



# WARNER WEEKLY

News & Information at Your Fingertips

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Thursday April 14, 2011

## Engineers meet rigor of Best Sapper competition

By Pfc. David Huddleston, 18th Engineer Brigade Public Affairs

BAMBERG, Germany -- Soldiers from the 42nd Clearance Company, 54th Engineer Battalion battled it out in an intense Best Sapper Competition March 15-17 on Warner Barracks.

All of the 18 volunteers competed in two-Soldier teams, putting their skills to the test on various engineer tasks including knot tying, mine detection and demolition ranges.

Everyone agreed that building a strong relationship with their fellow Soldiers was essential to succeeding.

"Teamwork was the most important thing," said Pfc. Darrion Hicks, a 54th Eng. Bn. combat engineer from Raleigh, N.C.

Leading up to the competition, Soldiers trained on demolitions and troop movement techniques. They focused on physical training twice a day and frequently went on foot marches to build up endurance.

The competition started off with an X-mile ruck march, a stress shoot range and demolitions testing on the first day. An X-mile march is a ruck march where the competitors have no idea how far they will be required to go.

The second day was no easier than the first, beginning well before sunrise with a nonstandard Army Physical Fitness Test. The teams were required to complete three minutes of pull-ups, five minutes each of pushups and situps and a 3-mile run wearing their combat equipment and gear.

Hicks described the competition as an intense test of will, which was



Photo by Pfc. David Huddleston, 18th Engineer Brigade Public Affairs  
Pfc. Sean Meyer from Walnut Creek, Calif., and Pfc. Michael Parson from Chicago, who are both combat engineers assigned to the 42nd Clearance Company, 54th Engineer Battalion, carry a bangalore torpedo box during the final day of the Best Sapper Competition March 15-17.

physically and mentally demanding. Pfc. Christopher Bidwell, a 54th Eng. Bn. combat engineer from Everett, Wash., said exhaustion was a huge factor during the competition.

Following the physical fitness test, Soldiers were tested for 10 hours on various Sapper tasks, such as demolitions, timber and steel cutting, construction of a poncho raft and rappelling. The second day carried well into the early morning hours of day three, as the competitors completed

(SAPPER continued on page 10)

## Let's make a deal



Photo by Mindy Campbell

Warner Barracks residents check out pieces of jewelry a community member is selling during the Community Flea Market in front of the Community Activities Center April 9. Items for sale at the event ranged from small household appliances to formal dresses to clothes. The community flea markets are held on the second Saturday of each month. Upcoming flea markets are scheduled for May 14, June 11, July 9, Aug. 13, Sept. 10 and Oct. 8 from 10 a.m. - 1 p.m. Sign-up is free at the CAC. Tables can be reserved in advance for \$5 per table at the CAC. For more information call 0951-300-8659.

## Avoided shutdown reinforces need for financial planning

By Douglas DeMaio,  
USAG Bamberg Public Affairs

BAMBERG, Germany -- While the government shutdown was avoided Friday, it serves as a stark reminder for the need to save money for a rainy day.

"Everybody loves the sunshine and nice weather, but it does rain in our life," said Eugene Woods, a financial readiness program manager.

Saving money is an arduous task, Woods said, but being persistent and disciplined in saving money can allow people to avert financial calamity.

"In my briefing, I always tell Soldiers and family members that we save money for emergencies, but we don't do it well," he said. "Part of our budget should be putting

money into emergency savings. I always say that long term savings is the most critical one. Long term is critical, but emergency is just as important."

Soldiers, family members and civilians anxiously awaited a political debate that almost sparked a government shutdown, but people who have saved money over the years were financially prepared.

"The emergency fund prepares us for the unforeseeable event that impacts our livelihood in a negative way," Woods said.

Woods is optimistic that the financial readiness classes he provides to community members can help people cope with a situation that might be a financial burden.

"The financial readiness program (SAVE continued on page 4)

## Celebrating Month of the Military Child: Raising strong kids year round

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

ARLINGTON, Va. -- The Army first observed the Month of the Military Child in 1986, to honor the youngest members of the Army community. As we celebrate it again this month, 25 years later and in the 10th year of ongoing conflict, recognition of the sacrifices and strength of our military children is more vital than ever.

The life of military children has always had its challenges, foremost among them being frequent relocations. Every time Families move, children have to make new friends, get used to new schools, and find new clubs and teams to join. A lot of military children take these changes in stride and some even thrive on them, but it is hard - kids have to rebuild their world every time and find their place in it.

Now, in this time of persistent conflict, the challenges are compounded - they are more serious and affect more Families. About 1.8 million children have a parent currently serving in the military. Since 2001, an estimated 900,000 children have had one or both parents deploy multiple times. Our children are dealing with long and repeated separations from their parents. They are dealing with the happy but disruptive time when their parents come home and the family has to regain normalcy. Sometimes they have to deal with the worst thing children can imagine, the death of a parent. In the face of all this, for all of their contributions and sacrifices, our children need and deserve our best efforts.

From the highest levels of leadership on down, the Army has committed to providing Families with a quality of life that is commensurate with their service and sacrifice. For our children, that includes a commitment to ensure excellence in schools, childcare and youth services - to ensure they have the support and care they need to develop into strong, resilient, well-rounded young adults.

Army Child, Youth and School Services is central to delivering on these promises. CYSS currently serves almost 300,000 children ages 6 weeks to 18 years in on- and off-post



programs around the world. Through its Child Development Centers, School Age Center, and middle school and teen centers, CYSS provides healthy and enriching environments that help children grow mentally, physically, socially and emotionally. For the school age children and teens in particular, the CYSS programs provide a whole world of topics to explore, including fitness, health, arts, science and technology, leadership, citizenship, life skills and careers. In addition, CYSS runs a robust sports program, with more than 112,000 children participating in team and individual sports and sports clinics.

To meet the greater need for services, CYSS has made tremendous efforts to increase access and offerings, both on- and off-post. On installations in the states and overseas, CYSS has constructed 150 new childcare and 24 new youth centers since 2007. They have also introduced innovative programs such as Neighborhood Activity Homes, which provide places for older kids outside of traditional facilities.

Off post, CYSS has partnered with a number of local providers and national organizations to serve Families who live in areas far from an installation or in high-impact areas where the need exceeds the capacity on the installa-

tion. CYSS extends 16 hours of free care per month to the Families of deployed Soldiers, Wounded Warriors and Fallen Soldiers, a total of more than 1.08 million hours in fiscal year 2010. The focus on increasing access does two things for our Families. When parents can take advantage of CYSS, it decreases stress on the family. Parents know that when they are deployed, when they are working, when they are at medical appointments, their children are in a safe place. They can focus on what they need to do, knowing that their children are well cared for. Also, these programs provide our children with much needed support. They are in a caring environment with adults and peers who understand what they are experiencing, and they have the chance to pursue a wide range of interests and build their strengths.

In addition to providing quality out-of-school programs, CYSS is also focusing on supporting military children in school. Military children attend on average nine different schools before they graduate high school. The transition between schools can be rough when there are incompatible requirements to enroll, to join extracurricular activities or to graduate. It can be tough for students to settle in, when school personnel do not understand the issues - the stress of being the new kid yet again, the fear of separation, the disappointment that mom or dad is missing another game or recital.

