



WARNER WEEKLY

News & Information at Your Fingertips

VOL. 7, Issue 22

www.bamberg.army.mil

Thursday May 31, 2012



Running club provides free fitness, social opportunity

By Heidi Sanders,
USAG Bamberg Public Affairs

BAMBERG, Germany -- If you can walk a mile, you can run a mile. That's the philosophy of the Bamberg Running Club.

Club members go on two three- to four-mile runs and one longer run each week, but participants don't have to be in shape to join the club, said Kelley Woodruff, who started the club in March.

Woodruff said the running club uses a walk/run method.

"Right now we jog two-and-a-half minutes slowly and then run for a minute," Woodruff said. "The idea is that when you finish you don't feel like throwing up or not coming back."

Woodruff said the walk/run method is feasible for most people regardless of their fitness level.

"People say, 'I could never run four miles,'" she said. "But if you ask, 'Could you walk four miles?' They say, 'Oh yeah.'"

Woodruff, who works at the Bamberg Health Clinic, said when she lived in Hawaii several years ago, she was involved in the Honolulu Marathon Clinic, which has the goal of training non-runners to complete a full marathon in nine



Heidi Sanders

Members of the Bamberg Running Club prepare to go on one of their three- to four-mile maintenance runs around Warner Barracks. The club meets on Tuesdays and Thursdays for shorter runs and on Sundays for a longer run.

months.

"I just wanted to offer something similar to that in this community," she said.

Woodruff said the goal for members of

Bamberg's running club is to finish a half-marathon during Labor Day weekend.

She said the club has about 10 regular

(CLUB continued on Page 3)

Remembering the fallen



Heidi Sanders

The Bamberg Elementary School choir sings during a Memorial Day ceremony on Thursday at Memorial Park. Choir and band members from the Bamberg Middle High School also performed during the ceremony. Lt. Col. Steven L. Morris, U.S. Army Garrison Bamberg commander, told attendees Memorial Day is a time to remember not only those who have made the ultimate sacrifice, but those who are still missing.

Preparation ensures smooth travel for four-legged family members

By Jessica Lipari,
USAG Bamberg Public Affairs

BAMBERG, Germany -- Preparing for a permanent change of station, one must also prepare for the travel of their four-legged family member.

There are several things to consider, including the airline requirements for transporting the pet and the importation requirements of the new duty station.

Flying with Pets

When booking travel one should call the airlines to see the regulations and requirements for traveling with a pet. When flying, pet owners need to make an appointment for a health certificate for their pet. The certificate is only valid for ten days.

"If your pet is updated on vaccinations it will save on hassle

and stress," said Heather Weflen, a certified veterinarian technician on Warner Barracks. "Rabies vaccinations should be obtained a minimum of 30 days to help ensure the pet will not have to be quarantined."

One should also call ahead if they have two or more pets because they may be referred to another carrier.

"People with short-nose breed dogs should have an extra plan in place," Weflen said. "They may need to ship their pet early or stay later as there are restrictions on when these dogs can fly; airlines have listings with this information."

Airlines will not allow female pets in heat, with suckling young or unweaned animals to

(PETS continued on Page 4)

Sink or Swim? Know your local authorized swim areas

U.S. Army Combat Readiness/Safety Center news release
and Bamberg Staff report

BAMBERG, Germany -- Now that the warm weather has officially arrived, many Americans will look to beat the heat with a refreshing dip in the water.

Regardless of where their favorite cooling-off spot is, being mindful of the risks associated with water-related activities could be the deciding factor on whether they sink or swim.

One of the first things Soldiers need to know is what type of water they are authorized to swim in. According to U.S. Army Garrison Bamberg policy, Soldiers may not swim in open bodies of fresh water to include lakes, rivers, streams, ponds and quarries unless specifically authorized by the garrison commander.

There are many reasons these places are off-limits to Soldiers, said Peter Stroehlein, USAG Bamberg's safety officer.

"Some of these places have algae or chemicals from nearby farms or even organic waste in the water, which are harmful to people," Stroehlein said.

Soldiers are authorized to swim in all ocean or sea beaches that have a lifeguard on duty and in all public and private swimming pools, including hotel pools, the garrison policy letter states.

Another important precaution anyone can take before heading to the water is to learn to swim. However, no matter how confident they may be in their own swimming abilities, they should always bring a buddy along.

"Even the most experienced swimmers can encounter difficulties in the water, so 'buddy up,'" said Richard Scott, a safety specialist at the U.S. Army Combat Readiness/Safety Center. "Always swim or operate a watercraft with a buddy, every time, whether you're swimming in a backyard pool or sailing in open waters."

Another water safety measure many overlook is the importance of wearing a personal flotation device while on a watercraft. Just as a driver of a vehicle must make sure passengers always buckle up, it's a boat operator's responsibility to ensure all aboard the vessel wear their PFDs at all times. Accidents on the water can happen in an instant, and often there isn't time to grab a stowed PFD.

The Coast Guard estimates PFDs could have saved the lives of more than 80 percent of boating fatality victims. Still, many make the conscious decision to not wear them.

