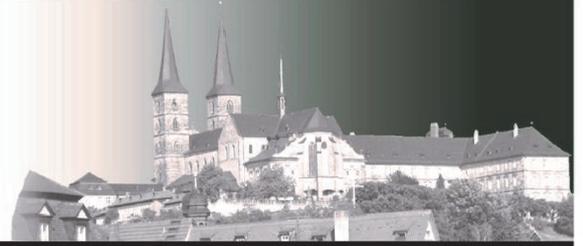




# WARNER WEEKLY

News & Information at Your Fingertips



VOL. 5, Issue 35

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Thur. Sept. 2, 2010

## Community organizations offer information, fun

By Mindy Campbell, USAG Bamberg Public Affairs

Community members will have the opportunity to learn a little more about Warner Barracks' services and organizations and have some fun during two events in September.

Both the Community Expo and Job Fair and the Soldier and Family Appreciation Day will be Sept. 10 in the parking lot across from Building 7000.

### Community Expo and Job Fair

Family and Morale, Welfare and Recreation's annual Community Expo and Job Fair, which will be from 11 a.m. – 2 p.m. in the fest tent, will offer newcomers a chance to learn about the different services and agencies on Warner Barracks. The event will feature a variety of businesses and organizations, including representatives from Army Community Service, the chaplains' office, the dental clinic and Child, Youth and School Services.

"The Expo is an opportunity for businesses and organizations on Warner Barracks to present their programs and offerings," said Terri Hofstetter, Family and MWR special events coordinator. "It is a one-stop shop for newcomers or for those residents who just want more information about the community and its resources."

In addition to the community information, the expo will also feature a job fair, said Mary Thompson, ACS employment readiness program manager. Job applicants will be able to talk, ask questions and drop off resumes with representatives from about a dozen on- and off-post employers. Companies attending the event include Army Air  
*(COMMUNITY continued on page 11)*



File Photo

Community members enjoy a variety of activities at the 2009 Soldier and Family Appreciation Day event.

## Youth Services orients newcomers, welcomes teens



Douglas DeMaio

Youth from Warner Barracks hang out on the upper bridge of Bamberg's old Town Hall Aug. 24. Bamberg's Youth Services offered a welcome week this year including a tour of the city's downtown.

By Douglas DeMaio,  
USAG Bamberg Public Affairs

Military children can experience a wide range of benefits when living overseas. Gaining cultural awareness, journeying to historic locations and becoming a worldlier individual are just a few examples of these unique experiences.

Although there are many benefits, some things, like moving locations, going to a new school and meeting new friends, can be challenging.

Bamberg's Youth Services is helping to ease those challenges by offering a monthly newcomers' orientation.

Anthony Johnson, 13, who recently moved with his parents to Bamberg, took part in the Youth Service's Newcomers' Welcome Week Aug. 23-27, and could instantly see the benefits of the program, he said.

The program "gives me the opportunity to

meet... new people," Anthony said.

Anthony, who moved from Heidelberg, will be attending Bamberg Middle High School this fall. Although he is familiar with living in Germany, he will be one of many students to begin the school year at a new, somewhat unfamiliar school, he said.

Thanks to the Newcomers' Welcome Week, which is similar to the People Encouraging People program offered at Army Community Service, Anthony won't be entering his first day of school without knowing a single person in his class.

The week-long orientation connects youth to one another and provides the attendees with tools to enjoy their experience in Bamberg.

During the week, attendees meet youth sponsors their age and learn about the community, to include the history of Bamberg.

*(YOUTH continued on page 12)*



### Preparing for kindergarten

Mindy Campbell

Children complete learning exercises on the second day of the School Age Services' Kindergarten Boot Camp Aug. 31. Children in the program spend the week becoming oriented with kindergarten-level activities and schoolwork.

## Students head back to school



Children gather around lemonade-filled coolers in Bamberg Elementary School's multi-purpose room Aug. 30. Following classes, parents and children were ushered into the new school year with an introduction to the staff and Lt. Col. Steven L. Morris, post commander. Attendees were offered snacks and information from organizations including the Parent Teacher Association and Girls Scouts. "It's casual but informative," said new teacher Amber Harrer, who has taught in the states and Heidelberg. She added that the forum was one of the best start of the school year events she had attended.

Ashley Bateman

## Putting energy front and center as Army community focus

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

In the past, energy has been a side conversation for the Army. It tended to be an area of concern for some experts and specialists, but for a lot of us, whether Soldiers and civilians in the workplace or family members in the community, we did not give it much thought. Maybe we paid attention to the Public Service Announcements reminding us to turn off lights, but that was about it.

However, with changing security concerns and increased demands on finite financial and natural resources, energy has become an issue we all have to pay attention to. We must proactively address today's energy challenges for the sake of ourselves, our mission and our nation as well as for future generations. So I intend to keep the issue front and center. I intend to keep the dialogue focused on what we in the installation management community must do, can do and are doing to increase the Army's energy efficiency and security.

The Army depends on a reliable, safe, cost-effective supply of en-



**IMCOM**  
SOLDIERS • FAMILIES • CIVILIANS

#### LOE 6 Core Message:

*The Installation Management Community is committed to enhancing Army capabilities and operations through energy and water efficiency and security.*

ergy to accomplish its mission, as well as provide a good quality of life for Soldiers, civilians and Families on installations worldwide. To the extent that the supply and distribution of energy lay outside the Army's control, the ability to accomplish our mission is open to risk.

In January 2009, the Army issued guidance for increasing energy security, the Army Energy Security Implementation Strategy. The Installation Management Campaign Plan, the strategic document directing our actions, includes a section focused on energy efficiency and security; this section, Line of Effort (LOE) 6, was developed in support of the Army energy guidance. The keys to success for LOE 6 focus on reducing energy and water consumption, increasing energy and water efficiency, modernizing infrastructure and developing renewable and alternative energy supplies.

Since version 1 of the campaign plan was released in March, we have continued to work on LOE 6, in particular refining the keys to success and developing meaningful metrics to measure our pro-

*(ENERGY continued on page 11)*



#### Lt. Col. Steven L. Morris

U.S. Army Garrison  
Bamberg, Commander

USAG Bamberg, Public Affairs Officer  
Renate Bohlen

Warner Weekly Staff

Ashley Bateman (editor), Mindy Campbell,  
Douglas DeMaio, Capt. Megan L. Jantos,  
Cornelia Meyer-Olin

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#### Contact Information:

Office Location: Bldg. 7089, Warner Barracks  
U.S. Army Address: Unit 27535, APO AE 09139  
Telephone: DSN:469-1600, Fax: DSN:469-8033

#### German Address:

Weissenburgstrasse 12, 96052 Bamberg  
Telephone: (+49) 0951-300-1600, Fax: (+49) 0951-300-8033

# Bamberg women meet, march to reaffirm equality



Ashley Bateman



Community members gathered outside the Freedom Fitness Facility Aug. 27 to commemorate the 90th anniversary of the ratification of the 19th amendment, earning women the right to vote, before embarking on a five kilometer walk around post.

"This march is a symbol of what those women did for women's suffrage," said Master Sgt. Matthew Waldron, Bamberg's Equal Opportunity advisor. "It's healthy, it's fun; it allows community members to talk and network and enjoy fellowship."

Deputy Garrison Commander Dwane Watsek read the Women's Equality Day proclamation signed by U.S. Army Europe Commander Gen. Carter F. Ham, which emphasized the great impact women have had on the U.S. Army.

Rickord Gibbons, director of Bamberg's Army Community Service, spoke of the continued struggle of women around the globe.

"Go out and use your vote this year," she said. "Don't squander it."

# Soldiers guide Afghan Uniformed Police on road to success

By Staff Sgt. Bruce Cobbeldick, Task Force Bayonet Public Affairs

WARDAK PROVINCE, Afghanistan -- Task Force King has been leading the way in helping Afghanistan form a strong and effective police force to control the interior of the nation. By training and mentoring the Afghan forces, U.S. Soldiers are working to make the entire country toxic to insurgents.

The artillerymen of Task Force King have been bolstering the strength of Afghan police officers within Logar and Wardak provinces for the last nine months. The 4th Battalion, 319th Airborne Field Artillery Regiment, 173rd Airborne Brigade Combat Team, continue their support by giving the Afghan Uniformed Police three up-armored Humvees to help Afghan forces engage with the local population more often.

As Lt. Col. David Sink, commander of 4-319th AFAR, and Brig. Gen. Haqyar signed the documents that would release the tactical vehicles to the Afghan Uniformed Police, one could tell the two men were far more than colleagues; they were friends with the same focused goals.

In the past, the Afghan National Army has been the only Afghan National Security Force that was offered the additional protection of the up-armored Humvee. The ANA have done extremely well in building their capacity and operational capability. As police trainers and mentors, the 173rd ABCT wanted to give the AUP the same protection offered the ANA.

