



# WARNER WEEKLY

News & Information at Your Fingertips

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## Veteran programs give back to Soldiers, family members

By Sina Kingsbury,  
USAG Bamberg Public Affairs

BAMBERG, Germany -- They have been there, they understand and they are here to help.

As Veterans of Foreign Wars, they understand that deployments can weigh heavily, emotionally and financially, on Soldiers and family members left behind.

Through National Military Services, VFW Post 10592 can offer support and assistance to Warner Barracks' community members.

"We have a saying 'We honor the dead by helping the living,'" said Mike Sowinski, VFW Post 10592 Community Service chairman. "Our main goal is to not only support units but also support the veterans who have served."

The NMS is able to support Soldiers and their Families by providing funds for welcome home ceremonies, financial assistance and free phone calls home.

These programs are the Military Assistance Program, Unmet Needs and Operation Uplink, Sowinski said. These three separate programs, funded by donations, were created by the VFW



*File Photo*  
Mike Sowinski (right), Veterans of Foreign Wars Post 10592 member, talks with a Soldier about VFW membership. Through National Military Services, VFW can offer support and assistance to Soldiers and their family members throughout the world.

National Military Services department.

The following is an overview of the three VFW programs:

### Military Assistance Program

"MAP allows funds for the units, for example if they were deployed to Afghanistan, MAP authorizes funds for a welcome home ceremony," Sowinski said. "Whether it be a barbecue or Christmas dinner."

In the last five years, MAP has sponsored welcome home, farewell and Family Readiness Group events supporting over one million service members and their Families, according to the VFW website.

"MAP is a national program that we are authorized to participate in, but it has to be under the authorization of a unit commander," Sowinski said.

The MAP Grant Application can only be completed and submitted by a VFW member.

Sowinski suggests unit commanders and Family Readiness Groups to contact him if they are interested in receiving event funds.

One major aspect of MAP includes the Adopt-a-Unit program.

Through Adopt-a-Unit, VFW Post 10592 can adopt units here to provide support before, during and after a unit deployment, Sowinski said.

For more information on the Military Assistance Program here, e-mail Mike Sowinski at [post10592@googlemail.com](mailto:post10592@googlemail.com) or contact the

(VETERAN continued on Page 2)

## Tax relief forms valuable, knowing restrictions are essential

Staff Report works.

BAMBERG, Germany -- Value Added Tax, commonly known as VAT, forms can save authorized U.S. patrons using the program hundreds of dollars on purchases while stationed overseas.

Sometimes vendors may give the customer incorrect information.

There are many types of transactions that are prohibited by regulation.

Tax relief granted on goods and services used by the military, its service members and civilians, along with their dependents, is addressed in Article 67, Paragraph 3, of the NATO Status of Forces Agreement Supplementary Agreement, which is part of a framework established under which U.S. military personnel operate in a foreign country.

VAT forms must be used properly.

A description of the proper use of the form can be found in Army Europe Regulation 215-6, Individual Tax-Relief Program.

A VAT form cannot be used after the fact; VAT forms must either be used in conjunction with ordering something or during a transaction.

Savings can range from 7 percent to the 19 percent and is a great way to increase the spending power of a paycheck.

A list of prohibited items and services can be found on the back of the VAT form application that is filled out when buying VAT forms.

Some vendors may get confused about the program and how it

Users of the program have a legal (RELIEF continued on Page 3)

## Bamberg-based reservist wins



Tim Hippi

U.S. Army Reserve Sgt. Melissa Neal, assigned to the 457th Civil Affairs Battalion in Bamberg, won the 2011 Operation Rising Star singing contest at Fort Sam Houston, Texas. To read more on this story click [here](#).

# Frozen ponds, lakes: fun but dangerous

By Installation Management  
Command-Europe Safety Office

Winter weather conditions are ideal for fun activities, especially for children, but they also can increase the number of accidents.

The Installation Management Command-Europe Safety Office is advising everyone to stay aware while outside and follow the following safety rules when ice skating, sliding or just walking on frozen ponds and lakes:

Everyone should know, and parents should emphasize to their children, that the most important safety rule to learn is that there's no such thing as safe ice.

Never go or skate alone. Children shouldn't be allowed on a ponds or lakes unsupervised.

In Germany, the ice has to be checked and inspected by the local community. It has to have a thickness of 15cm (about 5 inches) before it can be entered. Watch for signs or ask members of the local community if the



area is approved. Be aware that conditions might change.

Beware of ice around partially submerged objects, such as trees, logs, brush, embankments or dam structures; the ice is thin around these objects.

Don't enter ice after dark.

Don't congregate in one area.

Stay away from cracks, seams, pressure ridges, slushy areas and darker areas that signify thinner ice.

Other factors that have to be taken into consideration when assessing the strength of ice are:

Ice is not only subject to temperatures from above but also from constant thawing temperatures from below due to water temperatures in the 40 degree Fahrenheit range (about 4 degrees Celsius).

Areas where there's any water movement due to either overland runoff or underground springs, and shaded or sunny areas, all lead to freezing and thawing conditions.

Snow is another contributing factor, as snow cover acts as insulator and ice may actually begin to melt despite freezing temperatures. Again, always keep in mind, there is no such thing as safe ice.

For more information about winter safety tips and resources, log on to <http://www.imcom.army.mil/hq/organization/safety/>.

(VETERAN from Page 1)

Military Assistance Program at [map@vfw.org](mailto:map@vfw.org) or call 001-816-756-3390 and ask for the Military Assistance Program office.

## Unmet Needs

Unmet Needs was created in 2004 through a partnership to assist military service members and their Families who have unforeseen financial difficulties.

"Unmet Needs mostly has to do with Families of a deployed service member, who are unable to pay emergency bills," Sowinski said.

Unmet Needs can assist military Families with basic life needs such as mortgage and rent, home and auto repairs, insurance, utilities, food and clothing.

"An example would be an emergency auto bill or a plumbing bill," Sowinski said. "Credit card debt is not one of them."

Financial assistance can be granted up to \$2,500 and does not need to be repaid.

"The money will not be authorized to the person, but will be paid to the creditor," Sowinski said.

The service member does not have to be a member of the VFW to apply for financial assistance.

For more information or to apply for financial assistance, visit <http://www.vfw.org/Assistance/National-Military-Services/>.

## Operation Uplink

Operation Uplink is a calling program for deployed service members that provides free phone time to call family members in the United States, Germany and Italy.

"Soldiers who are down range can go online apply with or without membership," Sowinski said. "They will have to fill out a couple questionnaires; about where they are, where they are staying and if they are a member or not."

"They will get a pin number and a free phone call," Sowinski said. "Most of the time it's twice a month and holidays."

