



# WARNER WEEKLY

News & Information at Your Fingertips

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## Army medics give engineers all they have to save lives

By Spc. Rosalind Arroyo, Task Force Dolch

LOGAR PROVINCE, Afghanistan -- For the route clearance Soldiers of 541st Sapper Engineer Company, 54th Engineer Battalion, 18th Engineer Brigade's Task Force Dolch stationed on Forward Operating Base Shank, Afghanistan, an injured Soldier's ability to survive often comes down to the performance, experience and dedication of their medics.

To provide the level of professional care needed for a combat environment, medics have learned to an emotional detachment while treating their patients - a trait they turn on and off at will, said Capt. Larry Ake, TF Dolch's battalion surgeon and native of Manteca, Calif.

Ake said he has been an Army medic since 1988 and was a special forces medic for 10 years. For the last three years, Ake taught medical subject matter to students.

"There are different personality types of medics, but I've always found that there is callous humor among the medics," continued Ake, discussing the personality type he believes is



Army Spc. Rosalind Arroyo, Task Force Dolch Pfc. Ian Flores (foreground), a health care specialist for 54th Engineer Battalion, leads a litter team while practicing to evacuate a casualty to a Black Hawk helicopter during training in Logar Province, Afghanistan.

best suited for a Soldier to be an Army combat medic. "You must desensitize yourself, yet still give the best care. At the same time, you have to be able to walk away, or it can destroy you.

"I've seen death and mangled bodies and all levels of horror," continued Ake. "I had to cut away skin on several burn victims to alleviate swelling and possible limb loss."

Ake said he has known other people who can

only be an Army medical professional so long until they have to stop or go into a different field of medicine. However, he has always enjoyed trauma medicine, and said it has never seemed to bother him.

TF Dolch medics' duties range from performing follow-up patient care and accompanying rotating combat logistic patrols and route-clearance missions to working emergency care and helping move patients from helicopters into triage for care.

Spc. Robert Lubonovich, a TF Dolch health care specialist from Mercer, Pa., said he has an innate ability to empathise with his patients.

"There are times when the sight of blood has no effect on me, but when I see the pain in their eyes - and yes, I can see their pain - I can't really shut it off," said Lubonovich. "It's almost like looking into their souls."

Spc. Jay Santos, a combat medic for TF Dolch and native of Norzagaray, Philippines, pursued a career in the medical-health field because he

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## Battlefield equipment



Spc. Rosalind Arroyo, Task Force Dolch Public Affairs

LOGAR PROVINCE, Afghanistan - Pfc. Chaucer Pond, a route clearance patrol 38 Soldier, 54th Engineer Battalion, Task Force Dolch, from Clermont, Fla., prepares to launch an Unmanned Aerial Vehicle to survey the surrounding area for insurgent activity in Logar Province, April 25. This equipment allows route-clearance Soldiers to observe and track suspicious activity occurring behind buildings and areas normally not visible from the routes being cleared.

## Bamberg rolls out red carpet for community volunteers

By Jessica Lipari, USAG Bamberg Public Affairs

volunteer their time to the community.

BAMBERG, Germany -- Volunteers walked the red carpet at U.S. Army Garrison Bamberg's annual volunteer recognition ceremony on May 12.

"This year, as in years past, the spirit of volunteerism, at the heart of our community, has been alive and well," said Lt. Col. Steven L. Morris, USAG Bamberg's commander.

The ceremony took place at the Warner Conference Center to honor all the volunteers in the community. In addition, several community members received special recognition in various categories for their volunteer work in the community.

"More this year than ever before, we relied on volunteers to invest their time and effort into this community," Morris said. "Without them, we could not have provided the kind of services our military families expect."

"Volunteers are the backbone of the community; without them, we could not provide all the services that we offer at USAG Bamberg," said Kimberly Millner, Army Volunteer Corps coordinator.

With 131 community members in attendance, the top nine volunteers recognized for going above and beyond included: William Luciani, youth; Ernest Johnson, civilian; Joseph Pearson, coach; Mellisa Daar, family readiness group; Amy Luekenga, senior advisor; Petra Williams, outstanding agency; Wayne Cook, active duty;

Volunteering is not about the time given. Instead it is about giving back to the community, Millner said. Warner Barracks has about 400 community members that (BAMBERG continued on Page 3)

# Think local, organic to help protect the environment

By Sina Kingsbury,  
USAG Bamberg Public Affairs

BAMBERG, Germany -- As the old saying goes, "An apple a day keeps the doctor away."

But what the adage fails to mention is choosing the right apple can also keep the environment healthy.

Thinking organic or locally when it comes to purchasing groceries helps cut down on energy consumption and pollution in the air, soil and water.

"The production of food consumes a lot of energy and water," said Isabelle Fahimi, Environmental Management Division. "Try to avoid excessive packaging, bring your own bags when shopping and eat regional and seasonal foods."

Organic food, according to the U.S. Department of Agriculture, is produced by farmers whose practices minimize pollution from the air, soil and water to improve the quality of the environment. Organic products come from animals free of antibiotics or growth hormones and produce is grown without the use of common pesticides, such as fertilizers made with synthetic ingredients or sewage sludge. The primary goal of organic agriculture is to optimize the health and productivity of interdependent communities

of soil life, plants, animals and people. Scientists claim eating organic does not necessarily mean a healthier food choice; however its practices improve and preserve the ecosystem. Organic agriculture provides a safer environment for workers, wildlife, and the Earth's system of natural resources.

In addition to buying organic products, another thing to consider when purchasing food is shopping for produce that has been grown and raised locally.

Buying items that are local will cut carbon foot prints because less energy is used to transport and produce food, Fahimi said. Global warming, which includes flooding and droughts, occurs through carbon emissions.

By purchasing items locally, you;

- Support local growers, businesses and the local economy,
- Reduce the amount of packaging waste,
- Reduce the amount of fuel usage, pollution and travel time of your food
- Receive fresher and tastier food, because with less travel time, there is less time spent on packaging, processing, refrigerating and shipping.

While living in Germany there are many opportunities to shop organic and local. Purchase

meats from your town's metzgerei or butcher.

"I go to a butcher I trust to avoid possible toxins and cancer causing chemicals. He also uses his own feed." Fahimi said. "Some butchers claim to use 'happy animals' or animals that are treated well and have a good life."

It takes a lot of energy to package and transport frozen foods, Fahimi said. Instead of buying grapes imported from other countries or frozen vegetables, visit your local grocery store or farmer's market for seasonal fruits and vegetables.

Warner Barrack's commissary offers some regional fruits and vegetables, but also presents its community members with a selection of organic brands.

Bamberg's bauernmarkt or farmers' market, located downtown near the northern promenade, offers items such as fruit, eggs, bread, fish, honey and much more directly from its producer. Unlike typical supermarkets and grocery stores, customers are able to receive expert advice from the vendors and learn where the items come from.

