



WARNER WEEKLY

News & Information at Your Fingertips

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Exercise leaders establish pregnancy training program

By Sina Kingsbury,
USAG Bamberg Public Affairs

BAMBERG, Germany -- Soldiers have to be physically and emotionally ready for field exercises, deployments and even normal duty at all times.

For an expecting Soldier, military readiness can be challenging. Once a Soldier finds out she is pregnant, she is exempt from regular physical fitness training, testing and weight standards until six months after delivery. Subsequent to receiving medical clearance, pregnant and postpartum Soldiers are able to take part in the Army Pregnancy/Postpartum Physical Training Program, or PPPT, state Army regulations.

A two-and-a-half day PPPT workshop, hosted by U.S. Army Garrison Bamberg in partnership with Public Health Command-Region, was conducted at the Freedom Fitness Facility April 4-6. The class certified 23 exercise leaders to instruct physical training for prenatal and postnatal Soldiers.

The purpose of PPPT is to offer a standardized PT and education program for pregnant and postpartum Soldiers, said

Carrie Shult, Department of Health Promotion and Wellness deputy who taught the class. Therefore, pregnant Soldiers are able to work out in a safe environment and successfully transition back to unit PT and meet regulation standards for weight postpartum.

"Military women want to continue with their career and have a family," Shult said. "Giving them a place where they can feel safe and valued creates more positive experiences."

In the past unit training personnel were not trained to lead exercises for pregnant/postpartum Soldiers, forcing many pregnant Soldiers to train on their own or not at all, according to the program fact sheet. As a result the rate of Army PT test, weight failures and injuries were significant after returning to unit PT six months after their recovery.

"The program wasn't available when I was pregnant," said an exercise leader trainee. "After having my baby, I felt a lot of pressure. Because of this program, women don't have to feel pressured to do 100 push-ups after having a baby."

(PPPT continued on page 10)



Photo by Sina Kingsbury

Exercise leaders participate in a workshop to learn how to conduct physical training for prenatal and postnatal Soldiers during a two-and-a-half-day Army Pregnancy/Postpartum Physical Training Program held April 4-6 at the Freedom Fitness Facility.

The Luck of the Draw



Photo by Mindy Campbell

A Warner Barracks community member, with the help of two bazaar volunteers, gets ready to pick a name out of the drawing for a vendor gift during the annual Bamberg Spouses and Civilian's Club Bazaar with Heart at the Freedom Fitness Facility last weekend. More than 50 volunteers helped out at the three-day bazaar, which brought in a total income of more than \$140,000 and netted the club about \$20,000 in profit. The club dispenses about \$50,000 annually back into the community through community grants, scholarships and donations. See page 3 for more photos from the event.

Collaborative training readies units for upcoming deployment

By Spc. Kevin Alex, 16th Sust. Bde. Public Affairs

HOHENFELS, Germany -- Preparing for a deployment is not just about training to fight the enemy; Soldiers also have to be able to communicate and work effectively with the local nationals.

The 391st Combat Sustainment Support Battalion, 16th Sustainment Brigade, worked with the 172nd Separate Infantry Brigade March 18 through April 8 in Hohenfels in order to better prepare them for their upcoming deployment to Afghanistan.

Soldiers from the 391st CSSB played the role of Afghan truck drivers delivering supplies throughout the training event.

During the scenario, the 391st CSSB Soldiers spoke only the prominent Middle Eastern languages so the 172nd SIB Soldiers would get accustomed to working in an environment where communicating could be a challenge.

"The gun truck in their convoy has an interpreter, and we try to use them as much as possible," said Staff Sgt. Lance Tatzel, the support operations transportation noncommissioned officer with the 172nd Support Battalion, 172nd SIB. "It has been working pretty smooth so far, but the communication between wherever they are coming from and our location to get linked up is the hard part."

(TRAINING continued on page 4)

Net Threats: Knowing the dos and don'ts of posting on social media

By Mindy Campbell,
USAG Bamberg Public Affairs

BAMBERG, Germany -- During World War II, the U.S. government adopted the slogan "loose lips might sink ships" to warn people to be careful when talking in public.

Started in 1942 by the U.S. Office of War Information, the "loose lips" slogan was coined to help the public understand that casual conversations about sensitive information could tip off enemies.

Almost 70 years later, the same slogan could be used in relation to today's tweets, posts and published photos in the online world of social media.

With the proliferation of social media sites such as Facebook, Twitter, YouTube and Flickr, the world has turned into a global network of connections and open source information. Seemingly, innocent comments or posts could be used by terrorists and media organizations to negatively affect the military.

Whether you are a Soldier, spouse or relative, community members need to be aware that what they post, however innocent, can have ramifications.

The Danger

Social media sites are great, especially for military families. They allow us to stay connected with friends and family worldwide by allowing us to share our thoughts, photos and events throughout deployments. Even people's daily life and military experience is shared for all the world to see. But that doesn't mean that anything goes.

"Social media provides the opportunity for Soldiers to speak freely about what they're up to or what their interests are," according to the U.S. Army Social Media Handbook. "However, Soldiers are subject to (Uniform Code of Military Justice) even when off duty, so talking negatively about supervisors, or releasing sensitive information is punishable under the UCMJ."

Spouses and family members, while not



subject to UCMJ, also need to be careful what they post.

"Sharing what seems to be even trivial information online can be dangerous to loved ones and the fellow Soldiers in the unit -- and may even get them killed," the handbook said. "America's enemies scour blogs, forums, chat rooms and personal websites to piece together information that can be used to harm the United States and its Soldiers."

Many people think that if it's unclassified information, it's safe to post, said Tonya Heinbaugh, U.S. Army Garrison Bamberg security officer. However, it's those small pieces of information that could be the most harmful.

"I don't think spouses and sometimes, even Soldiers, realize how great a threat it is," Heinbaugh said. "They only need bits and pieces of information."

In fact, it's unclassified information that can be the most harmful. According to the "Manchester Papers," an Al-Qaeda terrorist training manual found in England in 2000, more than 80 percent of all the information the terrorist group received was through unclassified material, Heinbaugh said.