Schools liaison officers are located at every garrison to help Families with these and other school-related issues. They play an important role in helping students make a smooth transition and succeed at their new school, by working with Families and school districts to meet needs and requirements on both sides. In a new two-year pilot program school liaison officers at seven garrisons - Joint Base Lewis-McChord and Forts Benning, Bliss, Polk, Stewart, Hood, and Wainwright - will be joined by military student transition consultants. The consultants will be located in school district offices and work closely with the school liaison officers to build understanding between school districts, garrisons and Families about the needs of military students and to support efforts, such as mentoring programs, which help students plug into their new school. The

(CHILD continued on page 9)



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# Bazaar with Heart to open this Friday, run through Sunday

By Mindy Campbell,  
USAG Bamberg Public Affairs

BAMBERG, Germany -- From antique furniture to Belgian chocolate and Dutch cheese, Bamberg community members will have the chance to sample some of Europe's finest items when the annual bazaar opens tomorrow.

The Bamberg Spouses and Civilians' Club Bazaar with Heart opens its doors Friday on the basketball court at the Freedom Fitness Facility.

The event, which is stroller-friendly, will be open Friday from 10 a.m. – 7 p.m., Saturday from 10 a.m. – 6 p.m. and Sunday from 11 a.m. – 4 p.m.

The gym will remain open for users throughout the bazaar, with only the basketball court affected.

About 40 vendors will be showcasing their wares, said Clara Ocanas, bazaar chairwoman.

Vendors will be accepting dollars, checks, credit cards or the Military Star card.

Many of the community's favorite vendors are returning again this year, she said. In addition, they have added a few new vendors to their line-up including Italian ceramics, Middle Eastern/African art and local crafters.

This year's event will also see the return of private organizations such as Family Readiness Groups who will be selling food items such as burritos, bratwurst and milkshakes in the gym foyer and outside the entrance.

The bazaar is the club's biggest fundraiser of the year. Last year, the bazaar brought in almost \$160,000 in total income with the club



*File Photo*  
Bazaar with Heart has products from all over Europe. The money earned is filtered back into the community through community grants and scholarships. For more information about the Bazaar with Heart or the Bamberg Spouses and Civilian Spouses club, visit the club's Facebook page at <http://www.facebook.com/bsscgermany>.

making about \$25,000 in profit.

"That money goes right back to our community in the form of scholarships and welfare grants," Ocanas said.

Each year the club gives out about \$20,000 in scholarships, \$20,000 in community grants and about \$10,000 in donations, said Shaunette Sellers, BSCC president.

"We do a lot to help the community," Sellers said.

Groups that the club has helped include Child and Youth Services, Morale Welfare and Recreation, the middle and high school, Army Community Service and Department of Public Works.

The club also has assisted groups outside Warner Barracks including Tierenheim in Bamberg and the Fisher House Foundation, which offers free housing to family members of injured Soldiers, Sellers said.

Putting on the bazaar is a big job, Ocanas said. It takes anywhere from 50-75 volunteers to stage the bazaar.

"I couldn't have done this without the great volunteers on the bazaar committee," said Ocanas, who has been organizing the event since January.

Ocanas also said they are still looking for volunteers. If interested, log on to the group's Facebook site, e-mail [bazaar.volunteer@yahoo.com](mailto:bazaar.volunteer@yahoo.com) or stop by the bazaar. Sellers encourages everyone to come out to the event, whether you are a returning customer or new to the community.

"It is a one-stop shopping experience," Sellers said. "We will have items from all over Europe in one place. Whatever your taste, there is something for everyone."

For more information about the bazaar or the spouses club, log on to the organization's Bazaar with Heart Facebook site or the club's website at [www.bsscgermany.com](http://www.bsscgermany.com) or visit the club's Facebook page at <http://www.facebook.com/bsscgermany>.

## Don't lose money with car conversion

By Robert Szostek, U.S. Europe Command Customs Public Affairs

HEIDELBERG, Germany - Americans in Europe must beware of European car dealers who offer to convert cars or motorcycles to U.S. standards. You stand to lose a lot of money if you try to ship a vehicle "converted" in Europe to the states.

The Department of Transportation and the Environmental Protection Agency only accept work done by licensed companies in the United States, not the work of individuals or overseas companies. U.S. Customs can easily check vehicle identification numbers to detect poorly conversions.

"It is tempting to try to save some money by doing work here in Europe," said Bill Johnson, director

of the U.S. European Command's Customs and Border Clearance Agency.

But overseas conversions are not licensed by U.S. agencies. However, vehicles rebuilt by the original manufacturer to U.S. specifications can be imported with the proper documents.

Under EPA regulations, nonconforming vehicles less than 21 years old may only enter the United States through an independent commercial importer. These vehicles must be tested and adapted to the emission standards in effect at the time of production. Vehicles that are 21 years old or older do not require EPA tests or conversions.

DOT requires shippers of nonconforming vehicles to file a DOT form (CAR continued on page 12)

## Helping hand



*Photo by Douglas DeMaio*  
Collette Baker, lead supervisor of infant A and B at the Child Development Center, washes the hands of an infant in her group. U.S. Army Garrison Bamberg recognized employees and care providers like Baker for their contributions to the military community at a ceremony in the Warner Conference Center April 8.

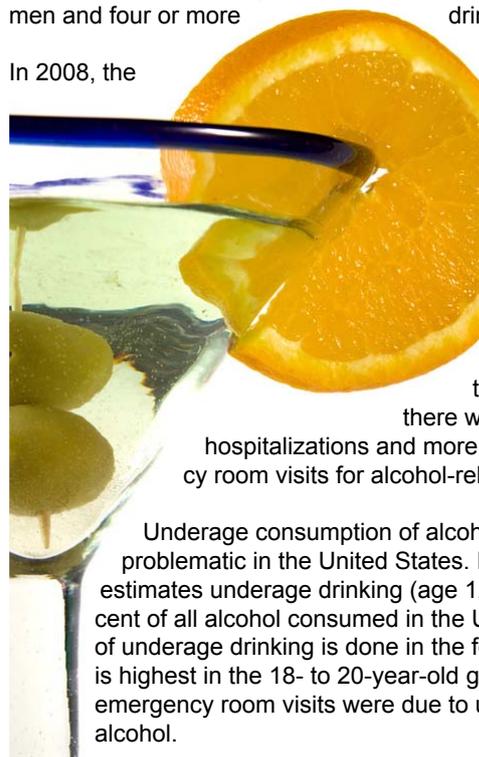
## How Much Alcohol is Too Much?

By Steven A. Carreras, Ph.D., Social Worker  
U.S. Army Public Health Command (Provisional)

Statistics on too much alcohol consumption usually are reported in the media in terms of the effects on the person (impaired driving) or the body (health problems). Ad campaigns and public service announcements remind consumers to drink responsibly. But just how much alcohol is too much?

According to the Centers for Disease Control and Prevention, heavy drinking is defined as consuming more than “two drinks per day on average for men and one drink per day for women.” Binge drinking is defined as consuming “five or more drinks in a single occasion for men and four or more drinks for women.”

