



WARNER WEEKLY

News & Information at Your Fingertips

VOL. 6, Issue 11

www.bamberg.army.mil

Thursday March 17, 2011



Family Child Care providers offer alternative to center-based care

By Mindy Campbell,
USAG Bamberg Public Affairs

BAMBERG, Germany -- With one child on her hip and her own little one clutching her leg, Normaine Santos was busy.

The Warner Barracks community member was helping two more children do an art project at her kitchen table while comforting the two little ones.

The commotion is normal for Santos, who provides childcare in her home as a Family Child Care provider.

"The FCC program is a great one," Santos said. "It allows children to be watched in a home environment. That appeals to many people."

The Child and Youth Services' FCC program is one option that community members have when deciding on a childcare plan, said Sheila Schellpfeffer, FCC/Outreach director. Authorized FCC providers are individual contractors, such as Santos, who operate daycares in their homes.

FCC provides full-time, part-time, hourly and special needs care to children from the age of four weeks to 12 years old in an at-home environment.



Photo By Mindy Campbell

Sylvia Hurst, a Family Child Care provider, reads a book to two of the children she watches in her home on Warner Barracks. As an FCC provider, Hurst provides child care in her home to several children during the week.

While there are some differences between a traditional Child Development Center and it, the FCC follows the same rules and regulations that the CDCs do, said Schellpfeffer. FCC providers must live in on post quarters or government-leased housing, be at least 18 years of age and pass a background check. In addition, there are stringent inspections and training that the potential FCC providers must go through before opening their doors.

Currently, Schellpfeffer said the community has about 10 FCC providers. However, she is always looking for new providers.

She said the program offers a lot of assistance to help new providers start including free training, start-up kits, toys and loaner furniture and a lending closet.

Military Spouse Career

Becoming an FCC provider is an answer to the military spouse conundrum of finding a sustainable career, said several FCC providers. Santos, who has been an FCC provider since October, really wanted to work and enjoyed being with children.

"This is the perfect situation for me," she said, who has two of her own children, ages three and one. "I wanted to raise my own children and I wanted to work."

In addition, by working Santos was able to fill the hours of her day while her husband is currently deployed with the 54th Engineer Brigade.

"The kids keep me busy while he is gone," Santos said.

Schellpfeffer said being an FCC provider appeals to many military spouses.

"It allows the spouses to stay at home with their kids, earn a little income and it is something they can be proud of," she said.

(CARE continued on page 11)

Women shining



Photo by Mindy Campbell

Diane Devens, Installation Management Command Europe regional director, congratulates Liz Gonzalez and Megan Martin for their outstanding achievements after the Women's History month luncheon at the Warner Conference Center Tuesday. Devens presented Gonzalez, the Community Activity Center manager, with the Department of the Army 2010 Outstanding Recreation Employee of the Year award. She also presented Wendy Sledd and retired Maj. Madonna Roberts with the Department of the Army 2010 Friend of Recreation award. It was also announced that Martin was recently named as one of 13 U.S. Army Europe's "phenomenal" women.

Clearance company provides support to Georgian National Army

Story by Spc. Aislinn M. Amig,
18th Engineer Brigade Public Affairs

Light Infantry Battalion, as the unit prepares for a deployment to Afghanistan.

HOHENFELS, Germany -- With hours spent inside military vehicles and crawling along a route at speeds of five kilometers per hour trying to find explosives meant to disable other military formations, no one ever said route clearance was a glamorous job. It's a tedious job, requiring a lot of patience and knowledge of the possible dangers to be searching for on the battlefield.

Yet it's a job that the Soldiers from 2nd Platoon, 42nd Clearance Company, 54th Engineer Battalion were learning to perfect here from Feb. 14 to March 2. Their primary mission while at the Hohenfels Training Area was to conduct route clearance patrols in support of the Georgian National Army's 33rd

"We needed to show (the 33rd Light Inf. Bn.) our capabilities as a route clearance platoon so they could utilize us effectively to complete their mission," said 2nd Lt. Anthony Cichorz, 2nd platoon leader from Chesapeake, Va.

During this training exercise, the 33rd Light Inf. Bn.'s mission included conducting raids of weapons caches, combating planned assaults on their operating bases and conducting engagements throughout the cities.

"Our route clearance patrols were simulated and executed just as they would be in real-world situations. It really helped my guys build cohesion and learn to enjoy what

(MISSION continued on page 8)

Asymmetric warfare recruiters seek Bamberg warriors

By Douglas DeMaio,
USAG Bamberg Public Affairs

BAMBERG, Germany -- A team of recruiters from The Asymmetric Warfare Group will be visiting Bamberg March 30-31 from 10:30 a.m. – 1:30 p.m. to give a briefing at the education center in room 413 to operational and combat veterans on career opportunities within the organization.

AWG provides operational advisory assistance to Army and joint force commanders to enhance the combat effectiveness of defeating asymmetric threats.

Operational advisor positions are available to active duty field grade officers and non commissioned officers above sergeant first class.

“Our Operational Advisors are the center piece of the AWG,” according to a press release put out by Maj. Sonise Lumbaca, AWG public affairs officer. “Staffed by seasoned warfighters and functional experts, these advisors become the Center of Excellence for innovative thinking and developing new tactics and countermeasures to defeat asymmetric threats.”

Operational support and staff positions are available to active duty captains through lieu-

tenant colonels and sergeants through sergeants first class.

“Although our Operational Advisors represent the center of AWG, they cannot accomplish their mission without the hand-picked experts of our operational support and staff personnel,” according to the press release.

AWG will focus on combating threats that include Improvised Explosive Devices kidnappings, suicide bombers, emerging threats and more.

For more information, call DSN 312-733-5366.

Local event raises financial support for community members

By Szilvia Ascencio-Csapó, MWR volunteer

BAMBERG, Germany -- Members of the local military community are teaming up with European and international vendors April 15-17 at the Freedom Fitness Facility for a fair with charitable purpose.

Profits from the Bazaar with Heart, an annual community market organized by the Bamberg Spouses' and Civilians' Club, go toward community grants and educational scholarships for spouses and children within the community.

“The Bazaar with Heart is the BSCC's biggest annual fundraiser,” said Clara Ocanas, Bazaar with Heart committee chair person.

Most of the profits allow the BSCC to assist the local high school athletic program, the Army Community Service People Encouraging People Program, and the educational scholarships program for spouses and children within the Bamberg community.

The BSCC cooperates with more than 30 vendors to offer a one-stop shopping opportunity to U.S. military associated identification card holders. The organizational committee is looking for volunteers to support and contribute to the project.

People can sign up on Facebook at <http://www.facebook.com/bambergmwr#!/bsscgermany?sk=wall> or e-mail bazaar.volunteer@yahoo.com. Traditionally, the bazaar offers a variety of European and International products. Antiques, furniture, carpets, art, jewellery, and fine delicacies like teas, Belgian chocolates, Italian wines, and Dutch cheese.

Motorcycle safety training offered in April

By Douglas DeMaio,
USAG Bamberg Public Affairs

BAMBERG, Germany – Motorcyclists getting ready for this season can expand their rider skills at a refresh course offered at Muna April 6-7 and 12.

The course, which will have a maximum of 10 participants per class, will be offered from 8:30 – 11 a.m., noon – 2:30 p.m. and 3 – 5 p.m.

“The course gives motorcycle riders a chance to get some extra training before riding this season,” said Peter Stroehlein,

installation safety office.

cent increase, Stroehlein said.

The course is not categorized as a basic or experienced rider's course but is a proactive measure to help riders in Bamberg prepare for potential hazards a motorcyclist could encounter on the road.

