

The Franconian News

Serving the Franconia Military Community in Ansbach, Bamberg and Schweinfurt

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Thursday Sept. 6, 2012

Ansbach's new PX serves Franconian Military Community

By Bianca Sowders,
USAG Ansbach Public Affairs

The Army and Air Force Exchange Service Post Exchange in Ansbach has been open just a week and is already becoming a major attraction for the Franconia Military Community.

The grand opening on Aug. 30 was truly a grand event which had an almost overwhelming amount of people streaming into the Exchange as soon as the ribbon was cut and the doors officially opened.

Rick Cantillo, the local store manager, acknowledged that the new store has had a "great turnout over the long holiday weekend."

He is hopeful that the new facility will attract not only people from the Ansbach area, but also from Schweinfurt and Bamberg.

Customers were marveling over the fact that despite the many people who stood in line to get in on opening day, the store never seemed crowded due to the open and spacious design of the aisles.

The Ansbach PX may not be as big and impressive as what customers are used to in Ramstein or Grafenwoehr, but the 35,000 square feet of sales area provide ample opportunities for display of goods and still allow plenty of space for vendors to set up their specialty stands in the lobby.



Bianca Sowders

Employees at the new Post Exchange in Ansbach show customers a bicycle during the grand opening on Aug. 30.

The main attraction for most customers, "I just love how I don't have to run to five different places anymore to take care of my business," said a mother of two last weekend. The food court which includes Popeye's Chicken, Taco Bell, Pizza Hut and Wing Street.

Many visitors commented on the fact that AAFES has combined many mall services in the new building, like Enterprise Rent-A-Car, New Car Sales, a flower shop, the Beauty Shop and Military Clothing and Sales.

Another lady commented how she "dropped off" her visiting mother at the beauty parlor and could now concentrate on getting her errands done. Many customers were also very happy

(PX continued on Page 5)

Safety First!



USAG Schweinfurt

From left, Army wife Tanya Toussaint, Sgt. Pharel Aristide of the 15th Engineer Battalion and U.S. Army Garrison Commander Lt. Col. Michael Runey. Toussaint and Aristide volunteer as crossing guards at the Schweinfurt Elementary Middle School to help keep your kids safe. Thank you! If you're interested in volunteering, contact Volunteer Coordinator David Blakeman at 09721-96-6933.

Bamberg chaplain recounts service on 9/11, days following

By Heidi Sanders,
USAG Bamberg Public Affairs

BAMBERG, Germany -- Like most Americans, Chaplain (Lt. Col.) Joanne Martindale remembers where she was on Sept. 11, 2001, but she also has vivid memories of where she spent the next month and a half.

Martindale, the deployment support chaplain in Bamberg, was a chaplain in the New Jersey National Guard on 9/11 and was activated that day.

She said she spent Sept. 11 notifying families of the deaths of loved ones in the World Trade Center and then spent the next 45 days at the heart of the recovery and clean-up effort.

Martindale said she received a phone call telling her she had been activated shortly after arriving at her job as director of chaplaincy at Ancora Psychiatric Hospital in New Jersey and hearing about the terrorist attacks.

Her first assignment that day was to go to an elementary school to notify an 8-year-old girl and her 9-year-old brother that their mother had died in the attack.

She said the siblings had lost their father six months earlier.

Martindale said she sat on the floor with the children to break the news for them.

"Fortunately for them, the mom's

(9/11 continued on Page 7)

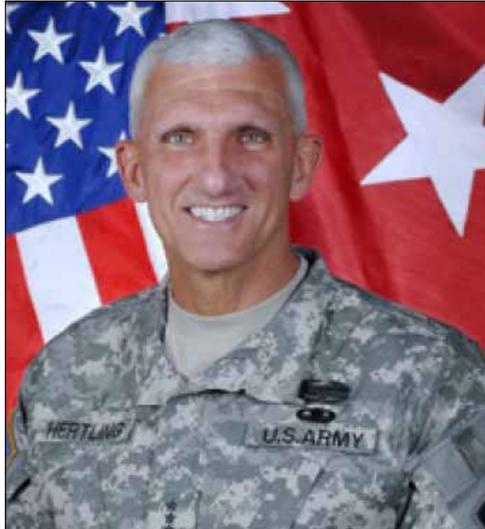
9/11 message from U.S. Army Europe: Remember allies' sacrifices

By Lt. Gen. Mark P. Hertling,
U.S. Army Europe commanding general

A couple weeks ago, Sue and I had the fantastic opportunity to join 57 Wounded Warriors from the U.S. and our European Coalition partners on a bicycle ride at Bostalsee, Germany. It was an inspirational event. We now not only train and fight alongside our allies, but also heal and rebuild our confidence together.

As our long trail of bikes curved around the beautiful lake, I was reminded of how far we have come in the last decade since our national – and international –tragedy.

Eleven years ago, four planes deliberately crashed on our homeland and brought terror to our people. What we didn't know then was how many other nations also experienced tragedy and loss in the World Trade Center, in the Pentagon and in Pennsylvania. What we also



didn't know at the time is how our partners, our allies, would come to our side to support our efforts and join the fight.

More than ninety percent of the International Security Assistance Force in Afghanistan comes from the European Theater. It is with these partners that we now fight. It is with these partners that we will heal as the fighting comes to an end. And, it is with these partners that we will continue to bring peace and security to the world in the future.

As we remember those who have fallen and think of those who are deployed on this tragic anniversary, Sue and I ask you also to remember our partners who have made significant sacrifices and endured hardships equal to our own.

Together, we will continue to fight for the dignity of mankind and together we will defend the liberties of people around the world.

God Bless you all.

Schweinfurt to host large-scale NATO exercise from Sept. 10 to Oct. 5

Story by Nathan Van Schaik,
USAG Schweinfurt Public Affairs

SCHWEINFURT, Germany -- The U.S. Army garrison here plays host to a large-scale NATO exercise Sept. 10 through Oct. 5 that will draw in more than 1,000 German, Dutch and Danish troops.

Dubbed Peregrine Sword, the exercise is scheduled to evaluate the combat readiness of the 11th Air Maneuver Brigade within the Dutch armed forces, according to a spokesman with the Royal Netherlands Air Force.

The 1st German Netherlands Corps will head the exercise.

No U.S. Army units will participate in the NATO exercise, but staff here have been playing an active role to support the exercise both operationally and logistically.

That USAG Schweinfurt will host the NATO military exercise is no indication that the garrison will become an enduring base, said Garrison Commander, Lt. Col. Michael Runey,



Courtesy Photo
The U.S. Army garrison here plays host to a large-scale NATO exercise Sept. 10 through Oct. 5. Geldersheim gate and the Conn Airfield will be off-limits to the Schweinfurt military community during that time.

at an all hands meeting earlier this month. The garrison is still slotted to close by October 2014. "It is a normal NATO exercise and we were asked to conduct part of it here or from Schweinfurt," said Runey.

The NATO forces involved will conduct the bulk

of their exercises at Conn Airfield and the local training areas.

NATO forces will use the Geldersheim gate and the Conn Airfield, both of which are off-limits to the Schweinfurt military community.

This may affect physical training routes for U.S. Soldiers, who are directed to re-route their physical training.

The access road along the airfield, however, will remain open for people to drop off bulk trash at the Conn recycle center, more commonly known as the Hawk Site.

The tank trail along Yorktown Village en route to the training areas is also prohibited to civilian traffic, though that policy has always been in effect.

NATO forces will be piloting Chinook and Apache helicopters. The majority of flights will occur during the day, but some night flights are scheduled. Helicopters are scheduled to fly from 8 a.m. to midnight, which is subject to change.



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Bamberg website at www.bamberg.army.mil or the U.S. Army Garrison Ansbach website at www.ansbach.army.mil.

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

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Suicide prevention important for teenagers

By Esther Otis, Ansbach Army Substance Abuse Prevention volunteer

ANSBACH, Germany -- According to reports released by the Center for Disease Control this year, 4,630 youth aged 10 to 24 died by suicide in 2009. At that rate, suicide was the third leading cause of death for 10 to 24 year olds.

Furthermore, 13.8 percent of U.S. high school students reported that they had seriously considered attempting suicide during the 12 months preceding the survey.

The CDC identifies several risk factors for suicide and suicidal behaviors that may affect teens including substance abuse, loss and isolation.

The American Association of Suicidology suggests that parents and teens use the easy-to-remember mnemonic IS PATH WARM? for spotting the warning signs of suicidal behavior: ideation, substance abuse, purposelessness, anxiety, trapped, hopelessness, withdrawal, anger, recklessness and mood changes.

Parents and teens should remember that suicide is preventable, and numerous resources exist to support at-risk teens.

Recent studies have shown that one factor for at-risk teens is connectedness, or "the degree to which an individual or group is socially close, interrelated, or shares resources with other individuals or groups," according to the CDC. A connection to community, friends and Family is crucial for teens to help them develop a strong sense of self and increase feelings of belonging.

Talk to your teen frequently to establish a behavior baseline. Consider the following organizations, and keep the list handy.

- American Foundation for Suicide Prevention: www.afsp.org
- Chaplains: <http://www.army.mil/info/organization/chaplaincy>
- Family Readiness Groups: www.armyfrg.org
- Military Crisis Line: 001-800-273-8255, Press 1

- Military Family Life Consultants
- Military OneSource: 001-800-342-9647 or www.militaryonesource.com
- Military Pathways: 001-877-877-3647 or www.militarymentalhealth.org
- National Guard's Director of Psychological Health Program: <http://www.realwarriors.net/guardreserve/treatment/NGPHP.php>
- National Suicide Prevention Lifeline: 001-800-273-TALK (8255) or www.suicidepreventionlifeline.org
- Office of the Chief of Public Affairs: <https://www.us.army.mil/suite/page/216363>
- Real Warriors Campaign: 001-866-966-1020 or www.realwarriors.net
- Signs of Suicide (SOS) Military Program: <http://www.mentalhealthscreening.org/military/index.aspx>
- Suicide Prevention Resource Counsel: www.sprc.org
- TAPS (Tragedy Assistance Program for Survivors): 001-800-959-TAPS (8277) or www.taps.org
- TRICARE (now offering remote and web-based counseling in CONUS): 001-800-600-9332 or www.tricareonline.com
- Warrior and Family Assistance Center (WFAC): 001-800-436-6290 or www.arfp.org/WFAC
- Wellness Resources for the Military Community or www.afterdeployment.org

For further assistance, please contact your local Army Substance Abuse Program office. In Ansbach, call 09802-83-1710, or visit the ASAP office in Katterbach in Building 5817, Wing B.

In Bamberg, call 0951-300-171, or visit the ASAP office on Warner Barracks in Building 7251.

In Schweinfurt, call 09721-96-1710 or visit the ASAP office on Conn Barracks in Building 54 on the second floor. Schweinfurt also has a web page dedicated to suicide prevention, which can be found at http://www.schweinfurt.army.mil/news/archives/newspage_2073.htm.

Over-the-counter medications available at clinic pharmacies

By Douglas DeMaio, Bavaria Medical Department Activity Public Affairs

VILSECK, Germany -- Having a cold or other illness is nothing to be happy about, but there is some good news that can help people feel better.

Over-the-counter medications are a free benefit for Soldiers, family members and retirees, said Maj. James K. Kenisky, the pharmacy director for Medical Department Activity Bavaria.

"If people are sick or they are having cold-

like symptoms, they can go to the pharmacy and pick up over the counter medications," Kenisky said. "It's free of charge. We don't carry everything in the pharmacy; we only carry certain medications."

Over-the-counter medications are available at the pharmacy to treat coughing, congestion, diarrhea, upset stomach and more, he said.

"We carry over-the-counter medications, but we are limited in the scope of what we carry," Kenisky said. "We treat based on symptoms. The pharmacist is going to ask you what your symptoms are and then they will make some

recommendations based on the... products that we do carry."

The pharmacy does not provide the list of over-the-counter medications and only provides medications based on symptoms.

No over-the-counter medications will be issued for children younger than 2 years of age, Kenisky said.

"If you are symptomatic, you can come in and get whatever you need," he said.

NFL, Army both work to combat traumatic brain injury

WEST POINT, N.Y. -- The Army and National Football League are both working to improve awareness of traumatic brain injury and further research into its causes, prevention and treatment.

