



# WARNER WEEKLY

News & Information at Your Fingertips

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Thur. March 11, 2010



## Youth basketball tournament draws eastern teams



By Ashley Bateman, USAG Bamberg Public Affairs

Close matches, upsets and a strong display of athletics defined the Child and Youth Service Sports and Fitness 2010 Jr. coed basketball tournament in Bamberg March 6-7, where teams from all over Europe met to compete in multiple games and determine the best youth basketball team in the East.

Teams from Bamberg, Schweinfurt, Ansbach, Hohenfels, Grafenwöhr and Vicenza attended the tournament, as well as supporting staff, family members and friends.

CYS Sports and Fitness Director DeWayne Gambell organized the event at Warner Barracks.

"In previous years we've held both East and West tournaments here because we have the facility size," Gambell said. "This year due to weather and travel time we decided to split it up. The only [\(YOUTH continued on page 9\)](#)

**Ashley Bateman**

*Lafayette King of Bamberg defends against a Grafenwöhr player in the team's fight for a seat in the finals March 7. Bamberg initiated a full court press in the second half of the game to increase turnovers and overcome Grafenwöhr's lead, but was defeated. Bamberg placed third and Grafenwöhr second in the tournament.. Schweinfurt took first place as the overall champions.*

## Post Exchange to relocate back to old location this month

By Douglas DeMaio,  
USAG Bamberg Public Affairs

The Post Exchange will relocate from the Basics Building back to its original location in Building 7121 by the end of March.

The target date for the move is scheduled for March 19, said Bobby McNaire, Bamberg's Army Air Force Exchange Service store manager.

In November 2008, the PX was moved to the Basics Building because Corps of Engineers inspectors recommended the roof be replaced rather than repaired.

The roof was replaced this past year, the building was refurbished and preparations for the PX to move back to its original location behind the commissary have already started, McNaire said.

However, not all the stores will return to the original locations.

"The community loved the new Power Zone," McNaire said.

The Power Zone used to be located across from the Commissary's back entrance before last year's move, but he said the store would remain at its current location. No plans have been made to add anything new to the old Power Zone location.



The seasonal store, which was temporary moved and co-located at the front of the PX while in the Basics Building, will be relocated to the back section of the PX Extra.

"All the services will remain the same," McNaire said.

The Basics Building will once again return to an all-purpose facility, said U.S. Army Garrison Bamberg Command Sgt. Maj. Bruce A. Lee.

"This really was a blessing to have a building like this available," Lee said of the Basics Building being temporarily converted to a PX. "It allowed AAFES to continue to provide services to the community without interruption"

Lee said that its location was ideal because it was located near most of the AAFES facilities.

The Basics Building will be used for the deployment reintegration process, changes of command and responsibility, as well as community events like the Soldier's Show, Community Expo and flea markets.

Returning the Basics Building to an all-purpose facility will free up the Freedom Fitness Facility's sports hall from being used as the supplemental site for these types of events, Lee said.



To submit your ICE comment, click here  
[http://ice.disa.mil/index.cfm?fa=site&site\\_id=202](http://ice.disa.mil/index.cfm?fa=site&site_id=202)

**Customer Comments:**

*I don't understand why this place can't be bigger, have the same items all other commissaries have and get wider aisles. I mean really, going to the store with kids is more of a hassle than it should be. I dread going only knowing that I can't get in and get out in a decent time. I get stuck behind someone and can't get around them, or I am stuck waiting in lines just to check out. When the line gets long, there is nowhere for people to stand but in the aisles. Can't they find a bigger building to put this place in?*

-Anonymous

**Commander Response:**

Thank you for your comment. This is a topic many people in our community don't fully understand. Answering your question should give you and other community members a better understanding of our challenges, resources and ability to expand.

An interesting fact about our commissary is that it's the oldest of all commissaries.

It is located in what used to be the German Army's 17th Cavalry Regiment horse stables. While this fact does nothing to address having a more open and less congested commissary, it does provide some insight about our ability to renovate or expand.

The commissary is located in a historical building. In fact, most of the post west of Berliner Ring is historic. It cannot be altered without special review and permission from German authorities.

Due to our transitional status of not being an enduring installation, we don't qualify for funds that would allow for us to expand or build a new commissary.

While many in our community see new projects funded, like elevators being constructed for certain buildings, understand that those funds are restricted for that specific purpose.

In Bamberg, funds are limited to very specific projects. Moving the commissary is probably the only answer that seems logical.

However, there are no buildings on post that provide a reasonable alternative to the commissary's current location. Additionally, there is no alternative for customer parking, accessibility for product vendors or warehouse space to store stock.

Your recommendation to widen the aisles seems valid, but it is not a viable alternative.

We all realize that the aisle space is small, but widening the aisles would reduce the amount of items stocked on the shelves.

The commissary does experience a high volume of customers at certain times of the day, but realize that there are many checkout stands available, more than most commissaries similar to the size of ours. The addition of the three self-checkout stands has reduced the amount of time customers wait in line, proof that the Defense Commissary Agency cares about its customers.

Our DECA employees place a strong focus on customer service, which I believe more than makes up for some of the store's physical shortcomings.

Evidence of their great work is clearly visible to customers everyday and the awards posted near the entrance of the commissary display the decades of hard work and service this store and its staff have provided to our community.

Once again, thank you for your submission and please keep providing us feedback. If you would like to comment on my response, please write a letter to the editor and email it to [bambergpao@eur.army.mil](mailto:bambergpao@eur.army.mil).

**Lt. Col. Gary A. Rosenberg**  
 Commander, US Army Garrison Bamberg



# Gate 5 is now open 6 a.m.-6 p.m. Monday-Sunday



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

USAG Bamberg, Public Affairs Officer  
**Renate Bohlen**

Warner Weekly Staff  
**Douglas DeMaio, Ashley Bateman (editor)**

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## 18th Engineers compete in best sapper competition



**Capt. Sonie Monson**

*Capt. David Vasquez and 1st Lt. Brett Fuller construct a flex linear charge as part of the urban breaching event Feb. 21-23. Teams had to construct a flex linear charge and a water impulse charge under a strict time constraint. Competitors then had to calculate the correct Net Explosive Weight for each.*

*By Spc. Amanda Rigdon, 21st TSC Public Affairs*

GRAFENWÖHR, Germany - Determination and a desire to be the best was all the motivation needed for the 10 two-man teams from the 18th Engineer Brigade who battled for the title of U.S. Army Europe's best sapper, or combat engineer, team Feb. 21-23.

