



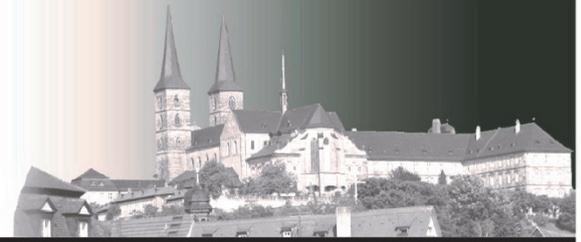
WARNER WEEKLY

News & Information at Your Fingertips

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Thur. Jan. 6, 2011



Program helps injured Soldiers regain active status

By Ashley Bateman, USAG Bamberg Public Affairs



T. Anthony Bell

Health care professionals at Bamberg's mild Traumatic Brain Injury Clinic have implemented a Return to Duty program. Its purpose is designed to rehabilitate Soldiers who sustained a brain injury so they re-establish aspects of active duty life and can train and deploy. There is also an emphasis placed on competing in challenges, like one above, which is a picture from the 2008 Department of the Army Noncommissioned Officer and Soldier of the Year "Best Warrior" Competition.

Since 2000, the Defense and Veterans Brain Injury Center has counted 178,876 cases of Traumatic Brain Injury amongst U.S. Military personnel. Seventy-seven percent of those cases were determined to be mild. Based on these numbers, the number of confirmed cases of TBIs has surpassed recorded cases of Post Traumatic Stress Disorder by nearly 100,000.

The Army has responded to these numbers by increasing behavioral health and clinic services, teaching Soldiers to recognize evidence of TBI or PTSD in themselves and their battle buddies and implementing treatment programs at installations across the globe.

Warner Barracks established a mild Traumatic Brain Injury program more than two years ago, working alongside behavioral health employees. Eventually the need for more space and equipment led the program to move to its own facility, occupying Preston Hall in late 2009.

Soon after the move, Sindy McCord, occupational therapist at the clinic, flew to Fort Campbell, Ky. to observe one of the Army's top mTBI courses the Warrior Resiliency Program.

The program, one that Bamberg's mTBI clinic has imitated, is a dynamic assessment and progression program meant to assist Soldiers who have sustained an mTBI and want to return to active duty service. The Warrior Resiliency Program and now Bamberg's Return to Duty program utilize a team of health care professionals to assess and observe Soldiers during simulated war

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Improper disposal of property impacts community finances

By Douglas DeMaio,
USAG Bamberg Public Affairs

Soldiers and Department of the Army civilian employees can pay for Army property when it's on their hand receipt and is lost, stolen or damaged, but property that is discarded improperly fritters away money the military can use.

"If it takes a unit to bring a forklift to the recycle point to get their property into the bins, it might be the wrong thing to do," said David Fretig, Bamberg's installation property book officer.

Fretig wants personnel to know that improperly disposing of government property is illegal and that the community can get charged for the removal of it if it is brought to the Recycling Center. Military property usually has a label on it with the inscription "U.S. Govt. Owned."

Government property should be turned in to the Defense Reutilization and Marketing



David Fretig

Government property should be turned in to the Defense Reutilization and Marketing Office through the Installation Property Book Office unlike the above picture that shows government property in a recycling bin at Warner Barracks Recycling Center.

Office through the Installation Property Book Office. When personnel don't go through IPBO and decide to make a decision to dispose of U.S. property incorrectly, financial loss to the government is incurred.

"Turning in property that ends up being re-distributed or sold through DRMO is of value to the military; it's also a requirement," Fretig said. "DRMO reuses, transfers, donates, or sells that property and when personnel don't take the proper procedures to dispose of excess or unused items, they're squandering away money and resources."

Installation property is all non deployable property issued to a unit under authority of a Common Table of Allowances or other Department of the Army-approved authorization.

"It includes any property that was purchased with the Government Purchase Card that falls into this category," he said.

Only expendable items and personal clothing are an exception.

IPBO, along with the Central Receiving Point, make one consolidated turn in for the garrison, Fretig said. Items are brought to

(PROPERTY continued on page 7)

54th Engineer Battalion dogs assist in Afghanistan



Sgt. Robert Larson

By Sgt. Robert Larson, 54th Engineer Battalion Public Affairs

PARWAN PROVINCE, Afghanistan — The mine detection dogs and handlers from the 49th Mine Dog Detachment, 54th Engineer Battalion, Task Force Dolch, based at Bagram Airfield, know the importance of canines in the military. These highly trained animals are used to help Soldiers on the ground find some of the most elusive enemies in theater - landmines and improvised explosive devices.

The 49th MDD, attached to TF Dolch for their deployment to Afghanistan, consists of only a handful of Soldiers who are responsible for conducting clearance operations alongside multiple route clearance patrols and many other missions.

The dogs are tested regularly to ensure they can maintain the high find rates required of their job. Using actual land mines and munitions found around Bagram that coalition explosive ordnance detachment members rendered inert, the handlers built training lanes designed to help keep their companions mission ready at all times.

“We have anti-personnel mines, anti-tank mines (and) anti-personnel landmines that are used as boosters for anti-tank mines, hand grenades, artillery rounds and everything in between,” said Sgt. John Bornhoff of the 49th MDD.

(DOGS continued on page 9)

Sgt. Perry Pyle, a dog handler with 49th Mine Dog Detachment, 54th Engineer Battalion, Task Force Dolch, rewards his partner, Finta, with some play time for a job well done on mine-detection training lanes at Bagram Airfield Dec. 15. The dogs are tested regularly to ensure they can maintain the high find rates required of mine detection dogs.

First decade of 21st Century in U.S. Army in Europe in review

By U.S. Army Europe Public Affairs

HEIDELBERG, Germany — Jan. 1, 2001, dawned on a relatively peaceful U.S. Army in Europe led by Gen. Montgomery C. Meigs and Command Sgt. Maj. David Lady. Ten years later, the winter sun still rises after physical training has started, and we still have troops in Kosovo, but now Gen. Carter Ham and Command Sgt. Maj. Capel lead a much leaner force actively engaged in Afghanistan and Iraq as well as throughout Eurasia.

When the decade began, the commander-in-chief was William J. Clinton. As we move into 2011 it is Barack Obama.

As Obama has said, “For more than six decades, Europeans and Americans have stood shoulder to shoulder because our work together advances our interests and protects the freedoms we cherish as democratic societies. As the world has



Bill Roche

A quartet of AH-64D Longbow Apache helicopters from V cruise over a German village, July 22, 2002, en route to their new station at Illesheim Army Airfield.

changed, so too has our alliance, and we are stronger, safer and more prosperous as a result.”

As always, Army doctrine, organization, training, materiel and facilities continue to evolve, but our Soldiers and their leadership remains constant. In the last decade we

have moved from a division-centric force to one with a Brigade Combat Team focus—in fact, when 1st Armored Division headquarters leaves Wiesbaden, there will be no division headquarters in Europe.

Some Things Change

In 2001, 60,000 Soldiers served in USAREUR, in 2010, 40,000.

In 2001 we still used lira, marks, francs, and pesetas, making travel “colorful.” In 2010 we have the ease of the Euro across much of Europe, at a pretty good exchange rate of \$1.32 to €1 (as of December 29, 2010).