In 2008, the



CDC estimates 5 percent of the U.S. adult population (age 21 and older) drank heavily, while 15 percent binge drank. Between the years 2001 and 2005, the CDC attributed 79,000 deaths to excessive alcohol use — the third leading lifestyle-related cause of death in the United States. In 2005, there were more than 1.6 million hospitalizations and more than four million emergency room visits for alcohol-related conditions.

Underage consumption of alcohol (below age 21) is also problematic in the United States. For example, the CDC estimates underage drinking (age 12-20) accounts for 11 percent of all alcohol consumed in the United States; 90 percent of underage drinking is done in the form of binge drinking and is highest in the 18- to 20-year-old group. In 2005, 145,000 emergency room visits were due to underage consumption of alcohol.

Rates of alcohol consumption for Department of Defense personnel are measured by the Alcohol Use Disorders Identification Test. Overall binge drinking rates increased between 1998 and 2008. Heavy drinking rates in the military for persons aged 18-25 are 26 percent as compared to 16 percent for civilians in the same age group. Heavy drinking across all age groups is higher for military personnel (20 percent) as compared to civilians (14 percent). For the Army, heavy drinking was 22 percent.

According to the DOD, “nearly one-quarter of all heavy drinkers had one or more serious consequences (23 percent), a rate that was three to six times as high as that for any other group of drinkers.

“Serious consequences include, “time away from work due to alcohol use; arrest for driving under the influence of alcohol; getting into fights; causing an accident or illness and receiving a low performance rating.

For the Army, among heavy drinkers, the rate of serious consequences was 25 percent.

Here are some suggestions from the National Institute on Alcohol Abuse and Alcoholism to reduce excessive alcohol consumption:

- 1) Pace yourself—sip slowly.
- 2) Consume non-alcoholic drinks when drinking alcohol as well.
- 3) Don't drink on an empty stomach.
- 4) Know your triggers and avoid them.
- 5) Reach out to friends or family if feeling overwhelmed (triggered) or seek professional help.

For more information on reducing alcohol consumption:

Centers for Disease Control and Prevention, <http://www.cdc.gov/alcohol/index.htm>.

Centers for Disease Control and Prevention, [http://www.cdc.gov/alcohol/quickstats/underage\\_drinking.htm](http://www.cdc.gov/alcohol/quickstats/underage_drinking.htm).

National Institute on Alcohol Abuse and Alcoholism, <http://pubs.niaaa.nih.gov/publications/Tips/tips.htm>.

### Private investment key to 'Net Zero'

WASHINGTON (Army News Service, April 7) -- The Army is collaborating with private-sector investors to increase energy efficiency and cost savings.



Partnerships with industry will help the Army achieve Net Zero Energy Installations -- ones that produce as much renewable energy on site as they use over the course of a year, said Katherine Hammack...

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

### Troops to receive full mid-month pay

Active Duty: You will receive your full mid-month pay by April 15, but the most current Advice of **myPay** Pays will still only show the partial payments for April 1-8. This will allow us to make sure we can still process pay for April 9-15 and take steps to ensure it is in bank accounts by the 15th. A full accounting of your April pay will be available on your normal end of month Leave and Earnings Statement, posted to your myPay account on April 22.

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

(SAVE continued from Page 1)

is about awareness and education,” he said. “We continue to encourage Soldiers, family members to do what they need to do and that is to put a small portion of their pay away.”

“Start with \$50 or \$100 every two weeks and put it to the side and discipline yourself to do it,” he said. “That’s the key.

“Discipline. It works,” he said.

Tracking finances, budgeting and saving spare change are all things that add up financially, Woods said.

“You would be surprised how much small change adds up,” he said.

Woods said limiting small purchases is also a great way to save money.

“Watch what you are purchasing during the week during those small purchases,” Woods said. “During the month, you spend more on small purchases during the week-day than during the weekend.”

On weekends, people will spend large

amounts of money, but are more thoughtful about large purchases, he said.

“If it’s a need, justify it, but if it is just a want then make the sacrifice,” Woods said. “What you will be doing is putting that money back (in your wallet) for a rainy day. Do what parents, teachers and advisers have been telling us all along. Practice what we preach by putting that small amount away for those rainy days.”

“When you take those values and your kids see you doing that, then they will inherit those values,” Woods said. “They will learn from those good practices you are doing.”

Doing so might help people weather the next storm. People who are financially ill prepared for an emergency have options and resources to help endure a crisis.

Some financial institutions also offer short-term loans at a low interest rate.

Army Emergency Relief offers financial assistance to Soldiers.

For more information about financial planning or AER, call 0951-300-7777.

**Bamberg Spouses and Civilians Club**

**Coming Soon**

Bazaar with Heart

facebook  
bazaar.with.heart

MWR

**April 15 - 17**

**Freedom Fitness Facility**

### Community Announcements

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

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

### Prayer Vigil for the Earthquake Victims in Japan

The Bamberg Community Chapel will be open for prayer during the hours of 11:30 a.m. - 1 p.m. Monday-Friday until April 15.

### Tax Deadline

This year the tax filing mailing deadline has been moved to April 18 due to Emancipation Day, a holiday observed in the District of Columbia, on April 15. All tax-related mail dropped off at the post office before 4:30 p.m. will be postmarked and dispatched on April 18. All tax related mail dropped off on April 18 at the mailroom before 6 p.m. will be postmarked "18 APRIL 2011" and all tax related mail dropped into any of the five blue U.S. Postal Service drop boxes before midnight will be postmarked "18 APRIL 2011."

### Commissary Patrons

A new installation policy will not allow for unauthorized persons to enter the commissary. Authorized patrons will not be allowed to escort or sign in any visitor in to the commissary. Commissary staff currently performs a 100 percent identification-card check. Commissaries authorize the purchase of groceries to military personnel, retirees and their families, along with Department of Defense employees who work overseas within a Status of Forces Agreement.

### Waist Whittlers

Bamberg community members are invited to participate in a women's weight loss support. 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 Ser-

USAG Bamberg  
Community Activity Center

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

**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
2nd Place: 3D Home Theater (45" HDTV Blu-Ray Player, Glasses - 2 Pair)	5th Place: Xbox 360 with Kinect
3rd Place: 21.3" Touch Screen Computer	6th Place: Nintendo Wii
	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

vice 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](mailto:elizabeth.a.danowsky.ctr@eur.army.mil).

### Postage Rate Increase

Some postal rates have increased. For more information, visit [www.usps.com/prices](http://www.usps.com/prices) or contact the Bamberg Postal Service Center.

### Frankfurt Benefits Office Change

The Federal Benefits Unit in Frankfurt has a new telephone number to call if you need assistance with Social Security, Medicare or Veterans Administration issues. The new number is 069-95551-110. The Federal Benefits Unit, Frankfurt may also be reached at [FBU.Frankfurt@ssa.gov](mailto:FBU.Frankfurt@ssa.gov) or by FAX at 069-749352.

### 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. On 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.

### Child Abuse Awareness

Entries for an essay, poster, and poetry contest at the Elementary School to promote Child Abuse Awareness will be displayed at the library from April 5-30. The winners will be announced at the Spring Fling April 23. There will be a Child Abuse Awareness walk with the Bamberg Elementary School students to Freedom Park April 27 at 1 p.m.

### Parent's Night Out

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 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.