According to VFW website, since its start in 2006, Operation Uplink has provided more than 5.5 million free connections for service members and their Families.

For more information on Operation Uplink, visit <http://www.vfw.org/Assistance/National-Military-Services/>.



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

**To subscribe to the Warner Weekly please send an email with 'SUBSCRIBE' as the subject to [usarmy.bamberg.usareur.mbx.pao@mail.mil](mailto:usarmy.bamberg.usareur.mbx.pao@mail.mil)**

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# Use caution with new running shoe technology

By Maj. Zack Solomon,  
U.S. Army Public Health Command

ABERDEEN PROVING GROUND, Md. -- In 1974, Bill Bowerman, a co-founder of Nike, created one of the first modern-day running shoes, the "Waffle Trainer" in an effort to create a light-weight shoe that could grip the road.

The shoe launched a revolution in running shoe design and may have triggered the explosion in popularity of distance running throughout the United States in the 1970s and early 1980s. Innovative shoe designs multiplied out of demand for more foot cushioning and motion control as people from all walks of life took up running. Shoe mid-foot arch construction grew rigid and heel cushion material was heightened to correct running form and, presumably, prevent injuries.

Three types of shoes emerged: motion-control shoes for runners with low foot arches, stability shoes for neutral arches and cushioned shoes for high arches. These designs were meant to make shoe selection easy; runners would first identify their arch type, then they would choose an appropriate shoe and finally they would begin running injury free.

Unfortunately, this system of shoe selection hasn't lived up to runners' expectations as running injuries persisted. Multiple U.S. Army Public Health Command studies of basic trainees have demonstrated that shoe selection based on arch type does not reduce injuries.

Now, a new trend, a departure from control and cushioning, has emerged—the minimalist running shoe.

A minimalist running shoe is extremely flexible and low to the ground to create the sensation of barefoot running. By running in a shoe with minimal cushioning, most runners will naturally reduce their stride length to avoid landing painfully on their uncushioned heel. This change in running form reduces initial joint impact and promotes a return to what some consider a more natural foot motion.

The growing popularity of minimalist running shoes in both the civilian and military communities was sparked by the promise of increased running performance and decreased risk of running injuries. Although the jury is still out on whether minimalist running shoes will live up to these expectations, the trend will surely grow as shoe companies

expand and market their latest minimalist shoe product lines.

Soldiers interested in making the switch from a traditional running shoe to a minimalist design should exercise caution in doing so because a sudden change in equipment or training can result in sore muscles and joints, blisters and even injuries, which could include stress fractures. The calf muscles will require the greatest adjustment followed by the muscles of the foot and hamstrings. Running impact forces may also increase temporarily as the Soldier adapts to a shortened stride and forefoot strike.

The following are a few tips to make a smooth transition:

- Soldiers should only perform 10 percent of their normal running distance and volume in minimalist running shoes for the first two to three weeks. For example, if a Soldier runs 10 miles per week, only one mile per week should include the use of minimalist running shoes. Traditional running shoes can still be worn the rest of the time.
- No more than a 10 percent increase in distance per week is recommended for at least eight weeks after the initial transition phase. Some Soldiers may take up to six months to get used to running in minimalist shoes.
- Avoid running two days in a row in minimalist running shoes for the first four weeks.
- Run on different surfaces, such as grass, dirt and pavement, to get used to the feel of the shoes. Make sure the running surface is clear of debris and glass.
- Stretching will be very important during the first few weeks to alleviate soreness. Focus on stretching the foot, calf and hamstring muscles.

As with any change in training, a planned transition phase is critical to limit the short-term soreness and potential complications from an overuse injury.

For more information or if problems develop from any change in training or equipment, Soldiers should contact their medical provider or physical therapist.

## Personnel scanners provide added level of security in Afghanistan



BAGRAM AIRFIELD, Afghanistan (Jan. 2, 2012) -- It took the combined resources of Army, Air Force, contractors and civilian air assets to move a personnel scanner into place at an entry control point here Dec. 31.

The scanner is a Product Manager Force Protection Systems item that is managed in theater by...

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

## Defense bill affects pay, separation bonuses, more

WASHINGTON -- President Barack Obama today signed the 2012 National Defense Authorization Act, which increases active-duty and Reserve pay by 1.6 percent and governs Defense Department activities, from procurement to military personnel policy.

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



(RELIEF from Page 1)

obligation to comply with the regulation and refrain from using VAT forms in an improper way.

Customers who violate the policies have a responsibility to pay taxes back to the vendor, obtain all copies of the used VAT form and return it to the Tax Relief Office.

Until this process is completed, the customer's ability to buy a VAT form is suspended.

After three violations, the privilege may be suspended completely. Depending on the severity or number of violations, individual cases may be forwarded to law enforcement and U.S. Customs.

If patrons have any doubts about using a form, the best thing to do is contact the Tax Relief Office.

The resources at the Tax Relief Office are not just limited to VAT. The Utilities-Tax Avoidance Program allows eligible individuals to receive their utilities tax free. The UTAP program lowers the costs of monthly German bills by 19 percent.

There is a fee to sign up for this program.

For more information about VAT or UTAP, call 0951-300-1780.

**CALL for open AUDITIONS!**

FOR THE STABLE THEATER'S WINTER PRODUCTION OF THE HIT MUSICAL.

www.bamberg.army.mil/mar

**hairspray**

BROADWAY'S BIG FAT MUSICAL COMEDY HIT

**TUES / WED JAN 10, 11**at **6:30PM** (Come one or both nights!)at **The STABLE THEATER**, Bldg 7119, USAG Bamberg

NO EXPERIENCE NECESSARY. BRING A SONG TO SING, HIGH ENERGY, FLEXIBLE CLOTHING, AND BE PREPARED TO MOVE! AGES ADULT TO TEEN (11 and up). ETHNIC CASTING REQUIRED. SHOWS SCHEDULED TO RUN 22 MAR - 1 APR. STAGE TECH and PRODUCTION VOLUNTEERS ALSO NEEDED—COME FOR INFO and LEARN ABOUT the OPPORTUNITIES!

**Community Announcements**

Please send all announcements to Bamberg Public Affairs at [usarmy.bamberg.usareur.mbx.pao@mail.mil](mailto:usarmy.bamberg.usareur.mbx.pao@mail.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](http://www.myarmyonesource.com) today.

**Basket Auction**

The Bamberg Spouses and Civilians Club will be having their annual basket and silent auction on Feb. 3 at 6 p.m. at the Warner Conference Center. Donations of baskets or items for the auction are welcomed. All money raised is given back to the community through welfare requests. For more information, call MaryLou 0151-1043-8730 or e-mail [bscc.basket.auction@googlemail.com](mailto:bscc.basket.auction@googlemail.com).

