

The Franconian News

Serving the Franconia Military Community in Ansbach, Bamberg and Schweinfurt

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Thursday Sept. 13, 2012

Building team cohesion through grueling obstacles

By Jessica Lipari,
USAG Bamberg Public Affairs

BAMBERG, Germany -- Facing grueling obstacles through mud and rugged terrain, testing physical strength and endurance are some of the components participants will face in the upcoming Spartan Race.

U.S. Army Garrison Bamberg will be having their first garrison-level Spartan Race on Sept. 28 at 7 a.m. at the Local Training Area. Teams must sign up by Sept. 20 at the Freedom Fitness Facility.

Teams of four, ages 13 and above will compete through 10 obstacles in a five-kilometer course to claim victory.

Obstacles will include a vehicle push, scaling walls, a tire flip and buddy drag.

Several obstacles will leave the participants covered in mud, including the muddy creek.

Other obstacles will test not only endurance but physical strength like the Mountain of Despair, where teams will race up and down a hill carrying objects.

The idea to have a race at Warner Barracks began after 43 Soldiers and family members from here competed with 2,400 other participants in the third annual Braveheart Battle in March.



SSG Anthony Brooks

Sgt. James Sanders, 391st Combat Sustainment Support Battalion, crawls his way through a muddy creek during a Spartan Race in June. During a Spartan Race teams race together through mud and rugged terrain while facing grueling obstacles.

"After competing in the Braveheart Battle, I wanted to replicate the event with my company" said Cpt. Steve Equils, Headquarters and Headquarters Company Commander, 391st Combat Sustainment Support Battalion.

"We have a local training area, so why not take advantage of an opportunity to do some creative physical training."

Over the summer months HHC, 391st CSSB

with the event growing from 25 participants at the first race to more than 70 participants at the most recent event.

The race not only helps gauge physical fitness levels, it helps build unit cohesion.

(RACE continued on Page 7)

FMC Remembers 9/11



Margaret Gotheridge

Soldiers, civilians and community members filled their plates with breakfast foods and were able to begin their day of remembrance together at the 9/11 Prayer Breakfast. This event was hosted by the USAG Schweinfurt Religious Support Office. USAG Ansbach hosted a 9/11 Remembrance walk at the Illesheim School and USAG Bamberg had a 9/11 Remembrance Ceremony. For more pictures, see page 8.

USAG Ansbach hosts Suicide Awareness Walk and Run

By Ilesha Richards, USAG Ansbach Army Substance Abuse Program

ANSBACH, Germany -- The Suicide Prevention Awareness Walk and Run, organized by Army Substance Abuse Program, was hosted in conjunction with the grand opening of the new Post Exchange in Ansbach.

The walk and run served as a kickoff for Suicide Prevention Month activities.

The walk and run was designed to empower the community to get involved with preventing suicide, and more than 250 Soldiers, family members and community members participated.

Some individuals got emotional while attending event, as they have had a personal experience with suicide.

Parents showed up with their children even though there was a little rain.

A 4-year-old boy ran the entire 3-kilometer race with his father.

(RUN continued on Page 5)

Unnecessary physicals given due to fallacy

By Douglas DeMaio, Bavaria Medical Department Activity Public Affairs

VILSECK, Germany -- Sports physicals and health assessments are common requirements for children engaged in activities, but confusion about the health requirements could have parents running extra errands.

Parents can schedule health examinations for their children, but not all assessments have an annual requirement and need a doctor's signature.

Physical exams are an annual requirement for all children playing sports, said Liwliwa Markey, Bamberg's Child, Youth and School Services director.

Children participating in CYSS programs, excluding sports, are required to have an annual health assessment, which only needs a doctor's signature every three years.

CYSS uses an Army Europe 608-10-1A form,

which is the same form used for both CYSS health assessments and sports physicals, Markey said. The form must be updated annually, but a parent or legal guardian can update the form by signing the recertification section as long as the child has no change in their health status.

The update can only be signed twice by a parent or guardian before a new health assessment requires a doctor's signature.

"Each of the age groups has a requirement in terms of an assessment," Markey said. "With sports physicals, it has to be good through the whole sports season. We will let them enroll..., however, if their sports physical is not valid on the first day of practice, they cannot come in."

With health assessments, parents have 30 days to complete the exam upon registering their child for CYSS.

"If they came from stateside and they were using Child Youth Services, and it states

on their files that they are current with their assessment, then, they don't need to get a new one," Markey said. "They just need to have it updated whenever it expires."