### 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.

### Scrapbooking

Bring on the bling and learn different techniques to add sparkle to your pages. at the monthly scrapbooking May 6 from 6 p.m. to midnight at the 173rd Brigade Support Battalion Family Readiness Group Center. The cost is \$15. All crops include dinner, hourly door prizes, and a free instructional class. Childcare is available at the FRG center play room with child care providers at a cost of \$2 per hour per child. Reservations for childcare must be made in advance as space is limited. For more information, call 0951-300-7308 or [wendy.sledd@us.army.mil](mailto:wendy.sledd@us.army.mil).

### Retiree Counsel

There will be a Retiree Counsel meeting April 14 at 2 p.m. in the permanent change of station conference room We will be voting for Retiree Counsel members. The positions that are open are president, vice president, secretary and three voting members. For more information, call 0951-300-7514.

### 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](mailto: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](mailto:BambergBazaarwithHeart2011@yahoo.com).

### 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

#### Boy Scouts

Boy Scout Troop 40 in Bamberg is looking for boys ages 12 and older who are interested in becoming Boy Scouts. The troop meets every Monday from 6:30 - 7:30 p.m. except on holidays. The boys work on requirements for advancement and earning merit badges. The troop is also looking for adult volunteers and Eagle Scouts to assist with troop activities. Don't delay; become a Boy Scout today. For more information, call 0160-158-5894.

#### MWR Guide

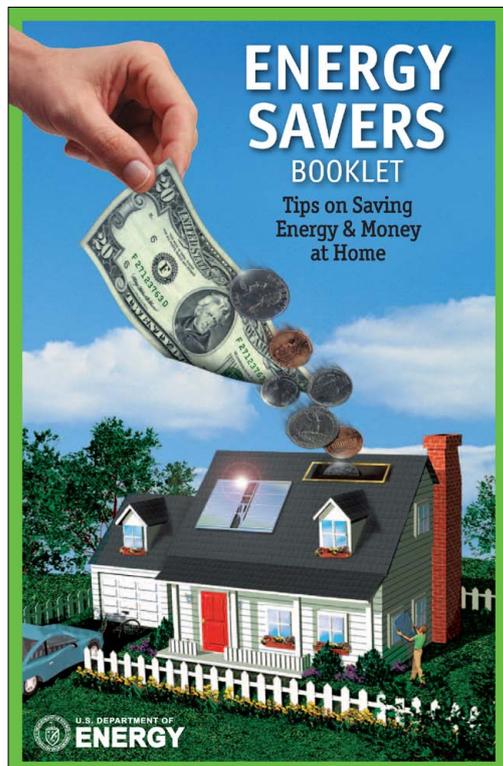
Bamberg's Family and Morale, Welfare and Recreation Guide for the month of February is now online at <http://issuu.com/BambergMWR/docs/brochure>.

#### 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.

#### 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 June 30 and Sept. 29. For more information, call 0951-300-7130.



### 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](mailto: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 manager, at 0951-300-7777.

# SUMMER HIRE 2011

June 20 - July 29

Applications Accepted Online  
**March 27 - May 22**  
<https://injobs.army.mil/sh/staffing/summerhire/>

**Type of Work**  
Labor, Clerical, Child Care

**Eligibility**  
Family Members (FM) between the ages of 14 to 22 years old, with valid FM ID Cards. This includes spouses under 18 years of age who are still in High School.

**0951-300-8812**

### 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.

### Clinic Hours

The Bamberg Health Clinic hours of operation are as follows: Monday, Tuesday, Wednesday and Friday sick call is from 7 - 8 a.m.; full service is available from 7:30 a.m. - 4:30 p.m. On Thursday, sick call is from 7 - 8 a.m. and full service is from 7:30 a.m. - noon; closed on Thursday 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 Tuesdays, 2-4 p.m. and Wednesdays, 4-6 p.m. Classes are held at the ACS building in classroom 118. For more information, call 0951-300-7777.

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

### 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.

**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-

## Bamberg School Age Center

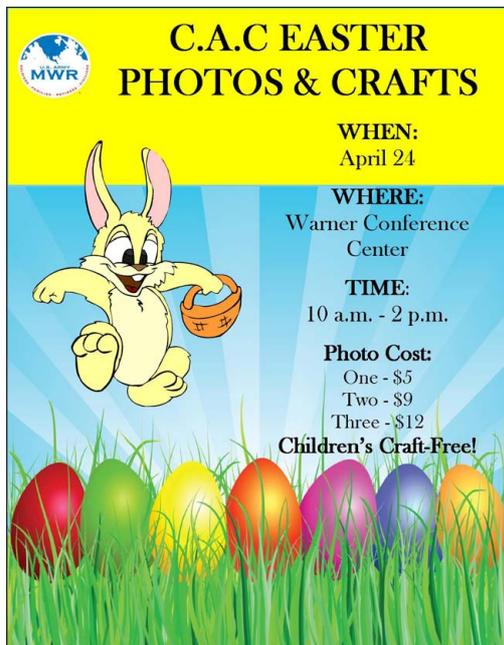
### "Awesome Tech Explosion" Spring Break Camp 2011

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.



**C.A.C EASTER  
PHOTOS & CRAFTS**

**WHEN:**  
April 24

**WHERE:**  
Warner Conference  
Center

**TIME:**  
10 a.m. - 2 p.m.

**Photo Cost:**  
One - \$5  
Two - \$9  
Three - \$12  
**Children's Craft-Free!**

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

##### 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](mailto: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.

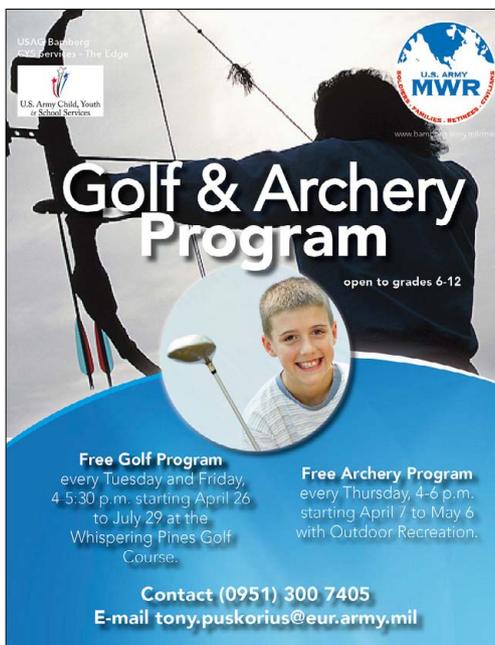
#### Youth and Teens

##### Afghan Donations

Jeannette Takahashi, in the main office at Bamberg Elementary School is collecting donations for the school age children of Afghanistan. Staff Sgt. Ramon Mondol, who is helping to coordinate this drive, will be here the first week in May to join in the sorting, packing and distribution of our donations. The goal is to fill between 200 and 300 tote bags with school supplies and learning materials that will go to Afghan schoolchildren and their teachers. The students range in age from 5 to 12 years old.

##### Student Grades

The "You Made the Grade Program" rewards students for above-average academic achievement and inspires them to continue to work harder. Recognizing student's academic achievements offers the Exchange an opportunity to contribute to the military community quality of life and establish loyalty in our



**Golf & Archery  
Program**  
open to grades 6-12

**Free Golf Program**  
every Tuesday and Friday,  
4:53-5:30 p.m. starting April 26  
to July 29 at the  
Whispering Pines Golf  
Course.

