



WARNER WEEKLY

News & Information at Your Fingertips

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Duty to Soldiers, oneself

Combat veterans seek out behavioral health services to help with PTSD

By Mindy Campbell, USAG Bamberg Public Affairs

BAMBERG, Germany -- He knew there was a problem even before he returned to Fort Carson from his deployment to Iraq.

It started with the dreams. The only way the Soldier could fall asleep was to dream about going door-to-door killing Iraqis.

"I am a medic," said the Soldier, who is now stationed in Bamberg. "I should be saving lives not dreaming of killing people. I knew something was wrong then."

Then the Soldier started hearing voices of children and began imagining that he saw dead bodies everywhere.

For this Soldier, who is a participant in the U.S. Army Garrison Bamberg's Behavioral Health Combat Stress group, the affects of multiple deployments have left not only visible scars on his body, but invisible ones as well.

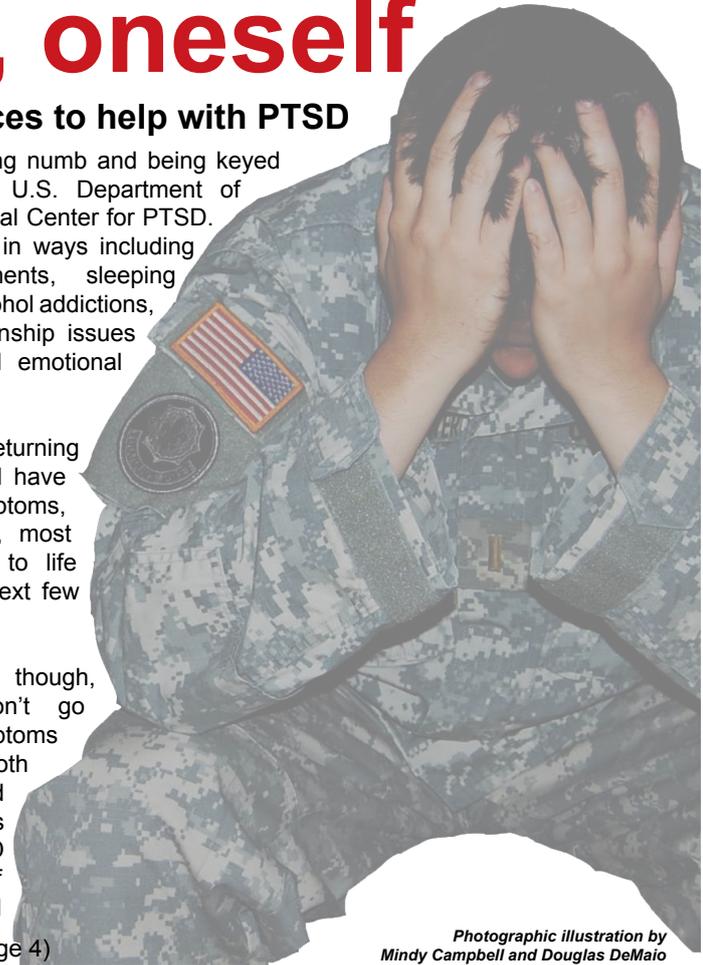
Post Traumatic Stress Disorder is an anxiety disorder that can occur after experiencing a traumatic event. There are four symptoms of PTSD, which include reliving the event, avoiding situations that remind

you of the event, feeling numb and being keyed up, according to the U.S. Department of Veterans Affairs' National Center for PTSD. These are manifested in ways including actual physical ailments, sleeping problems, drug and alcohol addictions, depression and relationship issues including physical and emotional abuse.

Almost all Soldiers returning from a deployment will have some of these symptoms, experts say. However, most Soldiers will readjust to life back home over the next few months.

For some Soldiers, though, these symptoms won't go away. In fact, the symptoms get worse and affect both their professional and personal life. Experts estimate that PTSD affects 11-20 percent of veterans of the Iraq and

(HELP continued on Page 4)



Photographic illustration by Mindy Campbell and Douglas DeMaio

Commissary's environmental initiative to encourage customers

By Sina Kingsbury, USAG Bamberg Public Affairs

BAMBERG, Germany -- Paper, plastic or BYOB?

BYOB may signify a host's request for guests to bring their own drinks, but for the Bamberg Commissary on Warner Barracks BYOB is Bring Your Own Bag. The new eco-friendly project encourages customers to bring in their own shopping bags in lieu of paper or plastic.

"Our whole goal is to raise awareness in our community," said Giulliana Soares, Bamberg Commissary's management support.

Can you imagine how much of a difference we can make in our environment if we banned plastic bags and all used recycled bags,

she asked.

Bamberg Commissary, one of 40 stores in Defense Commissary Agency, Europe region, will have a campaign celebration June 29 at 11 a.m. to celebrate the commencement of their reusable bag promotion. The first 100 customers will receive a free bag.

"The week before, June 21 to 24, we will be giving out bags from 11 a.m. to 4 p.m.," Soares said. "Every hour, we are going to have two lucky winners."

During these few days, children and adult volunteers will be educating commissary customers on the importance of reusing, reducing and recycling.

For volunteering, high school students will receive certificates

(TOTE continued on Page 8)

For a good cause



Mindy Campbell

Sgt. Cheryl Decker, a medic, draws blood from Warner Barracks community member Demitris McGhee. The Armed Services Blood Bank Center - Europe, which is based at Landstuhl Regional Medical Center, collected 37 units of whole blood June 8 in the Basics Building. Each unit of whole blood has the ability to affect up to three lives, meaning that the 37 units they collected could affect 111 lives, said Michael Peacock, a blood donor recruiter. The next community blood drive will be in October.