It is about life quality, Fahimi said. Knowing exactly where your items are coming from and that the food was treated well in the process.

## Young leaders build confidence through competition, fellowship

By Douglas DeMaio, USAG Bamberg Public Affairs

BAMBERG, Germany -- Cadets from five Junior Reserve Officer Training Corps battalions matched wits at a competition on Warner Barracks Saturday a week before the European JROTC championship.

Cadets from Bamberg, Ansbach, Vicenza, Vilseck and Hohenfels JROTC programs competed in exhibition drill, regulation drill and color guard events for a chance to compete at the European championship in Ansbach Saturday.

"I think we have improved tremendously from the beginning," said cadet Rosaliz Carrillo, executive officer for 15th Army JROTC Battalion. "We have a lot of first year cadets and cadets who have never been in drill; myself included."

Bamberg placed second in both the regulation squad and platoon drill  
(LEADERS continued on Page 4)



Douglas DeMaio  
Soldiers stationed at Warner Barracks judge a Junior Reserve Officer Training Corps drill competition at Building 7000 parking lot Saturday.



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

USAG Bamberg, Public Affairs Officer  
Renate Bohlen

Warner Weekly Staff  
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## 16th Sustainment Brigade Soldiers vie for Warrior Leader, Warrior of the Year titles

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

BAMBERG, Germany -- Since November, Soldiers of the 16th Sustainment Brigade, 21 Theater Sustainment Command, have competed for the title of Warrior and Warrior Leader of the Year.

May 2-3, all the winners from each of the quarter competitions went head to head in a two-day event on Warner Barracks.

Sgt. Kareem Jones, a multiple launch rocket systems repairer with the 317th Maintenance Company, 391st Combat Sustainment Support Battalion, 16th Sust. Bde., won the title of Warrior Leader of the Year, and Pfc. Kevin Repass, a truck driver with the 1st Inland Cargo Transportation Co., 18th CSSB, 16th Sust. Bde., took home the title of Warrior of the Year.

Each Soldier will now represent the 16th Sust. Bde. at the 21st TSC level competition beginning May 15.

The competitors endured an Army Physical Fitness Test, a combatives tournament, weapons qualification, a land navigation course with Situational Training Exercise lanes, a night land navigation course, a 12-mile road march and a formal board just three days after a grueling three-week train-up.

"The train-up made this competition even more difficult," said Repass. "We didn't have any time to rest before this competition. We went straight from the train-up to this competition."

"We were doing road marches every other day during Knights University and Ranger (Physical Training) all the time," added Jones.

This year's competition was the hardest yet. A combatives tournament and STX lanes were added in order to further test each Soldier.

Because of the addition of the combatives tournament and the STX lanes coupled with the normal challenges, there were no breaks. The



Spc. Kevin Alex, 16th Sustainment Brigade Public Affairs  
Sgt. Kareem Jones, a multiple launch rocket systems repairer with the 317th Maintenance Company, 391st Combat Sustainment Support Battalion, 16th Sustainment Brigade, grapples with Sgt. Aaron Lloyd, a combat medic with Headquarters and Headquarters Company, 16th Special Troops Bn., 16th Sust. Bde., during the brigade Warrior Leader of the Year competition May 2.

Soldiers consumed Meals Ready to Eat on the run while completing challenges. WOY runner up by only four points.

"Because we went from one event to another without any breaks, we were running on fumes the whole time and that made us dig that much deeper to keep going," said Repass. "It was all about heart."

"It was a positive experience because as Soldiers, you are supposed to be able to work like that and it only made us better," added Jones.

The competition was extremely close and there was not much distance between the Soldier who finished first and the Soldier who finished second.

Spc. Steven Palmer, a motor transport operator with 66th Transportation Co., 39th Transportation Bn. 16th Sust. Bde., was the

"Palmer pushes me a lot," said Repass. "He brings the best out in me every time. We have been in the last three competitions together. Every time he shows up he's better than the last time and it almost killed me trying keep up with him."

"Repass is always a challenge to compete against," said Palmer. "He forces me to push myself to the limit."

"Everyone in the competition deserved to be there. They were definitely the best of the best," he said.

"I had a blast at the competition," added Palmer. "The training was excellent, the PT was phenomenal and I learned a lot while I was there. I definitely feel like it has prepared me for the 21st TSC competition."

### Gates to troops: U.S. must sustain force excellence

MARINE CORPS BASE CAMP LEJEUNE, N.C., May 12 -- Defense Secretary Robert M. Gates spoke with Marines and Soldiers and watched them train today at two East Coast military installations, thanking them for their service, and -- 48 days away from his June 30 retirement -- saying goodbye.

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



### Chiarelli: Stress disorder, brain injury science lacking



WASHINGTON, May 12, 2011 -- The therapies used for the treatment of brain injuries lag behind the advanced medical science employed for treating mechanical injuries, such as missing limbs, Army Vice Chief of Staff Gen. Peter W. Chiarelli told reporters here today at the Defense Writers Group breakfast.

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

(BAMBERG continued from Page 1)  
and Wendy Sledd and Kelly Martin, family member.

Volunteers are encouraged to enter their hours through [www.myarmyonesource.com](http://www.myarmyonesource.com) because it benefits the quality of life here at Warner Barracks, Sledd said.

"All are given talents big and small, it is our responsibility to use them to benefit others," she said.

"Volunteering comes from the heart," Luekenga said, senior advisor winner. "Volunteer because you feel the need, desire and have the time; it allows you to have a relationship and work with people -- individually and the community at large."

## Bamberg lodging receives award at renovation grand opening

By Sina Kingsbury,  
USAG Bamberg Public Affairs

BAMBERG, Germany -- A ribbon cutting ceremony for the grand opening of Warner Barracks' new temporary lodging facility took place last Monday.

During the ceremony, Bamberg Lodging's manager, Alice Zamora and her team received Department of the Army's 2010 Lodging Operation of the Year award, small category.

This award recognizes exceptional Army lodging operations worldwide, said Zamora. The process involved a written self-nomination. Lodging was evaluated on three categories: operations, facility and service.

"The majority of the ICE comments I receive on the Bamberg Lodging, aren't about the smallness of it," said Lt. Col. Steven Morris, U.S. Army Garrison Bamberg's garrison commander.

The comments are about the lodging team; how pleasant and reactive they are and how well they do their customer service.

The new Bamberg Lodging now offers transitioning community members 16 suites in Building 7676, 16 suites in Building 7677, five



Sina Kingsbury Alice Zamora, right, receives the Department of the Army's 2010 Lodging Operation of the Year award in the small category on behalf of her team and U.S. Army Garrison Bamberg at a ceremony Monday.

suites above the Warner Conference Center and two handicapped accessible rooms in Building 7678.

"This is a significant improvement to the quality of life for our Families," Morris said, "I think you

will be very, very impressed with what you see inside."