According to Sink, this is just the beginning.

"In the future, as more vehicles are distributed, this will give them a greater level of protection and mobility than their current capability," Sink said. "Brig. Gen. Haqyar was assigned the position as the provincial police chief about five months ago. Since then, he has taken an active role in re-defining his AUP."

Upon being assigned the position, Haqyar immediately began conducting battlefield circulation in order to understand the problems, strengths and weaknesses of the district-level police.

"I see myself as Brig. Gen. Haqyar's mentor that assists him in his leadership and management of the 800-plus police officers in the province," Sink said.



Command Sgt. Maj. Dennis Woods, 4-319th AFAR, has witnessed the improvement of the relationship between Afghan and U.S. security forces.

"We have gone beyond training basic tasks," Woods said. "We have developed Afghan Uniformed Police trainers. They can now assist in training other police officers completely apart from coalition assistance. We first used a building-block method of instruction that required our NCO's to teach, coach, and mentor the AUP officers."

By penetrating local social circles, Woods said Soldiers have helped the AUP further take charge of their own development.

"By abandoning many western ideals and adopting Afghan ones, we were able to draw them in close with personal relationships," he said. "Initially, as a social lever, we identified ourselves with their strongest societal base, 'Islam'...The personal relationships garnered more Afghan support and afforded them more grace and forgiveness when mistakes occurred."

Initially, the U.S. Soldiers instructed based on a method of deposit and withdrawal, Woods said.

"Operating techniques were modelled closely to those already in use by the AUP. Building on the body of prior knowledge, AUP officers were coached through increasingly complex tasks," Woods

(SOLDIERS continued on page 12)

# U.S. Army Europe welcomes new command sergeant major

By Sgt. Joel Slagado,  
USAREUR Public Affairs Office

HEIDELBERG, Germany — Command Sgt. Maj. Thomas R. Capel became the 16th U.S. Army Europe command sergeant major during an assumption of responsibility ceremony on Campbell Barracks Aug. 25.

During the ceremony, Gen. Carter F. Ham, the commander of USAREUR, welcomed Capel and spoke about the sergeant major's role in the USAREUR community.

"The command sergeant major is my right-hand man and the one I turn to first when dealing with any issue affecting Soldiers and Families," Ham said.

In his remarks at the event, Capel spoke of his outlook for his time ahead in USAREUR and his devotion to its mission.

"We have the opportunity to work and train with our coalition partners before we meet them on the battlefield," Capel said. "Communication and partnerships are very important. As we continue to build our relationship with or coalition partners, we will continue to improve our mission in theater."

Capel comes to USAREUR following his

assignment as command sergeant major of the 82nd Airborne Division at Fort Bragg, N.C.

During two of his five combat tours in Afghanistan, he served as the command sergeant major of the Combined Joint Task Force 82 Regional Command East.

During his 33 years of service, Capel has earned numerous awards, including the Legion of Merit, the Bronze Star Medal (3rd oak leaf cluster), the Meritorious Service Medal (3rd oak leaf cluster), the Army Commendation Medal (9th oak leaf cluster), the National Defense Service Medal, the NCO Professional Development Ribbon (with numeral 4), the Army Service Ribbon, the Overseas Service Ribbon, the Saudi Arabia Kuwait Liberation Medal, the Kuwait Liberation Medal, the Global War on Terrorism Service Medal, the Drill Sergeant Badge, the Combat Infantry Badge (2nd award) and the Master Parachutist Badge.

For more information on Capel, download the free podcast with USAREUR's Jesse Granger at <http://itunes.apple.com/us/podcast/army-podcasts-the-u-s-army/id368518662> or visit the sergeant major's blog at <http://www.hqusareur.army.mil/institution/Leaders/CSM/default.htm>



Sgt. Joel Slagado  
Command Sgt. Maj. Thomas R. Capel speaks at the Aug. 25 ceremony in which he accepted responsibility for his new position as U.S. Army Europe's senior enlisted leader. The assumption of the responsibility was at Campbell Barracks in Heidelberg.

## Suicide prevention takes leadership responsibility, action

Editorial by Sgt. Maj. Cameron Porter, 21st TSC Public Affairs

KAISERSLAUTERN, Germany – September is National Suicide Prevention Awareness Month and within the ranks of the Army, leaders are becoming more and more engaged at every level. But is that enough, and do they really know what to look for and what to do?

Knowing the telltale signs of someone who may be feeling suicidal is very important. Most suicides and suicide attempts are reactions to intense feelings of loneliness, worthlessness, hopelessness, helplessness and guilt. Leaders must take a personal interest and know what is going on in their Soldiers' lives in order to recognize these signs.

Promoting a command climate that encourages and enables Soldiers to seek help is also very important. Belittling Soldiers who seek behavioral health assistance and perpetuating the stigma associated with thoughts of suicide is not acceptable and should not be tolerated.

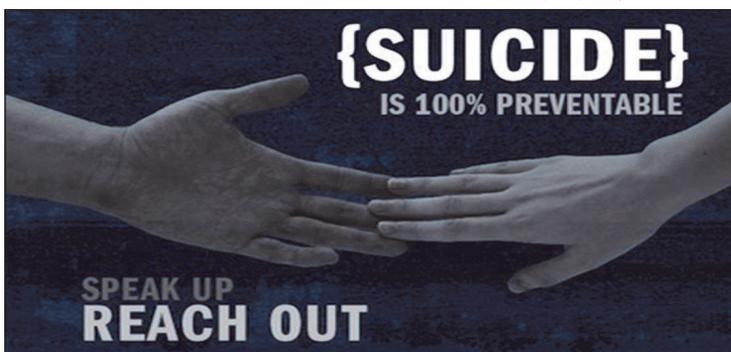
Instead, leaders must ensure their Soldiers are properly educated

and aware of the agencies and programs available for assistance. Leaders should foster a sense of responsibility in their Soldiers to provide watchful care and support to their peers and leaders should provide support for participation in suicide awareness and prevention activities and training.

The goal of suicide prevention is a continuum of awareness, assessments and education and training. Prevention refers to all efforts that build resilience, reduce stigma and build awareness of suicide and related behaviors. Establishing a culture that reinforces help-seeking behavior as an appropriate and accepted part of being a responsible Soldier is an important goal of suicide prevention and something that leaders must strive to achieve.

The acronym A.C.E. is easy to remember and will act as a guide for leaders when dealing with Soldiers who display the warning signs. The A stands for Ask. Ask the question "Are you thinking about hurting or killing yourself?" Don't be afraid to talk about suicide and be willing to allow the individual a chance to express his or her feelings openly. The C stands for Care. Understand that your Soldier may be in pain. Use active listening to assist and provide relief. Try to keep the individual calm and the situation under control as much as possible. And remove any lethal means, such as weapons or pills. E stands for Escort. Get that Soldier to a chaplain or behavioral health professional immediately and never leave the Soldier alone. A suicidal person needs immediate attention. This is critical and will help to save his or her life.

Some helpful websites that leaders can use to obtain more information include the deputy chief of staff, G-1 Suicide Prevention ([www.armyg1.army.mil/hr/suicide](http://www.armyg1.army.mil/hr/suicide)), Military OneSource ([www.militaryonesource.com](http://www.militaryonesource.com)), Army Behavioral Health ([www.behavioralhealth.army.mil](http://www.behavioralhealth.army.mil)), and AKO Suicide Prevention Resources and Services (<https://www.us.army.mil/suite/page/334798/>).



## Community Announcements

Please send all announcements to Bamberg Public Affairs via the following website:

<http://www.bamberg.army.mil/mobi/form.asp>.

### Fall Kick-off

Protestant Women of the Chapel will have its fall kick-off on Sept. 8 in the Bamberg Chapel from 9 - 11:30 a.m. All ladies are invited. Free food and child care are provided. Studies for the fall session will be: "Living Beyond Yourself: Exploring the Fruit of the Spirit" by Beth Moore; "Shepherding a Child's Heart" by Tedd Tripp; "The Excellent Wife" by Martha Peace; "Alone with God: Rediscovering the Power and Passion of Prayer" by John MacArthur; "Precept Upon Precept: An Inductive study of the Book of 1 Thessalonians" by Kay Arthur. The evening study, which is on Wednesdays at 6:30 p.m., will be "Daniel: Lives of Integrity, Words of Prophecy" by Beth Moore. For more information, call Hilary at 0954-998-7819.

### Auto Skills

The Automotive Skills Automotive Service Excellence exams will be given at the Bamberg Education Center on Nov. 16 - 18. Those interested in achieving ASE certifications, should stop by the Education Center office and pick up a registration packet or request one via e-mail from [mi-chael.lapp2@us.army.mil](mailto:mi-chael.lapp2@us.army.mil). Online study guides are available at [www.ase.com](http://www.ase.com). Completed registration forms must be submitted to the Education Center no later than Sept. 8. For more information, call 0951-300-7715.