Before the course begins, from March 28 – April 1, an additional vehicle inspector will be available

at the POV Inspection bay at Building 7102 to conduct motorcycle safety inspections to ensure that bikes are street legal and safe to operate.

Personnel interested in registering for the course need to register at <https://airs.lmi.org> by March 28.



Bikers may be interested in the Kulmbach Sternfahrt, which is an annual motorcycle rally that kicks off the motorcycle season in Bavaria. The event is April 16 -17 in Kulmbach.

In the first five months of this fiscal year, motorcycle fatalities increased from seven fatalities in 2010 to 13 in 2011, which is more than an 85 per-

Soldiers, U.S. civilian employees and their family members can participate in the extra training. For more information, call 0951-300-1670.



Lt. Col. Steven L. Morris
U.S. Army Garrison
Bamberg, Commander

USAG Bamberg, Public Affairs Officer
Renate Bohlen

Warner Weekly Staff
Sina Kingsbury, Douglas DeMaio

The Warner Weekly is an unofficial publication of the U.S. Army Garrison Bamberg, IMCOM-Europe and the U.S. Army authorized under the provisions of AR-360-1. Contents of The Warner Weekly are not necessarily the official views of, or endorsed by, the U.S. Government or the Department of the Army. Private organizations noted in this publication are not part of the Dept. of Defense and those wishing to make an announcement must be registered. Fundraising events must be pre-approved through the MWR Financial Management Division, located in Bldg. 7107. The appearance of advertising in this publication does not constitute endorsement of the products or services advertised by the U.S. Army. All content in this publication is prepared, edited and approved by the USAG Bamberg Public Affairs Office. The PAO reserves the right to edit submissions for style, clarity or fit. Time sensitive announcements are run for a minimum of two weeks. Information is accurate at the time of publishing. If specifics change, the change will be noted in the following publication. The deadline for all Warner Weekly submissions is 2 weeks prior to the desired publication date. The Public Affairs Office is not responsible for late submissions. This publication is produced and distributed every Thursday in an electronic format and can be viewed on the U.S. Army Bamberg website at www.bamberg.army.mil.

All MWR Programs provide reasonable accommodations for individuals with special needs. For assistance please contact the facility manager prior to your visit.

To subscribe to the Warner Weekly please send an email with 'SUBSCRIBE' as the subject to bambergpao@eur.army.mil

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



Photo by Spc. Kevin Alex, 16th Sustainment Brigade Public Affairs

Soldiers from various units on Warner Barracks wait in line for lunch during the grand opening of the Nieves Webb Dining Facility in Bamberg March 1. Cooks from the 16th Sustainment Brigade spent the entire month of February preparing for the opening while conducting a battle handoff of Ray's Diner with the cooks of the 173rd Airborne Brigade Combat Team.

Sustainment brigade reopens Nieves Web dining facility

By Spc. Kevin Alex, 16th Sustainment Brigade Public Affairs

noncommissioned officer in charge for 16th Sust. Bde.

BAMBERG, Germany -- The 16th Sustainment Brigade reopened the newly restructured Nieves Webb Dining Facility here March 1.

With the opening of the Nieves Webb DFAC, the cooks are not the only Soldiers getting a break. This will also benefit the Soldiers who are on the opposite side of post from Ray's Diner.

Soldiers from the brigade spent the entire month of February working on not only restructuring the DFAC, but also handing off Ray's Diner to the 173rd Airborne Brigade Combat Team.

"It makes it more accessible and convenient for the Soldiers who live and work on this side of post," said Blakely. "This way they don't spend their entire lunch break waiting on a bus just to get back and forth from Ray's Diner."

"During the timeframe we had from February 1st to the 28th, the Soldiers had more than just Nieves Webb going on," said Chief Warrant Officer 2 Ruth Caraway, food service advisor for the brigade. "They also had to close out accounts at Ray's Diner and transfer the accounts from one facility to another, all the while sustaining the mission at Ray's Diner and doing a battle handoff with the 173rd cooks."

The time spent waiting in line at the DFAC will be cut in half now as well as the amount of work for the cooks.

"Our mission in this new dining facility has completely changed due to the fact that we are only open for breakfast and lunch during the work-week," said Caraway.

"Today we only fed 174 Soldiers for lunch," said Caraway. "A good head count would be between 200 and 250 Soldiers. If we can get more Soldiers in the dining facility and more Soldiers out supporting it then there is a good possibility that we can do more things for the Soldiers."

Since the new DFAC is only open for breakfast and lunch, Soldiers who work there will have more free time.

For now the Nieves Webb DFAC is only open as a trial. If it does well with its head count, it could begin serving dinner meals, but that is up to the garrison.

"This will give the cooks an opportunity to take advantage of classes or give the cooks time to get more food service training in the afternoon when they get off," said Sgt. 1st Class Don Blakely, senior food services

"It is just astounding to me that during this period of time our cooks have been doing three different missions and still somehow were able to not just open Nieves Webb, but do it in grand style," Caraway added.

US forces provide relief aid to Japan

WASHINGTON, March 13 -- U.S. military forces are working alongside their Japanese counterparts to provide aid as the country digs out in the aftermath of the massive 8.9 magnitude earthquake and tsunami that struck March 11.



"Because of the longstanding and close working relationship between the U.S. military and its Japanese counterparts on a daily basis, the United States military has humanitarian assistance capabilities positioned in the affected regions that are ready to support emergency relief efforts and minimize human suffering," U.S. Ambassador to Japan John V. Roos said in a statement to the media yesterday.

Dubbed Operation Tomodachi, which is Japanese for "friendship," U.S. military assets mobilizing in the area include a wide range of equipment, air, sea, and ground capability and expertise.

To read more, click [here](#).

Smartphones to help boost ground troops

FORT BRAGG, N.C., March 9 -- A cutting-edge combination of smartphones plugged into tactical radios empowered small Army units during a recent field exercise observed by Gen. Peter Chiarelli, the Army's vice chief of staff.

Paratroopers from the 82nd Airborne Division communicated via voice, data and images as they swarmed a mock village to capture a high-value target. Information traveled rapidly up and down the chain of command - and horizontally between team and squad leaders.

"What I watched with interest today was the ability to take pictures of high-value targets, immediately provide them to the company or to the battalion command post," Chiarelli said afterward. "I saw the ability when a Soldier is wounded to take a picture of the wound and



to pass that to the doctors, so that medics can make sure that they are treating the Soldier in the appropriate way, given the wound that he has received. So there are many, many applications of this."

To read more, click [here](#).

Community Announcements

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

<http://www.bamberg.army.mil/mobilform.asp>.

School Workshop

There will be a Military Child Education Coalition student, parent and educator workshop from 9 a.m. – 5:30 p.m. March 22. For more information, call 0951-32316.

Waist Whittlers

Bamberg community members are invited to participate in a women's weight loss support group beginning in April. The group, for those looking for support to help them with their weight loss goals, will be held the first and third Thursday of each month in the Army Community Service building from 1-2 p.m. For more information, contact Beth Danowsky at 0951-300-7913 or by e-mail at elizabeth.a.danowsky.ctr@eur.army.mil.

Basket Drawing

The Bamberg Elementary School Parent Teacher Association will have a drawing for two beautiful baskets on April 1. Tickets are \$1 and you may buy as many as you would like. Tickets will be on sale every Friday in March from 10:45 a.m. -12:30 p.m. in the multipurpose room and the night of the talent show.

Health Clinic

Beginning April 4, Army health clinics in Bavaria will be open full days on Fridays. As a result, the clinics will no longer schedule appointments after noon on Thursdays to accommodate staff training. For more information, contact your local Army health clinic.

