



WARNER WEEKLY

News & Information at Your Fingertips



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Army implementing new child care fees, standards

By Douglas DeMaio, USAG Bamberg Public Affairs

A Department of Defense change to child care fees will take effect beginning Oct. 1 and while some will see a reduction in costs, most Army Families will see an increase in their child care fees for school year 2010-2011.

According to a DoD press release, the change in policy is a result of a study that concluded fees were no longer in sync with the raising costs of child care and users' income levels.

"While the cost of providing child care has risen each of the past six years, the value of the programs has also increased for Soldiers, their children and the Army," said Peggy Hinson, Child Youth and School Services director at Family and Morale, Welfare and Recreation Command.

The Army Family Action Plan played an important role in shaping the new policy, according to the press release. One result of AFAP was an expansion in the number of income categories to better reflect the full range of family incomes found across the Army.

Child care fees are based on total family income, not rank or civilian grade.

There are currently six fee categories, including a minimum fixed rate and five income-based categories, each with a range of fees determined by the garrison, according to the press release. The new child care fee policy will contain nine categories, with three



File Photo

Children take part in morning activities in the Child Development Center's Strong Beginnings Program in June.

added at the top to more accurately accommodate higher incomes.

"The addition of three categories benefits the Soldiers, Families and civilians," said Lily Markey, Bamberg's CYS Services coordinator.

(CARE continued on page 12)

Community Outreach: Keeping the promise together

By Lt. Gen. Rick Lynch, commander, Installation Management Command

Our Soldiers have been steadfast in their service to the nation during the past nine years of conflict. Their Families have been just as constant in their own dedicated service, providing the strength and support that enables Soldiers to do their jobs. Our Soldiers and Families persevere in their service to the nation in the face of repeated deployments and even greater challenges.

It is heartening to know that we are not in this alone—our fellow citizens want to understand what we are experiencing and share a deep desire to support us where they can. Sometimes they simply do not know where to begin or how to make the connection to channel their appreciation and support into action. That is why reaching out to the communities around us is so vitally important.

The Army has a long history of supportive relationships with surrounding communities. San Antonio, Texas, claims the title of Military City, USA, but many more communities



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could lay equal claim, their ties with the installations in their areas being as longstanding and deep-rooted. Over the years, the Army has also developed strong relationships with local, state and national organizations that provide a wide range of support for Soldiers and Families, including programs focused on health care, education, child development, employment, financial aid, and morale and recreation.

Now those relationships are more critical than ever. The Army cannot always offer the most comprehensive assistance for the number and kinds of challenges that our Soldiers and Families face. This is especially true for National Guard, active Reserve and active component Soldiers and Families who live far from installations. The great need for support and the great demand on our resources require us to reach out to those who can help us keep our promise to Soldiers and Families. A volunteer, a local service provider or a state or national organization may be able to offer expertise, material assistance, support services, or even just human contact that fills a critical need, especially for the Soldier or family member who is not near an installation.

The support communities and organizations give to Soldiers and Families has become so important that the Army Community Covenant was launched in April 2008 to formalize and facilitate the relationships. To date, communities in 49 states, three territories and the District of Columbia have con-

(OUTREACH continued on page 11)

Suicide prevention videos highlight personal stories

By Ashley Bateman,
USAG Bamberg Public Affairs

The first few minutes are intense. Spc. Joseph Sanders, was on a deployment to Iraq, when he found out his wife had decided to file for divorce. Sanders' world comes crashing down around him. His buddy, another specialist in his unit, Albert Godding, speaks to the camera, saying he didn't know what to do, but one night, fearing his friend's mental state, he removed the firing pin from his weapon. Later, alone in his room and feeling as though he had no reason left to live, Sanders put his weapon to his chin and pulled the trigger. When Godding entered his room later, he discovered removing that pin had saved his friend's life.

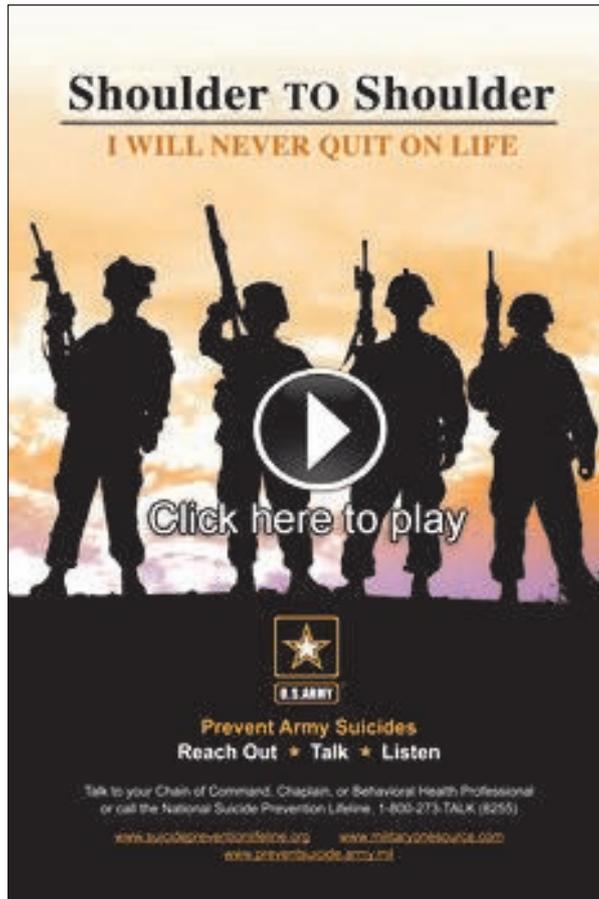
This is not a skit and there is no script.

Sanders' struggle is just one of several true stories told in the Army's new Suicide Prevention Video. "Shoulder to Shoulder: I will never quit on life," available at <http://www.army.mil/media/amp/>, is a 20-minute film that draws on the real life experiences of men and women across the service. The variety of viewpoints and angles expand on the idea that a person of any background, race, religion and sex can fall prey to depression and thoughts of suicide. The scope is not limited to any one rank or age either. By gathering the testimony of specialists and majors, commanders and chaplains, the Army moves forward in de-stigmatizing an issue rife with negative connotations.

Unlike Godding, many Soldiers' signs of emotional breakdowns go unnoticed, unchecked and result in the loss of life. In June, the number of suicides in the Army hit a record-breaking 32 within the month. As the numbers go up, so does the concern of Army personnel and Families.

Bamberg Chief of Behavioral Health Services Maj. Vahag Vartanian has been treating Soldiers as a psychiatrist since 2006.

"The suicide number increasing, despite all of our efforts, is a concern," Vartanian said. "The main facts are constant- deployments and minimal dwell time lead to relationship problems. Also most of our Soldiers are male and their age, compounded by substance abuse, increases the risk."



War has ushered in a new norm for Soldiers. With multiple brigades and units on rotating deployment cycles, service members are deploying at a higher rate than ever before. Add field training and pre-deployment exercises in that time and the average Soldier is spending a significant amount of time in a high-stress and low-comfort environment. Once a Soldier leaves that environment and re-enters a daily routine at his or her garrison, oftentimes that stability proves challenging to adapt to.

"The first six months post-deployment is a high risk time," Vartanian said. "Your nervous system kicks in with fight or flight (downrange). When you're not under that threat anymore, you need that thrill somehow."

The Army is trying to funnel that energy into programs like Warrior Adventure Quest, a high-energy recreation program designed to help Soldiers decompress from long deployments. But for some, a physical program doesn't work. For others, like Sanders, emotional problems manifest while downrange. Of the 32 Soldiers who committed suicide in June, 21 were active duty and seven were deployed.

To ensure that behavioral health services on Forward Operating Bases and other facilities in Iraq and Afghanistan are meeting the needs of Soldiers, the Army has been using the assessments of Mental Health Advisory Teams to survey resources available downrange. These teams, according to a 2008 Army News Release, "have deployed to Iraq every year since 2003 at the request of the Commanding General, Multi-National Force-Iraq. The Army uses the results of these studies to shape programs, policies and procedures and to allocate resources to better meet the Mental Health needs of Soldiers. Since the first MHAT, the Army has conducted chain teaching, implemented Battlemind training, expanded training for health care providers, redistributed mental health assets in theater and hired additional mental health providers."