Base Realignment and Closure: On time and on target

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

The past 10 years have brought a great deal of change to our Army. Not only do our Soldiers continue to fight in two wars, but the Army is going through the greatest organizational change since World War II. Between instituting the Army Force Generation model, reorganizing around modular brigades and the Base Realignment and Closure process, our Army looks very different than it did 10 years ago. The BRAC process is a large part of that reorganization. With its completion on time and on target in September, the Army will have reshaped its infrastructure to better support Soldiers, civilians and Families.

The BRAC commission made recommendations about how to make efficiencies in the Department of Defense to the president, who presented them to Congress and those recommendations became law in September 2005.

Of the 182 commission recommendations, 113 affected the Army. This BRAC is an important part of the Army's historic transformation and has affected many commands, including the Installation Management Command Headquarters in San Antonio, Texas.

BRAC 2005 enables the Army to reshape its infrastructure to support its forces. It repositions our forces, making them more relevant and combat ready for the combatant commander. It also creates doctrinal efficiencies by consolidating schools into centers of excellence and headquarters and other activities into joint or multifunctional installations for efficiency and cost control.

Joint Base San Antonio is experiencing the largest economic development in its history with 10,000 Families relocating here.

This BRAC move has transformed the former Fort Sam Houston into a premier medical complex and the largest medical training campus in the world. Joint installations, like JBSA, improve training capabilities and eliminate excess capacity while providing the



same or better service at a reduced cost.

Fort Benning, the new home of the Maneuver Center of Excellence, is a good example of how BRAC growth has been handled in an environmentally and fiscally sustainable way. Thirty-four new projects have been built there as a result of BRAC and all of them have been designed to be LEED Silver certified. All of the new construction supports increased operational capacity and our war-fighting capability.

On installations across the Army you can see signs of success in meeting the goals of BRAC 2005. Construction alone has brought thousands of jobs to surrounding communities. Expanded installations have caused local businesses and service providers to grow. Even communities surrounding closure installations have benefitted by working with the Army to redevelop the surplus property. But with BRAC successes, there are also challenges. More people require more schools, houses and emergency services.

The city of El Paso is a great example of a community that turned its challenges with BRAC into a success story.

Fort Bliss is experiencing the largest BRAC



realignment in history with unparalleled growth of 29,600 Soldiers and 45,000 Family members relocating there. El Paso embraced BRAC, building new schools, while the state invested \$1 billion for transportation projects in the city and creating thousands of civilian jobs.

When BRAC and Army Transformation are complete, Fort Bliss will have enough new facilities to accommodate 5 brigade combat teams, a division staff and their Families.

IMCOM plays a big part in transforming the Army's infrastructure through BRAC, supporting the movement of several organizations and welcoming thousands of Soldiers and Civilians onto our installations and into surrounding communities. This transformation has made us a stronger more efficient and agile organization, supporting a stronger, more efficient and agile Army.

BRAC is an important part of the largest Army transformation in three generations. Consolidating and repositioning several major commands will save millions in personnel and facilities costs and is needed to put the Army on the path to future sustainability.

We have no way of knowing exactly what the future will look like, but the 2005 BRAC process better positioned the Army to meet future challenges.

The Army has realigned its infrastructure with the new modular structure and modernized our support facilities, all while becoming more fiscally and environmentally sustainable. When it is complete it will be a major achievement for the Army.

By this September, the Army will have completed over \$13 billion in construction and renovation projects, and a reorganization that will affect one-third of the Army. This will all have been done in six years putting the Army on time and on target to meet its future missions.



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army.mil.

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New signs to provide awareness of demonstrations

By Douglas DeMaio,
USAG Bamberg Public Affairs

BAMBERG -- New signs located at the exits of the installation may have some residents puzzled.

New Civil Disturbance/Demonstration signs have been erected to raise awareness of demonstrations in areas where military community members are likely to frequent.

"Most German demonstrations are non-violent," said Michael McCullom, force protection officer.

The signs have a color coding system to inform community members if a demonstration is expected to be violent or non-violent. If a sign has a yellow marker next to its corresponding location, a demonstration in the area is expected to be non-violent; if it has a red marker, the demonstration is expected to be violent.

Pond's security guards change the signs when instructed to do so by the garrison force protection office, garrison commander or the Military Police.

Dan Bollinger and Andrew Clark, who both work for Pond Security Service GmbH, said the signs are a good idea and give community members knowledge of people who gather to express their freedom of assembly.

While demonstrations in Germany are mostly non-violent, demonstrations can turn violent, McCullom said. Community members traveling to an area that is labeled on the signs as red or yellow marker are recommended to avoid the

"Most German demonstrations are non-violent."

- Michael McCullom,
force protection officer

area.

Community members could stumble upon a demonstration and not be aware a demonstration is targeting a specific group or policy, which is why McCullom recommends avoiding an area where a demonstration is expected.

"Pick another day or another time when a demonstration is not expected in the city," he said.

Warner Barracks had a demonstration at Gate 1 Friday, but it's rare, both Clark and Bollinger said.

Bamberg's German-American relationship is one of the best and well exceeds relationships in other communities that host American military members, Clark said.

Bollinger said he believes Bamberg residents share a great relationship with host nation residents and recalls when four Bamberg paratroopers from 173rd Airborne Brigade Combat Team were killed in Afghanistan in 2010.

"Many of the residents came to the gate and left flowers," Bollinger said.

Even though relationships are good in Bamberg,



Douglas DeMaio

Dan Bollinger, a Pond Security Service GmbH shift supervisor, updates a Civil Disturbance/Demonstration sign at Gate 1 June 9. The signs have a color coding system to inform community members if a demonstration is expected to be violent or non-violent. A yellow marker next to its corresponding location indicates a demonstration in the area is expected to be non-violent; a red marker indicates violence is expected.

Bollinger agreed with McCullom and said avoiding any area where a group assembles to demonstrate is a wise choice.

All demonstrations must be approved by the German authorities for a demonstration to occur.

