



WARNER WEEKLY

News & Information at Your Fingertips

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Sustainment Brigade trains for evacuation operations

By Staff Sgt. Lynne Lantin,
16th Sust. Bde. Public Affairs

BAMBERG, Germany -- A 12-Soldier team from the 16th Sustainment Brigade attended a two-day training event on Warner Barracks, March 22-23, to learn how to use the noncombatant evacuation operations tracking system (NTS).

The NTS, used by all branches of the military, identifies and tracks noncombatants, nonessential military personnel and third country nationals during an evacuation operation in the event of a natural disaster, civil unrest or war around the globe.

The NTS allows the user to record and track noncombatant evacuees until they are repatriated or their record is closed out for other reasons.

"It's fairly simple. There are several components that come together as a system," said Spc. David Stone, a nodal network systems operator-maintainer with the 16th Sust. Bde., and a member of the NTS team. "It has a computer, a scanner, a passport reader, a surge protector and transformer. We input evacuees into the NTS so they can be repatriated, and go to a safehaven."

The 16th Sust. Bde. NTS team completed training on the newly acquired systems under



Staff Sgt. Lynne Lantin

Spc. David Stone, a nodal network systems operator-maintainer with the 16th Sustainment Brigade, 21st Theater Sustainment Command, and a member of the noncombatant evacuation operations tracking system team inputs a mock evacuee into NTS during training in Bamberg on March 23.

the guidance of the 21st Theater Sustainment Command's 1st Human Resources Sustainment Center out of Kaiserslautern.

"My trainers did an excellent job," said Chief Warrant Officer 4, Allan Amos with the reception, staging and onward movement section of the 1st HRSC. "I think this time the Soldiers really

had an opportunity to do the hands on, and I'm quite sure the 16th Sust. Bde. is ready to take over this operation."

Amos said more training events and a mock evacuation exercise are planned for later this year.

Future soldiers in training



Simon Hupfer

Staff Sgt. Nigel Clements, with 317th Maintenance Company, explains the interior of a High-Mobility Multipurpose Wheeled Vehicle to Kayle Hall. Children from School Age Center learned about their parents' jobs during a Military Kids Day on Friday. The event featured demonstrations, vehicle inspections, camflouge face painting and obstacle courses. See Page 4 for more photos.

Arts and Crafts to celebrate 70th anniversary with open house

By Heidi Sanders,
USAG Bamberg Public Affairs

woodshop, sewing and embroidery, pottery and jewelry making.

BAMBERG, Germany -- Since 1942, Army Arts and Crafts has provided Soldiers and family members with a creative outlet.

Stenson said the event is geared toward the entire Family.

"We will have crafts for the kids set up so the children will have something to do," he said.

Bamberg Arts and Crafts will celebrate the 70th anniversary of Army Arts and Crafts on Friday, April 20. The festivities begin at 3 p.m. on the first floor of Building 7047, said Tom Stenson, facility manager for Bamberg Arts and Crafts.

Refreshments will be provided.

Stenson said he hopes the event will encourage more people to use the services Arts and Crafts offers.

"It is basically an open house for Arts and Crafts," Stenson said. "We will have several interactive demonstrations of some of the things we do here."

"We still have people who don't even know we are here," he said.

"We try to support Soldiers and Families with something to do in their off-duty time that is fun and cost effective."

Demonstrations will include lathe training and mat cutting in the

(ARTS continued on Page 2)

Supplement use highest among overweight service members

By Douglas DeMaio, Bavaria Medical Department Activity Public Affairs

VILSECK, Germany -- Dietary and performance enhancing supplements have an artificial image according to an expert who works at the Army Wellness Center.

"Fewer than 30 percent of service members discuss dietary supplements use with their health care providers," said Kim Waller, director of Bavaria's only Army Wellness Center, who quoted a study she read about supplement use by active duty service members. "A lot of people don't consider the use of supplements to affect medication."

Using both medications and supplements at the same time can increase a person's risk of drug-supplement interactions, according to a statement on the National Center for Biotechnology Information website.

The use of supplements alone can produce adverse side effects and cause consumers to feel faint or dizzy, Waller said. The substances may even cause consumers to have a headache or interfere with their sexual performance.

Waller wants to raise awareness about the potential dangers of using some supplements. She said when these adverse effects happen, consumers "don't stop taking them; they just try a different one or they decrease the dosage."

"The thing with dietary supplements is that they are not regulated by the (Food and Drug Administration)," Waller said, who has a degree in clinical laboratory science. "The supplements do not have to be tested or proven effective before being sold."



Courtesy photo
The Human Performance Resource Center is working to increase awareness about using dietary supplements safely. HPRC's website provides resources to help Soldiers and their Families make informed decisions when choosing dietary supplements.

Testing occurs after a problem arises, like it did with ephedra, which was banned in 2004 after being on the dietary supplement market for almost a decade.

"After a careful review of the available evidence about the risks and benefits of ephedra in supplements, the FDA found that these supplements present an unreasonable risk of illness or injury to consumers," according to a report by the U.S. Department of Health and Human Services website. "The data showed little evidence of ephedra's effectiveness, except for short-term weight loss, while confirming that the substance raises blood pressure and stresses the heart. The increased risk of heart problems and strokes negates any benefits of weight loss."

"There is strong evidence that ephedra is associated with an increased risk of side effects, possibly even fatal ones."

Another supplement containing 1,3-dimethylamylamine (DMAA) has been

temporarily removed from Army and Air Force Exchange Service shelves because it is associated with adverse events.

What consumers also need to know is that some supplements are laced with varying quantities of approved prescription drug ingredients, controlled substances, and untested and unstudied pharmaceutically active ingredients, according to the FDA's website.

"These deceptive products can harm you," according to the website. "Hidden ingredients are increasingly becoming a problem in products promoted for bodybuilding. Remember, FDA cannot test all products on the market that contain potentially harmful hidden ingredients. Enforcement actions and consumer advisories for tainted products only cover a small fraction of the tainted over-the-counter products on the market."

There are products tested by third party entities for banned substances and receive a certification for meeting an international standard for a dietary supplement, but unknown ingredients in certified product's proprietary blend are what concerns Waller, she said.