The top leaders of both organizations -- Army Chief of Staff Gen. Ray Odierno and NFL Commissioner Roger Goodell...

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



U.S. Army Europe kicks off campaign to enlist community in 'Fueling The Future'

HEIDELBERG, Germany -- U.S. Army Europe kicked off a new campaign to help members of the Army in Europe community to eat healthier with a visit from USAREUR commander Lt. Gen. Mark Hertling to the Patrick Henry Village Elementary School here, Aug. 28.

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



Families moving with units to another overseas location need EFMP screening

By Jessica Lipari,
USAG Bamberg Public Affairs

BAMBERG, Germany -- As U.S. Army Garrison Bamberg prepares for closure in the fall of 2014, Soldiers and their Families will be moving.

When moving from one overseas location to another, one needs to ensure they have an Exceptional Family Member Program screening completed.

"If you know that you are going stateside you do not need an EFMP screening, unless you have a family member that is enrolled and are about to meet your three-year re-evaluation requirement," said Audra Greening, EFMP case coordinator. "Otherwise if unsure, continue the EFMP screening process."

This includes all the Families that will be relocating with their units to other garrisons including Baumholder, Grafenwoehr and Vicenza, Italy.

As early as Oct. 1, Soldiers may want to obtain this paperwork from their S1 to prepare if they will be moving in the summer of 2013.

Once the Soldiers have obtained the paperwork, a Department of Army form 5888, it is to be completed by following the instructions provided. Questions they may have while filling out paperwork can be directed to the EFMP manager by calling 0951-300-7777.

With the paperwork completed, which does involve a trip to the Defense Enrollment Eligibility Reporting System office in Building

7290, they will need to make an appointment to see the EFMP case coordinator by calling 0951-300-1750.

When scheduling the meeting, Soldiers need to ensure that their spouse and children can attend the meeting.

"All family members on orders must be present at the meeting," Greening said.

If the Soldier is currently deployed, spouses can also obtain the paperwork, fill it out and set up an appointment. No power of attorney is required for the meeting, but they will need to show a valid ID card.

At the appointment, the EFMP case coordinator will complete an evaluation and notify the Family of the next step. They will determine if any family members require enrollment, update previous enrollments and disenroll family members that no longer require enrollment.

For some, this will be the end of the process and their DA5888 will be valid for one year.

For others they will begin a process which may include an appointment with the EFMP doctor and will be explained to them by the EFMP case coordinator.

"EFMP is a process; it will not get done in one appointment," Greening said.

EFMP general information

When inprocessing overseas or to obtain command sponsorship, it is required for all

family members to have the necessary EFMP paperwork to ensure that they have outlets to any care services they may need. Only those that meet the criteria are enrolled and this paperwork needs to be updated every three years.

EFMP is a program that works with other military and civilian agencies to ensure Families with special needs have the housing, support and services they need.

"EFMP provides outlets to care services for Families that are enrolled in the program," said Vanessa Holland, EFMP program coordinator.

The program is a mandatory enrollment, regardless of age, for Soldier's immediate family members with any physical, emotional, developmental, behavioral, mental or intellectual disorder that requires special treatment on an ongoing basis.

Spouses married or children born while stationed overseas will also have to go through the EFMP screening process.

The EFMP program does not prevent Soldiers from being able to take assignments worldwide. Instead it ensures that the next duty station will be able to accommodate the Families' needs.

Additionally, when Soldiers go to outprocess, if they are enrolled in the program, they will have to ensure that the enrollment is up-to-date or they will not be able to clear EFMP.

For more information, visit <http://efmp.amedd.army.mil>.

'This one looks good'



Heidi Sanders

Women look over Bible studies at the Protestant Women of the Chapel kickoff in Bamberg on Aug. 29. PWOC meets from 9 a.m.-11:30 a.m. on Wednesdays in the Bamberg Community Chapel. An evening study meets at 6 p.m. on Wednesdays. Schweinfurt's PWOC had its kickoff Wednesday and meets Wednesdays from 9-11:30 a.m. and 7-8 p.m. in Ledward Chapel. Illesheim PWOC meets on Tuesdays beginning at 9:30 a.m. and will have its kickoff on Sept. 11 on Storck Barracks. PWOC Ansbach also meets at 9:30 a.m. on Tuesdays and will have its kickoff Sept. 18 at the Katterbach Kaserne Chapel. For more information about PWOC, visit www.pwoc.org.

Showcasing the Community



Bianca Sowders

U.S. Army Garrison Ansbach Command Sgt. Maj. Lee Cain greets the representatives of the Veterinarian Clinic at the Community Showcase on Aug. 25. The showcase, which was spearheaded by Army Community Service, provided community members with a multitude of information on available services. The event took place in the Katterbach Fitness Center.

(PX continued from Page 1)

to find a dry cleaners with alterations. The German bakery received many kudos for their "great coffee" and baked goods.

Inside the retail store the customers flocked mostly to departments like the electronics section or the jewelry counter.

A special Halloween section with costumes for all sizes was very popular with the kids.

The PX building is adjacent to the new Commissary, which should be open for business in a few months as well.

The whole construction is considered one of the greenest and environmentally smartest buildings in Europe.

Special insulating materials have been used for the walls and windows to cut down on heating and cooling costs.

The roof of the Commissary is actually green with plants that support insulation and energy conservation.

The skylights in the Post Exchange not only give the building a bright and open feeling but also save energy costs for lighting.

All lamps in the store are energy-smart LED



Crowds rush in when the doors to the new Post Exchange on Urlas open on Aug. 30.

Bianca Sowders

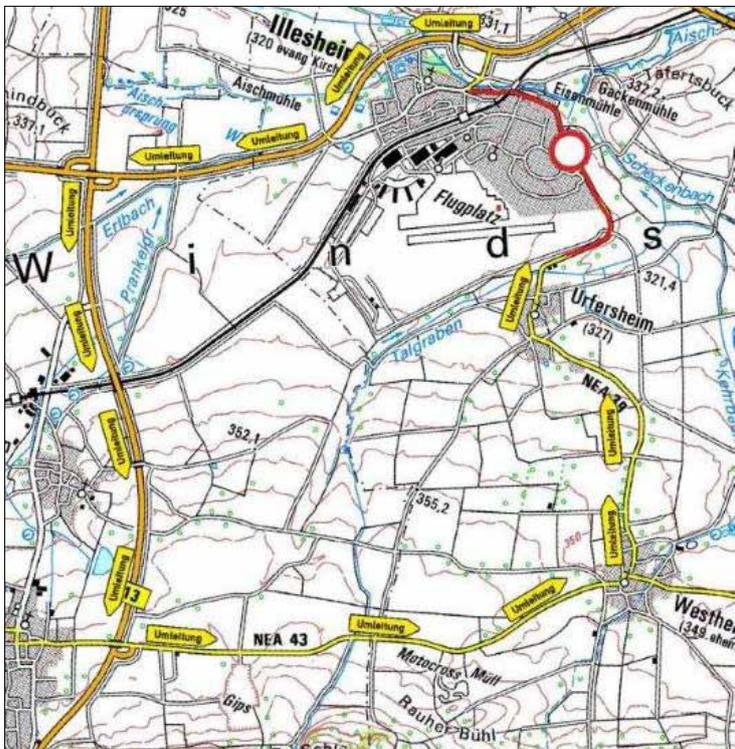
lamps, and the lights in the restrooms are connected to movement sensors. Hand dryers are used in the restrooms to reduce the use of paper towels.

Even though most energy saving measures are happening behind the scenes and are not apparent to the customers, the Franconia

Military Community is proud of their newest addition to quality of life for the Soldiers, civilians and their families.

As Col. Kelly J. Lawler, the FMC commander said, "It is a great time to live in the Franconia Military Community."

Road construction in Illesheim



The road alongside Storck Barracks in Illesheim will be resurfaced from Sept. 10-12. The construction work is planned in two phases. On Sept. 10-11, the road will be closed from Gasthaus Dietz to the Stork main gate. Traffic will be detoured through the town of Westheim. The Illesheim exit gate will also be closed. Traffic coming from Ansbach- B13, please take the Westheim exit. On Sept. 12, there will be short traffic interruptions by the Storck main gate throughout the day. For questions, please call 09841-83-4722 or 09841-83-4995.

Ansbach Teacher Feature

Lalanya Hunsaker

New Ansbach Middle High School Spanish and world history teacher

By Ansbach Middle High School Staff

Lalanya Hunsaker grew up in the small town of Craig, Colo. In high school, she spent her weekends skiing and going to speech and debate competitions. During summer vacation in college, she drove truck at a coal mine.

She attended college at Brigham Young University in Provo, Utah. The BYU mascot is the cougar. She majored in history, education and Spanish and has lived in Spain and Mexico.

Most recently, she came from Avondale, Ariz., where she taught beginning and native Spanish. She also coached a speech and debate team there. She loves to travel, read, dance, do crafts and, in general, have fun. She is a fan of Spanish and Broadway music.

We would like to welcome Ms. Hunsaker to Ansbach and wish her a successful and rewarding year!



Courtesy Photo

Lalanya Hunsaker is the new Spanish and world history teacher at Ansbach Middle High School.

Top 10 things every single Soldier should know

By Spc. Adrian Sherrod, USAG Schweinfurt BOSS representative

1. A little German goes a long way.

One of the hardest things for Soldiers to get used to is the language difference, and, who can blame them? You probably had no idea you would end up in Germany, and now that you're here you're reeling from the culture shock. No worries though, help is here. Army Community Service offers German as well as cultural tidbits at their Destination Schweinfurt series.

But if immersion is your method of learning – that is, you want to be steeped in the culture with a teacher who doesn't speak English – then sign up for German classes at the city's community college, Volkshochschule Schweinfurt. The school offers German classes year round. But you'll have to register at city hall, also known as the Rathaus, near the city center. The Rathaus is located at Markt 1, 97421 Schweinfurt. It's near a popular restaurant called Aposto's.

2. Trains don't run around the clock.

You're in the mood to travel, and you've managed to figure out the train schedule and hop on the train. You get to your destination, have a great time and now you're ready to come back and hop into bed.

One problem: It's past midnight and you're stuck miles, and possibly hours, away from home. A taxi costs more than you can afford. Walking is out of the question. Don't live this story.

Remember, if you're going somewhere late, either have a plan to spend the night somewhere, a ride back or the money for the taxi. Also, make sure to check the train schedule before you leave home at the Deutsche Bahn website, <http://www.bahn.de/i/view/USA/en/index.shtml>.

3. There is always something to do (beyond boozing), and someone can help you find it.

Ah, the plight of the single Soldier. You've got time to kill and money in your pocket. The world is your oyster (or is it your German bratwurst?), but you've nothing to do! There are people that can help and the Better



Opportunities for Single Soldiers program, Outdoor Recreation Center on Conn Barracks, and the Sato travel office on Ledward are perfect places to start. Trips, activities, parties, theme parks, adventures are all available so you've never got a reason to say, "There's nothing to do."

4. Drinking responsibly is easy, someone will always call you a taxi.

Okay. Let's get down to brass tacks. We can agree only two causes of a DUI are, of course, drinking and failure to plan. Let's eliminate the latter of the two right here.

The local taxi number is: 09721-16060/19410 put it in your phone, write it down and stick it in your wallet. Do it right now. This number could save your career and life.

Also, let's say that maybe you've had a bit too much to drink and lost your phone, or forgot the number, or your phone's dead. Guess what the German word for "taxi" is? Yes, the German word for taxi is "taxi." Just say it to the bartender or person at the door and they'll be glad to help you out. Remember: No one wants a drunk driver on the road.

(SINGLE continued on Page 7)

Shipping household goods: A claims examiner's perspective

Editor's Note: This article is the second in a three-part series to help Soldiers and their family members in the Franconian Military prepare for a move. Stay tuned for the next article in the series on shipping a vehicle.

By Tina Johnson, USAG Ansbach Claims Office

ANSBACH, Germany -- The Claims Office would like to give advice on things you can do to make a Permanent Change of Station move a little easier. These tips will help if and when it comes time to file a claim for damaged or missing items after your move.

Previously, we discussed what to do when you are packing your household goods. This time we will discuss what you can do when your goods are delivered.