Ansbach, Bamberg, Grafenwoehr, Heidelberg, Nuremberg, Schweinfurt, Stuttgart, Wiesbaden, and Wurzburg are all locations posted on all four new signs, which are located at all gates that vehicles are allowed to exit.

Demonstrations are also posted on www.bamberg.army.mil, Warner Barracks' Facebook page and on the marquee.

Smart phones increase 'SPOT' reporting



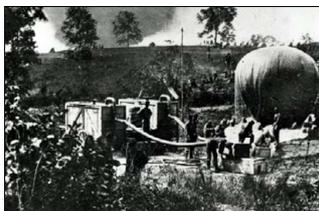
WASHINGTON (Army News Service, June 10, 2011) -- The Army is finding the use of smart-phone devices such as an Android or iPhone leads to an increase in "SPOT" reports, wherein Soldiers share tactically relevant information across the force in real-time, service officials said.

Through a series of ongoing evaluations called "Connecting Soldiers to Digital Apps" -- an initiative which places smart phones...

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

Balloon reconnaissance marks 150th anniversary

WASHINGTON, June 10, 2011 -- The intelligence, surveillance and reconnaissance support critical to operations in Afghanistan got its start 150 years ago this month, when a balloonist showed then-President Abraham Lincoln how a gas-filled balloon could help the Union Army prevail in the Civil War.



Thaddeus Lowe met with Lincoln June 11, 1861, to pitch the concept of balloon reconnaissance.

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

"Holka Polka" drama



Mindy Campbell

Fairy tale characters sing a number during the musical "Holka Polka" at the Stable Theater June 9. The play, performed by students in the Franconian International School in Erlangen, follows a young witch on her quest to save the prince from a sleeping spell. Along the way to the prince's castle, a good witch named Brenda meets dancing gnomes, a misunderstood wolf, a crying princess, and many other fairytale characters like Cinderella, the Big Bad Wolf, Pinocchio, Humpty Dumpty, the Fairy Godmother and a menagerie of witches, wizards, gnomes and fairies.

(HELP continued from Page 1)

Afghanistan wars, according to the National Center for PTSD.

Due to the rising number of Soldiers suffering from PTSD, the Army is seeking new ways to treat the disorder including medical treatments, counseling and even group therapy.

Seeking Help

The garrison has seen an increase in the number of Soldiers coming into the Behavioral Health Clinic since the 173rd Airborne Brigade Combat Team returned in the fall, said Rick Velez, one of the clinic's therapists. Ironically, he said, the majority of people they see aren't from the 173rd but from other units.

"Getting a Soldier to admit they have PTSD and then come in for services is really difficult," Velez said. "The Soldiers think that people will look at them like they have a mental problem, so they are really, really shy about getting that label."

Typically, Soldiers won't seek help for PTSD until several years after the deployment, Velez said. The Soldiers think they can handle the symptoms on their own or that they will go away over time. But, those issues don't get better.

"The problems continue to manifest to the point where they need to do something about that," Velez said.

A lot of Soldiers don't recognize their own PTSD symptoms because they have lived with them for more than a year, said George Petty, BHC psychologist.

"They are scared and just want it to go away, so they avoid it," Petty said. "Medication can help, but it doesn't cure PTSD. It doesn't get better on its own. If you just ignore it, it won't go away."

Many of these Soldiers are directed to get help. About 90 percent of the Soldiers in the Combat Stress Group are facing medical evaluation boards, Velez said.

"They have gotten to the point where they are going to be separated from the military because their medical issues are preventing them from being effective Soldiers," Velez said. "So when they get to that point, their life has become so difficult to manage that they are now willing to get the help that they need."

But, Velez said, it doesn't have to be that way. PTSD doesn't have to be a career-ender. PTSD is extremely treatable, especially if caught early on, he said.

"What we want the Soldiers to realize is that the sooner they get treatment, the less likely it will get to the point where it is going to impact their career or their ability to just live their life," Velez said. "Ideally, we would like to get them as soon as they start recognizing there is any kind of problem. The earlier you can treat PTSD to the event, the better success rates are."

Common Physical Reactions

- Trouble sleeping, overly tired
- Stomach upset, trouble eating
- Headaches and sweating when thinking of the war
- Rapid heartbeat or breathing
- Existing health problems become worse
- Experiencing shock, being numb, unable to feel happy

Common Mental and Emotional Reactions

- Bad dreams, nightmares
- Flashbacks or frequent unwanted memories
- Anger
- Feeling nervous, helpless, or fearful
- Feeling guilty, self-blame, shame
- Feeling sad, rejected, or abandoned
- Agitated, easily upset, irritated, or annoyed
- Feeling hopeless about the future
- Common Behavioral Reactions

Trouble concentrating

- Edgy, jumpy and easily startled
- Being on guard, always alert, concerned too much about safety and security
- Avoiding people or places related to the trauma
- Too much drinking, smoking, or drug use
- Lack of exercise, poor diet, or health care
- Problems doing regular tasks at work or school
- Aggressive driving habits

<http://www.ptsd.va.gov/public/reintegration/guide-pdf/SMGuide.pdf>

Peer Pressure

The Bamberg Soldier, who asked not to be named, finally went to seek help when he returned to Colorado from the deployment. However, after his counselor told him to snap out of it, he gave up on the idea of getting help. But his problems didn't go away.

Finally, after his wife encouraged him to seek help again, he started coming to the Behavioral Health Clinic and the Combat Stress Group.

During the session, the three Soldiers shared their experiences with PTSD and with navigating the Army medical process. While they talked, the Soldiers often couldn't help keep the tremble of raw emotion from their voices, unshed tears glistening in their eyes when talking about their children, their hopelessness, or frustration and anger over the medical system.

The group, which is held in conjunction with individual therapy sessions, provides a safe place for the Soldiers to talk. It also provides the therapists a way to monitor each of the clients' mental state.

Group therapy, for any kind of issue whether it is dealing with weight loss, addiction or abuse, has proven to be effective, Velez said.