Proprietary blends do not list ingredients by volumes and are advertised to sell the product to consumer.

"It's marketed to sound like something extreme," Waller said. "What exactly is an Ener-Tropic Xplosion? It just sounds cool."

The total sales for dietary supplements in the U.S. are estimated to be more than \$27 billion annually, according to a consumer report from 2011.

(DIET continued on Page 4)

(ARTS continued from Page 1)

Stenson said not only can customers have projects constructed by the Arts and Crafts staff, they can create their own masterpieces using the Arts and Crafts facilities.

"People doing it themselves can get it done even cheaper," he said. "They also have the added satisfaction of saying, 'I did it myself.'"

Stenson said Arts and Crafts offers classes, such as sewing and pottery, for those who

would like to learn a new skill.

"We try to get people to understand that you don't have to know how," he said. "We also teach people how."

For more information, call 0951-300-8659.



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

USAG Bamberg, Public Affairs Officer
Renate Bohlen

Warner Weekly Staff
**Sina Kingsbury, Jessica Lipari, Heidi Sanders (Editor),
 Simon Hupfer**

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army.mil.

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Contact Information:

Office Location: Bldg. 7089, Warner Barracks
 U.S. Army Address: Unit 27535, APO AE 09139
 Telephone: DSN:469-1600, Fax: DSN:469-8033

German Address:

Weissenburgstrasse 12, 96052 Bamberg
 Telephone: (+49) 0951-300-1600, Fax: (+49) 0951-300-8033

Safety comes first for motorcycle riders

By Simon Hupfer, USAG Bamberg Public Affairs

BAMBERG, GERMANY -- Before kick-starting the motorcycle season, motorbike owners should ensure their machine is ready for the first open-air trip.

"The U.S. Army has reacted to the vastly increasing casualties amongst motor bikers in the United States," said Robert Wachter, support assistant at U.S. Army Garrison Bamberg's Safety Office.

To ride a motorcycle legally in Europe, the Army requires all Soldiers to attend a Motorcycle Safety Foundation (MSF) course.

Riders must have their stateside license with motorcycle endorsement or host nation license with endorsement to obtain a temporary U.S. Army in Europe (USAREUR) certificate of license, according to the Installation Management Command Europe's safety website.

The good news is that Soldiers are allowed to take the MSF courses during work hours.

The MFS course has to be taken every three years, Wachter said, and normally takes two days. Refresher trainings are only one day.

Currently MSF is offered on a monthly basis and classes are held at Bamberg's MUNA facility at Geisfelder Strasse.

The IMCOM Europe safety website, http://www.imcom-europe.army.mil/webs/sites/staff_org/safety/atstp/index.htm, lists all available locations for MFS courses, as well as class requirements and personal protection equipment needed for the driver training.

Pre-registration is necessary to attend the class, the application is available on the safety website.

The change for 2012 is that Department of Defense civilians and family members can no longer attend MSF courses, Wachter said.

"Civilians and family members can only take a course when an instructor is available on a volunteer basis and at the participant's own cost," he said.

For them, agencies like the Allgemeiner Deutscher Automobilclub (ADAC) offer motorcycle classes at various levels. The closest ADAC training center is in Schluesselfeld, 28 miles from Bamberg.

Riding their motorbikes safely is the Soldier's responsibility.

Besides a defensive driving style that includes wearing proper protective clothing, such as leather jackets, impact- or shatter-resistant eye protection, full-fingered gloves and certified helmets that are properly



File Photo

Staff Sgt. Richard Childress of Headquarters Company 173rd Brigade Support Battalion rides during a Motorcycle Refresher Training class in April 2011. All Soldiers who wish to ride a motorcycle in Europe are required to attend a Motorcycle Safety Foundation.

closed under the chin.

According to the Army Regulation 190-1, high visibility garments for day travel and reflective clothing for night travel are mandatory.

When wearing military uniforms, operators have to wear reflective physical-training-style vests or belts.

"But uniforms in general are not really designed for riding a motorcycle," Wachter said. "You will be seen better, but a reflective belt is not protecting your skin, flesh and bones when in a crash."

The next MSF basic courses are scheduled for May 17-18 and June 7-8.

ADAC will host a free Motorcycle Start-up Day from 11 a.m.-5 p.m. Sunday, April 21 at ADAC Fahrsicherheitszentrum Nordbayern, ADAC-Nordbayern-Strasse 1, 96132 Schluesselfeld. Advance registration is not required. For more information, call 09551-930800.

Army leaders open new energy lab for business

WARREN, Mich. (April 12, 2012) -- More than 300 government, industry and academic leaders converged on the Detroit Arsenal here for the grand opening of the Army's one-of-a-kind Ground Systems Power and Energy Laboratory, known as the GSPEL complex, April 11.



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

Army looks to reduce physical training injuries

FORT LEE, Va. (April 11, 2012) -- The Army is assessing a new weapon in its battle against physical training injuries.



Musculoskeletal Action Teams, or MATs, were put into operation at several installations last year as a pilot program to support the Army's ...

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

(DIET continued from Page 2)

Prevalence rates for those who use performance enhancing and dietary supplements are greatest in the Marine Corps, Waller said.

Supplements are used most by individuals who have a Body Mass Index of more than 25 and who are moderate to heavy drinkers.

Soldiers' use of supplements was second behind Marines, Waller said, quoting a 2005 survey on health related behaviors, which was completed by nearly 16,000 active duty members.

"Those who are overweight are more likely to use (supplements)," Waller said. "You're probably never going to get people to stop taking dietary supplements, but it seems like maybe there should be more information about the ingredients that are in them and how to take them safely."

The Human Performance Resource Center, which is a Department of Defense initiative to promote warrior wellness and apply emerging technologies to Soldiers' performance, is working to increase awareness about using dietary supplements safely.