Month of Military Child events

Throughout the month of April the U.S. Army Garrison Bamberg will host several events in honor of the Month of the Military Child. The kick-off celebration will be held Saturday, April 2 at Friendship Park at 9 a.m. The event will include a 5K Family Run/2K Kinder Volksmarch, a performance from Strong Beginnings and a 4-H Pet Expo. On Saturday, April 23, the garrison will host an Easter egg hunt/Spring Fling event at Friendship Park at 10 a.m. Following the egg hunt, the Spring Fling will include field games, arts and crafts and lunch. Stop by the Community Activity Center's portrait studio April 24 from 11 a.m. – 1 p.m. and take a picture with the Easter Bunny. Pictures are \$5.

Parent's Night Out



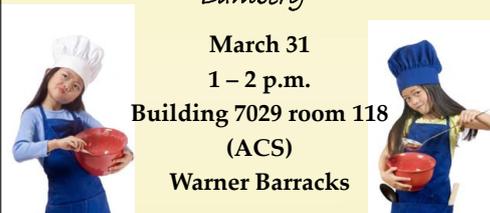
Food Handlers Classes

Bamberg

March 31
1 – 2 p.m.

Building 7029 room 118
(ACS)

Warner Barracks



Food handlers certification is a requirement if you are serving any prepared foods to the public. Classes are being held in Bamberg on the above dates. Space is limited to 30 people per class.

For any question about this class, please contact:

CPL BORTON (COLE.BORTON@AMEDD.ARMY.MIL)
09662-83-2041/2138

2011 TEXAS HOLD'EM

Play Big! Win Big!



Online Winners:

1st Place: Ultimate Home Theater System (with Blu-Ray and BOSE Surround Sound)	4th Place: iPad
Texas Hold'em Title Bracelet	5th Place: Xbox 360 with Kinect
2nd Place: 3D Home Theater (45" HDTV Blu-Ray Player, Glasses - 2 Pair)	6th Place: Nintendo Wii
3rd Place: 21.3" Touch Screen Computer	7th Place: Flip Ultra III Camcorder
	8th Place: Nintendo DSi XL

Garrison Winners:
Up to \$500 Cash and advance to the online finals plus other great prizes!

Bamberg Birchview Lanes Bowling Center
every Sunday, 12 p.m. starts May 1
Contact: (0951) 300 7722, DSN 469-7722
Phillip.ray.brown@us.army.mil
Or sign up through facebook

Enjoy a day or night out by enrolling your children in the next Parents Day Out or Parents Night Out programs. Dates for Parents Day Out will be April 2, June 4, Aug. 6, Oct. 1 and Dec. 3 from 11:30 a.m. – 3 p.m. Dates for Parents Night Out will be May 6, July 8, Sept. 9 and Nov. 4, from 6:30 – 9:30 p.m. Cost is \$12 per child and Army Family Covenant deployment benefits can be used if eligible. Visit Parent Central Services or Webtrac to sign up. For more information, call 0951-300-8660.

Edelweiss Resort

Did you know Edelweiss Resort has vacation cabins as well? From now until April 8 a three-night stay in a rustic cabin is only \$130. How is that for an affordable base camp to ski and snowboard in the Alps?

BOSS Trip

Take a trip with Amsterdam with Better Opportunities for Single Soldiers April 8-11. The trip includes: motor coach transportation, two nights in a 3-star hotel, two breakfast buffets, walking tour of Amsterdam, visit to cheese and clog farm, entrance fee to Anne Frank's house, Holland Tour in Volendam, Edam, Monnickendam. There is an English speaking tour guide throughout the trip. The price is \$339. For more information, call 0951-300-9086/8890 or e-mail [mail.bam.dfmwr.boss@eur.army.mil](mailto:bam.dfmwr.boss@eur.army.mil).

Newcomer's Class

People Encouraging People, or PEP, is a five-day orientation course for newly arrived spouses and family members. The course covers German language and culture, customs, courtesies, food and a walking tour of Bamberg's historic downtown. The next PEP class is scheduled for April 11-15. Call 0951-300-7777 to reserve a spot.

Bazaar Volunteers

The Bamberg Spouses and Civilian's Club is looking for volunteers for the 2011 Bazaar with Heart, which brings furniture, antique and food vendors to the Bamberg community and is supported by Family and Morale, Welfare and Recreation. The event will be at the Freedom Fitness Facility from April 15-17. If interested in volunteering, e-mail bazaar.volunteer@yahoo.com. For regular updates on the upcoming Bazaar with Heart check the MWR Bamberg website and Flickr website or e-mail BambergBazaarwithHeart2011@yahoo.com.

AWAG Conference

Registration for the annual AWAG Conference will run through March 25. Register by going to the

AWAG website www.awagonline.org. The conference is scheduled for May 15-19. This will give you a link to the Edelweiss Hotel and Resort where you can register yourselves, as a group, as a unit or as a club. Online registration for classes will run from April 27-29. Single supplement at the hotel will be about \$53. AWAG is looking for Conference Assistants for this year's 55th Anniversary celebration in May. If you feel you have the energy, enthusiasm and a sense of humor, please go to the AWAG website to fill out the CA application. Conference CA's are necessary for the smooth running of the entire event and we could not do without them. If you would like to join the CA team, fill out an application.

Science Fair

Bamberg Elementary School is scheduled to have a Science Fair on May 4 in the multipurpose room. The fair begins at 3:30 p.m. and finishes at 5 p.m.. Bamberg community members are invited to come, enjoy, and talk with our students about their experiments.

Weekly Reminders

Tax Center

The Bamberg Tax Center is now open. The Tax Center is located in Building 7000 on the fourth floor. Appointments and walk-ins are available. Operating hours are Monday – Friday from 9 - 11:30 a.m. and 1 - 3:30 p.m. For more information, call 0951-300-8261/8262.

Hey Volunteers

The end of the volunteer year is fast approaching. Please remember all of your volunteer hours from April 1, 2010, through March 31 need to be logged into myarmyonesource.com. Plans for your Annual Volunteer Recognition Ceremony are underway, so please make sure you are registered and your volunteer hours have been documented. Remember the cutoff is March 31. For more information, call 0951-3007777.

DFAC Feedback

Dining Facility council meetings are at 2 p.m. at Nieves Webb every last Thursday of the last month of each quarter. The remaining meetings are scheduled to take place March 31, June 30 and Sept. 29. For more information, call 0951-300-7130.

MWR Guide

Bamberg's Family and Morale, Welfare and Recre-



USAG Bamberg
Community Activity Center

U.S. ARMY
MWR
Morale, Welfare & Recreation
www.army.mil/mwr

Community Flea Market

Every second Saturday (March-October)

March 12, April 9, May 14, June 11,
July 9, Aug. 13, Sep. 10, Oct. 8

10 a.m.-1 p.m. at CAC, Building 7047

Contact CAC at (0951) 300 8659

ation Guide for the month of February is now online at <http://issuu.com/BambergMWR/docs/brochure>.

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. For more information about the project, call 0951-300-8698.

Library Events

The library hosts weekly events. There is storytelling for children ages 3-5 years old every Thursday at 11:30 a.m. There's also a Gamers' Challenge that meets every Saturday at 5 p.m. For more information, call 0951-300-1740.

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.

Army Suggestion Program

The Army Suggestion Program encourages Soldiers, civilians and any concerned individuals 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. For more information, call 0951-300-8001.

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, contact Bonnie Kellm, EFMP manger, at 0951-300-7777.

Postal Service

U.S. Army Garrison Bamberg has updated its Postal

USAG Bamberg
Freedom Fitness Facility

U.S. Army
MWR

Spring Into Fitness
5k Fun Run
March 26, 9 a.m.
at Freedom Fitness Facility

Contact (0951) 300 8890, DSN 469-8890

USAG Bamberg
Freedom Fitness Facility

U.S. Army
MWR

Bunny Hop
Fun Run
April 23, 9 a.m.
5k Fun Run / Walk
starts Freedom Fitness Facility

Contact (0951) 300 8890 or (0151) 175 126 99

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/directories/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.