"This is part of the Army's promise to ensure our Families and our Soldiers are treated with the most dignity and respect," Morris said, "and that the value of the services they have is commensurate with their service."

Soldiers and family members staying at the new lodging will no longer have to share bathrooms with neighboring guests. Previously, 16 of the 28 rooms required occupants to share with the adjoining room.

"If you can picture that you've got one great Family on one side, one in another and they are sharing a bathroom," Morris said. "Clearly, not the quality we owe our Soldiers and Families."

In addition to the conversion, 32 suites will have kitchenettes, which include a full four-burner stove and oven, microwave, refrigerator and dishwasher.

"I hope this will better serve the lodging needs of our Soldiers and Families by minimizing the disruptions and inconveniences while transitioning between installations," he said.

For more information on Bamberg Lodging or to make a reservation, call 0951-300-1700.

(LEADERS continued from Page 2)

events and took first in one out of three exhibition drill events, as well as took first place in the color guard competition.

Bamberg cadets Nicholas Zurcher, William Gann and Alberto Lopez all placed second in the individual competition.

"It's impressive to see (the cadets) go out there and do what some Soldiers who are in the Army have difficulty doing," said Sgt. 1st Class Jay Janish, who helped judge the competition.

The cadets practice half the year to prepare for the drill season, said cadet Edmund Parowski, 9th JROTC battalion commander in Ansbach.

"It's a major part of our curriculum," Parowski said. "We have three meets a year. It helps us show off what we know. Personally, my favorite part is the exhibition. We throw the rifles around. It's challenging. I enjoy doing it. I've been doing it for four years."

Carrillo, who will be a senior next year, enjoys JROTC, and said she believes the program instills appealing qualities for young, inspired leaders.

"I really enjoy this program," Carrillo said. "What I like most about it is the discipline. Everything has to be in order. I like that."

"It looks really good on a college application. They know you are a responsible person if you are in JROTC. I have one more year in school. After this, I plan to go on an ROTC scholarship and join the Air Force."



Douglas DeMaio Cadets from Ansbach's Junior Reserve Officer Training Corps battalion are inspected at the beginning of a JROTC drill competition on Warner Barracks Saturday.

JROTC is prohibited from recruiting members to join the military, said retired Maj. Madonna Roberts, senior Army instructor for Bamberg's JROTC.

"ROTC is run by the students," Roberts said, who works alongside fellow instructor retired Sgt. 1st Class Prince Young. It's just like an Army battalion. They fulfill all the positions. They run it. Sergeant Young and I are facilitators for the program."

Roberts highly encourages parents to have their children consider joining JROTC, she said.

"It is great for their future. All colleges look at leadership opportunities. When

you apply for scholarships, when you apply at colleges, they ask what type of volunteerism the students have and what type of leadership. In JROTC, they can fulfill both of those by being in our program.

"Our mission is to motivate young people to be better citizens. It's to help make them better citizens and future leaders for our country. We promote academics. We promote contributing to communities."

This year Bamberg cadets have volunteered at more than 30 events and have volunteered more than 2,500 hours.

"We promote doing their fair share for the community and the school," Roberts said.

Bamberg's JROTC has earned enough points during the season to compete in four of seven events at the European Drill Competition, she said.

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# Golf

## Richard Duck Memorial Tournament

May 21, 9 a.m. \$30/35

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### Community Announcements

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

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

### 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).

### Ballet Europe

The Bamberg Performing Arts Club proudly presents ballet from European composers at Bamberg Elementary School this May 21 at 6 p.m. and May 22 at 4 pm. There will be no children under age 5 allowed at the Saturday performance. They are all welcomed on Sunday, but must be quiet or they will be asked to leave. Also no flash photography will be allowed. If you would like to tape the performance you must be able to do it from your seat and without disturbing anyone around you. All the children have worked very hard and deserve not be interrupted.

### Bullying seminar with renowned speaker

Internationally recognized author and speaker Barbara Coloroso give a lecture on bullying awareness and prevention May 23 from 8-11 a.m. at Warner Barrack's 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.

### Change of Command

The 173rd Brigade Support Battalion will have a change of command on May 23 at 10 a.m. on Summerall Field. Lt. Col. Curtis A. Johnson will change command with incoming commander Lt. Col. Luis A. Velez. The inclement weather location will be in the Freedom Fitness Facility.

### Change of Command

The 173rd Special Troops Battalion will have a change of command on May 24 at 10 a.m. on Sum-

merall Field. Lt. Col. William I. Brown will change command with incoming commander Lt. Col. Lee Hicks. The inclement weather location will be in the Freedom Fitness Facility.

### Change of Command/Responsibility

The 4th Battalion, 319th Airborne Field Artillery Regiment will have a change of command on May 25 at 10 a.m. on Pendelton Field. Lt. Col. David G. Sink will change command with incoming commander Lt. Col. Kelly L. Webster. There will also be a change of responsibility. Command Sgt. Maj. Dennis J. Woods will change responsibility with incoming Command Sgt. Maj. Franklin M. Jacobs. The inclement weather location will be in the Freedom Fitness Facility.

### Memorial Day

There is a Memorial Day ceremony scheduled for May 26 at 10 a.m. at Memorial Park.

### Scrapbooking

Learn different ways to present journaling on your scrapbook pages as well as creative uses for page titles June 3 from 6 p.m. to midnight at the 173rd Brigade Support Battalion Family Readiness Group Center. Participants will have a chance to win a DYMO Caption Maker. 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).

### Europa Park

Visit Germany's largest amusement park, Europa Park, June 4. The bus departs from the Freedom Fitness Facility at 3 a.m. The trip is sponsored by the Better Opportunities for Single Soldiers Program, but is open to the entire community. The price per seat is \$85. Children 3 and under have free entry to the park, but must pay the bus seat fee of \$40. Sign up through Freedom Fitness Facility, call 0951-300-8890/9086, or contact a BOSS representative.

### Army Birthday

U.S. Army Europe will celebrate the 236th Army Birthday during the Army Birthday Ball 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.

### Blood Drive

There will be a community blood drive sponsored by Bamberg American Red Cross at the Basics Building in Bamberg June 8 from 8 a.m. 1:30 p.m. Make an appointment today at <https://www.militarydonor.com/index.cfm?group=op&hlc=Bamberg>.

### Bible School

The Bamberg Community Chapel is taking registrations for this year's Vacation Bible School. The theme this year is Nazareth and will be June 20 - 24. The time will be from 9 a.m. - noon. Volunteers are needed. For information, e-mail [gigiandken@hotmail.com](mailto:gigiandken@hotmail.com).

### Change of Command

The 1002nd Military Police Battalion (Criminal Investigation Division) will have a change of command on June 24 at 10 a.m. on Summerall Field. Lt. Col.