One reason some boaters - especially those who know how to swim - resist wearing a PFD is they don't believe they're at risk for drowning, said Lynda Nutt, program manager for the National Operations Center



for Water Safety at the U.S. Army Corps of Engineers.

"They think having life jackets on the boat is enough and, if anything happens, they can just put them on," Nutt said. "To me, this makes as much sense as saying you can put on your seat belt right before an accident."

While a PFD is a proven life saver, boaters can negate the benefits of wearing one by operating their watercraft under the influence of alcohol or drugs. Coast Guard statistics reveal that a boat operator with a blood alcohol concentration above 0.10 percent is estimated to be more than 10 times more likely to die in an accident than a sober operator. To make matters worse, watercraft motion, vibration, engine noise, sun, wind and spray all intensify the effects of alcohol and drugs. When operating a watercraft, it's best to leave the alcohol on the shore.

The Army isn't immune to recreational swimming and boating accidents. In fiscal year 2010, eight Soldiers died while participating in off-duty water-related activities. A Soldier drowned when he fell from a boat into chilly water while fishing at a pond in 2011. The Soldier, who was not wearing a PFD, was unable to climb back into the boat and sank below the surface.

"Swimming and alcohol are a no-go," Stroehlein said.

To prevent future fatalities, Nutt said it comes down to everyone following the basics of water safety.

"When on or near the water, know your limits," Nutt said. "Learn to swim well, have someone watch you and don't get out there by yourself. And the most critical factor of all--wear your life jacket!"

For more information about water safety, go to <https://safety.army.mil/multimedia/CAMPAIGNSINITIATIVES/SpringSummerSafety2012/tabid/2310/Default.aspx>. For a list of authorized swimming areas around Bamberg, visit <http://www.bamberg.army.mil/staff/iso/docs/WaterSafety%202012%20Final.pdf>. To view a "European Water Safety" video, call the installation safety office at 0951-300-1670.



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

USAG Bamberg, Public Affairs Officer
Renate Bohlen

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

The Warner Weekly is an unofficial publication of the U.S. Army Garrison Bamberg, IMCOM-Europe and the U.S. Army authorized under the provisions of AR-360-1. Contents of The Warner Weekly are not necessarily the official views of, or endorsed by, the U.S. Government or the Department of the Army. Private organizations noted in this publication are not part of the Dept. of Defense and those wishing to make an announcement must be registered. Fundraising events must be pre-approved through the MWR Financial Management Division, located in Bldg. 7107. The appearance of advertising in this publication does not constitute endorsement of the products or services advertised by the U.S. Army. All content in this publication is prepared, edited and approved by the USAG Bamberg Public Affairs Office. The PAO reserves the right to edit submissions for style, clarity or fit. Time sensitive announcements are run for a minimum of two weeks. Information is accurate at the time of publishing. If specifics change, the change will be noted in the following publication. The deadline for all Warner Weekly submissions is 2 weeks prior to the desired publication date. The Public Affairs Office is not responsible for late submissions. This publication is produced and distributed every Thursday in an electronic format and can be viewed on the U.S. Army Bamberg website at www.bamberg.army.mil.

[army.mil](http://www.bamberg.army.mil).

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

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

Penalties to be enforced for violation of new sign-in procedures

By Sina Kingsbury,
USAG Bamberg Public Affairs

BAMBERG, Germany -- Soldiers, family members and Department of Defense civilians who fail to follow new procedures next week when signing in non-identification cardholders onto Warner Barracks will be subject to losing their sign-in privileges beginning Friday.

The new procedures went in to effect May 1, but the penalties for violating the rules have not been enforced. Violators have been given a warning.

For the first offense, sponsors will lose sign in privileges for 30 days, 60 days for the second offense and permanently for the third offense.

Guests who fail to sign out will be barred from all installations in the Franconia Military Community, which includes USAG Ansbach, Bamberg and Schweinfurt.

The sponsor and guest must fill out and sign a U.S. Army Garrison Bamberg Sponsor and Guest Sign In Agreement form.

The security guard will complete an Installation Access Control System sign in and file the agreement.

At the end of the visit, the sponsor and guest must return to the customer service window and sign out.

A security guard completes the sign out and

returns to form to the sponsor.

After midnight, the security guards will check all remaining agreements on file and report violators of the 24-hour requirement to the military police.

Soldiers who fail to sign out their guest will be charged with an Article 92 and civilians will be charged with Civilian Misconduct Action Authority and both will lose their sign in privileges.

The form can be found at <http://www.bamberg.army.mil/directorates/des/GUESTPASS.pdf>. For more information on guest sign in procedures, call Installation Access Control System Office at 0951-300-7709 or 7918.

(CLUB continued from Page 1)
members.

Members meet at 5 p.m. on Tuesdays and Thursdays inside the lobby of the Freedom Fitness Center and then run three to four miles around post.

These maintenance runs take about 45 minutes to an hour, Woodruff said.

On Sundays, the club meets for longer runs at 4:30 p.m. at the pavilion in the park on Hainstrasse.

Woodruff said the Sunday runs started out as three- or four-mile runs and are currently about eight miles. She said they will continue to increase in distance.