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.

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 Tues-

days, 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 Office

The Bamberg Passport Office has upgraded its website. You can now access all the informational handouts at <http://www.bamberg.army.mil/directories/dhr/passport.asp>. For assistance in filling out the Passport Application, download the Application Wizards User's guide.

Chapel Meeting

The Bamberg Protestant Women of the Chapel has weekly meetings on Wednesdays from 9-11:30 a.m. at the Bamberg Chapel. Free childcare is provided. For more information about PWOC, call 0951-300-1570.

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 about any of the ACS programs, call 0951-300-7777.

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 week-day 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.

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 Advocacy Programs

Army Community Service's 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 Anger/Stress Management classes.

Bamberg School Age Center
"Awesome Tech Explosion"
Spring Break Camp 2011

April 18-22
Hours of Operation
SAC hours 5:45 a.m. - 5:45 p.m.
Camp Hours 8:30 a.m. - 5:30 p.m.

Daily Themes
Monday: Robotics and more
Tuesday: Field Trip to Sinsheim
Technology Museum/Park
Wednesday: Ultimate Space Journey
Thursday: Creative Inventions
Friday: "Tech" Extravaganza

Ages:
Kindergarten - 5/6th Grade youth
No cost for youth who turned 11
before the start of the school year.

For more information or to reserve a space,
call Parent Central Services at 0951 300 7716.

U.S. Army Child Youth
& School Services

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.

For information about any of these classes, call 0951-300-7777.

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.

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.

Sports, Health and Fitness

Pro Shop

The Pro shop will have a second hand and used golf equipment table sale every Sunday starting March 13 from 10 a.m.-noon at Whispering Pines Golf Course. For more information, call 0951-300-8953.

Fitness Trainer Certification

The U.S. Army Garrison Heidelberg is hosting a Personal Fitness Trainer Certification workshop March 25-27 in Heidelberg. The three-day certification workshop, which is sponsored by the Aerobic and Fitness Association of America, includes lectures, practical demonstration and written and practical exams. The curriculum includes anatomy and kinesiology, fitness assessment testing procedures, nutrition fundamentals and weight management, special populations

Recycling Progress

There were 4 tons of metal recycled in January. 5 tons less than in December.

and medical considerations, wellness programming and screening guidelines, and exercise programming in the weight room. Course Includes: Study guide, workshop including lectures and practical demonstrations, written and practical exams, one-year AFAA membership and a subscription to American Fitness magazine. The cost of the workshop is \$415. For more information or to register, call 06221-57-6489.

Youth Golf Tournament

Whispering Pines Golf Course is hosting a nine hole golf youth tournament Saturday, April 16 at 9 a.m. Cost is \$25. Prizes will be given for first through third places in three age categories: 6-9 year olds, 10-15 year olds and 16-18 year olds. A barbecue will be held at the end of the event. For more information, call 0951-300-8953 or e-mail darcey.n.shepard@eur.army.mil.

Bowling Lanes

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

Youth and Teens

AWANA

Come join AWANA, the weekly children's Bible Club on Sundays from 3:30-5:30 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 0951-300-1570.

Cub Scouts

There is a Cub Scout Pack in Bamberg with four active dens: Tiger Cubs (1st grade), Wolves (2nd grade), Bears (3rd grade), Webelos (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, call 0162-234-0906.

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. For more information, call 0951-300-7452.

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>.

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, e-mail bambergaquabarons@yahoo.com.

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, 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 0951-300-8874.

Continuing Education

Term IV

Central Texas College Europe Term IV registration begins March 7 and continues through the first day of class. Term IV starts March 28 and ends May 20. Courses being offered this term include: Automotive Suspension and Steering Systems on Monday, Wednesday and Thursday from 5:30 - 9:30 p.m.; Educating Young Children on Tuesdays and Thursdays from 6 - 8 p.m.; Fundamentals of Criminal Law on Tuesdays and Thursdays from 6 - 9 p.m.; Emergency Medical Technician-Basic Certification Course on Monday, Wednesday and Thursday from 6 - 10 p.m.; and Introduction to the Hospitality Industry on Tuesdays and Thursdays from 6 - 9 p.m. For more information, contact the Bamberg Field Representative at 0951-300-7467 or stop by the Education Center, Room 311.

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 Scotland: Culture, Literature, and History (ENGL 288I/388I), which will be in historic sites throughout Scotland; and History and Culture of Naples (HIST 217F/317F), which will be in Italy. Both courses meet on May 15-21 and have a registration deadline of April 24. For



Amsterdam
with BOSS, Training Holiday Weekend
April 8 - 11

Trip costs \$339 and includes:

- 2 nights in a 3-star hotel,
- 2 breakfast buffets,
- walking tour of Amsterdam,
- visit to a cheese and clog farm,
- visit to Anne Frank's house, entrance fee incl.
- tour of Volendam, Edam, Monnickendam
- visit to Delftse Pauw in Rijswijk.
- English speaking tour guide throughout trip.

Sign up at the Freedom Fitness Facility. \$100 deposit per person to reserve your seat. Payable in full no later than April 5

Contact (0951) 300 9086/8890 / E-mail mail.bam.dfmwr.boss@eur.army.mil



USAG Bamberg
Warner Conference Center

U.S. ARMY
MWR
MILITARY WELFARE & RECREATION

St. Patrick's Day
Dinner & Party

March 17, 5:30 p.m.
Warner Conference Center

Bar opens 5:30 p.m., dinner starts 6 p.m.
Menu: New York Strip Steak with a Guinness marinade, champ (Irish mashed potatoes), mixed vegetables, green salad, followed by a Baileys Chocolate Mousse Pie! \$15 per person

Party is open to 18 and older, starts 8 p.m. Free Admission. Snack bar feat. wings, mozzarella sticks, hamburgers or cheeseburger with fries, jalapeno poppers, and lots of other items. Enjoy DJ music and Irish drink specials. Please enjoy responsibly.

Contact (0951) 300 7596, DSN 469-7596 - Tickets available at all MWR Facilities

The Stable Theater Presents

March 10-12 and 17-19 at 7:30 p.m.
March 13 and 20 5:30 p.m. Tickets \$9/7
0951-300-8647

more information, visit www.ed.umuc.edu/fieldstudy or e-mail fieldstudies@europe.umuc.edu.

Spring Registration

University of Maryland University College Europe announces registration for Spring 2011 Session 2. Registration for on-site courses is available through March 20. Classes begin March 21. Registration for Europe online courses continues from now through April 3. Online classes start April 4. Students are encouraged to enroll early. For more information, visit www.ed.umuc.edu, or call 06221-3780.

CALLING ALL CRAFTERS!

The Hohenfels Community and Spouses Club is looking for crafters to sell their handmade goods during

CELEBRATION OF THE ARTS

Art Exhibition Craft Fair Gala

April 9, 10 a.m.-3 p.m.

At the Hohenfels Community Activities Center

Email PaigeLovesKeith@yahoo.com to participate

PTA Scholarships

Apply for European Parent Teacher Association scholarships. For more information, visit <http://europeanptaonline.org/EPTAScholarship.aspx>.

Book Award

University of Maryland University College Europe is pleased to continue the popular book award program for Spring 2011 Session 2. Students can 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. For information, go to http://www.ed.umuc.edu/financial_aid. For more information about the book award program, visit www.ed.umuc.edu, or call 06221-3780.

