



WARNER WEEKLY

News & Information at Your Fingertips



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Thursday Oct. 6, 2011

Roadblocks, detours educate Bamberg spouses

By Jessica Lipari,
USAG Bamberg Public Affairs

BAMBERG, Germany -- Reality television programming has been around in some form or another since televisions were a common household item.

In the last decade several reality shows have exploded into a popular genre. Many reality shows have topped the lists of popular TV programming, including The Amazing Race.

Bamberg's Army Community Service embraced this phenomenon and offered spouses a chance to participate in their version of The Amazing Race on Sept. 29.

"This is the second year we are offering the race here in Bamberg," said Owen Fulsome, Mobilization and Deployment specialist.

Using the popular TV show as a template, ACS created a race around post to help familiarize spouses with various locations and services offered at Warner Barracks.

Five teams of four competed in the race. Teams traveled to each location on foot or used the post shuttle bus.



Jessica Lipari
54th Engineer Battalion spouses read their first clue of The Amazing Race. Army Community Service created a race around post to help familiarize spouses with various locations and services offered at Warner Barracks Sept. 29.

The race started at the playground behind the ACS building and spread out to seven locations including the recycling center, Outdoor Recreation and the Freedom Fitness Facility.

At each location the spouses had to find the clue box which then presented them with either a detour or roadblock.

Detours presented the teams with an option to complete one task or another including

assembling a tent at Outdoor Recreation.

Roadblocks presented a challenge that only one team member could complete including bowling a strike at Birchview Lanes Bowling Center before crossing the finish line.

"Everything was geared toward family readiness and what agencies are available on post," said Elyse Rolfe, 54th Engineer Battalion Family Readiness Support Assistant.

"Our team was composed of three different companies and we were able to come together to build a team," Rolfe said. "It helped build our morale and strengthen bonds within the battalion."

One of the teams had an additional challenge while competing in the race.

"As a team we decided to face the race in true military spouse style by racing with baby carriages in tow," said Jana Kent, 173rd Brigade Support Battalion spouse.

At the end of the race every team came out a winner with new knowledge in their pockets about Warner Barracks and stronger bonds with their teammates.

Brigade cooks up winning recipe



Douglas DeMaio

Soldiers from 16th Sustainment Brigade pose for a photo with 21st Theater Sustainment Command's Commanding General Brig. Gen. Aundre F. Piggee after being presented with a trophy for winning 21st TSC's 44th Annual Philip A. Connelly Award in the Active Army Field Kitchen Category at the Local Training Area Wednesday. The brigade won the 21st TSC competition in April, the U.S. Army Europe competition in May and will compete against six other units for the Department of the Army award this month.

Think P.I.N.K. this October to reduce breast cancer risk

By Theresa K. Jackson, Ph.D.,
U.S. Army Public Health Command

Awareness Month.

October brings with it many great things—the start of autumn, beautiful foliage, football games, candy corn, pumpkin lattes at Starbucks ... and a lot of pink.

In October, we see pink ribbons, pink candies, pink T-shirts, pink bracelets and pink sneakers. In recent years, we have even seen hot pink accents on our favorite NFL players.

So why does the first full month of autumn take on a rosy hue across America? Unfortunately for some, it is not a second coming of Valentine's Day (though who wouldn't love some extra flowers and chocolate?).

Rather, all of the pink we see from now through Halloween is to raise awareness for women's health because October is National Breast Cancer

Cancer Awareness Month. Breast cancer is the most common cancer in women worldwide. About 1 in 8 women in the United States (12 percent) will develop invasive breast cancer over the course of their lifetime. In fact, this year in the United States alone, more than 230,000 women—or nearly 600 women per day—will be diagnosed.

Though we may not see splashes of hot pink on our Soldiers' Army Combat Uniforms or Battle Dress Uniforms this month, we can all support the national campaign against breast cancer.

Therefore, the U.S. Army Public Health Command encourages all of our female Soldiers and Army wives, sisters, mothers and daughters to Think P.I.N.K. this October:

(PINK continued on Page 4)

Bamberg has new senior enlisted garrison leader

By Douglas DeMaio,
USAG Bamberg Public Affairs

BAMBERG, Germany -- U.S. Army Garrison Bamberg has a new senior enlisted leader after a change of responsibility ceremony here Sept. 29.

Master Sgt. Matthew Waldron assumed responsibilities from Command Sgt. Maj. Daniel Ocanas, who will become the senior enlisted leader for USAG Ansbach and the Franconian Military Community, which includes Ansbach, Bamberg and Schweinfurt.

"We never imagined it would be so short, but, then again, in this profession, we expect to be called on for any mission on a moment's notice," Ocanas said, who arrived in Bamberg a year ago. "Upon arriving in Bamberg, members of this great community welcomed us with open arms. We truly appreciated it and we thank you all very much for the great hospitality during our stay."

The impact Ocanas had on the community was enormous said Lt. Col. Steven L. Morris, USAG Bamberg commander.

Ocanas was seen at almost every event within the community. Waldron, his successor, is no stranger to the Bamberg community and is also at almost every event within the community.

Waldron has been the Equal Opportunity advisor for the community for the past two years. He spent much of his career in the Army as an infantryman and said he is ready for the



Douglas DeMaio
Lt. Col. Steven L. Morris, U.S. Army Garrison Bamberg commander, presents the outgoing Command Sgt. Maj. Daniel Ocanas, middle, with a parting gift. Ocanas will be the senior enlisted leader for USAG Ansbach and the Franconian Military Community.

task of being the garrisons acting sergeant major.

"I look forward to working with you in this new and challenging role," Waldron said. "I will do my best to insure that everything I do in support of you is morally and ethically correct and

in accordance with regulations, policies and procedures. I cannot promise you perfection, but what I can promise you is that I will do my best to carry on the traditions and standards of caring for this community set by Command Sgt. Maj. Ocanas."

New mobile-ready guide for medical recording released

FORT DETRICK, Md. -- A new interactive guide to aid deployed medics, nurses and commanders in recording medical information is now available on iPhone, iPod Touch, iPad and Android devices, according to the Combined Arms Center-Training.



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

Shower Water Reuse System to be force multiplier at FOBs



WARREN, Mich. -- With budgets falling and thousands of troops scheduled to redeploy back home, commanders in the field are striving to become more efficient with resource-saving measures such as the Shower Water Reuse System.

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



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U.S. Army Garrison
Bamberg, Commander

USAG Bamberg, Public Affairs Officer
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army.mil.

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Know trick or treat rules for Warner Barracks?

Staff Report
USAG Bamberg Public Affairs

BAMBERG, Germany – Halloween is a time for kids and Warner Barracks has a bunch of events to entertain kids this fall.

Here is information on Halloween for newcomers who want to go trick-or-treating, but don't know the rules on post. The post will have the following events:

There will be a Haunted House at the Warner Conference Center basement Oct. 29-30.

Trick or Treat will be from 6 – 8 p.m. in all housing areas on Oct. 31.

Hallelujah

The chapel will have a hallelujah alternative to Halloween between 6 - 8 p.m. Oct. 31. The chapel's hallelujah alternative to Halloween will have a dinner with German food, games and they will be handing out candy.

Harvest Fest

The annual Harvest Fest will be from 6 - 8 p.m.,



Oct. 28 at the John F. Kennedy Youth Center. The event is an alternative to Halloween activities and only friendly and wholesome costumes will be admitted. There will be games, candy and activities for the entire family. The event is sponsored by the Community Chapel and Child, Youth and School Services.

Haunted House

The Warner Conference Center, Stable Theater and a huge list of volunteers are teaming up to create a Halloween haunted house to remember. This haunted house is not for the squeamish or faint of heart, but the first leg of the tour is tame and will have an escape door so little ones can go through without having nightmares. The haunted house will be open from Oct. 29-30 from 6-9 p.m. in the WCC



basement.

Trick or Treat

Community members should remember normal security and safety rules will apply during Halloween.