"It is interesting what research says and what my own personal experience has shown – that clients benefit the most from groups, regardless of the issue," he said. "It's the knowing that I am not the only one dealing with this kind of issue."

For example, he said at an individual session he might give a client some tips on relaxation.

"The client will say 'yeah, yeah, whatever,'"

Velez said. "When another Soldier says it - who's equally dealing with the same kind of issue - that is far more valuable to them."

Although it has been around for about a year now, the group has been slow to grow. Currently, about 10 Soldiers are in the group, which meets weekly on Wednesdays from 10 to 11:30 a.m., Velez said.

"It has been a real struggle," he said. "Even the name, is threatening to them. Soldiers get worried if they get labeled with PTSD it will affect their career."

For those that do find their way to the group, it is a place they can find comfort.

"They may stop seeing their therapist, but will keep coming to group," Petty said. "This may be the only constant in their life."

Petty said the group atmosphere helps reinforce the idea that they are not alone in this battle.

"They feel that they are isolated," Petty said. "That no one understands them. So, they are reluctant to talk to someone who hasn't shared the same experience."

For another group participant, the symptoms he was experiencing made him feel alone.

"I felt cut off," the Soldier said. "My chain of command wasn't supportive at all. In this group I actually feel like I am not alone. I can talk to people who actually give a crap and don't call me a piece of crap."

Velez and Petty say that the Army has made strides in identifying and treating PTSD in the past few years.

"The Army has come a long way in recognizing PTSD as a real issue," Velez said. "We are moving in the right direction."

In fact, the Army has hired 250 more behavioral health care providers and more than 40 marriage and family therapists recently to work in military treatment facilities, according to a Army Behavioral Health fact sheet. In addition, the Army launched in 2007 a PTSD and mild traumatic brain injury education program that reached more than 1 million Soldiers. However, leadership within the units still need more sensitivity training on PTSD and more funding is needed for treatment, the second group therapy participant claimed.

"You send Soldiers into harm's way to get all jacked up and get their life screwed up," said the Soldier, who went on to criticize the Army for not taking care of Soldiers when they return from a deployment. For now, the Combat Stress Group participants continue to work through the medical process and find some amount of solace in their weekly meetings. For more information about the combat stress group or the Behavioral Health Clinic call 0951-300-7793. For more information about PTSD, log onto www.ptsd.va.gov.

EDELWEISS LODGE AND RESORT
ENDLESS SUMMER SPECIALS
 VALID 1 JULY - 1 SEPTEMBER
 MUST BOOK BY 1 JULY!

CHOOSE BETWEEN THREE AFFORDABLE OFFERS

STAY 5 NIGHTS - GET 7TH FREE + ONE COMPLIMENTARY COUPLES MASSAGE	STAY 3 NIGHTS - GET 10% OFF ACTIVITIES + FREE BREAKFAST FOR CHILDREN 12 AND UNDER	STAY 4 NIGHTS - GET ONE FREE ALPSPIX LIFT TICKET OR ONE FREE WHITE WATER RAFTING TRIP
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This is a limited availability package and does not include vacation cabins. Offers can not be combined with any other offers. The Alpspix lift ticket or White Water Rafting trip is non-transferable. Package availability is on a first come first serve basis. The couples massage can be replaced by two individual treatments not to exceed the value of the couples massage. Upgraded massages can be reserved at the difference in price. 10% off activities includes Alpine Adventure tours and leisure programs for all participants. Lift tickets, massages and contracted activities are not included in the discount. Free breakfast is available at the Market Station restaurant for children 12 and older staying in the room. Applies to new reservations only. Additional rules may apply. Valid July 1 - 1 September 2011.

Must be reserved through Vacation Planning Center prior to arrival by mentioning the booking code ENDLESS SUMMER.
 Call to book Monday - Friday 0800 - 2100 hours / (49) 08821-9449 / vacation@edelweisslodgesandresort.com

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.

Closures / Changes

Organizational Day

The U.S. Army Garrison Bamberg's annual Organizational Day is June 17. Many post facilities and organizations will be closed or remain open with minimal staffing. For more information on specific hours and availability of services, contact the organization.

Frankfurt Benefits Office Change

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

Vehicle Registration

Vehicle Registration office will be closed June 17, 23 and July 4. For more information, call 0951-300-7580.

Tax Center

The Bamberg Tax Center will be closed June 28-30. It will resume normal business hours on July 1. During this closure, appointments can be scheduled by calling 0951-300-8832.

Airport Shuttle

The Frankfurt Shuttle Bus has modified hours. The shuttle departs from the Bamberg Army Community Service building Monday-Friday at 6:25 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 holidays, but is on training holidays. Pets are allowed. For more information about the airport shuttle, call 069-695973816.

POV Inspection

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

Sports, Health and Fitness

Run-Walk

There will be a 5 kilometer run and walk July 4 at 9 a.m. at the Freedom Fitness Facility. Sign up free. For more information, call 0951-300-8890.

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.

Weekly Reminders

Rising Star

The Army-wide talent competition is coming back to Bamberg. Operation Rising Star 2011 kicks off in August at the Stable Theater. Showcase your talent and compete for cash prizes or an all-expense paid trip to the United States. Pick up an application

GARMISCH STRONGMAN/STRONGWOMAN COMPETITION

Are you the strongest Man or Woman of USAREUR?

PROVE IT!
2 p.m. Friday, July 1

- Three categories: Mens 105 Kg and lighter, over 105 Kg, and womens
- For information and registration contact Outdoor Recreation at DSN 440-2638 or CIV 08821-750-2638
- Sign up by 24 June 2011
- \$15 Entry fee

Facebook

form at the Community Activity Center or the Stable Theater. The competition is open to all adults, active duty Soldiers and their family members. For more information, call 0951-300-8647 or e-mail jack.austin@eur.army.mil.

