bamberg.de - www.tix-online.com
See the CAC staff and get
the chance to win a free ticket!

- **March 21:** Stuttgart (Boys @ Panzer/Girls @ Kelly)

The CASE teams will fly to Disney World in July to participate in the AAU National Championships. For more information, call Angela Johnson 0171-488-1171 or visit their Web site at www.eteamz.com/competitiveathleticsportseurope.

Homework Club

The Bamberg Middle/High School Homework Club meets Tuesdays and Thursdays from 3:15 - 5:15 p.m. in Lab 85. A teacher, other adults and students will be available for tutoring or to assist students academically.

Volunteers needed

The Bamberg Middle/High School is currently seeking volunteers for tutoring students in any subject at the middle and/or high school level. If you would like to help out, please contact Celeste Rush at 469-8874 or 0951-300-8874 or celeste.rush@eu.dodea.edu.

Bible Club

Register your child today at the chapel for the weekly Bible Club. The club meets Sundays from 4 - 5:30 p.m. and is open to elementary-age children. For more information, call 469-1570 or 0951-300-1570.

Aqua Barons

Meet new people and become a part of the Aqua Barons team. Get into shape and stay in shape by swimming. Earn awesome rewards like trophies, medals, ribbons, and even a varsity letter for you efforts. Travel around Europe to swim meets in places like Italy, Spain, Belgium, England, and many more. For more information, e-mail bambergaquabarons@yahoo.com.

Continuing Education

MyCAA Reviewed

The Department of Defense has temporarily halted a popular employment assistance program called My Spouse Career Advancement Account or MyCAA. A DoD official stated a "top-to-bottom" review of the service is being conducted.

Automotive Skills

The next semiannual Automotive Service Excellence (ASE) exams will be given at the Bamberg Education Center on May 11, 12 and 13. If you are interested in achieving ASE certifications, please come by our office and pick up a registration packet. Online study guides are available at www.ase.com. Completed registration forms must be submitted to the Ed Center no later than March 1. For more information, call 469-7715.

Travel, Study

Tour some of the most exciting locations in Europe while studying literature and art with University of Maryland University College (UMUC). Two UMUC field study courses will be offered March 13-20: Expatriate Writers in Rome and Northern Renaissance Art in Brussels and Paris. The registration deadline for these courses is Feb. 19. For more information, visit www.ed.umuc.edu/fieldstudy or contact a UMUC field representative.

Text Books

In Spring Session 1, University of Maryland University College Europe students can apply for a textbook award, including the \$100 Orkand

Food Handlers Classes
Schweinfurt & Bamberg Area
Jan. 21, Feb. 18, March 18
1:30 - 2:30 p.m.
Building 230
Yellow Ribbon Room
Ledward Barracks

Food handlers certification is a requirement if you are serving any prepared foods to the public. Classes are being held in Schweinfurt on the above dates. Space is limited to 30 people per class, so make your reservation by providing your name and location to:
tommay.lockridge@amedd.army.mil
or
andre.moxley@amedd.army.mil
For more information, call 476-2041 2138

Military Book Award for enlisted service members and the \$100 Europe Book Award for spouses and family members of service members of all ranks. Visit www.ed.umuc.edu/financial_aid for more information. For more information on registration, scholarships, and services, call the UMUC Europe field representative at 314-370-6762 or 06221-3780 or visit www.ed.umuc.edu or www.twitter.com/UMUCEurope.

German 101

Free Introduction to German is every Monday at noon at the community library. Participants will learn some German words and phrases. For more information, call 469-1740 or 0951-300-1740.

University of Phoenix

The University of Phoenix is open Monday, Tuesday, Thursday and Friday from 10:30 a.m. - 2:30 p.m. It is located at the Warner Barracks Army Education Center, Building 7047, Room 309. Leah Gransbery, University of Phoenix field representative, can help you start your master's program. Online and on-site courses are available and degrees can be achieved in 15 - 24 months. For more information, call 469-9280 or 0951-208-5350.