Kids of all ages will be roaming the streets on post that night in search of goodies. Please remember to keep your eyes open for children and drive slowly.

Though parents might be tempted to send their children out to roam the neighborhood unsupervised, certain age groups must have direct supervision. For more information on who must be directly supervised, visit <http://www.bamberg.army.mil/cg/policies/11.08.24%20children.pdf>. This is the commander's policy and governs all child supervision issues that may arise.

Many Germans enjoy this holiday and wish to join in the fun. They may participate, under the following guidelines.

- Only Soldiers, family members over 18 years and Department of Defense Civilians with valid IDs registered in the Installation Access Control System may sign guests on post for this event.
- These ID cardholders are authorized to sign on up to four guests, but guests must have their Ausweis or passport to enter the installation.
- Authorized ID cardholders must properly sign them in at the gate and must accompany them the entire time they are on post.

There will be a separate pavilion inside Gate 3 on Halloween dedicated to signing in these guests.

Military Police personnel will be on the streets Oct. 31 during the designated trick-or-treat hours and will watch children at street corners and throughout the neighborhoods.

Those handing out treats are encouraged to follow these general guidelines:

- Stairwell residents should meet with their stairwell housing coordinator before Halloween to arrange a convenient way for children to get treats without having to walk

up and down the stairs. One way to prevent a barrage of kids is to have designated candy givers from each apartment meet out front of the building during the trick-or-treat hours.

- Since the evening will be chilly, it would be a nice idea to have hot chocolate, coffee or tea available for participating residents. It would be a good time to socialize and meet new neighbors too.

- If you do not want to participate in Trick-or-Treat, turn the lights off and place this sign on your door <http://www.flickr.com/photos/warnerweekly/6216571391/in/photostream> or don't be at your residence Oct. 31.

A few more guidelines for greeting trick-or-treaters:

- Greet children at the door but do not encourage them to come inside.
- Remove obstacles from steps, sidewalks and lawns so children won't trip.
- Keep lights on so children can see where they are walking.
- Wrap goodies - if loose or handmade. Add your name to packages so parents know where it came from.
- Halloween is a one-night affair. Discourage any visits before or after the actual date.

Everyone is encouraged to participate and enjoy Warner Barracks fall fun, but be safe.



Tips to keep children safe

Know your children's plans:

- What route will they be following? Know where to locate them quickly if necessary.
- What companions will they have? They should be their age level and in groups no bigger than three or four.
- What supervision will they have? An adult or responsible older child should accompany young children.
- What homes will they visit? It's best not to call at the homes of strangers or go into any houses.
- What activities have they planned? Trick-or-treating party or other plans? Be sure to know where your child will be located.
- What time will they be home? Set a reasonable time and insist that they keep it. Talk it over. Know their plans and be sure they understand the rules and limitations for their activities.

Garrisons to focus on preventing domestic abuse in October

Installation Management Command Europe Release

HEIDELBERG, Germany -- U.S. Army garrisons across Europe have a variety of activities scheduled in October as part of Domestic Abuse Prevention Month.

The theme for this year's campaign, "Together we can end domestic abuse: Act now!" zeros in on the idea that a focused Army community with focused individuals committed to building and maintaining physical, emotional, social and spiritual fitness can prevail over domestic abuse.

"The most important thing we do is take care of Soldiers, civilians and Families," said Secretary of the Army, John M. McHugh, while outlining his 10 Top Priorities

Bamberg will have an information at the Exchange and Commissary area for the entire month.

According to Brandi Stauber, Installation Management Command Europe, Family Advocacy Program manager "taking care of Soldiers, civilians and Families is best achieved by community collaboration. Domestic violence is a challenge to our nation; one the military is not immune to."

The Family Advocacy Program is dedicated to the prevention, education, prompt reporting, investigation, intervention and treatment of spouse and child abuse. The mission is accomplished through a variety of methods; seminars, workshops, counseling and intervention services. One such service, victim advocacy, provides 24/7 non-clinical advocacy services, crisis intervention, safety planning, information, referral and support.

"Our prevention and education programs, as



well as the Army's mandated interventions when abuse has already occurred, are designed to help Families cope with the stressors of transitions, deployments and the innate challenges of military life and aimed to improve prevention and response to domestic abuse," said Stauber.

Despite these extensive and ongoing prevention efforts, domestic abuse continues to occur, thus undermining family readiness and Army core values.

"For example, Soldiers and their family members may fail to recognize risk factors that affect their relationships," Stauber said. "Research shows that risk factors such as combat-related post traumatic stress, substance abuse, exposure to violent video games, pornography and behaviors related to risk taking and sensation

seeking, all play into and complicate the problem of domestic abuse."

Stauber said she encourages Soldiers and their Families to participate in their garrison's Domestic Abuse Prevention Month activities and utilize the resources available to prevent domestic abuse.

Prevention and intervention can be achieved through a variety of actions such as strengthening your own relationships and connecting with neighbors.

Family members experiencing problems should report to a point of contact and referral sources.

For more information about Domestic Abuse Prevention Month activities in Bamberg, call 0951-300-7777.

(PINK continued from Page 1)

• P – PARTICIPATE IN SCREENING

The chances of survival are better if any cancer is detected early and before it spreads to other parts of the body. In fact, when breast cancer is found early and confined to the breast, the five-year survival rate is 98 percent. To promote early detection, the American Cancer Society recommends that women in their 20s and 30s receive a clinical breast exam every three years and that women age 40 and older receive a yearly CBE as well as a yearly mammogram.

• I – INVEST IN PREVENTION

Women often struggle with balancing family, work and taking care of themselves. Being sure to eat right, get enough sleep, avoid alcohol use and exercise. These actions not only help you feel better but may also reduce your risk of cancer. In one study from the Women's Health Initiative, as little as 1¼ to 2½ hours per week of brisk walking reduced a woman's risk of

developing breast cancer by 18 percent.

• N – NOTE YOUR RISKS

All women are at risk for breast cancer. The two most important risk factors for breast cancer are being female and getting older. Most breast cancers and associated breast cancer deaths occur in women ages 50 and older. Risk also increases if you have a first-degree relative (mother, daughter or sister) who has been diagnosed with breast cancer. Knowing your risks, communicating them with your healthcare provider and following the appropriate screening recommendations is key to early detection.

• K – KNOW YOUR BODY

No matter your age, you should become familiar with how your breasts look and feel. If you notice any changes such as a lump, swelling, dimpling, pain or redness, see your healthcare provider right away. Finding a breast change does not necessarily mean that

you have cancer; your provider will be able to offer you additional information and next steps.

If you or your family member would like additional information on Women's Health Month and Breast Cancer Awareness, please visit:

American Cancer Society, <http://www.cancer.org/Cancer/BreastCancer/index>.

National Cancer Institute, <http://www.cancer.gov/cancertopics/types/breast>.

National Women's Health Resource Center, <http://www.healthywomen.org/>.

Susan G. Komen for the Cure, <http://ww5.komen.org/>.

U.S. Department of Health & Human Services Office on Women's Health, <http://www.womenshealth.gov/>.

USAG Bamberg
Better Opportunities For Single
Soldiers (BOSS)

www.bamberg.army.mil/bo

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BERLIN!
Weihnachtsmarkt

BOSS
Dec. 17

Bus departs from FFF at 3 a.m. and returns Dec. 18, 4 p.m. \$175 per person. Overnight in hotel with breakfast, roundtrip transportation and city orientation tour with local guide. Open to all Soldiers and guests, and authorized ID card holders (adults only)

For details and an itinerary contact FFF at (951) 300 8890/9086 or e-mail mail.bam.dfmwr.boss@eur.army.mil

FOR SOLDIERS FOR FAMILIES FOR RETIRES FOR CIVILIANS

Community Announcements

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

Post Exercise

There will be an installation-wide exercise Oct. 21. Residents should expect delays at the gates and the schools may be locked down and/or evacuated during the exercise.