The sapper teams, representing the subordinate units of the 18th Eng. Bde., also competed for the chance to represent USAREUR at the Army-level best sapper competition in April.

In the end, Capt. David Vasquez, a training and plans officer with the 54th Engineer Battalion and 1st Lt. Brett Fuller, a platoon leader with the 370th Engineer Company, 54th Eng. Bn., both from Bamberg, Germany, earned bragging rights and claimed victory as USAREUR's best sapper team.

Of the 20 competitors, only eight of the engineers were sapper qualified; the others said they hoped the competition would help them prepare for their attendance at the Army's Sapper Leader Course in the future.

"I was trying to go to sapper school before I was sent to the Warrior Leader Course," said Sgt. Robert Larson, an engineer who works at the 54th Eng. Bn. Public Affairs Office. "I think that competing in

*(SAPPER continued on page 8)*

## Artillerymen collaborate with Afghan counterparts

*By 1st Lt. Abram Rodd, 4th Battalion, 319th Field Artillery*

SAYAD ABAD, Afghanistan - Experts from 4th Battalion, 319th Field Artillery traveled more than two hours from Forward Operating Base Airborne to a remote outpost of about 30 soldiers in an effort to evaluate the abilities of Afghan National Army artillery soldiers to safely and effectively deliver support to maneuver units in the Wardak Province.

"I've never worked on this weapon system before, but the whole concept is the same," said Spc. Jonathan Terrero-Gonzalez, an armament specialist assessing the Soviet era 122-mm howitzer D-30 artillery pieces.

As he inserted an instrument known as a bore scope down the barrel of the 122mm howitzer, Terrero-Gonzalez explained his work to the Afghan soldiers observing him.

"This tool allows me to look at the inside of the tube at the microscopic level, inspecting it for cracks or damage that may make it unsafe to fire," he said.

ANA soldier Nahim (many Afghans use only one name) nodded in approval as his interpreter translated the words.

"Our guns are very clean, we just need grease to lubricate the gearbox," Nahim said through the interpreter.



**1st Lt. Abram Rodd**

*Spc. Jonathan Terrero-Gonzalez inspects a Soviet-era 122-mm howitzer with a bore scope to assess any damage to the barrel. The 173rd Airborne Brigade Soldiers continue to work with local Afghan National Army soldiers to ensure the fulfillment of the Army mission in Afghanistan.*

While Terrero-Gonzalez provided maintenance insight to ANA soldiers, Sgt. 1st Class Carlos Cruz, a master gunner for 4-319th, discussed ammunition storage, safety, and operations with the ANA gun chief.

At the conclusion of the assessment, the Afghan soldiers demonstrated their ability to

operate the howitzer. They lined up and counted off. At the command of their gun chief, the ANA soldiers executed a mock firing drill.

"We are happy you have come here, and we hope to see you again soon," Nahim said to Terrero-Gonzalez at the conclusion of the event.

# AAFES to streamline fuel purchases by the end of March

By Lt. Col. Wayne Marotto, AAFES-Europe PAO

MAINZ-KASTEL, Germany – United States Army Europe and the Army & Air Force Exchange Service –Europe will transition to a self-enforcement policy for fuel sales at AAFES gas stations beginning Germany wide March 22.

The AAFES gas stations at the United States Army Garrison-Wiesbaden will begin a pilot program at the Hainenberg station March 8 and at the Mainz-Kastel station March 10.

“This new policy will result in the complete elimination of pre-fuel purchase checks; no more dreaded registration and Esso fuel card checks prior to pumping,” said Col. Chuck Salvo, commander, AAFES-Europe. “This will significantly speed up fuel purchases at AAFES facilities across Germany.”

The transition to the self-enforcement policy will also eliminate letters from the Provost Marshal through the customer’s chain of command for routine violations, such as exceeding monthly ration allowances. This allows customers to manage their ration balance and handle their own violations not the Provost Marshal.

“I think the new policy is great,” said Danny Batara, of Salinas, Calif., a Mainz-Kastel Vehicle Registration clerk. “If a person needs more fuel rations, come to the vehicle registration office and request an exception to policy through your chain of command for more fuel rations.”

Customers must submit an AE Form 600-17A through their chain of command to HQs USAREUR for additional rations that will be

loaded to their fuel card.

Customers who exceed their authorized fuel rations or have an invalid or deactivated fuel ration card at AAFES gas stations will be charged German fuel prices found on the local economy which can easily be 100 percent more than AAFES fuel prices.

**“This new policy will result in the complete elimination of pre-fuel purchase checks; no more dreaded registration and Esso fuel card checks prior to pumping.”**

*-Col. Chuck Salvo, commander AAFES-Europe*

“I think it’s a good idea and fair,” said Chief Warrant Officer 4 Brian Marquardt, of St. Paul, Minn., the Medical Equipment Maintenance Officer in Charge, 421st Multifunctional Medical Battalion at Wiesbaden Army Airfield. “Charging the German price is a reasonable measure (for exceeding fuel rations).”

Customers are still required to show their vehicle registration, fuel ration card and military identification at the time of payment.

According to the USAREUR Provost Marshal Office, once the new policy is in place customers who exceed their ration allowance will not be in violation of AER 600-17 because the customer will pay the local economy price, not the non-taxed price. The PMO does not plan to refer over rations purchase for administrative or UCMJ actions and no MP report will be generated.

The new self enforcement policy will streamline procedures to purchase fuel and will save customers time. Customers who exceed their tax free fuel ration amount will pay the taxed fuel rate for the amount of fuel that exceeds their rations.

“Customers must know their monthly fuel ration status prior to pumping or it will cost them at the pump when they exceed their ration allocation,” Salvo said.

## Let’s talk– Healthy conversations for safer health care

By Leslie Atkins, BMEDDAC Patient Safety Manager

VILSECK, Germany - March 7-13 is National Patient Safety Awareness Week. Patient safety is given prominence because it is more than a catchy phrase, it is an international movement. It is promoting partnerships between the health care system and the patient to facilitate positive health care outcomes and decrease the occurrence of adverse events.