That was even before social media sites took off, she said. So that number has probably dramatically increased.

"Think what they are collecting now," she said. "We give them all the information they need."

Those small bits of information can be added to other items you have already posted or will post in the future. For example, you generalize and say that your husband has deployed to Afghanistan. While looking through your photos on Facebook, someone might be able to see the unit patch on your husband's Army Combat Uniform or notice you are a "fan" of a specific unit's Family Readiness Group. Those little pieces of information can be put together to give the enemy a larger picture.

"Even small pieces of information can do harm when they pair it with other information," Heinbaugh said.

For instance, when a group of 173rd Airborne Brigade Combat Team was redeploying back to Bamberg this fall, one careless post from a spouse on Facebook naming the time of the return, caused the entire flight to be delayed due to operation security, said Heinbaugh.

"Our adversaries are trolling social networks, blogs and forums, trying to find sensitive information they can use about our military goals and objectives," wrote former Sgt. Maj. of the Army Kenneth O. Preston in the social media handbook. "Therefore, it is imperative that all Soldiers and family members understand the importance of practicing good operations security measures."

According to "Killing with Keyboards," an operational security training slideshow, anyone can be a target.

However, some community members may think that enemies wouldn't read their profile or comments because they aren't anyone special or important.

"That may be true for now, but you never know when one online posting will bring you to their attention," the training states.

Others might say that they don't have any enemies.

The information can be used by not just

(SOCIAL MEDIA continued on page 10)



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Single Soldiers take a break to experience Amsterdam

By Jessica Lipari, USAG Bamberg Public Affairs

BAMBERG, Germany -- As the boat glided along the canals in downtown Amsterdam, cameras flashed to record permanent memories of the city scenery.

The canal boat tour was one of the best experiences on a recent Better Opportunity for Single Soldiers trip to Amsterdam, said Spc. Jose Suarez-Ortiz, Headquarters and Headquarters Company, 173rd Special Troops Battalion.

"Being a city boy and all, I had never seen something so wonderful," Ortiz said.

Ortiz was one of 17 single Soldiers that participated in the BOSS trip April 8-11. Ortiz signed up for the trip after he heard fellow Soldiers say good things about the U.S. Army Garrison Bamberg BOSS program.

"This was my first experience with the BOSS program and now I wish that I had more time here to go on other trips with them," Ortiz said, who will be leaving Bamberg in a month.

For many of the Soldiers, the trip provided a learning and culture experience as they toured Amsterdam and the surrounding areas. The trip included a visit to Anne Frank's house to see firsthand the living conditions of a Jewish girl in hiding during World War II. A stop at the Zaanse Schans Windmills showed the Soldiers the many styles of Dutch Windmills and then over to the Keukenhof Gardens to see all the tulips in bloom. They took time to sample pannekoeken, a Dutch pancake.

After learning about cheese and clogs at a local farm, some of the single Soldiers took a break to dance with the clog maker. Other stops included the Delftse Pauw factory, The Hauge and one of the beaches of the North Sea.

BOSS, established in 1989 by the Department of the Army, is available to all the single Soldiers on Warner Barracks, including unaccompanied Soldiers, said Ernest Johnson, Family and Morale, Welfare and Recreation representative for BOSS. The program provides support and a means for the single Soldiers' voices to be heard within the community.

The BOSS committee meets twice a month to discuss issues and plan activities for the program.



Contributed Photo
Participants of the Better Opportunity for Single Soldiers trip to Amsterdam watch as a clog maker dances with a Soldier after demonstrating how the shoes are made.

Each unit has a representative that single Soldiers are encouraged to contact to find out more information and discuss with them any quality of life issues. BOSS trips are planned and organized at the bi-monthly committee meetings and include both tours at the destination and personal time for the Soldiers to explore on their own, Johnson said.

The trips bring single Soldiers from different units together and allow them an opportunity to interact with people that you may not otherwise meet, Ortiz said.

"Experiencing Europe with the BOSS team was very helpful and amazing at the same time," he said. "For those of you who have never done it, take it from me you'll be in good hands and have a great time while getting the chance to experience the great wonders of the world."

BOSS trips are offered once a month, typically on the training and/or American holiday weekends. The next trip will be May 27-30 to Lloret de Mar, Spain. For more information about BOSS or upcoming trips, contact Ernest Johnson at 0951-300-7597 or stop by the Freedom Fitness Facility.



Barbecue or no barbecue? Grilling not always allowed

By Harald Doktorowski, USAG Bamberg
Directorate of Emergency Services

BAMBERG, Germany -- Ribs or pork?

Vinegar-based or tomato-based?

Or mustard-based?

Wet or dry?

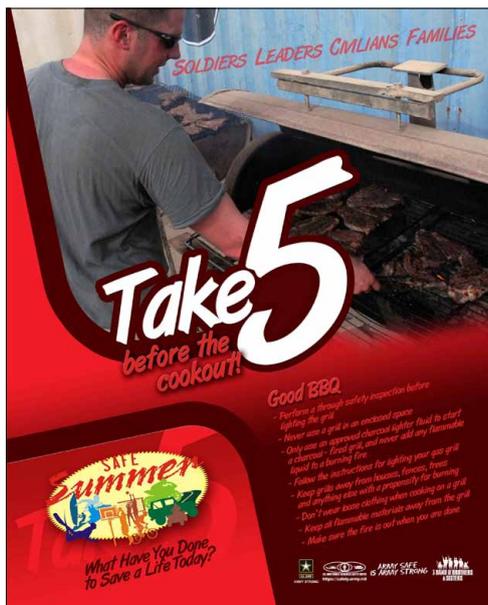
Legal or illegal?

The use of barbecue grills or other open flame devices is prohibited on any balcony and within five feet of structural walls or flammable materials. Not only is it dangerous, it can cause a lot of black smoke to build up on walls and ceilings. Such devices used in approved areas should never be left unattended.

Outdoor gatherings are the perfect place for grilling hamburgers, hot dogs, kabobs and any number of foods, but accidents can happen.