Seasonal Flu Vaccination

The 2011 seasonal flu vaccination has arrived at Warner Barracks. The health clinic has set aside Oct. 13 and 14 from 3 to 6 p.m. and Oct 15 from 8 a.m. to 12 p.m. The vaccination is for active duty family members, retirees and ID card holders.

Running of the Herd

Get ready for the Running of the Herd on Warner Barracks Nov. 8. Download the registration form at www.173airborne.army.mil/documents/registration.pdf. Come honor the paratroopers of past and present by running in the 24-hour relay event. Seven members (civilian and/or military) compete on each team, and one member is always running along the

five-mile loop around Bamberg's training area. The event begins at noon and ends the next day at noon. Teams are encouraged to hang out and camp out throughout the duration of the event. All participants will receive the 5th Annual Running of the Herd T-shirt. More information about the event is included in the registration packet, which is due to the listed point of contact by Oct. 15. The cost per participant is \$10. For more information, e-mail 8thofnovemberrun@gmail.com.

Personal Development

Join us on Wednesdays at the Women's Personal Growth Workshop from 1 - 2 p.m. at the Behavioral Health meeting room in Building 7253. The agenda will include topics like lifestyle exploration and deployment, reintegration, family dynamics, anger, stress management and self-esteem development. For more information, call 0951-300-8999.

Speed Limit

Please slow down while driving through residential areas on the installation. The speed limit inside a residential area is 20 km per hour.

DEERS Validation

Soldiers are responsible for ensuring Defense Enrollment Eligibility Reporting System information is updated. Please see the ID card section to update your DEERS information.

Bingo

Bamberg Spouses and Civilians club will have a bingo night Oct. 21 at the Warner Conference Center. Card sales begin at 6 p.m. and bingo starts at 6:30 p.m. Wear pink and receive a free card. For more information, e-mail marylousolorzano@yahoo.com.

BOSS Trip

Take a trip with Better Opportunities for Single Soldiers over the Veteran's holiday weekend to Zagreb, Croatia and Vienna, Austria from Nov. 9-13. The bus departs at 7 p.m. Nov. 9 and returns Nov 13 in the early morning. The trip includes sightseeing with local guides. All travelers must have a valid passport for this trip. The trip cost \$399. For a complete itinerary, visit the Freedom Fitness Facility. Sign up with your \$100 deposit by Oct. 24. The trip must be paid in full no later than Nov. 1 Nov. For more information, call 0951-300-9086 or e-mail mail.bam.dfmwr.boss@eur.army.mil.

Sewing Class

Come to the Arts and Crafts classroom at 5 p.m. and learn to sew. Use a variety of stitching and hemming techniques or use an electric sewing machine. Classes are Tuesday and Wednesday evenings until Oct. 26. Some sewing machines are available, however participants are encouraged to bring in their own machine. The cost for eight sessions is \$120. For more information, call 0951-300-8659 or e-mail thomas.stenson@eur.army.mil.

Scrapbooking

Learn different ways to use paint on your scrapbook pages and cards from noon-midnight Nov. 5. Techniques include the use of CDs, transparencies, and more. Come for all 12 hours, which includes lunch and dinner for \$25 or show for the regular class for \$15 from 6 p.m. to midnight at the 173rd Brigade Support Battalion Family Readiness Group Center. Child care is available at the FRG center playroom with child care providers at a cost of \$2 per hour per child. Reservations for child care must be made in advance as space is limited. For more information, call 0951-300-7308 or e-mail wendy.sledd@us.army.mil.

USAG Bamberg
Warner Conference Center

www.bamberg.army.mil/mwr

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Child Care
available through CYS
Services! Please contact
Parents Center Services
at DSN 499-8660

Steak
Dinner
Oct. 14
Warner
Conference
Center, 5:30 p.m.

New York Strip Steak (16oz and 12oz) or Grilled Salmon,
Caesar Salad, Mushroom Soup, Herb Roasted Potatoes,
Green Beans Almandine, Cherry Cobbler
Tea/Coffee/Water

Please purchase your tickets until Oct. 3, 4 p.m. at CAC or WCC.

Dinner prices are \$16 (Salmon), \$18 (12oz Steak), \$20 (16oz Steak). This event is geared to adults. Please check with CYS Services for Child Care, DSN 499-8660. Registered users can book child care online through MWR ONLINE Services.

Contact Tel. (951) 300 7596

FOR SOLDIERS FOR FAMILIES FOR RETIRES FOR CIVILIANS

Trick or Treat Dodgeball Tournament

Dodge, duck, dip, dive and dodge! Freedom Fitness Facility will be hosting a dodgeball tournament Oct. 22 at 10 a.m. Teams must have six players, but may have four additional players to serve as substitutes. Maximum of 10 teams, double elimination. Team awards will be presented to first second, and third place finishers. Sign up deadline is Oct. 17. The entry fee is \$50 per team and includes a t-shirt. For more information call, 0951-300-9086 or e-mail ernest.johnson@eur.army.mil.

Berlin City and Weihnachtsmarkt

Take a weekend getaway with Better Opportunity for Single Soldiers. Enjoy an overnight stay in Berlin to tour the city and visit the city's Christmas market. The trip includes an overnight stay at a hotel with breakfast, roundtrip bus transportation and city orientation tour with local guide. Bus departs the Freedom Fitness Facility on Dec. 17 at 3 a.m. and returns Dec. 18 at 4 p.m. The cost of the trip is \$175 per person. Rooms are double occupancy. For more information call 0951-300-9086 or e-mail bam.dfmwr.boss@eur.army.mil.

Holiday Savings

For the entire month of December receive 50 cents off a holiday drink: milkshake, frappe or specialty coffees at the Community Activity Center. For more information call 0951-300-8659 or e-mail megan.l.martin@eur.army.mil.

Blood Drive

Donate blood and support the Armed Service Blood Program. Your blood donation could help to save the life of a fellow Soldier. Bamberg will have it community blood drive Oct. 11 at the Basics Building from 10 a.m. - 3:30 p.m. To schedule an appointment in advance, visit <https://www.militarydonor.com/index.cfm?group=op&hgid=1>

Adult "Boo" Craft

Come to the Community Activity Center Oct. 13 at 4 p.m. to create a "boo" door or mantel wood design. The cost is \$5. For more information call 0951-300-8659 or e-mail megan.l.martin@eur.army.mil.

Pizza Night

Come to Birchview Lanes Bowling Center on Pizza Night after 5 p.m. Sept. 30, Oct. 28 and Nov. 25 and

USAG Bamberg
Birchview Lanes Bowling Center

www.bamberg.army.mil/bo

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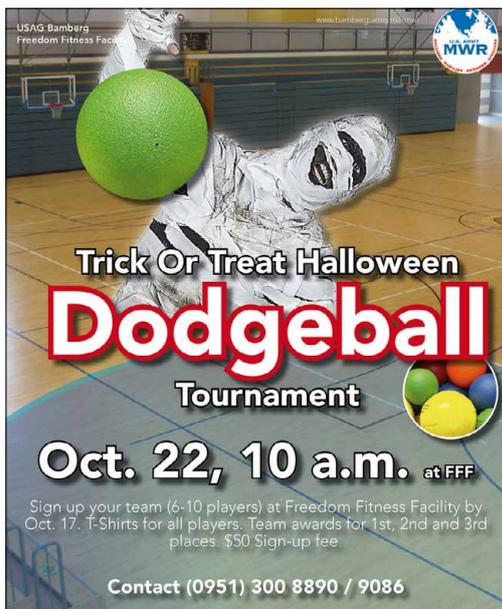
Breakfast
Bowl
Oct. 8, Nov. 12

All You Can Eat Breakfast Buffet & All You can Bowl,
9 a.m.-12 p.m. - \$10 per person
at Birchview Lanes Bowling Center

Contact (951) 300 7722

Help us better our community by taking a survey about the Bamberg community at

www.surveymonkey.com/s/Bamberg



USAG Bamberg
Freedom Fitness Facility

MWR

Trick Or Treat Halloween
Dodgeball
Tournament

Oct. 22, 10 a.m. at FFF

Sign up your team (6-10 players) at Freedom Fitness Facility by Oct. 17. T-Shirts for all players. Team awards for 1st, 2nd and 3rd places. \$50 Sign-up fee.