## HAPPY BIRTHDAY ARMY

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Sonya K. Friday will change command with incoming commander Lt. Col. Jason M. Stoddard. The inclement weather location will be in the Basics Building.

### 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 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.

#### Boy Scouts

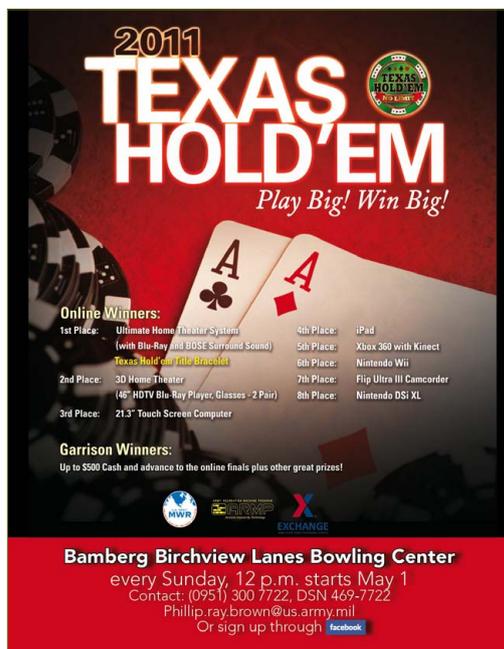
Boy Scout Troop 40 in Bamberg is looking for boys

## May Children's Craft

What: Flower Pens  
When: May 27  
Where: CAC  
Time: 2 p.m. - 5 p.m.  
Cost: Free



Please sign-up at the CAC front counter.



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3rd Place: 21.3" Touch Screen Computer	6th Place: Nintendo Wii
	7th Place: Flip Ultra III Camcorder
	8th Place: Nintendo DSi XL

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

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

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 coordinator. 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 Kellern, EFMP manger, at 0951-300-7777.

#### 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.

#### Utility Tax Relief Services

Tax Relief Office now offers a new service for U.S. Army Garrison Bamberg customers. With the implementation of the Utility Avoidance Program customers can sign up locally and save 19 percent tax on their electricity, gas and water bills if these utilities are provided by Bamberg Stadtwerke. Other energy and utility providers can also be used, but customers will have to register through the USAG Schweinfurt UTAP. For more information, call the Bamberg tax relief office at 0951-300-1780 or the Schweinfurt tax relief office at 09721-96-1780.

#### Clinic Hours

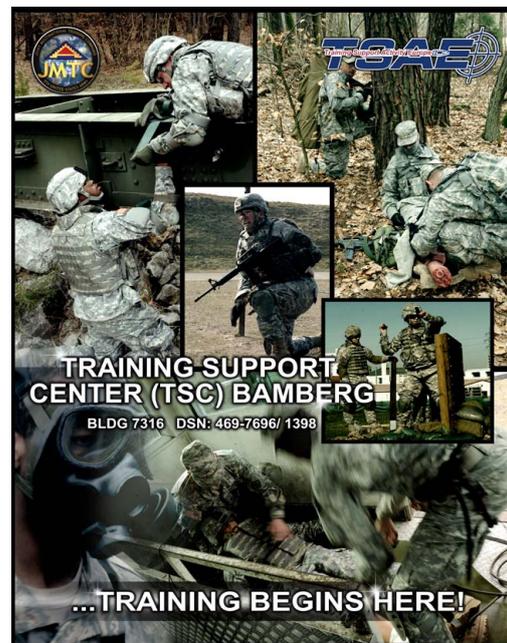
The Bamberg Health Clinic hours of operation are as follows: Monday, Tuesday, Wednesday and Friday sick call is from 7 - 8 a.m.; full service is available from 7:30 a.m. - 4:30 p.m. On Thursday, sick call is from 7 - 8 a.m. and full service is from 7:30 a.m. - noon; closed on Thursday afternoons for mandatory training, federal holidays and weekends. For more information or if you need to make an appointment, call 0951-300-1750. In case of a medical emergency, call the Bamberg Military Police at 0951-300-114. The TRICARE Nurse Advice Line, a toll-free number 00800-4759-2330, is available 24 hours a day, seven days a week to talk to a nurse about health care concerns, get self-care advice, schedule appointments or arrange a call with your military care provider.

#### German Classes

Army Community Service, Relocation Readiness Program, offers free German classes every month. Beginner classes are scheduled Tuesdays from 10 a.m. to noon and Wednesday from 6-8 p.m. Intermediate classes are Tuesdays, noon to 2 p.m. and Wednesdays, 2-4 p.m. Advanced classes are Tuesdays, 2-4 p.m. and Wednesdays, 4-6 p.m. Classes are held at the ACS building in classroom 118. For more information, call 0951-300-7777.

#### Passport Office

The Bamberg Passport Office has upgraded its web-



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**...TRAINING BEGINS HERE!**

site. You can now access all the informational handouts at <http://www.bamberg.army.mil/directories/dhr/passport.asp>. For assistance in filling out the Passport Application, download the Application Wizard User's guide.

#### Protestant Summer Study

Protestant Women of the Chapel will meet on Wednesdays, beginning June 8 9:30 - 11:30, in the Bamberg Community Chapel. The summer study will be the Women of Faith DVD. The Pair O' Bulls DVD will be shown to school age children. All ladies are welcome. Free food and childcare provided. For more information, call 0951-300-1570 or send an email to [pwocbamberg@yahoo.com](mailto:pwocbamberg@yahoo.com).

#### ACS Hours of Operation

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

#### Veterinary Facility

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

#### 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.

#### 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 class-

## Recycling Progress ▲

There were 44 tons of paper recycled in March, which is 14 tons more than what was recycled in February.

es, 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.

### 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

### 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).

### 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 began May 1. 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 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 May 20 from 5 – 8 p.m. at the John F. Kennedy Youth Center. For more information, e-mail [bamberg12baller@yahoo.com](mailto:bamberg12baller@yahoo.com).

### Student Grades

The "You Made the Grade Program" rewards students for above-average academic achievement and inspires them to continue to work harder. Recogniz-

ing 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/>.

### 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 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.

### 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.

### Cub Scouts

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

### Ballet Class

Registration is open for Child, Youth and School Services SKIES Unlimited ballet classes. The program is for ages 3-8. Classes are on Thursdays from 2 – 4:30 p.m. in Building 7669. Check the class brochure for specific times and holidays. For more information, call 0951-300-7452.

### Teen Stress

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

### Volunteers Needed

The Bamberg Middle High School is seeking volun-

teers 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, 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>.

### Student Aid

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

### Language Initiative

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

## Closures / Changes

### Law and Tax Center

The Bamberg Law Center will be closed on May 20 for an organization day while the Tax Center will remain open. The Law Center will resume normal business hours on May 23.

### Fitness facility closed

The Freedom Fitness Facility will be closed for cleaning May 27 - 30.