In 2001 USAREUR had responsibilities for more than 100 countries across four continents. In 2007, U.S. Army Africa was organized to provide oversight to 53 African countries, so we now have responsibilities for only 51 countries across three continent (full

(REVIEW continued on page 8)



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U.S. Army Garrison
Bamberg, Commander

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Flu vaccine recommended as season peak approaches

By U.S Army Europe Regional Medical Command Public Affairs

HEIDELBERG, Germany - Though the number of confirmed cases of influenza has been below average this year, health officials urge those eligible to get vaccinated.

"Historically, the peak of the flu season comes in January and February," said Col. Carl Heinz Stokes, Force Health Protection Officer for the U.S Army Europe Regional Medical Command. He urged early vaccination, because it does not become effective until one to two weeks after it is administered.

According to Stokes, "More than 95 percent of Soldiers have been vaccinated."

The focus now, he said, was on Families, school-aged children and high-risk beneficiaries.

"Children in school are at the highest risk of contracting influenza and should receive the vaccine. The vaccine is also mandatory for students attending Department Of Defense schools," Stokes said.

According to the U.S. Centers for Disease Control, the flu vaccine is updated every year to combat the flu viruses that research indicates are most likely to cause illness during the upcoming season. The 2010-



File Photo
During flu season 2010, health care personnel at U.S. Army Garrison Bamberg administered H1N1 vaccines as well as seasonal flu vaccines. CDC employees, like the one above, were vaccinated to ensure they wouldn't contract the disease.

2011 flu vaccine is being made in the same way as seasonal vaccines have been made for decades. It will protect against the 2009 H1N1 virus that caused so much illness last season, and two other influenza viruses (an H3N2 virus and an influenza B virus).

High risk categories include the following:

- * All children 6-23 months*

- * Adults 50 years and older
- * All women who are pregnant during the influenza season
- * Persons 2-49 years old* with underlying chronic medical conditions. These include in part: pulmonary illnesses, such as emphysema, chronic bronchitis, or asthma; cardiovascular illnesses, such as congestive heart failure; chronic metabolic diseases, including diabetes mellitus; renal dysfunction; sickle cell disease; or immunosuppression (including immunosuppression caused by medications or by human immunodeficiency virus [HIV])
- * Children 6 months-18 years on chronic aspirin therapy, for rare conditions such as Juvenile Rheumatoid Arthritis or coronary artery abnormalities caused by Kawasaki's disease
- * Health care workers involved in direct patient care
- * Out-of-home caregivers and household contacts of children less than 6 months or any other high risk person

Col. Evelyn Barraza, ERMIC Preventive Medicine Consultant said everyone can prevent spreading of the influenza-like illness by following these simple steps:

- * Avoid close contact. Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

(VACCINE continued on page 9)

Safety office advises caution near frozen ponds, lakes, ice

By Installation Management Command-Europe Safety Office

Winter weather conditions are ideal for fun activities, especially for children, but they also can increase the number of accidents.

The Installation Management Command-Europe Safety Office is advising everyone to stay aware while outside and follow the following safety rules when ice skating, sliding or just walking on frozen ponds and lakes:



Everyone should know, and parents shall emphasize to their children, that the most important safety rule to learn is that there's no such thing as safe ice.

Never go or skate alone. Children shouldn't be allowed on a ponds or lakes unsupervised.

In Germany, the ice has to be checked and inspected by the local community. It has to have a thickness of 15 centimeters (about 5 inches) before it can be entered. Watch for signs or ask members of the local community if the area is approved. Be aware that conditions might change.

Beware of ice around partially submerged objects, such as trees, logs, brush, embankments or dam structures; the ice is thin around

these objects.

Don't enter ice after dark.

Don't congregate in one area.

Stay away from cracks, seams, pressure ridges, slushy areas and darker areas on the ice that signify thinner ice.

Other factors that everyone should take into consideration when assessing the strength of ice are:

Ice is not only subject to temperatures from above but also from constant thawing temperatures from below due to water temperatures in the 40 degree Fahrenheit range (about 4 degrees Celsius).

Areas where there's any water movement due to either overland runoff or underground springs, and shaded or sunny areas, all lead to freezing and thawing conditions.

Snow is another contributing factor, as snow cover acts as insulator and ice may actually begin to melt despite freezing temperatures. Again, always keep in mindthere is no such thing as safe ice.

For more information about winter safety tips and resources, log on to <http://www.imcom.army.mil/hq/officecom/staff/safety/>

Community Announcements

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

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

EFMP

Find out more about Exceptional Family Member Program through the monthly Newsletter. Find out more by visiting www.militaryhomefront.dod.mil/.

AFN Super Bowl Commercial Competition

Potential producers, actors and directors can catch a break by competing in Armed Forces Network Europe's Super Bowl commercial competition. Submit a 14- or 29-second commercial to AFN by Jan. 10. If it meets submission criteria, it will air during the Super Bowl and pre-game show in February. Find *YouDoIt* details and an entry release form at afneurope.net.

Special Forces Recruiter

There will be a Special Forces recruiter at the Post Briefing Room Jan. 11-13 from 5:30 - 7 p.m. For more information, visit the U.S. Army Special Forces Recruiting Team Europe Facebook page at <http://www.facebook.com/USArmySpecOpsRecruiting.Europe>.

Spring Kickoff

Protestant Women of the Chapel will have its spring kickoff Jan. 12 from 9-11:30 a.m. in the Chapel. All ladies are welcome. Free child care and food will be provided. The Bible studies being offered this spring are: "Shepherding a Child's Heart" by Tedd Tripp; "Wives of a Warrior: Living Confidently in Christ" by Ronda Sturgill; "Precept Inductive Study of Exodus" by Kay Arthur; "Daniel" by Beth Moore; "Becoming a Woman of Purpose" by Cynthia Heald; and a DVD study featuring Louie Giglio, Beth Moore and John Piper. An evening study is offered at 6 p.m. on Wednesdays in the Chapel. The evening study for the spring will be "Living Beyond Yourself: The Fruits of the Spirit" by Beth Moore. For more information, contact Sharon Jenkins at 0951-297-2098 or send an e-mail to pwoebamberg@yahoo.com.

Soldier Show

The U.S. Army Soldier Show is still accepting nominations for performers and technicians for the 2011 show. Nominations for performers are being accepted for vocalists, dancers, musicians and specialty acts. Nominations for technicians are being accepted for lighting, audio, video, costuming and stage technicians. The deadline to submit packets to Installation Management Command Europe is Jan. 14. For information about how to submit a packet, e-mail Jim Mattingly at jim.mattingly@eur.army.mil.

Blood Drive

The American Red Cross will have a blood drive conducted by the American Armed Forces Blood Program on Jan. 18 from 9 a.m. - 5:45 p.m. at the Basics Building. To make an appointment, visit www.militarydonor.com and click on Donate Blood, then click on Landstuhl, Germany, and follow the instructions. Walk-ins are welcome. Participants must be at least 17 years old to donate. For more information, call 0951-300-1760.

Weekly Reminders

Volunteers, Issues Needed for AFAP

U.S. Army Garrison Bamberg officials are seeking volunteers and soliciting input from community members for the 2011 Army Family Action Plan conference Feb. 22-24 at the Warner Conference Center. AFAP is a grass-roots effort that allows community members to identify and elevate quality-of-life issues to senior Army leader-



Wednesday, Jan. 12 &
Thursday, Jan. 13

Prepare a short song for the audition and wear clothes comfortable for dancing. For more information, call or visit the Stable Theater on Facebook.