Contact (951) 300 8890 / 9086

get any 12" pizza for \$10. For more information, call 0951-300-7722 or e-mail phillip.ray.brown@us.army.mil.

Parents' 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 Dec. 3 from 11:30 a.m. - 3 p.m. Dates for Parents' Night Out will be 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.

Date Night

Come to the Warner Conference Center Oct. 14 at 5:30 p.m. for a steak dinner and live entertainment, Nov. 18 at 5:30 p.m. for a prime rib dinner and Dec. 9 at 5 p.m. for dinner and a movie. Attendees should RSVP one week before the event. Prices vary for each event. For more information, call 0951-300-6975 or e-mail Michael.t.graham1@us.army.mil.

Poker Tourney

Play in the poker tournament at Birchview Lanes Bowling Center Oct. 15 and Nov. 19 starting at noon. The tournament has \$25 entry fee with re-buys and the play will be Texas Hold'em. For more information, call 0951-300-7722 or e-mail phillip.ray.brown@us.army.mil.

Woodworkers Knowledge

The Arts and Crafts is scheduled to have a Woodworker's Roundtable Nov. 2 and Dec. 7 at 5:30 p.m. Local woodworkers gather together at this free event to share tips, ideas and plans on woodworking. For more information, call 0951-300-8659 or e-mail thomas.stenson@eur.army.mil.

Craft School

The Arts and Crafts is scheduled to have a basic matting and framing class at 6 p.m. Oct. 20, Nov. 17, Dec. 17 and Dec. 22. There will be a morning class at 10 a.m. Oct. 15 and Nov. 19. The cost for the class is \$15. For more information, call 0951-300-8659 or e-mail thomas.stenson@eur.army.mil.

Wood Safety

The Arts and Crafts is scheduled to have a Woodshop Safety class at 6 p.m. Oct. 6, Nov. 10, and Dec. 8. There will be a morning class at 10 a.m. Oct. 1, Nov. 5 and Dec. 3. The cost for the class is \$15. The class is mandatory for people who want to use the woodshop. For more information, call 0951-300-8659 or e-mail thomas.stenson@eur.army.mil.

Closures / Changes

Library Hours Changed

The community library, located at building 7047, closes at 6 p.m. on Fridays. The current hours of operation are: Monday-Thursday from 11 a.m.-8 p.m., Fridays 11 a.m.-6 p.m. and Sat 11 a.m.-6 p.m. Closed Sundays and Federal Holidays.

Alternate Dining

Due to scheduled training, Nieves Webb is the main post dining facility until Oct. 30.

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.

Customs Office

The Customs Office is closed every first Thursday of the month for training.

Weekly Reminders

Library Events

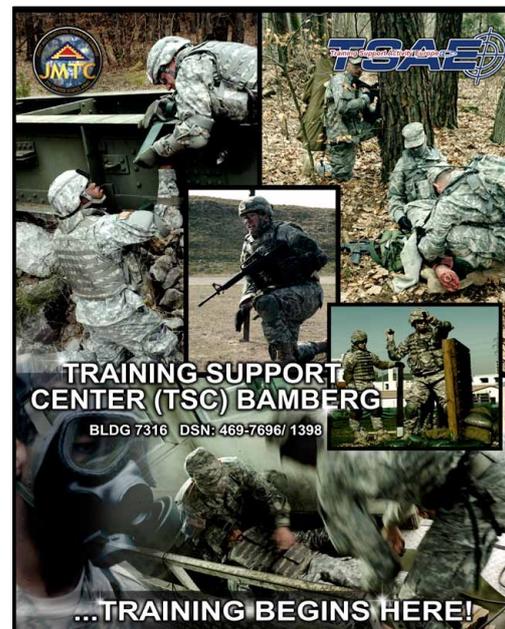
The library hosts weekly events. There is storytelling for children ages 3-5 years old every Thursday at 11:30 a.m. There's also a Gamers' Challenge that meets every Saturday at 5 p.m. For more information, call 0951-300-1740.

DFAC Feedback

Dining Facility council meetings are at Nieves-Webb every last Thursday of the last month of each quarter at 2 p.m. 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



IMTC

TSAE

TRAINING SUPPORT CENTER (TSC) BAMBERG

BLDG 7316 DSN: 469-7696/1398

...TRAINING BEGINS HERE!

changes. For more information about EFMP, contact Vanessa Holland, EFMP manger, at 0951-300-7777.

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.

New Health Clinic Hours

The Bamberg Health Clinic hours of operation are as follows: Monday, Tuesday, Wednesday, sick call is from 7 - 8 a.m.; full service is available from 7:30 a.m. - 4:30 p.m. On Thursday and Friday, sick call is from 7 - 8 a.m. and full service is from 7:30 a.m. - 3 p.m.; closed on US 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 a care provider.

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.

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,



USAG Bamberg
Outdoor Recreation
Bldg. 7116

MWR

BAMBERG
OUTDOOR RECREATION

Ski & Snowboard
Trip

Nov. 24-27

Celebrate Thanksgiving at Soelden (Austria), \$355 per person, includes 3 overnights at a 3-star hotel (double occupancy), dinner and breakfast (incl traditional Thanksgiving dinner), daily transfer to and from ski area. No lift pass included.

facebook

Bamberg MWR

Contact (951) 300 9376

FOR SOLDIERS FOR FAMILIES FOR RETIREES FOR CIVILIANS

Recycling Fact

Each person creates about 4.7 pounds of waste every single day.

Erlanger Stadtwerke, Entega and E-on Bayern. For more information, call the Bamberg tax relief office at 0951-300-1780.

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.

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.

Learn Deutsch

Army Community Service, Relocation Readiness Program, offers free Deutsch classes every month. Beginner classes are scheduled Wednesdays from 2-3 p.m. and 5:30-6:30 p.m. Intermediate classes are Wednesdays from 3-4 p.m. and 6:30-7:30 p.m. Advanced classes are Wednesdays 4-5 p.m. and 7:30-8:30 p.m. Classes are held at the ACS building in classroom 118. For more information, call 0951-300-7777.

English as a Second Language

Army Community Service, Relocation Readiness Program, offers free ESL classes every Thursday. Level 1 class is scheduled from 8:30-10:30 a.m. Level 2 class is from 10:30 a.m.-12:30 p.m. Level 3 class is from 1-3 p.m. Classes are at the Family Advocacy Program Building 7487. For more information, call 0951-300-7777.

Family Advocacy Programs

Army Community Service's Family Advocacy Program is here to provide help and support by offering a New Parent Support Program, Newborn Network, play group, parenting classes, communication classes, victim advocacy and anger/stress management classes.

Family Advocacy - Need assistance in learning how to manage a life full of stress or ambivalence? Come every Thursday to Building 7487 from 1:30 - 3 p.m. for Anger/Stress Management Class.

New Parent - Being a new parent can be a challenge. Join the New Parent Support Group every Friday from 10-11:30 a.m. in Building 7487. For information about any of these classes, call 0951-300-7777.

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.

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.

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.

Sports, Health and Fitness

King of the Hill

Are you the best bowler in town? Find out at the King of the Hill event at Birchview Lanes Bowling Center Nov. 6 starting at noon. The entry fee is \$40. Play features four games of qualification. The top half of field will advance to next round for two more games of total pin fall. The top five bowlers will advance to finals in a stepladder format to determine a winner. For more information, call 0951-300-7722 or e-mail phillip.ray.brown@us.army.mil.