Vartanian believes the Army is utilizing its health care professionals for insight, information and treatment.

"I think they try to use the behavioral health experts and specialists

(PREVENTION continued on page 8)



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Website helps military personnel find housing

By Douglas DeMaio, USAG Bamberg Public Affairs

The Automated Housing Referral Network website, www.ahrn.com, may not benefit all those who are stationed in Bamberg, but it can aid those who qualify for private rental housing and help those who are willing to rent to Americans.

AHRN was designed to assist service members and Department of Defense civilians find available housing when they have a permanent change of station.

"It's a good tool for the customers," said Arno Schaefer, Directorate of Public Works Housing Division chief.

Users can view available rental properties, rental rates, and detailed information about the property, enabling them to plan and make more informed decisions about housing, Schaefer said.

The benefit of viewing rentals online does more than save people a trip to the housing office, said Katharina Eisele, a private rental housing customer service specialist.

"If a Soldier is in the barracks and his wife is in the states waiting to join him, the wife can see pictures and information to see if she likes the place," Eisele said.

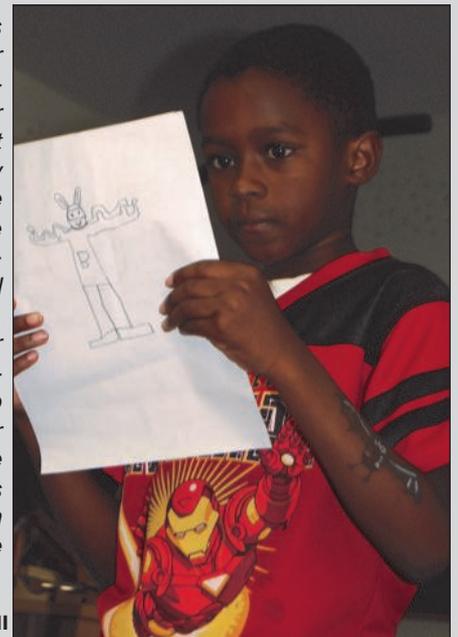
Eisele said that the site also allows people who have never lived overseas to see what the houses look like in Germany.

"They need to do their research," said 1st Lt. Troy Shoemaker, 317th Maintenance Company.

Given the space available in a German-style house and the amount of household goods one owns can help people determine *(WEBSITE continued on page 4)*

Kids share superhero creations at Community Activity Center

Gerremya Joseph tells some tales about Super Bunny, a character he created to share with other kids on Superhero Day at the Community Activity Center Friday. For the event, children from the School Age Center's summer camp, many dressed in home-made costumes, told stories about their imagined and favorite superheroes. They also shared drawings of their personal inventions. The CAC staff served cookies and punch. The program was part of Surviving the Summer 2010.



Mindy Campbell



Vaccinations — A safe way to protect against communicable diseases

August is National Immunization Awareness Month

By Maj. Tina M. Streker, Bamberg Health Clinic

Did you know that immunizations are the safest and most cost-effective action to protect children and adults from many life-threatening diseases? Vaccines protect not only those who get immunized, but also protect the people around them because they aren't spreading disease. The effectiveness of vaccines has been proved time and time again.

Historically, vaccines eradicated smallpox, eliminated wild poliovirus in the United States and significantly reduced the number of cases of measles, diphtheria, rubella, pertussis and other diseases that once ravaged the earth. Despite these efforts, people in the U.S. still die from these and other vaccine-preventable diseases each year.

Don't fall victim to a disease that could've been prevented with the appropriate immunization. Do your part and stay up-to-date

on recommended vaccines in order to protect yourself and your family from serious, life-threatening infections. One vaccine you should get annually is the flu vaccine.

On average, five to 20 percent of the U.S. population is affected by the flu each year. The flu vaccine is formulated to protect against three influenza viruses that research shows will be the most common forms of the flu during the upcoming season. This is why it is so important to get the flu vaccination yearly. The Centers for Disease Control and Prevention recommends people get their seasonal flu vaccine as soon as vaccine becomes available in your community. When the flu vaccine is available at your local Army health clinic, announcements will be sent out to the community through newsletters, Armed Forces Network television and radio and at town hall events.

The CDC also recommends patients follow the "Take Three" approach to protect them- *(VACCINES continued on page 11)*



File Photo

An employee at the CDC receives an H1N1 vaccine. The vaccine was offered to community members and employees during the 2009-2010 flu season. August is National Immunization Awareness Month.

AFN adding new adult theme TV shows to lineup

News Release — AFN is giving viewers more late night programming choices with the Aug. 7 debut of new mature-theme TV shows.



The eight new programs "Treme," "True Blood," "Big Love," "Bored to Death," "Curb Your Enthusiasm," "Eastbound and Down," "Entourage" and "Hung" will air between 10 p.m. and 1 a.m. Central European Time Saturday and Sunday nights on AFN|spectrum.

The uncensored, uncut programs have graphic language and images. The shows will begin with a parental warning and the AFN on-line TV schedule also lists parental warnings.

"The change allows AFN to offer its audience even more top-rated

programming," said Karreem Lowe, AFN Broadcast Center in California's Chief of Entertainment Program planning. "We recognize that our viewers come from all areas of the USA and

have varying tastes in television programming. With AFN|spectrum LateNight we broaden the programming landscape and offer troops and their adult family members award-winning premium tier television, including HBO's 'True Blood' and 'Entourage,' which have been nominated or received more than 50 industry awards."

For a full synopsis of the shows, go to www.afneurope.net and click on the AFN|spectrum LateNight link for details. A number of independent websites have detailed information on the graphic nature of each of the shows.

Limited services available from garrison travel offices

HEIDELBERG, Germany — Army Europe official and leisure travelers will be required to use interim procedures as Carlson Wag-onlit/SATO Travel (CWTSatoTravel) re-establishes commercial travel offices (CTO) after being re-awarded a two-year travel service contract in late July.

These interim procedures will remain in effect until the on-site offices are fully staffed and all technical capabilities have been established, according to the Defense Travel Management Office (DTMO), which is responsible for establishing travel services contracts for Department of Defense (DoD) travel services worldwide.

As of Aug. 2, CWTSatoTravel will have on-site agents offering limited CTO travel services at garrisons for individuals requiring travel within 48 hours of the request. Short-notice travelers should first call the local garrison CTO office. CTO telephone numbers are the same numbers previously used and should be available in local telephone

directories.

Individuals arranging travel more than 48 hours away will be required to use the online reservation request form found at: www.cwtsatotravel.com

After accessing the website, travelers must click the "Military/Dept of Defense" button in the box entitled "Search CWTSato Travel". Next, individuals must select "1. Army" from the drop-down menu and then click on "US Forces Europe Travelers" from the next drop-down menu.

The electronic website submission for routine/non-urgent travel will enable CWTSatoTravel to more effectively handle requests telephonically for urgent travel.

Official travelers should continue to use Defense Travel System. These interim CTO procedures are not intended to supersede usage of DTS, according to DTMO officials. Travel arrangements made and approved in

DTS will remain the same. However, for travel that will be charged to the Centrally Billed Account (CBA), a copy of the travel authorization/order must be emailed to the CWTSatoTravel CTO representative.

For travel arrangements made outside of DTS, the travel authorization/order will need to be hand-carried, e-mailed or faxed to the local garrison CTO office. Tickets cannot be issued unless CWTSatoTravel is provided a copy of the travel authorization/order.

Leisure travelers requiring assistance (except leisure travel in conjunction with official travel) should visit the CWTSatoTravel leisure website at www.europe.satovacations.com. This site is dedicated to personnel assigned to Europe.

For after-hour emergency and en route travel assistance, the toll-free number, 866-422-9428. For more information regarding local transportation, call Bamberg's SATO section at 0951-300-7571.

