



WARNER WEEKLY

News & Information at Your Fingertips

VOL. 6, Issue 47

www.bamberg.army.mil

Thursday Nov. 17, 2011



Gambling addict's debts raise flag to commanders

By Douglas DeMaio,
USAG Bamberg Public Affairs

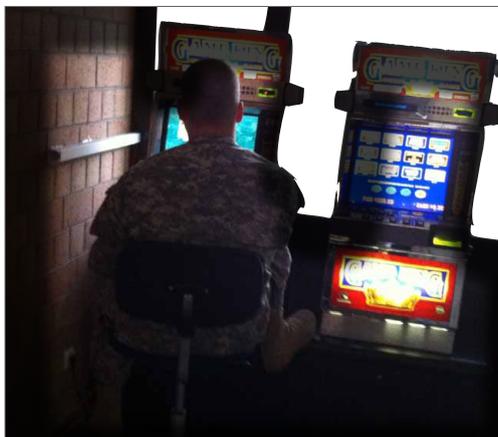
BAMBERG, Germany -- Pathological gamblers learn their obsession is easy to hide, but once it consumes their life, the addiction is difficult to conceal.

The signs become as noticeable as a wino begging for spare change.

Soldiers, civilians and spouses should not only be aware of how to seek help for a gambling addiction, but they should know how to help people they know who are gambling their life away.

"An addiction is an addiction no matter what it is," said Tonya Hancock, Bamberg's Army Substance Abuse Program prevention coordinator. "It starts out as a high, but then it turns on you. Then, it becomes I need this to get through the day."

According to the U.S. National Library of Medicine, pathological gamblers are unable to resist the impulse of gambling, which leads to severe personal or social consequences. The risk can begin in females between ages 20 and 40 and in males during early adolescence. Pathological gamblers often feel ashamed and



Douglas DeMaio

An unidentified Soldiers gambles during duty hours. Pathological gamblers are unable to resist the impulse of gambling, which leads to severe personal or social consequences. The risk can begin in females between ages 20 and 40 and in males during early adolescence.

try to avoid letting people know of their problem.

"One to three percent of the population is a pathological gambler," said Maj. Vahag Vartanian, Bamberg Behavior Health Clinic chief.

For those who do not get treatment, the gambling begins to take over, Hancock said,

who refers people directed to ASAP for gambling to Vartanian. The metamorphosis begins to affect every part of a person's life; every aspect of the addict's life deteriorates.

"It affects everything," Vartanian said. "It gives you a rush and feeling of euphoria, but then it goes away quicker and quicker. You become psychologically and physically dependent on it. They continue using it despite knowing that it's causing negative effects. People have to understand that is what is happening and come seek help."

The best treatment for pathological gambling is cognitive behavioral therapy, which is an individual therapy, Vartanian said. People who suffer from alcohol and drug abuse, anxiety or depression could complicate the treatment.

"It can be eight to 10 sessions, or even more," Vartanian said. "You basically think about the reasons for why you gamble and the things you try to avoid."

Gambling starts to interfere with a person's job and relationships, Vartanian said. The addict's finances begin to dwindle. Money used to support a Family or pay bills becomes fuel to feed the gambler's addiction. Addicts start (GAMBLE continued on Page 12)

Brigade Soldiers take field cooking to a new level

By 2nd Lt. Kelly Cecil, 16th Special Troops Battalion Public Affairs

BAMBERG, Germany -- Earlier this year, Soldiers of the 16th Special Troops Battalion, 16th Sustainment Brigade, took home the Phillip A. Connelly award for the best field kitchen at the both the 21st Theater Sustainment Command and U.S. Army Europe levels. On Oct. 13, Department of the Army judges arrived at the 16th STB field site on Warner Barracks to decide if the unit had what it took to win at the DA level.

The Phillip A. Connelly competition recognizes food service personnel throughout the Army and evaluates their expertise in running the food service program. The underlying principle of the competition is

intended to improve the quality of food throughout the military and give food service personnel the recognition they deserve.

Judges evaluated Soldiers in several different categories to include food preparation and quality, use and maintenance of equipment, field food safety, appearance and attitude of the staff, and also supervision and training of personnel.

"Expect the unexpected, look for Murphy and practice makes perfect!" This is how Chief Warrant Officer 2 Ruth Caraway, the 16th Sust. Bde. command food advisor, described what she learned from the Phillip A. Connelly competition. Caraway and her group planned and trained for eight months leading up to the competition.

(FOOD continued on Page 4)



Jessica Lipari

Members of the Girl Scouts walk in the Veterans Day parade Friday. The parade was followed by a ceremony at Memorial park.

Veterans Day parade inspires patriotism, honor those fallen

By Jessica Lipari,
USAG Bamberg Public Affairs

BAMBERG, Germany -- Community members here, gathered on Friday for a parade to honor military veterans followed by a wreath-laying ceremony at Memorial Park.

Basics Building and traveled along John F. Kennedy Boulevard to Memorial Park.

Community members lined up along the parade route to show their support and cheer on the participants.

The parade route started at the

(PARADE continued on Page 12)

Finance company adopts 'Young Giraffes' of Bamberg

By 2nd Lt. Kelsy Ferris,
16th Sustainment Brigade Public Affairs

BAMBERG, Germany -- Soldiers from the 106th Finance Management Company, 16th Special Troops Battalion, 16th Sustainment Brigade, recently adopted the third-grade 'Young Giraffes' class at the Bamberg Elementary School here.

Between two and eight volunteers from 106th FM Co. visit the school every Wednesday and Friday to read, teach and even make cakes with the young students.

The goal of this new partnership is for the Soldiers to connect with the community and mentor young minds.

Deborah Heit, the classroom teacher, explains that this particular third-grade class is nicknamed the 'Young Giraffes' because they are learning to stick out their necks for others. The class is just one of four third-grade classes at the local elementary school.

Maj. Gavin Luher, the 106th FM Co. commander, reached out to Heit and inquired about volunteering within the classroom. The program started about a month ago and Heit stated that it has been a trial run for whether or not similar programs will start in the other classes.

"The kids absolutely love it, it's an opportunity

for everyone to grow and learn," Heit said.

Spc. Janada Morrison, a supply specialist for the 106th FM Co., has volunteered every opportunity she can.

"Every week (Wednesday and Friday) I try my best to send Soldiers of the 106th to Heit's class to interact with the kids," said Morrison. "They (students) understand that there are times we are not able to make it because of tasks or duties at work, but we still try our best to attend."

Joining Morrison was Pvt. Nabiha Isaq, a supply clerk in the 106th FM Co., who was on her second visit to the classroom.

"On 'Pajama Day' during the schools 'Spirit Week,' all the kids dress in their favorite pajamas and learn about fire safety," Heit said. "Along with the theme, the students are also instructed to make fire truck cakes."

Given plenty of treats and food décor, the students were encouraged to be creative and cooperative with each other in the design and building of their fire trucks. At the end of the lesson, the guides, Morrison and Isaq, picked a cake to take back to their unit. They both chose the cakes they helped create, much to the students' delight. Volunteers are welcomed and encouraged to talk with Heit for other opportunities to get Soldiers involved with students and the community.



Photo by 2nd Lt. Kelsy Ferris

Spc. Janada Morrison, a supply specialist in 106th Finance Management Company, 16th Special Troops Battalion, 16th Sustainment Brigade, helps one of the 'Young Giraffes' at the Bamberg Elementary School build a fire truck cake for fire safety awareness Oct. 28. Morrison volunteers every week with the third-grade class to build relations between Soldiers and the Bamberg community.

Volunteers needed to support community enhancement program

Staff Report

Are you ready to be a part of improving lives of Soldiers, retirees, Department of Army civilians, and their family members? Then you are a good candidate to be an Army Family Action Plan volunteer.