Student Aid

Learn what resources are available to help fund your higher education, visit <http://studentaid.ed.gov/POR-TALSWebApp/students/english/index.jsp>.

Language Initiative

Learn more about the State Department's National Security Language Initiative for Youth. It provides merit-based scholarships to U.S. high school students and recent graduates interested in learning less-commonly studied foreign languages. For more information, visit <http://exchanges.state.gov/youth/programs/nsli.html>.

Closures / Changes**DA Photo Studio**

Training and Support Center's Visual Information section will be closed for training March 18. The VI section will return to normal operating hours March 21.

Vehicle Registration

Vehicle Registration Office will be closed for lunch March 11 – 21 and March 29 – April 1 from 11:45 a.m. – 12:30 p.m. For more information, call 0951-300-7580.

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 is not available on American and training holidays. For more information about the airport shuttle, call 069-695973816.

Entertainment and Leisure**Poker Tournament**

Take part in the Morale, Welfare and Recreation poker tournament every Sunday beginning May 1. This is a five-week event that runs through May 29. The top two seeds of each week will advance to the final table on June 5. The top three prizes will be cash prizes. The first place winner will receive an entry to an online worldwide poker tournament for the U.S. Army. The entry is free. For more information, call 0951-300-7722.

Broadway Hit

Don't miss the legendary Broadway hit "Cabaret" at the Stable Theater. The show contains mature material and sexual themes. Show runs March 10 - 12 and March 17 - 19 at 7:30 p.m., and March 13 and 20 at 5:30 p.m. Tickets are \$9 for adults, \$7 for students and Soldiers E4 and below if reserved in advance. Tickets are \$11 for adults and \$9 for students and Soldiers E4 and below at the door. Ask about group specials. For more information, call the Stable Theater at 0951-300-8647.

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 at 0951-24378 or the American project officer at 0951-300-1610.

Trips and Travel Opportunities

Take a trip with Bamberg Outdoor Recreation in March and April.

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

**March 18-21 Stubai Ski & Snowboard \$275**

With 110 km of slopes, there's something for everyone, including the Stubai Zoo for snowboarders that features banked cross, rails and other obstacles. Trip includes transportation, three-nights lodging at double occupancy and breakfast. Price does not include lift pass. Transportation departs ODR on March 18 at 2 a.m. and returns March 21 at about 9 p.m.

March 26 Little Swiss Hike \$35

Say goodbye to winter and welcome in spring with our Little Swiss Hike. You will enjoy the calm of the landscape as you deeply inhale the fresh spring air. Please wear appropriate clothing, hiking boots and pack a lunch and hydrating liquids. Transportation departs ODR at 9 a.m. and returns about 5 p.m.

April 2 Nurnberg Zoo \$ 35

With well-designed paths among the animal enclosures, enjoy a leisurely stroll as you observe the many species the zoo possesses. Observe live animal feedings and shows, and when your legs get tired grab a snack at one of the

restaurants located inside the zoo. The trip includes transportation and admission. Children ages 4-12 are \$20, and children 3 and under are \$10. Transportation departs Outdoor Recreation at 9 p.m. and returns at 5 p.m.

April 7 Tour Under Bamberg \$25

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. Transportation departs Outdoor Recreation at 5 p.m. and returns at 7:30 p.m.

Wednesday Evening Mountain Bike Rides \$15

Enjoy the longer days with a mountain bike ride through the woods. Occurring April 13, 20, and 27, de-stress while breathing in the fresh air and learning new trails. Use your own bike or rent one from ODR for only \$10. Riders must sign-up in advance. Transportation departs Outdoor Recreation at 5 p.m. and returns at 8 p.m.

April 16 Salzburg, Austria \$65

Visit this charming city which is famous for the Sound of Music, is the birthplace of Wolfgang Amadeus Mozart, and where the Fortress of Hohensalzburg provides breathtaking views. The trip includes transportation and a two-hour city tour. Children ages 4-12 are \$55, and children 3 and under are \$45. Transportation departs the Chapel parking lot at 5 a.m. and returns at 10 p.m.

April 23 Easter Egg Hunt / Geocaching

Join Outdoor Recreation and U.S. Army Garrison Bamberg as we celebrate the month of the military child. The Easter Egg Hunt this year will have an added twist, as children grades sixth and older will be able to use Global Positioning System to locate hidden gems. Check the Morale, Welfare and Recreation brochure for more information.

Bamberg Movie Schedule

AAFES Reel Time Theater is closed
Tuesdays and Wednesdays

Thu	March 17	The Fighter (R)	7 p.m.
Fri	March 18	The Dilemma (PG-13)	7 p.m.
Sat	March 19	Rango (PG)	3 p.m.
		The Dilemma (PG-13)	7 p.m.
Sun.	March 20	Rango (PG)	7 p.m.
		The Fighter (R)	7 p.m.
Mon	March 21	The Fighter (R)	7 p.m.
Thu	March 24	The Dilemma (PG-13)	7 p.m.
Fri	March 25	True Grit (PG-13)	7 p.m.
Sat	March 26	Mars Needs Moms (PG)	3 p.m.
		Country Strong (PG-13)	7 p.m.
Sun	March 27	Mars Needs Moms (PG)	3 p.m.
		Country Strong (PG-13)	7 p.m.
Mon	March 28	True Grit (PG-13)	7 p.m.
Thu	March 31	Country Strong (PG-13)	7 p.m.

Green fee increase gives golfers blues

By Douglas DeMaio, USAG Bamberg Public Affairs

BAMBERG, Germany -- An adjustment in green fees at Army golf courses throughout the world have some golfers cheering, while other golfers are left in dismay.

Beginning in April, fees will be standardized for all Army golf courses, but while some green fees will drop, other fees, like Bamberg's Whispering Pines Golf Course, will substantially increase.

"It's standardization for all U.S. Army golf courses," said Daniel Brown, the golf manager at Whispering Pines Golf Course. "You'll go to any other Army golf course and get the same prices."

Some are highly critical of the move to standardize the green fees.

"First, you have to standardize courses, and then you can standardize prices," said retired Sgt. 1st Class Juan Perez, who is now a member
(FEES continued on page 10)

Soldier teaches lifesaving skill through spirit of competition

Story and photos by Staff Sgt. Lynne Lantin,
16th Sustainment Brigade Public Affairs

BAMBERG, Germany -- Behind every great competitor is a great and dedicated instructor, and that's just what Sgt. 1st Class Curtis Mosely aspires to for the Soldiers he trains in Modern Army Combatives.

Mosely was the tournament director for the second annual European Forces Combatives Championship held at the Freedom Fitness Facility here Feb. 24 and prepared Soldiers from the 16th Sustainment Brigade who competed in the event.

Mosely, the noncommissioned officer in charge of the 16th Sust. Bde. general supply section and a native of Newark, Del., has been doing combatives since 2007 and is a level four, combatives instructor.

He gained his lust for combatives after becoming



Sgt. Omar Ramirez with Headquarters and Headquarters Company, 16th Special Troops Battalion attempts to break his opponent's guard during the second annual European Forces Combatives Championship Feb. 24.

level one certified to fulfill a requirement for a senior noncommissioned officer school.

The local program, Mosely said, wasn't operating in accordance with the Army field manual so he stepped up and volunteered to take over the program.

"I was there to make sure it was run in accordance with the FM to get the program in sync with the All-Army Combatives Championship," he said.

Mosely said the program here in U.S. Army Europe is still in its infancy stages but hopes it will grow as more qualified instructors get involved.

"Hopefully we'll have a team next year or in a year or two to represent U.S. Army Europe in the All-Army Combatives tournament," said Mosely. "Last year there were 36 teams and none of them were represented by USAREUR."
(TRAINING continued on page 10)

(MISSION continued from Page 1)
can sometimes be a slow, painful process," said Cichorz.