**Free Archery Program**  
every Thursday, 4-6 p.m.  
starting April 7 to May 6  
with Outdoor Recreation.

**Contact (0951) 300 7405**  
**E-mail [tony.puskorius@eur.army.mil](mailto:tony.puskorius@eur.army.mil)**

younger generation. This program provides an incentive for youth, not only to stay in school but also, to excel. For more information, visit <http://www.shopmyexchange.com/community/youmadethegrade/>.

##### CYSS summer sign-ups begin

U.S. Army Garrison Bamberg community members will be able to sign up for Child, Youth and School Services summer programs April 25 at Parent Central Services beginning at 8 a.m. Bamberg summer programs include summer camps, youth sports, EDGE!, SKIES and a Kinder Readiness bootcamp. For more information, call Parent Central Services at 0951-300-8660 or visit the Bamberg CYSS Facebook page, or log on to webtrac.

##### 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



**Sports, Fitness  
and Recreation  
Expo**

**May 14, 10 a.m.-2 p.m.**  
Bamberg Freedom Fitness Facility  
Come and meet representatives from off-post sports and recreation clubs.  
First-come, first-served. Available for you in Bamberg.

Contact FFF, Tel. (0951) 300 8890

#### Recycling Progress

**There were 2 tons of electronics recycled in February, which is 1 ton less what was recycled in January.**

rank advancements. Pack meetings are once a month (Camp Out, Pinewood Derby, Bowllarama, 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](mailto: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

##### 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 more information, visit [www.ed.umuc.edu/fieldstudy](http://www.ed.umuc.edu/fieldstudy) or e-mail [fieldstudies@europe.umuc.edu](mailto:fieldstudies@europe.umuc.edu).

##### 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](http://www.ed.umuc.edu/financial_aid). For more information about the book award program, visit [www.ed.umuc.edu](http://www.ed.umuc.edu), or call 06221-3780.

**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>.

**Student Aid**

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

**Closures / Changes**

**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.

**Vehicle Registration**

Vehicle Registration office will be closed April 22 and

25. The office will be closed for lunch from 11:45 a.m. – 12:30 p.m. April 18 – May 4 due to personnel shortage. For more information, call 0951-300-7580.

**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.

**Beer Bike**

Join Bamberg's Community Activity Center and hop on the beer bike May 26 at 6:30 p.m. Enjoy this very special city tour through Bamberg sitting at a bar

mounted on a bike while getting served a fresh beer, but you need to do the pedaling. Contact the CAC to reserve one of the available 16 spots. The cost is \$35 per person, including the fuel - 1.5 liters of beer. Please enjoy responsibly. For more information, call 0951-300-8659.

**Night at Engineer Lake**

Enjoy campfire, marshmallows and family camping at U.S. Army Garrison Bamberg's Engineer Lake June 10-11. Tents can be set up from 3 p.m. onward. Set-up is free of charge. A music band starts at 5 p.m. and ends at 7 p.m. followed by a family-friendly movie at 8:30 p.m. Barbecue items will be available for purchase at the Morale, Welfare and Recreation imbiß wagon. Breakfast will be served from 8:30 a.m. the next day until 10 a.m. at the MWR imbiß as well. Camping equipment is available for rent from MWR Outdoor Recreation. For more information, call Outdoor Recreation at 0951-300-9376 or e-mail [joshua.moore3@eur.army.mil](mailto:joshua.moore3@eur.army.mil).

**Trips and Travel Opportunities**

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

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>.



ed 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.

**Wednesday Evening Mountain Bike Rides \$15**

Enjoy the longer days with a mountain bike ride through the woods. Occurring April 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 add-

**May 5 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.

**May 7 White Water Kayak \$35**

No matter your skill level, our White Water Kayaking trip will have you feeling like a professional by the end of the day. Please wear a swimming suit and pack a towel, lunch and hydrating liquids. Trip includes transportation and equipment. Transportation departs Outdoor Recreation at 8 a.m. and returns at 6 p.m.

**May 7 Prague, Czech Republic \$65**

Containing one of the world's most pristine and varied collections of architecture, Prague is a vibrant city. Indulge in a Czech beer, while exploring Charles Bridge, Prague Castle, Wenceslas, Lesser Quarter and the Old Town Squares. The trip includes transportation and a city tour. Children ages 4-12 are \$55, and children ages 3 and younger are \$45. The bus departs the Chapel parking lot at 5 a.m. and returns at 11 p.m.

**May 18 Outdoor Climb \$25**

Experience climbing in a world famous sport climbing area known as Frankenjura while you observe the world from an angle rarely seen. Beginners are welcome. Trip includes transportation, equipment and instruction. Transportation departs Outdoor Recreation at 5 p.m. and returns at 8:30 p.m.

# Bamberg Movie Schedule

AAFES Reel Time Theater is closed Tuesdays and Wednesdays

Thu	April 14	Jackass 3d (2d Version)(R)	7 p.m.
Fri	April 15	The Eagle (PG-13)	7 p.m.
Sat	April 16	The Roommate (PG-13)	3 p.m.
		Jackass 3d (2d Version)(R)	7 p.m.
Sun	April 17	The Eagle (PG-13)	3 p.m.
		The Roommate (PG-13)	7 p.m.
Mon	April 18	The Roommate (PG-13)	7 p.m.
Thu	April 21	The Eagle (PG-13)	7 p.m.
Fri	April 22	Arthur (PG-13)	7 p.m.
Sat	April 23	I Am Number Four (PG-13)	3 p.m.
		Just Go With It (PG-13)	7 p.m.
Sun	April 24	I Am Number Four (PG-13)	3 p.m.
		Arthur (PG-13)	7 p.m.
Mon	April 25	Just Go With It (PG-13)	7 p.m.
Thu	April 28	Just Go With It (PG-13)	7 p.m.
Fri	April 29	Justin Bieber: Never Say Never (G)	7 p.m.
Sat	April 30	Gnomeo & Juliet (G)	3 p.m.
		Rio (PG)	7 p.m.

(CHILD continued from Page 2)

consultants will be in place this May to support Families through the summer PCS season.

I can point to any number of other ways Army CYSS is doing a phenomenal job of supporting our children. In addition to daily child care and afterschool care which meet the highest national standards, CYSS provides special events and camps, both on post and far from any post. There's [Tutor.com](http://Tutor.com), where students can get online tutoring anytime and anywhere. There are the Military Family Life Consultants, who provide counseling to kids in school, and the Child Behavioral Consultants, who work with children in the afterschool programs, when they are having difficulties with their parent's deployment.

Army CYSS strives to provide a comprehensive range of services for Families to help grow strong and resilient children. However, this is only possible with the support of a number of dedicated, longstanding partners, including universities, nonprofit organizations, and local and state governments. They conduct research on the needs of military children, draft policies and legislation in support of military Families, develop curricula we use in our programs, provide training for educators, counselors and others who work with military kids, and provide services to military children who do not live near an installation. We must continue to reach out to them and communicate how they can help our children, because we cannot do it without them.

Month of the Military Child is an important observance, and a lot of fun. Installations worldwide are holding hundreds of fairs, parades, carnivals and other events throughout the month. I encourage you to get out in your community and join in honoring and celebrating our children.