The following volunteer opportunities are open for the AFAP Symposium, Nov. 29-30.

For more information or to sign-up, call 0951-300-8230.

Delegate

Duties - Represents the Army Family by prioritizing issues and recommending solutions. Requires - An open mind and ability to

listen and respect others.

Facilitator

Duties - Manages the group process to achieve the goals of the workgroup. Stimulates group discussion and encourages all to participate. Requires - Flexibility and patience.

Recorder/Transcriber

Duties - Captures basic ideas on paper in full view of the group. Prepares issue papers and brief out slides. Requires - Neutrality.

Issue Support

Duties - Ensures that issues are not currently being worked in the AFAP process. Requires - Prior knowledge of the issues.



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U.S. Army Europe commander's Thanksgiving Day message

On Thanksgiving Day, we gather with Families and friends to share a meal and give thanks for all that we have.

As you, your Family and close friends sit down to share turkey, stuffing, and pumpkin pie or gather around your living room for a football game, we ask all of you to remember not just the traditions we as Americans share on this holiday season, but also the VALUES that we share as an Army Family in Europe - LOYALTY, DUTY, RESPECT, SELFLESS SERVICE, HONOR, INTEGRITY and PERSONAL COURAGE.

It is these values that all of you emulate – whether Soldier, family member or civilian – that make the United States Army in Europe so great.

In the past eight months, it has been a pleasure for Sue and I to become reacquainted with the people and communities of USAREUR, and to once again call Europe our home. We have come to know and appreciate your dedication, professionalism and strong sense of teamwork that remain the foundation of our Army and communities of U.S. Army Europe.

We thank you and your Families for all you do in defense of our great nation. We wish each and every Soldier, family member, and civilian in United States Army Europe a Happy Thanksgiving.

Lt. Gen. Mark Hertling
U.S. Army Europe



Experience Germany's Christmas markets

By Jessica Lipari,
USAG Bamberg Public Affairs

BAMBERG, Germany -- Community members are encouraged to experience the culture Germany has to offer while being stationed overseas. A great opportunity for one to do this is to visit one of the many Christmas markets.

More than 2,500 Christmas markets can be found in Germany during the holiday season. These markets date back to the 14th century, originally set up as a fair to provide food and practical supplies for the cold winter season.

Today's markets take place in old town squares and medieval castles. Vendors set up stalls and offer traditional items and food for sale. Traditional items that can be found at most markets include crib figures, toys, wood carvings, candles, lambskin shoes and ornaments. Many Christmas markets in Germany forbid modern items like plastic garland and mass produced toys.

Some of the markets have unique items that can only be found there; for example, Nuremberg has "Plum People" which are figures made from prunes. Walking through the markets presents a festive atmosphere and aromas of gingerbread, hot nuts and the local bratwurst. Also, one will smell the aroma

of mulled wine, known as Gluehwein. Some of the popular Christmas markets within a short drive of Bamberg include Nuremberg, Wuerzburg, Rothenberg or der Tauber, Coburg and Leipzig. Below is more information on each of these markets.

Bamberg

Bamberg has four markets that take place from the end of November until Christmas. The traditional Christmas market takes place downtown at Maxplatz Square from Nov. 24 - Dec. 23. The market is open Monday to Saturday from 9 a.m. to 8 p.m. and on Sundays from 11 a.m. to 8 p.m. The medieval Christmas market takes place at Geyerswoerth Palace from Dec. 3 - 11. The first weekend of Advent, Nov. 25 - 27, there is an Advent Market at Sandstrasse in downtown Bamberg. An arts and crafts market can be found at Jakobsplatz Square on Dec. 10 - 11.



Nuremberg

Nuremberg's Christmas market is opened by the Christmas Angel at 5:30 p.m. Nov. 25. The market takes place in the historic old town quarter Hauptmarkt Square from Nov. 25 - Dec. 24. It is open Monday to Thursday from 9:30 a.m. to 8 p.m., Friday and Saturday from 9:30 a.m. to 10 p.m. and on Sunday from 10:30 a.m. to 8 p.m. In addition to the

(MARKET continued on Page 4)

President honors veterans of all eras

ARLINGTON, Va. (Nov. 14) -- "To all our nation's veterans: Whether you fought in Salerno or Samarra, Khe Sanh or the Korengal, you are part of an unbroken chain of men and women who have served this country with honor and distinction," said President Barack Obama as he thanked them Nov. 11 at a Veterans Day observance in Arlington National Cemetery.



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

Soldiers talk with chairman of Federal Reserve

FORT BLISS, Texas (Nov. 14) -- For the first time during his tenure as chairman of the Federal Reserve, Ben Bernanke met with U.S. service members at a town hall meeting at the Centennial Banquet and Conference Center at East Fort Bliss Thursday.



Soldiers, family members and other members of the Fort Bliss community attended to get questions answered concerning the U.S. economy.

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

Focus on Fire Safety: Holiday Cooking

Staff Report

Safe Cooking Tips

Cooking fires continue to be the most common type of fires experienced by U.S. households. This is even more apparent during the holidays.

The kitchen can be one of the most hazardous rooms in the home if you don't practice safe cooking behaviors. Here are some safety tips to help:

There is an increased number of incidences of cooking fires on Thanksgiving Day, Christmas Eve and Christmas Day.

- Stay in the kitchen when you are frying, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.

Cooking fires are also the leading cause of civilian fire injuries in residences.

- If you are simmering, baking, roasting, or boiling food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you're cooking.

These fires are preventable by simply being more attentive to the use of cooking materials and equipment.

- Stay alert! To prevent cooking fires, you have to be alert. You won't be if you are sleepy, have been drinking alcohol, or have

Don't become a cooking fire casualty. Learn the facts about cooking fire safety today.

(SAFE continued on Page 9)



Photo by 2nd Lt. Kelly Cecil

Spc. Thomas Liebel and Pfc. Laaisha Green, food service specialists with the 16th Special Troops Battalion, refill the scrambled eggs in their field kitchen during judging for the Department of the Army Phillip A. Connelly Competition in the field category Oct. 13.

(FOOD from Page 1)

"The biggest challenge while preparing for the Connelly was keeping up with the Brigade tempo," said Caraway. "As a brigade we have various missions going on all the while making time to practice and improve the site. We just took it one practice at a time, focusing on the 25 meter targets and working our way up."

For 1st Lt. Melissa Wilson, the 16th Sust. Bde. food service officer, "The biggest challenge was compiling the entire team. We

had Soldiers from almost every section participating. The sections lost those Soldiers completely while preparing for the brigade, 21st TSC and U.S. Army Europe evaluations."

Despite all of the demands to prepare for the competition, the 16th STB food service Soldiers brought their warrior spirit to excel in the military food service arena. Judging for the Philip A. Connelly competition will continue through December and the winners will be announced early next year.

(MARKET from Page 3)

traditional market, Nuremberg also has a children's market with steam-powered merry-go-rounds, old-fashioned carousels and hands-on workshops.

Wuerzburg

On weekends, one can take the Christmas Express transportation to the Christmas market from the main train station. The Christmas Express is a tram decorated to look like a Christmas tree. The Christmas market takes place from Nov. 25 - Dec. 23, Monday to Saturday from 10 a.m. to 8 p.m. and Sunday from 11 a.m. to 8 p.m. At the Oberer market, there is a live nativity story performance on Advent Sundays at 4 p.m.

