



# WARNER WEEKLY

News & Information at Your Fingertips

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Thursday May 5, 2011



## Footprints left behind by past community members

By Jessica Lipari,  
USAG Bamberg Public Affairs

BAMBERG, Germany -- Walking along a beach, one could turn around and see the footprints left behind in the sand. Community members of U.S. Army Garrison Bamberg may not be able to turn around and see the footprints left behind by members who were here before, but these footprints are there, and they impact the environment.

USAG Bamberg's Environmental Management Division works toward the goal to reduce the community's negative impact on the environment through promoting awareness and technological upgrades.

### Promoting Awareness

EMD helps take on the task of promoting awareness to community members. Isabelle Fahimi, an environmental specialist, and her co-workers promote awareness of their program about the impact population and waste have on the environment and what community members can do to improve wasteful habits. This is done through many formats, which include celebrations, media and education.

USAG Bamberg will celebrate Earth Day May 25. The celebration will include a festival for children and fishing events at Engineer Lake.



*File Photo*  
**Recycling efforts have an affect on the installation's budget. U.S. Army Garrison Bamberg pays less money for trash that is collected when residents recycle more.**

EMD will have a table at the Exchange to help promote environmental friendly products. The winners of the Bamberg Elementary School environmental picture contest will be announced during the festivities as well. Thirteen student pictures will be used in the 2012 environmental calendar published by EMD, said Fahimi.

Each week the Warner Weekly publishes EMD's eco-friendly tips highlighting energy conservation and water saving, as well as recycling tips, and the marquee on John F Kennedy Boulevard promotes recycling and other

environmental information. Also, handouts and brochures are available at many locations on Warner Barracks.

New signs and recycling bins are going to be set up around Warner Barracks, said Helmut Weis, EMD.

These new bins will be different colors to allow community members to easily identify which bin their recyclables go in, Weis said.

"Go the extra mile and put the recycling in the bin," he said. "Take the time to separate items and use the proper bins so it can be recycled."

Currently, the recycling rate for USAG Bamberg is 38 percent; the goal is to reach a rate of at least 50 percent. Recycling not only impacts the community's footprint left behind but it also impacts the community budget. USAG Bamberg receives money for the recycling of car batteries, cardboard, paper, cans and scrap metal.

Education at USAG Bamberg has been a priority for Fahimi. She does a presentation on recycling for the People Encouraging People class, works with the School Age Services program to provide activities promoting environ-

(IMPACT continued on Page 10)

## Army Clarifies Guidance for Purple Heart award for concussion injuries

U. S. Army Human Resources Command Public Affairs

FORT KNOX, Ky. -- The Army is clarifying its guidance for awarding the Purple Heart for concussion injuries. This is a clarification. This does not change the criteria or standard for the award of the Purple Heart. The clarifying guidance is designed to assist the Chain of Command, Soldiers and veterans understand the specific requirements for consideration and reconsideration retroactive to Sept. 11, 2001.

The clarification:

More accurately outlines the signs and symptoms of a concussion injury following a hostile event and clearly outlines what constitutes treatment. This clarification includes requirements for commanders and medical professionals to use in reviewing award submissions/resubmissions. It clarifies what constitutes qualification for the Purple Heart for concussion injuries (including mild traumatic brain and concussive injuries that do not result in a loss of consciousness).

Outlines procedures to be used to reconsider previously disapproved Purple Hearts for concussion injuries. As part of this review, the first general officer in a Soldier's peacetime chain of command is the disapproval authority for these resubmissions.

The Army is encouraging Soldiers and veterans who were previously denied a Purple Heart for concussion injuries to resubmit documenta-

(CLARIFY continued on Page 3)

## Grenade!



Photo by Sandra Roemer

A Soldier throws a practice grenade at Reese Range near Warner Barracks. Bamberg's Training Support Center built a Hand Grenade Qualification Course to allow Soldiers to train and qualify throwing hand grenades locally, so Soldiers will not need travel to another location to get the mandatory training. For reservation, unit personnel can use the Range Facility Management Scheduling System, said Daniel Cintron, TSC chief.

## Community garden plots soon to be available

By Mindy Campbell,  
USAG Bamberg Public Affairs

BAMBERG, Germany -- As the sun begins to shine and the temperatures rise, community members with green thumbs will soon have the opportunity to get their hands dirty.

Warner Barracks will offer residents a chance to rent a plot in the community garden, which is located on Zollnerstrasse next to the Whispering Pines Golf Course, said Liz Gonzalez, recreation center manager for Family and Morale, Welfare and Recreation.

Plots, which are about 200 square feet, can

be rented for \$25 for the season.

The plots will be available as soon as the Department of Public Works plows the area, Gonzalez said. The garden is now ready for planting.

"There is a shed up there with tools to borrow," she said. "All you need to do is bring the seeds."

This is the second year Warner Barracks is offering the community garden. Last year, about eight people rented plots.

For more information about the garden plots, contact Liz Gonzalez at 0951-300-8659 or stop by the Community Activity Center, Building 7047.

## Soccer official's clinic set for June in Germany, Italy

Angela Flowers,  
Fitness Program Coordinator

SCHWETZINGEN, Germany -- Ansbach, Germany, and Vicenza, Italy, will host this year's soccer official clinics for new and experienced officials. The clinic in Ansbach will be at the Von Steuben Community Activity Center June 14-18 starting at 9 a.m. Vicenza will conduct their clinic June 21-25 at the Kaserne Ederle Fitness Center Conference Room from 6-9 p.m.