### Suicide Awareness Month Classes

For Suicide Awareness Month, Bamberg's Army Substance Abuse Program will hold classes on Sept. 9 at the post theater from 9:30 a.m. - noon. The classes include Alcohol and Drug Abuse Prevention, Stress Management, Family Relationships and Suicide Prevention. The whole community is welcome to attend and Soldiers and workforce civilians attending will receive two hours of credit for drug and alcohol abuse training. On Sept. 23 there will be an information booth at the Post Exchange.

### Aero Club Open House

Bamberg's Aero Club will be holding an open house on Sept. 12 starting at 10 a.m. and lasting until 6-7 p.m. to explain offers and activities to the public. Passenger flights in gliders or motor planes will be available and the helicopter hangar will be open for those interested in viewing helicopters. The club is located at 18 Zeppelinstrasse, Bamberg 96052.

### Wall Climbing

There will be an adult belay training and wall climbing certification course from Sept. 14-16. The course is open to Soldiers, family members and civilians who would be interested in assisting Outdoor Recreation or Child, Youth and School Services with wall-climbing programs. Only those who have completed the training may use the climbing wall when available at the John F. Kennedy Youth Center. To reserve a spot or for more information, call 0951-300-8950.

### Got Horror?

Bamberg needs your most gruesome and horrific concepts to make this year's Haunted House the most frightening yet. First planning meeting is Sept. 15 at 6 p.m. at the Community Activity Center. The Haunted House runs from Oct. 29 - 31. For more information, call 0951-300-8659 or 0951-300-8647.

### Force Protection Exercise

There will be a Force Protection Exercise on Warner Barracks Sept. 24. Community members should be aware there will be security and emer-

gency personnel acting out reactive scenarios. Traffic congestion and noise are expected.

### Engineer Heritage

Engineers across Europe are invited to the European Castle Ball scheduled for Sept. 24 at Würzburg Castle to celebrate engineer heritage, to partner with allies and to synchronize and integrate engineers across Europe. The dress for service members is formal military attire and for civilians formal evening attire or business suit and tie. For more information and tickets call 0620-280-5049.

### Army Photos Wanted

Your face could be on a NASCAR vehicle. The U.S. Army and Stewart-Haas Racing are seeking photos of Army Soldiers and veterans for a special paint scheme for the U.S. Army #39 Chevy Impala car driven by Ryan Newman. The car will be in the NASCAR Sprint Cup Series race at Phoenix International Raceway Nov. 14. The photos will be featured on the hood, trunk, side panels and bumpers of the race car. Go online at [www.goarmy.com/ourphotoshere](http://www.goarmy.com/ourphotoshere) to submit a photo now until Sept. 24.

### Running of the Herd

The 173rd Airborne Brigade Combat Team's annual Running of the Herd 24-hour relay will start at noon on Nov. 8 and go until noon on Nov. 9 on Warner Barracks. The run is open to all. Registration for correct T-shirt sizes deadline is Oct. 8. Late registration is accepted day of race. For more information and race packets, e-mail [Robert.b.mullins@us.army.mil](mailto:Robert.b.mullins@us.army.mil).

## Weekly Reminders

### Customer Service Assessment

Community members can now give feedback on garrison services in an online survey. U.S. Army Garrison Bamberg leaders are asking community members to log on to [www.mymilitaryvoice.org](http://www.mymilitaryvoice.org) and fill out the 2010 Customer Service Assessment. The survey is online until Sept. 26. For more information, call 0951-300-7370 or e-mail [Beate.Schatz@eur.army.mil](mailto:Beate.Schatz@eur.army.mil).

### AWANA

Come join AWANA, the weekly children's Bible Club on Sundays from 4-5:30 p.m. at the high school gym. This free club is for 4-year-olds - 6th grade students. The club runs from September-May. For more information, call the Bamberg Chapel at 0951-300-1570.

### Community Expo and Job Fair

Family and Morale, Welfare and Recreation invites community members to attend the Community Expo and Job Fair Sept. 10 in the fest tent in the parking lot across from Building 7000 from 11 a.m. - 2 p.m. Information from dozens of organizations including Child and Youth School Services, Army and Air Force Exchange Service, the commissary, banking institutions, the health and dental clinics and other services will be available. A job fair will be held in conjunction with the Expo. Representatives from on- and off-post companies will be available to talk, take resumes and answer questions about jobs. Organizations can now sign up to participate in the event by logging on to <http://www.emailreform.com/builder/form/300410> or contact Family and MWR special event coordinator at 0951-300-9010. For the latest information on the Expo, log on to [www.bamberg.army.mil/mwr](http://www.bamberg.army.mil/mwr).

### Soldier and Family Appreciation Day

Community members are invited to come out for a day of fun during the Soldier and Family Appreciation Day Sept. 10 at the parking lot across from Building 7000 from 3-8 p.m. The event will




BOYS & GIRLS CLUBS  
**Day for Kids**

**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** 

include games and entertainment for children, food, music and the final round of the Operation Rising Star competition. For the latest information on the Soldiers and Family Appreciation Day, log on to [www.bamberg.army.mil/mwr](http://www.bamberg.army.mil/mwr).

### Flea Market

There will be a Community Flea Market at the Community Activity Center Sept. 11 from 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, call 0951-300-8659 or e-mail [liz.gonzalez@eur.army.mil](mailto:liz.gonzalez@eur.army.mil).

### Pet Photo Contest

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](mailto: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.

### 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. The next date is 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.

### Utility 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.

#### 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.

#### 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.

#### Rental Housing

Visit the Automated Housing Referral Network website, [www.ahrn.com](http://www.ahrn.com), to view private rental housing in the local area. 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.

#### 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.

#### 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

Additional Information on other consular rate increases is available at [www.bamberg.army.mil/directorates/dhr/passport.asp](http://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.

#### 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](mailto: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



## Come and MAKE NEW FRIENDS

at the  
Bamberg Spouses and Civilians Club  
Kick-Off Luncheon!  
Sept. 27

11:30 a.m. at the Warner Conference Center

Be our guest and enjoy your first luncheon free of charge. See what BSCC and the community can do for you!

Make reservations by e-mailing [2VP@bsccgermany.com](mailto:2VP@bsccgermany.com).

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).

#### 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.

#### 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-plated car or get permission to have an ESSO card for rental vehicles by filling out a 175L form. Personnel can also help retirees and widows get permission to go shopping on post if they visit for more than 30 days or live in Germany.

#### Family Readiness

Classes for Family Readiness Group volunteer positions are every first and third Tuesday of the month from 10:30 - 11:30 a.m. in Building 7354. Learn the duties of an FRG. 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, updates and upcoming events, visit the Family and MWR website <http://www.bamberg.army.mil/directorates/dfmwr/bc.asp> 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 weekend 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.

## **Youth and Teens**

### **Ballet Class**

Registration is now open for Child Youth and School Services SKIES Unlimited ballet classes. The ballet program is for ages 3-8 and classes are on Thursdays from 2 – 4:30 p.m. at Building 7669. Check the class brochure for specific times and holidays. For available slots, e-mail [Archie.Johnson1@eur.army.mil](mailto:Archie.Johnson1@eur.army.mil) or call 0951-300-7452.

### **Youth Lessons**

Child Youth and School Services SKIES Unlimited has instructors for tennis, racquetball and dance for youth ages 7-18. For more information, e-mail [Archie.Johnson1@eur.army.mil](mailto:Archie.Johnson1@eur.army.mil) or call 0951-300-7452.

### **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 team, e-mail [bambergaquabarons@yahoo.com](mailto:bambergaquabarons@yahoo.com).

### **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](mailto:celeste.rush@eu.dodea.edu).

### **Service Office**

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

### **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>.

## **Sports, Health and Fitness**

### **Golf Club Championship**

Compete for the Whispering Pines Golf Club Championship beginning 9 a.m. Sept. 4-5. This will be a 18-hole-tournament with a handicap round on day one and individual scores on day two. Prizes are available for first, second and third place in three categories (open, seniors, ladies). Entry fee is \$45, which includes a barbecue on both days. Sign up at Whispering Pines Golf Course or call 0951-300-8953.

### **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 - 600 during the

course for range activities that are required. For more information about the course, e-mail [Bambergfishing@eur.army.mil](mailto:Bambergfishing@eur.army.mil) or call 0951-300-9376.

## **Closures / Changes**

### **Holiday**

Sept. 6 is an American Holiday, Labor Day. Most organizations will be closed. For more information, contact the office in question.

### **Used Car Lot**

The vehicle resale lot will not move to its new location, an area of Building 7000 parking lot, Sept. 1. It will move locations after Sept. 10.