**Ceramics Class**

There are two ceramics classes every Thursday at the Arts and Crafts center Jan. 12 to March 1 at 10 a.m. - noon and 6 - 8 p.m. The cost is \$60 per person for eight sessions, cost of material not included. Learn various methods of hand building and wheel throwing pottery as well as finishing and glazing techniques. Participants will need to provide towels,

rag and aprons. Sign up in advance at Arts and Crafts, Building 7047.

**By Soldiers - For Soldiers**

Alcoholic Anonymous meetings for Warner Barracks take place weekly on Wednesdays at 7 p.m. and Fridays at 8 p.m. in Building 7043 day room. Civilian attire. For more information, call Kyle 0151-1775-3880 or Wayne 0170-701-5574.

**Pizza Night**

Come to Pizza Night at Birchview Lanes Bowling Center starting at 6 p.m. Feb. 24. Get any 12-inch pizza for \$10. For more information, call 0951-300-7722 or e-mail [japbrown99@yahoo.com](mailto:japbrown99@yahoo.com).

**Lucky Strike**

Come to the Nine-Pin No Tap Bowling Tournament at Birchview Lanes Bowling Center at 2 p.m. Jan. 14 and Feb. 11. If you hit 9-pins on the first ball, it counts as a strike. The competition is for all levels. The cost is \$10. For more information, call 0951-300-7722 or e-mail [japbrown99@yahoo.com](mailto:japbrown99@yahoo.com).

**Breakfast Buffet**

Come to Breakfast Bowl from 9:30 a.m. to noon Jan. 7 and Feb. 5. Get breakfast at Birchview Lanes Bowling Center and bowl for \$10. For more information, call 0951-300-7722 or e-mail [japbrown99@yahoo.com](mailto:japbrown99@yahoo.com).

**Poker Tourney**

Play in the poker tournament at Birchview Lanes Bowling Center Feb. 18 starting at 11 a.m. 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 [japbrown99@yahoo.com](mailto:japbrown99@yahoo.com).

**Woodworkers Roundtable**

Take part in the woodworkers roundtable every Wednesday at the Arts and Crafts woodshop on the on the second floor of Building 7047. Get tips, tricks and new ideas. The event is free. For more information, call 0951-300-8659 or e-mail [thomas.stenson@us.army.mil](mailto:thomas.stenson@us.army.mil).

**Matting and Framing**

The Arts and Crafts is scheduled to have a basic matting and framing class Jan. 26 and Feb. 23 at 6 p.m. and Jan. 21 and Feb. 18 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. Jan. 12 and Feb. 9. There will be a morning class at 10 a.m. Jan. 7 and Feb. 4. 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.

**Chili Cook-Off**

Bring your best homemade chili and enter it into the Fourth Annual Chili Cook-Off Feb. 22 at noon at the Community Activity Center. The contest is free. For more information, call 0951-300-8837 or e-mail [megan.l.martin.naf@mail.mil](mailto:megan.l.martin.naf@mail.mil).

**Arts and Crafts**

Take part in the crafter's club at noon every Tuesday at the Arts and Crafts classroom on the first floor of Building 7047. Join the fun. Local crafters get together to share ideas, tips and tricks on a variety of crafts. Learn something new or share your knowledge. The event is free. For more information, call 0951-300-8659 or e-mail [thomas.stenson@us.army.mil](mailto:thomas.stenson@us.army.mil).

**Pie Eater**

Sign up for the pie eating contest or come watch Soldiers and family members battle it out to see who can eat the most pies Jan. 11 at noon at the Community Activity Center. The contest is free. For

**Food Handlers Classes**

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

**WHO:** CERTIFICATION IS INTENDED FOR INDIVIDUALS INVOLVED IN FUND RAISING FOOD SALES SUCH AS BOSS, FRC, CLUBS OR BAZAARS, AND ALSO TO CYS PERSONNEL SUCH AS CYPAs. THE CLASS MAY ALSO SUPPLEMENT REQUIRED REFRESHER TRAINING FOR REGULAR FOOD SERVICE EMPLOYEES.

**WHERE:** BAMBERG, ACS, BLDG 7029, RM 118

**WHEN:** 1200HRS ON JANUARY 18<sup>TH</sup> AND MARCH 14<sup>TH</sup>

CLASS IS FREE, LASTS APPROX. 1 HOUR, AND REGISTRATION IS NOT REQUIRED. FOR QUESTIONS PLEASE CONTACT:

SGT GREG THOMPSON ([GREG.THOMPSON7@AMEDD.ARMY.MIL](mailto:GREG.THOMPSON7@AMEDD.ARMY.MIL))  
DSN: 476-2041/2138  
COMM: 015229587133

CHECK OUT OUR FACEBOOK PAGE BMEDDAC DEPARTMENT OF ENVIRONMENTAL HEALTH

more information, call 0951-300-8837 or e-mail [megan.l.martin.naf@mail.mil](mailto:megan.l.martin.naf@mail.mil).

**Anniversary Week**

Participate in making a craft for Arts and Crafts' anniversary Jan. 18 at 4 p.m. at the Community Activity Center. The event is free. For more information, call 0951-300-8659 or e-mail [megan.l.martin.naf@mail.mil](mailto:megan.l.martin.naf@mail.mil).

**Super Bowl Celebration**

Come to the Warner Conference Center Feb. 5 at 10 p.m. for the Super Bowl XLVI celebration. Come watch the Super Bowl on a huge 16-foot big screen TV. For more information, call 0951-300-8837 or e-mail [megan.l.martin.naf@mail.mil](mailto:megan.l.martin.naf@mail.mil).

**Weekly Reminders****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. Dates for Parents' Day Out will be Feb. 3, April 21, June 2, Aug. 4, Oct. 6 and Dec 1 from 11:30 a.m. - 3 p.m. Dates for Parents' Night Out will be 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.

USAG Bamberg Freedom Fitness Facility

www.bamberg.army.mil/mar

flickr

MWR

# Yoga Retreat

Jan. 21  
10:30 a.m.-3 p.m.

Workshop emphasizing proper alignment, breath work, relaxation and improving strength and coordination. Two instructors on site. Some yoga experience is advised for attendees. \$40 p.p. / \$30 p.p. when signing up with another person

E-Mail: [christineyeagley@gmail.com](mailto:christineyeagley@gmail.com)  
Contact Freedom Fitness Facility at (0951) 300 9086

FOR SOLDIERS FOR FAMILIES FOR RETIREES FOR CIVILIANS

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 deployment 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**

JAN 24 FROM 7 A.M. TO 5 P.M.  
JAN 25 FROM 7 A.M. TO 5 P.M.