Dan Heldman, a national instructor trainer

since 1999, was selected again for this year's clinic. Last year he was selected as the U.S. Soccer Federation instructor of the year. Heldman is a contributing editor to "Ask the Referee" and other soccer publications.

Attendees will learn field mechanics, current rules, points of emphasis, and discuss changes. The clinic will culminate with a written test and practical examination.

To register for Germany contract Angela Flowers, call 06202-80-6574.

## Army accelerates app innovation, delivery

WASHINGTON (Army News Service, May 2) -- The Army is now developing another "Apps for the Army" challenge which will be the next increment of the Army Marketplace.

The challenge is expected to launch in 2012 with expanded participation, to include both public and industry developers.

"In 2010, the Apps for the Army challenge provided a venue for internal Army early adopters and innovators," said Gary Blohm, lead for software transformation within the Army Chief Information Office/G-6. "This time the Army wants to tap into industry, and not just for its well-known application development capabilities, but to help..."

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



## Leaders recognize outstanding efforts

WIESBADEN, Germany - "We don't want you to do more with less; we want you to do less better."

That was among a series of messages shared by Lt. Gen. Rick Lynch, commander of the U.S. Army's Installation Management Command, and his staff during the 2011 Installation Management Symposium in San Antonio April 18-21.



Acknowledging that in an era of "fundamentally different economic realities" cutting across the entire spectrum of U.S. government operations, a renewed focus on how dollars are spent to provide Soldiers and their families with vital services and support is crucial.

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



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

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

To subscribe to the Warner Weekly please send an email with 'SUBSCRIBE' as the subject to [bambergpao@eur.army.mil](mailto:bambergpao@eur.army.mil)

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# Army pharmacies accepting unused medications

By Jennifer Walsh Cary,  
BMEDDAC Public Affairs

VILSECK, Germany -- Bavaria Medical Department Activity pharmacists are encouraging beneficiaries to turn in their expired, unused and unneeded medications to their local Army health clinic pharmacy.

"We currently take back all medications," said Lt. Col. Ron Foley, BMEDDAC pharmacy director.

Beneficiaries should bring their medications to the pharmacy in their original prescription bottles or packages if possible. If needles and syringes need to be disposed of, beneficiaries can pick up a sharps container at their local

Army health clinic.

"To avoid overfilling, seal the container when it's three-fourths full," Foley said. "And check with your clinic to identify the drop-off point for filled sharps containers; typically this is not at the pharmacy."

In most situations, beneficiaries do not need an appointment to turn in their medications. However, there are exceptions.

"If you have multiple controlled substances to dispose of, an appointment may be required to avoid inconveniencing other patients because



of the time required to process the turn-in," Foley said. "Unlike over-the-counter medications, controlled substances must be individually inventoried and documented."

Examples of controlled substances include: Tylenol 3 or other medications containing codeine, morphine, hydrocodone, oxycodone, amphetamines or benzodiazepines like alprazolam or lorazepam. Customers receiving controlled substances from an Army pharmacy are asked to sign for them.

(PHARMACY continued on Page 9)

(CLARIFY continued from Page 1)

tion for reconsideration. Soldiers currently serving in the Active Army, Army Reserves or Army National Guard should resubmit through their company chain of command.

Veterans should resubmit to the U.S. Army Human Resources Command at:

Commander, USA HRC  
ATTN: Awards & Decorations Branch (AHRC-PDP-A)  
1600 Spearhead Division Ave.  
Fort Knox, KY 40122  
1-888-276-9472  
Email: [hrc.tagd.awards@conus.army.mil](mailto:hrc.tagd.awards@conus.army.mil)  
Website: <https://www.hrc.army.mil/awards>

Submission for reconsideration is not a guarantee of approval.

Items that Soldiers and veterans should include when resubmitting for the award are:

- ♦ DA Form 4187 (personnel action) Blank DA 4187 can be downloaded here: <http://armypubs.army.mil/eforms/pdf/A4187.PDF>
- ♦ For Soldiers still on active, guard or reserve duty, the DA Form 4187 must be signed by the chain of command through the first General Officer in the Soldier's current chain of command. Veter-

ans can do not require additional signatures.

♦ Deployment orders. Soldiers currently serving in the Army can obtain them from their Military Personnel Office. Veterans can obtain them from the Veteran's Inquiry Branch by emailing [veterans@conus.army.mil](mailto:veterans@conus.army.mil). For more information visit <https://www.hrc.army.mil/site/Reserve/soldierservices/veteran/overview.htm>.

♦ Officer Record Brief or Enlisted Record Brief (DA Form 2-1) Soldiers currently serving in the Army can obtain them from the Military Personnel Office. Veterans can obtain them from the Veteran's Inquiry Branch at [veterans@conus.army.mil](mailto:veterans@conus.army.mil)

♦ One page narrative describing the qualifying incident and the conditions under which the Soldier was wounded.

♦ Two eyewitness statements (or other official documentation) corroborating the narrative.

♦ Casualty report.

♦ SF 600 (chronological record of medical care), obtained from the Soldier's medical records.

♦ DD Form 214 (certificate of release/ discharge from active duty, if applicable).