At Delivery

When your goods arrive, have your inventory list ready. Also, have a few blank pieces of paper for note taking. Have the inventory list

on a clipboard, and check off each box or item as the movers bring them in. You should know immediately if any boxes or individual items are missing – make a note of those. The movers will give a Notice of Loss at Delivery form for you to write down all of the items or boxes that are missing or damaged.

Then, have the movers unpack all high-value items. Inspect those items carefully, and make sure they are not damaged. If possible, plug in all your electronic items. If it's a cold day, you might have to wait to plug in the electronic items so as to not cause damage.

If the movers are not unpacking all your items, have them unpack any box that appears crushed, wet, formerly wet but now dry or messed up in any other way. Check contents thoroughly for damage.

When the movers are done unloading and unpacking everything, you will have to sign the Notice of Loss at Delivery. Before you sign, make sure you have listed any missing or

damaged items. Some movers will tell you that you will have to file a claim for these items and that you do not list them now. This is incorrect. List the items on that form. If the movers will not let you list the items, do not sign it.

Should you have any problems with the movers please call the Quality Control Inspectors at 0162-272-6666 or 0162-272-6609.

Reporting damages

You have 70 days to determine if you have additional lost or damaged items. Stop by your local claims office with all the documents from the moving company – damage report form, packing inventory, etc. – to learn how to file your claim.

For more details on how to prepare smartly for your move, please contact the Ansbach Claims Office 09802-83-2104 or 09802-83-3961. For the Bamberg office, call 0951-300-8411. In Schweinfurt, call 09721-96-8801 or 09721-96-8809.

(9/11 continued from Page 1)

best friend adopted them," she said. "They had no other family."

Martindale said she still keeps in touch with the children, who are now in college.

"Those children are the only ones I talk to every 9/11," she said. "I call them no matter where I am on 9/11."

Martindale said her second assignment of the day took her to visit a mother in Edison, N.J.

She said when she arrived the mother saw her coming and asked Martindale how many of her children had died.

"We sat next to each other on the porch swing, and I said, 'All three,' " Martindale said. "I sat there with her for an hour while she cried."

Martindale said she spent the rest of the afternoon with the woman, helping her cook her three sons' favorite foods in their honor.

The sons were all professionals who worked in the Twin Towers.

For the 45 days following the 9/11 attacks, Martindale spent the mornings working at ground zero and the afternoons across the river at the Fresh Kills Landfill, which was used to sort through debris.

Martindale said she spent most of her time walking around and talking to the workers at the sites.



Heidi Sanders
Chaplain (Lt. Col) Joanne Martindale, the deployment support chaplain in Bamberg, was activated on Sept. 11, 2001, by the New Jersey National Guard. She will recount her experience at 9/11 remembrance events in Schweinfurt and Bamberg.

"I was to track the burnout level of the workers," she said.

She also preached at a worship service at the landfill the first Sunday after the 9/11 attacks. She said hundreds of people attended.

Martindale said her experience on and following 9/11 taught her the importance of care for the caregiver. She said she spent so much time focusing on others she didn't leave enough time for herself.

"I had some friends who offered help, but I didn't take them up on that," she said. "I think

I should have done a better job utilizing my support system."

Martindale said she just went back to ground zero for the first time in August.

"It was surreal to go back there," she said. "It looks very different from the way I picture it. It is good they made it a site so people don't forget what happened."

Martindale will share more about her experience as a keynote speaker at 9/11 remembrance events in both Schweinfurt and Bamberg.

Schweinfurt's Religious Support Office will host a garrison-wide prayer breakfast Sept. 11 at the Conn Club.

All units will have one to three tables reserved for this event, and all participants must have a ticket to attend. Tickets are available through unit representatives.

The Bamberg Community Chapel will have a memorial ceremony to commemorate 9/11 at noon at the chapel.

Martindale said every year since the attacks, she has been a guest speaker at two to three 9/11 memorial events.

Martindale said she thinks it is important to share the stories of those involved in the attacks.

"There were a lot of people that weren't there," she said. "It helps them feel like they were there."

(SINGLE continued from Page 6)

5. I promise, someone can help you with that.

You're in a new place, and it's natural to feel like you're all alone, or to want to figure everything out by yourself. That's not a good idea. There are many organizations here in Schweinfurt that can make your life much easier.

Looking for something to do, or people to hang out with? Try BOSS. Feeling adventurous? Go speak to the great people at Outdoor Recreation. Need to take a class on...well... anything? Army Community Service is there to help you every step of the way. Need to speak to someone when things are getting tough? Military Family Life Consultants, the clinic's behavioral health department and your local BOSS representative are glad to help you. The great news is that there are so many organizations that you can almost always find one suited to your needs. You don't have to go it alone, so why try?

6. Your Passport is like American Express; never leave home without it!

So, by now I'm sure you've had the "Don't make

yourself a target" briefing. Yet most people whip out their military identification card every time they need to identify themselves off post. Do you know how to avoid that? Use your passport. Remember that, though Schweinfurt is your home for the duration of your tour, once you leave post you are in a foreign country.

It's also necessary if you want to leave the country. Military orders won't hack it when you're taking leisure travel through France, Italy or anywhere else. Don't have a passport? No worries. Head over to the passport office at Bldg. 40 on Conn barracks and get everything taken care of.

7. It's Sunday! Everything is closed.

So after a weekend of partying, you remember that you need to pay a phone bill or you want to go to grocery shopping on the economy. Too bad. It's Sunday. Don't be left in the cold. Get everything you need taken care of earlier in the week so you, like the rest of Germany, can rest on Sunday.

8. Everything's in euro...what?

The euro! Currency conversion is never easy, especially when you're paid in the currency that's on the bottom of the equation. If you're

lucky enough to own a smart phone, invest in a good currency converter app. If not remember this: Multiply the amount in euro by 1.5 and that's usually a high estimate of your dollar amount. Better to round too high and be presently surprised, right?

9. Making friends makes everything easier.

It always makes things easier to be able to call someone in your time of need. Remember that and branch out when you can. The fact that you came from somewhere else is no reason to isolate yourself. Speak to people. Plug in. Remember, the people here want to get to know you. Give them the chance.

10. VAT forms: what, how, and why.

Germany has a 19 percent Value Added Tax on everything. VAT forms help you offset this tax, and buying them from the tax relief office on Ledward before purchases can save you a ton on services and materials such as clothing, furniture and car repairs.

Remember, vendors are under no obligation to take the forms and they're \$4 each for purchases under €2,500. So buying a few of these could save you some of your hard-earned cash.

Culinary warrior competition adds flavorful twist

By Staff Sgt. Lynne Lantin, 16th Sustainment Brigade Public Affairs

BAMBERG, Germany -- Food service Soldiers from the 16th Sustainment Brigade faced off during a battle of wits, physical endurance and culinary skills Aug. 14-17 for a chance to become the next Culinary Warrior and Warrior Leader of the Year.

The competitor's skills were tested both inside and outside the kitchen with an M-16 marksmanship range, an Army Physical Fitness Test, a cook-off and a formal military knowledge board. The purpose of the competition was not only to challenge the Soldiers, but also to formally recognize them for their hard work.

This year's competition added a new twist to the traditional cook-off. The competitors were given Meals, Ready-to-Eat, the Army's prepackaged meals, and told to prepare a plate out of it. They were allowed to use ingredients in the dining facility kitchen to enhance the meal and the plates were judged on appearance, shape, color, temperature and flavor.

Sgt. Brian Norwood from the 1st Inland Cargo Transfer Company, 18th Combat Sustainment Support Battalion, and a native of Kingston, Jamaica, took home the title of Culinary Warrior Leader of the Year. Norwood prepared a meal from a cheese tortellini MRE and earned the second highest points for his creation.

"It was kind of a surprise that we had to do it because there's not much you can do with an MRE," Norwood said. "I decided to keep it vegetarian and just put some vegetables in it and a nice garnish on top to make it eye appealing. I added some green and red peppers and tomatoes for color with some shredded yellow and white cheese with parsley flakes on top."

"It was challenging," Norwood added. "It made you think. Instead of just following a recipe card you had to actually be creative."



Staff Sgt. Lynne Lantin

Spc. Thomas Liebel, a food service specialist with the 16th Special Troops Battalion, slices a celery garnish for his buffalo chicken dip.



Staff Sgt. Lynne Lantin

Master Sgt. Frederick Massey, the 16th Sustainment Brigade senior food operations management noncommissioned officer, briefs competitors before the cook-off portion of the 16th Sust. Bde. Culinary Warrior and Warrior Leader of the Year competition at Ray's Diner on Aug. 17.

Spc. Thomas Liebel, a food service specialist with the 16th Special Troops Battalion and a native of Buffalo, N.Y., is the new Culinary Warrior of the Year for the 16th Sust. Bde. Liebel was a hit with the judges because of his buffalo chicken dip for which he received the highest points.

Liebel said when he saw the buffalo chicken MRE he knew exactly what to do. He has made his creation at home many times but never with ingredients from an MRE.

"I added cream cheese, ranch dressing, bleu cheese dressing and added a little more hot sauce to it," Liebel said. "Then I added the cheese sauce with jalapenos that comes with the MRE to the chicken dip and heated it up."

Liebel topped his plate with tortilla shells cut into quarters for dipping and a celery garnish and made a parfait out of the cookies and vanilla pudding for dessert.

"I was shocked because every time we've done this, my sergeants already had the ingredients laid out and then you pick a recipe card," Liebel said about the cook-off.

"I got a lot of feedback on it," Liebel said about his buffalo chicken dip. "(The judges) said when they ate my chicken dip it didn't taste like it came out of an MRE, which felt pretty good."

Master Sgt. Frederick Massey, the 16th Sust. Bde. senior food operations management noncommissioned officer, put the competition together and said he believes it is a morale booster for the Soldiers. "We get a lot of Soldiers that are young or new to a unit and they don't know what to expect. And you tell them, 'I want you to go to a board and win the board,'" Massey said. "But for once, they get to study stuff that they don't know about, and

that's always intriguing."

"My favorite part was the cook-off," Liebel said. "It's a surprise. I like being surprised. When you pick your food, you do not really know what you are going to be doing. Here's all your stuff, you've got this much time, now make something out of it."

Massey said he feels these competitions offer special importance for the food service Soldiers.

"It's very important for our 92Gs to go to these boards and learn more about MOS related questions or the military in general because a lot of times people don't take the food operations personnel seriously," Massey said. "They are Soldiers first and they are cooks second."

It was Norwood's third time competing, but he said he wanted to keep trying until he got it right and encourages other Soldiers to do the same. "They should definitely do it. Even though they might be scared or nervous they should get the experience, and not give up," Norwood said.

"I liked the overall experience," Liebel said about the competition. "It's different. I like that they involve the cooks in these boards and they do more than just cooking. It shows that we can compete with all the other Soldiers, that we're not labeled as just cooks."

"I'm very proud of our winners today. I'm very proud of all of them," Massey said. "They did a great job. It just takes a little more practice. I want them to continue striving to be that number one culinary warrior and continue learning and taking care of our Soldiers. That's the biggest part."

Norwood and Liebel will compete in the 21st Theater Sustainment Command competition later this year.

Faces of Schweinfurt: Sgt. Nicole Bynum, Dental Readiness NCOIC



Sgt. Nicole Bynum, Schweinfurt dental clinic's readiness noncommissioned officer in charge, sat down to explain her job, issues at the clinic, her weaknesses and more.

Spc. Latoya Dallas

*By Spc. Latoya Dallas,
USAG Schweinfurt Public Affairs*

SCHWEINFURT, Germany -- On the third floor of the health clinic here, a man in baby blue scrubs chuckles with a colleague in ACUs.

Along the wall, next to emergency response codes and more dental jargon, a kid drawing on green construction paper reads, "Dear Dad, I Love You." Nearby, a dentist and her assistant give a man a cleaning.

The mood in the dental clinic is light and jovial, sparked by a feeling of mission accomplishment.

This department is never short on humor and entertainment, from civilian employee to both low- and high-ranking service members.

And for the 37 personnel who work here, there is an air of dedication to the field of dentistry and patient services.

One such person who brings her share of cheerfulness and expertise is Sgt. Nicole Bynum, the dental clinic's readiness noncommissioned officer in charge and dental clinic assistant retention NCO.

All the personnel really do work well together, she said.