"Fortress of Health - Dignity and Respect"



USAG Bamberg Outdoor Recreation Bldg. 7116

www.bamberg.army.mil/mwr

**BAMBERG** OUTDOOR RECREATION

**MWR**

**Ski & Snowboard Trips**

Jan. 13-16  
Feb. 17-20

Hit the slopes with Family and MWR Outdoor Recreation! 3 Overnights with dinner and breakfast, transportation, (optional) lessons, & 100% Adventure!

Zillertal (Austria), Jan. 13-16, \$355  
Kitzbuehel & Wilder Kaiser (Austria), Feb. 17-20, \$355

Contact Tel. (0951) 300 9376

FOR SOLDIERS FOR FAMILIES FOR RETIRES FOR CIVILIANS

**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](mailto: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.

**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.

**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 March 29, June 28 and Sept. 27. For more information, call 0951-300-7130.

**Army Suggestion Program**

The Army Suggestion Program encourages Soldiers, civilians and any concerned individuals to submit ideas regarding how the Army can increase efficiency and cut costs. Approved suggestions are assessed on how much they save the Army and can earn individuals thousands of dollars. For more information, or to submit an idea, Army Knowledge Online registered users can visit the ASP website at <http://asp.hqda.pentagon.mil/public/>. Those unable to access AKO can submit a DA Form 1045 to their installation coordinator. For more information, call 0951-300-8001.

**Utility Tax Relief Services**

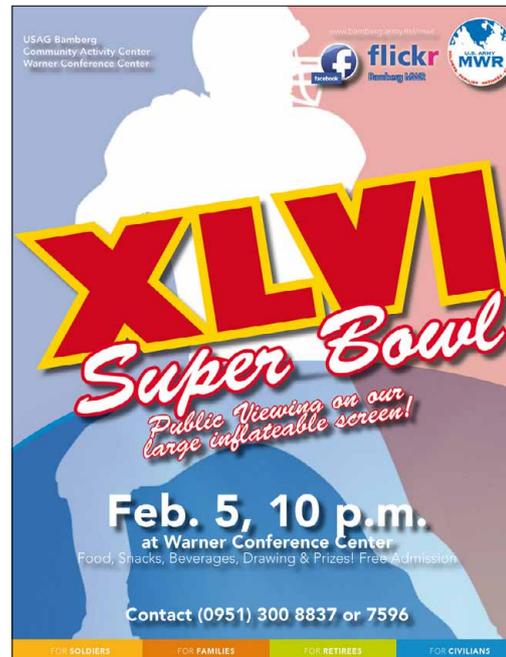
Tax Relief Office now offers a new service for U.S. Army Garrison Bamberg customers. With the implementation of the Utility Avoidance Program customers can sign up locally and save 19 percent tax on their electricity, gas and water bills if these utilities are provided by Bamberg Stadtwerke, Erlanger Stadtwerke, Entega and E-on Bayern. For more information, call the Bamberg tax relief office at 0951-300-1780.

**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



USAG Bamberg Community Activity Center Warner Conference Center

facebook flickr Bamberg MWR

**XLVI Super Bowl**

Public Viewing on our large inflatable screen!

Feb. 5, 10 p.m.

at Warner Conference Center

Food, Snacks, Beverages, Drawing & Prizes! Free Admission

Contact (0951) 300 8837 or 7596

FOR SOLDIERS FOR FAMILIES FOR RETIRES FOR CIVILIANS

retiring can start two years out from their projected retirement date. For more information, call 0951-300-8925.

**Veterinary Facility**

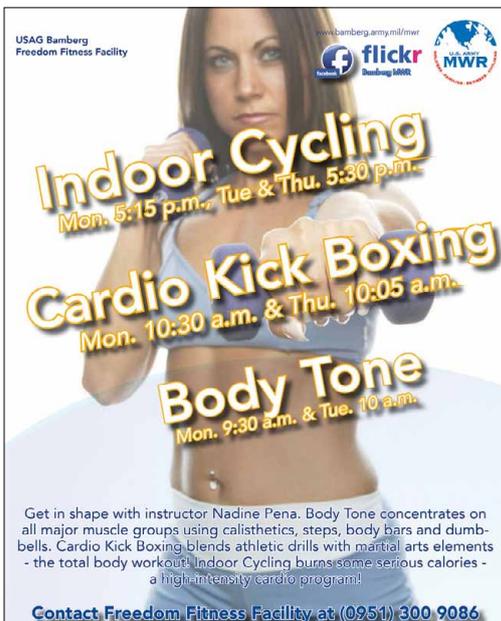
The veterinary office's hours are Monday through Wednesday from 8 a.m.-4 p.m., closed Thursday and open Friday 8 a.m.-noon. No walk-in appointments are available. The clinic is closed on the last weekday of each month for inventory and on all American and training holidays. Over-the-counter products 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



USAG Bamberg Freedom Fitness Facility

www.bamberg.army.mil/mwr

facebook flickr Bamberg MWR

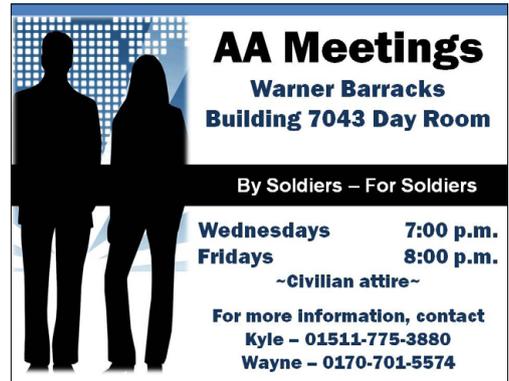
**Indoor Cycling**  
Mon. 5:15 p.m., Tue & Thu. 5:30 p.m.

**Cardio Kick Boxing**  
Mon. 10:30 a.m. & Thu. 10:05 a.m.

**Body Tone**  
Mon. 9:30 a.m. & Tue. 10 a.m.

Get in shape with instructor Nadine Pena. Body Tone concentrates on all major muscle groups using calisthenics, steps, body bars and dumbbells. Cardio Kick Boxing blends athletic drills with martial arts elements - the total body workout! Indoor Cycling burns some serious calories - a high-intensity cardio program!