Fire departments responded to an annual average of 7,700 outdoor grilling fires from 2004-2008, according to the National Fire Protection Association. These fires caused 13 civilian deaths, 120 reported injuries and \$70 million in direct property damage per year, stated a Army's Safe Summer news release.

In half of home fires caused by home outdoor grills, the first thing ignited was flammable or combustible gas or liquid, according to NFPA's latest statistics. In 51 percent of



the home outdoor fires in which grills were involved, the fire started when a flammable or combustible gas or liquid caught fire.

For charcoal grills, only use starter fluids designed for barbecue grills; never use gasoline or spirits.

Use a limited amount of starter fluid before lighting the fire. If the fire is too slow, rekindle with dry kindling and add more charcoal if necessary. Do not add liquid fuel to re-ignite or build up a fire, as flash fires can result.

Soak the coals with water before you discard them and leave the grill away from the house until completely cool.

For gas grills, check the propane cylinder hose for leaks before using it for the first time each year. A light soap and water solution applied to the hose will reveal escaping propane quickly by releasing bubbles.

If you determined your grill has a gas leak by smell or the soapy bubble test and there is no flame, turn off the propane tank and grill. If the leak stops, get the grill serviced by a professional before using it again.

If the leak does not stop, call the fire department. When purchasing a gas grill, select one that bears the mark of an independent testing laboratory. Follow manufacturer's instructions and, if needed, have it repaired by a trained professional.

If you get burned, run cool water over the burn for 10 to 15 minutes. Tip: Don't use butter or a salve on burns because these seal in heat and can damage the tissue further.

If you receive a serious burn, with charred skin, for example, seek medical attention promptly.

For more information about barbecue safety, contact Harald Doktorowski at 0951-300-8758. For more grilling and food safety tips, visit www.nfpa.org/index.asp and www.cdc.gov/. For more information about composite risk management, visit <https://safety.army.mil>.

Information from the Army's Summer Safe 2011 campaign, which runs from April 1 - Sept. 30, was used in this report.

(TRAINING continued from page1)

One of the most important parts of this training is the two units working together. This aspect adds the unfamiliarity that Soldiers will encounter downrange.

"We're here pretending to be Afghan people in order to prepare the 172nd for when they go downrange," said Spc. Antonio Quinones, a truck driver with 515th Transportation Company, 391st CSSB, 16th Sust. Bde. "It also helps us to learn different tactics from watching them react to different scenarios while on the convoys."

Not only did the 391st CSSB help by playing the part of Afghan nationals, they also supported the training by delivering all classes of supplies to the 172nd SIB.

"This training helped out quite a bit," said Spc. Tony Macy, a truck driver with 515th Trans. Co., 391st CSSB, 16th Sust. Bde. "A lot of the Soldiers don't have much driving experience, and this gives us a chance to get out, do our job and drive the trucks around."

In order for any mission to succeed, there has to be someone behind the scenes making sure everything runs smoothly.

"Our battle staff has had a great training experience monitoring and tracking convoys for both our (logistical packages) as well as our internal squads' situational training exercise lanes that have gone out from three separate companies within the battalion," said Capt. Jason Benton, the assistant support operations plans officer in charge



Photo by Spc. Kevin Alez, 16th Sust. Bde. Public Affairs
Pfc. Adam Snyder, a motor transportation operator with the 515th Transportation Company, 391st Combat Sustainment Support Battalion, 16th Sustainment Brigade, straps down pallets of supplies for transportation at the 172nd Separate Infantry Brigade's motorpool in Hohenfels April 1. Soldiers from the 391st CSSB played the role of Afghan truck drivers for the 172nd SIB's Mission Readiness Exercise in order to help them prepare for their upcoming deployment.

with the 391st CSSB, 16th Sust. Bde. "I think it's been a very good training experience, rewarding for both 172nd SIB and 391st CSSB. Many good things have come from it, and it's helping both units prepare for their wartime missions."

Community Announcements

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

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

Dachau Trip

Community members are invited to attend a trip to Dachau Concentration Camp Thursday, April 28 at 7:30 a.m. The trip, which is sponsored by the U.S. Army Garrison Bamberg, is free to members of the community. For more information or to sign up, stop by Outdoor Recreation, call 0951-300-9376, or e-mail joshua.moore3@eur.army.mil

Girl Scout Movie Night

The Girl Scouts are hosting a movie night April 29 at the Bamberg Movie Theater at 7 p.m. The movie is "Justin Bieber: Never Say Never." Girl Scouts' sign-up applications will be available. Come out and see what the Girl Scouts are all about. For more information, call 0951-301-1193 or e-mail christypreston@yahoo.com.

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

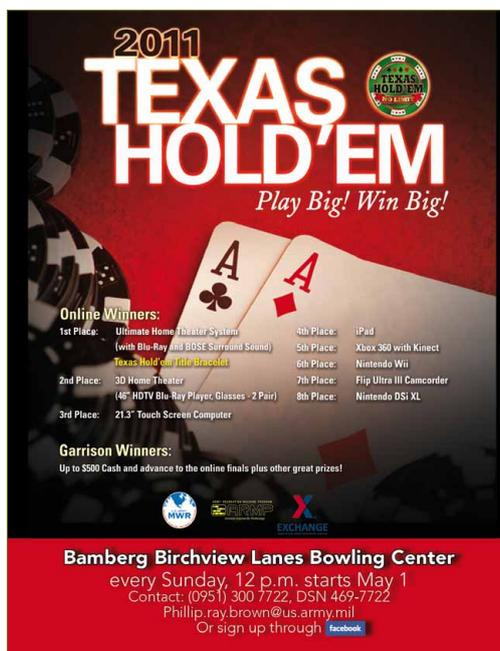
Bamberg community members are invited to participate in a women's weight loss support. The group, for those looking for support to help them with their weight loss goals, will be held the first and third Thursday of each month in the Army Community Service building from 1-2 p.m. For more information,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

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



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 BDSE Surround Sound) | 4th Place: iPad |
| Texas Hold'em (100 Stacks) | 5th Place: Xbox 360 with Kinect |
| 2nd Place: 3D Home Theater | 6th Place: Nintendo Wii |
| (45" HDTV Blu-Ray Player, Glasses - 2 Pair) | 7th Place: Flip Ultra III Camcorder |
| 3rd Place: 21.3" Touch Screen Computer | 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](#)

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.