Rothenburg ob der Tauber

Visitors to Rothenburg can experience Christmas all year round; it is the location of the German Christmas museum. The town also provides a medieval setting for the Christmas market that takes place Nov. 25 to Dec. 23 on Sunday to Thursday from 11 a.m. to 7 p.m. and Friday to Saturday from 11 a.m. to 8 p.m. In addition to visiting the market and the museum, one should try a Schneeball. Schneeballs are strips of sweet dough fried and covered with powdered sugar or chocolate, they are a medieval

treat that can only be found in Rothenburg ob de Tauber.

Coburg

Coburg's Christmas market starts with a candle light parade by the Coburg's Children Choir. It takes place in the downtown market square and a carousel is the center of the market. The Christmas market takes place Nov. 25 to Dec. 23 from 11 a.m. to 8 p.m. daily. The state theatre performs a fairytale play with a Christmas theme during the holiday season. Santa Claus arrives at the market every weekend and on Wednesdays in a horse drawn carriage, he distributes gifts to the children at the market.

Leipzig

Leipzig is one of the largest Christmas markets around and has the world's largest free-standing Advent calendar, 857 meters squared. The market takes place Nov. 22 - Dec. 22 from 10 a.m. to 9 p.m. daily. In addition to the traditional market, there is a fairytale forest, a model railway display at Augustusplatz and an old medieval Christmas market.

For a list of Christmas markets, visit <http://www.usagschinnen.eur.army.mil/sites/local/leisure.html>

Fall cleanup to begin next week

Staff Report

community's recycling efforts.

This is a reminder to all Soldiers, Families, Department of Defense civilians and German workforce employees regarding this year's fall cleanup Nov. 21 - 23.

The fall cleanup is a time for us to improve our community.

It's a time for us to come together as a team to enhance the appearance of our installation and to show we take pride in our community. Fall cleanup will give residents of our community the opportunity to dispose of some of those unwanted household items.

Disposing of these items properly is the most important thing you should be aware of during the fall cleanup. Each year the Army spends an enormous amount of money on waste disposal. Recycle what you can at the Community Recycling Center.

Throwing trash into a recycling bin meant for paper, metal, glass or plastic makes the material inside useless for recycling, and the material will be considered waste. The reason for this is that it is not cost effective to separate the material after it has been mixed. To have an effective fall cleanup this year, everyone in our community needs to contribute and we need to place material in the proper containers. Placing material in the proper container is your responsibility.

One person's mistake can ruin the

Use reasonable judgment when disposing of all material, so items aren't mixed in the wrong container.

Cleanup will begin throughout the installation beginning Nov. 21. All units and civilians will cleanup their designated work areas. This includes all office buildings and unit headquarters, in addition to assigned areas designated by the garrison.

Units have to take their bulk trash and leaf bags to the Community Recycling Center and separate all recyclable material into the proper containers.

Each housing unit has an assigned building coordinator. They will assist in the cleanup effort by providing additional instructions regarding what is expected of residents during the cleanup.

Detailed personnel will pick up leaf bags at on-post housing from Nov. 21 - 23.

If you wish to dispose of bulk items like old furniture, place them neatly near the curb of your house for collection so the items do not obstruct any driveways, parking spaces, roads or walkways in your neighborhood. Housing residents can be proactive by setting items near the curbs beginning the evening of Nov. 20. Detailed personnel will pick up items from Nov. 21 - 23.

(CLEAN continued on Page 12)

Remembering, running together



Jessica Lipari

Paratroopers from 173rd Airborne Brigade Combat Team run together in the 5th annual 173rd Airborne Brigade Combat Team Running of the Herd Nov. 8. The 24-hour relay commemorates Soldiers from the 173rd who died in conflicts from Vietnam to present day.



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Birchview Lanes Bowling Center

Win great Prizes!

Poker Tournament
Bamberg Texas Hold'Em
Nov. 19, High Noon, \$25

Reserve your seat via e-mail to phillip.ray.brown@us.army.mil
Limited seating.

Contact (0951) 300 7722

FOR SOLDIERS FOR FAMILIES FOR RETIRES FOR CIVILIANS

Community Announcements

Please send all announcements to Bamberg Public Affairs at usarmy.bamberg.usareur.mbx.pao@mail.mil.

Good Cheer

Experience a Christmas with a German family. Sign up for the Christmas Good Cheer program. Applications are available at www.bamberg.army.mil/docs/goodcheer.pdf and at the post Public Affairs Office in Building 7089, Room 413. Soldiers should sign up by Dec. 12. For more information, call 0951-300-1600.

Rummage Sale

The 173rd Special Troops Battalion Family Readiness Group will have a rummage sale Nov. 19 from 10 a.m. - 1 p.m. across the street from the Yellow Ribbon Room.

Volunteer for AFAP

The Army Family Action Plan needs volunteers for the AFAP conference Nov. 29-30. For more information, call 0951-300-8230.

London Trip

Ring in the New Year's this year with Better Opportunities for Single Soldiers. Join BOSS Dec. 29 - Jan. 2 on a trip to London. The bus departs on Thursday evening and returns Tuesday evening. The

trip includes three overnights in a four star hotel, three breakfasts, a London sightseeing tour, New Year's Eve celebration at Trafalgar Square, a fireworks display, roundtrip transportation on comfortable German motor coach, a ferry crossing and plenty of free time for your own sightseeing. A \$100 deposit is due by Nov. 18 and the final payment is due no later than Dec. 16. The trip is open to Soldiers, and other authorized identification card holders 18 years of age and above. The cost is \$489. For more information, call 0951-300-9086 or ernest.d.johnson3.naf@mail.mil.

Turkey Trot

Run or Walk in the 5 kilometer Fun Run Nov. 19 at 9 a.m. at the Freedom Fitness Facility.

BSCC Bingo

The Bamberg Spouses and Civilians Club at the Warner Conference Center Dec. 2. Card sales begin at 6 p.m. Wear a Santa hat and get a free card.

Scrapbooking

Get totally wired as we show you ways to use colored wire and beads Dec. 2. 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.

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.

OneSource Mobile

Army OneSource is now available for smart phone browsers. The launch of a mobile device version will optimize Army OneSource the mobile experience for visitors. Visit www.myarmyonesource.com today.

Turkey Shoot

Play in the Turkey Shoot at the Whispering Pines Golf Course every Saturday Nov. 19 through Dec. 24. Win a turkey, cornish game hen or a duck. The cost is \$10. For more information, call 0951-300-8953.

Berlin City and Weihnachtsmarkt

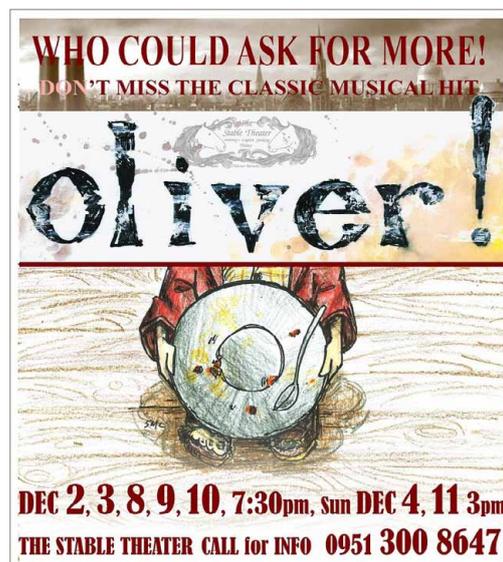
Take a weekend getaway with Better Opportunity for Single Soldiers. Enjoy an overnight stay in Berlin to tour the city and visit the city's Christmas market. The trip includes an overnight stay at a hotel with breakfast, roundtrip bus transportation and city orientation tour with local guide. Bus departs 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.

Oliver Play

Don't miss the Broadway smash hit Oliver, which is based on Charles Dickens' classic tale. Enjoy the story of Oliver Twist in 19th century London. The shows run Dec. 2-3 and Dec. 8-10 at 7:30 p.m. and Dec 4 and 11 at 3 p.m. Reserve a table by calling 0951-300-8647.