Contact Freedom Fitness Facility at (0951) 300 9086



**AA Meetings**

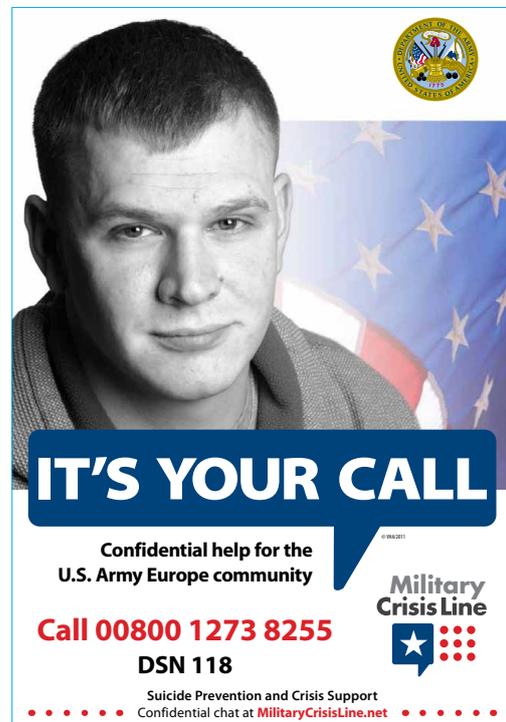
Warner Barracks  
Building 7043 Day Room

By Soldiers - For Soldiers

Wednesdays 7:00 p.m.  
Fridays 8:00 p.m.

~Civilian attire~

For more information, contact  
Kyle - 01511-775-3880  
Wayne - 0170-701-5574



**IT'S YOUR CALL**

Confidential help for the U.S. Army Europe community

Call 00800 1273 8255

DSN 118

Suicide Prevention and Crisis Support  
Confidential chat at [MilitaryCrisisLine.net](http://MilitaryCrisisLine.net)

Military Crisis Line

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.

#### 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.

#### 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.

#### 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.

#### 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.

#### Closures / Changes

##### 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.

##### Coffee Change

The phone number for Community Activity Center and cafe is now 0951-300-8837. The 0951-300-8659 line will only be for Arts and Crafts and be answered during its business hours.

##### Vehicle Registration

The Vehicle Registration Office will be closed Jan. 6 and 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.

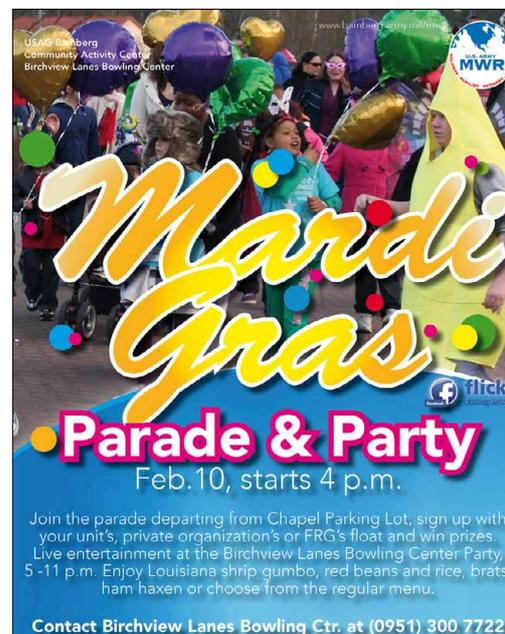
##### Customs Office

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

#### Continuing Education

##### Earn your graduate degree

Enhance your career in the new year with a graduate degree from the University of Phoenix! The University of Phoenix offers a Masters of Business



USAAREUR Community Activity Center  
Birchview Lanes Bowling Center

**Mardi Gras**

**Parade & Party**  
Feb. 10, starts 4 p.m.

Join the parade departing from Chapel Parking Lot, sign up with your unit's, private organization's or FRG's float and win prizes. Live entertainment at the Birchview Lanes Bowling Center Party, 5-11 p.m. Enjoy Louisiana shrimp gumbo, red beans and rice, brats, ham haxen or choose from the regular menu.

Contact Birchview Lanes Bowling Ctr. at (0951) 300 7722

Administration degree and several Masters of Arts in Education degrees. Face-to-face classes for the MBA program begin Thursday, Jan. 26. Online classes for all programs start every week. For more information, contact Heidi Sanders at DSN: 469-9280 or CIV: 0951-208-5350 or by email at [Bamberg.Campus@phoenix.edu](mailto:Bamberg.Campus@phoenix.edu).

#### 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](mailto: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/>.

#### UMUC Europe Spring 2012 Registration

University of Maryland University College Europe Spring 2012 Session 1 registration for on-site and online courses is available now through Jan. 15, with classes beginning on Jan. 16. For the complete undergraduate and graduate online schedule for spring, go to [www.ed.umuc.edu/schedule](http://www.ed.umuc.edu/schedule).



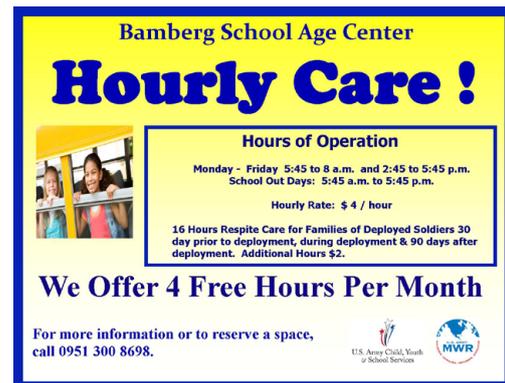
**Bamberg Welcome Back Offer**

For those service members returning from deployments downrange, we invite you to take advantage of your well-deserved Block Leave with a vacation to Edelweiss Lodge and Resort. To ensure service members make the most of their Block Leave, Edelweiss Resort is offering a special offer too good to pass up. Spend this winter resting, relaxing and reconnecting with family in the Alps!

**40% off rooms and meals**  
valid for any room type or vacation cabin. Must be on Block Leave.  
Rooms available January - March

- Balcony rooms with incredible Alpine views
- Full service ski and snowboard school
- Guided tours to top European tourist destinations
- Wellness club with outdoor hot tub
- Diverse dining options and sports bar
- Germany's premier winter sports destination
- Two night maximum stay at above rate

[www.EdelweissLodgeandResort.com](http://www.EdelweissLodgeandResort.com)



**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.

U.S. Army Child, Youth & School Services

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

[www.surveymonkey.com/s/Bamberg](http://www.surveymonkey.com/s/Bamberg)

## Recycling Fact

A used aluminum can is recycled and back on the grocery shelf as a new can, in as little as 60 days. Recycle your cans!

### UMUC Financial Aid

UMUC Europe introduces the New Student Scholarship for Spring 2012 Session 1 and 2. This one-time \$700 award helps students with the cost of tuition and books and combined with the affordability of UMUC Europe's programs, helps make it possible to reach their highest personal and career goals. Starting in January, book awards will be increased to \$150 for active duty enlisted service members and military family members of all ranks. With a quick online application, eligible students can offset the cost of their textbooks this spring. For more information or to download financial aid applications, visit [www.ed.umuc.edu/financial\\_aid](http://www.ed.umuc.edu/financial_aid).