"My first role is to help company commanders and first sergeants understand why their Soldiers are 'red' (in need of an exam or procedure) and how they can help us help their company — or be 'green' (fully medically ready)," said Bynum.

When Bynum isn't making sure that units are a go on deploying Soldiers, she can be found

clocking volunteer hours around the community — 396 hours to be exact.

Furthermore, the 68E dental specialist is also devoted to her son and husband, who also is a Soldier.

Most recently, Bynum made the Commandant's List during the Advanced Leaders Course and will celebrate her eighth year in the U.S. Army this Sept. 11.

I explored what it's like to be in Bynum's position at the dental clinic.

Latoya Dallas: What issue is particularly important in the USAG Schweinfurt Dental Clinic at the moment?

Nicole Bynum: Failed appointments. We would like the community to know that we appreciate cancellation calls at least eight hours before the scheduled appointment. We do have compassion for the people's circumstances, such as having staff duty or having to go to the range, but we'd like for them to at least call in and say that. When someone doesn't show up, that is an appointment somebody else could have had. We usually book a month out.

LD: What about an epidemic oral hygiene issue in the community?

NB: None. Kudos goes to the dentist and hygienist because most of them take the time to sit down with the patients during an appointment and give oral hygiene instructions.

LD: What do you love about your position?

NB: Satisfactorily completing the mission. I had an incident with my son on Memorial Day. He said, "Mommy, we celebrate this day because

the Soldiers go and fight. You're a Soldier, but you don't go to war. You work at the dental clinic." I told him that part of my job is helping those Soldiers get to war to fight. It's about the role that you play in the overall outcome of the mission.

LD: Are there downsides to your position?

NB: At times it is stressful dealing with the units. While dental may not be their first priority, it is ours. The units have their missions that need to be fulfilled. It's difficult to make them understand that readiness is our mission here at the dental clinic.

LD: In regard to medical readiness, what systems are in place for the company commanders, first sergeants and Soldiers to make their lives a little easier?

NB: Dental is still important and we are here to help. The dental clinic has a system in place which allows the company commanders and first sergeants to make appointments for the Soldiers themselves. So, if the command group would like to come in and be trained, I more than welcome them to come see me. Additionally, we have the Exam-PROPHY System. What happens is the Soldier can come in, and get an exam and cleaning all in one visit as opposed to coming in for an exam and scheduling another appointment for a cleaning on a different day.

LD: What is the most interesting part of your MOS?

NB: I love oral surgery — the blood, looking directly at how the jaw bone looks underneath the flesh, the transformations. An incision can be made under the upper lip and the surgeon can pull half the face up just to get to the upper jaw better. Also, bone can be taken from the nose area to go to the jaw area.

LD: What is the most important or even rewarding thing you feel you have done in your career?

NB: Getting the rank of a sergeant or E-5 because it placed me in a leadership position. I am in the position to positively affect someone's life. I enjoy taking care of Soldiers.

LD: Where do you draw your strength from to keep going through stressful work days?

NB: My spirituality keeps me grounded. My relationship with Christ keeps me being able to get up and come to work each day, and not walk out or give up. As a result, I keep providing for my family.

LD: What are your weaknesses as a leader?

NB: Trying to get the message of the dental clinic's mission across without being too aggressive. Also, getting solid contact with the units because they are out most of the time fulfilling their own missions.

Franconia Military Community Announcements

Health Services Available

The Health Clinic will be open during the morning of the U.S. Army Europe Safety Stand Down Day on Sept. 20. For more information, call the clinic in Bamberg at 0951-300-1750, Grafenwoehr at 09472-83-4565/3117, Illesheim at 09841-83-4512, Katterbach at 09802-83-3398, Schweinfurt at 09721-96-7901 and Vilseck at 09662-83-2882.

Care Experience

Returning an Army Provider Satisfaction Survey can generate money for the local health clinic. Positive responses to the questions that generate money for the clinic are great, but honest responses about the customer experience is necessary to improve the clinic's quality of service. Beneficiaries who do not receive a survey within six weeks of a visit to a local clinic should ensure their Defense Enrollment Eligibility Reporting System is up to date.

CID Seeks Qualified Soldiers

The U.S. Army Criminal Investigation Command, commonly known as CID, is recruiting qualified Soldiers who are interested in pursuing a career as a federal law-enforcement officer. For more information, visit http://www.cid.army.mil/join_CID.html.

Army Suggestion Program

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

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

Recycling Fact

Washing one less load of laundry each month can save nearly 360 gallons of water per year.

optimize Army OneSource the mobile experience for visitors. Visit www.myarmyonesource.com today.

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.

Sexual Assault

Your Sexual Assault Response Coordinator is available 24 hours a day. Call 0162-510-2917 for the 24-hour hotline.

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.

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, come speak with a free trial defense attorney.

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>.

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.

Scout Program

Each year, the Veterans of Foreign Wars selects three young people — of the Boy or Girl Scouts, Sea

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

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

Edelweiss Resort

Ongoing specials and packages Garmisch-Partenkirchen, Germany. This full-scale resort and alpine lodge is in the heart of the Bavarian Alps and ski country. The hotel is part of USAG Garmisch with nearby AAFES shopping and gas facilities. There are often deals and package specials available. For more, visit www.edelweisslodgeandresort.com.

Utility Tax Relief Services

Tax Relief Office offers a new service for U.S. Army Garrison Ansbach, Bamberg and Schweinfurt customers. With the implementation of the Utility Avoidance Program customers can sign up and save 19 percent tax on their electricity, gas and water bills. For more information, call the Warner Barracks' tax relief office at 0951-300-1780, Leward Barracks' Tax Relief Office at 09721-96-1780, Bismark Kaserne's Tax Relief Office at 09802-83-1780 or Storck Barracks' Tax Relief Office at 09841-83-4553.

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/stress management classes. Contact your local ACS for dates and class schedules.

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>.



ARMY MEDICINE
Serving To Heal...Honored To Serve

Ask Your Pharmacist About Over The Counter Medications

armymedicine.mil



Vaccines aren't forever... make sure your child is STILL protected

- Protection from childhood vaccines wears off over time
- Older kids need vaccination against additional diseases such as meningococcal disease and human papillomavirus.

Preteen and teenage boys and girls (ages 11-19) need these vaccines:

- Tetanus, Diphtheria and Pertussis (Tdap) booster at age 11 or 12
- Meningococcal disease (MCV4) vaccine at age 11 or 12 with a booster at age 16
- Human papillomavirus (HPV) vaccine series (three shots over six months) starting at age 11 or 12
- Influenza vaccine every year

Get the vaccines:

- when your child starts middle school or
- at yearly health checkups or
- during sports/athletic/other activities

During office visits, be sure to ask your healthcare provider if there are any vaccines your child needs.

USAPHC U.S. Army Public Health Center

Ansbach Community Announcements

Please send all announcements to Ansbach Public Affairs at usarmy.ansbach.imcom-europe.mbx.pao@mail.mil.

Paint your own Pottery

The Recreation Center at the Storck Community Activity Center has paint your own pottery classes on Sept. 7, 14, 21 and 28 from 1-6 p.m. Paint it and take it home the same day. Walk-ins are welcome. For more information, call 09841-83-4663.

Festive Costume Making

The Arts and Crafts Center is offering a three-part class to create a one-of-a-kind, keepsake costume. The classes will be Sept. 8 and 22 and Oct. 13 from 1-5 p.m. The class is open to all ages with a responsible adult present and costs \$37.50. To sign up or for more information, email ansbacharts@eur.army.mil.

Resilience Academy

Storck Army Community Service has a Resilience Academy on Sept. 10 from 9 a.m.-4 p.m. The Resilience Academy is fun and interactive training that teaches us to strengthen communication, tackle life's challenges and increase our joy. For more information, call 09841-83-4555.

Muck Fest

On Sept. 10 from 5:30-6:30 p.m. at the grassy area next to the baseball field behind the Ansbach Middle High School there will be a Muck Fest to kick off Club Beyond for children in grades seven to 12. This will be a massive messy fight of awesomeness, therefore participants are asked to bring a towel and wear clothes that can get ruined.

9/11 Remembrance

There will be a wreath-laying ceremony at the Katterbach Dining Facility at 11 a.m. in remembrance of 9/11.

Halloween Howl Meeting

Calling all zombies, monsters and scary people. Family and Morale, Welfare and Recreation is getting ready for Halloween Howl 2012. Be a part of the fun. Come to a community call on Sept. 13 at 6:30 p.m. at

the Katterbach Fitness Center and find out how you can be involved.

Texas Hold 'Em Tournament

Better Opportunities for Single Soldiers is having a Texas Hold 'Em Tournament on Sept. 15 at the Storck Community Activity Center on the third floor in the Recreation Center. Advance tickets are available from BOSS. \$20 for pre-registration and \$25 for entry at the door. Doors open at 11 a.m. and the tournament begins at 12 p.m. Buy-ins are cash only. Volunteers are also required for this event. For more information, call 09802-83-2921.

Ansbach Spouses and Civilians' Club

Ansbach Spouses and Civilians' Club will have a super sign up on Sept. 17 at the Von Steuben from 11 a.m. to 4 p.m. Come out and see what ASCC has to offer you and what events are planned for this year. Vendors, crafters, social groups and others will be onsite to provide information and sell products. Children are welcome.

Operation Better Half

The 12th Combat Aviation Brigade will host a Combat Spouses Day Operation Better Half on Sept. 18 from 8:30 a.m. to 2:30 p.m. on Franken Kasern. Registration is now open for four-person teams. The cost is \$20 per person and includes a T-shirt and lunch. Register and give payment to your Family Readiness Support Assistant. For more information, call 0162-297-0353.

Operation Rising Star

Operation Rising Star is back. Sign up for the All-Army Talent Competition and win the chance for the ultimate recording experience. U.S. Army Garrison Ansbach's round one competition will take place on Sept. 6 at the Terrace Playhouse. Advance sign-up at the Concierge in the Von Steuben or Storck Community Activity Center is required by Sept. 5. Round two will take place on Sept. 13 and round three on Sept. 20, the finals will take place on Sept. 22. Open to Soldiers and family members 18 and over. For more information, call 0981-183-7636.

Weight Loss Challenge

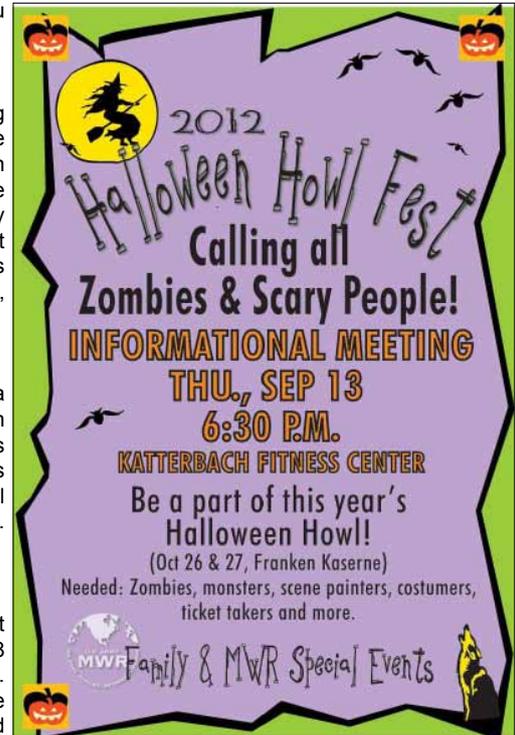
Weight Loss Challenge participants find your little black dress for the Weight Loss Challenge Award Ceremony on Sept. 7 at 6 p.m. at the Von Steuben Community Center on Bismark. Cocktail attire and Families are welcome. RSVP by Aug. 31 to sheila.t.ayala-morales.naf@mail.mil or call 09820-83-2810.

Help Wanted for Bavaria Plays

The city of Ansbach is looking for volunteer support during the premiere of Bavaria Plays on Sept. 8. Adult volunteers are needed, working in shifts for the set-up on Sept. 7, from 9 a.m. until around 10 p.m., as well as on Sept. 8 from 7-11 p.m. to pack up equipment. Mentors are also needed for each of the play stations on Sept. 8 from 9 a.m. 7 p.m. The goal of the event is to bring the entire Ansbach community closer while playing games. The event is open to all, regardless of age and is free of charge. Bavaria Plays features some 1,000 different fun games around the pedestrian and market square, set up near City Hall, as well as at the Bruecken Center. For volunteer registration and more information, call 0981-183-1600.