Throughout the exercise, communication became difficult between the two nations due to the language barrier and the availability of interpreters.

Even still, Pfc. Dustin A. Eudy, a combat engineer from Canton, Ohio, recognized the significance of the combined effort.

"It was important that we learn to interact with other units and different countries for our route clearance patrols," Eudy said. "We may have to work with them while deployed so it's good to get

used to it now."

Pfc. Darvale Ingram, a combat engineer from Chicago, described how Soldiers from the 33rd Inf. Bn. played an integral role in the success of one of their medical evacuations.

"We brought the casualty to a landing zone near the Georgian post and they were able to help us pull security so we could focus on caring for the wounded Soldier," said Ingram.

The platoon cleared nearly 250 kilometers of road throughout the two and a half week exercise, providing safer traveling conditions for those units operating in the battlespace.



Photo by Spc. Aislinn M. Amig, 18th Engineer Brigade Public Affairs
2nd Lt. Anthony Cichorz, platoon leader for 42nd Clearance Company, 54th Engineer Battalion, from Chesapeake, Va. speaks with Soldiers from the Georgian National Army 33rd Infantry Battalion during a training exercise in Hohenfels Feb. 27.

Army Family Action Plan: Committee resolves 17 quality-of-life issues

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

Often say you can read about history or make history. This year, the voices of Soldiers, civilians and Families that have contributed to the AFAP process were heard and history was made at the recent AFAP General Officer Steering Committee held the first week of February.

Senior Army leaders and program representatives from across the Army resolved 17 of 40 quality-of-life issues making great strides in support of our wounded warriors and Families. These issues originally identified by AFAP representatives at the unit or installation level will make life better for Soldiers, their Families and civilians for years to come.

Qualified wounded warrior job applicants now receive greater visibility in the federal government hiring process. Major accomplishments include the integration of the U.S. Department of Veterans Affairs Veteran Resume Inventory (VetSuccess.gov) into the Army recruitment process and the designation of human resource specialists as veteran employment coordinators. To learn more about this issue, visit the Army OneSource website at <https://www.myarmyonesource.com/familyprogramsandservices/> and search for issue number 617.

Through issue number 610 we have expanded treatment for Traumatic Brain Injury patients. Traumatic Brain Injury screening, identification, treatment, and rehabilitation services are now in place at each Army Medical Treatment Facility. To date, TBI programs at 40 facilities have achieved full validation, 10 have achieved initial validation and the remaining programs will receive full validation by this month.

(TRAINING from page 10)

Right now the combatives program is getting a bad name, said Mosely. The perception is that it is just a knock off of an Ultimate Fighting Championship or a World Wrestling Entertainment event.

"The rules are a little bit different. You see some of the same stuff you see in UFC, but that's not the mindset," he said. "The competitions are used for esprit de corps, morale, to make Soldiers champions and just to have a good time with it just like any other unit sport."

"The Soldiers really liked it," said Mosely about this year's event. "They wanted to see more competitions throughout their communities."

Soldiers from the brigade not only enjoyed the competition but were awarded medals for their weight class.

Second Lt. Jen Brouillete from Headquarters and Headquarters Company, 16th Special Troops Battalion, took first place in the lightweight class. Sgt. Omar Ramirez from HHC, 16th STB, took second place in welterweight and Spc. Donaldson Colin, who is also from the headquarters company in special troops battalion, took third place in the cruiser weight division.

"I like the program for the self defense aspect," said Mosely. "It's an extra tool for us downrange. It completes the Soldier as a weapon. If our (rifle) jams up, we're not just useless in the fight. We have our combatives to keep us safe from the enemy."



wounded warriors will benefit from the availability of standardized respite care for their caregivers through TRICARE and VA (issue number 630) and through the establishment of the Army Wounded Warrior Support Network (issue number 632). The AWWSN is a support program that connects severely wounded, injured and ill Soldiers and their Families to a network of resources in the local community.

Three initiatives were completed in the Family Support category. These initiatives provide for more affordable child care to those who need it the most (issue number 566), TRICARE coverage for children up to age 26 (issue number 632), and a policy revision that requires Initial Military Training Soldiers with Exceptional Family Members to receive new assignment instructions if the OCONUS travel approval authority has not notified the Soldier of the avail-

ability of EFMP services 30 days prior to the Soldier's graduation (issue number 639).

Ten of the 17 issues resolved were designated as unattainable due to resource or legislative constraints. Although the AFAP recommendations were unattainable, progress was made on many of the issues.

An example of this is the increase in administrative and PCS weight allowances for grades E1 to E4 and E7 to E9, establishment of a hard-ship-based increase to PCS weight allowance, and 500 pounds of spouse professional weight allowance. To learn more, visit our website and search for issue 457.

The Army will continue to work the issues, but the Army Family Action Plan is your program. I encourage you to learn more about the AFAP process by visiting the Army OneSource website at <https://www.myarmyonesource.com/familyprogramsandservices/familyprograms/armyfamilyactionplan>. From here you can follow the progress on issues that are currently being worked by selecting "Active Issue Search" at the bottom of the page and then search by issue number or by keyword. The website also allows you to submit a new issue directly to your garrison or command's AFAP process and provides AFAP brochures, articles and videos to download. You can also download the "HQDA AFAP Issue Search" application for free on your iPad®, iPhone® and iPod Touch®.

My next article in this series will review the 16 new quality-of-life issues AFAP delegates identified as being the most critical and our need as an Army community to identify inefficient, redundant, or obsolete Family programs so we can redirect those resources to where we truly need them.



Second Lt. Jen Brouillete, the health services officer for Headquarters and Headquarters Company, 16th Special Troops Battalion, is interviewed by American Forces Network-Europe during the second annual European Forces Combatives Championship held at the Freedom Fitness Facility on Warner Barracks in Bamberg, Germany, Feb. 24. Brouillete took first place in the lightweight class and was the only female competitor.

"Combatives alone is not going to help you in the battle," Mosely added, "but being able to protect yourself and stay in the fight and wait until your battle buddy comes, it can make all the difference in the world."

Avoid common physical fitness test errors, train to excel

By Maj. Vancil McNulty,
U.S. Army Public Health Command (Provisional)

As the spring season nears, Soldiers across the Army are gearing up for physical fitness tests. There are probably many Soldiers who are worried they may not pass.

There is good reason to worry. When a Soldier fails a PT test, it can jeopardize promotion, delay acceptance or completion of advanced military schooling, and virtually condemn an otherwise stellar Soldier to receive an average evaluation report.

Because there is so much at stake, it would be wise to understand some common training errors that may make the difference between a pass and fail score. This article will focus on safely and effectively passing the two-mile run.

Training Error #1: Overtraining

Overtraining (also called overuse) occurs when the volume and intensity of an individual's exercise routine exceed his/her body's ability to recover. Overtraining leads to reduced performance and may ultimately lead to injury. Overtraining is so prevalent in the military that it's responsible for 40–50 percent of outpatient clinic visits, and most of these are due to excessive running. Running programs become excessive because of the belief that increased running results in more fitness. This belief leads to programs that have

Soldiers running five days a week for extended distances. However, research shows that Soldiers who run three days a week for no more than 30 minutes have two-mile run times that are just as good as those who run five days a week. Additionally, Soldiers who run three times a week have substantially less injury risk than those who run five days a week.

Medical professionals therefore recommend that Soldiers train for a two-mile event by running no more than three days a week.

Training Error #2: Specificity

After overtraining, lack of training specificity is the next most common mistake. Specificity is an exercise principle that describes how the body will adapt precisely to the demands placed upon it. Simply stated, if you want to improve the two-mile run time, focus on training distances around two miles.