The theme for National Patient Safety Week this year is: Let’s Talk! Healthy Conversations for Safer Health care. Have you ever been to a medical appointment and your health care provider was speaking to you about your health, but you didn’t have a clue as to what they were saying? Have you ever checked into the clinic for your appointment and were asked “to verify your last four?” Are you taking medications every day, but can’t list the names of the medications you are taking? Have you ever had a lab test, x-

ray or other medical testing, but never received the results and assumed no news was good news? Have you ever been referred from the clinic to a Host Nation provider and had to have all the labs and other testing repeated, explain why you were there and spend precious time explaining your medical history? If you can answer yes to any of these questions or know someone who can, we need to have a talk - a patient safety talk.

The international movement of patient safety is focusing on improving the communication between patients and the health care system. The Joint Commission, National Patient Safety Foundation and the Agency for Healthcare Research and Quality are just a few organizations that are actively exploring strategies to improve the communication between the patient and health care system to improve patient safety.

As we all know, communication can be one of the most difficult tasks to accomplish and

requires all individuals involved to participate for the dialogue to be successful. Healthy conversations cannot be effective unless each party involved is committed to doing their part to improve patient safety. This means that patient safety is not an



(HEALTH continued on page 12)

## 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.

### 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.

### Leigh Jones I AM STRONG Tour

Leigh Jones and the I AM STRONG Tour will be touring Europe military facilities this month. Shows will be in Ansbach March 17, from 7-9 p.m., Schweinfurt March 18, from 7-9 p.m., Hohenfels March 19, from 7-9 p.m. and Grafenwör March 20, from 7-9 p.m. Performances are free and open to all U.S. military ID card holders. Bamberg BOSS Program is providing free transportation to the Schweinfurt concert for Soldiers. The bus will depart from Chapel Parking Lot at 5:30 p.m. and returns around 10 p.m. Limited number of seats available; sign-up early at the Freedom Fitness Facility.

### BOSS Trips

Better Opportunities for Single Soldiers will have 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.

### Spring Semester

University of Maryland University College Europe announces registration for Spring Session 2. Registration for on-site courses is available through March 21, with classes beginning on March 22. Registration for Europe online courses continues from now through April 4, with classes starting on April 5.

### BSCC Luncheon

Come to the Warner Conference Center on March 23 at 11:30 a.m. for the Bamberg Spouses and Civilian Club luncheon. The cost is \$15. There will be an auction for gently used items so bring your dollars. Also learn how to best utilize the Bamberg Thrift Store. Please RSVP by March 21. For more information, email [Bscclreservations@yahoo.com](mailto:Bscclreservations@yahoo.com).

### Register for 2010 European PDI

The American Society of Military Comptrollers Heidelberg Chapter will have the 2010 European Professional Development Institute (PDI) at the Dolce Hotel in Bad Nauheim, Germany, from April 6 - 8. Certified Defense Financial Management (CDFM) Testing will be available. This

year's theme is "Getting in Touch With Cost Culture." Register by March 30. For more information and to register, visit ASMC Heidelberg Chapter's Web site at [www.asmc-heidelberg.info](http://www.asmc-heidelberg.info).

### Federal Aid

Students are encouraged to explore the many financial aid opportunities available while enrolled in UMUC Europe, including grants, low-interest loans, and monthly payment plans. The 2010-2011 Free Application for Federal Student Aid application is now available for students to begin applying for 2010-2011 federal financial aid. Grants may be used along with VA benefits, scholarships, military TA and military spouse tuition assistance. For more information on registration, financial aid and services, contact a local UMUC Europe field representative, call 314-370-6762 or 06221-3780, or visit [www.ed.umuc.edu](http://www.ed.umuc.edu).

### Hot Dog Eating Contest

The Community Activities Center, in conjunction with Morale Welfare and Recreation, is holding a hot dog eating contest March 26 at noon. Prove that you have what it takes to be named top dog! Sign up at the CAC to be a contestant by contacting Liz Gonzalez at 469-8659 or 0951-300-8659 or email [liz.gonzalez@eur.army.mil](mailto:liz.gonzalez@eur.army.mil).

### Calling All Eagle Scouts

The Transatlantic Council is conducting a round-up of all Eagle Scouts residing in Europe to help celebrate the 100th Anniversary of the Boy Scouts of America. Our goal is to be able to communicate with our Eagle Scouts as to the opportunities available for service, support, and program throughout Europe. The Transatlantic Council will also be holding a reception for all Eagle Scouts, their parents, and spouses during this 100th Anniversary year. If you would like to receive information about Transatlantic Council and opportunities for youth and adult Eagle Scouts please contact our headquarters at Camp Darby at [advancement@tac-bsa.org](mailto:advancement@tac-bsa.org). To discover more about the programs of the Boy Scouts of America in Europe visit the website at [www.tac-bsa.org/Home.html](http://www.tac-bsa.org/Home.html) or contact our staff at Camp Darby, 633-7760.

### 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.

### 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](mailto: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

## Hans Binn Art Exhibit Western: Scenes from Western Europe



### Community Activity Center

0951-300-1780 or Schweinfurt tax relief office at 09721-96-1780.

## Weekly Reminders

### 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.

### 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.

### 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 be 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.

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

### 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 proc-

esses. 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](mailto:vincent.myers@amedd.army.mil) for more information.

**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 Tuscan Suites and Casino in beautiful Las Vegas. For more information, e-mail Bill Burt at [LMJWRB@msn.com](mailto: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.

**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.

**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.

**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](mailto:tommay.lockridge@amedd.army.mil)  
or  
[andre.moxley@amedd.army.mil](mailto:andre.moxley@amedd.army.mil)  
For more information, call 476-2041 2138.

**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 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.

**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**

For road and weather conditions and school closure information, call 469-8373 or 0951-300-8373 or click on the link posted at [www.bamberg.army.mil](http://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](http://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. For more information, call 0951-300-7913.