The Stable Theater
Bldg. 7119, USAG Bamberg
469-8647/0951-300-8647

ship. Issues addressed at AFAP conference can be either local issues or Army-wide policy changes. Army-wide policy changes, such as the ability to transfer Montgomery G.I. Bill benefits to a spouse or family member, were results of AFAP conferences. Child care is provided for conference volunteers. AFAP issues can be submitted several different ways including through the ICE link at www.bamberg.army.mil and when prompted, clicking the policy or regulation change description, by clicking on the following link <http://www.emailform.com/builder/form/cvdd8liqHX1> and filling out the form or stopping by ACS. For more information, contact Vanessa Holland at 0951-300-7777 or 0951-300-7594.

Scrapbooking Events

Join fellow scrapbook fans for several winter events the first Friday of every month at the Community Activity Center's classroom from 5 - 10 p.m. On Jan. 7, learn techniques to organize your work space and have a chance to win a rolling scrapbook tote. Cost for each event is \$10 and includes dinner, hourly door prizes and a free instructional class. Supervised childcare is available at the CAC child play room at a cost of \$2 an hour per child. Reservations for childcare must be made in advance as space is limited. For more information about the events, contact Wendy Sledd at 0951-300-7308 or wendy.sledd@us.army.mil.

MWR Guide

Bamberg's Family and Morale, Welfare and Recreation Guide for the month of December and January is now online at <http://issuu.com/bambergmwr/docs/brochure122010012011r>.

Sweet Dreams Project

As part of U.S. Army Garrison Bamberg's Child Youth and School Services Deployment Support Initiative, community members can send pictures to the School Age Center in a jpg. format with the location of the recipient and contact information to be made into a pillowcase. The project is for deployed Soldiers or those away from home for training and family members back home. Send e-mail to michelle.mcclelland@eur.army.mil. For more information, call 0951-300-8698.

Library Events

The library hosts weekly events. Every Thursday at 11:30 a.m. is storytelling. This is available for children ages 3-5 years old. There's also a Gamers' Challenge that meet every Saturday at 5 p.m.

Instructor's Course

People interested in becoming a Health and Safety Instructor for the American Red Cross should call 0951-300-1760 or e-mail RedCross.Bamberg@eur.army.mil.

Social Media

For the most current events happening at Bamberg Elementary School, please visit [Bamberg Elementary School PTA](#) on Facebook.

Army Suggestion Program

The Army Suggestion Program encourages Soldiers, civilians and any concerned individual to submit ideas regarding how the Army can increase efficiency and cut costs. Approved suggestions are assessed on how much they save the Army and can earn individuals thousands of dollars. For more information, or to submit an idea, Army Knowledge Online registered users can visit the ASP website at <http://asp.hqda.pentagon.mil/public/>. Those unable to access AKO can submit a DA Form 1045 to their installation coordinator. The U.S. Army Garrison Bamberg coordinator Norbert Roth can be contacted at 0951-300-8001 or norbert.e.roth@us.army.mil.

Bamberg Community Classes

The Bamberg Community Recreation and Learning Center or Volkshochschule (VHS) is offering a variety of classes this winter. Sign up via their website www.vhs-bamberg.de, or at their office at Tränkgasse 4, 96052 Bamberg. Payment must be in cash or via German bank withdrawal. The following is a small selection of classes:

-(5225) Baking— Faschingskrapfen—Helau! (traditional donut); Jan. 29, 2011; 10 a.m. - 2 p.m.; one session, €12.80 plus €10 for ingredients.

-(5233) German Layer Cakes (Beginners-bring round baking dish, icing bag)- Jan. 21-22, 2011, 5-9:30 p.m. and 10 a.m. - 1p.m.; 2 sessions; €23.13 plus €10 for ingredients.

For more information contact the VHS at 0951-871-108 or visit www.vhs-bamberg.de.

Get EFMP Registered

Is your Soldier coming back from downrange? If your Soldier is receiving orders to another location, it is not too early to start your Exceptional Family Member Program paperwork. Family members can start the paperwork now. Your local Army Community Services EFMP manager can assist in determining what you need to do. Remember, if you have someone registered in EFMP, the registration has to be updated every three years or when the condition changes. For more information about EFMP or about registration, contact Bonnie Kelle, EFMP manager at 0951-300-7777.

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.

Postal Service

U.S. Army Garrison Bamberg has updated its Postal Service Center webpage to include instructions and links to the U.S. Postal Service for filing online postal claims and a new Temporary Mailing Instructions form that customers may use to submit holding or forwarding instructions for their mail online. For more information visit <http://www.bamberg.army.mil/directorates/dhr/psc.asp>.

Utility Tax Relief Services

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.

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 about vehicle registration, call 0951-300-7580.

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.

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.

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 at <http://www.bamberg.army.mil/directorates/dhr/passport.asp>. For assistance in filling out the Passport Application, download the Application Wizards User's guide.

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. 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 or call 0951-300-8928.

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; closed on Friday afternoons for mandatory training, federal holidays and weekends. For more information or if you need to make an appointment, call 0951-300-1750. In case of a medical emergency, call the Bamberg Military Police at 0951-300-114. The TRICARE Nurse Advice Line, a toll-free number 00800-4759-2330, is available

24 hours a day, seven days a week to talk to a nurse about health care concerns, get self-care advice, schedule appointments or arrange a call with your military care provider.

Community Activity Center Hours

Bamberg's Community Activity Center operational hours are:

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

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.

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.

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.

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.

Service Office

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

Veterinary Facility

The veterinary office's 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



METAL



PLASTIC

View the Environmental Protection Agency video competition winners on recycling at:

<http://www.epa.gov/osw/wycd/video.htm>



PAPER



GLASS

business hours. For more information about the clinic or to schedule an appointment, call 0951-300-7972.

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 and help visiting family members get permission to drive USAREUR-plated car or 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.

Sports, Health and Fitness

Unit Level Basketball Tournament

A Best in Bavaria unit level invitational basketball tournament will be held Friday, Jan. 28-30. Both men's and coed teams are invited to participate in the tournament. There must be a minimum of six teams to participate with a maximum of 10 teams. T-shirts will be given to all players and team trophies and individual medals will be given for first through third place teams and players. Register for the tournament by Jan. 15. The cost is \$250 per team. For more information, call 0951-300-8890.

Combatives Clinic and Tournament

The Installation Management Command Europe will host a combatives clinic and tournament Feb. 2-5 at the Freedom Fitness Facility. The clinic will be held Feb. 2-4, followed by the tournament on Feb. 5. Anyone interested in participating in the clinic should register by Jan. 20. The tournament is open to all active duty Soldiers. Register for the tournament by Jan. 25. For more information about the clinic and tournament, call the FFF at 0951-300-8890.

Krav Maga Self-Defense Class

The Freedom Fitness Facility is now offering Krav Maga Self-Defense and a women's self-defense classes. Classes will be held Fridays. The women's class will be held from 5:30-6:30 p.m. The Krav Maga class will be held from 7-8 p.m. Classes are \$10 per lesson or \$40 a month. For more information, stop by the FFF, call 0951-300-9086 or e-mail kravmagaisrael@yahoo.com.

Bowling Lanes

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

Golf Gift

Find the perfect Christmas gift for all golfers at U.S. Army Garrison Bamberg's Golf Pro Shop. Pre-packed grab bags with various certificates, putters, shirts and much more are available. Prices range from \$30 - 60. The pro shop is open Tuesday-Sunday from 9 a.m. - 7 p.m. It is closed on Mondays. For more information, call 0951-300-8953.