### **Dental Clinic**

Preparing Soldiers for deployment and reintegration will be the primary focus of the Bamberg Dental Clinic until early 2011. These priorities will result in diminished access to space-available dental care for family members greater than 18 years of age. Care for children up to and including age 18 and access to orthodontic care should be minimally affected. All beneficiaries will continue to be able to access sick call for treatment of dental emergencies. During this time, family members can receive care from TRICARE's preferred providers. Call TRICARE Dental Program customer service in the U.S. toll free from Germany between 8 p.m. Sunday and 8 p.m. Friday Eastern Standard Time; first dial 0800-225-5288; after the AT&T prompt dial 1-888-418-0466. Or, contact the TRICARE Area Eurasia-Africa Dental Office at 0630-267-6358.

### **Parking Closure**

The upper parking lot of Building 7000 will be closed off beginning at 5 p.m. from Sept. 2-12 in preparation for the Expo and Soldier and Family Appreciation Day.

### **Parent Central Services**

Parent Central Services will be open from 8 a.m. to noon on Sept. 3. The change in operating hours is due to team building exercises.

### **Finance Hours**

The Bamberg Finance Customer Support Team has extended our hours of operation to better serve the community. The new hours are Monday-Friday 8:30 a.m.-4 p.m. The office is closed for lunch from noon-1 p.m.

### **Facilities closed for community events**

Several facilities and agencies will be closed or will have changes in operating hours due to the Community Expo and Job Fair and the Soldier and Family Appreciation Day Sept. 10. The following facilities will be affected:

Financial Management Division: closed at 2 p.m.

Community Activity Center: closed at noon

Auto Crafts: closed

Arts & Crafts: closed

Outdoor Recreation: closed

Library: closed

Bowling: bowling lanes and slots open. Taco Alley and Bar closed.

JFK Teen Center: closed

Music & Theater: closed

Bamberg Elementary and Bamberg Middle High schools will have an early dismissal. They will be released at 11:15 a.m. and 11:20 a.m. respectively.

The following facilities will maintain normal hours of operation:

Whispering Pines Golf Course

Army Community services

Freedom Fitness Facility

Child and Youth School Services Central Registration/Family Child Care

Child Development Center  
School Age Center

### **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.

### **Photo Services**

The Bamberg Training and Support Center's Photo and Graphic Studio will be closed on Oct. 8 for annual training for all visual information specialists.

## **Continuing Education**

### **College Fair**

Child, Youth and School Services is partnering with Vilseck High School to offer a 2010 College Fair on Sept. 29 from 3-5 p.m. at Vilseck High School. The event will be open to all community members interested in college, trade schools, scholarships and financial assistance. Volunteers are needed to represent their alma mater at an information table or to assist with set up. If you would like to volunteer, call 0951-300 1770 or e-mail [ann.bruennig@eur.army.mil](mailto:ann.bruennig@eur.army.mil).

### **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](http://www.ed.umuc.edu).

### **German 101**

A free Introduction to German class is offered every Monday at noon at the library. Participants will learn some German words and phrases. For more information, call 0951-300-1740.

### **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**

### **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](mailto: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](mailto:Carlos.rivera2@eur.army.mil).

# The TRICARE Entitlement Program: How you can make it work for you

The month of September is your Healthcare Benefits Awareness Month. It is important for you and your family to have the best health possible. We would like to focus on four important facets of your health:

**Physical health: week 1**

- Mental health- week 2
- Dental health – week 3
- Travel Health- week 4

**Physical health:** TRICARE covers most inpatient and outpatient care that is medically necessary and considered proven. Equally important to primary care is preventive health care which can help you live a healthier, longer life. As a TRICARE beneficiary, you are eligible for a range of clinical preventive services, including examinations, immunizations and periodic screenings based on your age, health history and family history. Coverage varies for Prime and Standard beneficiaries – so it is best to double check your specific benefit.

**Comprehensive health promotion and disease preventive examinations:** One comprehensive disease preventive clinical evaluation should be accomplished for ages 24 months and older during the following age intervals: 2-4; 5-11; 12-17; 18-39; 40-64.

**Targeted health promotion and disease prevention examinations:** The following

screening examinations may be performed during either the above periodic comprehensive health promotion examination or as part of other patient encounters. The intent is to maximize preventive care.

**Cancer Screenings:** Not all insurances pay for various preventive screenings. TRICARE leads the way in providing a robust preventive health screening opportunity for both TRICARE Prime and TRICARE Standard.

Female screenings include breast cancer screenings with a physical exam and mammogram every 12 months for women 39 years and older, younger if you have a family history of breast cancer. Papanicolaou (Pap) annually starting at age 18 years – after three consecutive normal exams, may be done every three years.

Male screenings include a testicular exam annually for males starting at age 13 to age 39 with history of cryptorchidism, orchiopexy or testicular atrophy. Prostate cancer examination is offered annually for all men beginning at age 50 or earlier if there is a family history of prostate cancer. The screenings include a physical exam and Prostate-Specific Antigen.

Colorectal cancer exams for both men and women start at age 40 with physical exam and occult blood tests every year. Sigmoidoscopy exams should be done every three

to five years beginning at age 50 and colonoscopy every 10 years beginning at age 50.

**Cardiovascular Screenings:** Everyone should get cholesterol – lipid panel- at least every five years beginning at age 18. Blood pressure checks should be done at least every two years.

**Vision screening:** Active duty family Prime enrolled beneficiaries, three years and older, are authorized one comprehensive eye exam by a specialist every year. Infants are screened by their primary care provider at birth and at six months of age. Children who are standard beneficiaries between the ages of three to six years are authorized two comprehensive eye exams by a specialist. Adult standard beneficiaries are not covered for visual screenings.

**Immunizations:** Age appropriate vaccines ([www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)) to include newly recommended vaccines: Shingles (Herpes Zoster) - ages 60-65 Human papillomavirus (HPV) - girls ages 11 -12; or catch up for girls 13-26 years

This is not an all-inclusive list of the Clinical Preventive Services offered by TRICARE so make sure you check with your primary care provider to assure you are up to date on the appropriate screenings for yourself and your family.

Meets Every Wednesday  
Starting Sept. 8

## PTSD GROUP

**Time:** 10 - 11:30 a.m.  
**Location:** Behavioral Health/ Social Work Services Building 7253

Post Traumatic Stress Disorder is **NOT** Forever!!!!



Claim your life back!



For more information, call 0951-300-7793



Do you.....

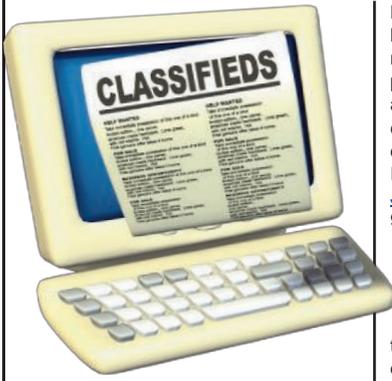
- Avoid activities?
- Have difficulty sleeping?
- Feel jumpy or startled easily?
- Have relationship problems?
- Have flashback or nightmares?
- Feel detached or disinterested?



# Bamberg Movie Schedule

AAFES Reeltime Theater is CLOSED Tue. and Wed.

Thur.	Sept. 2	Grown Ups (PG-13)	7 p.m.
Fri.	Sept. 3	Nanny McPhee Returns (PG)(1st Run)	7 p.m.
Sat.	Sept. 4	Nanny McPhee Returns (PG)(1st Run)	3 p.m.
		Grown Ups (PG-13)	7 p.m.
Sun.	Sept. 5	Nanny McPhee Returns (PG)(1st Run)	3 p.m.
		Knight and Day (PG-13)	7 p.m.
Mon.	Sept. 6	Knight and Day (PG-13)	7 p.m.
Thur.	Sept. 9	Twilight Saga: Eclipse (PG-13)	7 p.m.
Fri.	Sept. 10	Takers (PG-13)(1st Run)	7 p.m.
Sat.	Sept. 11	The Last Airbender (PG)	3 p.m.
		Going the Distance (R)(1st Run)	7 p.m.
Sun.	Sept. 12	Takers (PG-13)(1st Run)	3 p.m.
		Twilight Saga: Eclipse (PG-13)	7 p.m.
Mon.	Sept. 13	Going the Distance (R)(1st Run)	
Thur.	Sept. 16	Inception (PG-13)	7 p.m.



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

Thank you.

**EMPLOYMENT**

The U.S. Army Garrison Bamberg Community Chapel has a non-personal service contract opportunity for a musician for Catholic services. We anticipate a performance period of Sept. 29 through Sept. 28, 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. For additional information, contact Bamberg RCO at 0951-300-9408 or visit <http://www.usacce.army.mil/frc/default.htm>. For more information about the position, call Kyeyong Thornton at 0951-300-8879. Submit applications no later than 6 p.m. on Sept. 13. (8/30/10)

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 representative at 0951-300-7467, e-mail [bamberg@europe.ctcd.edu](mailto: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. Interested persons can send resumes to [Jenny.Dietrich@eur.army.mil](mailto:Jenny.Dietrich@eur.army.mil) or 09721-96-8986/6791. (7/19/10)

AAFES Bamberg is accepting applications for entry level retail and food service positions. Join our team, log on to [www.aafes.com](http://www.aafes.com) today and be part of our new workforce of tomorrow. For more information, call the Human Resources Office at 0951-303159.