Training at greater distances (three to five miles is typical) can be a problem because greater distances require different pacing with less speed. The last thing a person who fails a PT test needs is to run at a three-mile pace to pass a two-mile test, but this is exactly what would happen if three miles were the training distance.

Training Error #3: Pacing

Pacing is the even spreading out of a runner's endurance so as not to burn out prior to finishing the event in the time necessary to

pass. This principle is important because the two-mile run is an aerobic event that requires sustained speed over a relatively long duration. The biggest mistake in pacing for the two-mile run is beginning with a pace that is not sustainable aerobically (starting way too fast). Anaerobic burn-out sets in quickly, and the runner then must slow considerably to attain a sustainable pace or risk not finishing the test at all. It is far better to start at a slow to moderate pace while increasing speed throughout the event. There should be enough energy left for a strong finish.

Training Error #4: Inefficient Running Style

Distance running is all about putting one foot in front of the other with the least amount of energy necessary. Efficient runners look like they are gliding down the road without any effort. A runner's head should be straight forward, chest and shoulders should be relaxed, elbows bent about 90 degrees allowing arms to swing naturally, not forcefully. Stride length should be short, hips should lift the knees just enough to progress the feet forward.

An inefficient running style is easy to spot. Arms swing dramatically, knees come up way too high, stride length is way too long, and there is a pronounced head bounce as if the runner is bounding down the road. All these excess movements increase the demand for oxygen and make passing the two-mile run a chore. A small change in one's running efficiency may improve overall run time.

(FEES continued from Page 8)

of a local golf course in Ebelsbach, Germany.

Golfing is not about standardization, Perez said, who traveled to Mallorca, Spain, last year for a golf tournament. Golfers pay well to play top of the line course and are willing to pay minimal money for courses that are not up to par.

"I should be getting a good incentive to keep my membership here with an MWR course," Perez said, who has to pay a civilian-priced green fee and not the retiree price because he's a federal employee living in Europe.

Bamberg's golf course is not even worth paying \$300 to play, he said. The course doesn't have a restroom and there isn't enough money being spent on the course to make it a decent standard.

While annual fees will re-

main the same for golfers in the pay grades of E-1 through E-5, their weekend and weekday green fees will increase as much as a 20 percent in Bamberg, which adds up to about \$2 each round. Green fees at Wiesbaden's Rheinblick Golf Course will remain the same for its 18-hole course versus Bamberg's 9-hole course.

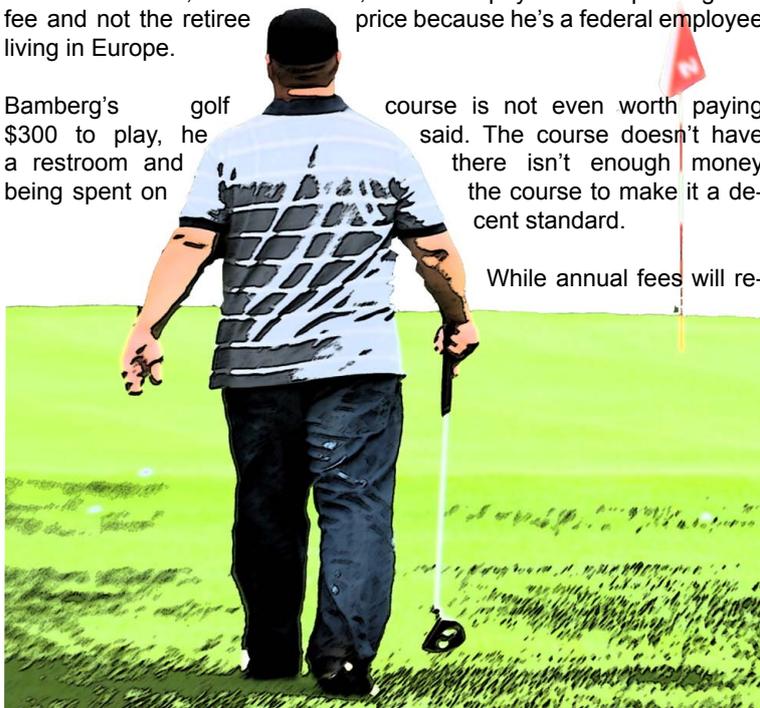
According to an e-mail written by Peter Craig, a business programs manager for Installation Management Command Europe for Family and Morale, Welfare and Recreation, prices for golfers E-1 through E-5 remain at a similar level.

Golfers E-6 through O-4 will see as much as a 27 percent increase in weekend green fees in Bamberg, which is about \$5, where golfers in Wiesbaden will only see a 12.5 percent increase to their green fees. Annual fees for golfers in this grade will increase around 6 percent, which is \$30.

While most golfers are seeing increases to their fees, some will be seeing a decrease. Golfers in the rank of O-5 and above will see weekend green fees increase about 4.5 percent, which amounts to a dollar increase, but annual fees for golfers O-5 and above in Bamberg will see a 26 percent decrease, which is \$170 less than the previous fee. In Wiesbaden, golfers O-5 and above will see more than 36 percent decreases to their annual fees, which amounts to \$270 less.

Albert Cole, chief of Family and MWR in Europe wrote in a memo Feb. 22 that the fee structure will help Family and MWR maintain the course quality and reinvest the fees directly back into the course.

Brown confirmed the increase in fees will help to reinvest money back into golf courses throughout Europe, but said he works for the Bamberg military community and would like to hear their feedback on the change in fees through the Interactive Customer Evaluation system. To submit an ICE response, visit http://ice.disa.mil/index.cfm?fa=card&sp=82628&s=202&dep=*DoD&sc=15.



(MISSION continued from Page 1)

It is a great experience, said Sylvia Hurst, who has been an FCC provider for about a year and a half now.

"It is so hard as a spouse to have a career," Hurst said. "You can do this job at any duty location. It can also build up your resume."

During Crystal Habbich's nine years as an FCC provider, she has had the opportunity to obtain her Child Development Associate and recently her national accreditation, one of only a handful of providers in Europe who has it.

"It's not just babysitting, it can be a career," said Habbich, who began working as an FCC provider when her children were young.

However, Habbich cautioned potential FCC providers that they can't do it just for the money.

"Your heart and soul have really got to be in it," Habbich said. "You have to have a strong love for children and care about their well being in general."

Habbich, who is PCSing to Virginia soon, hopes to continue providing FCC at her new duty station.

Not just Babysitting

FCC providers aren't just babysitters, a common misconception that many have of the program, Hurst said.

"There are strict rules and regulations we have to go by to ensure we are giving quality care," she said.

When you babysit, you don't have to follow a menu, activity plan and strict guidelines, like you do when you are an FCC provider, said Tara Clemons, another FCC provider. FCC providers also have long hours. While they can set

Babysitting versus FCC

Community members who occasionally babysit or do so on a limited basis don't have to be certified as Family Child Care providers.

According to Army regulations, family members who live in government quarters are only allowed to provide up to 10-hours per week in childcare on a regular basis.

"A child care hour is defined as one child for 10 hours per week, two children for five hours a week," a Child and Youth Services bulletin stated. "Children from the same family count as one child."



The limit was established to protect children from being in unregulated child care settings on an ongoing basis. If a family member does exceed that limit, they must be certified as a FCC provider.

"The Army has a responsibility to balance the ability of families to rely on one another to meet their short-term child care needs with protecting the safety and well-being of children," the bulletin stated. "National studies show that specialized training and outside monitoring are two key indicators of providing quality care to children in regularly scheduled child care settings."

up their own hours, Schellpfeffer recommends opening the FCC around 5:45 a.m. and staying open until about 5 p.m.