Continuing Education

Student Aid

Learn what resources are available to help fund your higher education. Visit [http://](http://studentaid.ed.gov)

**USAG BAMBERG
REV. DR. MARTIN LUTHER KING, JR.
BIRTHDAY OBSERVANCE**

**Date: Jan. 12
Time: 1:45 – 3 p.m.
Location: post theater**



Please join us as we gather as a community to honor the life and legacy of Rev. Dr. Martin Luther King, Jr.

Special Guest Speaker: DR Robert E. Mann, director, USAG Bamberg, Directorate for Plans, Training, Mobilization & Security

To take part in this event contact the USAG Bamberg Equal Opportunity Office at 0951-300-8624 or e-mail Bamberg_eo@eur.army.mil.

studentaid.ed.gov/PORTALSWebApp/students/english/index.jsp for more information.

College Registration

Central Texas College Europe Term III registration has begun and will continue through the first day of class. Term III starts Jan. 17 and ends March 11. Courses being offered this term include: Automotive Electrical Systems on Monday, Wednesday and Thursday from 5:30-9:30 p.m.; Educating Young Children on Mondays and Wednesdays from 6-8 p.m.; Legal Aspects of Law Enforcement on Tuesdays and Thursdays from 6-9 p.m.; Emergency Medical Technician – Basic Certification Course on Monday, Wednesday and Thursday from 6-9:45 p.m.; and Computers in Hospitality on Tuesdays and Thursdays from 6-9 p.m. For more information, call the Bamberg Field Representative at 0951-300-7467 or stop by the Education Center, Room 311.

UMUC Europe Registration

Registration for spring 2011 session 1 for the University of Maryland University College Europe is now available. Registration for onsite courses is available through the first day of class Jan. 16. Registration for Europe online courses continues through Jan. 23, with classes beg Jan. 24. Students are encouraged to enroll early. For more information, visit www.ed.umuc.edu or call 06221-3780.

UMUC Europe Financial Assistance

For the first time, University of Maryland University College Europe is offering 50 percent off on all books purchased through webText Europe from now until Jan. 10. Students can also apply for a book award to offset textbook costs, including the \$100 Orkand Military Book Award for enlisted service members and the \$100 Europe Book Award for spouses and family members of service members of all ranks at http://www.ed.umuc.edu/financial_aid.

Study Overseas

University of Maryland University College Europe Field study courses provide students with an opportunity to travel and explore Europe while earning university credit. Two upcoming courses are "Northern Renaissance Art in Brussels and Paris" from March 12-19 and "Expatriate Writers in Rome" from March 12-19. The registration deadline for both courses is Feb. 20. For more information about the courses, e-mail fieldstudies@europe.umuc.edu or call 06221-3780.

University of Phoenix

The University of Phoenix is open Monday through Friday from 8:30 a.m. - 4:30 p.m. It is located at the Warner Barracks Army Education Center, Building 7047, Room 309. Your local 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 0951-300-9280 or 0951-208-5350.

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.

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.

Youth and Teens

Cub Scouts

There is a Cub Scout Pack here in Bamberg with four active dens: Tiger Cubs (1st grade), Wolves (2nd grade), Bears (3rd grade), Webeles (4th and 5th grade). There are three meetings per month. There are one-hour activities to accomplish steps toward rank advancements. Pack meetings are once a month (Camp Out, Pinewood Derby, Bowlarama, etc.) Volunteers are needed to assist with den meetings and committee planning. Come and join in the fun of Cub Scouts. For more information about Cub Scouts, call 0162-234-0906 or e-mail michael.mouritsen@eur.army.mil.

Youth Lessons

Child, Youth and School Services SKIES Unlimited is offering lessons for tennis, racquetball and dance for youth ages 7-18. For more information, e-mail 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 bambergaguabaron@yahoo.com.

Ballet Class

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

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 Betty Bullard at 0951-300-8874 or e-mail Betty.bullard@eu.dodea.edu.

Teen Stress

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. To obtain a copy of the tool kit and learn more, visit <https://www.myarmyonesource.com/News/2010/07/OperationPurple>.

Closures / Changes

Vehicle Registration

The Vehicle Registration Office will be closed for the American holiday Jan. 17. For more information, call 0951-300-7580.

Ray's Diner

The hours of operation for Ray's Diner dinner meals are from 5-6:30 p.m.

Passport Office

The Passport Office will be open Monday through Wednesday from 8 a.m. - noon for walk-ins and 1 -3 p.m. for appointments. The office will be closed Thursdays and Fridays. For more information, call 0951-300-8928.

Relocation of Bus Stop at Shopping Center

The bus stop on 6th Street behind Building 7089 will be relocated soon onto Jefferson Ave at the entry to the walking zone of Commissary and PX. During the construction period, Nov. 8 - Jan. 16, the curved driveway area next to the former post office location will be narrowed in order to adjust the road curbing and establish the new bus stop area. The priority lane will be the one coming from 6th Street onto Jefferson Ave. On weekends, the construction barriers will be moved closer to the curb to allow two-way traffic. Upon completion of all the preparation work, the bus stop will move to its new location which might cause a one to two day hindrance.

Airport Shuttle

The Frankfurt Shuttle Bus has modified hours. The shuttle departs from the Bamberg Army Community Service building Monday-Friday at 6:20 a.m. and arrives at the airport at 10 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



Winter Warm-Up Luau

Put on your Hawaiian shirts and grass skirts to join in beating the cold! This family-friendly event will have crafts, activities and games for all ages.

Compete in the costume contest, take a photo with a Hawaiian cut-out and enjoy Hawaiian food and drink.

When: Jan. 29
Time: 7-9:30 p.m.
Where: Community Activity Center Building 7047

For more information, contact the Community Activity Center at 0951-300-8659

is not available on American and training holidays.

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. For more information about the Bamberg Finance Customer Support Team, call 0951-300-

Dental Clinic

Preparing Soldiers for deployment and reintegration is the primary focus of the Bamberg Dental Clinic until early 2011. These priorities 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. 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.

Entertainment and Leisure

Musical Auditions

Bamberg's Stable Theater is calling for auditions for its upcoming spring production, "Chicago the Musical." Auditions will be Jan. 12 and 13 at 6:30 p.m. Prepare a short song for your audition and wear comfortable clothes for dancing. The show is scheduled to run early- to mid-March. For more information, call the Stable Theater at 0951-300-8647 or visit their Facebook page Stable Theater - USAG Bamberg.

Comedy Play

Don't miss "Five Women Wearing the Same Dress," presented by the Fraenkische Schweiz Gymnasium theater group (Ebermannstadt) on Jan. 21 at 7:30 p.m. at Bamberg's Stable Theater. Tickets are \$7 for adults and \$5 for students and ranks E4 and below. Call to reserve your seat at 0951-300-8647.

Poker Tournament

Join Bamberg's upcoming Poker Tournament Jan. 22 at noon at Birchview Lanes Bowling Center. The top 10 winners get a chance for great prizes. Prizes include a poker bracelet and an exclusive Royal Flush Poker Set, Nintendo Wii Black Edition, iPod and more. There's limited seating for up to 80 players, so reserve your seat early. Sign up is \$20. For more information or to sign up, e-mail Phillip.ray.brown@us.army.mil or call 0951-300-7722.