### 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.

#### Youth and Teens

##### TerraNova Testing

Home school students are eligible to participate in the annual TerraNova testing on the same basis that such resources are made available to dependents enrolled in DoD schools. If you are interested in having your child, fourth grade through eleventh grade participate in the TerraNova, please e-mail Betty Bullard at [betty.bullard@eu.dodea.edu](mailto:betty.bullard@eu.dodea.edu) for Bamberg Middle High School students grades 7 to 11 or e-mail Paul Houk at [paul.houk@eu.dodea.edu](mailto:paul.houk@eu.dodea.edu) for Bamberg Elementary School students grades 4 to 6. All requests for participation should be received no later than Jan. 10 for BMHS students and Feb. 17 for BES students. The testing week is March 12 through

6, with the following week for make-up testing.

#### Space Student

Learn what it takes to be an astronaut at the Space Camp in Huntsville, Ala. Activities include simulated Space Shuttle missions, training simulators, rocket building and launches, scientific experiments and lectures of the past, present and future of space exploration. Applications are available through the School Liaison Officer. For more information about Space Camp, visit [www.spacecamp.com](http://www.spacecamp.com). If eligible, students can apply for the Bernard Curtis Brown II Memorial Space Camp scholarship funded by the Military Child Education Coalition.

#### January Ride

Child Youth School Services will have snowboarding and skiing events at a local slope in Ochsenkopf Jan. 27. A minimum of five 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](mailto:anthony.j.puskorius.naf@mail.mil).

#### Reader of the Month

On the third Wednesday of the each month at 4 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.

#### 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.

#### Library Events

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

#### Youth Lessons

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

#### Cub Scouts

There is a Cub Scout Pack in Bamberg with four active dens: Tiger Cubs (1st grade), Wolves (2nd grade), Bears (3rd grade), Webelos (4th and 5th grade). There are three meetings per month. There are one-hour activities to accomplish steps toward rank advancements. Pack meetings are once a month (Camp Out, Pinewood Derby, Bowlarama, etc.) Volunteers are needed to assist with den meetings and committee planning. Come and join in the fun of Cub Scouts. For more information, call 0951-222-1903 or e-mail [chad3jsdad@yahoo.com](mailto:chad3jsdad@yahoo.com).

#### 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.

#### 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>.

#### Scout Program

Each year, the Veterans of Foreign Wars selects three young people — of the Boy or Girl Scouts, Sea Scouts or Venturing Crew — who have demonstrated practical citizenship in school, scouting and the community. The first-place winner receives a \$5,000 award, the second-place winner receives a \$3,000 award and the third-place winner receives \$1,000. For more information, visit <http://www.vfw.org/Community/Scout-of-the-Year-Scholarship/>

### 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.

# Bamberg Movie Schedule

AAFES Reel Time Theater is closed  
Tuesdays and Wednesdays

Thu	Jan. 05	The Three Musketeers 2 (PG-13)	7 p.m.
Fri	Jan. 06	Footloose (PG-13)	7 p.m.
Sat	Jan. 07	Puss in Boots (PG)	3 p.m.
		The Girl with the Dragon Tattoo (PG-13)	7 p.m.
Sun	Jan. 08	Mission Impossible: Ghost Protocol (PG-13)	3 p.m.
		The Girl with the Dragon Tattoo (PG-13)	7 p.m.
Mon	Jan. 09	Mission Impossible: Ghost Protocol (PG-13)	7 p.m.
Thu	Jan. 12	In Time (PG-13)	7 p.m.
Fri	Jan. 13	A Very Harold and Kumar Christmas (R)	7 p.m.
Sat	Jan. 14	Tower Heist (PG-13)	3 p.m.
		War Horse (PG-13)	7 p.m.
Sun	Jan. 15	War Horse (PG-13)	3 p.m.
		A Very Harold and Kumar Christmas (R)	7 p.m.
Mon	Jan. 16	War Horse (PG-13)	7 p.m.
Thu	Jan. 19	Immortals (R)	7 p.m.
Fri	Jan. 20	Joyful Noise (PG-13)	7 p.m.
Sat	Jan. 21	Jack and Jill (PG)	3 p.m.
		Immortals (R)	7 p.m.
Sun	Jan. 22	Joyful Noise (PG-13)	3 p.m.
		Immortals (R)	7 p.m.
Mon	Jan. 23	Joyful Noise (PG-13)	7 p.m.
Thu	Jan. 26	Jack and Jill (PG)	7 p.m.
Fri	Jan. 27	Contraband (R)	7 p.m.
Sat	Jan. 28	Happy Feet Two (PG)	3 p.m.
		J. Edgar (R)	7 p.m.
Sun	Jan. 29	Happy Feet Two (PG)	3 p.m.
		Contraband (R)	7 p.m.
Mon	Jan. 30	Contraband (R)	7 p.m.
Thu	Feb. 2	J. Edgar (R)	7 p.m.

## Eco-Friendly Tips

### Water-saving Tips

1. One more way to get eight glasses of water a day is to re-use the water left over from cooked or steamed foods to start a scrumptious and nutritious soup.
2. Create an awareness of the need for water conservation among your children.

### Energy-saving Tips

1. When you boil water for a hot drink, try to boil only what you need or pour the surplus into a thermos flask to keep the water hot for the next cup!
2. Cut up your veggies into small pieces to reduce the cooking time. When boiling or steaming vegetables, boil the water in the kettle first- rather than on the stove and use only as much water as is necessary.

### Recycling Tips

1. Take your electronic waste to a local collection point or give it back to the retailer so that it can be treated or recycled properly.
2. Instead of using a fresh piece of paper for rough work, turn over a used copy and write on the other side. Use products made of recycled paper. Remember! Every ton of recycled paper saves 17 trees compared to paper made from virgin materials.

## 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>.



### Jan. 7 Learn to Snowboard \$80

Have you ever wanted to try snowboarding? Here is your chance. Spend a day on a local slope Ochsenkopf, in the Fichtelgebirge with Outdoor Recreation's own instructor. The trip includes transportation, a lift pass, rentals and 2.5 hours of lessons. Transportation departs from Outdoor Recreation at 9 a.m. and returns at 5 p.m.

### Jan. 13-16 Zillertal Ski and Snowboard \$355

Start the New Year off right with some of the best snow in the Alps. The Zillertal is jam packed with world-class ski areas, such as Mayrehofen, Hochfugen and SpielJoch Fugen. The trip includes transportation and three nights lodging with breakfast and dinner. This does not include lift pass. Snowboard lessons are available for \$25 for 1.5 hours. Transportation departs from the chapel parking lot at 2 a.m.