# Nutrition and exercise key for soon-to-be moms

By Jennifer Walsh Cary,  
BMEDDAC Public Affairs

VILSECK, Germany -- It's probably safe to say that in most women's minds, being pregnant is the equivalent of getting a free pass on exercise and food for at least nine months. However, Bavaria Medical Department Activity health care providers say that's the wrong mindset to have while you're pregnant.

"You may feel like pregnancy is a great time to relax," said Lindsay Truax, a nurse at the Illesheim Health Clinic. "However, it is very important during pregnancy to get the recommended amount of exercise, which is 150 minutes of moderate aerobic exercise each week."

This breaks down into roughly 30 minutes a day for five days a week. It may not be enticing, but by working out, Truax said you



can avoid pregnancy complications such as constipation, varicose veins and legs swelling.

"It will not decrease the pain associated with labor and delivery, however exercise builds your stamina and strengthens muscles making it easier for you to endure labor and delivery," she said.

For those who aren't regular exercisers, she recommends starting off slowly with 10

minutes of walking each day and building up to a 30-minute walk.

"While exercising you want to make sure you are drinking plenty of water, avoid wearing tight clothing, make sure your shoes are sturdy and avoid exercises that put you at a risk for falling or another injury," she said.

She also recommends that women perform kegel exercises often.

"These exercises strengthen your pelvic floor muscles, which support your bladder, urethra, uterus and rectum," Truax said.

In addition to staying active, women need to come to terms with how much weight they should actually gain during pregnancy. According to the American College of Obstetricians and Gynecologists, the average healthy woman

(WOMEN continued on Page 11)

# Welcome Home 630th Military Police Company



## Community Announcements

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

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

### Scrapbooking

Bring on the bling and learn different techniques to add sparkle to your pages at the monthly scrapbooking May 7 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).

### Graduation

The University of Maryland University College and Bowie State University will have a commencement ceremony May 7 at 2 p.m. in Heidelberg at the Village Pavilion ballroom on Patrick Henry Village. For more information, call 06221-378350.

### CPR

The American Red Cross will have a Cardiopulmonary Resuscitation class May 18 from 8:30 a.m. – noon at the Army Community Service building in rooms 113 and 114. For more information, call 0951-300-7777.

### First Aid

The American Red Cross will have a First Aid class May 18 from 1 – 4:30 p.m. at the Army Community Service building in rooms 113 and 114. For more information, call 0951-300-7777.

### Asian Pacific American Heritage Month

Bamberg will celebrate Asian Pacific American Heritage Month from 2 – 5 p.m. May 21 outside the Warner Conference Center. The event will have music, food sampling, dancers from the Philippines and Samoa, martial arts, singing and an Asian apparel fashion show. The guest speaker will be Lt. Col. John Melton. To volunteer or for more information, call 0951-300-8624 or e-mail [bamberg.eo@eur.army.mil](mailto:bamberg.eo@eur.army.mil).

### Bullying seminar with renowned speaker

Internationally recognized author and speaker Barbara Coloroso will be giving a lecture on bullying awareness and prevention May 23 from 8-11 a.m. at Warner Barracks' Preston Hall. Coloroso achieved her effective strategies on parenting and teaching throughout years as a student, educator, humanitarian, and mother. She has appeared on "Oprah", CNN, NBC, and NPR and has been featured in the "New York Times", "Time", "Newsweek", "Teen Vogue", and other national and international publications. The seminar is open to parents, teachers, students, or anyone interested in eliminating cruelty and torment within Warner Barracks' schools, but also within its homes, workplace and community. For more information call 0951-300-7891.

**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: Texas Hold'em Title Bracelet	5th Place: Xbox 360 with Kinect
3rd Place: 3D Home Theater (45" HDTV Blu-Ray Player, Glasses - 2 Pair)	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](mailto:Phillip.ray.brown@us.army.mil)  
Or sign up through [facebook](#)

### Army Birthday

U.S. Army Europe will celebrate the 236th Army Birthday during the Army Birthday Ball on June 11 at 6 p.m. at the Village Pavilion, Patrick Henry Village in Heidelberg. The dress for military is Dress Blue with Bow Tie and for civilians Formal, with a black tie. The price per person includes dinner and entertainment. E1-E7, GS-7 and below is \$20. E8-O6, GS-9 and above is \$33. General officers and Senior Executive Service civilians is \$40. There are a limited number of tickets available and they are on a first-come, first-serve basis. Guests must be 16 years of age. Reserve your seat today with payment by visiting the USAREUR Protocol Office, Keyes Building, Room 215, Campbell Barracks, Monday through Friday, from 9 a.m. – 4 p.m.

### Early withdrawal of students

Provisions for permitting the early withdrawal of students with full semester credit is based consideration of unique circumstances. The policy requires that students present verification of the date for their sponsor's Permanent Change of Station departure or other official orders to school officials in order to receive consideration for full academic credit. Students who withdraw prior to the 20-day limit receive a "withdrawal" grade rather than a final grade. The accelerated withdrawal date for the fourth quarter for Bamberg Schools is May 19. Students must be in school all day on May 18. For more information, visit <http://www.schw-ms.eu.dodea.edu/AcceleratedWithdrawal2010.pdf>

### 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.

### Weekly Reminders

#### 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.

### Postage Rates 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.

### 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 May is now online at [http://issuu.com/bambergmwr/docs/mwr\\_bamberg\\_brochure\\_may\\_2011](http://issuu.com/bambergmwr/docs/mwr_bamberg_brochure_may_2011)

### 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 p.m. until the end of September. 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.