Super Bowl Party

Come root for your favorite team in the Super Bowl at the Super Bowl XLV Party on Feb. 6 at the Community Activity Center. For more information about the Super Bowl XLV Party, call 0951-300-8659.

Outreach KONTAKT Club Events

The Outreach KONTAKT Club is an Army in Europe program designed to promote German and American friendship overseas. For more information, contact the German president Klaus Kirchhof by phone at 0951-24378 or by e-mail at b.k.kirchhof@web.de or contact the American project officer Capt. Carlos Rivera by phone at 0951-300-1610 or send an e-mail to Carlos.rivera2@eur.army.mil.

(PROPERTY continued from page 1)

the CRP, but to get the process started for turning in serviceable excess items personnel should contact IPBO.

The U.S. Army Garrison Bamberg commander has an Excess Property Redistribution/ Turn In Policy.

The policy, found at <http://www.bamberg.army.mil/directorates/dol/docs/IPBOsop2010.pdf>, not only provides guidance on turning in installation property but explains the purpose of the policy, one of which is to save the military money, Fretig said.

Money is saved in several different ways by working with IPBO, which is a Directorate of Logistics organization, to turn in property, he said.

Property turned in can be stored at a warehouse and reused,

issued or hand receipted to organizations without a cost to the unit, USAG Bamberg or the Army through what is known as Free Issue Listing, Fretig said.

"If it takes a unit to bring a forklift to the recycle point to get their property into the bins, it might be the wrong thing to do."

- David Fretig,
Property Book Officer,
U.S. Army Garrison Bamberg

Agencies, organizations and units can also properly dispose of installation property without having to drive to DRMO's in Kaiserslautern to dispose of a small amount of items.

DRMO auctions off or sells the items that are turned in and the money made from those items is returned to the Department of Defense through the Defense Business Operations Fund, which is a working capital fund, published on www.Defense.gov.

Cameras are also located at the Recycling Center to ensure personnel who incorrectly dispose of government property are held accountable.

(REVIEW continued from page 2)

disclosure: we count North America as one of our continents because Greenland, which is part of Denmark, is officially North American).

In 2001, birds tweeted. In 2010, the USAREUR commander, and most celebrities, it seems, Tweet routinely.

In 2001 more than 8,000 Soldiers were keeping the peace in the Balkans. By 2010 that was reduced to 800.

In 2001 the Academy Award went to "Gladiator," a film about fictional Roman warriors in Italy. In 2009 it went to "The Hurt Locker," a film about fictionalized American warriors in Afghanistan.

In 2001 USAREUR had nearly 100 more sites or bases than in 2010. The Plant Replacement Value for facilities closed is \$8 billion (that's billion with a "B." By comparison, the total PRV for all continental U.S. closures announced in 2005 is \$7 billion). We continue to transform, but savings are already more than \$250 million annually.

In 2001 there were 19 NATO members. Since then, Albania, Bulgaria, Croatia, Estonia, Latvia, Lithuania, Romania, Slovakia and Slovenia have joined.

In the 2001 France was the reigning World Cup champion. In 2010 the late Paul the Octopus told us that Spain would beat the Netherlands. He was right. In 2006 Germany hosted the 2006 competition won by Italy over France.

Some Things Remain the Same

Soldiers and Families still serve faithfully. Nearly 200,000 Soldiers have served here in the past decade. About 100,000 have deployed, and 200 have given their lives.

Landstuhl Regional Medical Center is a centerpiece of medical treatment for those wounded in Afghanistan and Iraq. Since 2001, LPMC has treated almost 70,000 patients from 47 coalition nations, including more than 12,000 combat casualties with a 99.5 percent survival rate.

Europe is a great place to train, including the chance to conduct exercises with our partners at our training areas and in their countries across the continent. Grafenwoehr and Hohenfels are great places to train, and it is colder and muddier there than here—wherever "here" is.

Europe is a great place to live. Polish sausage, German beer, Italian pasta, French wine and Belgian pommes frites are still pretty darn tasty.

U.S. Army in Europe remains a critical piece of the U.S. defense structure, building partners, deploying forces and providing logistical support to the fight.

USAREUR Milestone from the decade

Check out more USAREUR milestone snapshots in the "Decade in Review" photo album in the [Flickr gallery](#).



Command Sgt. Maj. John D. Fourhman (right), 1st Infantry Division command sergeant major, joins Maj. Gen. Kenneth Hunzeker, 1st ID commanding general, case the division colors during the division's departure ceremony at Leighton Barracks in Wurzburg July 6, 2006.



The U.S. Army Europe Band and Chorus performs in Red Square during the annual "Spasskaya Tower" military music festival, Sept. 4, 2010. While the band and chorus performed at the Kremlin five years ago, this is the first time they have performed in Moscow's most famous square.



U.S., British, French and German paratroopers jump into France's Normandy region June 7, 2009 in commemoration of the 65th anniversary of the D-Day invasion.



A V Corps Soldier battles his way through a sandstorm while his convoy stops for fuel as the unit makes their way toward Baghdad, March 25, 2003.



Staff Sgt. Salvatore A. Giunta of U.S. Army Europe's 173rd Airborne Brigade Combat Team, thanks fellow Soldiers during his induction into the Pentagon's Hall of Heroes, Nov. 17, 2010. Giunta is the first living recipient of the Medal of Honor since the Vietnam War.



Members of the 1st Armored Division drive through the Taunus Mountains north of Frankfurt during exercise Ready Crucible, Feb. 11, 2005. The exercise was the first full 'off-installation' movement of American armored vehicles on German roads since the REFORGER exercises of the 1980s.



One of the first Stryker fighting vehicles to arrive in U.S. Army Europe rolls off a cargo ship in the port at Bremerhaven July 24, 2006. The vehicles, part of the move of the 2nd Stryker Cavalry Regiment from Fort Lewis, Wash., to Europe, were loaded on rail cars and moved to their new station in Vilseck.



Department of Defense General Counsel Jeh C. Johnson (left) and U.S. Army Europe Commander Gen. Carter Ham appear before the Senate Armed Services Committee, Dec. 2, 2010. As the year drew to a close, Ham spent time co-chairing the working group studying the question of gays serving in the military.

(DOGS continued from page 2)

There are 10 training and testing lanes, which are one meter wide by 10 meters long each. Bricks divide the lanes, and random ordnances are buried throughout.

“The dogs will key on even the slightest explosive scent that, (when) combined with a visual signature, will give the dog more than it needs to know that something is there,” said Bornhoff.

The presence of the MDD gives the Soldiers of TF Dolch a bit more confidence and a nice morale boost.

“Just being able to be around the dogs makes the morale of the Soldiers that much better,” said U.S. Army Chaplain (Capt.) William Robinson Jr., chaplain for the 54th En. Bn., TF Dolch.

The MDD is a great asset for TF Dolch Soldiers to remove at least some of the unexploded ordnance and IED threats military personnel and local civilians face in Afghanistan.



Sgt. Robert Larson

Sgt. Dustin Pape, a dog handler with 49th Mine Dog Detachment, 54th Engineer Battalion, Task Force Dolch, holds the leash of his mine dog, Gonzo, as he goes through training lanes at Bagram Airfield searching for buried landmines Dec. 15.

(VACCINE continued from page 3)

* Stay home when you are sick. If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness. Your employer may need a doctor's note for an excused absence. Remember: Keeping your distance from others may protect them from getting sick. When you are sick or have flu symptoms, stay home, get plenty of rest, and check with a health care provider as needed.

* Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Then, clean your hands.

* Clean your hands. Washing your hands often will help protect you from germs. When available, wash your hands - with soap and warm water - then rub your hands vigorously together and scrub all surfaces for 15 to 20 seconds. It is the soap combined with the scrubbing action that helps dislodge and remove germs. When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. If using a gel, rub the gel in your hands until they are dry. The gel doesn't need water to work; the alcohol in the gel kills germs that

cause colds and the flu.

* Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.

* At schools, educators, staff, and parents can help slow the spread of colds and flu. Always remind students to: cough or sneeze into a tissue and throw it away; cover up with a sleeve if you don't have a tissue and clean hands often.

* Get plenty of sleep.

* Engage in physical activity.

* Manage stress.

* Drink plenty of water, eat healthy foods, limit alcohol consumption and don't smoke.

For more information, call the Bamberg Health Clinic at 0951-300-7976 and speak with the population health nurse or another health care professional.

Bamberg Movie Schedule

AAFES Reeltime Theater is CLOSED Tue. and Wed.

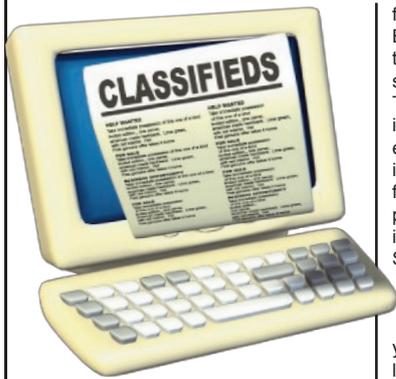
Thur.	Jan. 6	Tron: Legacy (PG-13)(1st Run)	7 p.m.
Fri.	Jan. 7	Red (PG-13)	7 p.m.
Sat.	Jan. 8	Gulliver's Travels (PG)(1st Run)	3 p.m.
		Little Fockers (PG-13)(1st Run)	7 p.m.
Sun.	Jan. 9	Gulliver's Travels (PG)(1st Run)	3 p.m.
		Paranormal Activity 2 (R)	7 p.m.
Mon.	Jan. 10	Little Fockers (PG-13)(1st Run)	7 p.m.
Thur.	Jan. 13	Skyline (PG-13)	7 p.m.
Fri.	Jan. 14	Saw 3D (R)	7 p.m.
Sat.	Jan. 15	Megamind (PG)	3 p.m.
		True Grit (PG-13)(1st Run)	7 p.m.
Sun.	Jan. 16	Megamind (PG)	3 p.m.
		Due Date (R)	7 p.m.
Mon.	Jan. 17	True Grit (PG-13)(1st Run)	7 p.m.
Thur.	Jan. 20	Due Date (R)	7 p.m.
Fri.	Jan. 21	For Colored Girls (R)	7 p.m.
Sat.	Jan. 22	Nanny McPhee Returns (PG)	3 p.m.
		Morning Glory (PG-13)	7 p.m.
Sun.	Jan. 23	Alvin and the Chipmunks: the Squeakquel (PG)	3 p.m.

CORRECTION:

In the Dec. 16 issue of the "Warner Weekly", a dog was erroneously listed as an abandoned pet. The animal, pictured in the top left of the three-dog display on Page 1 was brought by his owner to Solace Dog Rescue for placement in a new home. The dog has since been placed in a home.



Get winter weather updates: AFN 98.9 FM, AFN Bavaria Facebook and the USAREUR website



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

Thank you.

EMPLOYMENT

Appropriated Funds Jobs are Department of the Army civilian jobs for U.S. citizens who are not ordinary residents of Germany. To find detailed information on these positions, go to Department of the Army's electronic Job Vacancy Board at <https://cpolwapp.belvoir.army.mil/public/yabSelfNom/index.jsp>, or google "vacancy announcement board". Current Appropriate Funds positions in Bamberg include Education Services Specialist Announcement #EUHJ10703977; Medical Records Technician Announcement #EUHU10758233; Sales Store Technician Announcement #EUHU10DECA2091BA; Store Worker Announcement #EUHU09DECA6914BA; Cake Decorator Announcement #EUHU10DECA7401BA; The site also lists Non-Appropriated Funds Jobs. These are Department of the Army civilian jobs for US citizens and citizens from NATO countries who are not ordinary residents of Germany. On the vacancy announcement search board you can search for jobs by location, title, or announcement number. Resumes can be submitted to NAF jobs via e-mail, post, fax or in person. Download the NAF Application kit at <http://cpolrhp.belvoir.army.mil/eur/index.htm>. Currently listed positions include: Custodial Worker, Hotel Desk Clerk, Child and Youth Program Assistant, Food Service Birchview Lanes and CYS Program Assistant Technology Lab. (1/3/11)

MEDPROTECT, a wholly owned subsidiary of SAIC is currently seeking a quali-

fied Global TRICARE Service Center Beneficiary Service Representative for their Bamberg location. Specific responsibilities include processing registration of TRICARE beneficiary within the Composite Health Care System, maintenance of electronic system/paper files and data integrity, verifying eligibility information for remote beneficiaries and providing phone coverage and assistance for walk-in enrollment traffic within the TRICARE Service Center, to name a few. Required education skills include a high school education or GED although a degree is preferred; desired skills include three years cumulative experience in the following areas: two years experience in U.S. military health care delivery system or civilian managed care medical/administrative environment; two years experience in a medical or clinical environment; one year experience with the CHCS or other Civilian Health care Computer System and in processing medical claims. Candidates will need to submit resumes online at www.saic.com. To contact the position recruiter e-mail leo.j.faneuf.iv@saic.com. (12/21/10)

Vendor/stocker position available for night stocking in the Bamberg Commissary. For more information, call Customer Service at 0951-300-7650. (12/8/10)

Daily pet sitting services required for one female French Bulldog, Monday through Friday and possibly occasional weekends when out of town. She is house trained and very good with children/dogs, a true joy to have around. If interested, please contact 1st Lt. Troy Shoemaker at 0151-405-21294 or e-mail at troy.shoemaker@us.army.mil.

AAFES Bamberg is accepting applications for entry-level retail and food service positions. Join our team, log on to 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: 1992 520i BMW Sedan; green; automatic; winter tires; CD-player; power windows and locks; 223,000 km; asking \$2,000. Call 0162-462-3594 or e-mail jonas.bateman@gmail.com. (1/3/11)

For Sale: 2010 Ford Escape – steel blue metallic, only 650 miles, I4 engine, sun-sync package with sun roof. Too big for me. Asking \$22,000. E-mail Ryn at mlryn@netscape.net (1/3/11)

For Sale: Green 1997 Geo Prizm. 156k miles, all season tires, auto trans, just passed inspection, reliable second car. Asking \$900 OBO. For more information, call Dan at 0152-266-90950 or e-mail djtd23@gmail.com. (12/22/10)

For Sale: Toyota RAV4, 2003. Asking \$9,000. Toyota RAV4 is a four-cylinder, gold, leather seats, 78,000 miles, regular maintenance, no accidents. E-mail dinie76@hotmail.com for photos and more information. (12/11/10)

For Sale: Red 2002 Dodge Stratus R/T, \$6,000, 4-door, 2.7 liter, V6 automatic transmission, leather seats, 4 disc CD changer, auto-start, alarm, A/C, power seat, rear spoiler, all season tires, alloy 17" rims, new brakes, rotors, and battery, single owner. Call Liz at 0170-907-9377 for info. (10/25/10)

For Sale: 2008 Toyota Tacoma, Pre-Runner SR-5, VR 6 (236 HP). Less than 15.5K miles. Auto Transmission, Class III hitch, oil cooler, limited slip differential, access cab, upgraded interior (CD, etc), two-wheel drive. Asking \$20,500. For more information, call 0951-300-8901 or 0954-998-8078, or e-mail gib-bonstr@hotmail.com.