### Jan. 21 Snowshoe Hike \$35

Discover a new way to traverse the winter plains by joining Outdoor Recreation on a snowshoe hike through the Fichtegebirge winter wonderland. The trip includes snowshoes and transportation. Please pack snacks and refreshments. Transportation departs from Outdoor Recreation at 10 a.m. and returns at 5 p.m.

### Jan. 23 Bad Staffelstein \$35

Join us for a quick and relaxing time at Obermain Therme thermal pools in Bad Staffelstein. The trip includes transportation and use of the thermal pools and saunas. Bring a bathing suit, towel and shower shoes. Transportation departs from Outdoor Recreation at 6 p.m. and returns at 10 p.m.

### Jan. 28 Ski and Snowboard Lermoos \$75

Looking for a quick getaway? Relax, and let Outdoor Recreation take care of the driving on this one-day trip to the world famous Lermoos and the Zugspitze Arena ski-areas. Space is limited. Please sign up in advance. Transportation departs from Outdoor Recreation at 2 a.m. returns at 11 p.m.

### Feb. 4 Learn to Ski or Snowboard \$80

Have you ever wanted to try snowboarding? Spend a day on a local slope Ochsenkopf, in the Fichtel-gibirge with Outdoor Recreation's own instructors. The trip includes transportation, a lift pass, rentals and 2.5 hours of lessons. Transportation departs from Outdoor Recreation at 9 a.m. and returns at 5 p.m.

### Feb. 9 Tour Under Bamberg \$25

This unique trip through the tunnels under Bamberg gives you a view of the city that shouldn't be missed. The tunnels are generally cool and damp. Please wear appropriate clothing and bring a flashlight. Transportation departs from Outdoor Recreation at 5 p.m. and returns at 8 p.m.

### Feb. 11 Ski and Snowboard Lermoos \$75

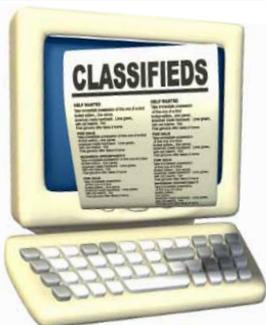
Can't find time on the training holidays to go skiing? Relax, and let Outdoor Recreation take care of the driving on this one-day trip to the world famous Ler-moos and the Zugspitze Arena ski-areas. Space is limited. Please sign up in advance. Transportation departs from Outdoor Recreation at 2 a.m. returns at 11 p.m.

### Feb. 14 Dinner and Wine Tasting \$60

Tease your taste buds as you sample different wines while having a romantic Valentine's Day dinner at Schloss Buttenheim. Wine, olive oil and other gourmet items can be purchased, so be sure to bring value-added tax forms. Transportation departs from Outdoor Recreation at 6 p.m. and returns 10 p.m.

### Feb. 17-20 Kitzbuhel and Wilde Kaiser Ski \$355

Hop on the Outdoor Recreation trip to the Kitzbuhel and Wilde Kaiser ski areas in Austria. With near perfect weather and many slopes to choose from. The trip includes transportation and lodging (double occupancy) with dinner and breakfast. This does not include lift pass. Get reduced rentals or get your own gear tuned for half price at Outdoor Recreation before you go. Transportation departs from the chapel parking lot at 2 a.m.



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

## AUTOMOBILES

2005 BMW 118d, 45+ mpg turbo diesel, 6 speed manual, 5 door hatchback, Euro Spec, 98000 miles, snow and summer tires/rims, onboard GPS/computer, heated seats, parking assist, PCSing must sell. Asking \$10,500. Call Robert 01607837935 or email [lucasbmw118@yahoo.com](mailto:lucasbmw118@yahoo.com).

1997 white Dodge Caravan. Good condition. Dependable for getting around town. 133K miles. New all season tires and AC compressor. Rebuilt transmission with a warranty. Passed inspection Nov 4. Well taken care of. Maintenance records included. Asking \$3000. If interested, contact Andy at 0170-203-3008.

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](mailto:beth.danowsky@gmail.com).

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.

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](mailto:Gerald.Kuruc@us.army.mil) or [TinaKuruc@aol.com](mailto:TinaKuruc@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](mailto:rrswindler@yahoo.com).

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](mailto: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](mailto:e_sapper@hotmail.com).

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](mailto:briettacosta@gmail.com) for pictures or more info.

## EMPLOYMENT

The USAG Bamberg Community Chapel is currently accepting applications for Watchcare providers for the Watchcare Program. Performance period is expected through 30 September 2012. Interested parties should contact Stacey Berry, the Watchcare Coordinator, at 0152-242-84736.

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](http://www.saic.com) or contact Frances Hernandez at [hernandezf@medprotectllc.com](mailto: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](mailto: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](mailto: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](http://www.applymyexchange.com) or by calling Human Resources Office at 0951-303159.

## MISCELLANEOUS

Large Apartment 2 bedroom and studio just 10minutes away from Bamberg. Pictures available. Call 0152-54229569.

Let me walk your dog! Do you have a high energy dog that needs to go on long walks, but you don't have the time? Let me walk your dog. I will tailor to each dog's needs, but I usually go on 6 mile+ walks. \$10 for each walk. For my personal information please contact me at [erin.cooper@us.army.mil](mailto:erin.cooper@us.army.mil).

Looking for a teacher of the Russian language. Call: 015152050467 or e-mail [mmk09@aber.ac.uk](mailto:mmk09@aber.ac.uk).

Any person having claims or obligations to the estate Spc. Michael S. Kroner of the 535th Engineer Company, 54th Engineer Battalion, should contact the summary court officer, 2nd Lt. Jeffrey Yekenchik at 0951-300-7504. (12/01/2011)

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

## FOR SALE

For Sale: German solid wood living room shrank with lights: measurements are: 3.28m wide, 2.17m tall; 0.55m deep. The price is negotiable. Pictures available. 0152-54229569.

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](mailto: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](mailto:johndld1999@yahoo.com) for details. On-post pick up only.

Portable AC Unit \$250 OBO. ModelCR208 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](mailto: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.

See more local classifieds by clicking [here](#).

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[solacedogrescue@yahoo.com](mailto:solacedogrescue@yahoo.com)

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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

### 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/>

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.

### Events for Jan. 6-8

#### Friday, Jan. 6

For a traditional religious procession the town of Pottenstein lights up with numerous Bengal fireworks and other lights on Jan. 6, starting at 5 p.m. In addition, several hundred campfires will be lit in the hillsides and precipices of the winter landscape of "Franconian Switzerland." Several thousand visitors attend this event every year; parking is only possible on the outskirts of town. After the festive parade, the participants settle in the local restaurants for the rest of the evening.