### 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 co-

USAG Bamberg Community Activity Center

U.S. ARMY 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

## Hohenfels Mother's Day Bazaar

May 6-8

Shop 'til you drop Mother's Day weekend at USAG Hohenfels!

For more information, DSN 466-3676 or Facebook us at [www.Facebook.com/HohenfelsFamilyandMWR](http://www.Facebook.com/HohenfelsFamilyandMWR)

Thank you to our sponsors:





USAG Bamberg  
Freedom Fitness Facility  
www.bamberg.army.mil/ffr

**STRONG**

**Sport Expo  
5K Fun Run/Walk**

May 14, 9 a.m.  
Freedom Fitness Facility

Contact Tel. (0951) 300 8890

ordinator. For more information, call 0951-300-8001.

#### 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](mailto:RedCross.Bamberg@eur.army.mil).

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



USAG Bamberg  
Freedom Fitness Facility

**STRONG**

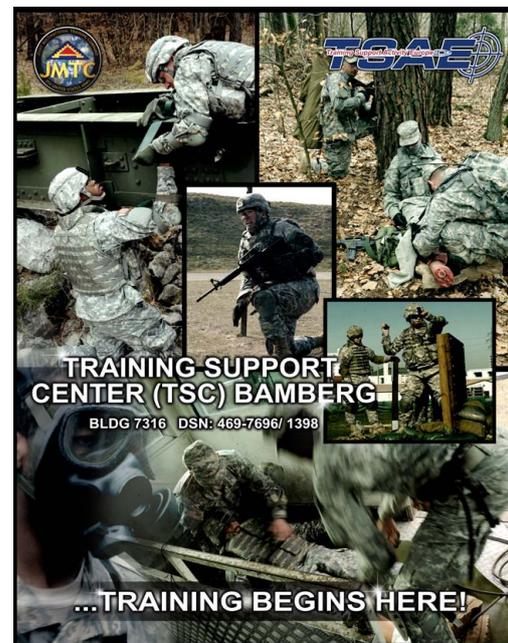
**U.S. ARMY MWR**

**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.  
Find out what's available for you in Bamberg.

Contact FFF, Tel. (0951) 300 8890



**JMTC**

**FSAE**

**TRAINING SUPPORT  
CENTER (TSC) BAMBERG**

BLDG 7316 DSN: 469-7696/1398

**...TRAINING BEGINS HERE!**

#### ACS Hours of Operation

Army Community Service is open Monday through Friday from 7:30 a.m. - 4:30 p.m. The office is closed on federal holidays but open on training holidays. For more information about any of the ACS programs, call 0951-300-7777.

#### Veterinary Facility

The veterinary office's hours are Monday through Wednesday from 8 a.m.-4 p.m., closed Thursday and open Friday 8 a.m.-noon. No walk-in appointments are available. The clinic is closed on the last week-day of each month for inventory and on all American and training holidays. Over-the-counter products and prescriptions may be purchased during regular business hours. For more information about the clinic or to schedule an appointment, call 0951-300-7972.

#### 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 lo-

## Recycling Progress ▲

There were 3 tons of electronics recycled in March, which is 1 ton more than what was recycled in February.

call 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

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

#### Golf Clinic

Community members are invited to attend a golf clinic Monday, May 9-30 at the Whispering Pines Golf Course at 6 p.m. The cost is \$80 for 10 lessons. For more information, call 0951-300-8953.

#### 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](http://www.facebook.com/TheAllArmySports), each day in

USAG Bamberg Freedom Fitness Facility

STRONG B.A.N.D.S.

U.S. Army MWR

U.S. Forces  
**Volleyball Championships**

May 20-22

USAG Bamberg Freedom Fitness Facility  
Sign up through your local sports and fitness program by May 12.  
Open to all community level men's, women's and co-ed teams  
(6 teams minimum per category).

Contact DSN 469-8890/9086 or (0951) 300 8890/9086.  
Email: Ernest.Johnson@eur.army.mil

This event is sponsored by:

**www.BavarianMotorCars.com**

No Federal Endorsement Implied

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

#### Youth Sports Coaches Needed

CYS Services is looking for coaches for the fall sports season. Children of coaches play for free. Coaches' clinics are held June 9, July 14, and August 11, 6 p.m. at the School Age Center, Building 7669. For more information, call 0951-300-7523 or 0951-300-8698.

#### Games

There will be a game night for Japan hosted by the Junior Reserve Officers' Training Corps from 5 - 8 p.m. May 20 at the John F. Kennedy Youth Center. For more information, e-mail [bamberg12baller@yahoo.com](mailto:bamberg12baller@yahoo.com).

#### 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 school-children 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 can now sign up for Child, Youth and School Services summer programs at Parent Central Services begin-

ning 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, 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>.

#### 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,

USAG Bamberg Better Opportunities For Single Soldiers Program (BOSS)

U.S. Army MWR

**Lloret de Mar SPAIN**

May 26 - 30 (Memorial Day Weekend)

BOSS Trip Getaway to Spain!  
Bus departs at 7:30 p.m. on 26 May and returns on 30 May.