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.

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 students about their experiments.

Weekly Reminders

Postage Rates Increase

Some postal rates have increased. For more information, visit www.usps.com/prices or contact the Bamberg Postal Service Center.

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 April is now online at <http://issuu.com/bambergmwr/docs/brochure042011>.

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 Nieves Webb every last Thursday of the last month of each quarter at 2 p.m. 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.

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.

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.

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

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

every three years or when the condition changes. For more information about EFMP, contact Bonnie Kellm, EFMP manager, at 0951-300-7777.

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.

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.

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

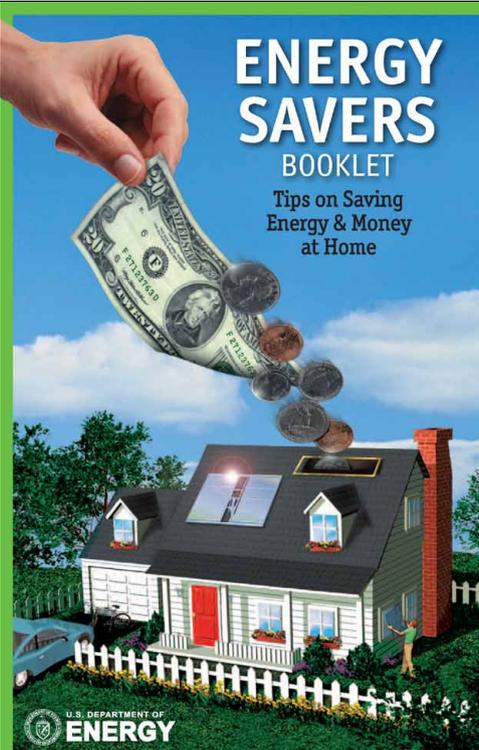
Army Community Service, Relocation Readiness Program, offers free German classes every month. Beginner classes are scheduled Tuesdays from 10 a.m. to noon and Wednesday from 6-8 p.m. Intermediate classes are Tuesdays, noon to 2 p.m. and Wednesdays, 2-4 p.m. Advanced classes are Tuesdays, 2-4 p.m. and 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 hand-

ENERGY SAVERS BOOKLET

Tips on Saving Energy & Money at Home



U.S. DEPARTMENT OF ENERGY

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

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.

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



U.S. Army MWR

STRONG

Sports, Fitness and Recreation Expo

May 14, 10 a.m.-2 p.m.

Bamberg Freedom Fitness Facility

Contact FFF, Tel. (951) 300 8890

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

Family 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-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.

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.

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

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.

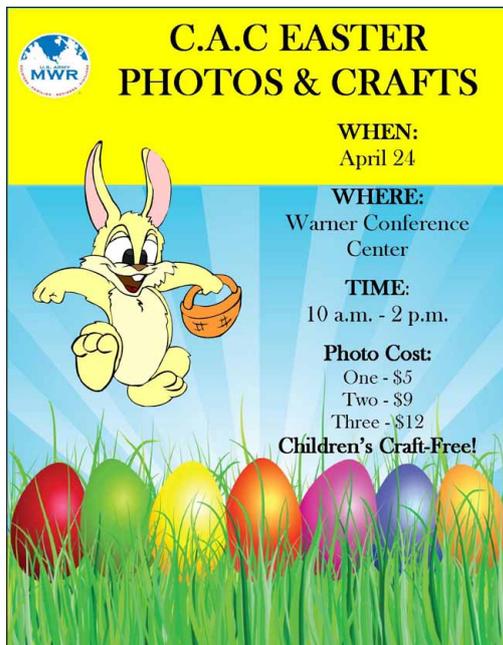
Fitness/Health Giveaways

Family and Morale, Welfare and Recreation customers have a chance to win fitness and health-related prizes through an online contest in May. The Strong B.A.N.D.S. "Every Day in May" prize giveaway on Facebook will begin May 1 at about 9 a.m. Central Standard Time. A fitness or health question will be posted on The All-Army Sports Facebook page, at www.facebook.com/TheAllArmySports, each day in May. Those who answer the question correctly will be entered into a random drawing for prizes ranging in value from \$15 to \$300.

Youth and Teens

Afghan Donations

Jeanette Takahashi, in the main office at Bamberg Elementary School is collecting donations for the



**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!

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 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.shopmy-exchange.com/community/youmadethegrade/>.

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.

CYSS summer sign-ups begin

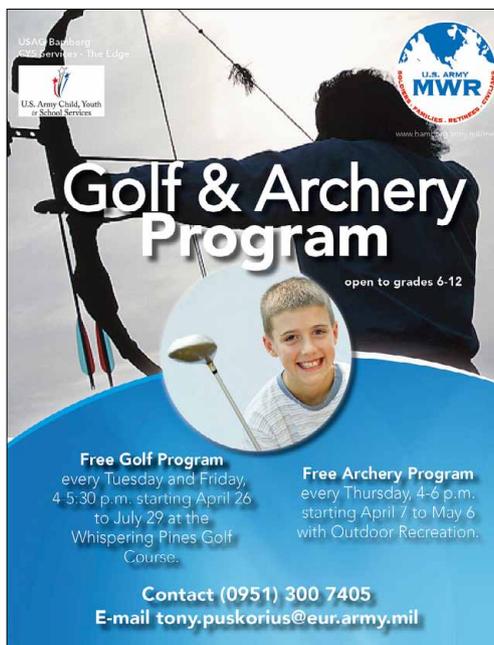
U.S. Army Garrison Bamberg community members will be able to sign up for Child, Youth and School Services summer programs April 25 at Parent Central Services beginning at 8 a.m. Bamberg summer programs include summer camps, youth sports, EDGE!, SKIES and a Kinder Readiness bootcamp. For more information, 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 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



**Golf & Archery
Program**

open to grades 6-12

Free Golf Program
every Tuesday and Friday,
4:30 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