Satellite Adjustment

The American Forces Network's satellite delivery platform is changing, requiring viewers who have an AFN decoder and satellite dish in their home to make some changes by July 31 to continue to get AFN TV. For more information, visit www.afneurope.net.

MWR Guide

Bamberg's Family and Morale, Welfare and Recreation Guide for the month of June is now online at <http://issuu.com/BambergMWR/docs/june2011>

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.

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

Food Handlers Classes

WHAT: A FOOD SAFETY CLASS REQUIRED FOR FOOD SERVICE PERSONNEL WHO PREPARE OR SERVE FOOD TO THE PUBLIC WITHIN THE **BAMBERG** COMMUNITY.

WHO: CERTIFICATION IS INTENDED FOR INDIVIDUALS INVOLVED IN FUND RAISING FOOD SALES SUCH AS, BETTER OPPORTUNITIES FOR SINGLE SOLDIERS, FAMILY READINESS GROUPS, CLUBS OR BAZAARS, AND ALSO TO CHILD YOUTH SCHOOL SERVICES PERSONNEL. THE CLASS MAY ALSO SUPPLEMENT REQUIRED REFRESHER TRAINING FOR REGULAR FOOD SERVICE EMPLOYEES.

WHERE: BAMBERG, ARMY COMMUNITY SERVICE, BUILDING 7029, ROOM 118

WHEN: NOON ON AUG. 17

CLASS IS FREE, LASTS 1 HOUR, AND REGISTRATION IS NOT REQUIRED. FOR QUESTIONS, E-MAIL COLE.BORTON@AMEDD.ARMY.MIL
 DSN: 476-2041/2138
 COMM: 09662832041

Community Announcements

Please send all announcements to Bamberg Public Affairs via the following website:
<http://www.bamberg.army.mil/mobi/form.asp>.

Scrapbooking

Learn different ways to use laser-cut and lace cardstock in on your scrapbook pages and cards July 1 from 6 p.m. to midnight at the 173rd Brigade Support Battalion Family Readiness Group Center. A variety of laser-cut and lace cardstocks will be given away at the end of the evening. 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.

Kids Games

There will be a kids Bakugan game day June 18 at the Bamberg Book Mark from 11 a.m. – 2 p.m. There will be free prizes, giveaways and snacks. For more information, stop by the Exchange customer service. Call and ask for Jim.

Mammograms

The Bamberg Health Clinic is looking for volunteers to assist with administration of breast cancer screenings June 20-21. The time frame is from 8 a.m. - 6 p.m. If interested, call 0951-300-8972 or e-mail gail.kemp@amedd.army.mil

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 gigianden@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. 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 Aug. 6,

USAG Bamberg Family and MWR

4th Of July

at Bamberg Pendleton Sports Field

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

U.S. ARMY MWR
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www.bamberg.army.mil

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.

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.

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 Kellem, EFMP manger, at 0951-300-7777.

Library Events

The library hosts weekly events. There is storytelling

USAG Bamberg Family and MWR
Freedom Fitness Facility

2011 IMCOM Europe
Powerlifting Tournament
June 25, 8 a.m.-4 p.m.

NEW DATE!

Contact: USAG Bamberg Freedom Fitness Facility, Bldg. 7690,
DSN 469 8890, (0951) 300 8890, E-Mail Ernest.Johnson@usar.army.mil or
Tony.leese@usar.army.mil, DSN 475-576

U.S. ARMY MWR
CHALLENGE. REVENUE. GROWTH.

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.

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.

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.

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.

Learn Deutsch

Army Community Service, Relocation Readiness Program, offers free Deutsch 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.

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.

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 Wizards User's guide.

Protestant Summer Study

Protestant Women of the Chapel meet on Wednesdays from 9:30 - 11:30 a.m. in the Bamberg Community Chapel. The summer study will be the Women of Faith DVD. The Pair O' Bulls DVD

USAG Bamberg
Whispering Pines
& Pro Shop
Tel. (0951) 300 8953

Golf Family Day Tournament

Aug. 13, 9 a.m. - \$30/35

sponsored by

U.S. ARMY MWR
CHALLENGE. REVENUE. GROWTH.

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 pwoebamberg@yahoo.com.

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.

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

0951-300-8700

iWATCH ARMY

iREPORT iKEEP US SAFE

A Simple Observation
A Single Report can lead to actions that may STOP a terrorist attack

THINK ABOUT THE POWER OF THAT. THE POWER OF iWATCH.

See Something Say Something

Recycling Facts

From December to May, the Warner Barracks community has recycled an average of 40.5 tons of paper per month, which provides the garrison a cost avoidance of more than €4,000 per month.

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.

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.

Youth and Teens

Youth Sports Coaches Needed

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

Student Grades

The "You Made the Grade Program" rewards

USAG Bamberg
Whispering Pines Golf Course
& Pro Shop
Tel. (0951) 300 8953

U.S. ARMY
MWR

Golf
**German-American
Ryder Cup**

July 9, 9 a.m. - \$30/35

sponsored by Ford Exchange new car sales

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.shopmyexchange.com/community/yomadethegrade/>.

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. 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.

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 0951-222-1903 or e-mail chad3jsdad@yahoo.com.

Youth Lessons

Child, Youth and School Services SKIES Unlimited is offering lessons for tennis, racquetball and dance for youth ages 7-18. For more information, call 0951-300-7452.

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.

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.

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.

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>.

Continuing Education

Field Study

Field study courses give students the opportunity to explore fascinating locations in Europe while earning university credit. Upcoming field study courses include HIST 217C/317C The Cultural History of London II July 30 - Aug. 6 in England, and ARTH 199L/489L Picasso in Paris Aug. 6-13 in France. Visit www.ed.umuc.edu/fieldstudy.

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>.

PTA Scholarships

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

Student Aid

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

Entertainment and Leisure

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.