## Youth and Teens

### Youth Basketball

The last tryouts scheduled for Competitive Athletics Sports Europe 2010 Amateur Athletic Union boys and girls basketball teams are:

- **March 21:** Stuttgart (Boys at Panzer/Girls at 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](http://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](mailto: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 your 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](mailto: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](http://www.ase.com). Completed registration forms must be submitted to the Ed Center no later than March 1. For more information, call 469-7715.

### Text Books

In Spring Session 1, University of Maryland University College Europe students can apply for a textbook award, including the \$100 Orkand 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/](http://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](http://www.ed.umuc.edu) or [www.twitter.com/UMUCEurope](http://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 is now open 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

Gate 5 is now open 6 a.m.-6 p.m., Monday-Sunday.

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**March 15, 7 p.m.**  
**Bamberg JAKO Arena**

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

### Dining Facilities

Starting March 8 there will be two operational dining facilities. Ray's Diner will open for breakfast 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. Every Thursday the hours for breakfast will be 6 - 8 a.m. For more information, call 469-8448.

### Airport Shuttle

The Bamberg departure point for the Frankfurt Shuttle Bus is the Bamberg Credit Union Monday-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](mailto: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](mailto: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 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](mailto:jack.austin@eur.army.mil).

(SAPPER continued from page 3)

the best sapper competition without a tab will help with getting into the school."

The competition started early on day one with a nonstandard physical fitness test. The teams had five minutes to perform as many push-ups and sit-ups as possible and three minutes to complete as many pull-ups as they could. The test also included a three-mile run wearing interceptor body armor vests.

Vasquez and Fuller scored the highest in the fitness test, allowing them to take an early lead in the competition.

A written exam on demolitions was held after lunch. The exam contained a hands-on portion of three lanes with simulated C-4 explosive charges. Each teams had 10 minutes to find and describe any deficiencies with the charges.

During dinner, many of the teams took time to strategize their next event - a 15-mile road march. The route included two laps around Camp Aachen, but the organizers decided to make it a little more challenging and changed the route to include a third lap.

"The ruck march was difficult but not because of the distance," Vasquez said. "Throwing in that extra lap was a real demotivator - seeing the finish line and then having to go around again. I think that was the most painful part, emotionally."

The second morning competitors started the day at three demolition ranges, including a timber charge, a concrete-counter charge and a charge used to force open doors during military operations on urban terrain.

Following the demolitions range, competitors immediately moved to the weapons range, where they qualified with the M203 grenade launcher, M240B machine gun, M249 Squad Automatic Weapon, M16 rifle and the M9 pistol.

After a Meal, Ready-to-Eat lunch, the Soldiers completed five indoor lanes, which included combat lifesaver, steel cutting, poncho rafts and two weapon-assembly lanes.

Vasquez and Fuller continued to complete the tasks the fastest and maintained their lead in the competition, followed closely by 1st Lt. Daniel Vitale, the executive officer of the 541st Engineer Company, 54th Eng.

Bn., and 1st Lt. Michael Bradwick, the executive officer of the 42nd Clearance Company, 54th Eng. Bn.

The last event of the competition was a 9-mile run, which took place on the third day immediately following a night land navigation course. During the run competitors had to complete seven different tasks, five of which involved carrying items such as logs or 180-pound dummies.

Upon crossing the finish line, each of the competitors was presented a brigade coin by Col. Paul M. Paolozzi, the commander of the 18th Eng. Bde.

Paolozzi also presented awards to the winning teams. Vasquez and Fuller took top honors, and Vitale and Bradwick finished second in the competition. Taking home third place was 1st Lt. Eric Sears, an assistant operations officer for the 15th Engineer Battalion, and Pfc. Blake Easterly, a heavy construction operator with the 500th Engineer Horizontal Company, 15th Eng. Bn.

All three top-finishing teams will represent the 21st Theater Sustainment Command and USAREUR at the Army-level competition at Fort Leonard Wood, Mo., April 19-21.



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Visit [www.operationpurple.org](http://www.operationpurple.org) for registration information or additional locations and dates.

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The National Military Family Association and its other programs mentioned in this advertisement are provided as a public service. Administration of Operation Purple Camps is an initiative of the U.S. Army and its units.

# Bamberg Movie Schedule

**AAFES Reeltime Theater is CLOSED Tue. and Wed.**

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)	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-13)	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.
		Daybreakers (R)	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 (R)	7 p.m.
Sat.	March 27	The Spy Next Door (PG)	3 p.m.
		Green Zone (R)(1st run)	7 p.m.

**REMINDER**

**Curfew for youth under age 16 is 10 p.m. to 5 a.m. Monday—Thursday.**

# USAREUR commander uses military resources to file

As the April 15 tax filing deadline approaches, tax centers, open at all Army in Europe garrisons, continue to offer free help to eligible U.S. personnel and family members. Tax center staff receive IRS-approved training.

U.S. Army Europe Commander Gen. Carter Ham and his wife, Christi, worked with tax preparer Spc. Pedro A. Rivera on their 2009 return at the Heidelberg, Germany tax center March 5.

"The tax center saved me money," Ham said. "This service will put money back in your pocket, and it costs you nothing."

Defense officials encourage military Families to once again take advantage of the free electronic tax filing services offered through Military OneSource.

People can access the H&R Block at Home program by going to Military OneSource at [www.militaryonesource.com/](http://www.militaryonesource.com/) and clicking on "Tax Filing Services." Another valuable resource for military personnel is [www.hqusareur.army.mil](http://www.hqusareur.army.mil).

The Bamberg Tax Assistance Center accepts appointments and walk-ins, Monday-Friday, until June 15. Weekday hours are 9 a.m.-4 p.m. and 9 a.m. -11 a.m.



By Master Sgt. Tammy Jarrett  
 U.S. Army Europe Commander Gen. Carter Ham and his wife, Christi, work with tax preparer Spc. Pedro A. Rivera on their 2009 return at the Heidelberg, Germany, tax center, March 5. Tax center staff members receive IRS-approved training.

*(YOUTH continued from page 1)*

really big commute then is for Vicenza."

The first day of the tournament started early and ran late, with a total of seven games played amongst the teams.

Big wins for the day included Grafenwöhr's win over Vicenza, 40-24, Hohenfels win over Vicenza, 41-14 and Bamberg's win over Ansbach, 44-11.