Trip includes:  
Roundtrip transportation on German Motor coach  
2 overnights in 3 star hotel (breakfast & dinner included), tour to Barcelona, Professional Bus Drivers and services of a professional tour guide.  
Sign up by May 18

only \$219 per person

Call DSN 469-9086, (0951) 300 9086, e-mail [mail.Bam.dfmwr.Boss@eur.army.mil](mailto:mail.Bam.dfmwr.Boss@eur.army.mil)

ARMED FORCES ENTERTAINMENT PRESENTS

**NO LAUGH TRACK REQUIRED IV**  
FOURTH TIME'S THE CHARM

No Laugh Track Required is back for a fourth time with a lineup that includes the always hilarious Heather Marie Zagone, Rosie Tran, Justin Wade, Todd Rex and Johnny Cardinale.

**BAMBERG STABLE THEATER**  
MAY 18, 8 P.M.  
**ADULT SHOW**  
FREE ADMISSION

ARMED FORCES ENTERTAINMENT

COMING TO A THEATER NEAR YOU.  
For more information visit [armedforcesentertainment.com](http://armedforcesentertainment.com).

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).

## Continuing Education

### Registration

Central Texas College Europe Term V registration begins May 16 and continues through the first day of class. Term V starts June 6 and ends July 29. Courses being offered this term include: Parenting for Healthy Families held on two Saturdays from 9 a.m. – 5 p.m.; Court Systems and Practices on Tuesdays and Thursdays from 6 – 9:45 p.m.; and Beverage Management on Tuesdays and Thursdays from 6 – 9 p.m. For more information, contact the Bamberg Field Representative at 0951-300-7467, e-mail [bamberg@europe.ctcd.edu](mailto:bamberg@europe.ctcd.edu), or stop by the Education Center.

### PTA Scholarships

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

### 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 Passport Office will be closed May 17 – 19 for mandatory training in Heidelberg.

### Fitness Change

The Freedom Fitness Facility will be closed May 27 – 31 for annual cleaning.

### The Wash Rack

The wash rack, located at building 7910, will be closed for cleaning and maintenance 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](mailto: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 short-

age. For more information, call 0951-300-7580.

### CYSS facilities closed

All Child, Youth and School Service facilities will be closed May 30.

## Entertainment and Leisure

### Crimes of the Heart

See Beth Henley's "Crimes Of The Heart" at Bamberg's Stable Theater, May 19-22 and 25. The Pulitzer Prize-winning heart-warming tragi-comedy is the story of the McGrath sisters, Lenny, Meg and Babe, who gather at Old Granddaddy's house in Hazelhurst, Mississippi as Babe is paroled after shooting her husband. Their reunion is full of reminiscences as they face their past demons -in love, family and crime - and rediscover home. Tickets can be reserved after May 1 by calling The Stable Theater, or visiting during normal office hours, or on Facebook or through MWR Online Services. The show includes some mature themes. Non-ID cardholders can reserve by sending full names, birthdates, ausweis nr. and auto KFZ at least 48-hours prior to show date. Family, group and deployment discounts apply. Tickets are \$9 for adults, \$7 for students and ranks E4 and below. Call

the Stable Theater at (0951) 300 8647 or e-mail [jack.austin@eur.army.mil](mailto:jack.austin@eur.army.mil).

### BOSS Loret De Mar Trip

Spend the memorial Weekend in Spain and hop on the bus to Lloret 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](mailto: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](mailto:jack.austin@eur.army.mil)

### "Half 'n Half"

Bamberg High School's spring production, "Half 'n Half," is showing May 20 at 7 p.m. at Bamberg High School. The entrance fee is \$7. The show is half Broadway performances and half pop performances. The school's Culinary Arts Club will provide dinner. Nicholas Ruiz, who starred as the Emcee in Stable Theater's spring show "Cabaret", will direct the show. The band, Operation Acetylene, will be accompanying the performers during the show. The band performed at Birchview Bowling Lanes.

### 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. Setup 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](mailto:joshua.moore3@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 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.

### 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.



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.

(PHARMACY continued from Page 3)

All medications taken back from patients must be destroyed and may not be used in patient care.

For those who prefer to flush their medications or take them out with the trash, he recommends thinking twice about it.

"Throwing medications in the trash or flushing them down the toilet provides an opportunity for misuse or accidental access by children and animals," Foley said. "It is also not a good idea because it could be bad for the environment or violate local laws."

Instead, bring them to the Army health clinic pharmacy for disposal. As for the medications that are still being used, he recommends practicing safety measures at home.

"Medications should be stored safely out of reach of children and pets," Foley said. "Also, heat and moisture are not good for medications so it's best not to store them in a bathroom or windowsill."

He said many people also have a tendency to hoard medications, which is another safety issue.

"Unfortunately, some young adults are looking to abuse medications and if you have a large stash of them in your cabinet, it gives them access to medications they wouldn't have otherwise," Foley said. "Also, once medications expire they lose their effectiveness so it's really pointless to hoard old medications."

Overall, he said there's one thing he hopes people will learn to do.

"Please break that hoarding habit and make our community and your home safer by purging all expired and no-longer-needed medications from your home by properly disposing of them."

For more, call or visit your local Army health clinic pharmacy.