USAG Bamberg
Community Activity Center

U.S. ARMY
MWR

Community
Flea Market

Every second Saturday (March-October)

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

USAG Bamberg
Whispering Pines Golf Course
& Pro Shop
Tel. (0951) 300 8953

U.S. ARMY
MWR

Golf
**4th Of July
Tournament**

8 a.m. - \$30/35

sponsored by Ford Exchange new car sales

Preserving partnership



Douglas DeMaio

Maj. Seamus Garrett, Provost Marshal and director of U.S. Army Garrison Bamberg Directorate of Emergency Services, watches Polizei vice president of Upper Franconia Werner Mikulasch sign an agreement between the two organizations June 8. The agreement reaffirms the organizations' commitment to joint training and cooperation, which also provides the Polizei with access to training at Muna depot.

Bamberg Movie Schedule

AAFES Reel Time Theater is closed Tuesdays and Wednesdays

Thu	June 16	Diary Of A Wimpy Kid: Rodrick Rules (PG)	7 p.m.
Fri	June 17	X-Men: First Class (PG-13)	7 p.m.
Sat	June 18	Hanna (PG-13)	3 p.m.
		X-Men: First Class (PG-13)	7 p.m.
Sun	June 19	Arthur (PG-13)	3 p.m.
		X-Men: First Class (PG-13)	7 p.m.
Mon	June 20	Your Highness (R)	7 p.m.
Thu	June 23	Hanna (PG-13)	7 p.m.
Fri	June 24	Super 8 (PG-13)	7 p.m.
Sat	June 25	Super 8 (PG-13)	3 p.m.
		Source Code (PG-13)	7 p.m.
Sun	June 26	Source Code (PG-13)	3 p.m.
		Scream 4 (R)	7 p.m.
Mon	June 27	Source Code (PG-13)	7 p.m.
Thu	June 30	Scream 4 (R)	7 p.m.

Eco-Friendly Tips

Water-saving Tips

1. Report leaky faucets to the Work Order Section at 469-5000.
2. Teach your children to turn off faucets tightly after each use.

Energy-saving Tips

1. When cooking, put the lid on and use the smallest possible pot.
2. Ensure appliances are properly maintained.

Recycling Tips

1. Choose stationary and office paper supplies that have the maximum recycled content available.
2. Old glasses can be given to opticians to be donated to people around the world. Or check the internet for a place to donate them.

(TOTE continued from Page 1) Exchange Service, B Company, for community service hours 173rd Brigade Support Battalion, and all youths will be rewarded Exchange New Car Sales, with several gifts, such as sports Service Credit Union and Family equipment, movie tickets and ice cream. Morale, Wellness and Recreation, awareness can be raised throughout Warner Barracks, she said.

"The main focus here is to get the whole community involved," Soares said. "It's very easy for me to say, 'The commissary is going to do this event and we put our bags out there' but did we raise awareness?"

The Bring Your Own Bag campaign is inviting our community to help eliminate the use of paper and plastic bags, Soares said.

"Let's start today," she said. "One bag at a time."

"No, because not everyone was involved," she said.

For more information on the Bring Your Own Bag campaign, contact Giullianna Soares at 0951-300-8819.

Trips and Travel Opportunities

Take a trip with Bamberg Outdoor Recreation in 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>.



June 23 Evening Mountain Bike Ride \$ 15
Grab your bike or rent a Cannondale from ODR for \$10 as you enjoy the single-track terrain in the local area. This opportunity allows you to learn routes and stretch your legs after being confined to the office all day. You must sign up in advance. The trip leaves Outdoor Recreation at 5 p.m. and returns at 8:30 p.m.

June 25 Frankenjura Hike \$ 25
Enjoy a hike through a beautiful countryside seeped in culture, tradition, and beer. An easy 12-15 kilometers will give you a glimpse of this wonderland rarely seen by visitors. Please wear hiking boots. The trip includes transportation. Transportation leaves Outdoor Recreation at 9 a.m. and returns at 5 p.m.

July 6 and 20 Evening Outdoor Climb \$ 25
Brag to your friends as you learn a new and exciting skill or improve upon an

existing one. You will be able see Germany from a view a hiker misses out on. Beginners are welcome. The trip includes transportation, instruction, and equipment. Transportation leaves Outdoor Recreation at 5 p.m. and returns at 9 p.m.

July 7 Tour Under Bamberg \$ 25
This unique trip through the tunnels under Bamberg gives you a view of the city that shouldn't be missed. The tunnels are generally cool and damp, so please wear appropriate clothing and bring a flashlight. Transportation leaves Outdoor Recreation at 5 p.m. and returns at 7:30 p.m.

July 9 Tegernsee Hike \$ 50
Enjoy the ambiance of the Tegernsee (a mountain lake in Southern Germany). The town where plenty of nature trails allow you to go on self-guided hikes and mountain bike rides. Boat cruises are also available that will take you from the Tegernsee to Rottach-Egern. Bade Wiesse is close-by where you can relish the summer air as you swim in the cool pool water. Transportation leaves the Chapel Parking Lot at 7 a.m. and returns at 9 p.m.

July 16 Canoeing on the Main River \$ 35
Paddle as the current carries you down the Main River, while relishing the striking beauty of Bavaria. Your day will be filled with fun as you talk with friends and make new ones. The trip includes transportation, equipment, and instruction. Please wear a swimming suit and bring a towel, sack lunch and hydrating liquids. Transportation leaves Outdoor Recreation at 9 a.m. and returns at 5 p.m.



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

AUTOMOBILES

Fore Sale: \$3000 OBO 1999 Dodge Stratus, 4 door, US Spec, Automatic. Two new tires, water pump, timing belt, and wheel alignment. Car runs like new, great gas mileage. Call 0160-985-45227 or e-mail: lynda.pontious@live.com. (6/9/11)

Fore Sale: \$4000 1997 Chevy Cavalier LS Convertible, US Spec, Automatic. Just replaced the top! Car runs great and excellent gas mileage. Call 0160-985-45227 or e-mail: lynda.pontious@live.com. (6/9/11)

Fore Sale: 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.