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

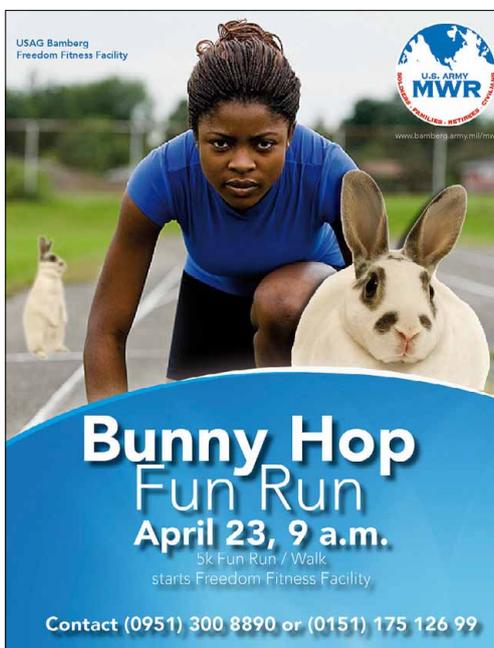
The National Military Family Association created a kit to give the people in military teens' lives a way to help them manage stress and affirm the positive aspects of military life. To obtain a copy of the tool kit and learn more, visit <https://www.myarmyonesource.com/News/2010/07/OperationPurple>.

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.

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,



**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

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 bambergquabaron@yahoo.com.

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 or e-mail 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. For more information about the book award program, visit 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

Passport Office

The Bamberg Passport Office will be closed May 2-3. For more information, call 0951-300-8928.

The Wash Rack

The wash rack, located at building 7910, will be closed for cleaning and maintenance from Friday, April 29, starting at noon until May 16 at 9 a.m. For more information, call Juergen Engeter at 0951-300-8848.

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 or by FAX at 069-749352.

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

BOSS Loret De Mar Trip

Spend the memorial Weekend in Spain and hop on the bus to Loret De Mar. Enjoy two overnights in a three-star hotel, breakfast and dinner, a guided tour to Barcelona on a German motor coach. The trip is offered through the Better Opportunities For Single Soldiers program and is \$219 per person. Sign up by May 18 at Freedom Fitness Facility. For more information, call 0951-300-8890 or e-mail to mail.bam.dfmwr.boss@eur.army.mil

Adult Comedy Show

Armed Forces Entertainment presents the "No Laugh Track Required" tour at U.S. Army Garrison Bamberg May 18, at the Stable Theater at 8 p.m. The show features comedians Eric Blake, Heather Marie Zagone, Jefandi Cato, Aurelio Bocanegra and Nick Guerra. Admission to the show is free. The show is designed for an adult audience. For more information, call the Stable Theater at 0951-300-8647 or e-mail jack.austin@eur.army.mil

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

U.S. Army MWR
Beer Bike Tour
 May 26, 6:30 p.m. - \$35
 Contact CAC at (0951) 300 8659

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

The
Tournament of Plays
Topper Awards
 April 30, 2011 at 6pm
 Village Pavilion Ballroom (bldg 4507)
 Patrick Henry Village, Heidelberg
 To RSVP or for more information
 visit www.roadsidetheater.com
 Open to U.S. ID Card Holders

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 about the event or renting equipment, call Outdoor Recreation at 0951-300-9376 or e-mail joshua.moore3@eur.army.mil.

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 April-June..

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>.



ture, 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.

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.

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. 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 architect-

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 Outdoor Recreation at 5 p.m. and returns at 8:30 p.m.

May 21 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 & equipment. Departs ODR at 8 a.m., returns approx. 6 p.m.

May 27-30 Austrian Adventure Weekend \$375

Get your adrenaline pumping with some of the coolest spring-time activities in the Austrian Alps! We will kick off our week-end with WW Rafting the first day, canyoning (descending mountain gorges by jumping & rappelling) on day two, & peak bagging by means of klettersteig (ascending mountains using fitted cables for protection) on day 3. There will be plenty of time for self-guided hikes, swimming/sauna, & relaxation! Departs May 27 from ODR at 6 a.m., & returns May 31 at approx. 10 p.m.

June 4 Strasbourg, France \$65

With flavors of both France and Germany, Strasbourg is an ultimate European city. Visit "la Petite France," a picturesque neighborhood resembling a fairy tale and Place Kleber, a bustling square that's always bursting with activity! Trip includes transportation & a city tour. Children ages 4-12 are \$55; children 3 & under are \$45.

Bamberg Movie Schedule

AAFES Reel Time Theater is closed
Tuesdays and Wednesdays

| | | | |
|-----|----------|---|--------|
| 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. |
| Sun | May 1 | Justin Bieber: Never Say Never (G) | 3 p.m. |
| | | Rio (PG) | 7 p.m. |
| Mon | May 2 | Rio (PG) | 7 p.m. |
| Thu | May 5 | Gnomeo & Juliet (G) | 7 p.m. |
| Fri | May 6 | Unknown (PG-13) | 7 p.m. |
| Sat | May 7 | Water For Elephants (PG-13) | 3 p.m. |
| | | Take Me Home Tonight (R) | 7 p.m. |
| Sun | May 8 | Water For Elephants (PG-13) | 3 p.m. |
| | | Big Mommas: Like Father, Like Son (PG-13) | 7 p.m. |
| Mon | May 9 | Take Me Home Tonight (R) | 7 p.m. |
| Thu | May 12 | Unknown (PG-13) | 7 p.m. |
| Fri | May 13 | Fast Five (PG-13) | 7 p.m. |
| Sat | May 14 | Prom (PG) | 3 p.m. |
| | | Fast Five (PG-13) | 7 p.m. |
| Sun | May 15 | Prom (PG) | 3 p.m. |
| | | The Adjustment Bureau (PG-13) | 7 p.m. |
| Mon | May 16 | Hall Pass (R) | 7 p.m. |
| Thu | May 19 | The Adjustment Bureau (PG-13) | 7 p.m. |
| Fri | May 20 | Hall Pass (R) | 7 p.m. |
| Sat | May 21 | Rango (PG) | 3 p.m. |
| | | Thor (PG-13) | 7 p.m. |
| Sun | May 22 | Mars Needs Moms (PG) | 3 p.m. |
| | | Thor (PG-13) | 7 p.m. |
| Mon | May 23 | Red Riding Hood (PG-13) | 7 p.m. |
| Thu | May 26 | Red Riding Hood (PG-13) | 7 p.m. |
| Fri | May 27 | Priest (PG-13) | 7 p.m. |
| Sat | May 28 | Battle: Los Angeles (PG-13) | 3 p.m. |
| | | Priest (PG-13) | 7 p.m. |
| Sun | May 29 | Battle: Los Angeles (PG-13) | 3 p.m. |
| | | Paul (R) | 7 p.m. |
| Mon | May 30 | Paul (R) | 7 p.m. |