**Get the AFN Europe Mobile App**

**Get the Mobile MWR App**

### Trips and Travel Opportunities

Take a trip with Bamberg Outdoor Recreation in May-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>.



#### **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 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 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. Departs Chapel Parking Lot at 5 a.m., returns approx. 11 p.m.

**Fitness/Nutrition Tips for Pregnancy**

**During the first trimester:**

- Continue to take a prenatal vitamin every day. You do not need additional calories at this point.
- Continue to do 150 minutes of moderate aerobic exercise each week.

**During the second and third trimester:**

- Increase your calorie intake by 300 calories each day. These should not be "empty" calories, but foods that are high in vitamins and minerals.
- Continue to do 150 minutes of moderate aerobic exercise each week.

**After you have the baby:**

- If you're breastfeeding, increase your daily calories by another 200 calories for a total of 500 additional calories each day compared to your pre-pregnancy caloric intake.
- Continue to do 150 minutes of moderate aerobic exercise each week.

(WOMEN continued from page 3) should gain about 25-35 pounds during pregnancy.

"It is true that you need to gain weight. It is not healthy for you or your child if you do not gain enough weight during pregnancy," she said. "However, everything you eat your child eats. If you eat a lot of sugar, fat and cholesterol, your child will be eating all these things, too."

As a general rule, women should not increase their caloric intake until they reach the second trimester, which is 12 weeks into the pregnancy. Until then, they should take a prenatal vitamin each day and stick to foods that are rich in vitamins and minerals. Once a woman reaches the second trimester, she should add an additional 300 calories to her daily food intake for the rest of her pregnancy.

The rules also change if a woman decides to breastfeed.

"Once a woman starts breastfeeding, it's recommended she increase her calories by 200 more a day for a total of 500 extra calories per day when compared to her pre-pregnancy caloric intake," Truax said.

Many women want to lose their post-baby weight as quickly as possible, but it's important to take things slowly to maintain your health, according to Truax.

"Just keep in mind that it took you nine months

(SIGNS continued from page 1)

mental awareness, and works with the schools on different educational awareness programs.

**Technological Upgrades**

"USAG Bamberg has done a lot of technological upgrades to improve the community impact," said Dieter Gerber, Chief, Operation and Maintenance Division (Energy Program Manager). Two such past upgrades include the community wash rack for military vehicles and the implementation of a Geographic Information System.

The community wash rack for military vehicles was the first in Installation Management Command Europe that works as a closed water recycling system, reducing the use of fresh water, said Konrad Albert, EMD.

The implementation of GIS, an electronic mapping tool that allows ecological and other environmental inventories data to be exchanged

# The gift of appreciation



Photo by Kim Jones

**Bamberg Elementary School fourth grader Samantha Jones presents flowers to her teacher, Adrienne Ellison, during Teacher Appreciation Week 2011 May 2-6. During National Teacher Appreciation Week, students and the Bamberg Elementary School Parent Teacher Association have made a commitment to show their teachers that they are appreciated. Each day has brought a small reminder to each teacher that they are pivotal in each child's education and development. While often overlooked, teachers are fundamental in the success of children and a strong relationship between teachers and parents is essential.**

to gain the weight and it will take nine to 12 months you are at least six weeks postpartum," to lose the weight. So start gradually," she said. Truax said. "You will also want to check with "It is always good to check with your health care your health care provider prior to starting provider during your postpartum exam prior to any abdominal exercises." starting an exercise routine post-delivery."

Walking continues to be a good option along with gentle stretching and strengthening exercises. For women who are used to hitting the gym hard, she said to resist the urge.

"It is also recommended you do not start any nutrition or exercise, contact your local rigorous exercises such as running or jogging until Army health clinic.

amongst organizations across the garrison, led to two awards. The 2008 Secretary of the Army Environmental and Sustainability Award and the Secretary of Defense's Overseas Installation Environmental Quality Award.

Two upgrades taking place this summer will be a hot water supply renovation and a wood chip boiler system. The hot water supply renovation will affect Birchview Lanes Bowling Center, Bamberg Elementary School and housing along Upper Beach Way. Currently, the hot water for these buildings is supplied by a steam and hot water plant in Bamberg, with the water being distributed through a series of lengthy water pipes.

The renovation will provide each building with its own individual hot water tank. This will improve the energy efficiency and the quality of water because hot water will be supplied to each building directly, which will prevent dissipation of the hot water, Gerber said. The

Overall, Truax said she wants women to know that when they're pregnant, it's important to stay healthy for both the mother and child.

For more information about pregnancy and

upgrade is scheduled to start in June and will take eight weeks to complete.

The wood chip boiler system will be located at Muna depot and will be used to replace the 30-year-old oil-fired steam heating plant. This system is being installed in partnership with the city of Bamberg. Wood chips are a renewable energy source and the upgrade will save approximately 100,000 liters of fuel per year and reduce the carbons emitted, which are found in fossil fuels, Gerber said. This system will be used to heat four buildings.

**Reduce Negative Impact**

As a community member of USAG Bamberg, residents must help reduce the footprint left behind.

Fahimi said she hopes people read the weekly tips in the Warner Weekly and implement them in their household. Take the extra time to sort garbage and recycle.



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

10 a.m.-10 p.m. Call 0954-532-2881 or e-mail [solacedogrescue@yahoo.com](mailto:solacedogrescue@yahoo.com).