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 or 0152-232-68033. (4/21/11)

For Sale: 1999 Mazda Demio hatchback. Standard; Euro specs. - very good condition, dependable. 3rd owner, owned since 2002. \$1,500 0172-898-3445. (4/14/2011)

For Sale: 2005 Hyundai Accent, Automatic, Hatchback, only 56k miles, Silver. Super reliable. Exterior has some minor dings, interior in good conditions (non-smokers).

Just passed inspection (Feb. 14). New brakes and tires. Asking \$3,000. DON'T BUY A BEATER BMW! CALL 0162-597-1027, JFredrick_swr@hotmail.com. (3/3/11)

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, \$5,000, 4-door, 2.7 liter, V6 automatic transmission, leather seats, 4 disc CD changer, alarm, A/C, power seat, rear spoiler, all season tires, alloy 17" rims, new brakes, rotors, and battery, single owner. Call Liz at 0170-907-9377. (10/25/10)

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

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. (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)

Daily pet sitting services required for one female French Bulldog, Monday through Friday and possibly occasional weekends when out of town. She is house trained and

very good with children/dogs, a true joy to have around. If interested, please contact 1st Lt. Troy Shoemaker at 0151-405-21294 or e-mail at troy.shoemaker@us.army.mil.

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

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. (4/28/11)

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

Gabi's Doggie Daycare, I have space available only on weekends, holidays, and at home care. Daily care is full. Visit www.gabidoggiedaycare.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 puomariachi@hotmail.com. (1/3/11)

PCSing? Can't find a new home for your dog? Please don't abandon him/her, call us first. No questions asked. We are a privately funded non-profit dog rescue. Will give your dog solace and placement with a new, loving family. Located in Bamberg and open from

10 a.m.-10 p.m. Call 0954-532-2881 or e-mail solacedogrescue@yahoo.com.

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 hollyditzel@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. (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.

AD SUBMISSIONS

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

0954-532-2881
solacedogrescue@yahoo.com

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

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



AAFES Corner



Click [here](#) to view weekly savings

Defense Commissary Agency Corner



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

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

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

Outside the Gate

Compiled Simon Hupfer, Family and MWR Marketing

Weekend

Events in and around Bamberg June 17 - 19.

Friday, June 17

- 3 p.m. Kirchweih in Daschendorf, 96148 Baunach and Mistendorf, 96129 Strullendorf, Festtent and Franconian specialties.
- 2 p.m. Franconian Winefest at Schloss Geyserswoerth, Geyserswoerthstrasse 1, 96047 Bamberg. Live music with "Die Rossinis" (Rock'n Roll, Latino and Reggae)
- 10 p.m. Greenclub (Rap, Funk) Morphclub, Luitpoldstrasse 17, 96052 Bamberg. www.greenclub.de
- 10 p.m. Acoustic Splash, Art in the Basement, Mojow Club, Obstmarkt 8, 96047 Bamberg
- 10 p.m. Ladies First – Black/Dance/Party, Sky Lounge, Austrasse 33, 96047 Bamberg
- 10 p.m. Best Of Electro, Sound-n-Arts, Obere Sandstrasse 20, 96050 Bamberg

Saturday, June 18

- 6 a.m.- 3 p.m. Volksmarch at Markt Erlbach (6, 10, 20 ks) at Festplatz Frankenstrasse, 91459 Markt Erlbach. Details at the German-American Volksmarching Club Bamberg, Mr. Keller, Warner Barracks, building 7090, room 103, Monday, Wednesday, Friday,
- 2 p.m. Franconian Winefest at Schloss Geyserswoerth, Geyserswoerthstrasse 1, 96047 Bamberg. Live music with Die Rossinis (Rock'n Roll, Latino and Reggae)
- 6:30 p.m. Choco-Latte in concert, known from Sandkirchweih and various garrison events, free admission, at Landgasthof Heerlein, Wildensorger Hauptstrasse 57, 96049 Bamberg
- 8 p.m. Salsa Night, at Haas-Säle, Obere Sandtrasse, 96049 Bamberg
- 9 p.m. Kings of Crap (Delta-Blues-Classic-Motor-Hard-Rock from Berlin), at Live-Club, Obere Sandstrasse 7, 96049 Bamberg. www.live-club.de
- 8:45 p.m. Playoff Finals German Basketball Championship: Bamberg Brose Baskets vs. Alba Berlin. Public Viewing event at Maxplatz (pedestrian zone), 96047 Bamberg. Expect a big party downtown Bamberg when the Brose Baskets win the German Championship this Saturday.
- 9 p.m. Same Shoes (Punkrock) and Burn You Down (Hardcore) with very special guest, at Habana, Boettgerstrasse 4, 96050 Bamberg
- 9 p.m. Dallax – Skapunk from Tokyo, The Cutes, at Sound-n-Arts, Obere Koenigstrasse 20, 96052 Bamberg
- 10 p.m. Beat Virus meets DJ Clé, at Morph Club, Luitpoldstrasse 17, 96052 Bamberg. www.beatvirus.de
- 11 p.m. Schwof Party at Live Club, Obere Sandstrasse 7, 96049 Bamberg

Sunday, June 19

- 9 a.m. Kirchweih in Reuthlos, 96199 Zapfendorf
- 9:30 a.m. Kirchweih in Mistendorf, Kirchplatz, 96129 Mistendorf
- 10 a.m. Village and Baking Oven Fest at Lindach, 91332 Lindach
- 11 a.m. – 10:30 p.m. Franconian Winefest at Schloss Geyserswoerth, Geyserswoerthstrasse 1, 96047 Bamberg. Live music with Die Rossinis (Rock'n Roll, Latino and Reggae)
- 1 p.m. Thomann-Summerfest: Music live acts, music workshops at Europe's biggest online music store (www.thomann.de). A must for all musicians.
- 5 p.m. Medieval music concert with Arianna Savall and Petter Udland Johansen, mediterranean creations, inspired by the legend on the magical harp with two world stars of medieval music, at Schloss Wernsdorf, Zur Schleifmuehle 4, 96129 Wernsdorf. www.capella-antiqua.de. Purchase tickets in advance (€18) at bvd ticket service, Lange Strasse 22, 96047 Bamberg.
- 6 p.m. Kirchweih in Schammelsdorf, 96123 Schammelsdorf.