The Army does not confine its commitment to children to one month a year - we owe our children more than that. They do not sign up for the challenges military life brings, and yet they are right in there with us, making sacrifices everyday and showing a lot of bravery. It's our job to do the best by them that we can, providing the care, support and opportunities they need to thrive in the face of challenges. Our children are our future; when they are strong, we are strong.



# ARMY DIVERSITY STRENGTH IN DIVERSITY

By Lt. Col. Kate Crusan  
USAREUR Diversity Initiatives

Here is your opportunity to get involved in diversity. A community-level Diversity Working Group is coming soon to a community near you. The working group will be led by the local senior mission commander and co-chaired by an Installation Management Command – Europe representative. Participants will be members of the local communities and you may be asked to participate.

Corporate America has been cultivating the diversity concept for the last 10 years. The service components have been talking about diversity for about the last five years. Now it is time to get serious. If the Army is going to compete for America's finest talent, we need to embrace diversity. It is simply a matter of survival for our all volunteer force – and we need you to get involved.

U.S. Army in Europe leadership has held several executive level steering committees to provide guidance and strategic focus throughout the European footprint. Now it is time to engage at the tactical level. The community-level working groups will

receive discussion topics formulated by the executive steering committee. The working groups will discuss these topics, generate ideas for how to handle them, and the minutes will be recorded. The ideas of the working group will be fed back to the commanding general and his executive steering committee. Your voice will be heard. The long-term focus is to grow more senior leaders, both civilian and military, who accurately reflect our Army demographics.

Here in the U.S. Army in Europe, our focus must be on the inclusionary. Our main premise is to promote diversity within the command – and highlight the uniqueness of our workforce and how Diversity helps us to better accomplish our mission. Mixing military, U.S. Civilians, Local National Civilians, and Family Members in a foreign environment and doing it well has always been a hallmark of excellence of serving with the U.S. Army in Europe.

If you are interested in participating in your community's Diversity working group, contact Lt. Col. Kate Crusan at DSN 370-8383; Civilian 06221-57-8383 or Erni Moya at 379-6524; Civilian 0620-280-6524.

## Eco-Friendly Tips

### Water-saving Tips

1. Designate one glass for your drinking water each day or refill a water bottle. This will cut down on the number of glasses to wash.
2. Soak pots and pans instead of letting the water run while you scrape them clean.

### Recycling Tips

1. Read labels for ingredients. Stay away from chemicals that harm our plant and animal life and poison our land.
2. When you are finished with containers that are partially full of hazardous waste, dispose of them as household hazardous waste at the Recycling Center.

### Energy-saving Tips

1. Talk to Soldiers and colleagues. Ask who turns off the lights at the end of the day. Ask them to shut off other electrical equipment. Make sure they heat/cool responsibly.
2. Dirt and grime from cooking, cigarette smoke and dust can obstruct light, so keep bulb, fixtures and shades clean.



# Soldier 360 provides Resiliency training to Soldiers, spouses in Europe

By Denver Makle, Joint Multinational Training Command Public Affairs

GRAFENWOEHR, Germany -- Noncommissioned Officers unanimously say the Soldier 360, a comprehensive, leader's fitness course that instills tactics, techniques and procedures for becoming a better leader has changed the way they see themselves and given them the tools they need to mentor others.

Soldier 360 targets Noncommissioned Officers who have combat experience. The course is two-weeks, and offers comprehensive training in stress and anger management, biofeedback, relaxation, yoga, meditation, physical fitness and conditioning, injury prevention, pain management, relationships, communication, conflict resolution, nutrition, sleep, combat stress, post-traumatic stress, and alcohol management.

The NCOs that attend the course must be nominated by their commanders and must have combat experience to attend.

"This course (Soldier 360), has taught me that you do not have to know all the answers or be perfect—just be open-minded, forgiving, and respectful of each other's individual differences," said Chief Warrant Officer Wendy King, "We're not walking away from this two-week course able to fix all the problems in the world, but with valuable tools in our tool bag, we can help ourselves and others begin to prepare the path to a better tomorrow."

King said practices demonstrated in the course, such as Yoga, Tai Chi, meditation, and journaling will provide her an outlet to reduce her daily stress.

"The Soldiers around me need to not only hear me share what I have learned, but get a bigger



Photo by Denver Makle, 7th U.S. Army  
Yoga instructor Sarah L. Brown and Christopher J. Knight of Company C, 1st Battalion, 4th Infantry Regiment in Hohenfels demonstrate how couples can use yoga to connect with each other to improve their relationship.

impact if they see me applying the techniques, and see the results it produces in my life" said King.

King graduated on April 1, from the class hosted in Hohenfels, Germany. Attending were 44 Soldiers from various installations in Germany including Hohenfels, Schweinfurt, Grafenwoehr and Bamberg, and also NCOs from Vicenza, Italy.

"Our intent is for every community to replicate this program so that the Soldiers establish a relationship with their local service providers," said Col. Mary S. Lopez, director of strategic initiatives for the Bavarian Medical Command. "Every community is unique and Soldiers need to be familiar with the agencies available to provide them support."

The course pulls together physicians, substance abuse counselors, military family life consultants, chaplains, and professionals from the Army Community Services and the wellness center.

During the course leaders are introduced to

programs available throughout the local area, while learning to provide support to their squad members and peers, who might be struggling with stress, anxiety or depression.

The course curriculum incorporates a series of seminars, presentations and activities delivered by instructors and subject matter experts from within the community. The Soldiers learn to "take a 360," a relaxation technique that allows the individual to gain focus, which will help them to perform better.

"The thing that stayed with me was some of the stress release techniques, taking 360's and the yoga. Occasionally I do the yoga at home," said Sgt. 1st Class Milton Johnson III, a Soldier 360 alumus from the 172nd Support Battalion of the 172nd Infantry Brigade in Grafenwoehr. "I've been in contact with Sarah, the yoga instructor about getting something started here locally in the Schweinfurt area."

Johnson said he went into the course blind and didn't know what to expect, but said after seeing what it had to offer he loved it.

"My wife and I communicate a lot more now. We spend a lot more time together, and at work I can listen to Soldiers with more compassion. I try to understand their problems. I put myself in their position. That is something I didn't do before."

He said in the past he might have asked them to figure it out, and keep him in the loop. Johnson said the course helped him to become a better listener.

"This course provides Soldier-leaders with the information and tools to improve individual personal health," said King. "The healthier leaders are the more efficiently they can deal with the stressors of daily life."

(SAPPER continued from Page 1)  
a night land navigation course.

"It physically pushed me to a limit I never thought I could achieve," said Hicks, "as well as kept us motivated."



Photo by Pfc. David Huddleston  
Pfc. Nathaniel Williamson from Norfolk, Va., cut a log just before running it to the finish line during the final day of the Best Sapper Competition.

To finish off the competition the Soldiers completed an X-mile buddy run while traversing several obstacles. Stations throughout the run required teams to carry simulated casualties and bangalore torpedo boxes as well as force fence posts into the ground using fence post drivers, flip large tires and handsaw through logs.

"The competition was great and by far some of the best training I've done since arriving in Germany," said Bidwell.