Bleidorn Community Library

Wondering how to get our next library book with the Bleidorn Community Library closed for renovations? For interlibrary loan requests or recordings, phone the Bleidorn Library at 09811-83-1740 and have a staff member place the request for you. You can



arrange a pickup at Storck Barracks or the Bleidorn Library. The automated interlibrary loan system will be re-enabled once library renovations are complete.

Help Wanted

The Katterbach Thrift Store is in dire need of volunteers. If you have some time to donate, we would really appreciate it. Our hours are Tuesday and Wednesday from 10-2 and Thursday from 12-6. Any time you have to spare would be helpful.

Arts and Crafts Sale

Fifteen percent off all frames and engraving supplies through Sept. 1. Building 5262 on Barton Barracks next to Vehicle Inspection. For more information, email ansbacharts@eur.army.mil or call 0981-183-7627.

Katterbach & Storck Fitness Centers

Over 30 CO-ED Basketball Intramurals

Begins 18 Sep @ Storck

**Tue: Storck
Thu: Katterbach**

6-7 p.m.
NO COST • AWARDS • NCAA RULES

**Registration Due:
Sep 14 to Fitness Centers**

**Qualifications: Men & Women over 30 years old
Soldiers, Civilians, Local Nationals**

DSN: 467.2771 CIV: 09802.83.2771



Fuel Pump Closure

The Transportation Motor Pool Fuel Pump, Building 6644, at Storck Barracks is closed until further notice due to a malfunction.

Storck Barracks Vehicle Registration Closure

The Vehicle Registration Office will temporarily suspend the Storck Barracks Vehicle Registration Office operations. All vehicle registration operations will be provided at the main office on Barton Barracks, 3rd floor, Room 303, Building 5254. For more information, call 09811-83-7892.

Youth and Teens

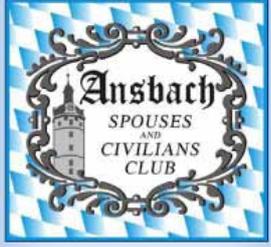
Coaches Needed

Child, Youth and School Services Youth Sports and Fitness need coaches for bowling, soccer, football and cheerleading. Head coaches own children will pay no cost during the same playing season, assistant coaches first child will play at no cost during the same playing season. Discounts will be reimbursed mid-season. For more information, call the CYS Services Sports and Fitness Barton Office at 09811-83-7866 or Storck Office at 09841-83-4849 or Parent Central Services Katterbach at 09802-83-2533 or Storck at 09841-83-4880.

Ansbach Spouses' & Civilians' Club

SUPER SIGN UP

SEPTEMBER 17, 2012



VON STEUBEN 11 AM - 1 PM

Come out and see what ASCC has to offer you and what events are planned for this year!

Vendors, crafters, social groups, and others onsite to provide information and sell products!

Children Welcome!

Storck Fitness Centers.

Closures and Changes

Fuel Pump Gym

The Fuel Pump Gym and Duggan Gym located on Barton Barracks will be closed from Sept. 18-23. During this time, repairs will be made to the "fit n' fun" kid's zone and a thorough cleaning will occur. Over the last couple of months, there have been many acts of vandalism, which continue to pose a safety risk to our children who play at the "fit n' fun" play area and recently a few pieces of weight equipment have been reported missing. In order to keep these two gyms available to the community we are looking for volunteers to support the daily operation of both facilities. During the hours that both gyms are open, 7 a.m. to 10 p.m. we need volunteers who can maintain a close eye on the equipment and ensure the "fit n' fun" zone remains safe for our community. Without your help these two facilities' hours of operation will decrease and, if needed, be closed permanently. If you are interested in volunteering at one of these gyms, please contact the Headquarters and Headquarters Detachment Commander at 09811-83-7724.

Part-Day Preschool Care

Storck Child Development Center has part-day preschool care available. This program is designed for preschoolers ages 3-5 and allows them to socialize with their peers. The program runs from September to June from 8:30-11:30 a.m. and parents have the choice of enrolling their preschoolers in two, three or five day schedules. Spaces are limited so sign up now at Storck Parent Central Services. For more information, call 09841-83-4880.

Family Child Care Opportunities

Looking for hourly, part-day or full-day child care? Katterbach in-home Family Child Care providers have slots available to meet your child care needs. For availability, please contact Parent Central Services at 09802-83-2533. Interested in providing child care from your home? Child, Youth School Services is recruiting for Family Child Care providers (living in government quarters) to run a child care business from home. Some of the benefits include; free training with curriculum beneficial to your own children, FCC Certification is beneficial worldwide, easy transfer of credits to next duty station and work toward a college degree while you provide child care. For more information, contact the Family Child Care office at 09802-83-2536.

R.I.P.P.E.D. Season 9 Launch

R.I.P.P.E.D. has recently taken the community of Ansbach by storm. With its uniqueness in activities and instructions, R.I.P.P.E.D. aerobic classes attract more than 30 people per class; the highest participation was 50 people in one class. Season 9 elements will be part of the new activities for the next three months. The fee per participant is \$3.00.

Dodgeball Mayhem

Better Opportunities for Single Soldiers will host the U.S. Army Europe-wide Dodgeball Mayhem on Sept. 29 at 11 a.m. at Storck fitness center. Sign up with your Boss representative by Sept. 4. The cost is \$35 per team. For more information, call 09802-83-2921.

Push-up Contest

Ready to win some prizes? Participate in the Push-Up Contest at the Katterbach Fitness Center from Sept. 4-28. The contest will take place every Tuesday and Thursday between 12:30-1:30 p.m. for adults and between 3:30-4:30 p.m. for a youth category ages 13-17. Prizes include personal training packets, t-shirts and gift certificates. Sign up before Sept. 4 at the Katterbach Fitness Center. Participation is free.



WE WANT YOU

**12th CAB
Combat Spouses Day**

OPERATION BETTER HALF

Sept 19
8:30 a.m. - 2:30 p.m.
Franken Kaserne

Register your 4-person team
\$20 per person, includes T-Shirt and lunch

Give payment & registration to your FRSA
ASAP before all the teams fill up!

POC: 0152 257 0853

Ansbach Girl Scouts

What is green, almost 100 years old and hip and cool as ever? Girl Scouts! Come be a part of the adventure and fun that is Girl Scouts. Any girls kindergarten through 12 grade are welcome. To join or for more information, email gsansbach@yahoo.com or call 0151- 445-12471.

EDGE!

After school activities for middle and high school youth is available at no cost. For more information, call Katterbach Kaserne Parent Central Services at 0909802-83-2533 or Storck Barracks Parent Central Services at 09841-83-4880.

Sports, Health and Fitness

Coed Basketball League Games

The Family and Morale, Welfare and Recreation Sports and Fitness Program will be conducting a six-week league for participants over 30 years old. The league games start on September 18 at both Katterbach & Storck Fitness Centers. It is available from 11:30 a.m. - noon and 6 -6:30 p.m. Participation is free. Forms can be picked up at Katterbach and

USAREUR WIDE



**DODGEBALL
MAYHEM**

SEP 29 · 11 a.m.
Storck Fitness Center

PRIZES & AWARDS!
Best Dressed • Originality • Last Man Standing

Sign up with your local BOSS Rep
Sign up deadline: Sep 4, \$35 per team
DSN: 467.2921 CIV: 09802.83.2921




Bamberg Community Announcements

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

Red Cross Website

The www.redcross.org site is experiencing technical issues with class participants signing up for classes online. We request that all interested individuals call the station at 0951-300-1760 and sign up until further notice. We appreciate your patience. Alternately, you can search for available course offerings at <https://classes.redcross.org/>; it just isn't quite as user friendly as the main Red Cross website interface. Under the "New Users" link, click on the "View Catalog" link to search available offerings in your area. To register online for a class, you would first need to create a user profile.

FAP Administrative Support

The Bamberg ACS/Family Advocacy Program is hiring a Family Advocacy Administrative Program Assistant. This position will provide administrative support for the Family Advocacy Program. This is a non-personal service contract position. For more information, visit http://www.409csb.army.mil/Sites/Bamberg/bb_Bamberg.htm.

Regimental CSM Briefings

The regimental command sergeant major will be presenting several briefings at U.S. Army Garrison Bamberg on Sept. 11-14 at the Post Theater. The briefings will start at 9 a.m. and at 1 p.m. Soldiers will be able to speak with the regimental CSM. The topics for the briefings will be as follows: Sept. 11 - Quartermaster (92 Series), Sept. 12 - Human Resources (42 Series), Sept. 13 - Transportation (88 Series) and Sept. 14 - Ordnance (91 Series).

Parenting Skill Builder Classes

Starting in September, the first three Tuesday mornings of each month from 9-11 a.m. the Bamberg Chapel Family Life Center will have classes. Learning the skills to parent with Love and Logic can help make parenting fun and rewarding, instead of stressful and chaotic. You will be provided with practical tools and techniques that help parents build respectful, healthy relationships with their children and help them prepare their children for the real world. To register

and sign-up for child care call 0951-300-1570/8141.

Red Cross Volunteer Orientation

Come and learn how you can become a volunteer with the American Red Cross from 10 a.m. to noon Sept. 7, Sept. 21, Oct. 5, Oct. 19, Nov. 2 and Nov. 16 at the Army Community Service building. Please call and RSVP no later than the day before each scheduled orientation. For additional information, visit the American Red Cross office, Building 7029 or call 0951-300-1760.

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 Sept. 14, Oct. 12 and Nov. 9 from 9 a.m. to 3:30 p.m. at the Army Community Services building. The cost of the CPR and First Aid Certification is \$55. 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.

Taco Tuesday Buffet Bar

Come enjoy the Taco Tuesday Buffet Bar at the Community Activity Center on Sept. 18, Oct. 23, Nov. 13, Dec. 11, Jan. 15 and Feb. 19. The taco bar is \$6 per person and includes either two hard tacos, two soft tacos or nacho chips with your choice of toppings. Toppings include cheese, tomato, lettuce, sour cream, refried beans, salsa, corn, beans, guacamole, onion, rice, peppers, etc. The buffet bar will be open from 11:30 a.m. to 1:30 p.m. For more information, call 0951-300-8837.

Ceramics/Pottery Class

Learn hand building and wheel-thrown pottery, glazing and other techniques at the ceramics and pottery class beginning on Sept. 1 at 12 p.m. This class will be held every Saturday and is for beginners and advance levels. Cost is \$60. For more information, call 0951-300-8659.

Auditions for Disney's "101 Dalmatians"

Auditions for Disney's "101 Dalmatians" will be at 6:30 p.m. Sept. 6 at the Stable Theater. The auditions are open to aspiring actors age 7 and up. No preparation is required to audition. The shows will run in mid-November. For more information, call 0951-300-8647.

Bingo

Bamberg Spouses and Civilians' Club will have their first bingo night of the new BSCC year on Sept. 7 at the Warner Conference Center. Card sales begin at 6 p.m. and bingo starts at 6:30 p.m. In celebration of the new BSCC year we will be raffling off an X-box, I-pod and many other prizes. The theme for this month's bingo is Bavaria. Wear your dirndl or lederhosen and receive a free bingo card. For more information, e-mail bscc1stvp@googlemail.com.

Bamberg Girl Scouts

Please join the Bamberg Girl Scouts for a movie under the stars on Sept. 8 from 6-9 p.m. at the 173rd Brigade Support Battalion soccer field. Bring your pillow and blanket. There will be free popcorn, candy and drinks for members.

Luncheon

Bamberg Spouses and Civilians' Club will have a luncheon Sept. 10 at 11:30 a.m. at the Warner Conference Center. BSCC invites members and community members who are interested in learning



USAG Bamberg Community Activity Center

Hot Dog Day

Sept. 10, 10 a.m. CAC

Create your own "dog" from our hot dog bar! Use as many toppings as you want. \$2.00 per dog.

Contact (0951) 300 8837

FOR SOLDIERS FOR FAMILIES FOR RETIREEES FOR CIVILIANS

about the BSCC to come to our first luncheon of the new BSCC year. Wear your dirndl or lederhosen and come eat some delicious Bavarian food. This luncheon is free. For more information or to RSVP by Sept. 6, e-mail bscc.reservations@yahoo.com.