**AUTOMOBILES**

For Sale: Mitsubishi Montero LS 1995 \$2,800 OBO; SUV 6-passenger, Security Alarm. System, CD/MP3 player, Heater/AC, Automatic, Power Windows, Cruise Control, Excellent Condition, No problem with vehicle inspection. Owner PCS'ing, call 0152-285-74842 or e-mail [Amberglens5602@yahoo.com](mailto:Amberglens5602@yahoo.com). (8/30/10)

For Sale: Two Harley Davidson Motorcycles, both garage kept. 2007 Night Rod Special. Gloss black, 9,500 miles, excellent condition, new tires, new battery, two sets of mirrors, cover included for \$13,000. 2008 Soft Tail Night Train. Flat black, 4,000 miles, excellent condition, custom grips and foot pegs, cover included for \$15,000. For more information or pictures, e-mail [abraham.goeppfert@yahoo.com](mailto:abraham.goeppfert@yahoo.com). (8/23/10)

For Sale: Ford Fusion, 2007. Asking \$10,750. 2007 Ford Fusion I4 SE, 4-cylinder, dark blue pearl metallic, charcoal interior, black leather seats. 35,000 miles, regular maintenance, no accidents. Will deliver anywhere in Germany. E-mail [becklor@gmail.com](mailto:becklor@gmail.com) for photos and more information. (8/10/10)

For Sale: 2007 Yamaha YZF-R6, less than 500 miles. No scratches, no dings, U.S. specs, Yamaha standard blue. Asking \$6,800 OBO contact by e-mail at [jonathan.f.roberts@us.army.mil](mailto: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 \$28,500. 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](mailto:amandabuckout@yahoo.com). (7/14/10)

**FOR SALE**

AAFES Bello 60" TV stand black glass and wood face. Purchased three months ago for \$500, selling for \$400. Two cherry wood DVD / CD cases. Each holds 156 DVDs, \$60 for both. Pictures available. For more information, e-mail [stacydodson123@yahoo.com](mailto:stacydodson123@yahoo.com) or call 0170-328-7496. (8/23/10)

Yard Sale: 27 Eschenweg St. on Warner Barracks from 8 a.m.-3 p.m. Sept. 4. Clothes, furniture, dishes and more items available. For more information, call 0951-209-6993. (8/23/10)

Standing Fridge/Freezer (4'6") 220V \$40 Jump Boots size 9 1/2 E spit shined - excellent condition, \$45; wooden fence six pieces with gate, \$50; BMW 16" Rims with 225/55 Pirelli Tires \$80. If interested, e-mail [downsizinginbamberg@gmail.com](mailto:downsizinginbamberg@gmail.com) or call 0951-297-3816. (8/30/10)

AFN satellite dish system, cost \$250 new. Asking only \$100 to sell it with brackets, cables and mounting instructions. Call 0176-283-54207 or 0951-300-9344 Bamberg. (8/9/10)

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 0160-781-5496 or e-mail [riesr@t-online.de](mailto:riesr@t-online.de).

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](mailto:corlaurai@t-online.de). (7/14/10)

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](mailto:taylee62@msn.com) or call 0178-342-8323. (7/6/10)

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**

PCSing? Can't find a new home for your dog? Please don't abandon him/her, call us first. No questions asked. We are a privately funded non-profit dog rescue. Will give your dog solace and placement with a new, loving family. Located in Bamberg and open from 10 a.m.-10 p.m. Call 0954-532-2881 or e-mail [solacedo-grescue@yahoo.com](mailto:solacedo-grescue@yahoo.com). (8/23/10)

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](mailto:www.cadence.org/huisjen) or call 09502-8037). Join us on Sundays at the 11 a.m. for the Protestant service (post chapel).

**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 submission 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 0951-300-1600 or e-mail [bambergpao@eur.army.mil](mailto:bambergpao@eur.army.mil).

**Trips and Travel Opportunities**

Take a trip with Bamberg Outdoor Recreation in September

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/directories/dfmwr/odr.asp>.



**Sept. 9 Tour Under Bamberg \$20**  
This unique trip through tunnels under Bamberg gives a view of the city that shouldn't be missed. The tunnels are generally cool and damp; wear appropriate clothing and bring a flashlight. Transportation departs from ODR at 5 p.m. and returns approximately 7:30 p.m.

**Sept. 11 Köln city tour \$60**  
Visit Köln, a city where the cathedral spires tower over Germany's oldest city and its numerous cultural and historical treasures. Located on the Rhine River, boat cruises are available, along with time to explore Köln's numerous museums and its active art scene. Includes transportation and a city tour. The bus leaves at 5 a.m. and returns around midnight.

**Sept. 18 Oktoberfest \$50**  
A must see for anyone in Germany is Munich's Oktoberfest! Enjoy the world's largest fair by drinking a "mass" of beer in one of the 14 beer tents, ride the rides, and indulge in traditional Bavarian food. This is one fest you don't want to miss! Trip includes transportation. Transportation departs from the Chapel Parking Lot at 8 a.m. and returns at approximately 11:30 p.m.

**Sept. 25 Nürnberg Zoo \$20**  
With well-designed paths among the animal enclosures, enjoy a leisurely stroll as you observe the many species the zoo possesses. Includes transportation and admission. Children ages 4-12 are \$10, children 3 and under are free. Trip departs from the Chapel Parking Lot at 9 a.m.

## Outside the Gate

### Weekend events in and around Bamberg Sept. 3 - 12

#### Friday, Sept. 3

- 6 p.m. Bavarian Brass, Schloss Greifenstein, Greifenstein, 91332 Heiligenstadt i. OFr., visit [www.schloss-greifenstein.de](http://www.schloss-greifenstein.de)
- 6 p.m. Kirchweih Hirschaid, with entertainment, Festplatz, Am Main-Donau-Kanal, Schleusenweg, 96114 Hirschaid (until Sunday)
- 6 p.m. Sight-Running, discover Bamberg while jogging, 45-60 minutes, approximately 6.5 km, meeting point at the Tourist Information, Geyerswörthstrasse 5, cost: €5 per person, call 0951-297-6200 or visit [www.bamberg.info](http://www.bamberg.info)
- 8 p.m. Pete Gavin, Live-Club, Blues and Folkblues, Obere Sandstrasse 7, 96049 Bamberg, call 0951-53304, e-mail [info@live-club.de](mailto:info@live-club.de) or visit [www.live-club.de](http://www.live-club.de)
- 9 p.m. Kaso Perdido (Skapunk from Spanien) support: Red Hawk Riots, Sound 'n Arts Club, Sandstrasse 20, 96049 Bamberg, visit [www.sound-n-arts.com](http://www.sound-n-arts.com)
- 10 p.m. Fistet Nemo, Soul. Funk. Sixties, Morph Club, Luitpoldstrasse 17, 96052 Bamberg, e-mail [info@morphclub.org](mailto:info@morphclub.org)

#### Saturday, Sept. 4

- 10 a.m. Bamberg Teddybear Festival 2010, shop for Teddy bears, dolls, miniatures and accessories, brick building - ECCB, Musselsstrasse 7, 96047 Bamberg, admission €5, children under 10 free, call 0951-915-7790 (until Sunday)
- 11 a.m. Gundelsheim Run, TC Gundelsheim (sports club), Gundelsheim, costs €3 (includes a pair of Bratwürste and a beverage), to sign up call 0176-70016264
- 11 a.m. Medieval Market at the Keller, St. Georgenbräu-Keller, 96155 Buttenheim (until Sunday)
- 11 a.m. Traditional folk music in front of the Brudermühle, Bamberg
- 12 p.m. Organ concert at the Bamberg cathedral (music by Jean Langlais, Johann Sebastian Bach and Felix-Alexandre Guilmant), Kaiserdom Bamberg, Domplatz 5, 96049 Bamberg, visit [www.bamberger-dommusik.de](http://www.bamberger-dommusik.de)
- 8 p.m. Green Tree, Live-Club, Obere Sandstrasse 7, 96049 Bamberg, call 0951-53304, e-mail [info@live-club.de](mailto:info@live-club.de) or visit [www.live-club.de](http://www.live-club.de)
- 8 p.m. Wednesday-Project live at the Kerwa in Sassendorf, rock music cover band, Gasthaus Sassendorf, Gründerstrasse 7, 96199 Zapfendorf
- 9 p.m. Hassliebe, German Punk, Rock, Metal, Sound 'n Arts Club, Sandstrasse 20, 96049 Bamberg, visit [www.sound-n-arts.com](http://www.sound-n-arts.com)
- 9 p.m. Schwarzweiss Musik, Minimal, Techno, Tech House, Morph Club, Luitpoldstrasse 17, 96052 Bamberg, e-mail [info@morphclub.org](mailto:info@morphclub.org)