During the day, they are the sole provider for the children, she said.

"They are the lesson planner, the cook," Schellpfeffer said. "FCC providers do everything."

That is why it is so important that the spouse fully supports the FCC provider when they decide to do this job.

"The ones that seem to do very well are the ones with extremely supportive spouses."

Schellpfeffer said. "That really helps me and the program out along with the provider."

Hurst also cautioned that potential FCC providers need to realize that if they do this, it is their main focus during the day.

"It's needs to be regarded as your main job – not just something you do on the side," Hurst said.

Rewarding Experience

Despite the long hours and hard work, the FCC providers find the job rewarding.

"I get to be a kid," said Clemons, who hopes to become a preschool teacher. "I get to play, finger paint, do projects and read books."

Santos said the job is a rewarding one.

"I have seen the children grow so much these past few months," Santos said. "I love working with kids."

She said it has also been satisfying seeing her own children flourish.

"My children were not used to sharing and being with other kids," she said. "Now they play better together and share."

For Hurst, who has a five-month old daughter, the job has helped her become a better mom.

"I learned a lot about raising children," she said. "I felt much more confident and was more prepared when I became a mom. Being an at-home mom and a working mom combines to equal an FCC mom."

For more information about the FCC program contact Sheila Schellpfeffer at 0951-300-8035 or stop by the Parent Central Services office or log on to www.armyfcc.com.



Get the AFN Europe Mobile App

**Stable Theater
Multimedia Studio
NOW OPEN!**



Stop by and check out our new studio with state of the art recording and video gear. Sign up for the orientation class or book a session for \$25 per hour.

Record your bands full-length album, transfer family movies to a DVD or get your special project off the ground at our studio.

For more info, call the Stable Theater at 0951-300-8647.

Eco-Friendly Tips

Recycling Tips

1. When you are finished with containers that are partially full of hazardous waste, dispose of them as household hazardous waste at the recycling center.
2. Make sure the containers of hazardous substances are always labeled properly and stored safely away from children and pets.

Energy-saving Tips

1. Buy a car with good gas mileage and keep your car in good condition.
2. Make it a habit to carpool, bike or take public transportation to work.

Water-saving Tips

1. One more way to get eight glasses of water a day is to re-use the water left over from cooked or steamed foods to start a scrumptious and nutritious soup.
2. When cleaning out fish tanks, give the nutrient-rich (nitrogen and phosphorous) water to your plants.



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

com. (2/24/11)

220 Volt Large freezer, \$250 Jeep jogger stroller- still in great condition. \$50 Low maintenance elliptical- \$20 Lightening McQueen toddler bed with mattress- never used \$60 Kids left-handed golf set - \$80 Large gas BBQ- used once during summer 2010 - \$80 Small gas bbq- free In house small stereo with speakers- \$40. Christina Gonzalez 0171-777-9328 wgonzalez001@yahoo.com. (1/20/11)

Big free standing RCA HDTV on rollers 51 1/2 inch tall 48 1/2 in wide 120 works great \$200 O.B.O. call 015151679661 or e-mail brikenmar@yahoo.com.

Snails for sale: fresh water snails. \$50 each. E-mail pbababe24@hotmail.com. (1/20/11)

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)

AUTOMOBILES

For Sale: 2005 Hyundai Accent, Automatic, Hatchback, only 56k miles, Silver. Super reliable. Exterior has some minor dings, interior in good conditions (non-smokers). Just passed inspection (Feb. 14). New brakes and tires. Asking \$3,000. DON'T BUY A BEATER BMW! CALL 0162-597-1027, JFredrick_swr@hotmail.com. (3/3/11)

For Sale: '95 White 4WD Mitsubishi Montero. Passed inspection- Great Condition. Power windows, power locks, cargo rack, cloth interior, brand new winter tires- great family SUV. For more information and details, call Daryl at 015224123655- make an offer! (2/10/11)

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 more information. (10/25/10)

For Sale: 2010 Red Dodge Avenger still new condition, Automatic, \$15,500 less than 5,000 miles and has been in our possession since August 2009. Only serious inquiries. Christina Gonzalez 0171-777-9328 wgonzalez001@yahoo.com. (1/20/11)

For Sale: Toyota RAV4, 2003. Asking \$9,000. Toyota RAV4 is a 4-cylinder, gold, leather seats, 78,000 miles, regular maintenance, no accidents. E-mail dinie76@hotmail.com for photos. (12/1/10)

For Sale: 2008 Toyota Tacoma, Pre-Runner

EMPLOYMENT

Child & Youth Program Assistants: working with children in the Child Development Center, School Age Center or the Youth Sports and Fitness Program. Will be responsible for planning age-appropriate activities; supervising and monitoring children to ensure that they are safe and healthy; follow the guidelines to prevent and identify child abuse. Salary: \$10.89 - \$12.84. Related education and experience will affect salary. (2/3/2011)

Assistant Director for the Youth Sports and Fitness Program: Assists director with the operation, integration, coordination and oversight of installation CYS Services Sports and Fitness Program (Team Sports, Individual Sports, Fitness and Health and Nutrition Counseling/Education and Health Promotion/Events). This is a full-time position. Qualifications: requires 12-months of experience working in Sports/Fitness and/or youth Programs equivalent. Must be able to work until early evenings and week-ends. Salary: \$29,899-\$34,881 annual salary. (2/3/2011)

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.

FOR SALE

Dining Room Table Set - Iron and glass table with black wood trim and four iron and wood chairs. Very nice looking. Good Condition. \$150 - e-mail at Allison.S.Rhodes@gmail.com.

0954-532-2881
solacedogrescue@yahoo.com

PCSing?
Can't find a new home for your dog?
Please don't abandon him/her, call us first.

Beware of dog breeding scams
Call us before buying.
We will translate the paperwork.



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. Call 0951-300-8901 or 0954-998-8078, or e-mail gibbonstr@hotmail.com.

For Sale: 2007 Harley Davidson Night Rod Special (US 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 kriddy43@hotmail.com. (10/6/10)

Mariachi Cuatro Caminos band, e-mail puro-mariachi@hotmail.com. (1/3/11)

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 solacedogrescue@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.

MISCELLANEOUS

The school is in need of a bus driver who is qualified to drive a 40-passenger bus. If interested, please e-mail Dominick.Calabria@eu.dodea.edu. (1/27/11)

Gabi's Doggie Daycare, I have space available only on weekends, holidays, and at home care. Daily care is full. Visit www.gabi-doggiedaycare.com.

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

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 about the

See more local classifieds by clicking [here](#).



Service hours: Mon - Fri 7.30 a.m. - 6 p.m.
New Saturday 10.00 a.m. - 3 p.m.

Maintenance, repair & overhaul
Off-warranty service
Tune-Up Service while you wait

Master Mechanics specializing in all foreign & domestic vehicles!

A/C-Service • Tire and Oil Service • Parts
Engine Repair • Exhaust • Brakes & Rotors

Meet our friendly and helpful staff
New management since March with longer service hours!

AAFES Corner 

MORE Choices... Greater Rewards!

Use YOUR EVERY STAR at your favorite AAFES Food Court and receive a double spend on your Maintenance Card!





sunday, april 24

Add a Tasty Topping Today 75c each

HOT TOPPINGS

HOT FUDGE
PRALINE CARAMEL
MAPLE WHIRLWIND

COLD TOPPINGS

MARSHMALLOW
STRAWBERRY
PINEAPPLE
MAPLE & WHITE WHIP

Buy a Milkshake Upsize it for FREE!



Click [here](#) to view weekly savings

Defense Commissary Agency Corner



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

Click [here](#) for printable online coupons.

Click [here](#) for recipes from Kay's Kitchen.