Closures / Changes

Postal Service Center

The post office has re-located to Building 7116 next to the Consolidated Mailroom. The two facilities are now under one roof called the Postal Service Center.

Library Hours

The community library will have new hours of operation beginning March 1. The new hours are Monday - Friday 11 a.m. - 8 p.m., Saturday 11 a.m. - 6 p.m., and closed Sunday. The library features free internet access, various book clubs for adults and kids, CDs and DVDs as well as cultural events. For more information, call 0951-300-1740.

Gate Hours

As of March 1, Gate 5 will be open 6 a.m.-6 p.m. Monday-Sunday.

Dining Facilities

Starting March 8 there will be two operational dining facilities. Ray's Diner will open for break-

fast and lunch only, and Dagers will open for all three meals. The two dining facilities will alternate weekends. Time of closure will be posted at each dining facility and also posted on the Directorate of Logistics Web page and the Garrison Web page.

Vehicle Registration Office

The Vehicle Registration Office will be closed for lunch 11:45 a.m. - 12:30 p.m. from March 12 to April 2.

Legal Closed

The Legal Center will be closed on April 1.

Dining Facility

Dagger's Inn has adjusted service hours for Thursdays. To better serve Soldiers during Sergeants Time Training, every Thursday the hours for breakfast will be 6 - 8 a.m. For more information, call 469-8448.

Airport Shuttle

The Bamberg departure and arrival point for the Frankfurt Shuttle Bus has changed. The shuttle leaves from Bamberg Credit Union Monday through Thursday at 6:35 a.m. and arrives at the airport at 9:45 a.m. The first return shuttle will depart from the airport at 11 a.m. and arrive in Bamberg at 3:15 p.m. The second shuttle departs the airport at 2:50 p.m. and arrives in Bamberg at 6:30 p.m. The shuttle is not available on American and training holidays.

Auto Skills Extends Hours

The MWR Auto Skills Shop and Car Wash, Building 7038, is open seven days a week. (Strip Yard Hours of operation remain the same) Call the Auto Skills Shop at 0951-300 7546.

The hours of operation are:

- Mondays and Tuesdays 10 a.m. - 6 p.m.
- Wednesdays and Thursdays 10 a.m. - 8 p.m.
- Fridays 10 a.m. - 7 p.m.
- Saturdays and Sundays 10 a.m. - 6 p.m.
- Closed on Federal Holidays

Entertainment and Leisure

Outreach KONTAKT Club Events

The Outreach KONTAKT Club is an Army in Europe program designed to promote German and American friendship and is always looking for new members. We have regular meetings, local get-togethers and go on fun trips every month. The club is planning a trip to Munich in Autumn. The Outreach KONTAKT Bowling team bowls every Friday at 7 p.m. at Birchview Lanes on post. Every Thursday our music group meets at 8 p.m. at the KONTAKT clubhouse on the Airfield. For more information, call the German president Klaus Kirchhof at 0951-24378 or e-mail b.k.kirchhof@web.de or the American project officer Capt. Jamel R. Carr at 0951-300-7489 or e-mail jamel.carr@eur.army.mil.

Chorus Line Show Dates

The award winning Stable Theater presents the remarkable, inspiring Broadway musical "A Chorus Line," Broadway's third longest running show in history. Join the audition of a lifetime along with a company of musical theater hopefuls in their personal and artistic journey to the ultimate reward - a role in the chorus. Some mature themes and language not suitable for children - parental discretion advised. Tickets are \$11 day of show, \$9 advance, \$7 for kids, students, E-4 and below. Show dates are March 11 - 13 and 14 - 20 at 7:30 p.m. and March 14 and 21 at 3 p.m. Deployment specials available. Local National guests must contact the theater 48 hours prior to show date. For more information, call the Stable Theater at 0951-300-8647 or e-mail jack.austin@eur.army.mil.

(TSC continued from page 4)

support for stability operations across northern Iraq – in an area which is roughly the size of Pennsylvania,” she said.

Furthermore, she noted that while Spencer’s accomplishments, awards and citations are impressive, there was another vital and impressive indicator of his leadership style.