#### Sunday, Sept. 5

- 9 a.m. Kirchweih in Oberleiterbach, area of Oberleiterbach, 96199 Zapfendorf
- 9 a.m. Kreativmarkt (arts and craft market) in Bad Rodach (north of Coburg)
- 9 a.m. Frankfurt City Triathlon; disciplines: Olympic and for everyone; the event starts at the Langener Waldsee with the swimming contest, continues to downtown Frankfurt by bike where the marathon takes place and ends at the Hauptwache; the distance for non-professional athletes or beginners is shorter; visit [www.frankfurt-city-triathlon.de](http://www.frankfurt-city-triathlon.de)
- 11 a.m. Kirchweih in Frankendorf, downtown area, 96155 Frankendorf
- 1 p.m. Drosendorfer Dreschfest, flail festival, historical farm tools and tractors, entertainment for the entire family, at 2 p.m. and 4 p.m. you can watch how farmers used to flail wheat, food and drink, Festplatz Drosendorf, Trautmannstrasse, 96117 Memmelsdorf
- 1 p.m. Afternoon for families at the Fränkische Schweiz museum, fun and games for the entire family; Am Museum 5, 91278 Pottenstein, call 0924-21640, e-mail [sekretariat@fsmt.de](mailto:sekretariat@fsmt.de) or visit [www.fsmt.de](http://www.fsmt.de)
- 1 p.m. Kirchweih shopping, Leinritt – at the Sägewerk (sawmill), Leinritt, 96120 Bischberg
- 5 p.m. Stephansberg fall concerts 2010, classical concert for soprano, oboe and organ, music by Joseph Haydn, Wolfgang Amadeus Mozart and Johann Christian Bach, free admission, donations in support of the St. Stephan organ project, St. Stephanskirche, Stephansplatz 5, 96049 Bamberg, visit [www.stephanskirche.de](http://www.stephanskirche.de)

#### Friday, Sept. 10

- 6 p.m. Kirchweih Litzendorf, food and entertainment, Festplatz (fair grounds) at the Tanzwiesenweg, Tanzwiesenweg, 96123 Litzendorf, visit [www.bg-litzendorf.de](http://www.bg-litzendorf.de) (through September 13)

- 6 p.m. Sight-Running, discover Bamberg while jogging, 45-60 minutes, approximately 6.5 km, meeting point at the Tourist Information, Geyerswörthstrasse 5, cost: €5 per person, call 0951-297-6200 or visit [www.bamberg.info](http://www.bamberg.info)
- 7 p.m. Musical Moments, highlights from different musicals like Cats, Phantom of the Opera, Dirty Dancing, Elisabeth and many more; Haas-Säle, Obere Sandstrasse 7, 96049 Bamberg, call 0951-53304, e-mail [info@haas-saele.de](mailto:info@haas-saele.de) or visit [www.haas-saele.de](http://www.haas-saele.de)
- 8 p.m. Geoffrey Douglas, alternative Rock music, Live-Club, Obere Sandstrasse 7, 96049 Bamberg, call 0951-53304, e-mail [info@live-club.de](mailto:info@live-club.de) or visit [www.live-club.de](http://www.live-club.de)
- 10 p.m. Greenclub presents Creme Fresh, Rap, Funk, Deutsch-Rap, Morph Club, Luitpoldstrasse 17, 96052 Bamberg, e-mail [info@morphclub.org](mailto:info@morphclub.org)

#### Saturday, Sept. 11

- 11 a.m. Medieval city fest in Schweinfurt (until Sunday), medieval entertainment (jousting, fencing, music) along the eastern part of the old city wall (Östliche Stadtmauer), Schweinfurt
- 12 p.m. Organ concert at the Bamberg cathedral (music by J. S. Bach, R. Schumann, S. Rachmaninoff, J. Jongen), Kaiserdom Bamberg, Domplatz 5, 96049 Bamberg, visit [www.bamberger-dommusik.de](http://www.bamberger-dommusik.de)
- 4 p.m. Village fest in Weichendorf, Weichendorf area, 96117 Memmelsdorf (until Sunday)
- 5 p.m. Wine fest in Frensdorf, new wine (Federweisser) with onion cake and musical entertainment, Sonnenweingarten, Reundorfer Strasse 20, 96158 Frensdorf (also Sunday)
- 7 p.m. Barn fest, Ampferbach 9, 96138 Burgebrach
- 9 p.m. Babayaga (Ska, Reggae & Rocksteady), Sound 'n Arts Club, Sandstrasse 20, 96049 Bamberg, visit [www.sound-n-arts.com](http://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](mailto:info@morphclub.org)
- 11 p.m. Ü30Club, for those 30+, Live-Club, Obere Sandstrasse 7, 96049 Bamberg, call 0951-53304, e-mail [info@live-club.de](mailto:info@live-club.de) or visit [www.live-club.de](http://www.live-club.de)

#### Sunday, Sept. 12

- 9:30 a.m. Thanksgiving fest, area in front of the church, Kirchplatz, 96138 Burgebrach
- 9:30 a.m. Open house Memorial day (Tag des offenen Denkmals), throughout the city of Bamberg and surrounding areas, special exhibits on travel, trade and traffic in former times and today, visit [www.tag-des-offenen-denkmals.de](http://www.tag-des-offenen-denkmals.de)
- 10 a.m. Market Day in Burgebrach, Marktstrasse and Hauptstrasse, 96138 Burgebrach
- 11 a.m. Agenda Day, all trades and associations introduce themselves in Zapfendorf, Hauptstrasse, 96199 Zapfendorf
- 11 a.m. Baking oven fest, area of Stackendorf, 96155 Buttenheim-Stackendorf
- 2 p.m. Kids' fest in Hain, entertainment for the entire family, Hain, Musik pavilion, Mühlwörth, 96047 Bamberg
- 2 p.m. Summer fest for families, Kleine Turnhalle (small gym), Mittelweg, 96173 Oberhaid
- 5 p.m. Ebracher Musiksommer (musical summer in Ebrach), baroque music, Kaisersaal, Marktplatz, 96157 Ebrach; for tickets call 0955-2297; for information call 09553-92200 or visit [www.ebracher-musiksommer.de](http://www.ebracher-musiksommer.de)
- 5 p.m. Stephansberg fall concerts 2010, classical concert for violin and organ, music by J.S. Bach and other composers, free admission, donations in support of the St. Stephan organ project appreciated, St. Stephanskirche, Stephansplatz 5, 96049 Bamberg, visit [www.stephanskirche.de](http://www.stephanskirche.de)

For more Kirchweih festivals, visit [www.kirchweihkalender-bamberg.de/plaza/kerwa.neo](http://www.kirchweihkalender-bamberg.de/plaza/kerwa.neo)

#### The following areas will be closed off due to the filming of a movie in downtown Bamberg from Sept. 2 - 4:

Domplatz Area around the cathedral: Sept. 2 between 9 a.m. and 8 p.m.

Obere Brücke Upper bridge: Sept. 2 and 3 from noon until 4 a.m. closed for pedestrians also.

Karolinenstrasse: Between the Domplatz and the Geyerswörthplatz on Sept. 2 from 8 p.m. until 11 p.m. and on Sept. 3 from 2 p.m. until 8 a.m. the following morning. During the night of Sept. 3 - 4 musket shots may be heard in the area of Karolinenstrasse.

Places like the Alte Hofhaltung (old castle next to the cathedral) and the Altes Rathaus may not be visited during those days due to filming.

(COMMUNITY continued from page 1)

Force And Exchange, Defense Commissary Agency, the Secret Service and down-range contractors.

"It is a chance for people to see what opportunities are available both here in Europe and locally," Thompson said. "I am a big believer in networking."

A Military Police K-9 and fire safety demonstrations will also be held during the expo.

**Soldier and Family Appreciation Day**

Later in the day, U.S. Army Garrison Bamberg will show its gratitude to Soldiers and their families when they celebrate Soldier and Family Appreciation Day from 3-8 p.m.

"The Soldier and Family Appreciation Day is an opportunity for single Soldiers and Soldiers with families to enjoy an afternoon of fun and entertainment," Hofstetter said.

The event will feature food, beer, music and fun park rides including bungee trampolines, a mechanical bull, a climbing wall, an obstacle course and bouncers. Better Opportunities for Single Soldiers will also host a car bash, where participants can pay to take a

sledgehammer to a crashed vehicle.

"In appreciation for Soldiers and their families, MWR will offer food at minimal cost," said Hofstetter.

The garrison will also honor unit-nominated volunteers during a family recognition ceremony at 3 p.m.