Pfc. Jermaine Gregory of Shirley, Mass., and Pfc. Neal Hendrick-

son of Longview, Wash., took first place in the competition. Pfc. Brian Siwek from Pequannock, N.J., and Pfc. Richard Weir from Atlantic City, N.J., took home second place honors.

Six Soldiers from the 42nd Clearance Co. were selected to compete in the U.S. Army Best Sapper Competition at Ft. Leonard Wood, Mo., scheduled for April 5-10.

Service hours: Mon - Fri 7.30 a.m. - 6 p.m.  
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## Easter Week Services

April 18-24

<p><u>Catholic Services</u></p> <p>April 18 at 9 a.m. - Mass</p> <p>April 19 at 5 p.m. - Adoration and Confession</p> <p>April 21 at 6 p.m. - Mass of the Lord's Supper</p> <p>April 22: at noon - Passion of our Lord</p> <p>April 23 at 8 p.m. - Easter Vigil Mass</p> <p>April 24 at 8:30 a.m. - Rosary 9 a.m. - Mass</p>	<p><u>Protestant Services</u></p> <p>April 22 at 5 p.m. - Good Friday Service 6 p.m. - Good Friday Supper 7 p.m. - Movie: "The Passion of the Christ"</p> <p>April 24 at 7 a.m. - Easter Sunrise Service 11 a.m. - Protestant Service 1 p.m. - Gospel Service</p>
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Please call us and tell us when you sell your item so we can remove the advertisement. Thank you.

**MISCELLANEOUS**

Wanted: German King Size Bed Frame. E-mail: [rushharry@hotmail.com](mailto:rushharry@hotmail.com). (3/31/11)

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](mailto: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](http://www.gabi-doggiedaycare.com).

Free to good home. A rabbit with cage and everything that goes with it. If 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 Mariachi Cuatro Caminos band, e-mail [puro-mariachi@hotmail.com](mailto: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](mailto:solacedogrescue@yahoo.com). (8/23/10)

**EMPLOYMENT**

Army Community Service / Financial Readiness Program have a non-personal service contract opportunity for a Financial Readiness Specialist with an anticipated pay range of \$19,399.04 - \$24,998.80. We anticipate a performance period of May 2 to May 1, 2012. Applicant must possess previous Army Community Service Financial Readiness Program experience; at least one year

of experience in preparing correspondence and maintaining files; knowledge, skills, and demonstrate the abilities to conduct training in consumer awareness and personal financial management; at least one year work experience with computer software programs, specifically: MS Word, Excel, PowerPoint, Access, E-mail and Internet. Interested parties should contact the Bamberg Regional Contracting Office for a copy of the solicitation, packet number WK4TNB1067ACCS1, which will be used for submission. Completed packets/offers will be accepted until April 30. For additional information contact Bamberg RCO, Warner Barracks Bldg 7108, Weissenburgstrasse #10, 96052 Bamberg, Germany, telephone at 0951-300-9400. or <http://www.usacce.army.mil/frc/default.htm>; or Employment Readiness at 0951-300-7787. (4/7/2011)

Central Texas College-Europe is seeking applications for Automotive Instructors who have an Associate's Degree or higher and a minimum of five years work experience in the maintenance field or a Bachelor's Degree and a minimum of three years work experience in the maintenance field or A.S.E. Certification. For more information, call 09721-96-8309; or e-mail [sarah.boerner@europe.ctcd.edu](mailto:sarah.boerner@europe.ctcd.edu). (4/7/2011)

Central Texas College-Europe has an opening for the position of Field Representative at the Bamberg Education Center. Applicants should have an Associate's Degree from a regionally accredited college or university, or one year of college with five years of experience. To apply, 09721-96-8309; or e-mail [sarah.boerner@europe.ctcd.edu](mailto:sarah.boerner@europe.ctcd.edu). The application can be found at <http://www.europe.ctcd.edu/jobs/>. Transcripts must be provided with application. (4/7/2011)

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](mailto:troy.shoemaker@us.army.mil).

Bamberg's Exchange is accepting applications for entry-level retail and food positions. Join a unique organization with the competitive package by applying online at [www.applymyexchange.com](http://www.applymyexchange.com) or by calling Human Resources Office at 0951-303159.

**FOR SALE**

Kitchen for sale! Full kitchen including appliances for sale. Asking price is €2,000 OBO. Kitchen includes refrigerator, stove, oven, and dish washer. All appliances are high quality and fully functional. Lots of cabinet space. Original price for the set was over €4,000. Only used for 1 1/2 years. Contact Holly Matesick at [hollydietsel@hotmail.com](mailto:hollydietsel@hotmail.com) for more pictures and further details. (3/31/11)

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](mailto:Allison.S.Rhodes@gmail.com). (2/24/11)

220 Volt Large freezer, \$250 Jeep jogger stroller- still in great condition. \$50 Low maintenance elliptical- \$20 Lightning 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](mailto: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](mailto:brikenmar@yahoo.com).

Snails for sale: fresh water snails. \$.50 each. E-mail [pbbabe24@hotmail.com](mailto:pbbabe24@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: 1999 Mazda Demio hatchback. Standard; Euro specs. - very good condition, dependable. 3rd owner, owned since 2002. \$1,500 0172-898 3445. (4/14/2011)

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](mailto:JFredrick_swr@hotmail.com). (3/31/11)

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. (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](mailto: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](mailto:dinie76@hotmail.com) for photos. (12/1/10)

**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](mailto:bambergpao@eur.army.mil). We will ONLY accept classified ads by e-mail. We will not accept advertisements by phone or hand-written. These classified ads are a free service to you and in order for us to provide them, they must be in a cut-and-paste text only format. We hope this service is something you will utilize. For more information, call 0951-300-1600 or e-mail [bambergpao@eur.army.mil](mailto:bambergpao@eur.army.mil).

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

0954-532-2881 [solacedogrescue@yahoo.com](mailto: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.



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## Outside the Gate

Compiled by Szilvia Ascencio-Csapo, MWR Marketing volunteer  
Weekend events in and around Bamberg April 15-23.

### Friday, April 15

- 4 p.m. Russian State Circus at Plaerrerplatz an der Breitenau, Zeppelinstrasse, 96052 Bamberg.
- 7 p.m. Russian State Circus at Plaerrerplatz an der Breitenau, Zeppelinstrasse, 96052 Bamberg.
- 8 p.m. Purple Rain, Hard- & Bluesrock, at Live-Club, Obere Sandstrasse 7, 96049 Bamberg, phone: 0951-53304, email: [info@live-club.de](mailto:info@live-club.de), visit: [www.live-club.de](http://www.live-club.de).
- 9 p.m. Manfred Junker's Journey Within at Jazzclub Bamberg e.V., Obere Sandstrasse 18, 96050 Bamberg.
- 10 p.m. Greenclub, Rap and Funk, at Morph Club, Luitpoldstrasse 17, 96052 Bamberg.