**EMPLOYMENT**

USAG Bamberg Community Chapel has a non-personal service contract opportunity for a catholic parish coordinator. We anticipate a performance period of June 1, 2011 through May 31, 2012. Interested parties should contact the Bamberg Regional Contracting Office for a copy of the solicitation packet# W912PG-11-T-0057 which will be used for submission. For additional information contact Bamberg RCO commercial call 0951-300-9387 or <http://www.usacce.army.mil/frc/default.htm> ; or Kyeyong Thornton at 0951-300-8879. Please submit your application no later than May 16 at 6 p.m. (4/28/11)

**MISCELLANEOUS**

Math tutoring for high school/middle school students available. I am a certified teacher with a Bachelor of Science degree in Mathematics and a Masters in Teaching. Available to tutor on weekdays. Please e-mail me for further information: [dorothykim@gmail.com](mailto:dorothykim@gmail.com). (4/28/11)

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. (4/21/11)

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

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)

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](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)

220 Volt Large freezer, \$250 Jeep jogger stroller- still in great condition. \$50 Low maintenance elliptical- \$20 Lightening McQueen toddler bed with mattress- never used \$60 Kids left-handed golf set - \$80 Large gas BBQ- used once during summer

2010 - \$80 Small gas BBQ- free In house small stereo with speakers- \$40. Christina Gonzalez 0171-777-9328 [wgonzalez001@yahoo.com](mailto: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](mailto:brikenmar@yahoo.com).

**AUTOMOBILES**

For Sale: 2004 Suzuki Intruder Volusia, 6,840 miles. Full service just completed at Suzuki dealership. Drives great - great deal. Price: \$4,200. For more information, call 0951-297-2207. (5/5/11)

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 for \$10,500. Very good condition. 5 speed. Black exterior with grey interior. Power windows, CD player. 46,000 miles. No accidents, one owner. Services conducted on time. Contact: Michael Battles at 0152-274-50479 or Jessica Durbin at 0151-42-439913 (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 [edwardablang@hotmail.com](mailto:edwardablang@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,

**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.



**AAFES Corner** 

*Bamberg Family Fun and Fitness Festival*

  
May 13-14

Sportive Contests, Giveaways, Fun Games, Vendor Demos, Free Food on 13<sup>th</sup> and Special offers for the entire Family

33 - 35 May only  
Save additional \$22 on  
Bamkdown Clothing 

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

Weekend Events in and around Bamberg May 6 - May 8.

### Friday, May 6

- 2:30 p.m. Lips family's organic farm – guided tour for grownups and children, children can play with animals like goats and sheep or just play in the hay barn, grownups are can discover what makes this farm an organic farm and the meaning of organic, organizer: Multigenerational house Muetterzentrum Kaenguruh in Bamberg, phone: 0951-408 1317
- 3 p.m. There is something going on in the fairy-tale forest, location: playground Hubertusstrasse in Bamberg, organizer: Play truck, phone 0951-968 6724, [www.spielmobil-bamberg.de](http://www.spielmobil-bamberg.de)
- 8 p.m. Classical music concert at Konzert- und Kongresshalle - Joseph-Keilberth-Saal, Müssstraße 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>
- 8 p.m. morphclub: order you drinks and your favorite music, morphclub Bamberg, [info@morphclub.org](mailto:info@morphclub.org)
- 9 p.m. Rainer Brunn and Titus Waldenfels present songs by John Hurt, Robert Johnson, Skip James and Willie McTell, but also ragtime music. Live-Club Bamberg
- 9 p.m. Bobby Pins & The Saloon Soldiers at Sound'n Arts Club, Sandstrasse 20, 96049 Bamberg
- 9 p.m. SLOP plays at Live-Club, Obere Sandstrasse 7, 96049 Bamberg, phone: 0951-53304, e-mail: [info@live-club.de](mailto:info@live-club.de), visit: [www.live-club.de](http://www.live-club.de)
- 9 p.m. Burdette Becks Quartett at Jazzclub Bamberg e.V., Obere Sandstrasse 18, 96050 Bamberg
- 10 p.m. Distoertion-Seminar at Morph Club, Luitpoldstrasse 17, 96052 Bamberg
- 10 p.m. Tianwa Yang and Gerhard Vielhaber – violin and piano concert, national award-winning violin player and piano player performing in international concerts. Konzert- und Kongresshalle - Joseph-Keilberth auditorium in Bamberg, more information under [www.musikverein.bnv-bamberg.de](http://www.musikverein.bnv-bamberg.de), tickets available at [www.bvd-ticket.de](http://www.bvd-ticket.de)

### Saturday, May 7

- 10:30 a.m. What happens to our refuse? A guided tour by the adult education college for children ages 8-13. Please register in advance, 2 Euro per person, location waste-fueled power station, Rheinstrasse 6, Bamberg, phone: 0951-871 108, [www.vhs-bamberg.de](http://www.vhs-bamberg.de)
- noon World-heritage run 2011, a variety of activities around the world-heritage run 2011, entertainment and live music with Double Feature, Mywood and Suzan Baker & Dennis Lüddicke, Maxplatz, Bamberg, Suzan Baker & Dennis Lüddicke
- noon Organ concert at the Bamberg cathedral, Domplatz 5, 96049 Bamberg
- 1 p.m. 15. Oberfränkischer Trachtenmarkt, farmer museum Bamberger Land, Hauptstrasse 3-5, 96158 Frensdorf, phone 09502-8308, e-mail [bauernmuseum@lra-ba.bayern.de](mailto:bauernmuseum@lra-ba.bayern.de), detailed information on [www.bauernmuseum-frensdorf.de](http://www.bauernmuseum-frensdorf.de)
- 7 p.m. Maibock-Anstich, live music at the beer garden, brewery and inn Kundmüller, Weiher 13, 96191 Weiher-Viereth,