Woodruff said the running club, which is sponsored by the Freedom Fitness Facility and the Bamberg Health Clinic, is free and open to anyone in the community.

Soldiers, family members, children and even dogs come along on the runs.

Woodruff said sometimes parents push young children in strollers.

Wanda Lennon said she joined the running club to get in shape and lose weight. She said she has lost about 10 pounds since the club started in March.

"I thought it was something I could do," said Lennon.

Lennon said it is nice to have other members of the club running alongside as encouragement.

"Nobody is ever left behind," Lennon said. "You don't feel guilty because

you can't keep up."

Lennon said her 11-year-old daughter has gone on some of the runs.

Micah Hixon, a Soldier with the 54th Engineer Battalion, attended one of the club's runs for the first time on May 17.

Hixon said he moved from Fort Riley, Kan., to Bamberg in early May and thought the running club would be a good way to meet people in the community.

He said he does not consider himself a runner.

"I have to run because I am in the Army," Hixon said. "I thought this would be a cool way to improve my running."

Woodruff said the runs happen regardless of the weather.

"Tuesday (May 15) was too miserable," Woodruff said. "We ran one mile upstairs (on the Freedom Fitness Facility's indoor track) then the rain stopped so we went outside."

Woodruff said the running club is not just about getting or staying in shape. It is also about having fun.

"We get together and joke with each other," she said.

Lennon said it is also a good way to stay connected with the community.

"It gives us time to talk and find out what's happening around post," Lennon said.

For more information about the running club, send an email to bambergrunningclub@yahoo.com or call the Freedom Fitness Facility at 0951-300-8890.

Soldiers prefer lighter machine gun during assessment

QUANTICO, Va. -- A military utility assessment held at Fort Benning, Ga., in September 2011 has concluded that all participating Soldiers immediately noticed the reduced weight of a prototype light machine gun and most would prefer it to the current squad automatic weapon used in battle.



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

Captains Career Course undergoing change

FORT LEE, Va. -- The Army is currently in the process of redesigning part of a component of the Officer Education System to better meet the requirements of an expeditionary force.



That component, the Captains' Career Course, is currently the subject of a pilot program that the Army hopes will produce leaders ...

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

(PETS continued from Page 1)

travel. Additionally animals younger than eight weeks will also not be transported.

"If community members need help weighing the kennel and pet before flying they can use the scales at the vet clinic to get an exact weight," Weflen said.

Fees are typically charged on a per kennel basis. This is a combined weight of the pet and the kennel.

"Regulations and restrictions change so it is recommended that one confirms with their local transport office prior to travel," Weflen said.

It is advised not to sedate your pet for travel and some airlines may refuse to transport the animal if it is sedated. Check with your veterinarian and get written consent to sedate the pet for travel.

If ground time between flights or delays exceeds two hours, the pets will be off-loaded and owners can visit.

"For small pets bring a hard kennel in case the pet has to go in cargo," Weflen said.

Helpful tips for flying with your four-legged family member:

- Place an absorbent material (towel or blanket) in the bottom of the kennel.
- Buy a kennel that has three-side ventilation and a metal door and ensure that it is large enough for your pet to stand up, turn around and lie down with normal posture.
- Allow the pet to get accustomed to the kennel prior to travel.
- Place live animal stickers on the kennel.
- Place a copy of the health certificate in a page protector and tape it to the kennel.
- Place a small amount of food in a sandwich bag.
- Have a water dish that clips onto the door and freeze the dish

half full of water the night before.

- Carry a leash to walk to the pet in between flights.
- Feed your pet lightly prior to the flight.

Importation Requirements for Germany

"Within two weeks of arriving you need to register your pet," Weflen said. "This helps with the Status of Forces Agreement as Germans pay a dog tax, which ID card holders are exempt from."

The garrison needs to record all microchip numbers for cats and dogs, even if one lives off post to ensure one does not have to pay the tax. The older microchips cannot be read by the German system, but the new microchips are

internationally readable.

"The law has changed for microchips, if the animal receives a microchip when they get here they need to get a rabies vaccination," Weflen said. "Even if the rabies vaccination is up-to-date, they will receive a new vaccination."

U.S. Army Garrison Bamberg's veterinary clinic does provide full service for microchips and vaccines. They do not provide any surgery for pets and only look after cats and dogs.

The pet passport is not required for moving back to the states, but while living overseas in Europe it is required when traveling with your pet. Also, one needs to verify that their dog is a breed that is allowed in Germany. Germany has a list of prohibited dangerous dogs that are not allowed in the country.

For more information on moving with your pet, visit these websites:
<https://tops.ppcigweb.sddc.army.mil/ppcig/menu/query/country.do>
<http://ervc.amedd.army.mil/animalmedicine/PCSing.html>
www.hqusareur.army.mil/opm/Importing%20animals.htm

For more information, call 0951-300-7972.



Earth Day

Children from Bamberg Elementary School took part in an Earth Day celebration on May 23 at Engineer Lake. The Bamberg Spouses and Civilians' Club provided bratwursts and beverages. Representatives from the city of Bamberg and other organizations set up displays and activities related to various environmental issues. The festivities concluded with a tree planting.