“In addition to having the skill set and experience I was looking for, and having successfully held all the key leadership positions, there is another less tangible but vital aspect of his career. Throughout his tenure, Command Sgt. Maj. Spencer has continuously emphasized the fundamental importance of leadership engagement,” she said.

McQuiston also stressed the Spencer family is an “Army Strong Family” and a “tremendous and most welcome addition” to the command.

“We are thrilled you already live our motto, First in Support,” she said.

When Spencer took the microphone to enthusiastic applause, he thanked McQuiston for entrusting the responsibilities of the position to him, and the many friends from previous assignments for attending the ceremony.

Additionally, he made a promise to the Soldiers and leaders of the 21st TSC.

“Here is my commitment to you: I will provide consistent and predictable leadership. We are an Army at war serving a nation at war, and the mission we have is serious,” he said.

During his short address, he also thanked his family for their support and ensured McQuiston that he is “ready to go to work.”

Bamberg Movie Schedule

AAFE's Reeltime Theater is CLOSED Tue. and Wed.

Thu.	March 4	It's Complicated (PG-13)	7 p.m.
Fri.	March 5	Precious (R)	7 p.m.
Sat.	March 6	Did You Hear About the Morgans (PG-13)	3 p.m.
		Precious (R)	7 p.m.
Sun.	March 7	Sherlock Holmes (PG-13)	3 p.m.
		Shutter Island (R)(1st run)	7 p.m.
Mon.	March 8	Shutter Island (R)(1st run)	7 p.m.
Thu.	March 11	Sherlock Holmes (PG-13)	7 p.m.
Fri.	March 12	Youth in Revolt (R)	7 p.m.
Sat.	March 13	Leap Year (PG)(1st run)	3 p.m.
		Cop Out (R)(1st run)	7 p.m.
Sun.	March 14	Alvin and the Chipmunks: The Squeakquel (PG)	3 p.m.
		Cop Out (R)(1st run)	7 p.m.
Mon.	March 15	Youth in Revolt (R)	7 p.m.
Thu.	March 18	Alvin and the Chipmunks: The Squeakquel (PG)	7 p.m.
Fri.	March 19	Avatar (PG)	7 p.m.
Sat.	March 20	Alice in Wonderland (PG)(1st run)	3 p.m.
		Avatar (PG-13)	7 p.m.
Sun.	March 21	Alice in Wonderland (PG)(1st run)	3 p.m.
		Avatar (PG-13)	7 p.m.
Mon.	March 22	Avatar (PG-13)	7 p.m.
Thu.	March 25	The Spy Next Door (PG)	7 p.m.
Fri.	March 26	The Book of Eli	7 p.m.
Sat.	March 27	The Spy Next Door (PG)	3 p.m.

I.A.M. STRONG TOUR

FREE PERFORMANCES BY Leigh Jones

LIVE BAND - Animate Objects

COMEDIANS/MC'S - Jessi Campbell & Drew Thomas

USAG Schweinfurt • Thurs, March 18 at 7 p.m. • Conn Club/Conference Ctr

Free event with open admission for all ID cardholders

Questions? Call 09721-96-6225/DSN 354-6225

Presented by Army G-1, SHARP Program

Produced by Army Entertainment and Family and MWR Command

Bamberg School Age Services Spring Fling Adventures

Spring Break April 12-16

Hours of Operation

- Monday - Friday 5:45 a.m. to 5:45 p.m.
- Weekly Rate based on DOD Fee Category for children not currently enrolled in Before / After School Care.
- Hourly Care offered on a limited basis.
- 20 percent AFC Deployment Discount for eligible children

Activities includes Sports and Fitness Activities, Nature Activities, Biking, Skating, Crafts, Science Projects, Spring Activities, technology projects and Field Trip and Month of Military Child and Youth Activities.

For more information or to reserve a space, please call 469-8698.