The second round of day one games resulted in another Grafenwöhr win, as the team beat Vicenza, 40-24 and a loss for Bamberg against Schweinfurt, 19-51, putting them in the loser's bracket. Bamberg players worked their way back into the finals by beating Hohenfels in a close match, 37-32.

"It's significant that Bamberg had to play four games on that first day," Gambell said. "They had to fight to get out of the loser's bracket."

Gambell was impressed with the level of competition on the first day.

"Yesterday's games moved fast due to the caliber of athletes," he said. "There weren't a lot of walks, travels, small stuff called."

Teams fought hard in the final March 7, as Grafenwöhr, Schweinfurt and Bamberg competed for first place.

Schweinfurt defeated Grafenwöhr in the first game of the day, winning by 12 points and moving onto the championship game.

Bamberg and Grafenwöhr played next. The

game started out close and competitors seemed evenly matched but by the second quarter Grafenwöhr began to pull away.

Bamberg's accumulation of team fouls in the first half allowed Grafenwöhr players to earn points from the foul line early on.

"This is the elimination round so teams are fighting," said James Crowell, a referee from Grafenwöhr.

Schweinfurt's solid record throughout the tournament remained strong in the finals. They defeated Grafenwöhr twice, once in the semi-finals and again in the championship game, to take home first place. Grafenwöhr took second while Bamberg came in third.

Head coach for Bamberg's youth team Tracey Foster was proud of the home team's effort and abilities on the court.

"The team showed resiliency and a bunch of heart," Foster said. "Each and every one of them has the potential to play at the next level."

Of their loss against Grafenwöhr in the semi-finals, Foster said that the team executed some of the basics a little late in the game.

"Our kids played tremendously and with heart," he said.

The Freedom Fitness Facility staff, Schweinfurt Youth Sports, Bamberg School Aged Services director and Vicenza Sports staff all contributed to the success of this year's tournament.



**Weekly Green Tips**

[Recycling Tips](#)

1. Reduce waste and energy consumption in the workplace- reuse your paper, if possible.
2. Only print when absolutely necessary.
3. When you do print, use both sides of the paper

[Energy-saving Tips](#)

1. In China, cooking fuel has been a scarce and expensive commodity for centuries. To meet the need, the Chinese developed a method called stir-frying. The meat and vegetables are cut or sliced into small bite sizes and cooked in a moment in hot oil. A full meal cooks in minutes. Tasty, economical, and more nutritious, too.
2. Thaw refrigerators regularly (1-2 times per year).
3. Open fridge quickly to avoid letting cool air out.

# Outside the Gate

## Weekend Events in and around Bamberg March 12-21

### 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, Musselsstrasse 1, 96047 Bamberg, tickets at [www.bvd-ticket.de](http://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](http://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, Musselsstrasse 1, 96047 Bamberg; tickets at [www.bvd-ticket.de](http://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, Musselsstrasse 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
- 8 p.m. "Bobbin Baboons" Golden Fifties at Live-Club, Obere Sandstrasse 7, Bamberg
- 8 p.m. "Two in Tune" at Blues Bar, Obere Sandstrasse 18, Bamberg
- 9 p.m. "Charles Davis" flute quintet live Jazz music at Jazzclub Bamberg, Obere Sandstrasse 18, Bamberg
- 9 p.m. "Blue Funk & Friends" at Club Kaulberg, Unterer Kaulberg 36, Bamberg

- 10 p.m. "Blockrocking Beats: T.Raumschmiere" Electro . Fidget . Techno . Breaks at Morph Club, Luitpoldstrasse 17, 96052 Bamberg

### Sunday, March 14

- 4:30 p.m. St. John's Passion concert at St. Peter und Paul, Mainstrasse 2, 96164 Kemmern
- 5 p.m. Organ concert performed by the Bamberg Symphonic Orchestra at at Konzert- und Kongresshalle - Joseph-Keilberth-Saal, Musselsstrasse 1, 96047 Bamberg
- 5 p.m. Brose Baskets - Giants Düsseldorf basketball game at JAKO Arena, Forchheimer Strasse 15, 96050 Bamberg
- 5 p.m. Church concert at St. Gangolf, Gangolfsplatz, 96050 Bamberg
- 8 p.m. "Frankie & Oli Show" live at Blues Bar, Obere Sandstrasse 18, Bamberg
- 8 p.m. "Atze Bauer" at Club Kaulberg, Unterer Kaulberg 36, Bamberg

### Friday, March 19

- 8 p.m. Klezmer Music Days at Haas-Saele, Obere Sandstrasse 7, 96049 Bamberg
- 8 p.m. Piano concert with Angela Hewitt at Konzert- und Kongresshalle - Joseph-Keilberth-Saal, Musselsstrasse 1, 96047 Bamberg (tickets available at [www.bvd-ticket.de](http://www.bvd-ticket.de) or at the box office)
- 8 p.m. "Sonnie Ronny & the Shotguns" Hot Texas Rhythm & Blues at Blues Bar, Obere Sandstrasse 18, Bamberg
- 9 p.m. "Stefan Wagner Group" at Jazzclub Bamberg, Obere Sandstrasse 18, 96050 Bamberg
- 9 p.m. "Paul Rose Band" at Club Kaulberg, Unterer Kaulberg 36, Bamberg
- 9 p.m. "Bashment with Kali Yuga Soundsystem" at Morph Club, Luitpoldstrasse 17, 96052 Bamberg

### Saturday, March 20

- 2 p.m. "Play an instrument" Open house for anyone, kids and adults, interested in playing music. Different instruments can be tried out at Musikzentrum Bamberg - Konzertraum, Schillerplatz 4, 96047 Bamberg
- 8 p.m. Klezmer Music Days at Haas-Saele, Obere Sandstrasse 7, 96049 Bamberg
- 8 p.m. "Lick and a promise" at Blues Bar, Obere Sandstrasse 18, Bamberg
- 9 p.m. "Max Kienast!" at Jazzclub Bamberg, Obere Sandstrasse 18, 96050 Bamberg
- 10 p.m. "Beat Virus: D.Diggler [Berlin]" electronic dance music at Morph Club, Luitpoldstrasse 17, 96052 Bamberg
- 10 p.m. "Over 30 Club" at Live-Club, Obere Sandstrasse 7, 96049 Bamberg