Breakfast Bowl

Birchview Lanes Bowling Center will have a Breakfast Bowl Oct. 8 and Nov. 12 starting at 9 a.m. Come and bowl and have a breakfast buffet for only \$10. For more information, call 0951-300-7722 or e-mail phillip.ray.brown@us.army.mil.

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.



AUDITIONS

for our Fall musical production of the Broadway classic



Wed/Thu Oct 5, 6

6:30pm at The Stable Theater

Roles needed include men, women, boys, some girls ages 8-99. No experience necessary!

Bring a short segment of a favorite song to sing—otherwise no preparation needed.

Open also to non-ID-cardholding guests
Please provide full name, passport or Ausweis nr, birthdate and car Kfz nr at least 2 days prior

Youth and Teens

Babysitting Course

The Bamberg American Red Cross will teach a babysitting class Oct. 15 from 8:30 a.m. - 4:40 p.m. The minimum age for students is 11 years old. A registration fee of \$35 is due no later than Oct. 13 payable in the Red Cross office at the Army Community Service building. For more information, call 0951-300-1760.

Environmental Calendars

The elementary school environmental calendars are postponed until November. For more information, call 0951-300-7730.

Learn Math

Bamberg Elementary School will have a Math Night Oct. 13 from 5-6 p.m. in the Multipurpose Room.

School Fest

Bamberg Elementary School will have a Harvest Fest Oct. 27 from 5-7 p.m. in the Multipurpose Room.

Strategic Plan

Help develop the 2012-2016 Community Strategic Plan. The Department of Defense and the Department of Defense Education Activity is in the process of updating its Community Strategic Plan for the years 2012-2016 and would appreciate your ideas and opinions. To give use feedback, visit <http://cspfeedback.dodea.edu/>.

Kids Lantern Craft

The Community Activity Center is having a kid's craft activity Oct. 13 from 4-6 p.m. Children will have the chance to create a lighted lantern to guide their way on Halloween. This event is free. The cost is \$5. For more information call 0951-300-8659 or e-mail megan.l.martin@eur.army.mil.

Harvest Fest

There will be a Harvest Fest at John F. Kennedy Youth Center Oct. 28 at 6 p.m. There will be games, prizes and crafts. Only family friendly costumes are welcomed. For more information, call 0951-300-8698 or e-mail archie.johnson@us.army.mil

Pumpkin Hayride

Join the Community Activity Center for an autumn hayride to pick up pumpkins at Engineer Lake Oct. 29. Return to the Community Activity Center to carve pumpkins, bob for apples and for other Halloween activities from 11 a.m. to 4 p.m. Costs vary by pumpkin. For more information call 0951-300-8659 or e-mail megan.l.martin@eur.army.mil.

LOOK BACK AND SAY...
I MADE THE MOST OF MY TIME IN EUROPE!

saved big \$\$\$ on this special offer

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2 DINNERS & 2 BREAKFAST
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www.facebook.com/edelweissresort

*RESTRICTIONS, RULES AND REGULATIONS APPLY. VISIT EDLWEISS WEBSITE FOR DETAILS.
RESERVATION: 0951-300-7777. CANCELLATION: 0951-300-7777. 0951-300-7777

Make a Child Happy

For the entire month of Nov. donate a new unwrapped toy at the Community Activity Center and receive a free small slushie, coffee or hot chocolate. For more information call 0951-300-8659 or e-mail megan.l.martin@eur.army.mil.

Win \$30,000 Scholarship

The Voice of Democracy Program is open to students in grades 9-12, who are enrolled in a public, private or parochial high school or home study program in the United States and its territories. Students should first draft their essay based on the 2011-2012 theme: "Is There Pride in Serving in Our Military?" Students should then record their reading of the draft to a CD. The recording should be no shorter than 3 minutes and no longer than 5 minutes. Entries begin at the post level. Once the student has created their essay and completed burning the audio version to a CD, they should submit their typed version, CD and the Voice of Democracy entry form to their local participating VFW Post no later than Nov. 1. The form can be downloaded at www.vfw.org. For more information on the competition, e-mail madonna.roberts@eu.dodea.edu.

Children's Christmas Craft

Come to the Community Activity Center Dec. 19 at 2 p.m. to make reindeer food. This event is free. For more information call 0951-300-8659 or e-mail megan.l.martin@eur.army.mil.

Christmas Kick-Off Craft

Bring the Family to the Community Activity Center Nov. 30 at 4 p.m. for an adult and kids' Christmas craft. Adults can decorate and paint a Christmas sign or calendar and children can decorate and design a stocking. Adult craft costs \$5 each and the child's craft is free. For more information call 0951-300-8659 or e-mail megan.l.martin@eur.army.mil.

Military Students

An article in the recent On The Move magazine, published by Military Child Education Coalition, looks at why military students struggle with math. Tutor.com reviewed more than 365,000 online math tutoring sessions for the research presented in the article, and found that almost half of all math questions asked by students are related to algebra. To read this article, visit <http://cts.vresp.com/c/?Tutor.com/83d3b5bdd17a754d08ea/bb837b293e/startid=14>.

Veterans Salute Teachers

Each year, three exceptional teachers are recognized

by the Veterans of Foreign Wars for their outstanding commitment to teach Americanism and patriotism to their students. The VFW's National Citizenship Education Teacher Awards include a \$1,000 award to the top elementary, middle and high school grade teachers for professional development expenses and a \$1,000 award for each winning teacher's school. If you know a teacher who plans field trips to city hall, organizes community volunteer projects, invites local veterans to speak in class, or does anything to help students develop a better understanding of democratic values and beliefs, this award is for them. Step 1: In 350 words or less, describe why you feel your nominee is deserving of the award. Be sure to describe the teacher's innovative teaching and resource development methods, as well as his or her dedication to education. Step 2: Complete the VFW National Citizenship Education Teacher Award nomination at www.vfw.org. Step 3: Submit the nomination form along with your explanation to your local VFW post by Nov. 1. Nominations can be submitted by fellow teachers, supervisors or other interested individuals. For more information, e-mail madonna.roberts@eu.dodea.edu.

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.

Boy Scouts

Boy Scout Troop 40 in Bamberg is looking for boys ages 12 and older 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 0160-1585894.

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.

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

Refresher Course

Do you already have your Emergency Medical Technician -Basic license? Don't let it expire. Central Texas College is offering an EMT-B refresher course, from Oct. 25 - Dec 6. The classes will meet on Tuesdays and Thursdays from 6 - 9 p.m. For more information, e-mail bamberg@europe.ctcd.edu.

Raise your GT Score

There will be Functional Academic Skills Training Oct. 11-31 8 a.m. - noon at the Education Center. For more information, call 0951-300-7715 or e-mail michael.lapp2@us.army.mil.

Military Science

Central Texas College Bamberg offers an exciting new opportunity for our community members. CTC is launching the Applied Management/ Military Science Associates in Applied Science degree coming up in October 2011. The courses are geared to the civilian and military professional, and provide students not only with college credits and promotion points but also with the skills, knowledge and credentials needed to lead both in the military and in the civilian world. We are kicking off the program by offering MTMS 1271 "Setting Goals and Objectives" starting Oct. 25. For more information, call 0951-300-7467 or email bamberg@europe.ctcd.edu.

PTA Scholarships

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

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.

Clinic will be held each evening at the FFF at 6 p.m.

Want to learn more about the sport, become an official or sign-up your unit to participate in the upcoming unit level basketball league?

Great way to earn extra money and become a Basketball Official!

Minimum age requirement is 18. Letter of Intent (LOI) available at the FFF Issue Desk.

Freedom Fitness Facility, Bldg 7680
469-7595-8890 or Civ: 0951-300-7595-8890 for more information.