Photos by Heidi Sanders



USAG Bamberg
Whispering Pines Golf Course
and Pro Shop

www.bamberg.army.mil

Steal Deal!

Golf Clinic

June 11, 9 a.m.

6 Lessons (120 mins each), Mon, Wed, Fri, \$60
Contact Whispering Pines Golf Course and Pro Shop at
Tel. (0951) 300 8953

MWR
facebook
flickr
bambergMWR

Community Announcements

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

Ray's Diner Pizza and Movie Nights

Ray's Diner will host a pizza and movie night every Friday in June from 5-6:30 p.m. The menu will include pizza, cheese sticks, chicken wings, potato wedges, jalapeno poppers, mozzarella sticks, spaghetti with meat sauce, cheesy bread and more.

Ray's Diner Army Birthday Meal

Join Ray's Diner to celebrate the Army's 237th birthday with a special meal from 11 a.m. to 1 p.m. June 14. The menu will include shrimp cocktail, deviled eggs, gumbo, hush puppies, T-bone steak, lemon baked fish, boiled lobster, fried shrimp, shrimp Creole, Alaskan crab legs, fried catfish, Boston baked beans, herbed green beans, sautéed mushrooms and onions, potato salad, three bean salad, fruit salad, rissole potatoes, Filipino rice, steam rice, baked macaroni and cheese, peach cobbler, chocolate chip cookies and pecan pie. The cost is \$7.50 standard fee or \$6.40 for family members of E-4 and below.

Volunteer Recognition and Recruitment BBQ

On June 22 from 11 a.m. to 1 p.m. the American Red Cross will be having a barbecue at the gazebo area between Army Community Service and the Health Clinic. The American Red Cross is very proud of its many dedicated volunteers and would like to take this opportunity to recognize their contributions. If you are interested in getting involved please join us to meet current volunteers and discuss available opportunities. This is an informal event and Families are welcome to participate. We will provide hot dogs, hamburgers, chips and salad. This is a potluck so please bring your favorite picnic dish or a desert. Please RSVP to the American Red Cross at 0951-300-1760 or [Facebook.com/ARCBamberg](https://www.facebook.com/ARCBamberg) so that we have enough food and can recognize all our volunteers who attend.

Beer and Brats Fest

Join the Community Activity Center outside on June 8 at 5 p.m. for a beer and brats fest. For more information call, 0951-300-8659.

Golf Clinic

Starting on June 11 at 9 a.m. Whispering Pines Golf Course is offering a six-lesson golf clinic. Cost is \$60. Each lesson is 120 minutes long and will take place on Monday, Wednesday and Fridays. For more information call, 0951-300-8953.

"Murder on the Oriental Rug"

The Stable Theater will present "Murder on the Oriental Rug," a hilarious mystery show within a show. The show will start at 7:30 p.m. June 21-22 at the Stable Theater. On June 23-24, the show be at the Warner Conference Center at 6 p.m. and will include dinner. The cost is \$11 for the June 21-22 shows and \$16 for the June 23-24 shows, which includes dinner. The production is adult-oriented and not appropriate for kids. For more information, call the Stable Theater at 0951 300-8647.

Italy Trip

Join Bamberg Better Opportunities for Single Soldiers on a trip to Rome, Italy, June 14-18. The bus departs at 6 p.m. June 14 and returns around 1 p.m. June 18. The cost is \$439 per person and includes roundtrip transportation on a German motorcoach, two nights in a three-star hotel, two breakfasts and a city tour of Rome with a local guide. The bus will also stop in Pisa and Florence. Sign up by June 1 with a \$100 deposit per person. The trip is payable in full by June 8, and is open to all Soldiers and their adult guests, 18 and older. Single rooms cost an extra \$119 per person. For more information, call 0951-300-9086.

Food Handlers Training

A food handlers class is scheduled at U.S. Army Garrison Bamberg on July 10 at Army Community Services, Building 7029. Classes are free and last one hour. Certification is intended for individuals involved in fund raising food sales such as Better Opportunities for Single Soldiers, Family Readiness Groups, private organizations and Child, Youth and School Services personnel. The class may also supplement required refresher training for regular food service employees. Registration is not required. For details contact Sgt. Greg Thompson at 09662-83-2041 or 2138, email greg.thompson7@amedd.army.mil.

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 June 9, July 14, Aug. 11, Sept. 8 and Oct. 13. For more information, call the CAC at 0951-300-8837

Volunteer Opportunities

Interested in volunteering? Equal Opportunity office 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.

USAG Bamberg - www.bamberg.army.mil

YOGA

with Kimberly Bacos!
Mondays -10:30 a.m.
Wednesdays -10 a.m.
Fridays -10 a.m.
Cost- \$4 per class

\$30 per individual session (reservation required!)
Freedom Fitness Facility, Bldg. 7680

Strengthen your body and quiet your mind in this all-levels yoga class!
Beginners gain confidence with modified poses while more experienced students practice advanced variations of the poses!