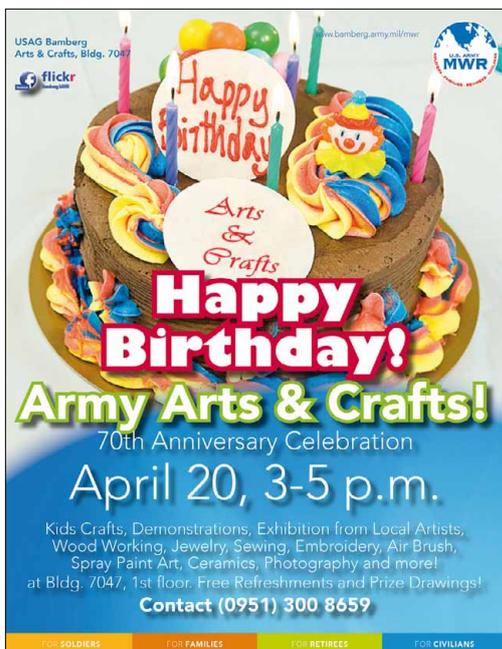
HPRC's website, www.hprc-online.org, provides resources to help Soldiers and their Families make informed decisions when choosing dietary supplements.

"Due to the long and tedious process of removing any product from the market, many potentially dangerous products remain for sale," according to the HPRC website. "The Department of Defense is about to launch an educational campaign to inform Warfighters and their Families about potential health risks and steps to take before using dietary supplements. This campaign, Operation Supplement Safety or OPSS, will focus on service members and their Families."

Military Kids Day



Photos by Simon Hupfer



USAG Bamberg Arts & Crafts, Bldg. 7047

Happy Birthday!

Arts & Crafts

Happy Birthday!

Army Arts & Crafts!

70th Anniversary Celebration

April 20, 3-5 p.m.

Kids Crafts, Demonstrations, Exhibition from Local Artists, Wood Working, Jewelry, Sewing, Embroidery, Air Brush, Spray Paint Art, Ceramics, Photography and more!
at Bldg. 7047, 1st floor. Free Refreshments and Prize Drawings!

Contact (0951) 300 8659

FOR SOLDIERS FOR FAMILIES FOR RETIREES FOR CIVILIANS

scholarships.

Bazaar Volunteers

The Bamberg Spouses and Civilians' Club is looking for volunteers for the 2012 Bazaar with Heart, which brings furniture, antique and food vendors to the Bamberg community and is supported by Family and Morale, Welfare and Recreation. The event will be at the Freedom Fitness Facility from May 4-6. Sign-up today at <http://bit.ly/BazaarVolunteer>. For more updates on the Bazaar with Heart, visit <https://www.facebook.com/#!/bazaar.with.heart>.

BOSS Trip

Take a trip with Better Opportunities for Single Soldiers to Amsterdam April 21-22. Includes roundtrip transportation on German Motor Coach, one overnight in a three star hotel with breakfast. Guided tour of Amsterdam, entrance fee to Keukenhof Tulip Gardens and viewing of the world famous Flower Parade. The price is \$259 per adult based on two people per room, single room is \$69 extra. Open to Soldiers, family members and authorized ID card holders. Sign up at the Freedom Fitness Facility with a \$100 deposit per person, payable in full by April 15. For more information, call 0951-300-8890.

Community Flea Markets

The Community Activity Center will host a Community Flea Market from 10 a.m. to 1 p.m. the second Saturday of the month through October at the CAC, building 7047. The dates for the flea markets are May 12, June 9, July 14, Aug. 11, Sept. 8 and Oct. 13. For more information, call the CAC at 0951-300-8837

Bingo

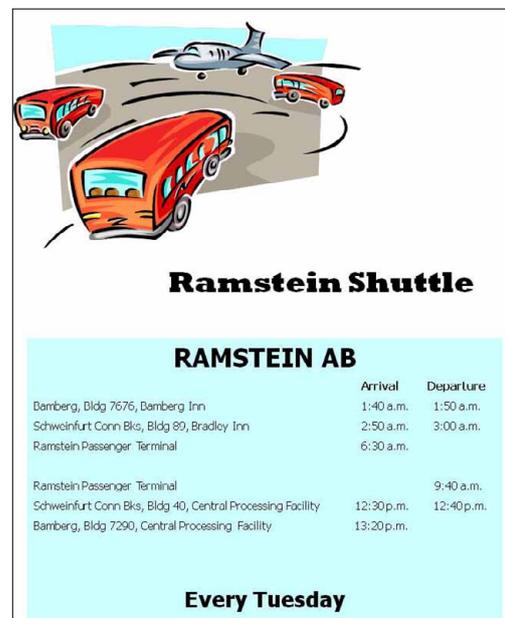
Bamberg Spouses and Civilians' Club will have a bingo night April 27 at the Warner Conference Center. Card sales begin at 6 p.m. and bingo starts at 6:30 p.m. The theme for this month's bingo is "Tea Time." Wear a derby hat and receive two free bingo card. For more information, email marylousolorzano@yahoo.com.

Single Parent Luncheon

There will be a single parent luncheon on April 20 at the chapel from 11:30 a.m. to 1 p.m. It will be a free luncheon and discussion group. Meeting is an opportunity for single parents to discuss issues and find support. Watch care will not be provided.

Volunteer Opportunities

Interested in volunteering? Equal Opportunity office



Ramstein Shuttle

RAMSTEIN AB		
	Arrival	Departure
Bamberg, Bldg 7676, Bamberg Inn	1:40 a.m.	1:50 a.m.
Schweinfurt Conn Bldg, Bldg 89, Bradley Inn	2:50 a.m.	3:00 a.m.
Ramstein Passenger Terminal	6:30 a.m.	
Ramstein Passenger Terminal		9:40 a.m.
Schweinfurt Conn Bldg, Bldg 40, Central Processing Facility	12:30 p.m.	12:40 p.m.
Bamberg, Bldg 7290, Central Processing Facility	13:20 p.m.	

Every Tuesday

is looking for volunteers to help with upcoming observances. For more information, contact the Equal Opportunity and Equal Employment Opportunity offices at 0951-300-8624.

Month of the Military Child Portraits

All portrait sessions taken with children during the Month of the Military Child in April, indoors or outdoors will receive 15 percent off their portrait sheet orders at the Community Activity Center Photo Studio. For more information, call 0951-297-1248 or stop by the CAC Photo Studio.