Bamberg Movie Schedule

AAFES Reel Time Theater is closed
Tuesdays and Wednesdays

Thur	Oct. 6	Friends With Benefits (R)	7 p.m.
Fri	Oct. 7	Captain America: The First Avenger (PG-13)	7 p.m.
Sat	Oct. 8	Dolphin Tale (PG)	3 p.m.
		Captain America: The First Avenger (PG-13)	7 p.m.
Sun	Oct. 9	Dolphin Tale (PG)	3 p.m.
		Crazy, Stupid, Love (PG-13)	7 p.m.
Mon	Oct. 10	Dolphin Tale (PG)	7 p.m.
Thur	Oct. 13	Captain America: The First Avenger (PG-13)	7 p.m.
Fri	Oct. 14	Cowboys & Aliens (PG-13)	7 p.m.
Sat	Oct. 15	Cowboys & Aliens (PG-13)	3 p.m.
		What's Your Number? (R)	7 p.m.
Sun	Oct. 16	Cowboys & Aliens (PG-13)	3 p.m.
		What's Your Number? (R)	7 p.m.
Mon	Oct. 17	The Change-Up (R)	7 p.m.
Thur	Oct. 20	The Change-Up (R)	7 p.m.
Fri	Oct. 21	Rise Of The Planet Of The Apes (PG-13)	7 p.m.
Sat	Oct. 22	Real Steel (PG-13)	3 p.m.
		Final Destination 5 (R)	7 p.m.
Sun	Oct. 23	Real Steel (PG-13)	3 p.m.
		Rise Of The Planet Of The Apes (PG-13)	7 p.m.
Mon	Oct. 24	Real Steel (PG-13)	7 p.m.
Thur	Oct. 27	Final Destination 5 (R)	7 p.m.
Fri	Oct. 28	30 Minutes Or Less (R)	7 p.m.
Sat	Oct. 29	Spy Kids: All The Time In The World (PG)	3 p.m.
		The Big Year (PG-13)	7 p.m.
Sun	Oct. 30	Spy Kids: All The Time In The World (PG)	3 p.m.
		The Big Year (PG-13)	7 p.m.

Eco-Friendly Tips

Water-saving Tips

1. Encourage your school system and local government to help develop and promote a water conservation ethic among children and adults.
2. Teach your children to turn off faucets tightly after each use.



Energy-saving Tips

1. Eat more raw foods - Simply put, if you cook less, you'll use less energy. You will also retain more vitamins and nutrients in the food you and your children eat.
2. Microwave ovens use less energy than conventional ones. Microwaves are especially good for small portions and leftovers.

Recycling Tips

1. Avoid traffic, save cash on gas and help your children stay healthy by walking to school. Join other parents to organize crocodile convoys of children with adults taking turns to shepherd kids to school. Children will love chatting to their friends on the way and will arrive at school more alert.
2. As the season changes, it's time to get swishing! "Swishing" involves getting your friends together to swap gorgeous clothes and party at the same time.

CYS Barons Football Schedule

Opponent	Date	Time	Location
Grafenwoehr	Oct. 15	11 a.m.	Bamberg
Hohenfels	Oct. 22	noon	Grafenwoehr



AFN Europe Mobile App

Trips and Travel Opportunities

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>.



Oct. 6 Tour Under Bamberg \$ 25

This unique trip through tunnels under Bamberg gives you a view of the city that should not be missed. The tunnels are generally cool and damp, please wear appropriate clothing and bring a flashlight. Transportation departs Outdoor Recreation at 5 p.m. and returns at 7:30 p.m.

Oct. 8 Outdoor Climb \$ 30

Come experience climbing first hand in the world famous sport climbing area known as Franken Jura. Beginners are welcome! Equipment and instruction will be provided for a safe and enjoyable climbing experience that will give you breathtaking views of the nature below. Transportation departs Outdoor Recreation at 9 a.m. and returns at 5 p.m.

Oct. 16 Little Swiss Hike \$ 25

Delve into the beauty of Little Swiss on a hike through the breathtaking landscape of Germany! Please wear layered clothing, hiking shoes and bring a comfortable backpack with drinks, lunch and snacks. Transportation departs Outdoor Recreation at 9 a.m. and returns at 5 p.m.

Oct. 22 Salzburg City Tour \$ 60

Salzburg is the picturesque city where Wolfgang Amadeus Mozart was born, the Sound of Music tour can be enjoyed and where the Fortress of Hohensalzburg provides breathtaking views of the city. Trip includes

transportation and a 2-hour city tour. Remember to bring your passports. Children ages 4-12 are \$40 and children 3 and under are \$20. Transportation departs chapel parking lot at 5 a.m. and returns at 10 p.m.

Oct. 22-23 Glacier Ski & Snowboard \$129

We are headed to Stubai for some early season glacier skiing and snowboarding. It is the "Moreboards Stubai Premiere" weekend, so don't forget to bring your passport if you want to test equipment. Trip includes transportation, 1 night lodging in a 3 Star hotel at double occupancy with breakfast. Get reduced rentals and/or tuning at Outdoor Recreation before you go. Does not include lift pass. Transportation departs Outdoor Recreation at 2 a.m. and returns at 10 p.m.

Nov. 3 Tour Under Bamberg \$25

This unique trip through tunnels under Bamberg gives you a view of the city that should not be missed. The tunnels are generally cool and damp, please wear appropriate clothing and bring a flashlight. This is the last one before the new year! Transportation departs Outdoor Recreation at 5 p.m. and returns at 7:30 p.m.

Nov. 5 Little Swiss Hike \$25

Delve into the beauty of Little Swiss on a hike through the breathtaking landscape of Germany! Please wear layered clothing, hiking shoes, and bring a comfortable backpack with drinks, lunch and snacks. Transportation departs Outdoor Recreation at 9 a.m. and returns at 5 p.m.

Nov. 10-13 Skiing/Snowboarding Hintertux TBD

Start the new season off right with some of the best snow in the Alps. Hintertux Glacier provides the perfect location for starting-off the snow season right. Includes transportation and 3-nights lodging with breakfast and dinner. Does not include lift pass. Snowboard lessons available, \$25 for 1 1/2 hours. Transportation departs Outdoor Recreation on Nov. 10 at 2 a.m. and returns on Nov. 13 at 10 p.m.



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

AUTOMOBILES

FOR SALE: 2006 Kawasaki Ninja ZX6R 636 and 2009 Original Trailer in a Bag Single Motorcycle Trailer. Both items together for 4,500.00 OBO. Please contact CW2 Garcia at 0151-23086312 to discuss a viewing or purchase of these items.

FOR SALE: Jeep , Liberty CRD, 2006 \$14,750 OBO 4X4 30,000 miles Very Good Condition; 2.8L TurboDiesel 23/28 mpg Runs Strong; 5sp Auto; Cruise Control; Air Conditioning; Tinted Glass; Pwr Windows/Doors; WeatherTec Cargo Liner; Cargo Area Cover Jerry or Tina at 0951-2974241 or GeraldKuruc@us.army.mil or TinaKuruc@aol.com

For Sale: \$4800 OBO Ford Mondeo, Grey, Four Door Automatic, Sunroof, clean, Passed Inspection. 0160-985-45227

3 Wheeler for Sale - \$1500 OBO. 2900 km, driven for 2 seasons. Top speed 70-80 km/hr, 45-50 mpg and seats 2. Need driver's license only, no special motorcycle endorsement required, but must wear helmet. Call Randy: 0151-23836351 or rrswindler@yahoo.com.

For Sale: 1994 Yamaha Virago (XJ600). Chopper configuration in top condition. 535 CC. 16,485 Km. Euro 2,500 German license plate w/TUV. Located In Schweinfurt. Call Douglas or Eva Stewart 09721-749246, 0151-20546748. Want photos? Stewartorders@hotmail.com.

Opel Astra Coupe, 1999, red, 92000 miles, german specs, MP3 Player-CD, very clean and in good condition, new muffler, new brakes. Asking: \$3000 obo, for more pics or information please contact e_sapper@hotmail.com.

2000 Plymouth Neon For Sale. US Spec, Automatic, Plymouth Neon in dark green. We have driven this vehicle to Amsterdam and back, just replaced rear tires and brake pads. Asking \$2,000 or best offer. E-mail briettacosta@gmail.com for pictures or more info.