#### Saturday, Jan 7

Five legendary rock musicians, a band and an orchestra present their unique crossover project - Rock Meets Classic! - at the ARENA (Kurt-Leucht-Weg 11) in Nürnberg on Jan. 7 at 8 p.m. The line-up includes Ian Gillan (Deep Purple), Chris Thompson (Manfred Mann's Earthband), Jimi Jamison (Survivor), Robin Beck and Steve Lukather (Toto), as well as the Mat Sinner Band and the Bohemian Symphony Orchestra Prague. All details and ticket information can be found at [www.arena-nuernberg.de](http://www.arena-nuernberg.de)

Visit the town of Zapfendorf for their annual Christbaumweitwurf, or Christmas tree throwing competition Jan. 7. Competition begins at 4 p.m. at the Sprtgelände, Hauptstrasse 45, 96199 Zapfendorf.

### Sports

- Jan. 6-8** FFB Snooker Open, Fuerstenfeld Event Center (Veranstaltungsforum), Fuerstenfeld  
**Jan. 7** Brose Baskets vs. FC Bayern Muenchen, STECHERT Arena,  
**Jan. 10** Brose Baskets vs. Ewe Baskets Oldenburg, STECHERT Arena,  
**Feb. 5** Brose Baskets vs. Telekom Baskets Bonn, STECHERT Arena,  
**March 16** Harlem Globetrotters, Olympic Hall (Olympiahalle), Munich  
**March 18** Harlem Globetrotters, Ratiopharm arena, New Ulm

### National Concert Schedule

- Jan. 13** Boyz II Men "The Twenty" Tour, Columbiashalle, Berlin  
**Jan. 14** Boyz II Men "The Twenty" Tour, Essigfabrik, Cologne  
**Jan. 15** Boyz II Men "The Twenty" Tour, Loewensaal, Nuremberg  
**Jan. 17** Boyz II Men "The Twenty" Tour, Rhein-Main-Halle, Wiesbaden  
**Jan. 20** Project Pitchfork, Kulturfabrik Krefeld, Krefeld  
**Jan. 25** Naturally 7, All Natural Tour, Alte Kongresshalle, Munich  
**Jan. 26** Guano Apes, Backstage Werk, Munich  
**Jan. 27** Naturally 7 „All Natural“ Tour, Liederhalle Hegelsaal, Stuttgart  
**Jan. 27** Project Pitchfork, Meier Music Hall, Braunschweig  
**Jan. 28** Guano Apes, LKA-Longhorn, Stuttgart-Wangen  
**Jan. 29** Guano Apes, Maimarkt Club, Mannheim
- Feb. 4** Project Pitchfork, Backstage Werk, Munich  
**Feb. 17** Sunrise Avenue, (City Hall) Stadthalle Braunschweig, Braunschweig  
**Feb. 17** Project Pitchfork, C-Club, Berlin  
**Feb. 18** Sunrise Avenue, Auensee House (Haus Auensee), Leipzig  
**Feb. 18** Project Pitchfork and Guests, HsD Erfurt, Erfurt  
**Feb. 21** Sunrise Avenue, Sports Hall (Sporthalle) Hamburg, Hamburg

For more dates and tickets for Sunrise Avenue concerts please see <http://www.eventim.de/sunrise-avenue-tickets.html?affiliate=GMD&doc=artistPages>

%2Ftickets&fun=artist&action=tickets&kuid=2622

- Feb. 25** Project Pitchfork and Guest, Alter Schlachthof, Dresden  
 All dates, and tickets are available on the following website <http://www.eventim.de/project-pitchwork-tickets.html?affiliate=GMD&doc=artistPages%2Ftickets&fun=artist&action=tickets&erid=637247&includeOnlybookable=true>  
**Feb. 28** Snow Patrol Frankfurt– Jahrhunderthalle 8 p.m.  
**Feb. 29** Sting Frankfurt – Jahrhunderhalle 8 p.m.  
**March 2** ASP, Capitol Mannheim, Mannheim  
**March 3** ASP, Altes Theater, Magdeburg  
**March 16** Maria Mena, Voktoria Tour 2012, Grosse Freiheit 36, Hamburg  
**March 17** Jason Derulo Munich – Tonhalle 8 p.m.  
**March 17** Maria Mena, Voktoria Tour 2012, ASTRA Kulturhaus, Berlin  
**March 18** Maria Mena, Voktoria Tour 2012, E-Werk Cologne, Cologne  
**March 20** Maria Mena, Voktoria Tour 2012, Capitol Offenbach, Offenbach  
**March 21** Bryan Adams, LANXESS arena, Cologne  
**March 21** Maria Mena, Voktoria Tour 2012, Kesselhaus, Munich  
**March 22** Maria Mena, Voktoria Tour 2012, Alter Schlachthof, Dresden  
**March 24** Bryan Adams, ARENA NÜRNBERGER VERSICHERUNG, Nuremberg  
**March 25** Maria Mena, Voktoria Tour 2012, Theaterhaus am Pragsattel, Stuttgart  
**March 28** Bryan Adams, Hanns-Martin-Schleyer-Halle, Stuttgart  
**March 29** Bryan Adams, SAP ARENA, Mannheim  
**March 30** Bryan Adams, Olympiahalle Munich, Munich

- April 14** Nightwish and Guests, ISS Dome, Duesseldorf  
**April 23** Nightwish and Guest, Jahrhunderhalle Frankfurt, Frankfurt  
**April 28** Night of Jumps (Motor cross event) Munich – Olympiahalle 8 p.m.  
**May 1** Nightwish, Arena Leipzig, Leipzig  
**May 3** Nightwish and Guests, o2 World Hamburg, Hamburg  
**May 5** Nigtwish, ARENA NÜRNBERGER VERSICHERUNG, Nuremberg

Enjoy the good weather with the volksmarching enthusiasts. At [http://www.dvwwandern.de/v\\_yb/10/Wandertage](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.dvv-wandern.de/v\\_yb/10](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

The screenshot shows the official website for Bamberg. At the top, there are navigation tabs: Home, Hotels & accommodation, Guided tours, and Packages. Below this is a sidebar menu with categories: Experience, Worth seeing, Culture, Active, For..., Service, and Specialist. The main content area features several articles:

- Our tip – your personal delicacy!**: A short article about regional Franconian delicacies.
- Bamberg - the beer city**: An article about the city's beer culture and breweries.
- Bamberg - an unforgettable experience!**: An article about the city's history and culture.

At the bottom of the page, there are social media sharing options for Facebook, Twitter, and Google+.