Free Tax Preparation

The Bamberg Tax Center is open. The Tax Center is located in Bldg. 7000 on the fourth floor. Appointments and walk-ins will be available. Operating hours will be Monday to Friday 9 to 11:30 a.m. and 1 to 3:30 p.m. The office will be closed daily at noon to 1 p.m. for lunch. For more information or to make an appointment, call 0951-300-8261/8262.

CPR, AED and First Aid Certification

Come and learn how to give cardiopulmonary resuscitation, first aid and use an automated external defibrillator with the Red Cross April 13, May 11, June 8 and July 13 from 10 a.m. to 4:30 p.m. at the Army Community Service building. The cost of the CPR/First Aid Certification is \$45. You can log onto www.redcross.org to register. Once on the Red Cross site, go to "take a class" and enter your APO zip code to find the course, register and pay online. You can also register in person at the ARC office. For additional information or questions, stop by the Red Cross office, Building 7029 or call 0951-300-1760.

Red Cross Volunteer Orientation

Come and learn how you can become a volunteer with the American Red Cross May 4, June 1 and July 6 from 10 a.m. to 12 p.m. at the Army Community Service building. Please call and RSVP no later than the day before each scheduled orientation. For additional information or questions, stop by the Red Cross office, Building 7029 or call 0951-300-1760.

Military Council of Catholic Women

The Military Council of Catholic Women meet on Thursdays at the chapel. Mass begins at 12 p.m. followed by fellowship, lunch and study group from 12:30 to 2 p.m. For more information, email Andrea.lands@gmail.com.

By Soldiers - For Soldiers

Alcoholic Anonymous meetings for Warner Barracks take place weekly on Wednesdays from 11:45 a.m. to 12:45 p.m. at the Community Activity Center, Room 409. These meetings are open to anyone. Duty

Community Announcements

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

Sexual Assault Awareness Breakfast

A Sexual Assault Awareness Denim Day breakfast will begin at 7:30 a.m. April 27 at Ray's Diner. The cost is \$2.45 or taken from the meal rations card. Attendees will be able to view the Army's newest sexual assault awareness video and meet their unit's Sexual Harassment and Assault Program (SHARP) representatives. Attendees are encouraged to wear denim. RSVP to your unit's Victim Advocate or SHARP representative.

Arts and Crafts Anniversary Celebration

Army Arts and Crafts will celebrate its 70th anniversary from 3-7 p.m. April 20 on the first floor of building 7047. The event will include woodworking, jewelry, sewing and embroidery demonstrations. Free refreshments provided. For more information, call 0951-300-8659.

National Day of Prayer breakfast

The Bamberg Community Chapel will host a National Day of Prayer breakfast from 7-8:45 a.m. on May 3, at the Warner Conference Center. Free tickets are available beginning April 22 from the chapel or unit chaplains.

Memorial Day Ceremony

There will be a Memorial Day Ceremony at 11 a.m. May 24, at Memorial Park. For more information, call 0951-300-9477.

Pizza Night

Ray's Diner will be having pizza night every Thursday evening during the month of April. The menu includes chicken wings, pizza and various appetizers. Standard cost is \$4.55. Family members of E-4 and below cost is \$3.90.

Bazaar with Heart

The Bamberg Spouses and Civilians' Club annual Bazaar with Heart is May 4-6 at the Freedom Fitness Facility. Opening hours are May 4 and 5 from 10 a.m. - 7 p.m. and May 6 from 11 a.m. to 4 p.m. Bazaar with Heart is a one-stop shopping opportunity for U.S. ID card holders. There will be participation of more than 30 vendors from different departments offering European and International products including antiques, furniture, carpets, art, jewellery and fine delicacies. All funds raised at the event are given back to the community through welfare grants and



Amsterdam!

21-22 April 2012

Includes roundtrip transportation on German Motor Coach, 1 overnight in 3 star hotel w/breakfast, guided tour of Amsterdam, entrance fee @ Keukenhof Tulip Gardens, and viewing of the world famous Flower Parade!

\$259 per adult (based on 2 people per room)

Single room extra \$69

Open to Soldiers, (enlisted and officer's) family members, civilians and all other authorized ID Card holders 18 years of age and above.

Sign-up deadline is 3 April with deposit of \$100 p/person. Payable in full no later than 15 Apr. Sign-up and additional info at 0951-300-8890/9086, Freedom Fitness Facility

FOR SOLDIERS FOR FAMILIES FOR RETIREES FOR CIVILIANS

2012 Community Fun Runs

- 10 March** Women's Equality Month 5k Fun Run & Walk
- 21 April** Month Of The Military Child 5k Fun Run & Walk
- 12 May** Asian Pacific Heritage Month 5k Fun Run & Walk
- 23 June** Great Outdoor 5k Fun Run & Walk, starts at Local Training Area
- 4 July** Independence Day 5k Fun Run & Walk
- 11 Aug.** IMCOM-Europe Mountain Bike Race and 10k Trail Run, starts at Local Training Area, Mountain Bikes only at Outdoor Recreation
- 26 Aug.** Women's Equality Day 5k Fun Run & Walk
- 22 Sept.** 1st Day of Autumn 5k Fun Run & Walk
- 20 Oct.** Breast Cancer Awareness 5k Fun Run & Walk
- 17 Nov.** Turkey Trot
- 15 Dec.** Toys for Tots 5k Fun Run & Walk

All runs are 5k and start at 9 a.m. from FFF if not noted otherwise.

Contact FFF, Tel. (0951) 300 8890

FOR SOLDIERS FOR FAMILIES FOR RETIRES FOR CIVILIANS

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.

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.

Involved Consideration

Missed appointments diminish a medical facility's ability to provide efficient health care. The next time you cannot make your medical appointment, please be considerate and cancel your appointment. We need your involvement to provide better care for our military community.

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.