### 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.

### Vehicle Registration

Vehicle Registration office will be closed May 30, June 2-3 and June 13, 17 and 23. For more information, call 0951-300-7580.

### POV Inspection

The Privately Owned Vehicle Inspection Station will be closed June 3 and 17. For more information, call 475-7277.

### 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 ar-

**4th Of July**  
at Bamberg Pendleton Sports Field

USAG Bamberg Family and MWR

Car Show and Dyno - Carneval Rides and Games - Fire Artist XELO - 5k Fun Run - Golf Tournament - Fireworks  
Jeremy Graham Band

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.

**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 Hazlehurst, 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 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 send-

ing 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).

**"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. Set-up is free of charge. A music band starts at 5 p.m. and ends at 7 p.m. followed by a family-friendly movie at 8:30 p.m. Barbecue items will be available for purchase at the Morale, Welfare and Recreation imbiss wagon. Breakfast will be served from 8:30 a.m. the next day until 10 a.m. at the MWR imbiss as well. Camping equipment is available for rent from MWR Outdoor Recreation. For more information, call 0951-300-9376.

**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.

**Holka Polka**

Come see students of the Franconian International School perform "Holka Polka" for free at the Stable Theater at 7 p.m. June 9. The play follows a young witch on her quest to save the prince from a sleeping spell. The prince has been put under a spell and no one will fess up. It's up to a good witch named Brenda to save the day. Along the way to the prince's castle, Brenda meets dancing gnomes, a misunderstood wolf, a crying princess, and many other well-loved fairytale characters like Cinderella, the Big Bad Wolf, Pinocchio, Humpty Dumpty, the Fairy Godmother and a menagerie of witches, wizards, gnomes and fairies. Through the course of solving the mystery, delightful characters come to terms with who they really are. Performed by students at The Franconian International School in Erlangen. Tickets can be reserved in advance by calling the theater at the number below, emailing [stabletheater@eur.army.mil](mailto:stabletheater@eur.army.mil), or sending a message to our Facebook page, Bamberg Stable Theater. For more information, call 0951-300-8647.

**Outreach KONTAKT Club Events**

The Outreach KONTAKT Club is an Army in Europe program designed to promote German and American friendship overseas. For more information, contact the German president at 0951-24378 or the American project officer at 0951-300-1610.

**Beer Bike Tour**  
On the Go with Bamberg's only Mobile Bar!

May 26, 6:30 p.m. - \$35

Join us for an exciting, quench thirsting bike around downtown Bamberg on a 16 person Beer Bike. Includes a personal bartender to serve you beer while you enjoy the company of others and beautiful German scenery.

Contact CAC at (0951) 300 8659

**STRENGTHENING OUR MILITARY FAMILIES**  
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**Eco-Friendly Tips**

**Water-saving Tips**

1. Try to do one thing each day that will result in a savings of water. Don't worry if the savings is minimal. Every drop counts. And every person can make a difference. So tell your friends, neighbors and co-workers to "Turn it Off" and "Keep it Off." Share water conservation tips with friends and neighbors.
2. Create an awareness of the need for water conservation among your children. Avoid the purchase of recreational water toys which require a constant stream of water.

**Energy-saving Tips**

1. Thaw frozen foods slowly in the refrigerator - that way the refrigerator uses less electricity.
2. When you go on vacation, turn the temperature up in your fridge.

**Recycling Tips**

1. Only print when absolutely necessary.
2. When you do print, use both sides of the paper.

# Bamberg Movie Schedule

AAFES Reel Time Theater is closed  
Tuesdays and Wednesdays

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.
Thu	June 2	Battle: Los Angeles (PG-13)	7 p.m.
Fri	June 3	Pirates Of The Caribbean: On Stranger Tides (PG-13)	7 p.m.
Sat	June 4	Sucker Punch (PG-13)	3 p.m.
		Pirates Of The Caribbean: On Stranger Tides (PG-13)	7 p.m.
Sun	June 5	Pirates Of The Caribbean: On Stranger Tides (PG-13)	3 p.m.
		The Lincoln Lawyer (R)	7 p.m.
Mon	June 6	The Lincoln Lawyer (R)	7 p.m.
Thu	June 9	Sucker Punch (PG-13)	7 p.m.
Fri	June 10	The Hangover Part II	7 p.m.
Sat	June 11	Hop (PG)	3 p.m.
		Kung Fu Panda 2 (PG)	7 p.m.
Sun	June 12	Hop (PG)	3 p.m.
		Kung Fu Panda 2 (PG)	7 p.m.
Mon	June 13	The Hangover Part II	7 p.m.
Thu	June 16	Diary Of A Wimpy Kid: Rodrick Rules (PG)	7 p.m.

(MEDICS continued from Page 1)

said he enjoyed taking care of people.

Many people are unaware of the sacrifices involved in being an Army medic. A normal work day for Santos stretches about 14 hours. Santos' hours leave him little personal time. Santos said he witnessed some horrific things.

"Back in 2008, Dec. 25 ... we were hit by a vehicle-borne (improvised) explosive device," said Santos. "The whole vehicle was reduced to fragments ...."

Santos became filled with anger toward the lifeless suicide bomber, as he recalled the events.

"Why do people waste the value of life? Life is so precious you ought to take care of it," said Santos. "One of my worst nightmares is a Soldier dying in my arms."

Staff Sgt. James Bradley, the unit's medical noncommissioned officer-in-charge, and native of Long Beach, Calif., said this is the career he chose, and he is good at it.

"I know my job and have five to six more years left until I retire," said Bradley, explaining his driving force to continue treating wounded Soldiers despite his emotional and family sacrifices. "This makes it an easier job for me. It's always a great reward to save lives."

Bradley said not everyone can turn their emotions on and off.

Turning emotions back on is harder than turning them off, but possessing this quality makes for better medics, he said.

"The Army now has programs that help us deal with our emotions and transition back into the world," said Bradley. "I've lost several Soldiers, and if someone I know gets hurt badly, it's like I still have to go on and that's life."

The medics of the 54th Engineer Battalion have a dangerous and important role in the Army. They provide initial wound treatment, keep patients stable during transport and risk their lives on the battlefield to save the lives of other Soldiers. They say their goal is simple - keep patients alive and in the best possible shape until they can get to a hospital.

## 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 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. The trip includes transportation and equipment. Transportation leaves Outdoor Recreation at 8 a.m. and returns at 6 p.m.

### May 27-31 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 rafting the first day, canyoning (descending mountain gorges by jumping & rappelling) on day two, and peak bagging by means of klettersteig (ascending mountains using fitted cables for protection) on day three. There will be plenty of time for self-guided hikes, swimming, the sauna, and relaxation. Transportation leaves Outdoor Recreation May 27 at 6 a.m. and returns May 31 at 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. The trip includes transportation & a city tour. Children ages 4-12 are \$55; children 3 and under are \$45. Transportation leaves from the Chapel Parking Lot at 5 a.m. and returns at 11 p.m.