### Sunday, March 21

- 10 a.m. Contemporary art exhibition at Konzert- und Kongresshalle - Foyer, Musselsstrasse 1, 96047 Bamberg

## Trips and Travel Opportunities

### Take a trip with Bamberg Outdoor Recreation in March

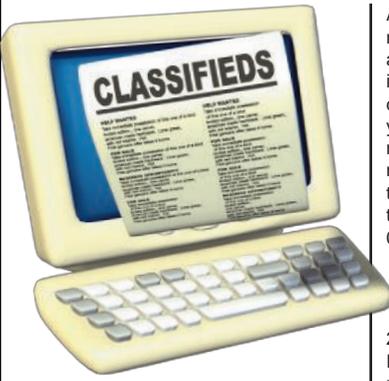
Registration for trips begins the 15th of the month before the scheduled trip and must be made no later than the Monday before the scheduled leave date or they may be cancelled. To sign up or for more information, go to Outdoor Recreation, Building 7116 or call 469-9376/7955 or 0951-300-9376. All trips 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 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 and three 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.

- April 3 Brewery Tour \$20**  
No matter what your beer preference is, the Bamberg Brewery Tour has it all. Includes transportation to five different breweries as well as a brief introduction to the brewing process at Mahr's Bräu. Price does not include purchase of beer for consumption. The bus departs ODR at 1 p.m. and returns at 6 p.m.
- April 8 Tour Under Bamberg \$20**  
This unique trip through tunnels under Bamberg gives you a view of the city that shouldn't be missed. The tunnels are generally cool and damp, so please wear appropriate clothing and bring a flashlight. The bus departs ODR at 5 p.m. and returns at 7:30 p.m.
- April 9-12 Bodensee Adventure \$325**  
Join ODR for a bike ride around the Bodensee! Situated in Germany, Switzerland and Austria near the Alps, the Bodensee is a vacationer's dream. Trip includes transportation, three-nights lodging at double occupancy, and a bicycle for your journey. The bus departs ODR at 6 a.m. on April 9 and returns at 10 p.m. on April 12.
- April 10 Munich Zoo \$60**  
With hundreds of animals roaming in a natural habitat, the Munich Zoo is one of the largest zoos in the world, providing fun and entertainment for the entire family. The trip includes transportation and entrance fees. Children ages 4-12 are \$40; Children three and under are \$20. The bus departs the Chapel parking lot at 7 a.m. and returns at 8 p.m.



Please call us and tell us when you sell your item so we can remove the advertisement.

Thank you.

**EMPLOYMENT**

Immediate Opening for a part-time Wellness Counselor at the Bamberg Women, Infants and Children program Office. This position requires a Registered Dietitian or a Bachelor of Science degree in Nutrition, Dietetics, Nursing, RN/BSN or RN with AA Degree or Home Economics with an emphasis in nutrition. Job requirements include computer experience, knowledge of maternal and infant nutrition as well as proven counseling skills. Must have current driver's license. Travel may be required. Choctaw Archiving Enterprise (CAE) is owned by the Choctaw Nation of Oklahoma; offers an attractive, competitive salary and benefits package, in addition to a good working environment. Send resumes to [Jenny.Dietrich@eur.army.mil](mailto:Jenny.Dietrich@eur.army.mil). For more information, call 353-8986/6791 or 09721-96-8986/6791. (3/8/10)

The Public Affairs Office has a non-personal service contract opportunity for a journalism services. We anticipate a performance period of April 22, 2010, through January 21, 2011. Interested parties should contact the Bamberg Regional Contracting Office for a copy of the solicitation packet #W912PG-10-T-0046, which will be used for submission. For more information, call 0951-300-9400 or visit <http://www.usacce.army.mil/frc/default.htm>. Please submit your application no later than March 26. (02/28/10)

USAG Bamberg Army Community Service/Financial Readiness Program has a non-personal service contract opportunity for a Financial Readiness Specialist with an anticipated pay range of \$19,399.04 - \$24,998.80. We anticipate a performance period of April 1, 2010 to March 31, 2011. Applicant must possess previous Army Community Service Financial Readiness Program experience; at least one year of experience in preparing correspondence and maintaining files; knowledge, skills, and demonstrate the abilities to conduct training in consumer awareness and personal financial management; at least one year work experience with computer software programs, specifically: MS Word, Excel, PowerPoint, Access, e-mail and Internet. Interested parties should contact the Bamberg Regional Contracting Office for a copy of the solicitation, packet number WK4TNB0033ACS1, which will be used for submission. Completed packets/offers will be accepted until March 15, 2010. For additional information contact Bamberg RCO at 0951-300-9400, or 469-9400 or <http://www.usacce.army.mil/frc/default.htm>; or Employment Readiness at ACS / 469-7787 / 0951-300-7787. (2/24/10)

Automotive Technology instructors needed. Central Texas College-Europe is accepting applications for Automotive instructors who have an associate's degree or higher and a minimum of five years work experience in the maintenance field or a bachelor's degree and a minimum of 3 years work experience in the maintenance field. For more information, call Brenda McNeil at 469-7467 or 0951-300-7467.

**AUTOMOBILES**

2008 Toyota Tacoma V6/SR5/Pre-Runner Access cab. Recall: Only floor mats, white w/gray interior, a/t, power everything, limited slip diff., transmission cooler, full class III towing hitch, Like new - 15K miles, free shipping. Available a/o April 1 2010. Serious offers only - \$22.5K. Call 469-8901 or 09549-988078 (3/8/10).