National Concert Schedule:

June 16 LaBrassBanda, Altenburg, Bamberg

- June 17** Motörhead & Alice Cooper, Waldstadion Weismain, Lichtenfels www.rock-in-concert.de
- June 17** Bryan Adams & Martin&James, Tollwood, Munich
- June 18** Dallax – Rude Ska from Tokyo, Sound-n-Arts, Obere Sandstrasse 20, 96050 Bamberg
- June 18** Linkin Park, Festwiese Leipzig
- June 22** Elton John, SAP Arena, Mannheim
- June 23** Culcha Candela, Schuetzenplatz, Neustadt (b. Coburg)
- June 23** Sting & Orchestra, Arena, Leipzig
- June 24-26** Stomp, the Drum Show, Meistersingerhalle, Nuernberg
- June 25** Santana, Schuetzenplatz, Neustadt (b. Coburg)
- June 25** Linkin Park, Messegelaende Riem, Munich
- June 26** ZZ Top, Burg Abenberg, Abenberg
- June 26** Judas Priest and Whitesnake, Zenith, Munich
- June 26** The Eagles, Koenigsplatz, Munich
- July 2** Saga, Mothers Finest, Canned Heat, Brauereigutshof Pyras
- July 8** Bryan Adams, Schlosshof, Bad Mergentheim
- July 2** Chicago & Blood, Sweat and Tears, Stuttgart
- July 5** Bad Religion, Posthalle, Wuerzburg
- July 17** Sting & Orchestra and Bryan Adams, Tollwood Festival, Olympiahalle, Munich
- Aug. 18**, Joe Cocker, Schlossplatz, Coburg
- Aug. 15** Good Charlotte, E-Werk, Erlangen
- Aug. 12-14** Iggy & The Stooges, Taubertal Festival, Rothenburg o.d.T. www.taubertal-festival.de

Preview:

- June 18** Salsa Night – La Gran Fiesta De La Salsa, Haas Sääle, Obere Sandstrasse 7, 96049 Bamberg
- June 25** American Barbeque, www.playoffbamberg.de - Reservation is recommended, Call (0951) 133 965 0
- July 1-3** Canalissimo, enjoy one of Bamberg's most beautiful fests, along the Alter Kanal. www.canalissimo.de
- July 23** Cuban Night with Los Dos Y Companeros, Schloss Tambach, tickets at bvd, Lange Strasse 22, 96047 Bamberg
- July 30- Aug. 3** Brose Baskets E.On Summer Camp 2011. www.brosebaskets.de

Now available: Gondola rides in Bamberg: Be enchanted by a trip on the River Regnitz in an original Venetian gondola. Enjoy the diversity of the city's one thousand year history during a romantic gondola trip along the Old Canal and past Little Venice among fascinating monuments and spots of natural beauty in an enchanting setting. Starting point: the Old Canal beneath the Upper Bridge. Duration: approx. 30 minutes. Times: Friday, Saturday and Sunday (May-October) 3 p.m./3.30pm. Special appointments on agreement! Only 6 persons per gondola. For more information: www.gondelfahrt.info

Information in English 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 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 freetime 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/Epe/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.dvwwandern.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. 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.



Douglas DeMaio

From left to right, 1st Sgt. David Thornton, 173rd Special Troops Battalion, 173rd Airborne Brigade Combat Team, Pfc. Tyler Siegrest, 173rd STB, 173rd ABCT, and Maj. Seamus Garrett, Provost Marshal for Warner Barracks, cut a birthday cake for the Army's 236th birthday at the Freedom Fitness Facility June 14. The Army tradition is to have the youngest, Siegrest, and oldest, Thornton, Soldiers cut the cake.



Bamberg celebrates the Army's 236th birthday



By Douglas DeMaio, USAG Bamberg Public Affairs

BAMBERG, Germany -- Soldiers, civilians and family members on Warner Barracks celebrated the Army's 236th birthday June 14 during a ceremony at the Freedom Fitness Facility here.

More than 150 people listened to children sing the "Happy Birthday" song and Provost Marshal Maj. Seamus Garrett give a speech.

"The Army's story is America's story," Garrett said. "For 236 years, the nation has entrusted the Army with preserving its peace and freedom, and defending its democracy. Today, we proudly celebrate the United States Army's 236th birthday. In the last 10 years, we have been

repeatedly tested and today's Soldiers have emerged stronger with a deeper sense of commitment to the Army as a profession. We still must remember that we are an Army of people - not just Soldiers, but Families as well. From the beginning, the Army has relied on the strength of its Families. Since the time Molly Pitcher took over her husband's cannon at the Battle of Monmouth, Army family members have been crucial to our success. Now, they play an increasingly important role in the readiness of our all-volunteer force.

The Army's history began in 1775 with the Continental Army. The youngest and oldest Soldiers, Pfc. Tyler Siegrest, and oldest, 1st Sgt. David Thornton, both from 173rd Special Troops Battalion, cut the cake with Garrett.



Douglas DeMaio

Soldiers wait in line to get a piece of the Army birthday cake at the Freedom Fitness Facility June 14.



Douglas DeMaio

Children sing the "Happy Birthday" song for the Army's 236th birthday at the Freedom Fitness Facility June 14.

Congratulations Bamberg Middle High School Class of 2011

Photos by Douglas DeMaio