Tap Dance Lessons

Beginning Sept. 11, the Stable Theater will be offering free tap dance lessons to all community members. The lesson series is 15 sessions and will be on Tuesday evenings from 6-7:30 p.m. and Saturday mornings from 10-11:30 a.m. Taps or tap shoes will be required and Stable Theater can assist with obtaining them. For more information, call 0951-300-8647.

Theatrical Workshop Series

The Stable Theater will have a series of free theatrical workshops for adults and children this summer. They are every Thursday from 6-9 p.m. The topics will be as follows: Sept. 13 - Moving on Stage; and Sept. 27 - Stage Tech. For more information, call the Stable Theater at 0951-300-8647.



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

Bamberg Open Dodgeball Tournament!

14-15 Sept.

\$10 team registration

Team Trophy for 1st, 2nd, 3rd place!

Sign-up no later than 10 Sept. at Freedom Fitness Facility.

Top two Soldier teams will compete in the IMCOM-Europe Dodgeball Challenge in Ansbach 29 Sept.

TROPHY FOR BEST TEAM UNIFORM WILL ALSO BE GIVEN!

For more information, contact SFC Carswell@DSN 469-7626 or your unit BOSS representative.

FOR SOLDIERS FOR FAMILIES FOR RETIREEES FOR CIVILIANS



Tap Dance!

Lesson Series

Tue. 6 - 7:30 p.m. Sat. 10 - 11:30 a.m.

Starts Sept. 11 for 15 sessions

at The Stable Theater, USAG Bamberg

All Ages! FREE ADMISSION - Sponsored by the BSCC

Taps or tap shoes will be required - we can assist!

Call 0951 300 8647 for more info!

FOR SOLDIERS FOR FAMILIES FOR RETIREEES FOR CIVILIANS

For more information on Bamberg community announcements visit, <http://www.flickr.com/photos/bambergmwr>

Monthly **Taco Tuesday**

\$6.00

at CAC

Sept. 18, Oct. 23,
Nov. 13, Dec. 11, Jan. 15
Feb. 19

11:30 a.m.-1:30 p.m.
Enjoy our Taco Buffet Bar for \$6.00 per person. Choose between 2 hard or soft tacos, or nacho chips with your choice of toppings

Contact the Community Activity Center at
Tel. 0951 300 8837

FOR SOLDIERS FOR FAMILIES FOR RETIREEES FOR CIVILIANS

Adult and Kids Craft

The Community Activity Center will host an adult and kids craft on Sept. 27 at 4 p.m. Participants will make homemade lotion and lip balm. The craft is free. Parent supervision is required. Space is limited so sign-up is required. For more information, call the Community Activity Center at 0951-300-8837.

Hot Dog Day

Join the Community Activity Center on Sept. 10 beginning at 10 a.m. for a hot dog bar. Create your favorite hot dog using different toppings. The cost is \$2 per hot dog with unlimited toppings.

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 Sept. 8 and Oct. 13. For more information, call the CAC at 0951-300-8837

Basic Sewing Application

Arts and Crafts is scheduled to have a Basic Sewing Application class Sept. 8 and Oct. 13 at 10 a.m. and Sept. 13 and Oct. 18 at 6 p.m. The cost for the class is \$15. The class will provide instruction on basic sewing techniques and the operation of the Arts and Crafts sewing machines. The class is mandatory for

people who want to use the sewing machines. For more information, call 0951-300-8659.

Matting and Framing

Arts and Crafts is scheduled to have a basic matting and framing class Sept. 15 and Oct. 20 at 10 a.m. and Sept. 20 and Oct. 25 at 6 p.m. The cost for the class is \$15. For more information, call 0951-300-8659.

Wood Safety

Arts and Crafts is scheduled to have a Woodshop Safety class Oct. 6 at 10 a.m. and Sept. 6 and Oct. 11 at 6 p.m. The cost for the class is \$15. The class is mandatory for people who want to use the woodshop. For more information, call 0951-300 8659.

Closures and Changes

Auto Skills, FFF and CAC Closure

The Auto Skills Center, Freedom Fitness Facility and the Community Activity Center will be closed on Sept. 9 for an employee organizational day.

Customs Office

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

Youth and Teens

Kinder Program

Enroll now for Bamberg's School Age Center Kinder Program before and after school care. The program is from Monday to Friday 5:45- 8 a.m. and 2:45-5:45 p.m. On school out days the program is from 5:45 a.m. - 5:45 p.m. SAC offers four free hours of care per month. For more information, call Parent Central Services at 0951-300-8698.

Boy's and Girls Club Day for Kids

Child, Youth and School Services will be having their annual Boy's and Girls Club Day for kids on Sept. 15 at 10 a.m. at the School Age Center building. The event is free for all youth at U.S. Army Garrison Bamberg. This year's theme is Military Kids. Activities will include obstacle courses, static displays of military equipment, bouncy houses, face painting and more. For more information, call 0951-300-8660.

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 5:30-6:30 p.m. except on holidays. The boys work on requirements for advancement and earning Merit badges. The troop is also looking for Adult volunteers and Eagle Scouts to assist with troop activities. Don't delay become a Boy Scout today. For more information, call Cliff Leach 0160-1585894.

Parents' Night and 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 Oct. 6 and Dec. 1 from 11:30 a.m. - 3 p.m. Dates for Parents' Night Out will be 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.

Library Events

There is a Gamers' Challenge that meets every Saturday at 2-3 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

Berlin Tropical Island!

Oct. 5-8, 2012
(TRAINING HOLIDAY WEEKEND GETAWAY)

\$298 per person
\$349 for single room!

Trip is open to all community members 18 years of age and older!

Includes: Roundtrip transportation, 3 overnights in 3 star hotel with breakfast, guided city sightseeing tour of Berlin & day at Tropical Island Resort (ticket included). Sign-up no later than Sept. 18 with deposit of \$100, payable in full no later than Oct. 2.

For more information, contact the Freedom Fitness Facility @ DSN 468-8890 or your local garrison BOSS Office @469-7626.

FOR SOLDIERS FOR FAMILIES FOR RETIREEES FOR CIVILIANS

18. For more information, call 0951-300-7452.

Sports, Health and Fitness

Free Yoga Classes

For a limited time the Freedom Fitness Facility is offering free yoga classes. On Tuesdays, Thursdays and Fridays from 11:45 a.m. to 12: 45 p.m. there will be a power yoga class. On Tuesdays from 5-6 p.m. there will be a 50/50 yoga class. On the first Saturday of the month there will be a 90 minute yoga class. Bring a towel and bottle of water with you. For more information, call 0951-300-8890 or email Jennifer.ellis.corton@gmail.com.

Bamberg Open Dodgeball Tournament

Enter your team to compete in the Bamberg Open Dodgeball Tournament sponsored by Better Opportunity for Single Soldiers on Sept. 14-15. Registration is \$10 per team. Sign-up no later than Sept. 10 at the Freedom Fitness Facility. The top two Soldier teams will compete in the Installation Management Command Europe Dodgeball Challenge in Ansbach on Sept. 29. Team trophies will be awarded to first, second and third place and a trophy for best team uniform will also be given. For more information, call Sgt. 1st Class Carswell at 0951-300-7626.

Oktoberfest!

September 29

\$39 per person

Bus departs at 7 a.m. Saturday morning (Chapel Parking lot) and returns around 11:30 p.m. Sign-up at the Freedom Fitness Facility, Bldg. 7680, Tel. 0951 300 8890

FOR SOLDIERS FOR FAMILIES FOR RETIREEES FOR CIVILIANS

Oktoberfest

Bamberg CAC

Oct. 13, starts 10 a.m.

Enjoy a Bavarian "Weisswurst" Breakfast with Brezels and Beer & Community Flea Market (10 a.m.-1:30 p.m.)
Hay Rides (11 a.m.-2 p.m.), DJ,
Bavarian Oompa-Band (11 a.m.-1:30 p.m.),
Operation Rising Star Finals (4 p.m.), Food and Beverages
Wear your Diml and Lederhosent

Contact CAC at (0951) 300 8837

FOR SOLDIERS FOR FAMILIES FOR RETIREEES FOR CIVILIANS

Schweinfurt Community Announcements

Please send all announcements to Schweinfurt Public Affairs at usarmy.schweinfurt.imcom-europe.mbx.pao@mail.mil.

Thursday Night Bowling League

A Thursday Night Bowling League will begin Sept. 13 at the Kessler Bowl. Practice time begins at 6:45 p.m. and games start at 7 p.m. The cost is \$10 per game. For more information, call 09721-96-6332.

Magic: The Gathering Tournament

A Magic Collectible card game tournament for Soldiers and their guests age 18 and older will be on Sept. 22 from 10 a.m. to 11:30 p.m. at the Warrior Zone on Ledward Barracks. Food and drink will be available for purchase. Register by Sept. 20 and pay \$15. After Sept. 20, registration increases to \$18. Registration fee enters you into a raffle to win one of three Booster Packs. Prizes will be awarded to first-, second-, third- and fourth-place finishers. For more information or to register, contact the Warrior Zone at 09721-96-6082.

Picture Perfect

Family and Morale, Welfare and Recreation is looking for people like you to share their summer European adventures and travels by participating in our new photo contest. We want to showcase your favorite summer moments. Just email one photo to the Public Affairs Office and list where the photo was taken, along with your name, contact information and connection to the Schweinfurt Military Community. Email photos to usarmy.schweinfurt.imcom-europe.mbx.pao@mail.mil. Photos can be submitted from Sept. 1 to Sept. 16. All qualifying entries will be posted in an album on the Schweinfurt Army Garrison Facebook Page where the community will vote from Sept. 17 to Sept. 30. The winner will be announced Oct. 1. Log on to TeamSchweinfurt.com for complete details and competition rules.

Stop Worrying About Money

Stop worrying about money and participate in Dave Ramsey's Financial Peace University Military Edition. This is a 12-week series that will meet every Tuesday starting Sept. 4 from 5:30 to 7:30 p.m. at the Ledward

Dave Ramsey's Financial Peace MILITARY EDITION

Class Orientation | Thu, Aug. 30 | 5:30-6:30 p.m. | Ledward Chapel

ADDRESS: _____
ACCOUNT NUMBER: _____

STOP WORRYING ABOUT MONEY

Dave Ramsey's Financial Peace University Military Edition is a step-by-step program that promises to change your attitude about money. During this life-changing series, you will learn how to:

1. Take control of your money
2. Stop struggling to make ends meet
3. Tell your money what to do
4. Change your family future

This is a 12-week series that will meet every Tuesday, starting September 4th from 5:30 to 7:30 p.m. at the Ledward Chapel. Free childcare for the first 30 children registered.

ACS Financial Readiness Program | Ledward Brks, Bldg. 242 | 09721-96-6933/354-6933
Religious Support Office | Ledward Brks, Bldg. 242 | 09721-96-1370/354-1370

CLASS SCHEDULE:

Tue, Sep. 04	Saver Saving
Tue, Sep. 11	Relating with Money
Tue, Sep. 18	Cash Flow Planning
Tue, Sep. 25	Dumping Debt
Tue, Oct. 02	Credit Sharks In Suits
Tue, Oct. 09	Buyer Beware
Tue, Oct. 16	Cause and Effect
Tue, Oct. 23	That's Not Good Enough
Tue, Oct. 30	Of Mice and Mutual Funds
Tue, Nov. 06	From Frustration to Titillation
Tue, Nov. 13	Working in Your Strengths
Tue, Nov. 20	Real Estate and Mortgages
Tue, Nov. 27	The Great Misunderstanding

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news, services, recreation. Facebook.com/SchweinfurtArmy

Chapel. Free childcare is available for the first 30 children registered. For more information, call 09721-96-6933 or 09721-96-1370.

Auto Skills Center Open House

The Auto Skills Center on Conn Barracks Building 49 will host an open house and barbecue on Sept. 7 from 11:30 a.m. to 6 p.m. The event is free and includes food, drinks, a tour of the facility, live service demonstrations and a car display. For more information, call 09721-96-8224.