Unnecessary exams have been scheduled and given due to a lack of knowledge about the recertification of health assessments and the issue is not isolated strictly to CYSS health assessments.

There is a large misconception about there being a school physical, Lt. Col. Matthew Rice.

"There are no school physicals," Rice said. "There are only sports physicals."

Schools only require a physical for students who participate in sports, said Dr. Nestar Rios, Vilseck High School's nurse.

"The only time a physical is needed is if the student wants to play a sport," Rios said. "They are not supposed to tryout without a sports physical."

Blue parking discs mandatory at commissary

By Nathan Van Schaik, USAG Schweinfurt Public Affairs

SCHWEINFURT, Germany -- A new policy here went into effect Sept. 10 requiring drivers who park in the commissary lot to make their blue parking discs visible. This policy is part of a larger effort to clear up parking there.

The decision to implement the policy, which sets the limit to two hours or less, was based on feedback from the community, said Garrison Commander, Lt. Col. Michael Runey.

"Parking spots at the commissary are in high demand and require that we share the area. Two hours is enough time to shop and is fair to everyone," Runey said.

The blue parking disc, known as a "parkscheibe" in German, is available for purchase at both Ledward and Conn Shoppettes. The disc is also available at almost any host nation gas station.



Nathan Van Schaik

The sign at the commissary parking lot on Askren Manor mandates that drivers parking there use a blue parking disc, known as a parkscheibe. The decision to enforce the policy comes on the heels of community feedback and went into effect Sept.10.

The new policy also came at the direction of the garrison commander to further support commissary staff and the Schweinfurt Elementary Middle School parking procedures, said Capt. Liz Mooney, garrison provost marshal.

Signs have been posted in front of the commissary mandating the use of the discs. Garrison Military Police began ticketing violators after Sept. 10, Mooney said.

The policy is also in effect on Mondays, when the commissary is closed. Mondays are designated as days maintenance crews clean the area. Those requiring longer term parking, particularly SEMS staff and faculty, should use the clearly marked overflow parking lot behind the commissary.

Drivers are not legally bound by German law to carry the parking disc in their automobiles at all times, said Horst Pschiebl, a USAG Schweinfurt driving instructor with the driver's testing activity. The blue disc, however, indicates the driver's arrival time and must be placed on the dashboard when parking in designated areas, according to the Army in Europe Drivers Handbook. Drivers must adjust the parking disc to the first half- or full-hour mark that follows their arrival time.



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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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CFC-Overseas provides opportunity to contribute to community, charities

By Jessica Lipari, USAG Bamberg Public Affairs

BAMBERG, Germany -- Beginning Sept. 17, Soldiers and Department of Defense civilian personnel will have the opportunity to donate to their favorite charity through the Combined Federal Campaign-Overseas.

The CFC-Overseas runs for nine weeks until Nov. 16. The campaign connects federal employees to charitable organizations in a one-stop-shop sort of fashion.

U.S. Army Garrison Bamberg contributed \$113,467.88 to the CFC-Overseas last year with a 44.73 percent participation rate.

The advantage of the campaign is that it provides confidence, convenience and choice to donors, making it one of the most successful fundraising campaigns worldwide.

Confidence is provided through regulations and the annual screening of all charities that participate. Within the regulations of the campaign, is that all federal employees are contacted personally about the campaign.

"It is mandatory to provide 100 percent informed opportunity to give," said Samantha Barrett, CFC-Overseas campaign coordinator, at a unit coordinator training session. "The campaign connects federal employees to charitable organizations. The No. 1 reason people give is because someone asks."

Contributing to the campaign is voluntary, not mandatory.

"No coercion will be tolerated," Barrett said.

With several options for individuals to give, the campaign is convenient.

The paper pledge card allows one to set up payroll deductions, give cash or write a check. Online giving can be done at www.cfcoverseas.org by credit, debit card or electronic checks. The minimum amount for payroll deduction is \$1 per pay period.



"Donors can also donate in a sealed envelope so the unit coordinator does not know what your contribution is," Barrett said.

This year's campaign offers more than 2,500 charities to donate to around the world. The many options allow donors to find charities to pledge that are important to them.

In addition to the charities that can be donated to, pledges can be made to donate back to the garrison.

The Family Support and Youth Program allows individuals to donate money that goes 100 percent directly back into the community to enhance morale and welfare. Dr. Beverly Joiner, deputy garrison commander, encourages Families and Soldiers to consider this option.