MWR
facebook
flickr
bambergMWR

FOR SOLDIERS FOR FAMILIES FOR RETIRES FOR CIVILIANS

USAG Bamberg - www.bamberg.army.mil/mwr

Rome, Italy!

(with stops in Pisa, (Leaning Tower) and Florence, Italy)

June 14-18

\$439 per person
(Double occupancy, single room extra \$119)

Includes: Roundtrip transportation on German motor coach, 2 overnights in 3 star hotel with breakfast, sightseeing stops in Pisa & Florence, Italy

Additional info on trip, please contact
Freedom Fitness Facility @ DSN 469-9086/8890. Sign-up
deadline is 1 June, payable in full no later than 8 June 2012.
Trip is open to all soldiers, single, enlisted, & officers
(and their adult guest, 18 years of age)

FOR SOLDIERS FOR FAMILIES FOR RETIRES FOR CIVILIANS

Free Tax Preparation

The Bamberg Tax Center is open. The Tax Center is located in Building 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 CPR, first aid and use an automated external defibrillator with the American Red Cross June 8, July 13 and Aug. 10 from 10 a.m. to 4:30 p.m. at the Army Community Services building. The cost of the CPR and First Aid Certification is \$45. You can log onto www.redcross.org to register. Once on the ARC 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 American 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 June 1, July 6 and Aug. 3 from 10 a.m. to noon at the Army Community Services building. Please call and RSVP no later than the day before each scheduled orientation. For additional information or questions, stop by the American 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

Alcoholics 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 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



USAAG Bamberg
www.bamberg.army.mil/mwr

Night at the Lake
June 15, starts 3 p.m.

Free camping event at USAAG Bamberg's Engineer Lake, enjoy entertainment and breakfast, camping equipment is available for rent for a reduced rate at ODR

Contact Outdoor Recreation at Tel. (0951) 300 9376

FOR SOLDIERS FOR FAMILIES FOR RETIREES FOR CIVILIANS

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=s7VeUlyTMA4>.

Photo Studio

The Arts and Crafts Photo Studio has reopened.



USAAG Bamberg
CYS Services

Kids on Site
CYS Child Care at FFF -
Mon. Tue. & Thu.
9 a.m.- 12 p.m.

Children must be registered with CYS Services; \$4.00 per hour per child. 16 free deployment hours may apply. Open to children 6 weeks-5 years.
Contact Parents Central Services at DSN 469-8035 or - 8660.

FOR SOLDIERS FOR FAMILIES FOR RETIREES FOR CIVILIANS

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 email, use free internet, take distance learning classes, job search or study. For more information, visit the Digital Training Facility, Building 7055, call 0951-300-8669 or email 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 manager, 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.

Ray's Diner Hours

Every weekday, Ray's Diner serves breakfast from 7 to 9 a.m., lunch from 11:30 a.m. to 1 p.m. and dinner from 5 to 6:30 p.m. During the weekends and four-day weekends, breakfast is served at 8 to 9 a.m., lunch at 11 a.m. to 12:30 p.m. and dinner at 3:30 to 5 p.m.

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



USAAG Bamberg
MWR Marketing & Advertising

www.facebook.com/bambergmwr
Become our fan!

www.flickr.com/bambergmwr
All MWR Flyers, photos and posters!

www.bamberg.army.mil/mwr
Click the Events Calendar!

www.bamberg.army.mil/mwr
Visit the garrison's MWR website

Call the Facilities and use the online Community Phone book's Search Option

Stay connected!
www.bamberg.army.mil/mwr

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 U.S. 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.



USAAG Bamberg
Community Activity Center

Community Flea Markets
every 2nd Saturday of the month
March - October, 10 a.m.-1 p.m.
at CAC, Bldg. 7047

March 10, April 14, May 12, June 9, July 14, Aug. 11, Sept. 8, Oct. 13

Contact CAC at (0951) 300 8837

FOR SOLDIERS FOR FAMILIES FOR RETIREES FOR CIVILIANS

USAG Bamberg Tax Relief Program

MWR

"It's Your Money!"

Tax Savings

with the Family and MWR Tax Relief Program

Sign up today and save 19% Value Added Tax on Purchases and Utility Bills

Contact the Tax Relief Office (0951) 300-1780, Bldg. 704

FOR SOLDIERS FOR FAMILIES FOR RETIREES FOR CIVILIANS

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

Family Advocacy Programs

Army Community Services' 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 and 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 an anger and 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 Services 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.

Ramstein Shuttle

RAMSTEIN AB		
	Arrival	Departure
Bamberg, Bldg 7676, Bamberg Inn	1:40 a.m.	1:50 a.m.
Schweinfurt Conn Bks, 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 Bks, 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

USAG Bamberg Freedom Fitness Facility

www.bamberg.army.mil

MWR

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 open up 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, help give to your favorite charity!
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 RETIREES FOR CIVILIANS

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

Library Hours Change

Beginning June 1, the Bamberg Library will be open from 11 a.m. to 6 p.m. Monday, Wednesday and Friday, 11 a.m. to 7 p.m. Tuesday and Thursday and 11 a.m. to 3 p.m. Saturday. The library is closed on American and German holidays.