### June 4 Outdoor Climb \$25

Enjoy the summer air with friends and join ODR for an outdoor climb in the world famous sport climbing area known as Frankenjura. The trip includes transportation, instruction and equipment. Transportation leaves Outdoor Recreation at 8 a.m. and returns at 3 p.m.

### June 9 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 leaves Outdoor Recreation at 4:30 p.m. and returns at 7 p.m.

### June 10-11 Night at the Lake

Enjoy a night at Engineer Lake with Outdoor Recreation and other MWR facilities. There will be beer, camping, entertainment, and breakfast in the morning. Your camping gear (i.e. tents, etc.) can be rented from Outdoor Recreation for a reduced rate.

### June 15 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. The trip includes transportation, equipment and instruction. Transportation leaves Outdoor Recreation at 5 p.m. and returns at 8:30 p.m.

# May is National Stroke Awareness Month

By Trish Prosser, Ph.D., Public Health Psychologist  
U.S. Army Public Health Command (Provisional)

National Stroke Awareness Month takes place in May every year. Stroke is the third leading cause of death and a leading cause of disability in the United States. About 795,000 strokes occur in the United States each year. About 610,000 of these are first or new strokes, and about 185,000 occur in people who have already had a stroke.

The National Stroke Association urges education to help reduce the incidence of stroke. The three main approaches to education are:

- STOP stroke through risk factor management.
- Act (FAST) to increase recognition and response to stroke symptoms.
- Spread HOPE about recovery from stroke.

## Risk factor management

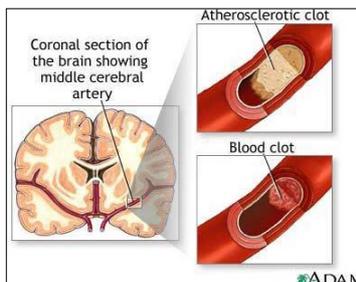
Strokes can affect all people, regardless of age, race or gender. Eighty percent of strokes can be avoided, however. There are uncontrollable and controllable risk factors for stroke. Uncontrollable risk factors include being a male over age 55, being African-American, Hispanic or Asian/Pacific Islander, or having a family history of strokes.

Controllable risk factors for stroke involve lifestyle and medical risk factors. Lifestyle risk factors that can be controlled include tobacco use, alcohol use, physical inactivity and obesity. Medical risk factors that can be best managed by working with a physician include high blood pressure, high cholesterol, diabetes, certain heart conditions and circulation problems.

## Stroke symptoms

The National Stroke Association stresses the importance of learning the warning signs of stroke and recommends the FAST acronym to help people remember the warning signs:

F – FACE: Ask the person to smile. Does one side of the face droop?



A – ARMS: Ask the person to raise both arms. Does one arm drift downward?

S – SPEECH: Ask the person to repeat a simple phrase. Is their speech slurred or strange?

T – TIME: If you observe any of these signs, call 9-1-1 immediately.

## Recovery from stroke

Recovery from stroke is an ongoing process. For some people, it may start with formal rehabilitation to restore independence and quality of life. The National Stroke Association encourages learning about stroke and recovery, and provides additional resources.

For more information on strokes, visit the National Stroke Association at <http://www.stroke.org>, the Centers for Disease Control and Prevention at <http://www.cdc.gov/Features/Stroke/> or the Health Central at <http://www.healthcentral.com/heart-disease/stroke-awareness-month.html>.

## Center for Disease Control and Prevention Fact Sheet

In 2006, 137,000 people in the United States died of stroke, accounting for nearly one in every 17 deaths.

Someone in the United States has a stroke every 40 seconds. Every three to four minutes, someone dies of stroke.

Stroke is the third leading cause of death for both men and women. In 2006, six out of every 10 deaths due to stroke were in women.

Every year, about 795,000 people in the United States have a stroke. About 610,000 of these are first or new strokes. About 185,000 people who survive a stroke go on to have another.

Ischemic strokes, which occur when blood clots block the blood vessels to the brain, are the most common type of stroke, representing about 85 percent of all strokes.

In 2009, stroke will cost the United States \$68.9 billion. This total includes the cost of health care services, medications, and missed days of work.

Stroke is a leading cause of serious long-term disability.

# Recreational Sport Shooting Program Resumes in Germany

HEIDELBERG, Germany — A thorough review and update of U.S. Forces policy by German government officials is paying off in terms of enabling sport shooters to train and certify in an English-language program.

According to Dan Gasparino, recreation director for Family and Morale, Welfare and Recreation programs within Installation Management Command - Europe Region, the U.S. Forces sport shooting handbook needed updates to comply with changes to German federal laws.

"We published the handbook in 2005, after gaining consent from host nation federal officials", said Gasparino.

However, Gasparino advised that there were many changes to German federal weapons laws since 2005 that were not yet reflected in the handbook. The program resumes with a caveat that the revised handbook will be reviewed and ratified German state governments.

"It's important for all levels of host nation government (federal, state, and local) to be aware of the U.S. Forces program and the fact that we are in full compliance with all host nation laws, said Gasparino.

have been able to practice, train, and compete in recreational sport shooting events, according to Ulrich Sibbers, Europe Region Family and MWR program manager for hunting, fishing, and sport shooting.

"The only thing that has been on hold has been our ability to train and certify individuals on the required knowledge training and test so they may legally register sport shooting firearms with the (U.S. Army Europe) Registry and with the German federal government," said Sibbers.

Resumption of the program features a re-design in the training and certification process for the knowledge test required by German law. The new design will be a weekend event, conducted on an as-needed basis. Each U.S. Army Garrison in Germany will have an opportunity to host sport shooting training and certification at least once per year.

"Sport shooters who are seeking certification will have the option to travel to nearby garrisons or wait until the weekend event happens closer to their duty station" said Sibbers. "In the meantime, the requirement for sport shooters to train or compete on a monthly basis (at a minimum) has not changed."

program, Gasparino said that he expects many sport shooters to enroll in the first training week.

"The design of the program has always allowed individuals to train and compete at U.S. Forces facilities and at host nation sport shooting ranges", explained Sibbers.

Not having the ability to train and certify for the required knowledge test meant that participants would have to use equipment that was owned by others, or keep their own (unregistered) firearms in the arms room of the sport shooting facility.

"We have resumed work with the USAREUR Registry on processing weapons registration applications from U.S. Forces sport shooters", said Sibbers.

The redesigned training and certification class for U.S. Forces sport shooters will debut at USAG Grafenwoehr on June 18-19. After that, said Sibbers, "the class will move to other Army garrisons and Air Force bases in Germany where U.S. Forces sport shooters need the training."

Individuals wishing to gain more information on sport shooting should contact their garrison or base outdoor recreation program.