Carnival atmosphere of Army Soldier Show provides getaway

By Tim Hipps, FMWRC Public Affairs

FORT BELVOIR, Va. -- The carnival concept of the 2011 U.S. Army Soldier Show will take audiences on a globe-spanning journey to more fun-filled venues in 90 minutes than some folks experience in a lifetime.

From a boardwalk to a fun house to a circus to a county fair to a time machine, Soldier-entertainers will take their guests on a song and dance tour of carnivals across America and beyond.

"It's an opportunity to actually take the audience on a journey with us," Soldier Show director said Victor Hurtado, Soldier Show director. "And not just to the continental United States -- we have a great international scene."

Africa, Samoa, Latin America, Nepal, with influences from India, Thailand and China are represented in the song-and-dance extravaganza that plays to the strengths of cast members from several countries. Each international scene will feature authentic music from that locale.

This Soldier Show cast features strong instrumentalists on the violin, drums, guitar, keyboards and bass who will keep the performers on the move as they dance from scene to scene. One central character will help keep the show moving by introducing each scene.

"There are a lot of dancers, a lot of movement in the show," Hurtado said. "But there some great voices as well. And some great stage presence. We have some great rapper and spoken-word guys, so we have quite a bit of that driving the show."

Patriotism is woven throughout the show that does not so much resemble a military production.

"With MWR, we're in the business of taking Families and Soldiers away from the trials and tribulations of what they're going through, so I think this will definitely inspire the patriotism, but really help you escape and take you to places you wouldn't go all in one day," Hurtado said. "You wouldn't go to the circus, a boardwalk, a country fair, a fun house -- in four different areas of the world -- and a Fourth of July celebration, all in one day.

"You could never physically do that, but you're going to be able to do that at this show."

"Entertainment for the Soldier, by the Soldier" is the working motto of Army Entertainment Division, which will launch the 106-performance Soldier Show tour from Fort Belvoir, Va., to 61 installations, garrisons and other venues around the United States, Germany and Korea.

The Soldier Show will be on stage in Grafenwoehr May 16, Schweinfurt May 18 and Ansbach June 4. For a complete listing of the tour schedule log on to www.armymwr.com/recreation/entertainment/soldiershow/schedule.aspx. Admission to all shows is free on a first-come, first-seated basis.

Eco-Friendly Easter Tips

1. Put a bulb or herb seeds and soil into aluminum cans (make a hole in the bottom for drainage) or yogurt cup. Paint pots and plant seeds / bulbs as Easter present.
2. Other Easter gifts: make baskets with homemade cookies and sweets, decorate with colored napkins for Easter.
3. Natural Egg Colors: for red/ purple use hibiscus, for yellow, use chamomile tea; for green use mate tea or spinach; for brown use black tea or coffee.

4. German "Easter Tree": take an egg and make two holes at the bottom and the top and "blow out" the insides (yolk and egg white), then clean and dry. Paint with lacquer paints, and, after drying, paint again with clear lacquer. Put a thread (with a needle) through the holes and knot a piece of match to the thread, so you have the eggs on a string. Then pick blossoming branches and hang the decorated eggs on the tree - this is a German tradition.
5. Put a wick and wax in the opened eggshells and put these in a container with sand- nice candles.

(SOCIAL MEDIA continued from page 2) terrorists but by former girlfriends, boyfriends of divorced spouses, the report states. Angry neighbors, disgruntled co-workers and even identity thieves could use the information you posted.

How to avoid revealing too much

If information on social media sites is being used by the enemy, is the answer to stay off the internet highway?

Realistically, the answer is no. Social media sites are here to stay and are becoming an even more important tool in communication in modern technology. However, you can take some precautions to help keep both you and your loved ones safe.

“The adversary -- Al Qaeda and domestic terrorists and criminals for instance -- have made it clear they are looking. When using social media, avoid mentioning rank, unit locations, deployment dates, names, or equipment specifications and capabilities,” the social media handbook said.

- Don't talk about unit morale, said Heinbaugh, who said that things such as bad equipment or not enough equipment, bad leadership and other complaints can be used by the enemy.

And, in fact, it's not just social media sites. Commenting on newspaper articles, blogs or other public forums can also give away more information than you intend. For example, Heinbaugh said that a recent article about a local commander in the “Stars and Stripes” caused many people within the unit to comment on the newspaper's website. These comments exposed a low morale and even possibly leadership problems within the unit. All this information can be used by the enemy.

(PPPT continued from page 1)

In addition to fitness, the program also provides Soldiers emotional support during and after their pregnancy.

“As a pregnant Soldier, it's an opportunity to create a club, a social network,” Shult said. “[PPPT] creates an environment where stories and experiences can be shared.”

Exercise leaders can create an open dialogue to help produce positive feelings of pregnancy, build self-esteem and confidence, she said.

“It's a win for everyone involved,” said Angela Hunter, USAG Bamberg and Schweinfurt's health promotion officer. “[PPPT] creates soldier readiness as well as family readiness. Leadership values it and sees the value of it.”

Locally the program is a partnership between the garrison, medical, and tactical units, Hunter said. Enrollments for the program will take place May 2-6 in building 7089, room 304.

For more information on Pregnancy and Postpartum Physical Training contact Terri Feezor at 0951-300-8661 or e-mail at terri.feezor@us.army.mil.



“If they know you are upset, they could target you,” she said. “If a person is upset, they may vent or get emotional and could reveal more things than they should.”