Frankfurt Airport Shuttle Change

Beginning May 15, the Frankfurt shuttle bus will be limited to one afternoon shuttle running from Frankfurt Airport to Bamberg. The shuttle departs from the airport at 2:45 p.m. and arrives in Bamberg at 6:30 p.m. The drop-off point is Building 7011, Provost Marshall Office. For more information about the airport shuttle, call 069-695973816.

Vehicle Registration Closure

The Vehicle Registration Office will be closed June 7. For more information, call 0951-300-7580. 3208381

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

CTC Term 5 Registration Now Open

Registration for Central Texas College Bamberg Term 5 is open now and classes start June 4th! This term CTC will be offering CDEC 1354 Child Growth and Development, and CJSA 1322 Introduction to Criminal Justice. The classes are open to the community and can be taken even if the student is non-degree seeking. Active Duty soldiers can enroll

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

www.surveymonkey.com/s/Bamberg

Recycling Fact

Recycling one glass bottle saves enough energy to light a 100-watt light bulb for four hours.

through their GoArmyEd portal and civilians through their WebAdvisor portal. Stop by the office to enroll in room 311 on the 3rd floor above the Community Activity Center. Contact the Field Rep at 0951-300-7467 or bamberg@europe.ctcd.edu.

Texas Resident

Are you a Texas resident? Central Texas College offers an in-state tuition rate of \$76 per 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, email 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 911 GI Bill

Take advantage of your military benefits. Earn a degree or skill with your Post 911 GI Bill. Find out more by visiting <http://www.gibill.va.gov/>.

Sports, Health and Fitness

Thursday Night Scramble

Come to Whispering Pines Golf Course for Thursday Night Scramble every Thursday evening at 6 p.m. Entry fee is \$10. For more information, call 0951-300-8953.

Baseball and Softball in Bamberg

The Mommendorf 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@memmendorf-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 Freedom Fitness Facility and the Bamberg Health Clinic. For more information, email kelley.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

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 June 2, Aug. 4, Oct. 6 and Dec 1 from 11:30 a.m. - 3 p.m. Dates for Parents' Night Out will be 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 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, visit <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.

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

ALERT



THREAT AWARENESS AND REPORTING PROGRAM



REPORT INFORMATION TO YOUR NEAREST MILITARY INTELLIGENCE OFFICE:

ALERT

BAMBERG

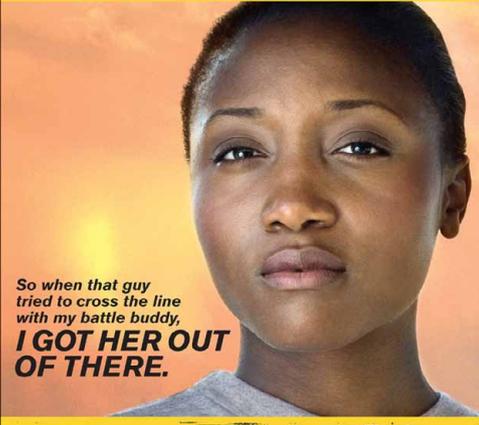
CIV: 0951-300-8742
DSN: 469-8742

USAREUR CI REPORTING HOTLINE
DSN: 347-3479

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



MY STRENGTH IS FOR DEFENDING.



So when that guy tried to cross the line with my battle buddy, I GOT HER OUT OF THERE.

PREVENTING SEXUAL ASSAULT AND SEXUAL HARASSMENT IS MY DUTY.

Military OneSource • 1-800-342-9647

24/7

Bamberg Sexual Assault Hotline: 0162 510 2917



I AM STRONG

with a professional Soldier of America. I am an American. I serve the people. I serve the mission first. I will

www.preventsexualassault.army.mil

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 offers lessons in fine arts ages 6 to 12, kinder German with parents ages 6 to 9, gymnastics for various age groups, kickboxing ages 5 to 18 and piano ages 6 to 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, Bowllarama, 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 email 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>.

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>.



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 Outdoor Recreation at 9 a.m. and returns at 3 p.m.

June 6, 13, 20 and 27 Evening Adventure Sports \$15

Enjoy the longer days with a mountain bike ride on some of the coolest 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. Departs Outdoor Recreation at 5 p.m. and returns at 9 p.m.

June 9 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.

June 9 Europa Park \$65

Europa Park is one of the premier theme park destinations in Europe. Relax and let Bamberg Outdoor Recreation take care of the driving. Children ages 4-12 are \$55; 4 and under are \$45. Entrance fee not included (32 euros per person, ages 4 and up).

June 14 Tour Under Bamberg \$25

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

June 15-16 Night at the Lake \$35

Enjoy a night at Engineer Lake with Outdoor Recreation and other MWR facilities. There will be beer, camping, entertainment and breakfast in the morning. Your camping gear can be rented from Outdoor Recreation for a reduced rate.

June 21 Summer Solstice Hike \$25

Enjoy an evening hike on the longest day of the year. An easy six kilometers will give you a glimpse of this local area rarely seen by visitors. Please wear hiking boots. Trip includes transportation. Transportation departs Outdoor Recreation at 6 p.m. and returns at 11 p.m.