This year if donors donate \$150 or more they will receive a recognition coin. The coin is a limited edition and there is a limited quantity produced. If donation is made online the individual will have to print out a slip to submit to their unit coordinator to receive the coin.

According to a CFC-Overseas flyer about what your gift can do, \$10 provides 10 backpacks filled with school supplies to needy children, or it can provide three comfort kits for uniformed service members serving overseas.

To provide 300 children with vaccinations against measles a donation of \$120 is required, and \$250 supplies 10 Families with emergency water kits after a disaster so they have clean, safe drinking water.

As the CFC-Overseas slogan says, "Serve to honor your country, give because you care."

Facebook users can follow the campaign and participate in contests during the campaign by going to the CFC-Overseas European Command page.

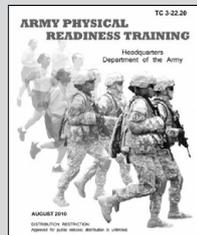
For more information, contact your unit or organization coordinator or visit www.cfcoverseas.org.

Master fitness trainers make comeback

WASHINGTON -- The Army's Master Fitness Training Course, discontinued in 2001, will soon be back.

The pilot course for the new Master Fitness Training Course, or MFTC, which began Aug. 27, is underway at Fort Jackson, S.C., and the class of about 30 Soldiers will graduate Sept. 21.

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



U.S. Army Europe launches mobile-friendly website to highlight mission on continent

HEIDELBERG, Germany -- U.S. Army Europe's official website is now mobile-device friendly, no matter which handset users favor.

Mobile users can access the site by the same web address as always -- www.eur.army.mil. Visitors will be automatically sorted depending on browser size, and mobile browsers...

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



German American Partnership week



Courtesy Photo

A German soldier fires a M240 to qualify for one of the levels of the U.S. Army Marksmanship Badge during the German American Partnership Week. The event, Aug. 27-30, brought together 32 Soldiers from the U.S. Army Garrison Schweinfurt and 20 soldiers from the German Infantry School in Hammelburg. The soldiers tested their agility, endurance, accuracy and proficiency to earn badges.

Event puts men in heels, women in combat boots

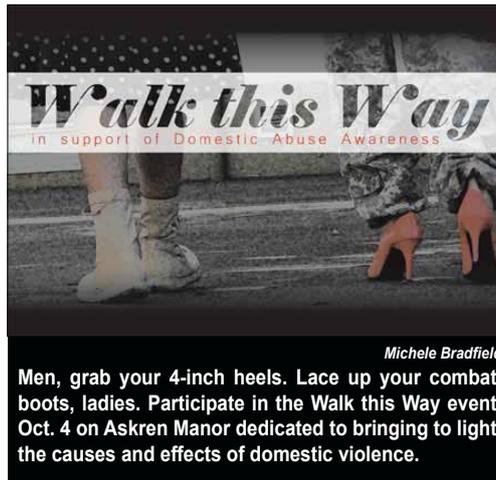
By Michele Bradfield,
USAG Schweinfurt Public Affairs

SCHWEINFURT, Germany -- Men, grab your 4-inch heels. Lace up your combat boots, ladies.

Staff with the Schweinfurt's Victim Advocacy program invite the entire community to attend Walk this Way, a free event on Askren Manor Oct. 4, from 1 to 3 p.m., dedicated to bringing to light the causes and effects of domestic violence.

"USAG Schweinfurt averages five domestic abuse incidents per month," said Allison Davis, Schweinfurt's Victim Advocate. Walk this Way is a campaign designed to bring attention and awareness to this problem, she said.

For one mile, men wear 3- to 4-inch heels, while women wear combat boots. Additionally, the event will feature the signing of the Domestic Abuse Awareness Month proclamation.



Men, grab your 4-inch heels. Lace up your combat boots, ladies. Participate in the Walk this Way event Oct. 4 on Askren Manor dedicated to bringing to light the causes and effects of domestic violence.

Walk this Way was inspired by the non-profit organization Walk a Mile in Her Shoes. The two organizations have partnered to show that walking in each other's shoes is not easy, but neither is talking about difficult subjects like assault, rape or violence.

Men and women are encouraged to participate and bring their own shoes. Limited male-sized heels are available to borrow from Schweinfurt's Army Community Service on Ledward Barracks. To participate, or reserve a pair of heels, RSVP by Oct. 1 by emailing Allison Davis at Allison.h.davis.ctr@mail.mil.

Participants can also register directly at ACS or call 09721-96-6933.