Recycling Education Class

Recycle education course for trash disposal offenders and anyone who wants to learn about recycling. The class is offered twice a month on Wednesday from 6 to 8:30 p.m. Family members nine and up are encouraged to attend with their parent. Bring a friend if he or she lives in military housing or military-leased housing. Class space is limited so please call 09721-96-6955 to sign up. Classes cancelled if no one signs up by 4:30 p.m. the Tuesday before class.

Closures and Changes

Tank Trail Closed

The Directorate of Emergency Services must secure the cable beam barriers across the Tank Trail adjacent to Kessler Field beginning June 1.

Community Shuttle Increases Weekend Runs

Effective immediately the community shuttle will add two additional circuits to its weekend schedule. The weekend schedule includes holidays and U.S. Army-Europe training holidays. [More...](#)

Youth and Teens

Volunteers Wanted

Schweinfurt Elementary/Middle School needs volunteer crossing guards. Help keep our children safe. For more information, call Volunteer Coordinator David Blakeman at 09721-96-6933.

Fall Sports Physical Appointments Available

Does your child need a physical exam for the fall sports season? Call the Schweinfurt Health Clinic to schedule an appointment at 09721-96-7901. Physicals will only be conducted by appointment, therefore the clinic has reserved slots for participants of high school and Child Youth Services sports.

Smart Girls

Young ladies, we are proud to tell you that your Smart Girls program is up and running again! Topics include: life skills, healthy eating, fitness, health care systems, positive mentors, respecting yourself, fashion shows, dinner with parents, lock ins and more. Age groups include 11-14 and 15-18. Smart Girls meet every Monday from 4:30 to 5:30 p.m. at the Youth Center. For more information, call the youth center at 09721-96-6732.

Wanted: Youth Sports Coaches and Officials

The Schweinfurt community is looking for coaches and officials for the youth sports program. No experience is necessary to participate. By registering through Child, Youth School Services, you will become a certified coach in the National Alliance for Youth Sports (NAYS). This is a great way to volunteer in the community and earn extra income by officiating. For more information contact CYSS at 09721-96-6822 or email Derek.r.walker.naf@mail.mil.

Give Me 20

Looking to get fit? The Youth Center is offering a free fitness program every Wednesday and Thursday at

Picture Perfect You click. We pick.

facebook.com/SchweinfurtArmy

MWR is looking for people like you to share their summer European adventures and travels by participating in our new photo contest!

We want to showcase your favorite summer moments. Just email one photo to PAO and list where the photo was taken, along with your name, contact information and connection to the Schweinfurt Military Community. Email photos to usarmy.schweinfurt.imcom-europe.mbx.pao@mail.mil.

All qualifying entries will be posted in an album on the Schweinfurt Army Garrison Facebook Page. The winner will be announced Mon, Oct. 1st!

Log on to TeamSchweinfurt.com for complete details and competition rules.

Win Cool Prizes!

Submit Photos - Sept. 1 - Sept. 16
Community Votes - Sept. 17 - 30

TEAMSCHWEINFURT.COM
news, services, recreation. Facebook.com/SchweinfurtArmy

3:30 to 4:30 p.m. for youth ages 13 through 18-years-old. Program facilitators will show youth how to safely workout and stay fit. Working out doesn't have to be hard; it can be fun! Dedicated participants will see positive results. Workouts will include sports, spinning, weight lifting and more. Participants must be registered with CYSS and have a permission slip on file. To learn more or to register, contact the Youth Center at 09721-96-6732.

German Class

Let's talk German! Come learn German one-on-one every Wednesday from 4:30 to 5:30 p.m. at the Youth Center. This great program is taught by our own education tech who was born and raised in Schweinfurt. This class can help your German grade go from a C to an A+ and it may even help you make friends in the German community. Test out your skills by joining us on a field trip downtown. For more information, call the Youth Center at 09721-96-6732.

BBQ & Open House at the Auto Skills Center

Fri, Sep. 7th | 11:30 a.m. - 6 p.m.

Join us for this free community event in honor of our wonderful customers! In addition to food and drink, enjoy a facility tour, live service demonstrations and admire the cars we will have on display.

Auto Skills Center on Conn Barracks, Bldg 49 or call us at CIV 09721-96-8224 DSN 353-8224

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Thursday Night Bowling League

Starting 9.13.12

Practice Time 6:45 P.M.

Game Start 7:00 P.M.

\$10 per Game

KESSLER BOWL | KESSLER FIELD, BLDG. 449 | 09721.96.6332/354.6332

TEAMSCHWEINFURT.COM
news, services, recreation. Facebook.com/SchweinfurtArmy

Family Child Care Providers Needed
Help the community and start a new career as an Family Child Care provider. FCC Providers maintain a happy home-away-from-home atmosphere (in government controlled housing only) for children who can't be with their own parents during the day. You can care for your own children in addition to outside customers. All training and education is provided free of charge. Call 09721-96-6487 for details.

SKIESUnlimited
SKIES offers different classes every month for youths ages birth through 18. The program is designed to complement, expand, and support the academic, life skills and athletic experiences children and youth have within Child, Youth and School Services programs and in schools. For the latest class listings, click [here](#).

4-H Club
4-H is a club designed for middle and high school students. As a club, students will plan field trips, events and activities based on their four core values;

head, hands, heart and health. 4-H meets every Wednesday at 4:30 p.m. in the Youth Center. To participate, students must be registered with CYSS. For more information or to get involved, call the Youth Center at 09721-96-6732.

EDIS
Are you concerned about how your child is developing? If so, call Educational and Developmental Intervention Services to schedule a free screening. Screenings are available to children ages birth to 3 years old. For more information or to schedule an appointment, call 09721-96-6257.

Playmorning
Join Playmorning every Tuesday and Thursday at 9:30-11:30 a.m. at the Ledward Activity Center.

Children's Story Time
Bring your child in to the library on Wednesdays at 11 a.m. for Children's Story Time.

School Registration
Families newly assigned to Schweinfurt can register their children daily in the main office. Please bring a copy of the student's current immunization records and orders assigning you to Schweinfurt which are required to complete registration. Students who are not registered prior to the first day of school could have a delayed start date. Please contact the school at 09721-96-6518 with any questions.

Sports, Health and Fitness

9/11 Remembrance Day Run
The Ladies Auxiliary to the Veterans of Foreign Wars will host its third annual and final 9/11 Remembrance Day Run on Sept. 8 at Kessler Gym on Yorktown Village. All proceeds from this year's fun run will benefit the construction of the monument honoring all soldiers who have served in Schweinfurt. Registration starts at 8 a.m. and race starts at 9 a.m. \$10 for T-shirt and \$5 for bracelet. Pre-registration forms available at Conn Shoppette.

PADI Open Water Certification Course
Now through Sept. 30, Outdoor Recreation offers a PADI Open Water Certification Course as an ongoing program. The course includes classroom sessions, pool and open water training in small groups. Course costs are \$375 using your own mask, fins and snorkel. All other equipment is provided. Items can be rented at ODR. For more information or to sign up, call ODR at 09721-96-8080.

Personal Training
Dedicated personal trainers are available to the Schweinfurt Community by appointment. For details, contact the Kessler Fitness Center at 09721-96-6765 or Finney Fitness Center at 09721-96-8234.

Paintball Field Open
Relieve some stress or have some good old fashioned fun every Saturday from 10 a.m. to 4 p.m. Rental equipment is available at the Paintball Field. For information, contact Outdoor Recreation at 09721-96-8080.

Tuesday Night Cosmic Pin Bowling
Enjoy cosmic bowling every Tuesday night at the Kessler Bowling Center with funky lights and music mixed with colored pins in each lane. Games are \$1.50 each. Win a free game by knocking down a strike with the colored pin as the head pin. Cosmic Bowl also includes specials on food and drink.

Weekly Reminders
Newcomer Meet and Greet
Meet other spouses, learn about the community and get connected here in Schweinfurt every Tuesday from 10-11 a.m. at the Conn Club. The newcomer

DESTINATION SCHWEINFURT
US ARMY GARRISON
Schweinfurt

Your Passport to Success!

ME ON THE BUS Your introduction to staying safe and healthy in Schweinfurt	TUE - SEP 4, OCT 2 & NOV 6 9 A.M. - 12:10 P.M. MEET AT ACS	LEAD SCHWEINFURT UP CLOSE A walking tour and orientation of our four installations	TUE - SEP 22, OCT 8 & NOV 8 10 A.M. - 2 P.M. MEET AT BRADLEY INN, ROOM 8435
WHERE & HOW WE LIVE What you need to know about housing and living on the economy in Germany	TUE - SEP 18, OCT 9 & NOV 13 9:30 A.M. - 1:30 P.M. MEET AT ACS	JOB: WHAT YOU NEED TO KNOW Where and how to look for a job in Schweinfurt	FRI - SEP 14 & MON - OCT 22 10:30 A.M. - 3 P.M. MEET AT ACS
KIDZ 4 US Schools, service and fun provided on base for families with children	WED - SEP 5 & OCT 10 & NOV 7 9 A.M. - 12:00 A.M. MEET AT ACS	SCHWEINFURT BY BUS An orientation to the German bus system as well as tours of Leopoldina Hospital and downtown Schweinfurt	MON - SEP 17 & FRI - OCT 12 & NOV 2 10:00 A.M. - 1 P.M. MEET AT MORGENTHAU ROTATOR
GERMANY BY RAIL An orientation to the German train system and day trip	FRI - AUG 10, OCT 5 & NOV 9 8:00 A.M. - 4 P.M. MEET AT HAMPFRAHNDORF	BANK UNDETECTED Banking, money and consumer differences and need to know information	THU - SEP 20, OCT 18 & FRI - NOV 23 9 A.M. - 12 P.M. MEET AT ACS
BY ARMY FAMILY An orientation to life in the Military	WED - SEP 16, OCT 16 & NOV 18 8:00 A.M. - 12:00 P.M. MEET AT ACS	DRIVING IN GERMANY Understanding driving in Germany: cars, gas stations, getting a drivers license and much more	MON - SEP 24, OCT 29 & NOV 26 9:11 A.M. - 1:13 P.M. MEET AT ACS

Classes Offered Monthly
Limited FREE childcare available. Contact ACS for info.
ACS | Ledward Barracks, Bldg. 242 | 09721-96-6933/354-6933

TEAMSCHWEINFURT.COM
news, services, recreation. Facebook.com/SchweinfurtArmy

meet and greet initiative links up incoming spouses with seasoned Schweinfurt residents, offering the warm welcome our community is known for. Coffee and refreshments will be served and children are welcome. For more information or to register, contact Army Community Services at 09721-96-6933.

Inclement Weather in Schweinfurt
Know where you can find information on school closures and weather and road conditions. [More...](#)

Local Flea Markets
Flea markets are a fun way to find a bargain. The Army Community Services Information and Referral program provides a monthly list of flea markets here.

Dental Clinic Space Available
The U.S. Army Garrison Schweinfurt Dental Clinic now offers space available stand-by appointments for other-than-active-duty eligible beneficiaries. Appointments can only be scheduled 24 hours in advance.

SCHWEINFURT'S SAVE A LIFE EXPO

TUE, SEP. 25 | LEDWARD BARRACKS | 9 A.M. - 4 P.M.

Save a Life Tour | Driving Simulators | Agency Displays | Food/Beverages

STANDING TOGETHER	SOBER DRIVING	MOTORCYCLE SAFETY
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Sponsored by Army Substance Abuse Program and Garrison Safety Office | 09721-96-8577/353-6957

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OPERATION Rising Star

Parkside Playhouse
(Conn Brks, Bldg. 82)
7:30 p.m.

Round 1
Thu, Sep. 27

Round 2
Thu, Oct. 4

Round 3
Thu, Oct. 11

Finals
Thu, Oct. 18

Compete to be the next RISING STAR

Must be a soldier or family member and 18+ years-old to compete.
Warrior Zone | Ledward Barracks, Bldg. 224 | 09721-96-6082/354-6082
Finney Rec Center | Conn Barracks, Bldg. 64 | 09721-96-8476/353-8476

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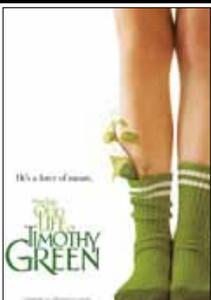
coming to THEATERS

THE ODD LIFE OF TIMOTHY GREEN
September 21, 2012 | 90 Minutes

The Odd Life of Timothy Green, an inspiring, magical story about a happily married couple, Cindy and Jim Green, who can't wait to start a family but can only dream about what their child would be like. When young Timothy shows up on their doorstep one stormy night, Cindy and Jim - and their small town of Stanleyville - learn that sometimes the unexpected can bring some of life's greatest gifts.