Outside the Gate

Weekend Events in and around Bamberg March 5-13

Friday, March 5

- 3:30 p.m. Circus Show Sarrasani – magic, acrobatics, clowns and a white tiger are the highlights at the circus tent downtown Bamberg, Maximiliansplatz, 96047 Bamberg tickets at www.bvd-ticket.de or at the box office
- 7:30 p.m. Circus Show Sarrasani – magic, acrobatics, clowns and a white tiger are the highlights at the circus tent downtown Bamberg, Maximiliansplatz, 96047 Bamberg tickets at www.bvd-ticket.de or at the box office
- 8 p.m. "Acoustic Blues Jamboree" at Blues Bar, Obere Sandstrasse 18, Bamberg
- 8 p.m. "Burning Love Festival" at Live-Club, Obere Sandstrasse 7, Bamberg
- 9 p.m. "Beat Kaestli" at Jazzclub Bamberg, Obere Sandstrasse 18, 96050 Bamberg
- 9 p.m. "Funk Unity" at Club Kaulberg, Unterer Kaulberg 36, Bamberg
- 9 p.m. "Electro Deluxe Lounge: The Glitz" at Morph Club, Luitpoldstrasse 17, 96052 Bamberg

Saturday, March 6

- 10 a.m. Health Fair 2010 at JAKO Arena, Forchheimer Strasse 15, 96050 Bamberg
- 3:30 p.m. Circus Show Sarrasani – magic, acrobatics, clowns and a white tiger are the highlights at the circus tent downtown Bamberg, Maximiliansplatz, 96047 Bamberg tickets at www.bvd-ticket.de or at the box office
- 6 p.m. "Keep Swinging Big Band" Haas-Saele, Obere Sandstrasse 7, 96049 Bamberg
- 7:30 p.m. Circus Show Sarrasani – magic, acrobatics, clowns and a white tiger are the highlights at the circus tent downtown Bamberg, Maximiliansplatz, 96047 Bamberg tickets at www.bvd-ticket.de or at the box office
- 8 p.m. "Ma Duo" piano and guitar at Blues Bar, Obere Sandstrasse 18, Bamberg
- 8 p.m. "R.I.O.! Clubtour" at Live-Club, Obere Sandstrasse 7, 96049 Bamberg
- 9 p.m. "Alice Hive SHATTENTAK & Starpost" at Club Kaulberg, Unterer Kaulberg 36, Bamberg
- 9 p.m. "morphclublive: Savoy Grand [Uk]" at Morph Club, Luitpoldstrasse 17, 96052 Bamberg

Sunday, March 7

- 10 a.m. Antics and Collector's Market at Hauptsmoorhalle, Hauptsmoorstr. 2, 96129 Strullendorf
- 10 a.m. Health Fair 2010 at JAKO Arena, Forchheimer Strasse 15, 96050 Bamberg
- 10 a.m. Market Day at Markt- and Hauptstrasse, 96138 Burgebrach
- 2 p.m. Circus Show Sarrasani – magic, acrobatics, clowns and a white tiger are the highlights at the circus tent downtown Bamberg, Maxi-

- miliansplatz, 96047 Bamberg tickets at www.bvd-ticket.de or at the box office
- 4:30 p.m. Chamber music performed by the Bamberg Symphonic Orchestra at Spiegelsaal der Harmonie, Schillerplatz 7, 96047 Bamberg (tickets available at www.bvd-kicket.de or at the box office)
- 5 p.m. Oboe concert at St. Stephan's church, Stephansplatz 5, 96049 Bamberg
- 5 p.m. Haydn's Passion Concert with Arch Bishop Dr. Schick at Vier zehnteiligen, Vierzehnteiligen, 96231 Bad Staffelstein (tickets available at www.bvd-kicket.de or at the box office)
- 6 p.m. Circus Show Sarrasani – magic, acrobatics, clowns and a white tiger are the highlights at the circus tent downtown Bamberg, Maximiliansplatz, 96047 Bamberg tickets at www.bvd-ticket.de or at the box office
- 8 p.m. "Steve Reeves" live music at Blues Bar, Obere Sandstrasse 18, Bamberg
- 9 p.m. Arnd Rühlmann at Club Kaulberg, Unterer Kaulberg 36, Bamberg