Christmas Tree Lighting Contests

Decorate a canopy or a Christmas tree and have a chance to win a prize on Dec. 1 at 4 p.m. in the chapel parking lot. All Family Readiness Groups, private organizations or units can sign up now for the



WHO COULD ASK FOR MORE!
DON'T MISS THE CLASSIC MUSICAL HIT

Oliver!

DEC 2, 3, 8, 9, 10, 7:30pm, Sun DEC 4, 11 3pm

THE STABLE THEATER CALL for INFO 0951 300 8647

two decoration contests. The jury will judge on the best decorated canopy and the best Christmas tree. Prizes will be awarded to the first and second place winners in both categories. Sign-up deadline is Nov. 11. For more information call 0951-300-8659.

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.

Pizza Day

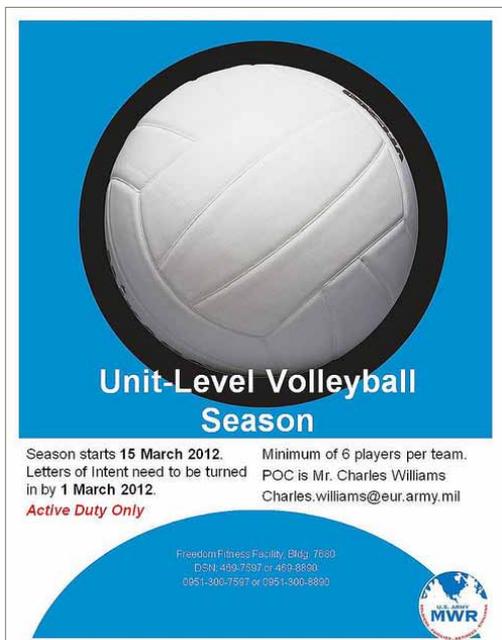
Come to Birchview Lanes Bowling Center on Pizza Night after 11 a.m. Nov. 25 and get any 12" pizza for \$10. For more information, call 0951-300-7722 or e-mail phillip.ray.brown@us.army.mil.

Parents' Night/Day Out

Enjoy a day or night out by enrolling your children in the next Parents' Day Out or Parents' Night Out programs. 2012 Dates for Parents' Day Out will be Feb. 4, April 7, June 2, Aug. 4, Oct. 6 and Dec 8 from 11:30 a.m. - 3 p.m. Dates for Parents' Night Out will be Dec. 3 and for 2012 Jan. 6, March 2, May 4, July 6, Sept. 7 and Nov. 2 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.

Poker Tourney

Play in the poker tournament at Birchview Lanes Bowling Center Nov. 19 starting at noon. The tournament has \$25 entry fee with re-buys and the



Unit-Level Volleyball Season

Season starts 15 March 2012. Letters of Intent need to be turned in by 1 March 2012. **Active Duty Only**

Minimum of 6 players per team. POC is Mr. Charles Williams Charles.williams@eur.army.mil

Freedom Fitness Facility, Bldg 7680
DSN: 499-7597 or 463-8890
0951-300-7597 or 0951-300-8890



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Better Opportunities For Single
Soldiers (BOSS)

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BERLIN!

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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 (0951) 300 8890/9086 or e-mail mail.bam.dfmwr.boss@eur.army.mil

FOR SOLDIERS FOR FAMILIES FOR RETIREES FOR CIVILIANS

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 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.

Matting and Framing

The Arts and Crafts is scheduled to have a basic matting and framing class Nov. 17 and Dec. 22 at 6 p.m. and Nov. 19 and Dec. 17 at 10 a.m. The cost for the class is \$15. For more information, call 0951-300-8659.

Wood Safety

The Arts and Crafts is scheduled to have a Woodshop Safety class at 6 p.m. Dec. 8. There will be a morning class at 10 a.m. 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.

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

Contact (0951) 300 9376

Arts and Crafts

Take part in the Arts and Crafts club every Tuesday at noon. Meet other crafters, share ideas and techniques. For more information, call 0951-300-8659.

Weekly Reminders

Photo Studio

The Arts and Crafts Photo Studio has reopened. Chandra is available to take your appointments for portraits, balls, sporting events and more. For more information or to make an appointment, call 0951-300-8659.

Looking for Training Space?

Earn your certificate. Advance your career. Achieve your goals. The Digital Training Facilities provide Soldiers with a location to access web based, job related, and professional courses away from the workplace and distractions of the home. We have three classrooms and each classroom has 17 workstations. In total, we have 51 workstations. Classrooms are linked to the internet. Services are available for individual self development. Stop in to check e-mail, use free internet, take distance learning classes, job search or study. For more information, visit the Digital Training Facility in Building 7055, call 0951-300-8669 or e-mail esther.j.galletta@us.army.mil. The facility is open Monday-Thursday day from 8 a.m. to 5 p.m. and Friday from 8 - 11 a.m.

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 meets are scheduled for Dec. 29, March 29, June 28 and Sept. 27. 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 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.

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

USAG Bamberg
Community Activity Center

MWR

Christmas Tree Lighting Ceremony - Memorial Park

Dec. 1, 4 p.m.

Kick off the Holiday Season, enjoy Gluehwein and get into the spirit. Meet a very special guest, the one and only real Santa Claus!

Contact (0951) 300 8659

This event is sponsored by AMP Military Sales

No Federal Endorsement Implied!

LAND ROVER JAGUAR

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.

Veterinary Facility

The veterinary office's hours are Monday through Wednesday from 8 a.m.-4 p.m., closed Thursday and

U.S. Army Child Youth & School Services

MWR

Bamberg School Age Center Before & After School Programs

Current Vacancies For Children Kindergarten - 5th Grade

Homework Support
Youth Technology Lab,
Technology Projects
Cooking, crafts, Tae Kwon Do, Music,
Drama, Sports & Fitness
Activities, Theater Arts,
Lego Cultural, Activities, Arts, Crafts, trips,
and much more...

For more information, call 0951-300-7716 or 0951-300-8698.

Recycling Fact

If 50,000 plastic bags were recycled, it would save enough energy to power more than 16,000 laptops for an hour.

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.

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.

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.

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.

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.

ACS Hours of Operation

Experience a German Christmas

Christmas Good Cheer Program

THIS PROGRAM GIVES U.S. SOLDIERS AND SPOUSES THE OPPORTUNITY TO VISIT WITH A GERMAN FAMILY DURING THE CHRISTMAS HOLIDAYS. PARTICIPATION IS VOLUNTARY.

For those soldiers interested in participating, please pick-up an application from your unit, the CAC or at Freedom Fitness Facility. All applications must be returned to Public Affairs Office in Building 7089, Room 413, no later than Dec. 12.

For more information, call the Public Affairs Office at 0951-300-1600.

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.

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.

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.

Trial Defense Services

If you're a Soldier and you are questioned by law enforcement, Criminal Investigation Division or members of your command about suspected acts of misconduct, you have the absolute right to remain silent. You have the right to refuse to answer any question, even from your commander and you have the right to talk to an attorney. If questioned, you should immediately, demand to speak to an attorney. As a Soldier, you are entitled to free consultation and representation by a military defense counsel. All communications with a trial defense attorney are privileged and will not be released to your command. Let a U.S. Army trial defense attorney help you. For more information, call 0951-300-8620 or come to Building 7000 to speak with a free trial defense attorney.

Continuing Education

Texas Resident

Are you a Texas Resident? Central Texas College offers an in-state tuition rate of \$76/credit hour for Texas Residents taking online courses. Take classes online in criminal justice, early childhood, applied management, hospitality management, legal assistant and fire prevention. For more information, e-mail bamberg@europe.ctcd.edu or call 0951-300 7467.