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.

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.

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!

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.

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.

EMPLOYMENT

Schweinfurt Elementary/Middle School administration is looking for a motivated PE teacher to work part-time to begin immediately. Interested members of the Bamberg community can be certified in any state from the U.S. For more, call DSN: 354-6734, CIV 09721-81-893 or email William.Hill@eu.dodea.edu

TRICARE Overseas Program Beneficiary Service Representative. Three years cumulative experience in the following areas: Two years experience in U.S. military healthcare delivery system or civilian managed care medical/administrative environment; two years experience in a medical or clinical environment; one year experience with the Civilian Healthcare Computer System and in processing medical claims. Multilingual ability preferred, must be proficient in written and verbal communications. Ability to respond tactfully with people. Must be able to work independently and under general supervision. All interested candidates should apply at www.saic.com or contact Frances Hernandez at hernandezf@medprotectilc.com.

Central Texas College needs instructors to teach applied management and military science. Requirements include a management based associate's degree and several years of active, Reserve, or National Guard military experience. For more

information, call 0951-300-7467 or e-mail bamborg@europe.ctcd.edu.

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.

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.

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

Apartment for rent. 1 bedroom apartment. 1 kitchen with built in kitchen furniture, 1 living room, 1 bedroom, 1 bathroom. All lamps and curtain included. Basement, Laundry room (already washer and dryer there), 2 parking lots. 14 km from post. For more info, call 0152-54229569.

Math tutoring for high school/middle school students available. I am a certified teacher with a Bachelor of Science degree in Mathematics and a master's in teaching. Available to tutor on weekdays. Please e-mail me for further information: dorothykim@gmail.com.

Gabi's Doggie Daycare, I have space available only on weekends, holidays, and at home care. Daily care is full. Visit www.gabidoggiedaycare.com.

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

Multiple 220v to 110v power converters for sale: 300w for \$40; 600w for \$55, 1000w for \$70 and 1500w for \$90. Please email johndld1999@yahoo.com for details. On-post pick up only.

Six month old AFN receiver for sale for \$190. Costs \$379 new. Will work after the 2012 AFN digital conversion. Please email johndld1999@yahoo.com for details. On-post pick up only.

AFN receiver for sale. \$150. Paid \$180 six months ago. Please email johndld1999@yahoo.com for details. On-post pick up only.

Portable AC Unit \$250 OBO. Model CR208 unit on wheels with hose to exhaust hot air out your window. 2000watt capacity is enough to cool an entire floor. Dehumidifier and adjustable thermostat. Only used one year and costs 350 Euro new. Call DSN 469-9344, or 0176-283-54207.

PCS'ing. MUST SELL. LG Refrigerator 1977 Hanseatic Premium Line Freezer (chest type) \$200. Both 220v. OBO Both are less than 2 years old. Interested call 0951-208-5148.

Kitchen with all appliances- \$700; German king-size solid wood bed - \$430; German bedroom schrank (4 meters long, 220 m high/black&white)-\$570; solid wood round dining room set (w/4 chairs)- \$200; French bed (120X200)-\$150; high board-\$75; bathroom cabinet-\$70; and a solid wood chest of drawers-\$65 / O.B.O. Call 0174-766-3088.

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

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 bamborgpao@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 bamborgpao@eur.army.mil.

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Outside the Gate

Compiled by Simon Hupfer, Family and MWR Marketing

Weekend

Events in and around Bamberg.

Spend your free time outside and enjoy what Bamberg and the surrounding cities have to offer. Information on all guided tours is available on this website <http://www.bamberg.info/en/stadtfuehrungen/>

"Kirchweih" festivities can be fun for the entire family. For many they represent a typical German fest with all the traditional things – beer, brats, music, fun and a good time. 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, locations and free-time activities check these websites. <http://www.bambergtravel.com/> or <http://www.bamberg.info/en>. The information is available in English and with the nice pictures you will get in the mood for getting out end enjoying yourself.

Insider tips and rating for the coolest pubs, clubs, bars and sights can be found on this website: <http://www.virtualtourist.com/travel/Europe/Germany/Bavaria/Bamberg>. People who have been to these locations before share their insight information and experiences. It is a great resource for all who would like some more information on their favorite destination on Bamberg before leaving base.

Weekend Events in and around Bamberg Oct. 7-9

Friday, Oct. 7

- 4 p.m. Kirchweih at Trosdorf, Platz von Montauban, 96120 Bischberg
- 8 p.m. Bassa, live entertainment (Tango, Jazz, Worldmusic), at Schwenk & Seggelke, Obere Koenigstrasse 15, 96052 Bamberg, www.bassa-welt.de
- 8 p.m. "Le Nozze Di Figaro", Mozart's opera with young European talents, at E.T.A. Hoffmann Theater, E.T.A. Hoffmann Platz 1.
- 9 p.m. Mywood, Live Concert, at Live-Club, Obere Sandstrasse 7, 96049 Bamberg, www.mywood-music.com
- 10 p.m. Kali Yuga Soundsystem, at Morph-Club, Luitpoldstrasse 17, 96052 Bamberg, www.myspace.com/kaliyugasoundsystem

Saturday, Oct. 8

- 10 a.m.-6 p.m. Living and Ambience, find latest trends around living, kitchens, baths, construction and renovation, at Stechert Arena, Forchheimerstrasse 15, 96050 Bamberg
- 11 a.m. Organ concert at St. Stephans Church, Stephansplatz 5, 96049 Bamberg
- 2 p.m. Kirchweih at Heiligenstadt, Marktplatz, 91332 Heiligenstadt
- 3 p.m. Guided tours on the Bamberg airfield with the Aero-Club Bamberg e.V., tickets are 2 €, pre-registration is a must, call (0951) 87 11 08
- 7:30 p.m. Oktoberfest in the Barn, live entertainment, bus shuttle, free admission, at Helmut's Hofschaecke, Gut Leimershof, 96149 Breitenguessbach
- 9 p.m. Deep Purple Tribute, at Live-Club, Obere Sandstrasse 7, 96049 Bamberg
- 9 p.m. Javelin live on stage, at Gunzendorf Tanzpalast, Jurastrasse 30, 96155 Gunzendorf, www.gunzendorf-live.de
- 10 p.m. Jaya the Cat (Skapunk, Reggae, Ska) at Morph-Club, Luitpoldstrasse 17, 96052 Bamberg

Sunday, Oct. 2

- 10 a.m.-5 p.m. Apple Fair and Crafters exhibition, meet basket makers, potters, and carpenters, learn everything about traditional apple sorts, great entertainment and Franconian, home-made culinary specialties, for the entire Family, at 96170 Lisberg
- 10 a.m.-6 p.m. Farmer and Fall Market, at Lindenallee, 96129 Strullendorf
- 5 p.m. Chamber music with the Bamberg Symphonic Orchestra, at Konzert- and Congresshall, Musstrasse 1, 96047 Bamberg. Purchase tickets at bvd ticket service, Lange Strasse 22, 96047

Bamberg.

- 8 p.m. Ziehgaeuner (Ska, Balkan, Funk) at Morph Club, Luitpoldstrasse 17, 96052 Bamberg
- 9 p.m. Shanna Watertown and Band (Florida, New York, Paris), Live-Club, Obere Sandstrasse 7, 96049 Bamberg

National Concert Schedule:

- Oct. 4 Mando Diao, Munich – Freimann, Zenith
- Oct. 7 Mando Diao, Oberhausen, Koenig-Pilsener-Arena
- Oct. 8 Mando Diao, Frankfurt, Jahrhunderthalle Frankfurt
- Oct. 9 James Blunt, SAP Arena, Mannheim
- Oct. 18 Britney Spears, Koeln, Lanxess Arena
- Oct. 25 Milow, Bamberg, Stechert-Arena
- Oct. 26 Bob Dylan and Mark Knopfer, Munich Olympiahalle
- Oct. 31 Sunrise Avenue, Stuttgart – Filderstadt, FILharmonie
- Nov. 6 Sharon Corr, Heilig-Geist-Kirche in Frankfurt
- Nov. 9 Sharon Corr, C-Club, Berlin
- Nov. 9 Sunrise Avenue, Posthalle, Wuerzburg
- Nov. 10 Sunrise Avenue, Loewensaal in Nuremberg
- Nov. 10 Chippendales, Bamberg Stechert-Arena
- Nov. 28 30 Seconds to Mars, Frankfurt Festhalle
- Dec.6 WWE Smackdown Live Tour, at Frankfurt Festhalle

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

Enjoy the good weather with the volksmarching enthusiasts. At http://www.dvwwandern.de/v_yb/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.dv-wandern.de/v_yb/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.