1993 Blue 4DR SD BMW 318i for \$2500 OBO. Need to sell quickly. Call Tina Penick at 0173-164-3599. (3/8/10)

T1999 Saab 9.3, American Specs, app. 100,000 mi, automatic, sun roof, heated seats, CD player, good heater and air conditioner, power windows and locks, one previous owner, seats five, hatchback. Available after March 24. Call 0170-292-0805. (2/23/10)

Toyota Tacoma, 2003. Less than 10,000 miles a year (just under 65,000 total miles). Never missed an oil change. Should probably have new winter/all weather tires. There is a small crack in the windshield (doesn't obstruct view and will not spread). Runs great and is perfect for transporting bikes and groceries. No body damage (rust, dents, etc) and never been in an accident. Please contact 0151-557-24725 for more information and/or to see the truck. Asking \$6,000. (02/04/10)

2009 Ford Edge SEL, Black Ext. / Tan Int., new all weather tires, six-disc CD/MP3 changer, Microsoft Sync Package, Bluetooth, USB/AUX, back-up sensor, child seat anchors, power seats, push button folding rear seats, power doors/windows, cruise control, alarm system, seats five with a very roomy storage area. Only 9,800 Miles still under warranty; great family car! Asking \$26k O.B.O. Please contact Justin at 0951-209-4865 or 0151-252-48700. (01/07/10)

2010 VOLVO XC60 T6 AWD, Ice White/Sandstone Beige & Espresso Leather, Climate Pkg, Tech Pkg, Dual Xenon headlights w/ ABL, PCC w/ keyless drive and heartbeat sensor, integrated child booster seats, panoramic sunroof, modern wood inlays, exterior styling kit, 19" Achilles Wheels + 18" Factory Set, rubber floor/cargo mats, power-lift tailgate, many more options. O/A 2,000 miles. Full Volvo warranty, 5 year/50,000 miles complimentary service, shipping to U.S. for five years. MSRP over \$48,000, Paid Military Sales \$43,000, MAKE OFFER. 0151-111-85-888. (12/03/09)

**FOR SALE**

For Sale: Vacation Property in the heart of San Francisco, CA (Nob Hill District) one block from the historical Grace Cathedral founded in 1849. Plenty of buses, trolley services and cable car stops nearby that will take you directly to other places of interests in SF and surrounding areas (San Jose, Berkeley,

Stanford University, Jack London Square, etc). The resort is a member of some of the major timeshare exchange services so you can exchange your resort to many major resorts worldwide. I used it to take a vacation in Budapest and Vienna. You get 1 week per year, "floating" so you can schedule your own vacation. You can also bank it to use it another year. It's a 1BD, 1BA unit with kitchenette that can accommodate up to 4 person. (\$3000 OBO) Call Bernie at 0152-285-74842 or e-mail: [caguiatb@yahoo.com](mailto:caguiatb@yahoo.com) (3/10/10)

PCS Sale: Four elta 220 fans, \$10 each Portable air conditioner/heater \$200 OBO. Need to sell items quickly. Call Tina Penick at 0173-164-3599. (3/8/10)

For Sale: Four-drawer freezer 220v-\$100, Graco highchair folds for space savor-\$20, child's plastic video center-\$20 e-mail for photos [aizustraj@yahoo.com](mailto:aizustraj@yahoo.com) or call 0951-209-8102. (3/8/10)

For Sale: Kids II Bright Starts™ Pretty in Pink™ Activity Jumper for sale. My baby girl jumped with joy for this pretty in pink jumper. The platform provides a stable place for your baby to play. Quilted jumper seat rotates 360° to access included toys. Links offer space to add more of baby's favorite toys. Six-point height adjustment, padded toy bars, covered springs and four nonskid floor grips. Lays flat for storage and has easy-to-clean toy tray. Machine-washable seat pad. Packed in original box. Perfect condition. For ages: 4 mos. and up; max. 25 lbs. Size: 39"H x 34"W x 32"D. Bought for \$84.95. Asking \$60.00. If interested please call Jennifer at 0951-209-1710 or e-mail [jenniferwharton1@gmail.com](mailto:jenniferwharton1@gmail.com). (3/8/10)

Graco Infant SafeSeat (car seat) Step 1 for sale that includes: Graco's EPS, Energy Absorbing Foam Liner, five-point harness with easy, up-front adjust on the Graco Infant SafeSeat Step 1; convenient, stay in car base features a belt lock-off design and dial adjustment. Light weight carrier with rubberized ergonomic handle provides premium cushioning and comfort. 180 degrees rotating canopy with peek-a-boo window helps shade your child from any direction. Paid \$179.95 asking \$115.00. Perfect for boy or girl! Perfect condition. Green and Brown. If interested call Jennifer at 0951-209-1710 or e-mail [jenniferwharton1@gmail.com](mailto:jenniferwharton1@gmail.com). (3/8/10)

For Sale: SUGAR GLIDERS for sale \$700 OBO. Two adorable 1-year-old brothers. Rare blonde coloration. Must go together. Come with large cage, all accessories, and two months worth of homemade glider food. Located in Bamberg. Pictures available. Contact Danielle Holstein 0951-132-9248, 0152-213-16054 [danielle.holstein@yahoo.com](mailto:danielle.holstein@yahoo.com). (2/17/10)

For Sale: Bose Companion 3 Computer Speakers (110V). Only 6 months old, still in original box. Regular AAFES price \$229, asking \$150. Call Michael at 015224894326. (2/8/10)

For Sale: An HP all-in-one printer. This printer is two years old. It can be used as fax, scanner, copier and printer. The model number is L7580. Asking price \$100. Call 0151-241-70961.

For Sale: PT Cruiser car top carrier. It is used but still in good condition. Asking price is \$75. Call 0151-241-70961.

PCS sale: Large couch (92" x 36" x 37") hunter green, burgandy, and tan for sale—\$75. E-mail for pictures: [alaskanewmans@msn.com](mailto:alaskanewmans@msn.com) or call Wendy at 0951-301-8671.

For Sale: Skip Hop Funky Farnyard Activity Play Mat is a graphic activity mat that has soft arches and a matching quilted Tummy Time pillow. 12 easy-to-hang loops and 5 hanging toys offer irresistible multi-sensory play for baby at every stage of development. Plush textures and squeaky sounds on the mat surface add to the fun! Bought from Babies R US for \$59.99 and am asking \$25. Still in perfect condition and in original package. Great for a baby girl or boy! If interested please call Jennifer at 0951-209-1710 or e-mail [jenniferwharton1@gmail.com](mailto:jenniferwharton1@gmail.com). (1/21/10)

**MISCELLANEOUS**

Need a caring babysitter? I (21-year-old, German) worked as a live-in nanny in Denver, CO for 13 months. I'm experienced with kids between the ages of 2 months - 12 years. If you wish I would be happy to teach your children some German words. My hours are flexible, as well as the wage. Call Carina at 0160-1484028 or e-mail [carina.hofstaedter@yahoo.de](mailto:carina.hofstaedter@yahoo.de) (2/8/10)

Looking for friends who I went to school with in Bamberg, Germany from 1975-1977 and also lived at Fort Stewart, Georgia from 1977-1980. Would like to hear from them. They can e-mail me at [Michael.potter1@us.army.mil](mailto:Michael.potter1@us.army.mil) or [mspotter4000@mchsi.com](mailto:mspotter4000@mchsi.com). Contact Michael Potter at 876-2943 or 876-6701.