PTA Scholarships

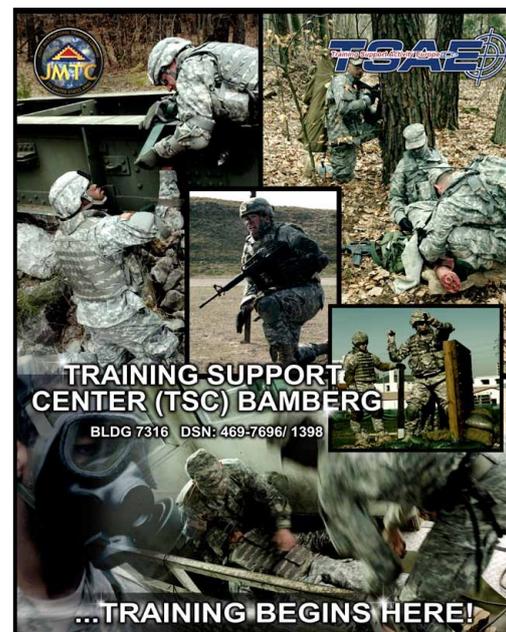
Apply for European Parent Teacher Association scholarships. For more information, visit <http://europeanptaonline.org/EPTAScholarship.aspx>.

Post 9/11 GI Bill

Take advantage of your military benefits. Earn a degree or skill with your Post 9/11 GI Bill. Find out more about your benefits by visiting <http://www.gibill.va.gov/>.

Fee Waived

In celebration of National Military Family Month this November, University of Maryland University College Europe will waive the \$30 application fee for any student who is an overseas spouse or immediate family member of an active duty service member



stationed in Europe, the Middle East, or Africa applying to the university. The application fee waiver is available for family members from now until Nov. 30 For more information, visit www.ed.umuc.edu or call 06221-3780.

Closures / Changes

Commissary Hours

The commissary will be open on a Monday Nov. 21, but closed for Thanksgiving Nov. 24.

Vehicle Registration

The Vehicle Registration Office will be closed Nov. 24 and Dec. 26. The office will also be closed Dec. 14 from 11 a.m. - 1:30 p.m. and closed until noon Dec. 16. For more information, call 0951-300-7580.

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.

Customs Office

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

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-

Bamberg School Age Center

Hourly Care !

Hours of Operation

Monday - Friday 5:45 to 8 a.m. and 2:45 to 5:45 p.m.
School Out Days: 5:45 a.m. to 5:45 p.m.

Hourly Rate: \$ 4 / hour

16 Hours Respite Care for Families of Deployed Soldiers 30 day prior to deployment, during deployment & 90 days after deployment. Additional Hours \$2.

We Offer 4 Free Hours Per Month

For more information or to reserve a space, call 0951 300 8698.





ARMY MEDICINE
Bringing Value...Inspiring Trust



**BAMBERG ARMY HEALTH CLINIC
REDUCED APPOINTMENT AVAILABILITY**

To manage expectations, for the specified scheduled days below, your Bamberg Army Health Clinic must reduce appointment availability for Primary Care Services to support redeployment medical readiness activities.

We will still screen presenting patients and medically manage to the appropriate level of care.

We apologize for any inconvenience.

REDUCED APPOINTMENT AVAILABILITY DAYS

NOV 21 FROM 7 A.M. TO 5 P.M.
NOV 22 FROM 7 A.M. TO 5 P.M.

"Fortress of Health - Dignity and Respect"

695973816.

Sports, Health and Fitness

Bamberg Open

Are you the best raquetball player in Bamberg? Find out by entering the Bamberg Open Raquetball Tournament Jan. 13-15 at the Freedom Fitness Facility.

Jingle Bell Jog

Run or walk in the 5 kilometer Jingle Bell Jog Dec. 3 at 9 a.m. at the Freedom Fitness Facility.

Youth and Teens

Sculpting Pottery

Child Youth School Services will have a basic introduction to pottery and ceramics for youth grades six through 12 at the Arts and Crafts Center every Wednesday 4 – 5 p.m. Dec. 7-28 at the arts & craft shop. The cost is free. Youth must register at Parent Central Services. For more information, call 0951-300-7405 or e-mail anthony.j.puskorius.naf@mail.mil.

Cutting Edge

Child Youth School Services will have a creative wood working class every Tuesday 4 – 6 p.m. Dec. 6-27 at the arts & craft shop. Youth will select a project and build it. Youth will be introduced to various tools and how they work. Learn safety practices when working with wood and tools. The class is available to the first 10 youth who register. The cost is free. Youth must register at Parent Central Services. For

more information, call 0951-300-7405 or e-mail anthony.j.puskorius.naf@mail.mil.

Learn to Ride

Child Youth School Services will have snowboarding and skiing events at a local slope in Ochsenkopf Dec. 20, 22, 27, and 29. There are four days available to choose from, but youth must register. The trip is open for youth in grades 7- 12. A minimum of 5 youth and a maximum of 10 youth are required for each trip. The trips includes transportation, equipment and a lift ticket. Youth must register by Dec. 15. The cost is \$50. For more information, call 0951-300-7405 or e-mail anthony.j.puskorius.naf@mail.mil.

Snow Walking

Child Youth School Services will have snowshoeing Dec. 28 from 9 a.m. – 4 p.m.. The trip to the local mountains of Fichtelgebirge is open for youth in grades 7- 12. Youth must register by Dec. 16. The cost is \$20. For more information, call 0951-300-7405 or e-mail anthony.j.puskorius.naf@mail.mil.

January Ride

Child Youth School Services will have snowboarding and skiing events at a local slope in Ochsenkopf Jan. 27. A minimum of 5 youth and a maximum of 10 youth are required. The trips includes transportation, equipment and a lift ticket. Youth must register by Jan. 13. The cost is \$50. For more information, call 0951-300-7405 or e-mail anthony.j.puskorius.naf@mail.mil.

Reader of the Month

On the third Wednesday of the each month at 3:30 p.m., the Bamberg Community Library and School Age Center will recognize and reward children and youth for their accomplishments in reading. A reading log will be maintained at Bamberg Library. The Reader of the month will have their photo displayed at the library. For more information, call 0951-300-1740.

Library Events

The library hosts weekly events. There is storytelling for children ages 3-5 years old every Wednesday beginning Nov. 2 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.

Environmental Calendars

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

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.

Make a Child Happy

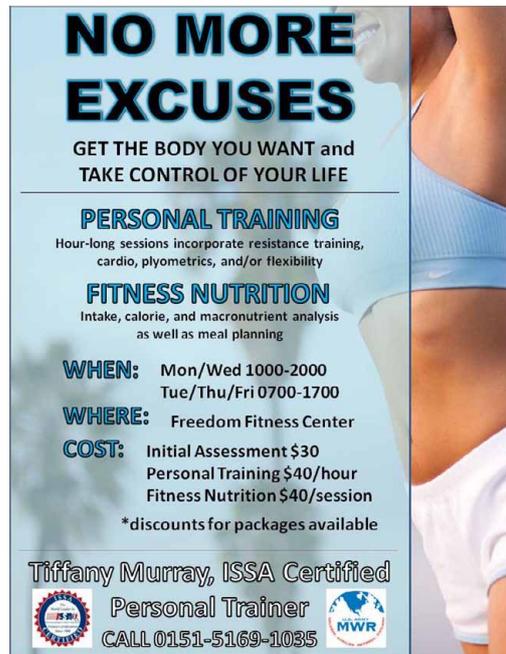
For the entire month of Nov. donate a new unwrapped toy at the Community Activity Center and receive a free small slushie, coffee or hot chocolate. For more information call 0951-300-8659.