June 30 Outdoor Climb \$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 Outdoor Recreation at 9 a.m. and returns at 3 p.m.



Thu	May 31	Underworld: Awakening (R)	7 p.m.
Fri	June 1	Battleship (PG-13)	7 p.m.
Sat	June 2	Mirror Mirror (PG)	3 p.m.
		Battleship (PG-13)	7 p.m.
Sun	June 3	Mirror Mirror (PG)	3 p.m.
		Battleship (PG-13)	7 p.m.
Mon	June 4	Mirror Mirror (PG)	7 p.m.
Thu	June 7	21 Jump Street (R)	7 p.m.
Fri	June 8	Men in Black 3 (PG-13)	7 p.m.
Sat	June 9	Wrath of the Titans (PG-13)	3 p.m.
		Men in Black 3 (PG-13)	7 p.m.
Sun	June 10	Wrath of the Titans (PG-13)	3 p.m.
		Men in Black 3 (PG-13)	7 p.m.
Mon	June 11	21 Jump Street (R)	7 p.m.
Thu	June 14	American Reunion (R)	7 p.m.
Fri	June 15	Snow White and the Huntsman (PG-13)	7 p.m.
Sat	June 16	Snow White and the Huntsman (PG-13)	3 p.m.
		The Hunger Games (PG-13)	7 p.m.
Sun	June 17	Snow White and the Huntsman (PG-13)	3 p.m.
		The Hunger Games (PG-13)	7 p.m.
Mon	June 18	American Reunion (R)	7 p.m.
Thu	June 21	The Lucky One (PG-13)	7 p.m.
Fri	June 22	Prometheus (R)	7 p.m.
Sat	June 23	Madagascar 3: Europe's Most Wanted (PG)	3 p.m.
		Prometheus (R)	7 p.m.
Sun	June 24	Madagascar 3: Europe's Most Wanted (PG)	3 p.m.
		Prometheus (R)	7 p.m.
Mon	June 25	Madagascar 3: Europe's Most Wanted (PG)	7 p.m.
Thu	June 28	The Three Stooges (PG)	7 p.m.
Fri	June 29	Rock of Ages (PG-13)	7 p.m.

Eco-Friendly Tips

Water-saving Tips

1. Don't use running water to defrost frozen food. It is better to place food in the refrigerator to defrost overnight. This is also the healthiest option.
2. Watering your garden or balcony flowers in the cool of the early morning or evening reduces water loss through evaporation.

Energy-saving Tips

1. It is a common misperception that screen savers reduce a monitor's energy use. Set your computer to automatically switch to sleep mode, or simply turn it off.
2. Don't set the temperature colder than necessary. Set the refrigerator temperature between 36 F and 42 F. Set the freezer control so the temperature is between -5 F and 6 F. A small thermometer placed in the refrigerator or freezer will help you set it correctly.

Recycling Tips

1. Only buy things you really need. Most of what we throw away could be used again, so think twice before you put something in a designated recycling bin. Try and cut down on the new things you buy.
2. Mobile phones can be recycled at most mobile phone outlets.

Download the **U.S. Army Europe App** Get Mobile with USAREUR

CarCare CENTER X EXCHANGE

Master Mechanics specializing in all foreign & domestic vehicles!

Service hours: Mon - Fri 7.30 a.m. - 6 p.m. Saturday 10.00 a.m. - 3 p.m.

A/C-Service · Tire and Oil Service · Parts Engine Repair · Exhaust · Brakes & Rotors

Maintenance, repair & overhaul Off-warranty service Tune-Up Service while you wait

Meet our friendly and helpful staff New management since March with longer service hours!



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

AUTOMOBILES

1997 Volvo 960 4Dr Sedan, grey 155k miles, US Spec manual trans, 6-disc changer, auto sunroof, power windows, power and heated seats, all weather tires plus additional 4 extra new winter tires. Very reliable and runs great on Autobahn. \$3000 o.b.o Call Wayne at 0160-9859-5584 or email wayne.leone@us.army.mil.

2006 Ford Focus, 2-door hatchback, 29,000 miles, 5-speed manual, US specs, approx. 25 mpg, all-weather tires less than 1 yr. old. Reliable little getaway car, perfect for zipping around narrow European roads. Asking \$6,200 OBO. Contact Jonathan Spiegel at 015111002357 or email jonathan.spiegel@us.army.mil.

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

Central Texas College Europe is hiring for the position of Substitute Field Representative in Bamberg. Associate's Degree from a regionally accredited college or university is required, or one year of college with five years of experience. For more information please contact the current Field Rep in room 311 above the Community Activity Center, 0951-300-7476, or email bamberg@europe.ctcd.edu. You can also inquire with Les Brinkley at les.brinkley@europe.ctcd.edu.

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.

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.

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 0951-300-7467; or send an email to bamberg@europe.ctcd.edu.

europe.ctcd.edu.