([WEBSITE](#) continued from page 3)

what they may sell before a PCS, Shoemaker said.

Shoemaker said AHRN is a benefit, but said communication with a sponsor before a PCS is also a good source of information when trying to figure out private rental housing.

AHRN is currently available at more than 160 installations, to include Air Force, Army, Coast Guard, Navy and Marine installations.

AHRN is available at several installations in Europe and the U.S.

Even though the website is updated daily for Bamberg housing, Eisele said the board at the Housing Division is the most up to date place to get information. If a user finds a house they like on the website, it is best to call housing to see if it is still available and appointments to view the house must be made in person.

Schaefer said there are reasons for why AHRN doesn't operate like in the states, where people can use the website to view

houses without making an appointment to the housing office.

One reason is the language barrier, Schaefer said, and the other reason is so there isn't a bidding process between the landlord and multiple persons who might be interested in renting the place.

Users must sign up with either a dodea.edu or .mil account to use the service.

The website also assists landlords and property managers with renting their houses and apartments to Americans station in Bamberg, but they too must go through the housing office.

Locations in the U.S. allow those wanting to rent property to list their property and details for each of their rental units. They can post up to five photos per listing. Some options allow for Web-based communication with potential military renters, and show maps to help potential renters locate the property.

Schaefer said the website will benefit housing's customers. For more information on housing, call 0951-300-8808.

Community Announcements

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

Flea Market

There will be a Community Flea Market at the Community Activity Center Aug. 14 and Sept. 11. The hours are 10 a.m. - 1 p.m. Tables are available for rent for \$5 each. Sign up at the Cool Beans front counter. For more information, e-mail liz.gonzalez@eur.army.mil or call 0951-300-8659.

Women's Equality Day

U.S. Army Garrison Bamberg will have a Women's Equality Day Volksmarch/Equality March on Aug. 27 from 9 a.m.-noon beginning at the Freedom Fitness Center. For more information, call the Equal Opportunity Office at 0951-300-8624.

Weekly Reminders

Volunteers Needed at the Chapel

U.S. Army Garrison Bamberg Community Chapel is looking for volunteers to fill the following volunteer positions: musician for the Protestant service, musician for the Catholic service, Catholic religious education coordinator, Protestant religious education coordinator and Catholic clergy. If interested in volunteering at the chapel, call 0951-300-8879.

German Classes

Army Community Service, Relocation Readiness Program, offers free German classes every month. Beginner classes are scheduled Tuesdays from 10 a.m. to noon and Wednesday from 6-8 p.m. Intermediate classes are Tuesdays, noon to 2 p.m. and Wednesdays, 2-4 p.m. Advanced classes are Tuesdays, 2-4 p.m. and Wednesdays, 4-6 p.m. Classes are held at the ACS building in classroom 118. For more information, call 0951-300-7777.

Overseas Voters

Submit your ballot request for the July and August state primaries. The following States will hold Primary Elections during the month of August on the dates indicated. Aug. 10: Colorado, Connecticut, Minnesota; Aug. 17: Washington, Wyoming; Aug. 24: Alaska, Arizona, Florida, Vermont; Aug. 28: Louisiana. All members of the U.S. military, their family members and citizens residing outside the U.S. who are residents from these states and have not yet submitted a registration and ballot request a Federal Post Card Application for the 2010 calendar year, should do so as soon as possible. The FPCA ballot application and instructions for the above States are available at www.fvap.gov/FPCA. Click on your state on the map and follow the instructions to register and request an absentee ballot. Some states allow submitting the FPCA by fax or e-mail vote@fvap.gov in addition to regular mail. Send your FPCA now to your election office to ensure you have enough time to receive, vote, and return the ballot. For more information, visit FVAP at: www.fvap.gov.

Passport and Immigration Fees

The rates for Consular Reports of Birth Abroad and Passports have increased. The new rates are the following:
 Adult Passport Book Renewal: \$110
 Adult Passport Book Initial: \$135
 Child Passport Book: \$105
 Consular Report of Birth Abroad (CRBA): \$100
 Visa Pages: \$82

THE COMMUNITY ACTIVITY CENTER & PROTESTANT WOMEN OF THE CHAPEL'S HEARTS AT HOME AND OUTREACH PRESENT:

SPOUSE'S DINNER AND A MOVIE

Menu

- Salad
- Bread
- Pot Roast Gravy w/Rice
- Baked Beans
- *Macaroni & Cheese
- Desserts

RSVP by Aug. 9
 At the CAC or CAC on Facebook
 Limited childcare is available. Must RSVP with the number of children and their ages.

Where: CAC
 When: Aug. 13
 Time: 7 p.m.



Additional Information on other consular rate increases is available at www.bamberg.army.mil/directorates/dhr/passport.asp. Look for the rate increases link, which will be located near the top of the page. If you are the spouse of a deployed Soldier, you can still apply for your child's Consular Report of Birth. You can also apply for your child's passport with the proper paperwork. Failure to do either of these can result in you not leaving Germany on schedule. For more information, stop by the Passport Office located in Building 7290 between 8 a.m. and noon. For more information, call 0951-300-8928.

NAF 101

Bamberg Nonappropriated 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 Aug. 27 and Oct. 22. Sign up the Tuesday prior to each scheduled workshop as there is a maximum of eight slots available. For more information regarding training or eligibility, call 0951-300-8027.

DES/Vehicle Registration Office

Bamberg license plates are available for motorcycles and trailers. Everyone that is due for renewal and still has the old U.S. Army Europe plates has to change to the new Bamberg plates. To renew plates, customers must bring a new insurance card (not older than 120 days). For more information, call 0951-300-7580.

New Tax Relief Services

The Family and Morale, Welfare, and Recreation Tax Relief Office now offers a new service for U.S. Army Garrison Bamberg customers. With the implementation of the Utility Avoidance Program customers can 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 will have to register through the USAG Schweinfurt UTAP. For more information, call the Bamberg tax relief

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

Lutheran Worship Service

The U.S. Army Garrison Bamberg Community Chapel now sponsors a liturgical church service every first and third Sunday at 9 a.m. in the Bamberg Chapel Family Life Center. All Lutherans or other liturgically-minded people are welcome to attend. For more information about the service, call 0951-300-8141 or e-mail david.jacob@eur.army.mil.

Passport Office

The Bamberg Passport Office has upgraded its website. You can now access all the informational handouts from the convenience of your home or office. Go to <http://www.bamberg.army.mil/directorates/dhr/passport.asp> and select the appropriate link. For assistance in filling out the Passport Application, download the Application Wizards User's guide.

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 childcare is provided. For more information, call 0951-300-1570.

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 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.

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. For more information, call 0951-300-7777.

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 through Friday, and closed on German and American holidays. For more information, call 0951-300-7460 or 0951-300-9312. The fax number is 0951-300-8665. Office personnel can assist with importing items, selling items to non-ID card holders, help visiting family members get permission to drive USAREUR-



**U.S. Army Garrison
Bamberg's
Wild, Wild West
Kid Fest**
Games, Prizes, Food & Fun!
Sept. 18
11 a.m. - 2 p.m.
School Age Center
Building 7669

U.S. Army Child, Youth & School Services **0951-300-8698** 

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.

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. For more information, call 0951-300-8925.

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. For more information, call 0951-300-7777.

Sexual Assault

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

Bowling Lanes

The Birchview Lanes Bowling Center is located in Building 7690. For more information, visit the FMWR website <http://www.bamberg.army.mil/directorates/dfmwr/bc.asp> for latest updates and upcoming FMWR events or call 0951-300-7722.

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 and on all American and training holidays. Over-the-counter products and prescriptions may be purchased during regular business hours. For more information about the clinic or to schedule an appointment, call 0951-300-7972.

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 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.