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.

Preschool Services

Your child or someone else's may qualify for preschool services for children with disabilities. Screening for children ages 3 to 5 years of age are held once a month at Bamberg Elementary School to locate and identify children who may have developmental delays. Make an appointment if you suspect a delay in language, physical, cognitive, social or adaptive behavior development. Call BES at 0951-300-7616.



NO MORE EXCUSES

GET THE BODY YOU WANT and TAKE CONTROL OF YOUR LIFE

PERSONAL TRAINING
Hour-long sessions incorporate resistance training, cardio, plyometrics, and/or flexibility

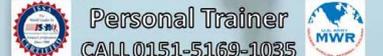
FITNESS NUTRITION
Intake, calorie, and macronutrient analysis as well as meal planning

WHEN: Mon/Wed 1000-2000
Tue/Thu/Fri 0700-1700

WHERE: Freedom Fitness Center

COST: Initial Assessment \$30
Personal Training \$40/hour
Fitness Nutrition \$40/session
*discounts for packages available

Tiffany Murray, ISSA Certified
Personal Trainer
CALL 0151-5169-1035



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.

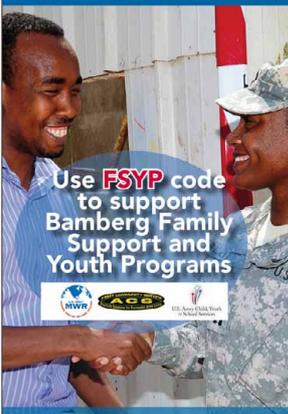
Boy Scouts

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. 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.

**SERVE TO HONOR YOUR COUNTRY.
GIVE BECAUSE YOU CARE.**



Give through the Combined Federal Campaign-Overseas and help those in need in overseas military communities, across the nation and around the world. Your contribution is a vital source of support to more than 2,400 charitable organizations.

Use **FSYP** code to support Bamberg Family Support and Youth Programs

Give today at www.cfcoverseas.org

MAKE A WORLD OF DIFFERENCE
CAMPAIGN DATES: 3 OCTOBER TO 2 DECEMBER



CFC
Combined Federal Campaign Overseas

U.S. Army Captain Courtney Sanders shakes hands with a Disposition merchant, after a purchase of seven canteens, all of which will be used as local hospital and outlying medical clinics.

Contribute to programs that will directly improve the quality of life at your local military community by making donations to Family Support and Youth Programs; use the code "FSYP" Contact Garrison Project Manager Patrick Collins at DSN 469-7514 for details.

USAG Bamberg
Better Opportunities For Single Soldiers (BOSS)

www.bamberg.army.mil/mwr



BOSS

LONDON
Dec. 29-Jan. 2

Ring in the New Year's again this year with the BOSS Program!

Bus departs at 6 p.m. on Thursday evening, 29 Dec and returns, Tuesday, January 2, 2012 at 9 p.m.

Trip includes: 3 overnights in 4 star hotel, 3 breakfasts, London sightseeing, New Year's Eve celebration on Trafalgar Square, fireworks display, roundtrip transportation on comfortable German Motor Coach, all tour guide services, ferry crossing, and plenty of free time for own sightseeing as well!

1st payment is due by 18 Nov, \$100 deposit and final payment due no later than 16 Dec. Trip is open to Soldiers, (enlisted and officers), and other authorized ID Card holders, 18 years of age and above.

\$489.00
per person

Contact (0951) 300 9086

Bamberg Movie Schedule

AAFES Reel Time Theater is closed Tuesdays and Wednesdays

Thu	Nov. 17	Warrior (PG-13)	7 p.m.
Fri	Nov. 18	Colombiana (PG-13)	7 p.m.
Sat	Nov. 19	Puss In Boots (PG)	3 p.m.
		The Debt (R)	7 p.m.
Sun	Nov. 20	Puss In Boots (PG)	3 p.m.
		The Help (PG-13)	7 p.m.
Mon	Nov. 21	Colombiana (PG-13)	7 p.m.
Thu	Nov. 24	The Help (PG-13)	7 p.m.
Fri	Nov. 25	I Don't Know How She Does It (PG-13)	7 p.m.
Sat	Nov. 26	Jack And Jill (PG)	3 p.m.
		Contagion (PG-13)	7 p.m.
Sun	Nov. 27	Jack And Jill (PG)	3 p.m.
		Straw Dogs (R)	7 p.m.
Mon	Nov. 28	Contagion (PG-13)	7 p.m.
Thu	Dec. 1	I Don't Know How She Does It (PG-13)	7 p.m.
Fri	Dec. 2	Closed	7 p.m.
Sat	Dec. 3	Happy Feet Two (PG)	3 p.m.
		The Twilight Saga: Breaking Dawn Part 1 (PG-13)	7 p.m.
Sun	Dec. 4	Happy Feet Two (PG)	3 p.m.
		The Twilight Saga: Breaking Dawn Part 1 (PG-13)	7 p.m.
Mon	Dec. 5	The Twilight Saga: Breaking Dawn Part 1 (PG-13)	7 p.m.
Thu	Dec. 7	Killer Elite (R)	7 p.m.
Fri	Dec. 8	Abduction (PG-13)	7 p.m.
Sat	Dec. 9	Hugo (PG)	3 p.m.
		Dream House (PG-13)	7 p.m.
Sun	Dec. 10	Hugo (PG)	3 p.m.
		Drive (R)	7 p.m.
Mon	Dec. 11	50/50 (R)	7 p.m.
Thu	Dec. 15	Dream House (PG-13)	7 p.m.

(SAFE from Page 3) taken medicine that makes you drowsy.

- Keep anything that can catch fire - potholders, oven mitts, wooden utensils, paper or plastic bags, food packaging, towels or curtains - away from your stovetop.
- Keep the stovetop, burners and oven clean.
- Wear short, close-fitting or tightly rolled sleeves when cooking. Loose clothing can dangle onto stove burners and catch fire if it comes into contact with a gas flame or electric burner.
- Plug microwave ovens and other cooking appliances directly into an outlet. Never use an extension cord for a cooking appliance, as it can overload the circuit and cause a fire.

If You Have a Cooking Fire

- When in doubt, just get out. When

you leave, close the door behind you to help contain the fire. Call 114 after you leave.

- If you do try to fight the fire, be sure others are already getting out and you have a clear path to the exit.
- Always keep an oven mitt and a lid nearby when you are cooking. If a small grease fire starts in a pan, smother the flames by carefully sliding the lid over the pan (make sure you are wearing the oven mitt). Turn off the burner. Do not move the pan. To keep the fire from restarting, leave the lid on until the pan is completely cool.
- In case of an oven fire, turn off the heat and keep the door closed to prevent flames from burning you or your clothing.
- If you have a fire in your microwave oven, turn it off immediately and keep the door closed. Never open the door until the fire is completely out. Unplug the appliance if you can safely reach the outlet.

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>.



Nov. 19 Learn to Climb \$30

Learn to climb in the world famous sport climbing area known as Franken Jura (if weather is bad, we will move indoors to the rock-climbing wall in the JFK gym). Beginners are welcome. Equipment and instruction will be provided for a safe and enjoyable climbing experience. Transportation departs Outdoor Recreation at 8 a.m. and returns at 5 p.m.

Nov. 24-27 Sölden Ski and Snowboard \$355

Looking for something fun to do over the Turkey Day weekend? Head to the Alps to ski and snowboard. Trip includes transportation, 3-nights lodging in a three star hotel at double occupancy with breakfast & dinner. Traditional Thanksgiving dinner will be cooked by hotel staff. Does not include lift pass. A single room is an extra \$65. Must sign-up before Nov. 8. Transportation departs chapel parking lot on Nov. 24 at 3 a.m. and returns on Nov. 27 at 5 p.m.