DFAC Feedback

Dining Facility council meetings are at Ray's Diner every last Thursday of the last month of each quarter at 2 p.m. The meetings are scheduled for 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

BAMBERG FIELD OFFICE

REMEMBER YOUR REPORTING RESPONSIBILITIES

- Department of Defense personnel remain attractive targets of foreign entities and terrorist organizations as sources of defense information
- Suspected incidents **must** be properly reported by DA Personnel within 24 Hours
- DA personnel are required to receive annual TARP training, at a minimum

THREAT AWARENESS AND REPORTING PROGRAM

REPORT INFORMATION TO YOUR NEAREST MILITARY INTELLIGENCE OFFICE:

BAMBERG
CIV: 0951-300-8742
DSN: 469-8742

USAREUR CI REPORTING HOTLINE
DSN: 347-3479

— VISIT THE ISALUTE CI REPORTING LINK ON AKO OR THE USAREUR REPORTING PORTAL

uniform allowed. For more information, call Kyle at 0151-1775-3880, Brian at 0172-271-3626 or Justin at 0151-4642-3940

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 email thomas.stenson@us.army.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 email thomas.stenson@us.army.mil.

Weekly Reminders

Speed Limit

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

Immediate Appointments

Are you tired of waiting on hold while scheduling a medical appointment at health clinic? With TRICARE Online, you don't have to wait on hold. You can schedule appointments, refill prescriptions and manage your health needs better. Register today at www.tricareonline.com. To learn more, visit <http://www.youtube.com/watch?v=s7VeUlyTm4>.

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 0951-297-1248.

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,

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; offered 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 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

NAVY ENTERTAINMENT & ARMED FORCES ENTERTAINMENT PRESENT

brought to you by USAG Bamberg - Mobile Theater / Entertainment

TAKING BACK SUNDAY

APRIL 29, 7 P.M.

FREEDOM FITNESS FACILITY
BAMBERG FREE ADMISSION
DOORS OPEN 6 P.M.

Special Guest:
Nicole Frechette
Born in Connecticut, Distilled in Kentucky

FOR SOLDIERS FOR FAMILIES FOR RETIRES FOR CIVILIANS

Manage Your Medical Needs



With TRICARE Online

Schedule Appointments

Order Prescription Refills

View Personal Health Data



Learn How To Register



<http://bit.ly/xYrUEn>

or to schedule an appointment, call 0951-300-7972.

Family Advocacy Programs

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

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

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

Passport Office

The Bamberg Passport Office has upgraded its website. You can now access all the informational handouts at <http://www.bamberg.army.mil/directorates/dhr/passport.asp>. For assistance in filling out the Passport Application, download the Application Wizards User's guide.

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.

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 to a free trial defense attorney.

Closures / Changes

Vehicle Registration Closure

The Vehicle Registration Office will close at noon April 30 for annual inventory. The office also will be closed May 1, 17 and 28. For more information, call 0951-300-7580.

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.

Customs Office

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

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,

USAG Bamberg | Whispering Pines Golf Course and Pro Shop | Tel: 0951-300-8953

2012 Golf Tournaments
Classes & Events

March 31	Course Clean Up Tournament
April 14	Youth Tournament
May 1	Season Opener Golf Club Hauptmoorwald
May 7	Season Opener (American)
May 17	Tournament of Stars
May 26	Memorial Day Tournament
June 7	President's Prize
June 11	Golf Clinic
June 17	Otto's Golf Cup
June 23	Top 40 II: Homegame
July 4	2 Person Scramble
July 14	German-American Ryder Cup
July 22	Weyermann Cup
Aug. 4	1st Herren Heimspiel
Aug. 11	Family Day Tournament
Aug. 18	Top 40 I: Homegame
Sept. 1 & 2	Club Championship (American)
Sept. 10	Golf Clinic
Sept. 15 & 16	Club Championship Golf Club Hauptmoorwald
Nov. 18	Turkey Shoot Kick Off (every Sat. until Christmas)
Oct. 3	End of Season Tournament
Dec. 9	Nikolaus Tournament

Information can be subject to change. Please call ahead.

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 by visiting <http://www.gibill.va.gov/>.

UMUC Financial Aid

UMUC Europe introduces the New Student Scholarship for Spring 2012 Session 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.

Travel and Study

Discover the best of Europe while earning UMUC credit. New field study courses are now offered March through August 2012 in fascinating cities like Venice, London, Berlin, and much more. Field study courses combine the exploration of rich culture and history in famous European destinations with hands-on learning from experienced UMUC faculty. Find out more and plan a week of unforgettable adventure at www.ed.umuc.edu/fieldstudy.

Sports, Health and Fitness

STRONG BANDS Fitness Day

Freedom Fitness Facility will host a STRONG BANDS Fitness Day beginning at 9 a.m. May 12. Free activities include a 5-kilometer fun run/walk, an Asian Pacific Beach Volleyball Tournament, Zumba "Party Yourself into Shape," Body Tone fitness class, spinning, personal training information and a Family Fun Festival. For more information, stop by the Freedom Fitness Facility.

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

www.surveymonkey.com/s/Bamberg

Recycling Fact
 One person creates an average of 4.7 pounds of waste a day.
 About 1 billion trees worth of paper are thrown away yearly in the U.S.

Month of the Military Child Fun Run & Walk
 Run or walk in the 5-kilometer Month of the Military Child Fun Run April 21 at 9 a.m. at the Freedom Fitness Facility.

Baseball and Softball in Bamberg
 The Memmelsdorf Barons Baseball club is the only baseball club in the Bamberg area. The club hosts two senior baseball teams (one recreational, one competitive), a women's fastpitch softball team and two youth teams within five minutes distance to Warner Barracks. The club has a long tradition in giving U.S. players the chance to keep playing baseball on a competitive or recreational level and the chance of getting around on road trips around Bavaria for games. For more information contact the officer of the club, Volker Lang at volker.lang@memmelsdorf-barons.de or 0179-117-2494.

Running Club
 Do you get out of breath running for the bus? Do you want to lose weight? Do you want to get in shape and stay in shape? Join the Bamberg Running Club for all levels of runners, but especially targeted for beginners using the Jeff Galloway training method of running/walking! The Bamberg Club will meet two times a week for 45-60 minutes of training, plus weekend runs. This is will be partnership between FFF and the Bamberg Health Clinic. For more information, email kelly.woodruff@us.army.mil or ernest.d.johnson3.naf@mail.mil or call 0951-300-9086.