Rated PG for mild thematic elements and brief language.

Visit www.aafes.com for more information.



IN THEATERS • SEPT. 6-12

ILLESHEIM THEATER • 09841-83-4546
Sept. 7 - MAGIC MIKE (R) 7 p.m.
Sept. 8 - THE ODD LIFE OF TIMOTHY GREEN (PG) 4 p.m.
THE EXPENDABLES 2 (R) 7 p.m.
Sept. 9 - PARANORMAN (PG) 3 p.m.
THE AMAZING SPIDERMAN 6 p.m.
Sept. 12 - LADIES MATINEE MAGIC MIKE (R) 12:30 p.m.

KATTERBACH THEATER • 09802-83-1790
Sept. 6 - TED (R) 7 p.m.
Sept. 7 - MAGIC MIKE (R) 7 p.m.
Sept. 8 - HOPE SPRINGS (PG-13) 4 p.m.
THE BOURNE LEGACY (PG-13) 7 p.m.
Sept. 9 - THE MUPPETS (PG) 3 p.m.
THE AMAZING SPIDERMAN (PG-13) 6 p.m.
Sept. 10 - MAGIC MIKE (R) 12:30 p.m.

BAMBERG THEATER • 0951-297-3934
Sept. 6 - THE AMAZING SPIDERMAN (PG-13) 7 p.m.
Sept. 7 - HIT & RUN (R) 7 p.m.
Sept. 8 - SPARKLE (PG-13) 3 p.m.
PREMIUM RUSH (PG-13) 7 p.m.
Sept. 9 - PREMIUM RUSH (PG-13) 3 p.m.
HIT & RUN (R) 7 p.m.
Sept. 10 - SPARKLE (PG-13) 7 p.m.

SCHWEINFURT THEATER • 09721-96-1790
Sept. 6 - THE CAMPAIGN (R) 7 p.m.
Sept. 7 - THE EXPENDABLES 2 (R) 7 p.m.
Sept. 8 - PARANORMAN (PG) 4 p.m.
THE EXPENDABLES 2 (R) 7 p.m.
Sept. 9 - PARANORMAN (PG) 4 p.m.
THE EXPENDABLES 2 (R) 7 p.m.
Sept. 12 - THE ODD LIFE OF TIMOTHY GREEN (PG) 7 p.m.

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. 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.

ANSBACH

Sept. 8 Black Forest Shopping Trip \$45
In the midst of the wild, romantic Black Forest landscape, sits the lively little town of Triberg. Visit the Black Forest Museum, the Baroque pilgrimage church with the charming sexton's lodge and the town hall with its magnificent wood carvings. The highest waterfall in Germany with its seven cascades is located here along with a wide variety of shops to purchase Black Forest arts and crafts and world famous cuckoo clocks. The cost is \$45 for adults, \$34 for children and \$109 for Families. Transportation only.

Sept. 15-16 Rhine in Flames Camp and Boat Trip \$99
Camp and ferry along the Rhine in Rudesheim. The cost is \$99 for adults, \$59 for children and \$215 for Families. Free for children 3 and under. Includes transportation, ferry boat ride, camping equipment and fees.

Sept. 22 Prague \$99
Explore the famous sites of the Charles Bridge, Market Square and more. The cost is \$99 for adults, \$59 for children and \$215 for Families. Free for children 3 and under. Includes transportation only.

For more information call, Ansbach Outdoor Recreation at 09802-83-3225.

BAMBERG

September Wednesday 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. Occurring Sept. 12, 19 and 26. 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 ODR at 5 p.m. and returns at 9 p.m.

Sept. 8 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. The cost for children ages 4-12 is \$55. Children 3 and under are \$45. Includes transportation and a city tour. Departs chapel parking lot at 4 a.m., and returns at approximately 11 p.m.

Sept. 22 Oktoberfest \$40
Wear your lederhosen & dirndl and celebrate Oktoberfest in style! Drink a maß of beer, eat traditional Bavarian delicacies and enjoy the ambiance of the beer tents and outdoor rides. This is one fest you don't want to miss! Departs from chapel parking Lot at 8 a.m., and returns at approximately 11:30 p.m.

For more information, call Bamberg Outdoor Recreation at 0951-300-9376.

SCHWEINFURT

Sept. 8 Hiking Trip Kreuzberg \$15
Enjoy a leisurely trip to the Wasserkuppe with its fun roller coaster, the historical Franconian open-air museum in Fladungen and in the afternoon a refreshing beer from the Kreuzberg Monastery. Cost per person for transportation is \$15. Bring Euros for refreshments and souvenirs.

Sept. 22 Rothenburg City Tour \$15
Visit the historic town of Rothenburg with its massive town wall, buildings of Gothic and Renaissance style, churches and Patrician houses. Also visit the medieval crime museum. It is the only museum of law in the European area, and is the most important collection of the history of rights. Cost is \$15 per person for transportation. Bring Euros for entrance fees, souvenirs and food.

Oct. 6 Amusement Park Geiselwind \$15
Let Outdoor Recreation take care of the driving. Includes transportation cost. Entrance fee not included. Entrance fees to the park are children shorter than 1.10m are free, children taller than 1.10m are €19.50 and adults are €22.50.

For more information, call Schweinfurt Outdoor Recreation at 09721-96-8080.

Eco-Friendly Tips

Water-saving Tips

1. Use a bucket to collect water while waiting for the shower to get hot. Then use this water to clean your floors.
2. Water plants only when necessary. More plants die from over watering than from under watering.

Energy-saving Tips

1. Use the microwave. Microwave ovens shorten cooking times, which saves energy.
2. Having spaghetti for dinner? Boiling water in a electric kettle first will use less energy than using the cooking pot from the start of cooking.

Recycling Tips

1. Only print from the computer when absolutely necessary.
2. If you do print, use both sides of the paper.

Was ist los in Franken?

By Bianca Sowders, USAG Ansbach Public Affairs

Herbstvolksfest in Nürnberg

The fall fest in Nürnberg, still open until Sept. 9, is one of the largest "Volksfests" in Bavaria. Besides a large number of rides and fun booths there are plenty of food stands and an interesting entertainment program. The fest is located at the Dutzendteich in Nürnberg (Bayernstraße); the opening and closing are featuring a large firework around 10:15 p.m.; Wednesdays are family days with reduced prices from 1-8 p.m. For more program details as well as information on public transportation (click on "Nahverkehr") also check www.volksfest-nuernberg.de.

Trempelmarkt in Nürnberg

The largest flea market in Germany, the Trempelmarkt in Nürnberg, is scheduled for the weekend of Sept. 7-8. More than 4,000 sellers offer antiques and junk for all tastes. The market opens on Friday at 4 p.m. and Saturday at 7 a.m. Public transportation is recommended, since there will be very limited parking.

Mexican Rock Night in Schloss Thurn

The amusement park of Schloss Thurn in Heroldsbach is featuring a Mexican Rock Night with a Western Saloon on Sept. 8, starting at 7 p.m. Details and ticket information can be found at www.schloss-thurn.de.

Wine fest in Nürnberg's Handwerkerhof

The Handwerkerhof, a medieval crafts market enclosed by thick walls and a huge tower, is located across from the main train station, the Hauptbahnhof Nürnberg. On Sept. 7-12 it will be the site of a wine fest with local wines and food, as well as musicians "traveling" from restaurant to restaurant. The Handwerkerhof is open daily 10 a.m.-11 p.m.; for more details go to www.handwerkerhof.de.

Medieval Castle Moat Fest Nürnberg

The dry moat around the Nürnberg castle provides ample room for a medieval festival with sword fights, a knight's playground with competitions for the children, theater plays, jugglers and fireshows. The festival takes place Sept. 7-9 in the Burggraben near the Hallertor (also a stop for the streetcar); opening hours are Friday 2-11 p.m., Saturday 11 a.m.-11 p.m. and Sunday 11 a.m.-9 p.m. Admission prices are 3 Euros for children 4-12 years, and 5 Euros for 13 years and up; family tickets are available for 13 Euros. More information can be found at www.burggrabenfest.de.

Singers and song writers meet in Ansbach

The Bardentreffen in Ansbach is scheduled for Sept. 8-9 at the Reitbahn downtown, featuring 23 live acts. There will be an open stage for newcomers on Sunday, starting at 2 p.m. For more information check www.speckdrumm.de.

Bavaria Plays

Bavaria plays - and Ansbach participates! Downtown Ansbach is turned into a great big play area with more than 3,000 different attractions, all free. There will be board and card games, a Kinderland, large outdoor games, a game console area and much, much more, on Sept. 8 from 10 a.m.-6 p.m. It all takes place between Brücken-Center, Martin-Luther-Platz, Johann-Sebastian-Bach-Platz, Uzstrasse and Neustadt. In case of inclement weather (which is not expected), the play areas will be in the Onoldia Center, Brücken-Center, Kulturzentrum Karlsplatz and the gyms of Karolinen-Gymnasium and Platen-Gymnasium. For more information you can go to <http://www.bayernspielt.de/> or call the Ansbach Tourist Office at 0981-51-360.

European Heritage Day

Once a year, this year on Sept. 9, many communities open their historical buildings to let the public in. This is also known as the Day of the Open Monument. The city of Ansbach hosts guided tours several times a day, one of them in English/ At 6 p.m., Ms. Simone from the Ansbach Tourist Office will take you through Ansbach and provide unexpected insights. Registration is necessary, call 0981-51-360. Also open will be the tower of Herrieder Tor, the Margraves' tomb and crypt and the Knights' Chapel below Gumbertus church, the Synagogue (Rosenbadstrasse) and the church tower of St. Johannis, all from 2-4 p.m.

Graffmarkt in Fürth

The city of Fürth is featuring a large flea market on Sept. 14 & 15 with many interesting finds. Locations include Gustavstraße, Waagplatz, Waagstraße, Königstraße, Grüner Markt, Löwenplatz, Geleitsgasse and Paisleyplatz. The market is open on Friday from 4-10 p.m. and Saturday from 7 a.m.- 4 p.m. For more information go to www.fuerth.de.

STAR WARS & Friends

The technik Museum Speyer is hosting a SciFi meet called "STAR WARS & Friends" on Sept. 16; guests are encouraged to attend in costumes. Besides a Klingon language course, there will be laser sword shows and interesting lectures by experts of science fiction and space science. The meet takes place in the lobby of the museum and is included in the regular admission fee. For more information, check www.technik-museum.de/star-wars-treffen.

Bird shows in Schillingsfürst Castle

The castle in Schillingsfürst (near Rothenburg) houses a falconry with birds of prey like falcons, vultures, eagles and kites. Bird shows take place on a daily basis until the end of October at 11 a.m. and 3 p.m. there is also a falconry museum and a baroque museum that can be toured. Admission prices are 7 Euros for adults, 4 Euros for children, or 20 Euros for a family. For more details also check www.bayerischer-jagdfalkenhof.de.

City Beach in Würzburg

Würzburg is offering a quick trip to the beach on the public "Stadtstrand" on Ludwigskaai, open daily from 11 a.m.-11 p.m. until Sept. 15. More information at www.stadtstrand-wuerzburg.de.

National Concert Schedule

All dates, and tickets are available on the following website <http://www.eventim.de/tickets-konzertkarten.html?affiliate=GMD>.

Sept. 19 Nickelback, o2 World Hamburg, Hamburg, 8 p.m.

Sept. 21 Nickelback, Lanxess Arena, Köln, 8 p.m.

Oct. 8 Lionel Richie, Festhalle, Frankfurt, 8 p.m.

Oct. 23 Lionel Richie, Olympiahalle, Munich, 8 p.m.

Oct. 25 Jennifer Lopez, Olympiahalle, Munich, 8 p.m.

Nov. 24 Jason Mraz, Jahrhunderthalle, Frankfurt, 8 p.m.

Nov. 28 Jason Mraz, Zenith die Kulturhalle, Munich, 8 p.m.

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Bring your own bag

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