Dec. 3 Lauscha \$35

Christmas tree ornaments originated in Thuringen, Germany, and in the mid 19th century, glass blowers in Lauscha began stringing glass beads and other shapes to put on Christmas trees. Come see the glassblowers for yourself and explore the town. Children 3 and under are \$20. Transportation departs Outdoor Recreation at 10 a.m. and returns at 8 p.m.

Dec. 10-11 Stubai Ski and Snowboard \$129

As one of the snowiest ski resorts in Austria, Stubai is ideal for snowboarders and skiers. Grab your gear and hit the slopes or rent some from Outdoor Recreation for \$20 before you go. The trip includes transportation and a night of lodging, double occupancy, with breakfast. This trip does not include a lift pass. Transportation departs ODR at 2 a.m. Dec. 10 and returns Dec. 11.

Dec. 17 Regensburg Christmas Market \$35

Smell the roasted almonds, purchase a nutcracker and enjoy the holiday spirit with a trip to the Regensburg Christmas Market. The enchanting town provides the perfect backdrop for this hidden gem. The trip includes transportation. Transportation leaves the Chapel parking lot at 9 a.m. and returns at 7 p.m.

Eco-Friendly Tips

Water-saving Tips

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

Energy-saving Tips

1. When shopping for appliances, look for the ENERGY STAR label.
2. Dirt and grime from cooking, cigarette smoke and dust can obstruct light, so keep bulb, fixtures and shades clean.

Recycling Tips

1. Send e-cards instead of paper ones to save paper and cash.
2. Clearing out the storage? Try selling your stuff rather than taking it to the dump. Check out online auction sites like eBay where you can donate a portion of your sale to a charity of your choice.



Get News and Weather Updates with the AFN Europe Mobile App



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

AUTOMOBILES

FOR SALE: 2003 Red Pontiac Vibe, American spec, \$3500 OBO. 110K mi. Amazing deal for someone who can work on cars. Piston rings are worn down but otherwise runs great! Great family car w/ Sunroof, 6-CD changer, 4WD, snow tires, A/C. Call or email for info and pics. 0170 837 8154 or e-mail beth.danowsky@gmail.com.

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 Gerald.Kuruc@us.army.mil or Tina.Kuruc@aol.com

\$3800 OBO 1997 Ford Mondeo, Grey 4 door, Euro Spec, Automatic, sunroof. Passed inspection Sept. 19. New windshield and rear bumper, clean interior, very room. Car runs great on and off the autobahn. Phone:0160-985-45227

\$2200 1998 2 dr. Seat Arosa, Euro Spec, 5-speed manual. Replaced front wheel bearings, new winter tires, new muffler. Passed inspection Oct 11. Excellent gas mileage. Phone: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.

FOR SALE: 2000 Plymouth Neon 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.

EMPLOYMENT

The American Red Cross Bamberg is accepting applications for the full time paid position of Field Office Assistant. Job seekers must have SOFA status and a minimum of a high school diploma. Strong computer skills are required. Knowledge of casework, counseling, social work or other related field is preferred. Apply via our website at www.americanredcross.apply2jobs.com and reference position NHQ16379.

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@medprotectllc.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 bamberg@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.

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

Mariachi Cuatro Caminos. Needs violins and trumpet players, along with vocalist male or female We will perform for the community and Middle and elementary schools in the community All serious inquires please e-mail puromariachi@hotmail.com

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.

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.

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.

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 usarmy.bamberg.usareur.mbx.pao@mail.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 usarmy.bamberg.usareur.mbx.pao@mail.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.



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Outside the Gate

Weekend

Compiled Simon Hupfer, Family and MWR Marketing
Weekend Events in and around Bamberg Nov. 18-23

Events in and around Bamberg.

Guided tours are a good way to get to know the place you are living or stationed at. It is a good way to spend time outside, with friends or family. Check this website available in English on guided tours <http://www.bamberg.info/en/stadtfuehrungen/>

The information and pictures on <http://www.bambergtravel.com/> or <http://www.bamberg.info/en> will get you in the mood for going out and enjoying yourself. It offers information on feasts, free-time activities, culture and sight.

What about some insider tips on the coolest pubs, clubs, bars and sights before you actually leave base? Read on <http://www.virtualtourist.com/travel/Europe/Germany/Bavaria/Bamberg-76751/TravelGuide-Bamberg.html> what other people have to say about the place you would like to see or party at.

Fall is one of the nicest times throughout the year for volksmarching. Enjoy the landscape, the beautiful fall weather, and share your enthusiasm with others for this great free-time activity. At http://www.dvv-wandern.de/v_yb/10/Wandertage you will find a listing of volksmarching events in Franconia. 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.

National Concert Schedule:

- Nov. 28** 30 Seconds to Mars, Frankfurt Festhalle
Nov. 25 & 26 Emergenza Festival (The World's Biggest Live Band Festival) Erfurt – UNI k.u.m. 7 p.m.
Feb. 28 Snow Patrol Frankfurt– Jahrhunderthalle 8 p.m.
Feb. 29 Sting Frankfurt – Jahrhunderthalle 8 p.m.
March 17 Jason Derulo Munich – Tonhalle 8 p.m.
April 28 Night of Jumps (Motor cross event) Munich – Olympiahalle 8 p.m.

Weekend Events in and around Bamberg Nov. 18 - 23

Friday, Nov. 18

- 10:30 a.m. World Cultural Heritage. Feel the magic of the world cultural heritage. Discover Bamberg's style, character, architectural monuments, charming details and works of art during a two-hour tour with an experienced tour guides. Adults 7 €. Students, trainees, students and handicapped 4 €. Tickets are available at the Tourist Information, Geyerswörthstraße 5, 96047 Bamberg.
 6 p.m. Weinfest at Hofbräu Restaurant, Karolinenstr. 7, 96049 Bamberg www.hofbraeu-bamberg.de
 8 p.m. Guitar-Days, Classical guitar concert feat. Klaus Jaeckle, at Harmonie, Gruener Saal, Schillerplatz 7, 96047 Bamberg, tickets start at 20 €
 8 p.m. Free Rock Music (with percussion and e-guitar), concert a la surprise: you never know who shows up, at E.T.A. Hoffmann Theater, E.T.A. Hoffmann Platz 1, 96047 Bamberg
 9 p.m. Jim Mullen-Helmut Nieberle Sextett, jazz on a 7-string guitar with Jim Mullen (London), who played with Percy Sledge, Jimmy Smith, Mose Alison, at Jazzclub Bamberg, Obere Sandstr. 18, 96050 Bamberg. Tickets are 9-18 Euros.
 9 p.m. R.I.O. Festival, rock and pop live music at Live-Club, Obere Sandstr. 7, 96049 Bamberg
 10 p.m. Beat Virus meets DJ Marc Miroir, at Morph Club, Luitpoldstr. 17, 96052 Bamberg

Saturday, Nov. 19

- 10 a.m. Antiques Auction, sculptures, silver, porcelain, paintings and furniture from the 15th to the 20th century. At Bibra Palais, Karolinenstr. 11, 96049 Bamberg
 10:30 a.m. World Cultural Heritage. Feel the magic of the world cultural heritage. Discover Bamberg's style, character, architectural monuments, charming details and works of art during a two-hour tour with an experienced tour guides. Adults 7 €. Students, trainees, students and handicapped 4 €. Tickets are available at the Tourist Information, Geyerswörthstraße 5, 96047 Bamberg.
 2 p.m. Come to the Martinmarkt Nov. 19 from 2 – 5 p.m. in Bamberg at