Kick the Habit
 There is a Smoking Cessation Group every Monday at 4:30 - 5:00 p.m. in the Dental Clinic Conference Room. No registration required. For more information, call 0951-300-8999.

Pertussis Prevention
 Pertussis, or whooping cough, is on the rise. It

affects people of all ages, is most severe in children and can be fatal in infants. Immunizations children get to protect against this disease wanes with time. Unimmunized, infected adults can unknowingly spread pertussis to children. Symptoms in adults can appear like a common cold and develop into violent coughing. Preventing the spread of the disease is possible. To protect yourself but, most importantly, the children of our community, we urge adults to be vaccinated against pertussis. Ask your health clinic professionals about the Tetanus, Diphtheria and Pertussis vaccine or T-DAP.

Youth and Teens

Bamberg's Got Talent
 The Bamberg Middle High School PTSO will host a Talent Show from 6:30-8:30 p.m. April 27 in the school's multipurpose room. A \$1 donation is requested. Concessions will be sold before and after the show. For more information, email bmhsptos@gmail.com

STEMposium Open House
 The Department of Defense Dependents Schools Europe will host a STEMposium open house from 6-8 p.m. April 26 at Jugendgästehaus in Oberwesel. The open house is a part of the STEMposium conference taking place April 22-27. More than 90 high school students from military communities throughout Europe will take part in the conference, which is designed to engage underrepresented students in the engineering and design process as they work in teams to confront an unfolding catastrophe. Students will work alongside practicing engineers, scientists and researchers applying Science, Technology, Engineering and Math (STEM) to solve a real world problem.

Living in the New Normal Institute
 Living in the New Normal Institute is a two-day training opportunity for educators, counselors, child, youth and school services, parents and community volunteers to provide a smoother transition for our children as they face transitions between schools and military life. The training will take place April 26 and 27 at the Birchview Lanes Bowling Center from 8 a.m. to 4 p.m. Register by April 12 through the MCEC website at www.MilitaryChild.org. Additionally, please contract the School Liaison Officer at USArmy.Bamberg.IMCOM-Europe.List.DFMWR-School-Liaison@mail.mil or call 0951-300-7891.

Take Our Daughters and Sons to Work
 The Department of Defense Dependent Schools Europe invites you and your child to participate in an enjoyable and beneficial learning experience known around the globe as Take Our Daughters and Sons to Work, on April 27. Students in grades 3-6 from the Bamberg Elementary School and grade 7-8 from the Bamberg Middle High School will accompany their parents only from 8-10:30 a.m. Parents are responsible for their child's transportation.

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 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 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.

Scholarship
 In recognition of their service to the nation and in support of the unique demands and sacrifices of military personnel and their families, St. George's

Rays Diner
Hours of Operation

Weekdays

Breakfast	0700-0900
Lunch	1130-1300
Dinner	1700-1830

Weekends/ Holidays (4-Days)

Breakfast	0800-0900
Lunch	1100-1230
Dinner	1530-1700

School is seeking to provide up to four fully funded scholarships for children of active duty military personnel in the 2012-2013 school year. St. George's School is an independent college-preparatory school serving grades 9 through 12 located just outside of Newport, R.I. For more information on this wonderful opportunity for outstanding students, <http://www.militarychild.org/child-student/st-georges-scholars-program/>.

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.

BAMBERG SPOUSES AND CIVILIANS' CLUB PRESENTS

Bazaar with Heart
MAY 4-6, 2012
 Friday 10 a.m. - 7 p.m.
 Saturday 10 a.m. - 7 p.m.
 Sunday 11 a.m. - 4 p.m.

Supported by Bamberg Warner Barracks Freedom Fitness Facility Bldg. 7680

STRONG B.A.N.D.S.

BALANCE • ACTIVITY • NUTRITION • DETERMINATION • STRENGTH

- Attend featured fitness events at your garrison
- Get your band and wear it throughout May to show your commitment to a healthy lifestyle
- Visit the Strong B.A.N.D.S. website for fitness tips and prizes every day in May!

USAG BAMBERG FREEDOM FITNESS FACILITY
12 May, 9 a.m. - 2 p.m.

5k Fun Run, Asian-Pacific Beach Volleyball Tournament, Jumping Castles For Kids, Zumba "Party yourself into Shape", Personal Training Info, Body Tone Fitness Class, Spinning (Indoor Cycling), Family Fun Fitness Festival with lots of games and activities for all ages!

Bamberg Movie Schedule

AAFES Reel Time Theater is closed
Tuesdays and Wednesdays

Thu	April 19	The Grey (R)	7 p.m.
Fri	April 20	Safe House (R)	7 p.m.
Sat	April 21	The Cold Light Of Day (PG-13)	3 p.m.
		Safe House (R)	7 p.m.
Sun	April 22	Journey 2: The Mysterious Island (PG)	3 p.m.
		The Cold Light Of Day (PG-13)	7 p.m.
Mon	April 23	The Cold Light Of Day (PG-13)	7 p.m.
Thu	April 26	Safe House (R)	7 p.m.
Thu	May 3	Ghost Rider: Spirit of Vengeance (PG-13)	7 p.m.
Fri	May 4	The Lucky One (PG-13)	7 p.m.
Sat	May 5	The Lucky One (PG-13)	3 p.m.
		Wanderlust (R)	7 p.m.
Sun	May 6	The Lucky One (PG-13)	3 p.m.
		Wanderlust (R)	7 p.m.
Mon	May 7	Act of Valor (R)	7 p.m.
Thu	May 10	Act of Valor (R)	7 p.m.
Fri	May 11	Safe (R)	7 p.m.
Sat	May 12	Dr. Seuss' The Lorax (PG)	3 p.m.
		Safe (R)	7 p.m.
Sun	May 13	Dr. Seuss' The Lorax (PG)	3 p.m.
		Project X (R)	7 p.m.
Mon	May 14	Gone (PG-13)	7 p.m.
Thu	May 17	Project X (R)	7 p.m.
Fri	May 18	Marvel's The Avengers (PG-13)	7 p.m.
Sat	May 19	John Carter (PG-13)	3 p.m.
		Marvel's The Avengers (PG-13)	7 p.m.
Sun	May 20	Marvel's The Avengers (PG-13)	3 p.m.
		Silent House (R)	7 p.m.
Mon	May 21	Marvel's The Avengers (PG-13)	7 p.m.
Thu	May 24	Silent House (R)	7 p.m.