The Bamberg Hospitality House supports the ministry of the Warner Barracks Chapel by offering additional opportunities for discipleship, Bible study, fellowship (that includes food, often!), weekend activities, etc. Join us Friday nights for 6:30 p.m. dinner and Bible study at our home( Sonnenstrasse 7; 96175 Pettstadt e-mail [www.cadence.org/huisjen](http://www.cadence.org/huisjen) or call 09502-8037). Join us on Sundays at the 11 a.m. Protestant service (Post Chapel).

The Bamberg Protestant service meets from 11 a.m. to noon every Sunday at the chapel. Our Bible Club (AWANA) for children ages 4 - 6th grade meets at the Bamberg High School gym Sunday evenings from 4 - 5:30pm. Join us as we worship, celebrate, and get to know our Lord. For more information call Chaplain Williamson at 469-1570 or 0951-300-1570.

**AD SUBMISSIONS**

When submitting a classified ad for publication, be sure to include your name, address and telephone number. We will not advertise commercial services. Classified ads will be erased after three weeks of being published in the Warner Weekly. If you have something you want to advertise in the classified section, please e-mail your submissions to [bambergpao@eur.army.mil](mailto:bambergpao@eur.army.mil). We will ONLY accept classified ads by e-mail. We will not accept advertisements by phone or hand-written. These classified ads are a free service to you and in order for us to provide them, they must be in a cut-and-paste text only format. We hope this service is something you will utilize. For more information, call 469-1600 or e-mail [bambergpao@eur.army.mil](mailto:bambergpao@eur.army.mil).

(HEALTH continued from page 4)

issue just for the health clinics, but also for the patients.

The Bavaria Medical Department Activity is committed to having healthy conversations with our patients.

When you come to our clinics we want you to speak up if you have questions or concerns about your treatment plan. If you have had any medical testing, call us back to inquire about the results and ask questions if you don't understand the results.

Ask us about our accreditation standards and become familiar with them so you know about the expected standard for your health care. Be sure to have a list of your medications with you for all appointments at the military treatment facility and Host Nation facilities.

Talk to us and let us know if you are taking medications not prescribed by one of our clinic providers such as herbals, nutrition supplements, over-the-counter medications or medications received from a Host Nation provider.

We are empowering you to contact the clinic's leadership or the BMEDDAC patient safety manager to discuss any concerns you have regarding patient safety.

BMEDDAC wants its patients to be actively involved in our commitment to providing high quality and safe health care to our communities. Working together, we can make our clinics the industry leaders on health care communication and patient safety. Together, we are partners for safer health care.

Leslie Atkins is the patient safety manager for BMEDDAC. She can be contacted at [leslie.atkins@amedd.army.mil](mailto:leslie.atkins@amedd.army.mil) or call 0162-297-6738.

**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

For tour dates or more information on the I.A.M. STRONG and Sexual Harassment/Assault Response & Prevention (SHARP) Program prevention efforts please visit [www.preventsexualassault.army.mil](http://www.preventsexualassault.army.mil)

Presented by Army G-1, SHARP Program  
 Produced by Army Entertainment and Family and MWR Command

# 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**

Don't Walk...Run to the Warner Conference Center March 19 For BSCC Polish Pottery Bingo

Doors Open at 6 p.m.  
 Games start at 6:30 p.m.

3 CARDS FOR \$8  
 6 CARDS FOR \$15

# Change your environment, make good eating habits stick

By Capt. Jennifer Lee,  
Bavaria Medical Department Activity

National Nutrition Month is an education and information campaign sponsored by the American Dietetic Association.

The campaign is designed to focus on the importance of making informed food choices and developing sound eating and physical activity habits.

This year's theme is "Nutrition from the Ground Up." Begin eating better by making small changes, starting with the basics: choose a variety of fruits and vegetables; avoid fats, added sugar and salt; and eat in moderation.

However, to be able to stick to the dietary changes, you may also need to change your environment. For example, if your goal is to eat more fruits and vegetables, then you need to have them readily available. Knowing what changes you need to make is the first step.

Here are some eating habits that can lead to weight gain: skipping meals, eating when not hungry and eating too fast.

There are many small changes you can make for better health. Small changes over a long period of time can be very effective.



- Set small, yet realistic and specific goals such as: "I will walk for 15 minutes a day, three days this week" or "I will eat at least one fruit and one vegetable every day this week."
- Start eating breakfast. Some ideas include: cereal with milk, fruit with yogurt, toast with peanut butter or last night's leftovers.
- Use cooking spray instead of butter for cooking.
- Avoid the vending machine and pack your own snacks. Some ideas: 94% fat-free popcorn, light or fat-free yogurt, fruits, vegetables, nuts or hummus with whole wheat crackers or pita bread.
- Cut calories by changing what you drink. Calories are not just in food. Choose either alcohol or dessert, but not both in the same meal. Use fat-free milk instead of whole milk.

Just by cutting out 100 calories per day, you will lose one pound per month. That's 12 pounds in a year. Start achieving and maintaining a healthy weight now. Eat right and get moving.

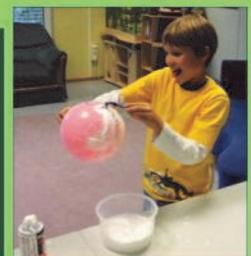
For more, visit [www.healthierus.gov](http://www.healthierus.gov) or [www.mypyramid.gov](http://www.mypyramid.gov), or call 476-3216 or 09662-83-3216.

## 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.