- Rattlestrasse 1.
 8 p.m. Bamberg Symphony. Joseph-Keilberth-Saal, Mußstraße 1, 96047 Bamberg, info@konzerthalle-bamberg.de. Contact: Bamberger Symphoniker, <http://www.bamberger-symphoniker.de> Tickets: bvd Kartenservice 0951-9808220 oder <http://www.bvd-ticket.de>
 8 p.m. Metal Club – Human Suffering. At Live Club, Obere Sandstr. 7, 96049 Bamberg
 9 p.m. Kingston A Go Go feat. The Loveboats.(traditional Jamaican Oldies), at Morph Club, Luitpoldstr. 17, 96052 Bamberg
Sunday, Nov. 20
 9 a.m. All You Can Eat Big Breakfast Buffet at Play Off (American Sportsbar), Kids up to 10 years old pay 50%. At Forchheimer Str. 15, 96052 Bamberg
 10 a.m. Zapfendorf Market, along Bahnhofstrasse, 96199 Zapfendorf
 10:30 a.m. World Cultural Heritage. Feel the magic of the world cultural heritage. Discover Bamberg's style, character, architectural monuments, charming details and works of art during a two-hour tour with an experienced tour guides. Adults 7 €. Students, trainees, students and handicapped 4 €. Tickets are available at the Tourist Information, Geyerswörthstraße 5, 96047 Bamberg.
 3 p.m. Hansel and Gretel. Fairy play in three acts based on the opera by Engelbert Humperdinck. Confidence and trust in God is a positive antidote to bleak despair. The fate of children is specifically protected by God. Untere Sandstraße 30, 96049 Bamberg. 0951/67600 bzw. www.bamberger-marionettentheater.de <http://www.bvd-ticket.de> -- direkt beim BVD-Kartenservice Lange Strasse 22 Tel: 0951-9808220
 7 p.m. Bamberg Symphony. Joseph-Keilberth-Saal, Mußstraße 1, 96047 Bamberg, info@konzerthalle-bamberg.de. Contact: Bamberger Symphoniker, <http://www.bamberger-symphoniker.de> Tickets: bvd Kartenservice 0951-9808220 oder <http://www.bvd-ticket.de>

Monday, Nov. 21

- 7 p.m. Live Piano at Hofbräu Restaurant & Bar, Karolinenstr. 7, 96049 Bamberg, 0951 - 53321, www.hofbraeu-bamberg.de

Wednesday, Nov. 23

- 9 p.m. See Mywood at the Live-Club, Obere Sandstraße 7, 96049 Bamberg, 0951-53304, info@live-club.de, www.live-club.de www.mywood-music.com
 10 p.m. Who is hot for the teacher. Come to the Teacher Party at the Morph Club, Luitpoldstr. 17, 96052 Bamberg. Contact: info@morphclub.org

Enjoy the good weather with the volksmarching enthusiasts. At http://www.dvvwandern.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.dvv-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



(GAMBLE from Page 1)
borrowing money to support their habit or some have gone as far as committing crimes to support their gambling addiction.

According to an FBI report, called The Insider Threat - An introduction to detecting and deterring an insider spy, there are a variety of reasons that increase the likelihood for someone spying against their employer:

A gambling debt is one of those motives.

"Gambling poses significant threats to the national security of the United States and its allies," said University of Illinois professor John W. Kindt, who wrote a book series about United States International gambling.

When Soldiers stop paying their bills, supporting their Family or gambling during duty hours, that is when an issue comes to the attention of commanders, Vartanian said.

"Any time there is a concern for the ability of the Soldier to do their job, due to any external... issues, that's when a command directed evaluation comes in," Vartanian said. "They will refer them to us and we will identify the problem."

Treating the addiction is about getting people involved, making low risk choices and protecting people they value and love, Hancock said.

Spouses can also get help at the Behavior Health Clinic for a gambling addiction, he said.

"We see spouses and I would encourage them to come," Vartanian said. "Most times people will not come forward with gambling until it is a problem"

With a gambling addiction, it is best to seek help earlier rather than later.

"You lose more than you win," Hancock said, "Until they admit they have a problem, they are going nowhere fast."

(PARADE from Page 1)

The parade began with motorcycles and Ford Mustangs revving their engines along the route.

Golf carts decorated patriotically followed carrying the beauty pageant queens. Representatives from community organizations marched in the parade including Girl Scouts, Awana, Veterans of Foreign Wars and Junior Reserve Officers' Training Corps.

In addition, Soldiers from several local units including the 16th Sustainment Brigade, 173rd Airborne Brigade Combat Team, 54th Engineer Battalion, 1002nd Criminal Investigation Division, 630th Military Police Company, U.S. Army Garrison Bamberg Headquarters and Headquarters Detachment and Dental and Medical Commands also marched in the parade.

During the ceremony that followed, Lt. Col. Steven L. Morris, USAG Bamberg commander, thanked the community for coming out and paid special tribute to the returning 54th Soldiers.

Lt. Col. Morris spoke to those in attendance about the importance of Veteran's Day prior to the wreath-laying ceremony.

"We remember those who are part of our history and those who are presently serving to protect our future," Morris said.

"The image of a veteran has changed in the last 10 years," he said. "Almost half of those serving in the military are between 22 and 30 years old. America has the largest population of young veterans since the Vietnam War."

Capt. Thierry Ngoufan, master of ceremonies, read a list of fallen Soldiers from Warner Barracks asking all to remember them. The list was read prior to a moment of silence on the 11th minute of the 11th hour on the 11th day or the 11th month.

A bugler played Taps while Morris and Master Sgt. Matthew Waldron, acting garrison command sergeant major, laid a wreath in front of the Iraq memorial to honor all those who have died in war.

"On Veterans Day, Remembrance Day, Armistice Day or the Day of Peace – this day has many names, the world stops in silence to pay tribute to the heroes of the battlefield who never see themselves as heroes," Morris said. "To that, I say we owe veterans more than our silence, our memories, our thanks."

(CLEAN from Page 4)

Ensure all household hazardous waste is brought to the Community Recycling Center located at Building 7134. Family members needing assistance in getting bulk items to the recycling center can contact their building coordinator or area zone coordinator for assistance. **DO NOT PLACE THESE ITEMS IN THE REGULAR TRASH;** doing this can harm the environment. Please see the list of household hazardous waste that should be taken to the recycling center. Scrap metal, glass, paper and plastic should also be taken to the Community Recycling Center.

The Self-Help Store is a source available to you for cleaning leafs and other landscaping cleanup projects, so please make use of this valuable resource. Items available include rakes, hedge trimmer, pruning shears, weed eaters, trash bags and brooms.

Community members are encouraged to pick up items required from the Self-Help Store on Nov. 18. During the clean up the store hours will be 9:00 a.m. to 12:00 p.m. and 1:00 to 5:00 p.m.

Units must have a updated signature card DA 1687 to receive items from the Self-Help Store.

For more information, call 0951-300-7669.

Leased and off-post housing are to use the city bulk dates in their area or bring the bulk items and leaf bags to the Community Recycling Center.

For more information on the fall cleanup pickup, call Mr. Weis at 0951-300-7598

We would like to thank each one of you in advance for helping to keep Bamberg a clean and beautiful place. We look forward to seeing each one of you do your part in making this installation the best in Europe.

Thanking veterans



Jessica Lipari

Junior Reserve Officer's Training Corps Cadet Pvt. Glenn Devlin pins a red poppy on Eugene Woods' shirt during Bamberg Middle High School's Veterans Day program Nov. 8 at the post theater. Artificial poppies symbolize remembrance.

Welcome Home Soldiers from 54th Engineer Battalion & 240th Quartermaster Supply Company