For Sale: 2007 Harley Davidson Night Rod Special (XU Spec). Gloss black, 9,500 miles, excellent condition (garage kept), new tires, new battery, two sets of mirrors, cover included for \$13,000 OBO. For more information or pictures, e-mail abraham.goepfert@yahoo.com or krid-dy43@hotmail.com. (10/6/10)

FOR SALE

Weight Bench \$75; Curl Bar \$20; 2 Long Bars \$15 each; 2 Dumbbell Bars \$10 for the set. 4x10 lb plates, 2x5 kg plates, 10x5 lb plates, 4x10 lb plates, 2x10 kg plates, 2x25 lb plates, 2x3 lb plates. All weights are 40 cents per pound and the complete set price can be negotiable. Leg Extender \$50; Computer Desk \$30. Call 0951-300-7044. (11/8/10)

For Sale. 240 V Treadmill is in good condition for \$70. Four 240 V pedestal fans are \$15 each. Classic Nordic Track is in good condition \$100. Please call Dave at 0162-271-1182. (12/14/10)

MISCELLANEOUS

Mariachi Cuatro Caminos band. We are looking for local and newly re-deployed

soldiers or family members to enlarge the mariachi band. Will perform for the community military and civilian, no money will be collected from gigs. Must read music and be able to play by ear, new to the mariachi or an instrument and you are willing to learn, no problem, as long as you can walk and chew gum at the same time. For more information, e-mail puromariachi@hotmail.com. (1/3/11)

Free to good home. A rabbit with cage and everything that goes with it. If interested, call Steve at 0951-208-5148.

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).

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. (8/23/10)

AD SUBMISSIONS

When submitting a classified ad for publication, include your name, address and telephone number. We will not advertise commercial services. Classified ads will be erased after an appropriate publication length. If you have something you want to advertise in the classified section, please e-mail your submission to the



Public Affairs Office at 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.

Trips and Travel Opportunities

Take a trip with Bamberg Outdoor Recreation in January-February

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>.



Jan. 22 Wine Tasting \$30
Tease your taste buds as you sample different wines at Schloss Buttenheim. Learn the differences between a Merlot and Silvaner, among others. Wine, olive oil, and other gourmet items can be purchased, so be sure to bring your VAT forms. Trip departs ODR at 1 p.m. and returns about 4:30 p.m.

Feb. 5 Learn to Snowboard \$50
Try one of the hottest sports around on a day trip with ODR to a local slope to learn the basics. Trip includes transportation, lift pass, rental and approxi-

mately two and a half hours of lessons. Departs from ODR at 9 a.m. and returns at approximately 5 p.m.

Feb. 8 Bad Staffelstein \$30
Relish the natural salt water as you warm your body in the steam baths, pools, or hot tubs. Allow the natural minerals of the water to enhance the beauty of your skin, while relaxing in the invigorating atmosphere. Trip includes transportation and entrance fees. Departs from ODR at 5:30 p.m. and returns at approximately 8:30 p.m.

Feb. 10 Tour Under Bamberg \$20
This unique trip through the tunnels under Bamberg gives you a view of the city that shouldn't be missed. The tunnels are generally cool and damp, so please wear appropriate clothing and bring a flashlight. Trip departs from ODR at 5 p.m. and returns at approximately 7:30 p.m.

Feb. 12 Learn to Ski \$50
Glide down the slopes and learn the basics of skiing with us! Trip includes transportation, lift pass, rental and approximately two and a half hours of lessons. Departs from ODR at 9 a.m. and returns at approximately 5 p.m.

Outside the Gate

Weekend events in and around Bamberg Jan. 7 - 16 .

Friday, Jan. 7

7:30 p.m. The Great Russian State Circus; one of the most famous circus events will entertain the entire family for 2.5 hours in Nürnberg; tickets start at €22 and are available through www.eventim.de (der Grosse Russische Staatscircus); Volksfest - platz am Dutzendteich, Bayern Strasse, 90478 Nürnberg; also at 4 p.m. that day (through Jan. 16)

Saturday, Jan. 8

7:30 a.m. Hiking in Itzgrund/Lahm; 5K, 10K, 16K; starts at Wanderhalle Lahm, Hans-Jahn-Strasse 20, 96274 Itzgrund/Lahm; fees are €1.50 for IVV stamp, €3.80 for stamp and award; for more information contact Walter Dietz at 0953-3750 (also on Sunday)
 10 a.m. Wedding fair "Marry me"; anything about weddings from beauty to fashion; Pilipp GmbH Einrichtungshaus, Nürnberger Strasse 243, 96050 Bamberg
 2 p.m. Evening flea market; Hauptsmoorhalle, Hauptsmoorstrasse 2, 96129 Strullendorf
 4 p.m. Christmas tree throwing competition; sportsfield of the SV Zapfen dorf 1920 e.V., Hauptstrasse 45, 96199 Zapfendorf

Sunday, Jan. 9

5 p.m. Concert and mass in the style of the Anglican church; Kaiserdom (cathedral) Bamberg, Domplatz 5, 96049 Bamberg

Friday, Jan. 14

8 p.m. Elvis – Good Rocking tonight; Elvis show; tickets from €29; Meistersingerhalle, Grosser Saal Münchner Strasse 21, 90478 Nürnberg, 0911-2318000, tickets available at http://www.pj-show.de/html/elvis_-_good_rocking_.html, directions at www.meistersingerhalle.nuernberg.de/english/parkinghowtoget.html

Saturday, Jan. 15

10:30 a.m. Snow kiting championship; international championship on snowboards and skies on top of the Wasserkuppe, the highest mountain in Hesse; Wasserkuppe 46, 36129 Gersfeld; 06654-7548; info@snowkite.de; www.snowkite.de
 8 p.m. The Fab Four – the Beatles Replay Band; celebrating 50 years of Beatles; tickets are €8 - €10; Kulturamt Hassfurt live; (Rathaushalle), Marktplatz; Hassfurt; 0952-168-8228; info@hassfurt.de, www.hassfurt.de

Sunday, Jan. 16

2 p.m. Fit in Winter; health information day at the Bad Rodach spa "ThermeNatur"; phone: 0956-492-320, www.therme-natur.de, Thermalbadstrasse 18, 96476 Bad Rodach

Friday, Jan. 21

7:30 p.m. Wolfgang Barthel & Friends, oriental folk blues rock; Helmut's Hofschänke, Gut Leimershof, 96149 Breitengüßbach
 7:30 p.m. The Great Russian State Circus; one of the most famous circus events will entertain the entire family for 2,5 hours in Nürnberg; tickets start at € 22 and are available through e.g. www.eventim.de (der Grosse Russische Staatscircus); Volksfest platz am Dutzendteich, Bayern Strasse, 90478 Nürnberg; also at 4 p.m. that day (through Jan 16)