Visit the city of Bamberg's official website

The screenshot displays the Bamberg official website with a red navigation menu on the left. The main content area features several articles and sections:

- Home**: Navigation links for Home, Hotels & accommodation, Guided tours, and Packages.
- Our tip – your personal delicacy!**: An article about Franconian delicacies served during a 3-course menu, with a link to more information.
- Bamberg - the beer city**: An article about nine breweries in Bamberg, with a link to more information.
- Bamberg - an unforgettable experience!**: An article about Bamberg's history and culture, with a link to more information.
- Opening hours**: A section listing opening hours for various services, including Friday (9:00am - 6pm), Saturday (9:00am - 6pm), and Sunday (9:00am - 2:00pm).
- Specialist**: A section listing various specialist services, including a "Closed: New Year's Day, Good Friday, All Saints (1st Nov), 20th and 26th December".
- Local tips**: A section listing local tips, including "22.6-30.9. Sightseeing in Bamberg", "25.6-4.8. Rose Garden Serenade", and "26.8-4.8. Concert starring the Bamberg String Quartet".

Leaders expanding foundation of historic club

By Douglas DeMaio,
USAG Bamberg Public Affairs

BAMBERG, Germany -- The Sergeant Morales Club is unique to Europe and those whom earn membership into the club represent the Army's best in Europe.

Noncommissioned officers are not only trying to build awareness about the club, but they want to expand the club's roots.

"We're trying to start it at our brigade level and branch out," said 1st Sgt. Yolanda T. Carlisle, 504th Signal Company, 16th Special Troops Battalion, 16th Sustainment Brigade.

Carlisle, who is the senior member for the club within the brigade, is building the program and expanding its support structure to its units through Europe.

"You have to start somewhere," she said.

The Sergeant Morales Club was established in 1973.

Carlisle acknowledged that Soldiers deploying to operations Iraq and Afghanistan for the past decade has challenged maintaining the club's continuity and support structure. The brigade's Command Sgt. Maj. Ismael Rodriguez, who oversees the brigade's club process, and Command Sgt. Maj. James E. Spencer 21st Theater Sustainment Command are revitalizing the structure.

In June, the brigade restarted the process for identifying possible candidates and inducting new members, said Staff Sgt. Humphrey Apollon, 391st Combat Sustainment Support Battalion.



Sgt. Frank Sanchez III, 21st TSC Public Affairs

Soldiers from 21st Theater Sustainment Command stand in formation at Sergeant Morales Club ceremony Aug. 18. The 16th Sustainment Brigade has restarted the process for identifying possible candidates and inducting new members in to the club.

stationed "We identify candidates and start studying with them," Apollon said, who recently became a club member.

Every quarter the brigade will have a board and induction ceremony, Carlisle said.

"We're grooming other NCO's for membership," Carlisle said.

The club is the U.S. Army Europe equivalent of the Sgt. Audie Murphy Club and was created to recognize and develop exemplary noncommissioned officers.

"The purpose of the program is to better the community and better the NCO corps," she said.

Army Europe Regulation 600-2 states "members must exemplify a special kind of leadership characterized by a personal concern for the needs, training, development and

welfare of Soldiers."

The club, an exclusive organization, recognizes Soldiers who exhibit the highest ideals of integrity, professionalism and leadership, Apollon said. The selection process can be long and demanding, but succeeding can bring significant advantages for NCOs looking to advance their careers.

"We identify them based on their work ethic and their involvement in the community," Apollon said, who is 21st TSC's point of contact for Soldiers in Bamberg and Schweinfurt whom are preparing the club's selection board. "If you are doing what is right, eventually people are going to see it."

Carlisle said the leaders of the club plan on partnering with other organizations, like Better Opportunities for Single Soldiers, to become more visible in the community,

To become a member, a Soldier must make it through a four-part selection phase that begins with a nomination from the NCO's first sergeant and includes three selection boards.

The first board is at the battalion level, the second at the brigade level and the final selection board is at the division or corps level.

The next brigade board will be Nov. 23, followed by a division level board on Dec. 5, Apollon said. The study sessions are Monday through Wednesday and Friday from 4 - 6 p.m. on the fourth floor of Building 7007.

For more information on preparing for the board, e-mail humphrey.c.apollon@us.army.mil.

Enrollment in TRICARE Online provides 24/7 access to health care

By Jessica Lipari,
USAG Bamberg Public Affairs

BAMBERG, Germany -- Health care is one of the many benefits provided to Soldiers and their Families.

To provide access to personal health care records 24/7 the Army is utilizing TRICARE Online.

TRICARE Online allows users to schedule appointments online, order prescription refills and view up to five years of personal health data.

Many community members are not aware of this program and are not taking advantage of it, said Lt. Col. John J. Melton, US Army Health Clinic Bamberg commander.

"Less than 25 percent are registered in TRICARE Online," Melton said.

"Bamberg Health Clinic will be transitioning to a patient centered medical home model in the near future," he said. "Updated information in the Defense Eligibility Enrollment Reporting System and enrolling in TRICARE Online is essential to this transition."

In order to benefit from TRICARE Online, one first needs to be properly registered in DEERS.

"Soldiers and their Families that don't update DEERS information put their medical benefits at risk," Melton said.

"In the Bamberg community we have 6200 enrolled beneficiaries and over half of them

have incorrect information on DEERS," he said.

DEERS information is not automatically updated; sponsors must update the file when moving, changing a phone number or e-mail information. Sponsors need to update this information for themselves and their family members.

In addition to updating DEERS the sponsor should also request a Department of Defense Self-Service Logon for their entire family.

The request for a log-on is a click of a button for the Soldier, but the family member will have to wait up to two weeks for a letter in the mail with their activation code.

This log-on is the key to family members getting **(ONLINE continued on Page 13)**

Hispanic celebration honors heritage



(ONLINE continued from Page 12)
full access to TRICARE Online.

Secure access to view personal lab results, problem list, encounters, allergies and medications are features provided by the Blue Button. The Blue Button can only be utilized when you have a common access card or a DoD Self-Service Logon to ensure security.

This will also provide access to secure messaging with your primary health care manager and other members of the health team, which will be part of the patient centered medical home model that Bamberg Health Clinic will be using in the near future.

Family members can register on TRICARE

Online before receiving a DoD Self-Service Logon but they will have limited features that they can utilize.

Updating DEERS and enrolling in TRICARE Online is an easy process and takes less than 10 minutes to complete if you have the proper information on hand.

TRICARE Online requires a onetime registration. When changing duty stations one only needs to update DEERS and the medical treatment facility information on TRICARE online.

Updating DEERS

There are three ways to update information in DEERS:

- Visit the on-post military support office, the

same office that assists with ID cards.

- Call the Defense Manpower Data Center Support Office at 1-800-538-9552.
- Go online to <http://milconnect.dmdc.mil>, a CAC card will be required and the DoD Self-Service Logon for family members is requested here.

TRICARE Online Registration

1. Go to www.tricareonline.com
2. Read the Online Privacy and Security Policy and click "I Agree"
3. Click "Create Account"
4. Read and accept consent banner
5. Enter all required personal information
6. Create your username and password
7. Click submit and within 10 minutes you will have access