Airport Shuttle

The Frankfurt Shuttle Bus departs from the Bamberg Army Community Service building Monday-Friday at 6:35 a.m. and arrives at the airport at 9:45 a.m. The first return shuttle departs from the airport at 11 a.m. and arrives in Bamberg at 3:15 p.m. The second shuttle departs from the airport at 2:50 p.m. and arrives in Bamberg at 6:30 p.m. The drop-off point is at the ACS building. The shuttle is not available on American and training holidays.

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. The goal is to communicate to all Eagle Scouts the opportunities available for service, support and programs throughout Europe. The Transatlantic Council will also be holding a reception for all Eagle Scouts, their parents and spouses during this 100th Anniversary year. To receive information about the Transatlantic Council and opportunities for youth and adult Eagle Scouts contact the headquarters at Camp Darby at 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 or call the Camp Darby staff at 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 0951-300-8969 or the mTBI front office at 0951-300-7984.

Youth and Teens

Summer Soccer

Join summer soccer with Child, Youth and School Services. The Edge Program Youth can improve their soccer skills through a variety of activities during this free soccer camp held every Wednesday from 5:30-7 p.m. Aug. 4-25 at the 173rd sports field. The training covers sport specific drills, rules and regulations, and matches and is open to all CYS Services registered youth ages 11-15. Youth must wear appropriate soccer clothing; shoes and shin guards are mandatory. Enroll now at CYS Services Parent Central Services in



ARMED FORCES ENTERTAINMENT PRESENTS
D.L. HUGHLEY
COMEDY'S REAL D.L.
D.L. Hughley's extraordinary résumé includes his own ABC sitcom, hosting HBO's Kings of Comedy and numerous big-screen acting roles. Comedy's hardest working funnyman, D.L. is the real deal. For information, check out featured performers at www.armedforcesentertainment.com/dl/hughley.htm.

Aug. 8 at USAG Hohenfels
Doors open at 5:30 p.m. at the Festplatz
For More Information, call
0947-283-2060

COMING TO A THEATER NEAR YOU.
For more information visit www.armedforcesentertainment.com

Building 7340. For more information, call 0951-300-8660 or e-mail tony.puskorius@eur.army.mil.

Teen Stress

Each summer, the National Military Family Association's Operation Purple program provides a free week of camp for thousands of military youth who have a parent serving in the Uniformed Services. The National Military Family Association created a kit to give the people in military teens' lives a way to help them manage stress and affirm the positive aspects of military life. The messages in the tool kit summarize what the military teens said over the past few years at the camp. To obtain a copy of the tool kit and learn more, visit <https://www.myarmyonesource.com/News/2010/07/OperationPurple>.

Volleyball Camp

There will be a Department of Defense Dependents Schools - Europe and Amateur Athletic Union sanctioned volleyball camp at Vilseck's Rose Barracks in August. Elementary and middle school camp is scheduled for Aug. 18 -20. The cost for elementary / middle school students is \$75. The high school camp is scheduled for Aug. 21-24. The cost for high school students is \$150. All campers are required to have a valid physical to participate. For more information about the camp, call 0966-283-2864 or e-mail brian.swenty@eu.dodea.edu.

Youth Golf

Child, Youth and School Services will have a golf prep clinic for children and teens on Aug. 9-13 at Whispering Pines. Times for 3-5-year olds is 9-10 a.m. at a cost of \$20 and 6-15-year olds is 10:30 a.m. to noon costing \$30. For details, e-mail Archie.Johnson1@eur.army.mil.

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. Travel around Europe for swim meets to places like Italy, Spain, Belgium, England and many more. For more information about the Aqua Barons, e-mail bambergaquabarons@yahoo.com.



Volunteer and Learn a Career

Visit your local Red Cross office to pick up an Application for the

Dental Assistant Apprenticeship Program

Applications should be submitted by Aug. 27

Bamberg Red Cross 0951-300-1760
Bamberg Dental Clinic 0951-300-1720

Volunteers Needed

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

Sports, Health and Fitness

Mountain Bike Series

Bamberg will host the Installation Management Command Europe Mountain Bike Series Aug. 7. For more information call Outdoor Recreation at 0951-300-9376.

Hunting Course

There is a hunting course planned to start Sept. 16. There will be an information class Sept. 13 at 6 p.m. at the Golf Course Conference Room to measure the community's interest in participation in the course. The course is 60 hours long and will be finished the first week of November. Classes will be Monday and Thursday evenings and on Saturday. The hunting course costs \$150 and attendees will have to spend between €400 and €600 during the course for range activities that are required. For more information, e-mail Bambergfishing@eur.army.mil or call 0951-300-9376.

Closures / Changes

Travel Office

The Commercial Travel Office contract has been re-awarded to CWT/SATO as of Aug. 1. Community members will see SATO again when arranging their flights.

School Bus

The School Bus Office will be closed until Aug. 6. For more information, call 0951-300-8543.

Vehicle Registration

The Vehicle Registration Office will be closed for lunch between 11:45 a.m. - 12:30 p.m. Aug. 9 - 27 due to a personnel shortage.

Dagger's Inn Closed

Dagger's Inn dining facility is temporarily closed for pre-deployment training. For more information, call 0951-300-8448.

Tax Center

The Bamberg Tax Center has extended its hours of operation. The center will be open through Sept. 30 on an appointment basis only. The center is open Monday through Friday from 8 - 11:30 a.m. and 1 - 3:30 p.m. For more information or to schedule an appointment, call 0951-300-8252.

Service Office

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

Continuing Education

UMUC Registration

The University of Maryland University College Europe announces its registration for Fall session 1. Registration for on-site courses is available through Aug. 22, with classes beginning on Aug. 23. Registration for Europe online courses continues from now through Aug. 29, with classes starting on Aug. 30. For more information, call a UMUC Europe field representative at 0951-300-7466 or visit www.ed.umuc.edu.

Cyber Security

This fall the University of Maryland University College Europe announces a new Bachelor of Science degree in cyber security. The program is designed with direct input from a team of industry leaders to provide the practical and theoretical training needed to fill the tens of thousands of new positions projected to open in cyber security in both the public and private sectors. For more information, visit www.ed.umuc.edu/cybersecurity.

University Birthday

University of Maryland University College Europe we will be celebrating 60 years of UMUC overseas Aug. 6 with parties throughout Europe and the Middle East. These events are free and open to the public. The public is invited to attend the festivities, which will include giveaways and a Europe-wide cake-cutting ceremony at noon. Bamberg's UMUC section will be hosting a party from 11:30 a.m. - 1:30 p.m.

School Registration

Central Texas College Europe Term I registration begins July 26 and continues through the first day of class. Term I starts Aug. 16 and ends Oct. 8. Courses being offered this term include: Automotive Engine Theory on Monday and Wednesday from 6 to 9 p.m.; Families, School and Community on Tuesdays and Thursdays from 6:15 to 8:15 p.m.; Child Abuse, Prevention & Investigation on Tuesdays and Thursdays from 6 to 10 p.m.; Emergency Care Attendant (First Responder) on Tuesdays and Thursdays from 6 to 9 p.m.; and Introduction to the Hospitality Industry on Tuesdays and Thursdays from 6 to 9 p.m.. Feel free to register early. For more information, contact the Bamberg Field Representative at 0951-300-7467 or stop by the Education Center, 3rd floor, Room 311.

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 0951-300-1740.

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 Veterans Affairs benefits, scholarships, military Tuition Assistance 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.

University of Phoenix

The University of Phoenix is open Monday through Thursday from 7:30 a.m. - noon. UOP 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 0951-208-5350.

Entertainment and Leisure

Free Admission

The American Association of Museums, in conjunction with the National Endowment for the Arts is offering free admission to various museums across the United States this summer to active duty military personnel and their immediate families. Not all museums are participating, <http://www.nea.gov/national/bluestarmuseums/index.ph> will provide you with the museums participating. Blue Star Museums is a partnership among Blue Star Families, the National Endowment for the Arts, and more than 700 museums in all 50 states to offer free admission to active duty military personnel and their families through Sept. 6.