In addition, the final round of Operation Rising Star will be held starting at 6 p.m. Operating Rising Star is an American Idol-type competition for Soldiers and family members. The remaining five contestants include family members Vanessa Holland, 535th Engineer Support Company, 54th Engineer Battalion spouse; Tara Lynn Davis, 535th ESC, 54th Eng. Bn spouse; Cynthia Tidwell, 16th Special Troops Battalion, 16th Sustainment Brigade spouse; Melbeth Williams, spouse of a Soldier in 317th Maintenance Company, 391st Combat Sustainment Support Battalion and Staff Sgt. Marcus Boyd, Golf Battery, 4th Battalion, 319th Army Field Artillery Regiment

The five contestants will perform a song and the audience will then vote for the winner. The winner, which will be announced that night, will receive \$500 and have a chance to travel to the states to compete in the next round of the competition.

(ENERGY continued from page 2)

gress. Version 2 of the campaign plan will be released in October, which is national Energy Awareness Month. I did not plan for the two events to coincide, but it is fitting. The revised LOE 6 will show us the way ahead for achieving the energy security and efficiency that is a critical part of achieving and maintaining installation readiness.

While the campaign plan is the driving force in changing how we do business, the Installation Management Energy Portfolio is our toolbox. This document, which is also being revised for release in October, describes Army programs and initiatives that help installations realize their energy goals. One example is metering. Residential Communities Initiative housing on 45 Army installations are metered to measure whether the occupants of each unit are using above or below the energy usage baseline every month. Provided with the meter data, occupants have steadily reduced their energy consumption so that 80 percent now receive money back for using less than the baseline each month.

Other programs and initiatives include efforts to improve the Army's energy grid security and management, to track and offset utility costs, and to require that new military construction and renovation meet rigorous energy efficiency standards.

I have always said that vision without resources is hallucination, so the energy portfolio also lists a number of resource opportunities. These include Army and private programs, contracts and other vehicles through which installations can partner with private industry to gain expertise and resources to create innovative energy programs.

Finally, the energy portfolio highlights several projects in which installations are making creative use of all these resources to save and produce energy. These projects include a 12-acre solar power array at Fort-



### Bamberg's Energy Statistics

- In FY 2009 USAG Bamberg consumed 291,286 MBtu which is well below the 419,399 MBtu average of installations in Europe*
- USAG Bamberg DPW won the Army's Energy Efficiency and Energy Management Award for saving \$450,000 in energy costs in 2008.*
- The combination of all facilities on the installation consume the same amount of energy as only 2850 homes in Germany or 20 percent of the City of Bamberg*
- Due to the solar panels placed on the roof of USAG Bamberg's power plant in 2009, the installation reduced its carbon dioxide emissions by 19 tons*

Carson, Colo., a vegetative roof project a Tobyhanna Army Depot in Pennsylvania, a methane gas project at Fort Knox, Ky., the first wind turbine on an active Army installation at Tooele Army Depot in Utah, and solar walls at Fort Drum, N.Y. The revised Energy Portfolio will expand on this last section in particular, to provide ideas and inspiration to other members of the installation management community.

In addition to version 2 of the Campaign Plan and the revised Energy Portfolio, in October I will also publish an energy operations order, to direct specific actions that raise the overall level of effort within the Installation Management Community.

When we look at the energy projects around our installations, we can see the Installation Management Community has made a solid start in addressing energy issues. However, when we consider those issues, we can

also see how far we still have to go. Last year we spent \$1.3 billion for the installation utility bill, which includes electricity, steam, water and natural gas. The Army spent \$4 billion for fuel and utilities. That is a large price tag for resources we do not control and that will run out eventually.

I am looking for people who are passionate about energy issues and committed to finding innovative ways to solve the challenges. One key person is the garrison energy manager. Every garrison needs a full-time energy manager, or more than one, depending on the size of the installation, who can help leadership build a robust energy program. And every garrison needs leadership to back a robust energy plan. Leadership has to communicate that every Soldier, Civilian employee and Family member on the installation is responsible for doing his or her part.

Occasionally someone who is less-than-committed to energy efficiency says to me, in effect, "Hey, quit going on about turning off the lights." Here is an idea: turn off the lights and I will quit talking about it. When we have achieved the energy efficiencies that are possible—when we have found ways to avoid energy costs and reduced unavoidable costs and limited our use of nonrenewable resources—then we can talk about other issues, such as which Soldier and family programs to apply the savings to.

Focusing on our energy programs is truly non-negotiable. We have to look to our programs to generate savings that will help with the Army's part of the \$23 billion in efficiencies that the Secretary of Defense is requiring from all the services. We have to look to them to more securely position us to accomplish our missions, to provide an even better quality of life for Soldiers and Families, and to help address some critical environmental issues, so that we do not pass them on to our children and their children. For all of these reasons, it is the right thing to do to get our energy programs right.



Sgt. Bruce Cobbeldick

Lt. Col. David Sink, commanding officer of 4-319th Artillery Battalion, 173rd Airborne Brigade Combat Team, signs over three up-armored humvees to Brigadier Gen. Hagyar of the Afghan Uniformed Police at Forward Operating Base Airborne Aug. 19.

(SOLDIERS continued from page 3)

said. "We understood that there was no sustainment program in place to allow the AUP to continue their training following their initial police training, therefore we implemented a 'core-skills' agenda."

Those core skills, taught by NCOs and officers from the battalion, included basic first aid, driver training and marksmanship training.

"Additionally, we wanted to assist the PHQ staff in their capabilities and functionality," Woods said. "We developed some leadership, logistics and management courses that would assist in that. At the district levels, we've partnered our 401st Military Police and paratroopers from Alpha Battery 4-319th with the district-level police. These Police Combined Action Teams conduct the day-to-day partnering and combined action with the AUP assisting in their development."

To bolster the training program, a Mobile Training Team of five Soldiers in both Logar and Wardak provinces go into the districts and focus on values, ethics, Rule of Law, management and some advanced first aid.

These teams spend a week in the district centers assisting in the

(YOUTH continued from page 1)

They gain perspective on programs offered by Child Youth and School Services and activities offered at John F. Kennedy Youth Center, said Rizza Asuncion. Attendees even go on trips to downtown Bamberg and learn to take public transportation to places like Nur-emberg and Schweinfurt.

Since Schweinfurt high-school age students attend Bamberg Middle High School, learning how to use public transportation to get around could be useful to the new youth, Asuncion said.

Anthony's mother, Jenny Johnson,

agreed that Bamberg's welcome program for youth is good for military children who are transitioning from one post to another.

Knowing that her son has a place to meet new people and socialize was comforting to her, Johnson said.

She said Anthony was thrilled to be moving to Bamberg and excited about the youth center and its programs.

Anthony said he had seen the center's Facebook page and was excited to be moving to a place that had a much larger youth center than the one in Heidelberg.

training of the Wardak provincial AUP. They also provide an assessment of the center and its police.

"The fact that these AUP officers are the first to operate up-armored vehicles has greatly increased their social status," Woods said. "Their position in the Afghan community has risen as well. Today, the AUP and the Afghan media witnessed the tangible proof of our training program where Afghan officers enabled other Afghan officers to perform. Our internally developed AUP program is now the accepted standard."

Woods stated that modern counterinsurgency requires a finesse and level of precision and sophistication.

"Our battalion has stepped up to that challenge and performed as warriors, as well as trainers and professional cadre for the Afghan forces," he said.

Sink said his headquarters partners with the AUP staff focus on the personnel, logistics and operations of the Provincial Police HQ. Hagyar has taken the reigns as the chief and continues to develop his officers.

Hagyar has been able to re-establish the discipline within the organization by focusing on simple, basic leadership skills, like wearing of the uniform, being at your place of duty and taking responsibility for your actions. Hagyar holds numerous battle-rhythm events within his headquarters that keep the organization focused on the priorities and tasks at hand.

"These include weekly administrative, security and intelligence meetings that keep his staff informed, and allow him to give guidance on the ways ahead," Sink said.

This training and increased capacity building could not have occurred unless the leadership of the AUP bought into the program and allowed their officers to take days away from their normal routine and attend classes. This was a program supported by Soldiers of 4th Bn., 319th AFAR and the 173rd ABCT, but the AUP picked the courses they wanted taught, and it was on their timeline.

"The fact that we kept our classes full is a testament to the commitment of the Wardak Provincial Police Headquarters in getting their AUP trained to operate as a professional, capable force," Sink said.

The Soldiers of 4th Bn., 319th AFAR have been successful in offering tangible support, in terms of vehicles, equipment and resources. They have served side by side with the Afghans and become united in purpose – a true combined partnership, filled with resolve.

## 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 at 0951-300-7492. Family members enrolled in Tricare's dental program can also contact an off-post provider. Enrollees receive 100 percent coverage for emergency care.