While the program has been on hold, individuals Based on all of the interest in resuming this

## Exhibition gives Soldiers, Families insight to Bamberg sports clubs

By Douglas DeMaio, USAG Bamberg Public Affairs

BAMBERG, Germany -- Military community members had an opportunity to link up with local sports organizations at Warner Barracks' first sports exhibition at the Freedom Fitness Facility Saturday.

Morale, Welfare and Recreation's Sports Expo brought sports clubs from Bamberg to provide information and demonstrations about what clubs have to offer.

"There is a community outside the gate that will extend their hand to the Soldiers or their family members," said Command Sgt. Maj. David Hunt, whose daughter participates on a German equestrian vaulting team.

Equestrian vaulting is a sport that mixes gymnastics and dance on horseback, Hunt said.

"There are all sorts of sports... the post can't offer because we just don't have the funds for it, but these activities are right outside the gate," he said. "Most of the coaches and bigger kids in the club speak English. It really gives a great opportunity for the kids to interact with kids off post."

While some of the club sports were more focus for children, like the vaulting and soccer, many of the clubs were geared toward adults.

"I have family members that box and I always wanted to get in to it," said Spc. Andrew Brown, 173rd Brigade Support Battalion. "I happened to come to the gym early today and they said there was a boxing expo and that they would



*Douglas DeMaio*  
Spc. Andrew Brown, 173rd Brigade Support Battalion, works with a trainer from ESTV Boxen Bamberg at Warner Barracks' Sports Expo Saturday. Brown said he liked the expo and plans on visiting the boxing club to learn how to box better.

be doing demos."

Brown met with a boxing trainer from Bamberg and was given some instructions on how to box.

"I'm getting a little bit more of a workout than I planned," he said. "I asked them where it was located...and I'm going to go out there and practice and spar with them and learn how to box the right way."

"I wish the Army would offer more stuff like this."

Christina Tamares, who works for the Directorate of Emergency Services, came to the fitness facility to run in the 5-kilometer fun run thought it would be a good idea to stick around after she was informed about the sports expo.

"I figured why not stay and see what else is happening," Tamares said. "I really enjoyed the fencing."

Besides the fencing, soccer, boxing and equestrian vaulting demonstrations given, there were also mountain biking, golf swing analysis and martial arts exhibits.

Zumba, spinning and cardio sculpting classes were given and a German-American Volksmarching Club information booth and physical therapy information booth had a display.

The turnout to the event wasn't vast, said Pinkstan Omeally, who works at the Bamberg Law Center.

"It's too bad more people didn't come out to support it," Omeally said. "It's been advertised for a while now. People should come out and get involved, get their kids involved. Do something different rather than sitting at home and playing



*Douglas DeMaio*  
Christina Tamares learns some basics on fencing at the Sports Expo from Matthias Hertel, a German national team fencer. Information about Fencing in Bamberg can be found by visiting [www.tsg-bamberg.de](http://www.tsg-bamberg.de).

**"It's too bad more people didn't come out to support it. It's been advertised for a while now. People should come out and get involved, get their kids involved. Do something different rather than sitting at home and playing video games"**

**- Pinkstan Omeally**  
Bamberg Law Center

video games.

The expo offered something for everyone, he said.

More information about sports clubs and activities offered in Bamberg can be found in Bamberg's Welcome Magazine at <http://www.bamberg.army.mil/information/living/>



*Szilvia Ascencio-Csapó*

Members of Bamberg's equestrian vaulting team give a demonstration on some of the skills needed to compete in the sport. Equestrian vaulting is often described as sport that mixes gymnastics and dance on horseback.



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## EMPLOYMENT

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 [hollydietzel@hotmail.com](mailto:hollydietzel@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

2009 BMW 328XI, 19,000 miles, Sports Package, Premium Package, Cold Weather Package, US SPEC. \$29,900 Contact Jonathan Roberts, 01702027674 or [jonathan.f.roberts@us.army.mil](mailto:jonathan.f.roberts@us.army.mil).

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, [JFredrick\\_swr@hotmail.com](mailto:JFredrick_swr@hotmail.com). (3/3/11)

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

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

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

## AD SUBMISSIONS

When submitting a classified ad for publication, include your name, address and telephone number. We will not advertise commercial services. Classified ads will be erased after an appropriate publication length. If you have something you want to advertise in the classified section, please e-mail your submission to the Public Affairs Office at [bambergpao@eur.army.mil](mailto:bambergpao@eur.army.mil). We will ONLY accept classified ads by e-mail. We will not accept advertisements by phone or hand-written. These classified ads are a free service to you and in order for us to provide them, they must be in a cut-and-paste text only format. We hope this service is something you will utilize. For more information, call 0951-300-1600 or e-mail [bambergpao@eur.army.mil](mailto:bambergpao@eur.army.mil).

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## Outside the Gate

Compiled by Szilvia Ascencio-Csapó, FMWR Marketing Volunteer  
Weekend Events in and around Bamberg May 20 - May 22.

### Friday, May 20

- 1 p.m. Spring-time fair (Fruehjahrsplaererr), Plaererr fair ground (Plaererrplatz) an der Breitenau, next to the Park-and-Ride parking, Zeppelinstrasse, 96052 Bamberg.
- 3 p.m. There is something going on in the fairy-tale forest, location: Playground Hubertusstrasse in Bamberg, organizer: Play truck, call 0951-968 6724, [www.spielmobil-bamberg.de](http://www.spielmobil-bamberg.de).
- 7 p.m. Enjoy with piano music - a modern cultural experience for all senses. Nice piano music, international wines, draft beer and good cocktails. Casa Italia, Dominikaner Strasse 3, 96047 Bamberg, phone 0951-2960 8930, [www.meinpianoabend.de](http://www.meinpianoabend.de).
- 8:30 p.m. Bands on stage I – the municipal music schools play the groove at the jazz club. First Circle (power rock), Shut Up and Play (fusion music) and Jazzlab (jazz and latin music). Jazzclub Bamberg, Obere Sandstrasse 18, 96050 Bamberg, tickets are 6 Euro, or 3 Euro.
- 9 p.m. Stefan Saffer and Laura Bean – a singer and songwriter double concert. Doors open at 8 p.m. Live-Club, Obere Sandstrasse 7, 96049 Bamberg, call 0951-533 04 for more information, email: [info@live-club.de](mailto:info@live-club.de), [www.live-club.de](http://www.live-club.de).
- 10 p.m. Four years Greenclub – rap, funk and German rap music. At the turntables: The Greenclub DJs. For more information on the event and for winning a spot on the guest list check the [www.greenclub-bamberg.de](http://www.greenclub-bamberg.de) website. Morph Club, Luitpoldstrasse 17, 96052 Bamberg, [info@morphclub.org](mailto:info@morphclub.org).