Outreach KONTAKT Club Events

The Outreach KONTAKT Club is an Army in Europe program designed to promote German and American friendship. The Outreach KONTAKT bowling team meets Fridays at 7 p.m. at Birchview Lanes. On Thursdays the music group meets at 8 p.m. at the KONTAKT clubhouse on the airfield. For more information, contact the German president Klaus Kirchhof at 0951-24378 or at b.k.kirchhof@web.de or contact the American project officer Capt. Carlos Rivera at 0951-300-1610 or at Carlos.rivera2@eur.army.mil.

SUMMER CRAFT

Join the Community Activity Center every Thursday during the months of June, July and August for a different craft

When:	Aug. 12	Aug. 19
	Aug. 26	

Time: 2-4 p.m.

Advance sign-up is required the Thursday before the craft as supplies are limited. (Sign up for June 10 not required). A sample of the next week's craft will be available

Bamberg Movie Schedule

AAFES Reeltime Theater is CLOSED Tue. and Wed.

Thur.	Aug. 5	Letters to Juliet (PG)	7 p.m.
Fri.	Aug. 6	Prince of Persia: The Sands of Time (PG-13)	7 p.m.
Sat.	Aug. 7	Ramona and Beezus (G)(1st Run)	3 p.m.
		Salt (PG-13)(1st Run)	7 p.m.
Sun.	Aug. 8	Ramona and Beezus (G)(1st Run)	3 p.m.
		Marmaduke (PG)	7 p.m.
Mon.	Aug. 9	Salt (PG-13)(1st Run)	7 p.m.
Thur.	Aug. 12	Prince of Persia: The Sands of Time (PG-13)	7 p.m.
Fri.	Aug. 13	Spice (R)	7 p.m.
Sat.	Aug. 14	Cats and Dogs: The Revenge of Kitty Galore (PG)(1st Run)	3 p.m.
		Killers (PG-13)	7 p.m.
Sun.	Aug. 15	Cats and Dogs: The Revenge of Kitty Galore (PG)(1st Run)	3 p.m.
		Spice (R)	7 p.m.
Mon.	Aug. 16	Killers (PG-13)	7 p.m.
Thur.	Aug. 19	Jonah Hex (PG-13)	7 p.m.
Fri.	Aug. 20	The Other Guys (PG-13)(1st Run)	7 p.m.
Sat.	Aug. 21	The Karate Kid (PG)	3 p.m.
		Jonah Hex (PG-13)	7 p.m.
Sun.	Aug. 22	The Karate Kid (PG)	3 p.m.
		The Other Guys (PG-13)(1st Run)	7 p.m.
Mon.	Aug. 23	The Other Guys (PG-13)(1st Run)	7 p.m.
Thur.	Aug. 26	The A-Team (PG-13)	7 p.m.
Fri.	Aug. 27	The Expendables (R)	7 p.m.

(PREVENTION continued from page 2)

as their subject matter experts in making decisions,” Vartanian said. “I know quite a few of my teachers at Walter Reed who are now colonels and working as consultants.”

Noncommissioned officers are crucial in the process of acclimating Soldiers, Vartanian said. The NCOs need to get to know their Soldiers and their background.

Though the numbers have risen, Vartanian is confident that the Army is addressing this growing concern with the best possible programs and resources.

“I think what we have is good, we just need to take the time to implement it,” he said. “I see more people coming in on a voluntary basis, just walking in to make appointments. There are definitely more than there were six years ago, but the numbers are not proportional to the people who need help.”

As the Army further explores the issues of suicide and depression and promotes well-being and its Comprehensive Soldier Fitness program, the numbers of suicides reported remain a strong reminder of the problem. By drawing on personal experiences and anecdotes, videos like “Shoulder to Shoulder” and other media offer an emotionally-driven and down-to-earth look at the experiences of service members worldwide.

A similar video, “[Shoulder to Shoulder: DA civilian training.](#)” ensures that Soldiers are not the only ones who receive support and resources from their community. In the video, Army Suicide Prevention Program Manager Walter Morales emphasizes the importance of community.

“We have a caring culture in the Army,” Morales said. “We care for everyone, regardless of who you are— Soldiers, family members, retirees, veterans and so forth. What we want to do with the Army is to make sure that we can continue to be more proactive, that when we see something wrong, we intervene, we act, we motivate Soldiers, family members and DA civilians to do the right thing.”

For more information on suicide prevention, visit <http://www.armyg1.army.mil/hr/suicide/default.asp> or <http://www.behavioralhealth.army.mil/>.

To report thoughts of suicide or assist a fellow Soldier or community member in need of counseling, visit Bamberg Behavioral Health Services, Building 7253, or call the main desk at 0951-300-7793. The Army’s Suicide Prevention Lifeline is 1-800-273-TALK (8255).

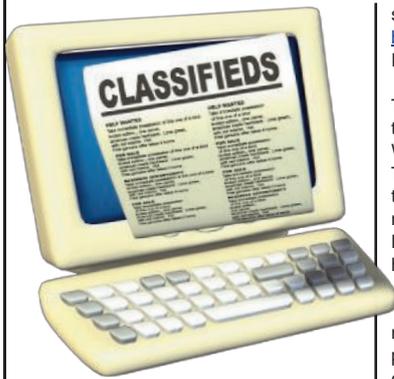
Recycling Tips

1. Bring organic waste and yard trimmings to the Recycling Center; be sure not to dispose of items in the wrong receptacles.
2. Get fruit and vegetables from a local grocer - avoid too much packaging.
3. Use a digital camera instead of traditional film.



Energy-saving Tips

1. Plan to have your (separate) freezer empty during the growing season when you’re eating fresh foods from the market. You can then shut it off during the warmest months when it works the hardest and uses the most energy.
2. Make lists when you go shopping- especially if the supermarket is far away- it’s a pain in the neck to get back home and discover you forgot something.
3. Take advantage of daylight by using light-colored, loose-weave curtains on your windows to allow daylight to penetrate the room while preserving privacy.



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

Thank you.

EMPLOYMENT

U.S. Army Garrison Bamberg Community Chapel has a non-personal service contract opportunity for a Protestant Musician. We anticipate a performance period of Sept. 15 through Sept. 14, 2011. Interested parties should contact the Bamberg Regional Contracting Office for a copy of the solicitation packet #W912PG-10-T-0109 which will be used for submission. Please submit your application no later than midnight on Aug. 9. For additional information, contact Bamberg RCO commercial at 0951-300-9408 or visit <http://www.usacce.army.mil/frc/default.htm>. For more information, call Kyeoyong Thornton at the Chapel at 0951-300-8879. (7/14/10)

U.S. Army Garrison Bamberg Community Chapel has a non-personal service contract opportunity for a Catholic Religious Education coordinator. We anticipate a performance period of Sept. 10 through Sept. 9, 2011. Interested parties should contact the Bamberg Regional Contracting Office for a copy of the solicitation packet# W912PG-10-T-0103 which will be used for submission. For additional information, contact Bamberg RCO commercial at 0951-300-9408 or visit <http://www.usacce.army.mil/frc/default.htm>. Please submit your application no later than 6 p.m. Aug. 18. (7/21/10)

Central Texas College is looking for qualified criminal justice instructors. Applicants should have a two-year degree from a regionally accredited school with a minimum five years of work experience in the field or a four-year degree from a regionally accredited school with three years of work related experience. If interested, contact the Bamberg repre-

sentative at 0951-300-7467, e-mail bamberg@europe.ctcd.edu or stop by the Education Center. (7/19/10)

There is an immediate opening for a full-time Wellness Counselor at the Bamberg Women, Infants, and Children Office. This position requires a Registered Dietitian or a Bachelor of Science degree in nutrition, dietetics, nursing, or Registered Nurse with Associate of Arts 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 a current driver's license. Travel may be required. Send resumes to Jenny.Dietrich@eur.army.mil or 09721-96-8986/6791. (7/19/10)

AUTOMOBILES

For Sale: 2007 Yamaha YZF-R6, less than 500 miles. No scratches, no dings, US specs, Yamaha standard blue. Asking \$6,800 OBO contact by e-mail at jonathan.f.roberts@us.army.mil. (8/2/10)