Friday, March 12

- 8:30 a.m. Wood, wicker and agricultural market downtown Bamberg at Maximiliansplatz, 96047 Bamberg
- 3 p.m. Moroccan cooking at Muetterzentrum Kaenguruh, Nürnberger strasse 108 k, 96050 Bamberg; for more information call 0951 4081317; limited seats, have to register.
- 7:30 p.m. Oriental dance show at Konzert- und Kongresshalle - Hegel - saal, Musstrasse 1, 96047 Bamberg, tickets at www.bvd-ticket.de or at the box office
- 8 p.m. "Blue Sunday" live music at Blues Bar, Obere Sandstrasse 18, Bamberg
- 8 p.m. "DIMELESS + Absent Minded + Slave Of Society" at Sound'n Arts Club, Sandstrasse 20, 96049 Bamberg
- 8 p.m. Jean Michel Jarre World Tour at JAKO Arena, Forchheimer Strasse 15, 96050 Bamberg; tickets at www.bvd-ticket.de or at the box office
- 8 p.m. "Los Dos" Salsa Live at Haas-Saele, Obere Sandstrasse 7, 96049 Bamberg
- 8 p.m. Symphony concert performed by the Bamberg Symphonic Orchestra at Konzert- und Kongresshalle - Joseph-Keilberth-Saal, Musstrasse 1, 96047 Bamberg; tickets at www.bvd-ticket.de or at the box office
- 9 p.m. "Craved und Creative Carpet" at Club Kaulberg, Unterer Kaulberg 36, Bamberg
- 10 p.m. "DrosophilaSound" Balkan Beatz at Morph Club, Luitpoldstrasse 17, 96052 Bamberg

Saturday, March 13

- 8:30 a.m. Wood, wicker and agricultural market downtown Bamberg at Maximiliansplatz, 96047 Bamberg
- 7 p.m. Bach, Beethoven and Bolero, orchestra concert performed by the Bamberg music school at Konzert- und Kongresshalle - Joseph-Keilberth-Saal, Musstrasse 1, 96047 Bamberg
- 7:30 p.m. VC Franken vs. RWE Volleys Bottrop, Federal League Volley ball at JAKO Arena, Forchheimer Strasse 15, 96050 Bamberg

Trips and Travel Opportunities

Take a trip with Bamberg Outdoor Recreation in March

Registration for trips begins the 15th of the month before the scheduled trip and must be made no later than the Monday before the scheduled leave date or they may be cancelled. To sign up or for more information, go to Outdoor Recreation, Building 7116 or call 469-9376/7955 or 0951-300-9376. All trips depart and arrive from ODR unless otherwise noted. No refund will be given for no-shows. Military duty restraint or illness will be refunded with documentation. For more trips, visit <http://www.bamberg.army.mil/sites/mwr/odr.asp>.



March 6 Learn to Snowboard \$80
Want to master the slopes and learn how to snowboard? If so, this trip is for you! Outdoor Recreation's skillful instructor, Josh, will show you the moves you need to descend the mountain. The price includes transportation, rental gear, lift pass and approximately 2.5 hours of instruction. The trip departs ODR at 8 a.m. and returns at 5 p.m.

March 6-7 Ski & Snowboard \$175
The Zugspitze, Alp Spitze, Kreuzeck & Hausberg in Garmisch offer you the opportunity to partake in the classic skiing & snowboarding areas of Garmisch. This winter wonderland is noted for its almost perfect climate! Trip includes transportation and one night of lodging (double occupancy) with

breakfast & dinner. DOES NOT INCLUDE LIFT PASS. Get reduced rentals & tuning at ODR before you go. The trip departs ODR on March 6 at 6 a.m. and returns March 7 at 6 p.m.

March 13 Little Swiss Hike \$25
Delve into the beauty of Little Swiss on a 20 km hike through the breathtaking landscape. Please wear layered clothing, hiking shoes, & a comfortable backpack with drinks, lunch & snacks. The trip departs ODR at 9 a.m. and returns at 5 p.m.