MISCELLANEOUS

Lost my cellphone Samsung Galaxy S2 in a brown clip leathercase on May 15 at Warner Barracks between the Community Activity Center and Motorpool. If you find it, please return it and receive a 100 Euro reward for your honesty. Please call 0160-633-9262

A ring was found on May 12 in front of Pio night club near the Market in Hallstadt. It is from the U.S. Army Transportation Operation Iraqi Freedom 2005-2007, Taveras Airborne. The inside of the ring is engraved: L. J. T. 3580. To claim the ring, send an email to isabella.daros@yahoo.de.

Looking to buy a Weber Smoker. Please email duntlum@yahoo.de or call 0163-2973350.

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: Pro-Form 575 "Cross Trainer" Treadmill, 2 HP Motor, Speeds 1 to 10 mph, 220V, \$350. Must pick up in Schweinfurt. Contact Douglas or Eva Stewart. 09721-749246 or 0951-300-8754 or Stewartorders@hotmail.com.

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.

AAFES Corner X EXCHANGE

Deals for Dad

[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.

You have 130 days left to visit the Bavarian Garden Show in Bamberg! Learn how honey is made and how insects help your garden, enjoy various street games, kids crafts, bouncy castles and more; find new trends for outdoor-living, outdoor lounges and modern plants. Visit <http://www.bamberg2012.de/web/en/index.php> for details.

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>.

Events for June 1-3

Friday, June 1

3 p.m. What a Circus! The Bamberg play mobile (kids games, street games) is making a stop at Troppauplatz, 96052 Bamberg
8 p.m. Flowerpower – The Musical, at E.T.A Hoffmann Theater, E.T.A.-Hoffmann-Platz 1, 96047 Bamberg
8 p.m. Hubert von Goisern: Brenna Tuats Tour, live at Domplatz, 96049 Bamberg. Tickets are €29-57.50
9 p.m. Basic Beats (music from the 60s and 70s), live concert at Live-Club, Obere Sandstraße 7, 96049 Bamberg, 0951-53304, info@live-club.de, www.live-club.de
11 p.m. Rex Report (powerpop, punkrock, indie), at Morph Club, Luitpoldstr. 17, 96052 Bamberg

Saturday, June 2

7:30 p.m. Marksmen Festival at Schützenhaus Siegritz-Veilbronn, Siegritz, 91332 Markt Heiligenstadt
8 p.m. Heissmann & Rassau and Viva Voce A Cappella, at Domplatz, 96049 Bamberg. Tickets are €30.90-39.70
8 p.m. Bamberg Symphonic Orchestra, performing Mozart's Adagio, Schumann's concert for piano and orchestra in a-minor op. 54, Webern's Five Pieces for Orchestra op. 10, Strauss' Metamorphosis for 23 sting players, at Konzert- und Kongresshalle - Joseph-Keilberth-Saal, Mußstraße 1, 96047 Bamberg
9 p.m. Titus presents the latest "Almost" video "5-Incher"; free

admission, at Morph Club, Luitpoldstr. 17, 96052 Bamberg
10 p.m. 80s Party (dance party) at Live-Club, Obere Sandstraße 7, 96049 Bamberg
10 p.m. Black & White Music meets Greenclub (house, techhouse, rap, hiphop), at Morph Club, Luitpoldstr. 17, 96052 Bamberg

Sunday, June 3

10 a.m.-2 p.m. Jazz brunch feat. KlezmaniXX (klezmer-brass), at Schloss Burgellern, Kirchplatz 1, 96110 Scheßlitz, tel. 09542/774 75-0, info@burgellern.de. €34 per person, children under 6 are free, children up to 16 years are €10.
10:30 a.m. Guided tour at the Bavarian Garden Show. €5 per person (requires a ticket to the garden show), at Landesgartenschau - Pavillon im Eingangsbereich, Maria-Ward-Straße, 96047 Bamberg
4 p.m. For Sale, live cover rock at Landgasthof Heerlein, Wildensorger Hauptstr. 57, 96049 Bamberg
7:30 p.m. Flowerpower – The Musical, at E.T.A Hoffmann Theater, E.T.A.-Hoffmann-Platz 1, 96047 Bamberg

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>

June 1 Rock Im Park tickets start at 164,50 euros

June 4 Anthony B. and Band, 8 p.m. at Hirsch Club, Vogelweiherstrasse 66, 90441 Nuernberg

June 14 Sacred Reich "Degraded & After All" Tour, 7:30 p.m. at Hirsch Club, Vogelweiherstrasse 66, 90441 Nuernberg

June 20 Mötley Crüe – Slash feat. Kennedy & The Conspiratos, at Bamberg, Stechert Arena, Forchheimer Strasse 15, 96050 Bamberg

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, Warstiner 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, Koln, 8 p.m.

Visit the city of Bamberg's official website

The screenshot shows the Bamberg official website with a red and white color scheme. At the top, there are navigation tabs: Home, Hotels & accommodation, Guided tours, and Packages. A sidebar on the left contains a menu with categories like Experience, Worth seeing, Culture, Active, for..., Service, and Specialist. The main content area features several articles with images and text, including 'Our tip - your personal delicacy!', 'Bamberg - the beer city', and 'Bamberg - an unforgettable experience!'. There are also social media sharing icons at the bottom.