- Take a close look at all privacy settings, especially on Facebook. Heinbaugh recommends checking out your setting at least once a month. Often, the website administrators will change or add security features without letting the customers know. She also recommends changing your privacy settings to be “friends only.”

- Talk to members of your extended family and friends about what they can post.

How well do you know your “friends” on Facebook? If you have several hundred “friends” chances are you don't know all of them that well. In addition, it's easy to fake an account, Heinbaugh said.

“What you post to friends is not the same thing you would post to someone who is just an acquaintance,” Heinbaugh said.

- Do not reveal sensitive information about yourself such as schedules and event locations, the social media handbook states. Ask, “What could the wrong person do with this information?” and “Could it compromise

my safety or that of my family or my unit?”

- Look at photos, as well as what you post. Geotagging is a feature that reveals your location to other people within your network, the social media handbook states. Consider turning off the GPS function of your smart phone. In the same way, videos can be damaging as well. Make sure the videos don't give away sensitive information.

If damaging information has already been posted, that's not an excuse to post sensitive information. Some spouses, Heinbaugh said, have the attitude that since Soldiers post things that it's fine for spouses to post information.

“That's not an excuse to keep doing it,” she said. “Two wrongs don't make a right. You can't control anyone but yourself.”

If you see information posted you think is inappropriate, contact the site administrator, she said. The administrator can delete the comment and send the person a personal message explaining the reason for the deletion. If you reply in the comment section that the information is a violation of operation security that just waves a red flag to others about the information.

The more you are aware, the better protected you are, Heinbaugh said.

“These are not personal forums,” Heinbaugh said. “They are public forums. In a technology world, not much is private anymore.”

To read more about the U.S. Army's social media regulations, log onto <http://www.slideshare.net/USArmySocialMedia/army-social-media-handbook-2011> or to read “Killing with Keyboards” log on to www.slideshare.net/pastinson/killing-with-keyboards.



Photo by Sina Kingsbury
Participants practice stretching movements during the training.

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

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

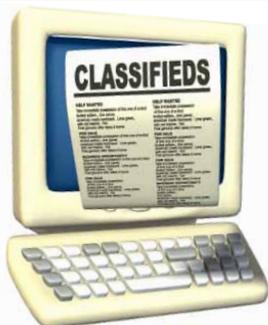
Master Mechanics specializing in all foreign & domestic vehicles!

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!

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

Any person having claims or obligations to the estate of Staff Sgt. Joshua S. Gire of the 541st Engineer Company (Sapper), 54th Engineer Battalion should contact the summary court officer, 1st Lt. Steven Warner at 0951-300-7504.

Wanted: German King Size Bed Frame. E-mail: 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. (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. 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. (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.

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 WK4TNB1067ACS1, 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.usace.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. (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. 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 are available for night stocking in the Bamberg Commissary. For more information about available positions, 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.

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 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 hollydietzel@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. (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. (1/20/11)

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

AUTOMOBILES

For Sale: 1995 BMW 318i Sports Package, dark blue, manual transmission, German Specs. Passed Inspection April 15. 230K kilometers. Drives and handles very well. New water pump, rear shocks, stabilizer link and brakes. \$2,300. Call Chris 0152-2428-8428 or 0951-209-99112. (4/21/11)

For Sale: 2006 Ford Mustang. \$11,500. Very good condition. 5 speed. Black exterior with grey interior. Power windows, CD player.

64,000 miles. No accidents, one owner. Services conducted on time. Contact: Sean Wilson at Wilson5054@yahoo.com. (4/21/11)

For Sale: \$3,500 OBO! 1996 Honda Civic Hatch, Euro Specs, Manual, EK9 2000 suspension. Just passed inspection, very good gas mileage, summer/winter tires. Contact: Edward Ablang at edwardablant@hotmail.com or 0152-232-68033. (4/21/11)

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. (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. (1/20/11)

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.

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

AAFES Corner

Easter Egg Hunt for Kids 1-10 years
April 23
3 - 5 p.m.

most eggs will win

Temporary Furniture Store

OPEN
Fridays & Saturdays
11 a.m. - 1 p.m.
4:30 - 6 p.m.

Located in former Seibel Shoe Store

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.



Outside the Gate

Compiled by Szilvia Ascencio-Csapo, MWR Marketing volunteer
Weekend events in and around Bamberg April 22-23.

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, 0951-297-6200, <http://www.bamberg.info>.
- 2 p.m. Bamberg city tour, tickets are available at the Tourist Information, Geyerswoerthstrasse 5, 96047 Bamberg, 0951-297-6200, <http://www.bamberg.info>.
- 5 p.m. Hoernla, Beer and Zwiebeltreter - a culinary tour on the thousand years of beer-brewing tradition in Bamberg, Altes Schlachthaus, Am Kranen, 96047 Bamberg, 0911-307-360, fax 0911-307 3616, <http://www.geschichte-fuer-alle.de> 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 sales available by calling 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, 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, 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, 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, e-mail 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>.
- 7 a.m. Ornithological hike sponsored by adult education center Bamberg county, instructor is Mr. Konrad Beringer, Am Sportplatz, 96179 Rattelsdorf
- 10:30 a.m. Bamberg city tour, tickets are available at the Tourist Information, Geyerswoerthstrasse 5, 96047 Bamberg, 0951-297-6200, <http://www.bamberg.info>
- 11 a.m. 2011 Bamberg garden exhibition Bluete & Ambiente, the green start into the gardening season, Boehmerwiese, Heiliggrabstrasse 57, 96052 Bamberg, <http://www.bluete-ambiente.de>
- 2 p.m. Post-Sportverein Bamberg Easter run, 6.5km or 9km run, sign up at 1 p.m., Post-Sportverein, Am Sportplatz 2, 96049 Bamberg, 0951-56108
- 2 p.m. Passiontide and Easter exhibition - see Passiontide exhibits and about 400 Easter eggs from 22 countries, Alte Schule, Kirchplatz 4, 96114 Hirschaid, 09543-6267
- 2 p.m. Bamberg city tour, tickets are available at the Tourist Information, Geyerswoerthstrasse 5, 96047 Bamberg, 0951-2976200, <http://www.bamberg.info>
- 2 p.m. Painting guided tour through Weissenstein castle, Weissenstein castle, 96178 Pommersfelden, 09548-981811, <http://www.schloss-weissenstein.de>, e-mail schlosspommersfelden@schoenborn.de
- 5 p.m. Hoernla, Beer and Zwiebeltreter - a culinary tour on the thousand years of beer-brewing tradition in Bamberg, Altes Schlachthaus, Am Kranen, 96047 Bamberg, 0911-307 360, fax 0911-307 -3616, <http://www.geschichte-fuer-alle.de> 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 sales available by calling 0170-833-6032
- 6:30 p.m. Hansel and Gretel - opera, composition by Adelheid Wetter, musical composition by Engelbert Humperdinck, Bamberg Puppetry, doors open 6:15 p.m., Untere Sandstrasse 30, 96049