March 19-22 Gastein Ski & Snowboard \$345
With slopes for every skill range, Gastein Valley in Austria offers the perfect terrain for your weekend getaway. Includes transportation & 3 nights lodging (double occupancy) with breakfast & dinner. DOES NOT INCLUDE LIFT PASS. Snowboard lessons available, \$25 for 1 1/2 hours. Get reduced rentals or tuning on your own gear before you go! The trip departs ODR March 19 at 2 a.m., returns March 22 at approximately 10 p.m.

March 27 Innsbruck Crystal Shopping \$60
Explore the historical old town of Innsbruck, Austria, as you take in its most impressive sights on a 2-hour guided tour through the city. Then partake in Swarovski's crystal gallery while scanning their creations for the perfect piece to take home. Children ages 4-12 are \$30; Children 3 and under are free.



Ashley Bateman

Light heavyweight Pfc. Josh Serdian delivers a hard blow to competitor Spc. Nathan Baker in a mixed martial arts match Feb. 27, as level IV combatives instructor Steven Van Fleet referees. Serdian won the MMA-style match and was kickboxing champion for his weight class, but lost his final submission grappling match against Capt. Jared Tomberlin.

(COMBATIVES continued from page 1)

further certifying and improving their mixed martial arts-style fighting.

Soldiers in Europe deserve the chance to train and gain that edge for the Army-wide tournament, Van Fleet said.

Shon Farley, facility manager at a Stuttgart Fitness Center, attended Bamberg's February combatives clinic and assisted throughout the tournament.

"This was a good turnout for the first tournament," Farley said.

Van Fleet opened the tournament by explaining the rules and regulations for the three competitive categories: submission grappling, kickboxing and mixed martial arts-style fighting.

"I want you guys doing what you need to do to compete in a real fight," Van Fleet said. "I want to develop you so you train like you're going to fight and mold you into a fight pattern that would help you fight in a real combat situation."

The submission grappling competition ran in seven minute rounds. Though competitors were divided into five weight classes, they were also paired at the discretion of organizers, due to the low number of fighters.

Pfc. Ashley Powell, the only competing fe-

male, was paired with a Soldier below her weight class, Sgt. Omar Ramirez. Powell and Ramirez were first up in the lightweight category; Powell tapped out of the match in 27 seconds when Ramirez held her in a hard armlock, making Ramirez the lightweight champ.

Though the first fight ended quickly, other matches kept audience members on the edge of their seats. Cruiser weight competitor Spc. Randel Hollingsworth beat Spc. Ched Valle with two seconds to go in the match. Light heavyweights Spc. Nathan Baker and PV2 Josh Serdian kept close points the entire seven minutes, with the resulting score 7-5 in favor of Serdian.

"I'm really impressed with the quality of athletes out here," Van Fleet said. "Everyone's obviously been training. I saw some technique and killer instincts."

Day two kicked off with a brief review of the previous day's fights. Van Fleet explained some techniques that could have been improved upon, but was satisfied with the level of competition.

"Yesterday, I was impressed," he said. "There were quick submissions. The guys were moving; it was lively, exciting, especially for the educated viewer."

Kickboxing and MMA-style fighting competitions started early Feb. 27. Due to work

commitments and injuries from the previous day's fights, the number of competitors dropped from 20 to 13.

The biggest upset of the day was Sgt. Abdur Khan's kickboxing win over seasoned fighter and submission grappling cruiser weight champion Spc. Joseph Martin. Khan sent Martin to the ground with a hard kick to the face, resulting in a referee stoppage of the match. Martin received medical treatment for a broken nose.

MMA-style fights were set based on the weight of remaining contenders. Some competitors fought despite large weight differences to increase the number of matches. Five minute rounds were longer than most competitors needed to finish fights. Champions were Staff Sgt. Lemonte Armstrong, Ramirez, Jernagan, Serdian, Kahn and Spc. Frank Guerra, Jr. With a win in the final round, Kahn earned the title of Outstanding Male in the overall tournament. Powell was awarded Outstanding Female.

Bamberg took first place for team awards, having the most competitors of all installations represented. Mannheim was awarded second place and Schweinfurt third.