For Sale: 2009 BMW 328i Coupe. Less than 6,000 miles. Sunroof, sports package, black leatherette. Excellent Condition. Asking \$29,500. If interested, call 0173-582-2181. (7/27/10)

For Sale: 2010 Mercedes GLK; 4x4; Upgraded exterior color: sand beige metallic; Upgraded interior color: almond, full leather w/ woodgrain trim; Automatic-7-speed Steptronic; only 2,900 miles and is in excellent condition. Asking \$34,000 Call 0160-341-8028 (7/27/10)

For Sale: 2006 Harley Davidson FXDWG, chopper blue, passed inspection on bike and pipes, mustang seat including passenger and sissy bar, maltese cross accessories, braided cables, brand new wide tire kit and front tire still in box. Very well taken care of. Asking \$15,000 obo. Interested parties can e-mail amandabuckout@yahoo.com. (7/14/10)

For Sale: Mazda 2003 MPV for sale: Asking Price: €7,500, available July 24 (negotiable) model – Imported from U.S. Seats 7 persons; CD player; 48,000 miles/78,000 km Air Conditioning; front airbags; 5-speed automatic transmission; Power windows; Cruise Control; Fuel consumption 12 l/100 km (20MPG), rear power sliding doors, remote entry lock TUV - Euro 4 valid through Feb. 2012; 4 winter tires on rim ABS; 3 Liter 6-cylinder; 2nd owner; Benzine (gasoline). For more information, call 0173-977-5383 or e-mail

dennis.cody@gmail.com. (7/6/10)
2000 Ford Windstar. Automatic Transmission, power locks/doors, dark blue, seats 7, passed inspection. Asking \$2,000. E-mail willitina4@aol.com or call 0171-487-8756. (6/10/10)

FOR SALE

For Sale: Located in Bamberg, Pier 1 dining room table with 6 chairs. Excellent condition. Two years old. New cost was \$1,300, asking \$600 or best offer. Self pick up. Call Randy at 0160-7815496 or e-mail riesr@t-online.de.

Multi-Family Block Yard Sale: Come check out this huge multi-family yard sale Aug. 7 from 8 a.m.-1 p.m. Tons of great finds. Lots of baby items, maternity clothes, kids toys, children's bikes, miscellaneous household items, school uniforms, furniture, video games, DVD's and much more. Located on Lindenanger right near Gate 5. (8/2/10)

For Sale: German single bed, wood head and foot board; matching night stand; large shrank with sliding doors and a 2-door shrank for TV on top and shelves inside. All 4 pieces sold together \$300. Single pieces can be sold separately. Pictures available via e-mail. Contact by phone Monday-Friday 5:30-7 p.m., or 9 a.m.-7 p.m. on weekends at 0919-592-9891, or e-mail corlaurai@t-online.de. (7/14/10)

For Sale: Small blue couch \$30, 19 inch TV and DVD Player \$20 can be sold separately. Located on post. For pictures or more information e-mail taylee62@msn.com or call 0178-342-8323. (7/6/10)

For Sale: IKEA Day Bed (White) - Fits Twin Mattress. \$65 e-mail at Allison.S.Rhodes@gmail.com. (7/6/10)

For Sale: PS3 Games "Call to Juarez" and "Need for Speed" shift. Asking \$50 for both and \$30 sold separately. For more information, 0173-582-2181 (7/1/2010)

MISCELLANEOUS

Looking for a dog walker/sitter for my golden retriever for upcoming weekend trips. If interested, e-mail mindy.s.campbell@gmail.com. (7/14/10)

A Soldier left a Class A uniform coat on the bus during the Soldier Reception program on May 20. To claim the coat,

Join the Bamberg ULTIMATE FRISBEE Team!

Ultimate Frisbee is a fast sport requiring teamwork and tactics.

All ages and skill levels are welcome on our team. It doesn't matter if you have never thrown a frisbee before or are an experienced player. We are a coed mixed team of younger players and adults.

During the summer, we participate in a number of tournaments around Germany.

The spirit of the game is most important to us. We invite you to check out our training and have fun!

Contact: Dan Rossell (daniel.rossell@eur.army.mil) at 0951-300-7399 or 0152-0270-4554

Training: Mondays and Wednesdays 6:30 p.m. Footballfield „FC Wacker“, Margaretendamm 7



call the Bamberg Public Affairs Office at 0951-300-1600.

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 or call 09502-8037). Join us on Sundays at the 11 a.m. for the Protestant service (post chapel).

Now forming Mexican Ballet Folklorico. No experience is necessary. Adults only, must be willing to purchase own costume. For more information, call 0951-301-795-44. (5/14/10)

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. 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 0951-300-1600 or e-mail bambergpao@eur.army.mil.

Report Suspicious Activity or Behavior



See Something Say Something

After Hours Emergency Care

For emergency medical care outside of the Bamberg Health Clinic's business hours, dial 114 on a German phone line or call the Bamberg Military Police at 0951-300-8700.

For emergency dental care outside of the dental facility's business hours, a dentist is on call and can be contacted by dialing 0951-300-7492.



Outside the Gate

Weekend events in and around Bamberg Aug. 7- Aug. 15

Saturday, Aug. 7

- 9 a.m. Mercedes SL Pagode old-timer meeting and trip, Auto-Scholz GmbH & Co KG, Kärntenstrasse 1, 96052 Bamberg
- 12 p.m. Saturday Concert (music by Felix Mendelssohn Bartholdy and Louis Vierne), Kaiserdom (cathedral), Domplatz 5, Bamberg, visit www.bamberger-dommusik.de
- 2:30 p.m. Ringparkfest, live music, entertainment for the entire family, food and drink, fest is at the corner of Friedrich-Ebert-Ring/Valentin-Becker-Strasse, Würzburg (until August 8)
- 4:30 p.m. Kirchweih in Friesen, fest, downtown Friesen, Friesener Hauptstrasse, 96114 Hirschaid (until August 8)
- 6 p.m. Summer at the castle in Wernsdorf, medieval music from Southern Europe, Schloss Wernsdorf, Zur Schleifmühle 4, 96129 Wernsdorf, call 0951-54900, e-mail info@capella-antiqua.de, or visit www.capella-antiqua.de
- 8 p.m. Beach- Party at the Dorfgarten, Bamberger Weg, 96155 Buttenheim
- 8 p.m. Farewell party, several musicians are saying "good-bye" to the Blues Bar. Note: You only get in if you are wearing something green; Obere Sandstrasse 18, Bamberg, call 0951-53304, e-mail info@blues-bar.de or visit www.blues-bar.de
- 10 p.m. Dynamite Dirt Brothers, Mashup, Electro & Partybreaks, Morph Club, Luitpoldstrasse 17, 96052 Bamberg, e-mail info@morphclub.org

Sunday, Aug. 8

- 10:30 a.m. 4th Dörfleins Kirchweihrun, 2-, 5- and 9K run, fee including T-shirt: €5 adults, €6 families, €3 children, parking lot at the SV Dörfleins (Festplatz), Flurstrasse 20, 96103 Hallstadt
- 1 p.m. Discovering Nuremberg, English tour through the older part of the city of Nuremberg, giving you insight on former life; visit the castle, churches and more; tour takes about 2.5 hours, meeting point: Tourist Office at the Main Market Square (Hauptmarkt), €9 per person, plus price of admission to castle €2, children under 14 free in the company of their parents; visit www.tours-nuernberg.de/ for more dates and times
- 6 p.m. Coburger Vogelschiessen (Coburg Hunters' festival); parade on Sunday evening in historic part of downtown Coburg; the fest takes place at the Ketschenanger in Coburg, call 0956-51365