### Saturday, May 21

- 10 a.m. Third Bamberg bicycle fair at the Maximiliansplatz with Radio Bamberg live on stage, various bicycle shops, bicycle clubs and lot information on the topic. For the first time the fair sponsors a bicycle exchange. Detailed information available from Mr. Claus Reinhardt, City of Bamberg public affairs office, phone 0951-87 1125 or email [claus.reinhardt@stadt.bamberg.de](mailto:claus.reinhardt@stadt.bamberg.de).
- 1 p.m. Spring-time fair (Fruehjahrsplaererr), Plaererr fair ground (Plaererrplatz) an der Breitenau, next to the Park-and-Ride parking, Zeppelinstrasse, 96052 Bamberg.
- 2 p.m. Re-opening of the Levi Strauss Museum in Buttenheim. Guided tour for children at 4 p.m., music by Big Sound Jack starting at 8 p.m., and fireworks at 10:30 p.m. Birthplace (Geburtsaus) Levi Strauss Museum, Markstrasse 33, 96155 Buttenheim. Call 09545-442 602, or email [levi-strauss-museum@web.de](mailto:levi-strauss-museum@web.de), or visit [www.levi-strauss-museum.de](http://www.levi-strauss-museum.de) for more information.
- 8 p.m. Open Air in Grasmannsdorf – 30 years of regulars' table (Stammtisch) Weiherbuam. Location: Dorfplatz Grasmannsdorf, Grasmannsdorf, 96138 Burgebrach.
- 8 p.m. L' Orchestra I Sedici. The internationally well-known ensemble play classical music at the Kaisersaal. Location: Kaisersaal in der Neuen Residenz, Domplatz 8, 96049 Bamberg. More information on [www.isedici.de](http://www.isedici.de). Tickets are available through [bvd Kartenservice](http://bvd.kartenservice.de), phone 0951-9908 220, or at [www.bvd-ticket.de](http://www.bvd-ticket.de).
- 8:30 p.m. Bands on stage II – the municipal music schools play the groove at the jazz club. The Morrisons (Irish & American folk), Soulfaces (soul and pop music), Moonroovers (alternative rock music), and No Name (classic rock music) are live on stage. Jazzclub Bamberg, Obere Sandstrasse 18, 96050 Bamberg, tickets are 6 Euro, or 3 Euro.
- 9 p.m. Gunzendorf live: Audio Gun. Live concert at Tanzpalast, Jurastrasse 30, 96155 Gunzendorf, phone 09545-215. For detailed information mail [mail@gunzendorf-live.de](mailto:mail@gunzendorf-live.de) or [info@beautiful-noise-events.de](mailto:info@beautiful-noise-events.de), or check [www.gunzendorf-live.de](http://www.gunzendorf-live.de) or [www.beautiful-noise-events.de](http://www.beautiful-noise-events.de).
- 9 p.m. Takk, Mono, the Hazy Heads, Exploding Head Syndrom at the Sound'n Arts Club. Location: Sound'n Arts Club, Sandstrasse 20, 96049 Bamberg. More information at [www.sound-n-arts.com](http://www.sound-n-arts.com).
- 10 p.m. Beat Virus: Dachshund – electronic dance music. Dachshund is

supported by Dimi Dee and Jay K. Morph Club, Luitpoldstrasse 17, 96052 Bamberg. More information is available at [www.myspace.com/dachshund1](http://www.myspace.com/dachshund1), [www.beatvirus.de](http://www.beatvirus.de), or by email [info@morphclub.org](mailto:info@morphclub.org).

- 11 p.m. Live-club presents ü30Club. A good mixture of rock, pop and party music for all who love the Rolling Stones, New Model Army, Cindy Lauper, Depeche Mode, U2 and more. Live-Club, Obere Sandstrasse 7, 96049 Bamberg, call 0951-53304 for more information, or email [info@live-club.de](mailto:info@live-club.de). [www.live-club.de](http://www.live-club.de).

### Sunday, May 22

- 10 a.m. Vehicle consecration presented by the Buttenheim voluntary fire brigade. The church service at 10 p.m. is followed by the vehicle consecration. Starting at 11 a.m. is the open house at the Levi Strauss Museum, and at 2 p.m. the fest with brass music and Franconian specialties.
- 11 a.m. Guided bicycle tour Franconian Tuscany – sculptures, castle garden and brewery. A five-hour and 35 km bicycle tour with information on beautiful building, Celtic history, modern art and Franconian brewing tradition. Best for children ages 12 and over. Please bring appropriate clothing, a helmet and, of course, your bicycle. Organizer: Tourist Information, Geyerswoerthstrasse 5, 96047 Bamberg, call 0951-297 6200, [www.bamberg.info](http://www.bamberg.info). For more information call Radl-Dran, 0176-380 80530.
- 1:30 p.m. Bamberg County family day. Detailed information at [www.landkreis-bamberg.de/index.phtml?object=tx|1633.11.1&ModID=11&FID=1633.602.1&sNavID=1633.93&mNavID=1633.93](http://www.landkreis-bamberg.de/index.phtml?object=tx|1633.11.1&ModID=11&FID=1633.602.1&sNavID=1633.93&mNavID=1633.93). Face painting, play truck, music, lectures and a lot more for children and families. Square in front of the Rathaus, Kirchplatz 6, 96114 Hirschaid.
- 2 p.m. Spring-time fair (Fruehjahrsplaererr), Plaererr fair ground (Plaererrplatz) an der Breitenau, next to the Park-and-Ride parking, Zeppelinstrasse, 96052 Bamberg.
- 3 p.m. Concert with Bavarian Brass at the abbey church. Abbey church (Abteikirche), Bamberger Strasse 8, 96157 Ebrach. Phone 09553-266.
- 9 p.m. Morphclublive presents Mikroionik and Krabat. Electro, power, indie, pop music and noise. Doors open 8 p.m. Location: Morph Club, Luitpoldstrasse 17, 96052 Bamberg. Email [info@morphclub.org](mailto:info@morphclub.org).

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

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, party 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 and enjoying yourself.

Insider tips and ratings for the coolest pubs, clubs, bars and sights can be found on this website <http://www.virtualtourist.com/travel/€pe/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 in and around Bamberg before leaving base.

Enjoy the good weather with the volksmarching enthusiasts. At [http://www.dvv-wandern.de/v\\_vb/10/Wandertage](http://www.dvv-wandern.de/v_vb/10/Wandertage) you will find the upcoming dates of the volksmarching activities in Franconia. For general information on events in Franconia you can check [http://www.dvv-wandern.de/v\\_vb/10](http://www.dvv-wandern.de/v_vb/10). For information on the German-American Volksmarching Club Bamberg (Deutsch-Amerikanischer Wanderclub Bamberg) and information in English you can contact Mr. Wolfgang Keller, Warner Barracks, building 7090, room 103, Monday, Wednesday, Friday, 3-5 p.m.