Attendees reviewed the two-day event with satisfaction and suggestions for future tournaments.

"Certification is hard to get in the Army because you have to be trained by someone two levels above you," Martinez said. "Steve was kind enough to take the time to certify us through the clinic."

Martinez said he enjoyed the tournament and will definitely compete at the next opportunity.

Powell said she was disappointed more women didn't sign up for the tournament, but not surprised.

"This is not typically a female sport," she said.

Farley suggested that for the next tournament competitors completed both submission grappling and kickboxing rounds on the first day, leaving more time for MMA-style fighting on day two.

Van Fleet said he could offer a weekend of his time every month to assist organizers as monthly competitions begin. The plan is to host an elimination qualifier at a garrison before returning a few weeks later for a big MMA-style night show with big lights and a big crowd.

"This is our first combatives championship here in Europe, not the last," Van Fleet said.

Visit Bamberg's Postal Service Center today at Building 7116

(AFAP continued from page 1)

the way to final consideration, he added.

Attendees were divided into five color-coded groups, each led by a facilitator. The red group focused on consumer services, housing and relocation; the yellow group on family support, youth and education; the blue group on force support and employment; the green group on medical, dental and veterinary services and the teen group on teen issues.

Child Youth and School Services employee Corwin Reed led the Teen group, comprised of Bamberg and Schweinfurt high school students.

"These teens here did what everyone else did," Corwin said. "The time and energy spent doing the AFAP process was just like every adult here. I am so proud of them."

Teenage participants brought to light two issues facing their age group. The issues were the need to have a certified drivers' education teacher for the Bamberg and Schweinfurt communities and to bolster the partnering of the communities in activities and programs outside of school-related events. Although a driving simulator is available in the Bamberg community, there is no available course to certify educators to teach drivers' education.

"The teen issues are always awesome," said Angel Lono, a participant and spouse. "They're always very professional and articulate. Their issues really apply across the board to school's across OCONUS. I'm always amazed by them."

Sgt. First Class Torlina Wofford spoke for the medical, dental and veterinary group. One of the issues presented addressed OCONUS Tricare dental procedures. Group members were concerned that family members lack awareness of Tricare dental procedures outside the United States.

"This causes an adverse effect in morale, dental health and financial well-being," Wofford said.

The team's recommendation was to first, include dental and medical personnel during in and out processing to brief OCONUS Tricare procedures and second, to implement policy to better educate spouses on the subject.

The red group first presented on the varying fees for pre-kindergarten programs and proposed the establishment of a flat fee for optional services. Non-smoking housing was the second issue, as there are currently no non-smoking housing facilities in place.

"Military housing is in need of non-smoking facilities," said Jenny Otero, group spokesperson. "Soldiers and their Families are forced to live with the poor decisions of others. The well-being of Soldiers

and their Families depend on the ability to provide a smoke-free environment."

She read the group's recommendation, to designate 20 percent of government family housing as non-smoking and improve ventilation systems in stairwell family housing.

The Family Support, Youth and Education group addressed dependant benefits for college students to match the GI Bill age limit, recommending that the age of dependant full-time college student benefits should mirror the age limit of GI Bill benefits, allowing service members to provide health care coverage to their full-time college students.

The group would also like to see increased accountability for U.S. Army Europe Vehicle Inspectors.

The Force Support and Employment group brought up a number of issues, one entitled Promoting the Privilege of Possessing a Pet. In their scope, the group stated:

"Owning a pet (cat or dog) in government housing is a privilege. The Army has published expectations of care and responsibilities in maintaining a pet, as outlined in the U.S. Army Garrison Bamberg Housing Policy. Currently, pet owners are not abiding by the published guidelines. When pet owners do not properly dispose of their pet's waste, it causes problems of hygiene for the entire housing community. Non-pet owners and Army Families are subjected to the unsanitary conditions."

The group recommended the implementation of preventative measures by posting the above mentioned housing regulation by all post housing to ensure 100 percent awareness of the consequences resulting in non-compliance with the current pet ownership policy.