## For more information & assistance with the Overseas TRICARE Dental Program:

Log onto [www.tricare dental program.com](http://www.tricare dental program.com)

Call Tricare Dental Program customer service in the U.S. toll-free from Germany between 8 p.m. Sunday and 8 p.m. Friday Eastern Standard Time (first dial 0800-225-5288, after the AT&T prompt dial 1-888-418-0466)

e-mail [oconus@uccicom](mailto:oconus@uccicom)

Contact the Tricare Area Eurasia-Africa Dental Office:

<http://www.europe.tricare.osd.mil>

06302-67-6358

FAX: 06302-67-6372

e-mail [TDP@europe.tricare.osd.mil](mailto:TDP@europe.tricare.osd.mil)

Contact Kay Booth, Beneficiary Service Representative, at U.S. Army Health Clinic-Bamberg TRICARE section, Room H119a, for enrollment information, enrollment verification and assistance with finding a civilian dentist.

7:30 a.m. – noon / 2 – 4:30 p.m.

0951-300-7420

e-mail [kay.booth@us.army.mil](mailto:kay.booth@us.army.mil)

Contact Michaela Blanton, Tricare referral center, at US Army Health Clinic-Bamberg TRICARE section, Room 119b, for help with finding a civilian dentist.

8:30 – 11:30 a.m. / 1 – 4 p.m.

(except Wednesday afternoons)

0951-300-7897

e-mail [michaela.blanton@amedd.army.mil](mailto:michaela.blanton@amedd.army.mil)

### How to locate a German dentist using the internet:

1. Go to [www.tricare dental program.com](http://www.tricare dental program.com)
2. Click on **INFORMATION FOR ENROLLEES**.
3. Click on **Overseas Dental Care** (on left side of page)
4. Click on **Find an Overseas Host Nation Provider**
5. Select BAMBERG from the drop down box labeled **Dental Treatment Facility** (no need to fill in other boxes)
6. Click on the **Begin Search** button.  
*Preferred providers are annotated.*

## Bamberg Health Clinic



### Quick Reference Guide

#### Primary Care Hours of Operation:

Monday - Thursday 7:30 a.m. - 4:30 p.m.

Friday 7:30 a.m. - noon

#### TRICARE Nurse Advice Line:

0800-825-1600, 24 hours

#### Sick-Call Hours of Operation:

Monday-Friday, 6:30 - 8 a.m.

#### Phone numbers

##### Primary Care:

0951-300-1750 / 7772 / 9241

#### Educational & Dev. Intervention Svcs:

0951-300-7995/7984

#### Physical Therapy:

0951-300-9015

#### Department of Behavioral Health:

0951-300-7793

*The Health Clinic closes at noon every Friday for training.*

#### Website:

[www.healthcare.hqsareur.army.mil/Families/Nurse\\_Advice\\_Line.html](http://www.healthcare.hqsareur.army.mil/Families/Nurse_Advice_Line.html)

#### Behavioral Health Services:

Behavioral Health Services offer a variety of classes to community members. For more information, call 0951-300-7793

#### Anger Management

Tuesdays, 1 to 2:30 p.m.

#### Suicide Awareness

The third Wednesday of every month,  
10 - 11 a.m.

#### Stress Management

Thursdays, 9 a.m. – 11:30 a.m.

## AAFES Corner



Sept. 10-17

Location: inside the PXtra  
From 10 a.m. – 6 p.m.

Prizes & Giveaways  
from 11 a.m. – 1 p.m.



Click [here](#) to view weekly savings from AAFES.

## DECA Corner

### 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!

Go to <http://www.commissaries.com>

The commissary will have a Case Lot Sale  
Oct. 2-3.

Click [here](#) for printable online coupons.  
Click [here](#) for recipes from Kay's Kitchen.  
For Bamberg commissary news, click [here](#).



# Bamberg city classes now open for the fall, winter

The Bamberg Community Recreation and Learning Center or Volkshochschule (VHS) is offering a variety of classes in the fall and winter. Classes range from languages to cooking, from yoga to horseback riding. Some of these classes are very popular and fill up on *sign-up day, which for this semester is Sept. 8*. You can sign up via their German website [www.vhs-bamberg.de](http://www.vhs-bamberg.de), or at their office at Tränkgasse 4, 96052 Bamberg. Their opening hours are Mon. 9:30 a.m. to 12:30 p.m. and 2 to 5 p.m., Tue., Wed., Thur. 9:30 a.m. to 12:30 p.m. and 2 to 4 p.m., Fri. 9:30 a.m. to 12:30 p.m. There are extended opening hours from Sept. 8 – 24: Mon. 9:30 a.m. to 5 p.m., Tue., Wed., Thur. 9:30 a.m. to 12:30 p.m. and 2 to 5 p.m., Fri. 9:30 a.m. to 12:30 p.m. Payment must be in cash or via German bank withdrawal so have your bank information ready if you choose this method of payment. The following is only a small selection of classes. The number in parenthesis is the course number. Please check the website for locations.

Course	Day	Start	Time	Sessions	Price
(3012) German Beginner	Thur.	Sept. 30	6 – 8 p.m.	10	€ 60.48 (plus € 23 for books)
(3013) German Intensive course – Basic level A2	Tue. and Thur.	Oct. 5	6:30 – 8 p.m.	20	€ 76.80 (plus € 24.95 for books)
(3014) German Intermediate B1	Thur.	Sept. 30	7 – 8:30 p.m.	15	€ 57.60 (plus € 18.50 for books)
(4251) Yoga	Sat.	Dec. 4	9:30 a.m.– 12:30 p.m. and 1:30 – 4 p.m.	1	€ 16.23
(4252) Yoga Intensive course	Tue. to Thur.	Nov. 2 – 4	9:30 a.m. – 12:30 p.m.	3	€ 29.21
(4261) Yoga Beginners and Intermediate	Mon.	Sept. 27	6:20 – 7:50 p.m.	12	€ 46.08
(4276) Yoga	Thur.	Sept. 30	8:30 – 10:00 a.m.	15	€ 58.60
(4281) Yoga Beginners	Thur.	Oct. 7	4:30 – 5:30 p.m.	10	€ 39.40
(4296) Yoga (with Pilates)	Tue.	Sept. 28	6 – 7:30 p.m.	15	€ 64.36
(4820) Greek Dance (slightly advanced)	Mon.	Oct. 11	7 – 8:30 p.m.	10	€ 60.24
(4830) Dances from Israel	Sat.	Oct. 23	1:30 – 3 p.m. and 3:30 – 5 p.m.	1	€ 12.04
(4831) Scottish Dance	Sat.	Dec. 4	1:30 – 3 p.m. and 3:30 – 5 p.m.	1	€ 12.04
(4843) Irish Set Dance (Beginners)	Wed.	Oct. 13	6:30 – 7:30 p.m.	3	€ 15.78
(4850) Oriental Dance (Beginners)	Fri.	Oct. 8	6 – 7 p.m.	10	€ 40.16
(4871) Samba Brazil	Fri. and Sat.	Nov. 19 Nov. 20	6:30 – 9:30 p.m. 2:30 – 5:30 p.m.	2	€ 25.00
(5225) Baking - Faschingskräpfen – Helau! (traditional donut)	Sat.	Jan. 29, 2011	10 a.m. – 2 p.m.	1	€ 12.80 (plus € 10 for ingredients)
(5400) Franconian Dishes (bring sharp knives)	Sat.	Oct. 16	10 a.m. – 2 p.m.	1	€ 13.13 (plus € 10 for ingredients)
(5425) Moroccan	Fri.	Oct. 1	5 – 9 p.m.	1	€ 19.80
(5431) Indian – Madras	Fri. Sat.	Nov. 19 Nov. 20	6 – 9:30 p.m. 10 a.m. – 1 p.m.	2	€ 32.18
(5233) German Layer Cakes (Beginners – bring round backing dish, icing bag)	Fri. Sat.	Jan. 21, 2011 Jan. 22, 2011	5 – 9:30 p.m. 10 a.m. – 1 p.m.	2	€ 23.13 (plus € 10 for ingredients)
(4950) Horseback riding – basics (English style)(12 years up)	Fri.	Oct. 15	8 – 9 p.m.	10	€ 110
(4951) Horseback riding – basics (English style)	Sat.	Oct. 16	10 – 11 a.m.	10	€ 110

For more classes and information on locations of classes as well as information on refunds please contact the VHS directly at 0951-871-108, at their office or visit [www.vhs-bamberg.de](http://www.vhs-bamberg.de). Also, please double check dates and times when you sign up.

## Recycling Tips

1. Save “junk mail” reply envelopes for filling recipes, receipts, etc.
2. Stuff old newspaper in hats to keep their shape.
3. Use old newspaper to dry and polish windows after washing.



## Energy-saving Tips

1. A fuller fridge or freezer is more efficient than an empty one so keep it filled.
2. When cooking, pot and cooking site diameter should correlate.
3. Put the lid on and use the smallest possible pot.