Friday, Aug. 13

- 4 p.m. Blues and Jazz festival; Maxplatz and Grüner Markt, Maximiliansplatz, 96047 Bamberg, free admission visit www.blues-jazz-festival.mybamberg.de (until August 15)
- 6 p.m. Hausfest Hofbräu - Restaurant & Bar, live music, Hofbräu Restaurant & Bar, Karolinenstrasse 7, 96049 Bamberg, call 0951 - 53321, visit www.hofbraeu-bamberg.de (until August 15)
- 7 p.m. Daniel T. Coates Duo, Cafe Espresso, garden, Austrasse 33, 96047 Bamberg

- 8 p.m. Jaimi Faulkner, Blues, Country and Folk, Live-Club, Obere Sandstrasse 7, 96049 Bamberg, call 0951-53304, e-mail info@live-club.de or visit www.live-club.de
- 10 p.m. Rex Report featuring Cevapcici Allin & Rexdanny, Teenage kicks, Morph Club, Luitpoldstrasse 17, 96052 Bamberg, e-mail info@morphclub.org

Saturday, Aug. 14

- 12 p.m. Organ concert at the Bamberg cathedral (music by Johann Sebastian Bach, Max Reger and Thierry Escaich), Kaiserdom Bamberg, Domplatz 5, 96049 Bamberg, visit www.bamberger-dommusik.de
- 2 p.m. Open Door at the voluntary fire fighters in Tütschengereuth, fest, Feuerwehr, Tütschengereuther Hauptstrasse, 96120 Bischberg/Tütschengereuth
- 7:30 p.m. Franconian wine evening, Krönersberg (Wiese), 96120 Trosdorf
- 9 p.m. Surfin Safari (Rockabilly/Rock'n'Roll), Sound'n Arts Club, Sandstrasse 20, 96049 Bamberg, visit www.sound-n-arts.com
- 10 p.m. Blockrocking Beats, Electro, Fidget, Techno, Breaks, Morph Club, Luitpoldstrasse 17, 96052 Bamberg, e-mail info@morphclub.org

Sunday, Aug. 15

- 2 p.m. Almfest, Bavarian style fest, Krönersberg (Wiese), 96120 Trosdorf
- 2 p.m. Summer fest in Unterhaid, 96173 Oberhaid/Unterhaid
- 2:30 p.m. Almfest in Schesslitz, Hindenburgalm, Windischlettener Strasse, 96110 Schesslitz
- 8 p.m. Daniel T. Coates, Live-Club, Obere Sandstrasse 7, 96049 Bamberg, call 0951-53304, e-mail info@live-club.de or visit www.live-club.de

For more Kirchweih festivals, visit www.kirchweihkalender-bamberg.de/plaza/kerwa.neo

Special exhibits and festivals:

Aug. 6-8: The Nuremberg Medieval Festival is an annual event. Located around the Nuremberg castle, festivities begin on Aug. 6 at 2 p.m. and begin subsequent days at 11 a.m. Tickets cost €7 for adults and €3 for children 12 years old and younger. Children under three years of age are free. For more information, visit <http://www.tucher-spectaculum.de/>.

From July 3: Gigasaurier- Die Riesen Argentiens (Gigasaur - giants of Argentina), special exhibit in Frankfurt, it spans from 230 million years until about 65 million b.c., it shows some of the largest dinosaurs that ever roamed the earth and more, <http://gigasaurier.senckenberg.de>, at the Mainzer Landstrasse corner of Güterplatz, close to the Messeturm, call 0692-713-6760, tickets between €6 for children and €12 for adults

From July 7: Planet Eisenbahn (Planet Rail); special exhibit featuring 175 years of train history in Germany; from the first train trip (Nürnberg - Fürth) on the "Adler" to today's high speed ICE trains; from Aug. 6 until Oct. 31, the first European locomotives are on exhibit; on Aug. 21 you can take a ride at the DB Regio Werk Nürnberg-Gostenhof (fee €10 adults, €5 children 6-17); DB Museum Nürnberg, Lessingstrasse 6, 90443 Nuremberg, e-mail: info@db-museum.de, call 0180-444-2233 or visit www.planet-eisenbahn.de (until February 1, 2011)

Trips and Travel Opportunities

Take a trip with Bamberg Outdoor Recreation in August

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 0951-300-9376/7955. 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/directorates/dfmwr/odr.asp>.



Aug. 7 Mountain Bike Race \$25
The 2010 U.S. Forces Europe Championship Mountain Bike Series has arrived in Bamberg. Think you have what it takes to ride with the big dogs? With many categories and great prizes, this will be an awesome race. Come ride or just watch. Need a bike? ODR has you covered. For more information, call ODR.

Aug. 14 Rothenberg o.d.T. \$60
Celebrated for its well-preserved medieval buildings, walls and unspoiled setting, Rothenburg ob der Tauber is just waiting to be explored. The famous market square, Medieval Crime Museum, a walk along the city walls, and Imperial City Museum are all at your fingertips. The trip includes transportation and a city tour. The bus departs the Chapel Parking Lot at 8 a.m. and returns at 7 p.m.

Aug. 12 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. Please wear appropriate clothing and bring a flashlight. The bus departs ODR at 5 p.m. and returns at 7:30 p.m.

Aug. 21 Prague City Tour \$60
Containing one of the world's most pristine and varied collections of architecture, Prague is a vibrant city. Indulge in a Czech beer, while exploring Charles Bridge, Prague Castle, Wenceslas, Lesser Quarter and the Old Town Squares (just to name a few). Trip includes transportation and a city tour. Children ages 4-12 are \$40; children 3 and under are \$20. The bus departs the Chapel Parking Lot at 5 a.m. and returns at 11 p.m.

(OUTREACH continued from page 1)

ducted more than 500 covenant signing ceremonies, pledging to find ways to enhance the quality of life for Soldiers and Families.

These ceremonies publicly recognize and celebrate the communities' commitments, but they are not an end in themselves. They are an important step in taking action to link support to specific Soldier and Family needs. The crucial first step is building relationships.

Effective community outreach is broader than a covenant. It begins with building strong, real relationships. Americans are inspired to offer their support when they learn more about military life and gain a deeper understanding of the personal challenges that Soldiers and Families experience. It is crucial that Army leaders make every effort to get to know local leaders, to attend town halls, Chamber of Commerce meetings and other events and to invite local leaders and community members to attend events on post. Army leaders must be prepared to answer when local leaders ask, how can we help? Americans are generous and compassionate—if you let them know how they can help, they will.

I know from firsthand experience what the power of community support can do for Soldiers and their Families. One recent example is when I was the III Corps and Fort Hood commander and worked to establish a Resiliency Campus, which gathers in one area a number of programs to sup-

port Soldiers' and Families' mental, spiritual and physical well-being. As senior commander, I was able to dedicate the space on post and ensure that infrastructure improvements were made, but it was the embrace of the community outside the gate, their contributions of materials, services and expertise, that made the campus a reality.

We have several valuable resources to help Soldiers and Families locate and access programs and services available to them. Army One Source, at www.myarmyonesource.com, is a single portal for information on a wide range of services, including housing, healthcare, employment, education, childcare and Family services. AOS includes information on how to contact the nearest Army community support coordinator. Community support coordinators work to make connections between local resources and Soldiers and Families, especially for those who live far from an installation.

The Army Community Covenant website, at www.army.mil/community, has information on more than 600 national, state and local programs that offer education, employment, family, financial, survivor, wounded warrior and other kinds of support. The website regularly adds information on new programs as we continue to build relationships with local, state and national organizations. The site also has ideas and resources for Army leaders to reach out to the communities around them, and for community members and organizations who want to offer

support.

All of these resources—the Army Community Covenant resources, the community support coordinators, the advice and ideas of fellow leaders posted on www.garrisoncommand.com, and the expertise of professionals on installations—help Army leaders build and strengthen relationships with communities and find innovative ways to take care of Soldiers and Families.

We have become more effective at our community outreach efforts in recent years, but our efforts meet with such success because our communities are eager to meet us halfway. They readily and generously express their gratitude and support for our Soldiers and Families. Our challenge is to meet them all the way, to clearly communicate our needs and facilitate their support for us. The support and contributions from our communities will enable us to keep our promise to provide Soldiers and Families a quality of life commensurate with their service.