Bamberg, 0951-67600,

<http://www.bamberger-marionettentheater.de>

- 7:30 p.m. Brose Baskets vs. BBC Bayreuth, basketball, Stechert Arena Bamberg, Forchheimer Strasse 15, 96050 Bamberg, 0951-238 37
- 8 p.m. La Comédie, Bamberg's nicest parlor theater, romantic guitar music and vocals, and more, doors open 30 minutes prior, tickets are available by calling 0951-9808220, or at <http://www.bvd-ticket.de>, La Comédie, Judenstrasse 6, 96049 Bamberg
- 8 p.m. MaechHaerder's "All inclusive" cabaret program, a satiric view on Bamberg, Jazzkeller, Obere Sandstrasse 18, 96049 Bamberg, 0951-537-40
- 9 p.m. Mister and Misses Bamberg beauty pageant, Agostea, Ludwig strasse 25, 96052 Bamberg
- 8 p.m. No Lyrics - boogie woogie and blues, Live-Club, Obere Sandstrasse 7, 96049 Bamberg, 0951-53304, e-mail info@live-club.de, <http://www.live-club.de>
- 9 p.m. King's murder and minor sins - theatrical city tour, unique city tour with theatrical interludes, Jakob church, Jakobsplatz, 96049 Bamberg, 0163-1863276
- 9 p.m. Night-watchman city tour, Tourist Information, Geyerswoerthstrasse 5, 96047 Bamberg, 0951-2976200 or 0178-4265004, <http://www.bamberg.info>, tickets are available by calling 0951-297-6202
- 9:30 p.m. Smash - rock music, Sauer dance center, doors open 8:30 p.m., Jurastrasse 30, 96155 Gunzendorf, phone 09545-215
- 10 p.m. Black-and-white music meets Apparel Music featuring Kisk, - techno, house and deep music, Morph Club, Luitpoldstrasse 17, 96052 Bamberg, <http://www.morphclub.org>
- 6 p.m. Motorcycle club Motorradfreunde Lautergrund, season starter, Gastwirtschaft Hennemann, 96148 Baunach

Sunday, April 24

- 10 a.m. 2011 Bamberg garden exhibition Bluete & Ambiente, the green start into the gardening season, Boehmerwiese, Heiliggrabstrasse 57, 96052 Bamberg, <http://www.bluete-ambiente.de>
- 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>
- 10:30 a.m. Bamberg city tour, tickets are available at the Tourist Information, Geyerswoerthstrasse 5, 96047 Bamberg, 0951-2976200, <http://www.bamberg.info>
- 2 p.m. Passiontide and Easter exhibition - see Passiontide exhibits and about 400 Easter eggs from 22 countries, Alte Schule, Kirchplatz 4, 96114 Hirschaid, 09543-6267
- 2 p.m. Bamberg city tour, tickets are available at the Tourist Information, Geyerswoerthstrasse 5, 96047 Bamberg, 0951-2976200, <http://www.bamberg.info>
- 2 p.m. Ecumenical Easter celebration presented by Heiligenstadter's three church communities, trombone choir performance, Rathaus, Marktplatz, 91332 Heiligenstadt
- 5 p.m. Literary Easter stroll - poems and easter tales accompany the Easter egg hunt, Boathouse in the Grove, Muehlwoerth 18 a, 96047 Bamberg, 0951-545 28
- 2 p.m. "Good day" turned into "Heil Hitler" - Bamberg during National Socialism, city tour of Bamberg 1933-1945, Maximiliansplatz 3, 96047 Bamberg, phone 0911-307 360, fax 0911-307 3616, <http://www.geschichte-fuer-alle.de>, e-mail info@geschichte-fuer-alle.de
- 8 p.m. MaechHaerder's "All inclusive" cabaret program - a satiric view on Bamberg, Jazzkeller, Obere Sandstrasse 18, 96049 Bamberg, 0951-537 40
- 8 p.m. Steve Reeves, Live-Club, Obere Sandstrasse 7, 96049 Bamberg, 0951-53304, email info@live-club.de, <http://www.live-club.de>
- 8 p.m. The World Famous Glenn Miller Orchestra directed by Wil Salden, doors open 7 p.m., Konzert- und Kongresshalle - Hegelsaal, Mußstrasse 1, 96047 Bamberg, e-mail info@konzerthalle-bamberg.de, <http://www.konzerthalle-bamberg.de>
- 9 p.m. Kaso Perdido (Spanien) & eSKAlation - Skapunk, Ska, Reggae, Sound'n Arts Club, Sandstrasse 20, 96049 Bamberg, <http://www.sound-n-arts.com>
- 9 p.m. morphclublive: Los Chicolores - funky-stuff music, 90s dance floor music, off-beat music, doors open 8 p.m., Morph Club, Luitpoldstrasse 17, 96052 Bamberg, <http://www.morphclub.org>
- 9:30 p.m. Troglauer Buam, heavy folk music, Sauer dance center, Jurastrasse 30, 96155 Gunzendorf, 09545-215
- 11 p.m. 1990s party, Live-Club, Obere Sandstrasse 7, 96049 Bamberg, 0951-533 04, email info@live-club.de, <http://www.live-club.de>