Eco-Friendly Tips

Water-saving Tips

1. Save water and time when recycling cans and bottles. There is no need to rinse them out or remove their labels.
2. Turn off the water after you wet your toothbrush. There is no need to keep the water running while brushing your teeth.

Energy-saving Tips

1. Do not let your car idle, this saves energy, and it is also forbidden by German law.
2. Heat your home - not the planet. Keep doors and windows closed.

Recycling Tips

1. Carefully sort waste.
2. Wrap flowers with paper packaging instead of plastic foil.

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/directories/dfmwr/odr.asp>.



April 21 Nuremberg Zoo \$35

With well-designed paths among the animal enclosures, enjoy a leisurely stroll as you observe many species the zoo possesses. Observe live animal feedings and shows, and when your legs get tired grab a snack at one of the restaurants located inside the zoo. Includes transportation and admission. Children ages 4-12 are \$20 and children 3 and under are \$10.

April 25 Evening Mountain Bike Rides \$10

Enjoy the longer days with a mountain bike ride through the local woods. De-stress while breathing in the fresh air and learning new trails. Use your own bike or rent one from Outdoor Recreation for only \$10. Must sign-up in advance. Departs from Outdoor Recreation at 5 p.m. and returns at 8 p.m.

April 28 Cheb Shopping, Czech Republic \$35

With some of the most famous flea-markets in Europe, Cheb in the Czech Republic is a bargain shoppers dream come true. Children ages 4-12 are \$20 and children 3 and under are \$10. Passport is required. Transportation departs from Outdoor Recreation at 9 a.m. and returns at 5 p.m.

May 3 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 7:30 p.m.

May 5 and 19 White Water Kayak \$35

No matter your skill level, our white water kayak trip will have you feeling like a professional by the end of the day. Please wear a swimsuit and pack a towel, lunch and hydrating liquids. Trip includes transportation and equipment. Transportation departs Outdoor Recreation at 8 a.m. and returns at 6 p.m.

May 9, 16, 23, 30 Wednesday Evening Adventure Sports \$15

Enjoy the longer days with a mountain bike ride on some of the coldest single-track in the local area, or rock climbing on the world famous Frankenjura limestone. Use your own bike or rent one from Outdoor Recreation for only \$10. Climbing equipment is provided with trip fee. Must sign-up in advance. Departs Outdoor Recreation at 5 p.m. and returns at 9 p.m.

May 12 Berlin with City Tour \$65

Germany's capital is a cultural haven offering sights like Checkpoint Charlie, Brandenburg Tor, Reichstag, KaDeWe, Jewish memorials and more. Children ages 4-12 are \$55 and children 3 and under are \$45. Includes transportation and a city tour. Transportation departs the chapel parking lot at 4 a.m. and returns at 11 p.m.

May 26 Strasbourg, France \$65

With flavors of both France and Germany, Strasbourg is an ultimate European city. Visit "la Petite France," a picturesque neighborhood resembling a fairy tale, and Place Kleber a bustling square that's always bursting with activity. Trip includes transportation and a city tour. Children ages 4-12 are \$55 and children 3 and under are \$45. Departs chapel parking lot at 5 a.m. and returns at 11 p.m.

May 25-28 Austrian Adventure Weekend TBD

Get your adrenaline pumping with some of the coolest spring time activities in the Austrian Alps. We will kick off our weekend with white water rafting the first day, canyoning on day two and peak bagging by means of klettersteig on day three. There will be plenty of time for self-guided hikes, swimming, sauna and relaxation. Departs Outdoor Recreation May 25 at 6 a.m. and returns May 28 at 10 p.m.

June 2 Outdoor Rock Climbing \$35

Enjoy the summer air and friends by joining Outdoor Recreation for an outdoor climb in the world famous sport climbing area known as Frankenjura. Includes transportation, instruction and equipment. Departs ODR at 9 a.m., returns at 3 p.m.



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

AUTOMOBILES

\$2300 OBO. 1996 BMW 316i - Ansbach area - dependable work car, inspected Jan. 2012 and prepared to reinspect, color - blue with minor rust spots, manual shift, quiet motor, new brake job, suspension, spark plugs, wires and hoses. All-season tires, recently winterized, 248k miles, pictures available upon request. Will travel to Bamberg if needed for test drive and transaction, Call 0160-9221-9282.

2002 Toyota Camry XLE for sale. AUTOMATIC Dark blue exterior with grey leather interior. Electric windows, seats, sunroof, mirrors, and HEATED front seats. Four door, ample trunk space, and 6-disk cd player. Never been in accident. GREAT family car! BRAND NEW Spec tires. US Spec and mileage is 191K miles. Asking price is \$5200 OBO Make an offer! Call Priscila Solis for more info at 01525-3901479 or email asolispriscila@gmail.com for pictures or questions.

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.

\$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

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.

EMPLOYMENT

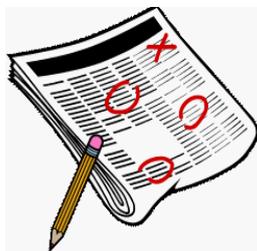
The USAG Bamberg Community Chapel is currently accepting applications for Watchcare providers for the Watchcare Program. Performance period is expected through 30 September 2012. Interested parties should contact Stacey Berry, the Watchcare Coordinator, at 0152-242-84736.

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 email bamberg@europa.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 email sarah.boerner@europa.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

Home needed for 2 loving cats. 1 male (8yrs-orange Persian Mix) and 1 female (7yrs-Tabby). Up to date with all shots. ETSing and with deep regret we cannot take cats with us. Great family cats. Please call Alexandra or Doug at 0951-917-1978.