Support and Defend
Defender 6



(VACCINES continued from page 3)

selves and others from the flu:

Take the time to get vaccinated. The CDC recommends people receive a yearly flu vaccine as the most important step in protecting against flu viruses.

Take everyday personal preventive actions to stop the spread of germs. Remember the lessons learned from childhood. Cover your nose and mouth with a tissue when you cough or sneeze and then throw the tissue in the trash after you use it. Wash your hands, wash your hands and wash your hands. Do this often with soap and water. It is important to avoid touching your eyes, nose and mouth as germs are spread this way. Try and stay away from close contact with sick people and if you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone - without the use of fever-reducing medications - except to get medical care or for other necessities.

Take antiviral medicines as prescribed by your doctor. If you are affected by the flu virus, antiviral medication can treat your illness by making the symptoms milder and shortening the time you are sick. These medicines are different than antibiotics and may work to prevent serious flu complications. It is very important that antiviral medicines be started within the first two days of symptoms.

By getting the appropriate vaccines and following the preventive steps listed above, you increase your chances of staying healthy. Protect yourself and your family – get immunized.

Information for this article was taken from the Centers for Disease Control and Prevention. Visit their website at www.cdc.gov.

Community Activity Center Cool Beans Cafe

Milkshakes, Flavored Coffees, Smoothies, Breakfast Burritos and other snack foods. Pancake Breakfast served on Fridays from 8 – 10 a.m.



Monday–Thursday: 8 a.m. – 8 p.m.
Friday: 8 a.m. – 10 p.m.
Saturday–Sunday: 11 a.m. – 6 p.m.
Training Holidays: 10 a.m. – 6 p.m.

- * LOCATED NEXT TO GATE 3
- * MONTHLY COMMUNITY EVENTS FOR SOLDIERS AND FAMILIES
- * PHOTOGRAPHY STUDIO: FAMILY PORTRAITS, MATERNITY, SPORTS PHOTOS, INDOOR AND OUTDOOR PHOTOS
- * POOL AND AIR HOCKEY TABLES, WII GAMING SYSTEMS, FREE
- * KINDER ROOM (PARENTS MUST SUPERVISE THEIR OWN CHILDREN)
- * WARRIOR ZONE (FOR SOLDIERS ONLY): PS3, WII AND XBOX GAMING SYSTEMS WITH GAMING CHAIRS. BIG SCREEN TV WITH SURROUND SOUND AND THEATER SEATING, POOL TABLE, COMPUTERS AND WIFI



Visit us on Facebook. Look for Bamberg Community Activity Center

(CARE continued from page 1)

“More categories provide more fee equity among Families. Child care during duty hours is work related, so fees are based on the family’s ability to pay a fair share of their workforce child care expenses. The Army’s intent is to not make any profit from the fees, but to fund the difference in what the family pays and the actual cost of care.”

Under existing policy, Families earning \$70,001 pay the same fees as those making more than \$100,000. The three additional categories will raise fees incrementally to cover Families earning \$125,001 or more annually.

Those earning \$85,000 and below will see smaller increases. Furthermore, some lower-income Families will pay reduced fees under the new policy. Families with more than one child receive child reductions, regardless of total family income.

A 15 percent discount for second and subsequent children will become an Army-wide standard, according to the press release.

Maj. Gen. Reuben Jones, commander of the FMWRC, said the Army will ensure outstanding Child and Youth Programs and a quality of life for Soldiers and Families that is commensurate with their service.

“It’s important, in keeping with the promises made in the Army Family Covenant, that we do everything we can to minimize the im-

pact... DoD fee changes will have on our Soldiers and their Families,” Jones said. “Army Families will continue to have access to some of the best Child and Youth Programs found anywhere in the world. These programs are an important part of our military communities and will continue to be a great value for our Soldiers and their Families”

Hinson reinforced the value military parents get from DoD child care.

“Our child care programs promote early learning. Most Army programs are nationally accredited, and most importantly, Soldiers can concentrate on their mission, knowing their children are safe and well cared for in a fully-accredited child care system,” she explained.

The National Association of Child Care Resource and Referral Agencies, the country’s leading voice for child care, issues a biennial report on the quality of nationwide child care, including the DoD. The 2007 study found that the DoD child care system “stands alone as a model for states.” In that report, military child care ranked first among the 50 states and the District of Columbia, and was the only entity to score in the top 10 for both standards and oversight criteria.

Since 2004, child care fees at most Army garrisons have remained static in an attempt to ease the burden of persistent con-

flict and multiple deployments. In an effort to minimize the financial impact of fee increases, the Army received approval from DoD to begin a phased-in implementation of this new Child Care Fee Policy. Individual installations will have plans to reach fixed dollar amounts for each fee category within the next three years.

A 2009 update confirmed that DoD child care continues to score more than 60 percent above the national average.

Commanders may authorize additional fee reductions for Families with temporary, documented financial hardships. Army Family Covenant fee reductions are in effect, while military parents are deployed.

In addition to Child Development Center fees, The Army’s 2010-2011 Fee Policy covers all Child, Youth and School Services programs, including: full day; part day; part time; school-age and hourly care; family child care homes; *Skies Unlimited* Instructional Programs and Youth Sports.

Families will receive information about their specific fee changes beginning mid-August, through personal contacts at their CYSS location. Additional information will be provided through social media, radio and television commercials and print materials. The Army will launch a website in late August to provide additional information on its School Year 2010-2011 Child Care Fee Policy.



From Aug. 1 through Sept. 30, authorized exchange shoppers can submit a photo of their pet along with a short description of their four-legged friend to PatriotFamily@aafes.com with “Patriot Family Pet” in the subject line for a chance to win a \$1,000 Army & Air Force Exchange Service shopping spree. Additional prizes include a \$500 shopping spree for first place and eight runners up will receive either an aquarium, pet bed, pet’s view eye cam, pet gate or a portable pet crate.



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

DECA Corner

The Commissary - It's Worth the Trip!

DID YOU KNOW!

You can make your own shopping list online with a selection of the items carried in the commissary near you and speak to a dietitian about your needs!



Shopping List

- Go To: <http://www.commissaries.com>
- Select Shopping List
- Select a Commissary near you from the drop down
- Select a Department and a Commodity
- Click on the product description and the list of available items will be shown, select the products wanted and add them to your list. Once this is done hit print.



IS THIS STUFF STILL GOOD?

- A “sell by” date tells the store how long to display the product for sale. You should buy this product before this date.
- A “best if used by” (or before) date is recommended for best flavor or quality. It is not a purchase or safety date.
- A “use—by” date is the last date recommended for use of the product while at peak quality. This date is determined by the manufacturer based on analysis of the product throughout its shelf life, tests or other information.

- Some products sold in European commissaries may be stamped with either a “best sell by” or “best used by” date and the phrase may not always be written in English. The phrases “haltbar bis” or “haltbarkeit” and “mindest haldbar bis” or “midesthaltbarkeit” convey the same messages.

Date examples:
 US Date: 08/11/2010
 EU Date: 11/08/2010

For special orders or questions see the managers on duty or call 0951-300-8819.

9th Grade Academy

Open to
Bamberg and
Schweinfurt
Students



Aug. 16-20

9 a.m. to 3 p.m.

FREE

Enter high school prepared. Come to the Academy!

Provides incoming 9th grade students with the foundational skills that they will need to make a successful transition from middle school to high school.



U.S. Army Child, Youth
& School Services

JFK Youth Center

0951-300-8345



For Bamberg, sign-up through JFK Youth Center, the Bamberg Parent Central Services, or online at <https://webtrac.mwr.army.mil/>. Log-in and password may be requested by calling Parent Central Services. After enrolling, request an information packet by e-mailing shay.mcneil@eur.army.mil. State whether you are from Bamberg or Schweinfurt. Transportation will be arranged if the minimum of five Schweinfurt students enrolled is met. **Enroll by Aug. 6!**