Luno has participated in multiple AFAP events overseas, including a mid-level conference at Hawaii's Schofield Barracks, but the Bamberg conference was her first in Germany.

"It's a wonderful process," Lono said. "It's a way for families to affect decisions and a way for commands to plug-in to families. It's a great resource."

Command Sgt. Maj. Bruce A. Lee closed the event by thanking attendees and recognizing the positive effect of the conference.

"Everything that you've done this week is going to make a difference," he said. Whether it's at the local level or goes on to Big Army."

Lee gave a special thanks to the teen delegates.

"You guys really motivate us to improve the community," he said.

USAG Bamberg




SKIES Unlimited
Schools of Knowledge, Inspiration, Exploration & Skills

Fine Arts Classes
Instructor Dayon Song

New Schedule of Classes

Session 1	Jan 11- Feb 03	\$42 for 7 classes
Session 2	Feb 22 -Mar 24	\$60 for 10 classes



**For more information or to sign up, please call
Central Enrollment & Registration
at 469 - 7716 or 0951 300 7716**






CIRCUIT PT

TUESDAYS & THURSDAYS
12 - 12:45 P.M.
FREEDOM FITNESS FACILITY
THIS IS A FREE CLASS!
OPEN TO ALL US ID CARD HOLDERS

LOOKING FOR AN ALTERNATIVE TO THE OLD SCHOOL PUSHUPS, SIT-UPS & RUN?

Revamp your fitness routine with this lunchtime workout geared toward getting your heart pumping as well as target major muscle groups.

Get a more time efficient workout and burn 1/3 more calories by doing strength and cardio in one shot. Cardio blasts calories immediately, while strength-training increases metabolism over time, so combining the two gives you the ultimate bang for your buck! OH! Did we mention the class was free?!




(COVENANT continued from page 4)

political centers to enhance understanding of host nation socio/political workings.

Host Nation volunteers from the KONTAKT program at garrisons in Germany donate thousands of hours annually to support events at garrisons that enhance the experience for Soldiers and Families.

- School exchanges/partnerships that encourage cross-cultural awareness, understanding and appreciation, and develop bonds of friendship

- The reliance of Army communities on critical life and safety support provided by host nation law enforcement, medical and fire first responders that safeguard our communities and, when called upon, selflessly risk their lives for our Soldiers and Families.

Garrison sports exchange programs and competitions that develop comradeship between sports organizations and enhance cultural understanding.

Access to host nation medical care facilities for Army families that ensures the health concerns and priorities of Soldiers and their Families are effectively addressed in a timely manner.

These examples of support on part of European nations are great examples of how foreign citizens and organizations directly enrich the lives of our Soldiers and Families and strengthen our resiliency.

When you eventually return to the United States, the Community Covenant will pick up where your gracious European hosts left

off, and I encourage you to familiarize yourself with the program at <http://www.army.mil/community>, where you can see the best practices of Soldiers, Family members, leaders, and community organizations in the states.

Perhaps you will even discover something you can adapt to your European community, or see an opportunity to let me know about something that has worked for you overseas that we can use here in the United States

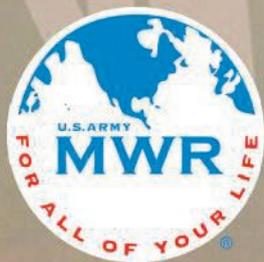
Relationships are everything, and I encourage you to take every opportunity to thank the members of your host nation community for their sincere and active caring for Soldiers and their Families in Europe. The Army is eternally grateful and thankful for their support.

MoneyTRACK 

Lunch Time Money Track

Sponsored by the ACS Financial Readiness Program

Join us for lunch time sessions designed to empower people of all income levels to become financially successful. Light refreshments. Please feel free to bring your own lunch.



Dates Offered: *March 16, 24*
April 6, 14
May 5, 18, 26
June 8, 16

Presentations will run from 11:45 a.m. - 12:15 p.m.
Q&A from 12:15 a.m. - 12:45 p.m.



Army Community Services

Warner Barracks • ACS Building 7029 • 469-9193



Bamberg Community Library Pet Expo 2010