Looking for a loving home for our 2 male guinea pigs. They include 2 large cages, wooden huts, bedding material, grooming supplies, toys, books, pet carrier, and water bottles. They are 2 years old. Asking \$100. We are PCS'ing soon and can not take them with us. If interested please call 0151-1756-0411.

Large Apartment 2 bedroom and studio just 10 minutes 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.

Looking for a teacher of the Russian language. Call: 015152050467 or email mmk09@aber.ac.uk.

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 email puomariachi@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: Central Texas College textbook, The Core, Larry J. Siegel 4th Edition for Law Enforcement History of America. Like brand new, only a few marks on the first 5 pages. \$ 95. Cost new \$125. On Post Pick up or I can mail it. Email: hic4chris@aol.com or cell: 0176-48026658.

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.

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.

For Sale: Couch - \$300; TV Entertainment Center - \$80; Pier 1 Papasan Chair - \$65; Queen Size Bed and Mattress - \$330; Dresser - \$100; Bedroom Wardrobe -\$65 and 2 Piece Solid Wood Buffet - \$780. All in excellent condition. Pictures available upon request. Prices negotiable. Contact: Cell 0160-781-5496 Email: riesr@t-online.de.

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 email your submission to the Public Affairs Office at usarmy.bamberg.usareur.mbx.pao@mail.mil. We will ONLY accept classified ads by email. 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](#).

AAFES Corner X EXCHANGE
Super Savings

Click [here](#) to view weekly savings

Defense Commissary Agency Corner

Bring your own bag

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

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

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



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. 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 and 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 post.

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

Bamberg Spring Fest (Fruehjahrspalerr), opens April 7, 4 p.m. Enjoy carnival rides and food specialties, great for Families, at P&R (close to airfield).

Events for April 20-22

Friday, April 20

7:45 p.m. NENA – Live & Akustisch; live concert, at Stechert Arena Forchheimer Str. 15, 96050 Bamberg
8 p.m. Benfiz Oldie Night (roaring sixties) feat. United Beats Band & Pharmaconics, at Haas-Säle, Obere Sandstraße 7, 96049 Bamberg, 0951-53304, info@haas-saele.de, www.haas-saele.de
8 p.m. Metalnight, feat. Five local bands, at Live-Club, Obere Sandstraße 7, 96049 Bamberg, 0951-53304, info@live-club.de, www.live-club.de
9 p.m. Arne Huber Quartet (European jazz), at Jazzclub Bamberg e.V., Obere Sandstr. 18, 96050 Bamberg
10 p.m. Rue Royale & Kim Jannssen (USA), followed by DJ Modest Maex, Morph Club, Luitpoldstr. 17, 96052 Bamberg

Saturday, April 21

8 p.m. Federal Basketball League: Brose Baskets vs. ALBA Berlin, at Stechert Arena, Forchheimer Str. 15, 96050 Bamberg
8 p.m. Free and alive, acoustic guitar concert, at Jugendkulturtreff IMMER HIN, Dr.-v.-Schmitt-Str. 20, 96050 Bamberg
10 p.m. 80s Party, at Live-Club, Obere Sandstraße 7, 96049 Bamberg
10 p.m. Beat Virus, at Morph Club, Luitpoldstr. 17, 96052 Bamberg

Sunday, April 22

11 a.m.-5 p.m. Free ADAC Motorcycle Start-Up Day, ADAC Fahrsicherheitszentrum Nordbayern, ADAC-Nordbayern-Straße 1, 96132 Schlüsselfeld (no sign up required).
11 a.m. Open houses at Bamberg's gardeners, at various locations, find a list here: http://www.stadt.bamberg.de/media/custom/1829_5323_1.PDF?1333010405

5 p.m. Bischberger Schlosskonzerte (piano, violin, violoncello), Unteres Schloss, Hauptstraße 112, 96120 Bischberg
10 p.m. morphclublive feat. Fenster (indoepp), at Morph Club, Luitpoldstr. 17, 96052 Bamberg

Insider Tip:

Did you know that the Bamberg Cinestar offers movies in English language every once in a while? Their website is available in English at <http://www.cinestar.de/en/kino/bamberg-cinestar>.

National Concert Schedule

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>

April 23 Nightwish and Guest, Jahrhunderthalle 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 Nightwish, ARENA NÜRNBERGER VERSICHERUNG, Nuremberg
May 5 Tyga, Careless World Tour 2012, Stadthalle Fuerth
June 1 Rock Im Park tickets start at 164,50 euros
July 26 Kool and the Gang, Stadthalle Fuerth
Aug. 10 Taubertal Festival feat. Placebo, Beatsteaks etc.
Aug. 25 Rock Im Pott feat. Red Hot Chili Peppers, Placebo and more
Aug. 29 Green Day and special guests: Angels and Airwave, Warstiener Hockey Park, Monchengladbach, 6 p.m.
Aug. 30 Green Day and special guests: Angels and Airwave, Kindl-Bühne Wuhlheide, Berlin, 6 p.m.
Sept. 19 Nickelback, o2 World Hamburg, Hamburg, 8 p.m.
Sept. 21 Nickelback, Lanxess Arena, Köln, 8 p.m.
Sept. 22 Nickelback, Festhalle, Frankfurt, 8 p.m.
Sept. 25 Nickelback, Hanns-Martin-Schleyer-Halle, Stuttgart, 8 p.m.
Sept. 26 Nickelback, Olympiahalle, Munich 8 p.m.

Visit the city of Bamberg's official website

The screenshot shows the Bamberg official website with a navigation bar containing 'Home', 'Hotels & accommodation', 'Guided tours', and 'Packages'. A sidebar menu on the left lists categories: Experience, Worth seeing, Culture, Active, For..., Service, and Specialist. The main content area features several articles:

- Our tip – your personal delicacy!**: Encourages visitors to try regional Franconian delicacies like smoked ham, sauerkraut, and beer.
- Bamberg - the beer city**: Highlights the city's brewing heritage and the 'Bamberg Beer Trail'.
- Bamberg - an unforgettable experience!**: Promotes the city's unique atmosphere and cultural events.

At the bottom, there are social media sharing options for Facebook, Twitter, and Google+, along with a small 'BAMBERG Tips' section.