### Saturday, April 16

- 6 a.m. Volks March – 5k, 10k, 20 k at Hoehstadt an der Aisch, An der Steige 5, more information at 09193-3351.
- 8 a.m. Volks March – 5k, 10k, 20 k at Creussen, Bahnhofstrasse 11, more information at 09270-399.
- 4 p.m. Russian State Circus at Plaerrerplatz an der Breitenau, Zeppelinstrasse, 96052 Bamberg.
- 5 p.m. Choir performance at Pfarrkirche St. Kilian, Marktplatz, 96103 Hallstadt.
- 7 p.m. Russian State Circus at Plaerrerplatz an der Breitenau, Zeppelinstrasse, 96052 Bamberg.
- 8 p.m. Lucille's Lumbago at Live-Club, Obere Sandstrasse 7, 96049 Bamberg, phone: 0951-53304, email: [info@live-club.de](mailto:info@live-club.de), visit: [www.live-club.de](http://www.live-club.de).
- 8 p.m. Bamberg Symphonic Orchestra performance at Konzert- und Kongresshalle - Joseph-Keilberth-Saal, Musselsstrasse 1, 96047 Bamberg, [info@konzerthalle-bamberg.de](mailto:info@konzerthalle-bamberg.de), for tickets call bvd Kartenservice 0951-9808220 or <http://www.bvd-ticket.de>.
- 10 p.m. Beat Virus: Dimi Dee's Bday-Party mit Pascal Feos at Morph Club, Luitpoldstrasse 17, 96052 Bamberg.

### Sunday, April 17

- 6 a.m. Volks March – 6k, 10k, 20 k at Untersiemau, Pestalozzistrasse 1, more information at 09565-7208.
- 6 a.m. Volks March – 5k, 10k, 20 k at Hoehstadt an der Aisch, An der Steige 5, more information at 09193-3351.
- 7 a.m. Volks March – 5k, 10k, 20 k at Creussen, Bahnhofstrasse 11, more information at 09270-399.
- 11 a.m. Russian State Circus at Plaerrerplatz an der Breitenau, Zeppelinstrasse, 96052 Bamberg.
- 11 a.m. Easter market at the village center, Marktplatz, 96157 Ebrach
- 2:30 p.m. Russian State Circus at Plaerrerplatz an der Breitenau,

- Zeppelinstrasse, 96052 Bamberg.
- 5 p.m. Brose Baskets vs. EnBW Ludwigsburg at Stechert Arena Bamberg, Forchheimer Strasse 15, 96050 Bamberg, (0951) 2 38 37, for tickets call BVD Kartenservice at 0951-9808220.
- 5 p.m. Bamberg Symphonic Orchestra performance at Konzert- und Kongresshalle - Joseph-Keilberth-Saal, Musselsstrasse 1, 96047 Bamberg, [info@konzerthalle-bamberg.de](mailto:info@konzerthalle-bamberg.de), for tickets call bvd Kartenservice 0951-9808220 or <http://www.bvd-ticket.de>.

### Friday, April 22

- 10 a.m. Tour of Weissenstein castle, the castle is known for its baroque architecture and extensive 17th and 18th century painting collection, hourly tours 10 a.m.-5 p.m., Weissenstein castle, 96178 Pommersfelden, <http://www.schloss-weissenstein.de>.
- 10:30 a.m. Bamberg city tour, tickets are available at the Tourist Information, Geyerswoerthstrasse 5, 96047 Bamberg, phone 0951-2976200, <http://www.bamberg.info>.
- 2 p.m. Bamberg city tour, tickets are available at the Tourist Information, Geyerswoerthstrasse 5, 96047 Bamberg, phone 0951-2976200, <http://www.bamberg.info>.
- 5 p.m. Hoermla, Beer and Zwiebeltreter - a culinary tour on the thousand years of beer-brewing tradition in Bamberg, Altes Schlachthaus, Am Kranen, 96047 Bamberg, phone 0911-307 360, fax 0911-307 3616, <http://www.geschichte-fuer-alle.de> [info@geschichte-fuer-alle.de](mailto:info@geschichte-fuer-alle.de).
- 6 p.m. BamBerk - storyteller city tour, Altes Rathaus - Sammlung Ludwig, Obere Bruecke 1, 96047 Bamberg, phone 0170-833 6032 or 0951-173 17, <http://www.BamBerk.de>, ticket sale available by calling phone number 0170-833 6032.
- 6:30 p.m. The Magic Flute - opera in two acts by Emanuel Schikaneder, music by Wolfgang Amadeus Mozart, Bamberg Puppetry, doors open 6:15 p.m., Untere Sandstrasse 30, 96049 Bamberg, phone 0951-67600, <http://www.bamberger-marionettentheater.de>.
- 8 p.m. Good Friday Readings - texts by Jean Paul, Nietzsche or Bonhoeffer, Brentano theater, Gartenstrasse 7, 96049 Bamberg, phone 0951-545 28.
- 4 p.m. Passiontide and Easter exhibition - see Passiontide exhibits and about 400 Easter eggs from 22 countries, Alte Schule, Kirchplatz 4, 96114 Hirschaid, phone 09543-6267.
- 11 a.m. Fish for lunch at the sports club, Sportlerheim, 96194 Walsdorf
- 11 p.m. DJ Jackson at the Mojow Club, Obstmarkt 9, 96047 Bamberg, <http://www.mojow.de>.
- 10 p.m. Denyo and Coco Fay at PiO Pure Nightlife, Michelinstrasse 144a, 96103 Hallstadt, email [info@pio-club.de](mailto:info@pio-club.de), <http://www.pio-club.de>.

### Saturday, April 23

- 10 a.m. Tour of Weissenstein castle known for its baroque architecture and extensive 17th and 18th century painting collection, hourly tours 10 a.m.-5 p.m., Weissenstein castle, 96178 Pommersfelden, <http://www.schloss-weissenstein.de>.

(CAR continued from Page 3)

forming vehicles to sign a contract with a registered import company that must certify in advance that it can convert the model to U.S. safety standards.

The owner must also post a bond for one and a half times the vehicle's dutiable value.

"Vehicles over 25 years old do not need conversion to U.S. safety, bumper and theft prevention standards," Johnson added.

"Shipping, paperwork and conversions cost between \$6,500 and \$25,000 per vehicle," he added.

Get the "Importing a Car" pamphlet from a military customs office for more information on shipping foreign vehicles. Or consult the military customs Web site at [www.hqusaureur.army.mil/opm/cars.htm](http://www.hqusaureur.army.mil/opm/cars.htm).

## German, American golfers labor together

By Douglas DeMaio, USAG Bamberg Public Affairs

BAMBERG, Germany -- German and American golfers hit the links with a four person best ball scramble tournament here Saturday, but before swinging their clubs, the golfers pitched in to clean up the course.

More than 20 people, mostly those who play the course on a regular basis, spent their morning clearing debris that fell on the course over the winter months and spent their afternoon eating food and shooting for par.

The purpose of the golf course cleanup and 9-hole tournament was to give golfers an opportunity to get to know one another and to strengthen relationships among German and American golfers who play the course, said Daniel Brown, the golf manager at Whispering Pines Golf Course.

Members of the Hauptsmoorwald Golf Club, a German golf club, participate in many of the tourna-



Photo by Douglas DeMaio  
Ryn Wilson, a teacher from Bamberg Middle High School, cleans up Hole 1 and Whispering Pines Golf Course Saturday. Both Germans and Americans who play the course on a regular basis pitched in to clear the course of debris.

ments on the installation.

The season opening tournament will be May 7 at Whispering Pines Golf Course at 9 a.m. The cost of the tournament is \$35 dollars for non-members and \$30 for members.