[www.weiherer-Bier.de](http://www.weiherer-Bier.de)

- 9 p.m. Johanna Schneider Quartett at Jazzclub Bamberg e.V., Obere Sandstrasse 18, 96050 Bamberg
- 9 p.m. Tango ball with Sexteto Milonguero, tango-music concert and tango show case presented by Live-Club, location: Haas-Säle, Obere Sandstraße 7, 96049 Bamberg, phone 0951-533 04, [www.haas-saele.de](http://www.haas-saele.de)
- 9 p.m. Seven Sinz – open the gates of hell, live concert, location: Tanz palast, Jurastrasse 30, 96155 Gunzendorf, phone 09545-215, email: [info@beautiful-noise-events.de](mailto:info@beautiful-noise-events.de), [www.gunzendorf-live.de](http://www.gunzendorf-live.de) or [www.beautiful-noise-events.de](http://www.beautiful-noise-events.de)
- 10 p.m. uferlos Single Party at Live-Club, Obere Sandstrasse 7, 96049 Bamberg, phone: 0951-53304, e-mail: [info@live-club.de](mailto:info@live-club.de), visit: [www.live-club.de](http://www.live-club.de)
- 10 p.m. Damaged goods at Morph Club, Luitpoldstrasse 17, 96052 Bamberg

### Sunday, May 8

- Bicycle day in Merkendorf and surrounding areas supported by RV Concordia Merkendorf 09, Merkendorf, 96117 Memmelsdorf
- 9 a.m. Village fest (Kirchweih) at Oberoberndorf, 96199 Zapfendorf
- 9:30 a.m. Bamberg World Cultural Heritage Run with live music performances downtown Bamberg, Maximiliansplatz, 96047 Bamberg
- 10 a.m. Traditional Bavarian Trachten market at the farmers' museum, Hauptstrasse 3-5, 96158 Frensdorf
- 3 p.m. Magic - four artist from Nuremberg present their program, performance by magician Manolo, location: Kunstmeuhle, Muehlstrasse 10, 96179 Muersbach, phone 095 33-8153
- 7:30 p.m. Brose Baskets at Stechert Arena Bamberg, Forchheimer Strasse 15, 96050 Bamberg, (0951) 2 38 37, for tickets call BVD Kartenservice at 0951-9808220
- 9 p.m. Daniel T. Coates Duo at Live-Club, Obere Sandstrasse 7, 96049 Bamberg, phone: 0951-53304, e-mail: [info@live-club.de](mailto:info@live-club.de), visit: [www.live-club.de](http://www.live-club.de)
- 9 p.m. morphclublive: Arms And Sleepers [USA] at Morph Club, Luitpoldstrasse 17, 96052 Bamberg

Information on all guided tours is available on this website <http://www.bamberg.info/en/stadtfuehrungen/>

Dates and information on the popular "Kirchweih" festivities are available here. [http://www.kirchweihkalender-bamberg.de/2011/\\_plaza/kerwa.neo](http://www.kirchweihkalender-bamberg.de/2011/_plaza/kerwa.neo)

Just click on the place name sign of your choice to get detailed information on upcoming fests and "Kirchweih" events.

For general information on Bamberg's sights, fests, locations and free-time activities check these websites. <http://www.bambergtravel.com/> or <http://www.bamberg.info/en>. The information is available in English and with the nice pictures you will get in the mood for getting out end enjoying yourself.

Insider tips and rating for the coolest pubs, clubs, bars and sights can be found on this website: <http://www.virtualtourist.com/travel/Europe/Germany/Bavaria/Bamberg>.

People who have been to these locations before share their insight information and experiences. It is a great resource for all who would like some more information on their favorite destination on Bamberg before leaving base.

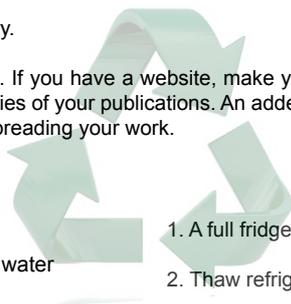
## Eco-Friendly Tips

### Recycling Tips

1. Buy recycled toilet paper. You'll find it in the commissary.
2. Distribute documents electronically whenever possible. If you have a website, make your publications available for viewing and download. Assemble e-mail lists and send an e-mail version instead of hardcopies of your publications. An added benefit is that e-mailed publications can readily be distributed by the recipients to additional recipients, thereby easily spreading your work.

### Water-saving Tips

1. When running a bath, plug the tub before turning the water on, then adjust the temperature as the tub fills up.
2. Water plants only when necessary. More plants die from over-watering than from under-watering.



### Energy-saving Tips

1. A full fridge or freezer is more efficient than an empty one so keep it filled.
2. Thaw refrigerators regularly (1-2 times per year).