Saturday, Jan. 22

7:30 a.m. Hiking in Itzgrund/Lahm; 5K, 10K, 16K; starts at Wanderhalle Lahm, Hans-Jahn-Strasse 20, 96274 Itzgrund/Lahm; fees are €1.50 for IVV stamp, €3.80 for stamp and award; for more information contact Walter Dietz, phone: 09533-750 (also on Sunday)
 10 a.m. Wedding fair "Marry me"; anything about weddings from beauty to fashion; Pilipp GmbH Einrichtungshaus, Nürnberger Strasse 243, 96050 Bamberg
 2 p.m. Evening flea market; Hauptsmoorhalle, Hauptsmoorstrasse 2, 96129 Strullendorf
 4 p.m. Christmas tree throwing competition; sportsfield of the SV Zapfen dorf 1920 e.V., Hauptstrasse 45, 96199 Zapfendorf

Sunday, Jan. 23

5 p.m. Concert and mass in the style of the Anglican church; Kaiserdom (cathedral) Bamberg, Domplatz 5, 96049 Bamberg

Special Events:

Exhibit: Reconstruction and Economic Miracle (Wiederaufbau und Wirtschaftswunder): the exhibit features the time right after World War II and the early 1960s in Franconia. Visitors learn how people experienced these turbulent times, economically and socially; open through Jan. 23, closed on Mondays; Historisches Museum Bayreuth, Kirchplatz 4, Bayreuth, historischesmuseum@bayreuth.de, www.historischesmuseum-bayreuth.de

Schuhtick (shoe spleen): Until Feb. 2011 spanning 40,000 years of shoe history, the exhibit tells about a career simply serving as protection to an ornament for feet; features VIP shoes (worn by Melancthon, Marie Antoinette, Sisi, Audrey Hepburn, and Madonna) as well as offering the possibility to try out shoes; opens at 10 a.m. daily, closed Mondays; Landesmuseum Mainz, Grosse Bleiche 49-51, 55116 Mainz; 06131-28570, landesmuseum-mainz@gdke.rlp.de, www.schuhtick-ausstellung.de (in English)

Snow kiting:all you need is a snowboard and a kite to have fun; snow kiting on the Wasserkuppe dates back to 1920 when people put on their skis and used bed sheets as kites to pull them across the snowy slopes; you can take part in the modern version as a beginner or sign up for advanced classes on top of Hessen's highest mountain; Rhöner Drachen- und Gleitschirm-Flugschulen Wasserkuppe; Wasserkuppe 46, 36129 Gersfeld, 0665-47548, info@snowkite.de, www.snowkite.de

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Eco-Friendly Tips



Recycling Tips

1. A sturdy mug or cup can be washed and used over again. Many people bring their own mugs to work and meetings.
2. Buy products with the least amount of packaging or none at all.
3. Stop subscribing to magazines that you don't have time to read (and save yourself a few bucks)- your local library probably stocks a range of periodicals.

Energy-saving Tips

1. Don't overdry your clothes.
2. When washing laundry use warm instead of hot water.
3. Make it a habit to turn lights off when you leave a room.

(DUTY continued from page 1)

zone and training scenarios. Based on a Soldier's functionality through simulated fire fights and other training events, the team determines their physical and mental preparedness to return to active duty.

McCord realized that this aspect of rehabilitating Soldiers was missing from Bamberg's program after her trip.

"It certainly was a benefit to have support from the Fort Campbell staff and model their ideas," McCord said. "Bamberg is a much smaller community so we have tailored our program to run differently."

McCord contacted Bamberg's Training and Support Center Director Daniel Cintron.

"This allowed me to coordinate access to the training area where we provide real-life simulated scenarios," McCord said. "Also, gaining the support of the command at the health clinic allowed us to access one of the medics on staff to be an integral part of the team."

Military personnel, particularly medics, have been key in determining interaction between Soldiers in the scenarios.

"Another factor that shaped the program is the Soldiers themselves in sharing what Soldier skills could be used to assess their ability to perform their duties," McCord said.

One of those Soldiers is Sgt. Juan Tovar, 630th Military Police Company. Having graduated from the Bamberg mTBI clinic's rehabilitation program in early fall, Tovar helped program personnel create realistic training and war zone situations.

"I helped Sindy come up with different scenarios and told her things that we might go through or experience downrange," Tovar said. "I used my personal experience and basic training...we've mixed that into some of the things in Return to Duty, some of the scenarios."

The coordination of various post organizations is crucial to provide Return to Duty participants with the proper equipment, space and personnel.

McCord said with the support of TASC and the command, "we are able to provide realistic challenges and have military medical support to provide insight into their performance. We recently have had unit commands join us in communication on developing this program and that military support will enhance the process greatly."

According to experts, the effects of an mTBI, if caught in time, can be completely reversed.

"The majority of individuals with mTBI recover within 90 days of their initial injury," said Dr. Juan Hill, neuropsychologist. "Since many of the cases that we treat are complicated by issues such as physical injury, traumatic stress and general post-deployment-adjustment concerns, their care is somewhat more complicated and generally requires the concerted effort of a number of different specialties. Since our opening, we have successfully returned several service men and women back to duty and helped them to reintegrate back into the general military community over time."

"Given the right environment, support and treatment a mild Traumatic Brain event usually heals and does not become a lifelong issue," said Dr. Kuno P. Zimmermann. "Our goal with this program is to provide the support, rehabilitation and reintegration."

Tovar was able to receive treatment at the clinic, but is concerned that too many Soldiers are ignoring or not recognizing mTBI symptoms in themselves.

"If a Soldier is coming back from downrange and someone's saying something's wrong with you, or different, whether it's family members, a spouse or another Soldier, there might be," Tovar said. "You think you know yourself but sometimes someone else sees something different...it's at least worth getting checked out."

Similar to the set up of the mTBI rehabilitation program, Return to Duty is a three stages program.

First, the team determines if a Soldier needs to participate in mTBI rehabilitation and then through collaboration with the Soldier it is determined if he or she needs to participate

in all the phases of the Return to Duty tasks, said Rachael Taft, physical therapist.

Units from the 173rd Airborne Brigade Combat Team stationed in Bamberg have already shown interest in the program. The brigade just returned from a 12-month deployment to Afghanistan. The clinic will be hosting a Return to Duty demo for unit leaders.

"They are interested in involvement on a weekly basis to monitor progress of their Soldiers who are enrolled in the program," McCord said.

The assessing health care team includes a variety of specialties. As an OT, McCord's role is vital in preparing rehabilitation procedures geared toward a workplace environment.

"Occupational performance is the driving force for the development of the program, assessing Soldier functional abilities at work," McCord said. "Specifically OT comments on the cognitive, visual and fine motor skills, while physical therapy observes balance and vestibular reactions and the mental health team would be involved to manage psychological stress and anxiety. We are observing safety, judgment, generally how well they adapt to the stressful environment."

As the clinic program continues to develop, there is a desire to incorporate PTSD exposure therapy, McCord added.

For some Soldiers, mTBI treatment has made a huge difference in their careers.

"This is something that can really help," Tovar said. "I got the help I needed and I'm back to training Soldiers and patrolling Bamberg."

For now, Return to Duty will focus on activating Soldiers who will go through scenarios as a small unit. Other advances at the mTBI clinic include the development of a video connection for web-based conferences or consultations between staff members at various locations.

For more information on the program or the mTBI clinic, call 0951-300-8968.

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