To learn how to identify and report domestic abuse, read USAG Schweinfurt's Three-Part Series written in support of October, National Domestic Abuse Awareness Month. Additional information can be acquired by attending Family Advocacy Program classes at ACS or by visiting the Victim Advocate Office. Military and Family Life Consultants (MFLC) and chaplains are also available as a resource to those in need.

"Come out in support of this important cause and show us that you care," Davis said.

Shipping your vehicle: A claims examiner's perspective

Editor's Note: This article is the last in a three-part series to help Soldiers and their family members in the Franconian Military prepare for a move. Previous articles detailed preparing and shipping household goods.

By Tina Johnson, USAG Ansbach Claims Office

ANSBACH, Germany -- Transportation will provide a list of things that must be done to prepare a vehicle for shipping.

When you turn your vehicle in to be shipped, a Vehicle Inspection and Shipping Form (VISF) will be filled out, detailing every scratch and nick. Review these carefully and make sure there really is a scratch in the location listed. In my experience, when shipping a vehicle, the most common place damaged is the front bumper. Pay extra close attention to scratches, dents or chips listed on the front bumper, and make sure they really exist.

When you pick up your vehicle at your new duty location, take time, carefully examining every inch of the exterior and interior. Write down all damage on the VISF before you drive your car away. If your car is too dirty to do a thorough inspection, request that the vehicle be washed.

Most companies will give you a coupon for a nearby car wash and allow you to bring the vehicle back immediately and complete the inspection. If you drive away and then notice internal damage to your vehicle, please

drive back immediately and have this damage noted on the VISF. If the shipping company will not allow you to wash your car or note damages on your VISF, ask to see your government representative.

If you do not note loss or damage at the time of pick-up, it will be almost impossible to recover anything for the loss or damage. In many cases, the shipping company will make you an offer at the time of pick-up. If you accept it and find out it will cost more to repair than originally expected, you cannot get more money for that damage from the shipping company or an Army claims office.

If you have damage and want to make a claim, you may file it directly with the shipping company or an Army claims office. The shipping company will provide you with a packet that includes instructions on how to file a claim with them. If you want to file the claim with the Army, take your Vehicle Inspection and Shipping Form and your vehicle to your local claims office. The maximum amount that can be paid by the Army for a typical vehicle move is \$20,000. The shipping company does not have this \$20,000 limit.

For more details on how to prepare smartly for your move, please contact the Ansbach Claims Office at 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.

Ansbach Teacher Feature

Shannon Filonczuk

New Ansbach Middle High School chemistry and chem apps teacher

By Ansbach Middle High School Staff

Shannon Filonczuk grew up making shoes with his father, Richard Filonczuk, who became a cobbler after serving in the Navy during the

Vietnam War. His father was stationed in Dublin, Ireland, and learned to make shoes from a shoemaker there. Filonczuk worked every day with his father before and after school. He graduated from North Clackamas Christian High School in Oregon City, Ore., in 1993 and played all the sports in high school but especially liked basketball and track. He earned his Bachelor's of Science degree at Portland State University in 1999 with a minor in language arts. His father wanted him to continue the family business, but he wanted to set out on his own and worked as a journalist at several small newspapers and at a TV station. He earned his Masters of Teaching

at Western Oregon University in Monmouth, Ore., in 2005 and began working as a science teacher at Canby High School. In July 2012, he earned his Masters of Education from Stephen F. Austin State University. On Aug. 15, he and his family got on the plane to fly to Germany, and now the Filonczuks are here and the adventure continues.

We would like to welcome Mr. Filonczuk to Ansbach and wish him a successful and rewarding year!



Military-themed Day for Kids comes to Bamberg Saturday

By Heidi Sanders,
USAG Bamberg Public Affairs

BAMBERG, Germany -- Children here will have the opportunity on Saturday to dress up like Soldiers, taste Meals, Ready-to-Eat and partake in other fun activities to teach them what it's like to be a Soldier.

The activities, which are a part of Boys and Girls Club of America's Day for Kids, will run from 10 a.m.-1 p.m. at the School Age Center.

"Boys and Girls Club does an annual day of play," said Jennifer Barker, who is coordinating the event for Child, Youth and School Services. "We've always done this every year."

Last year's event was pirate themed. This year will focus on military children.

The event is free and open to all children in the community. Children who attend will receive camouflage backpacks and will be able to view military equipment and dress up in military uniforms and have their photos taken.

There will be patriotic and military crafts, including decorating camouflage picture frames which can be used to display the photos of the children dressed in military uniforms. Military vehicles will be on display and Soldiers will teach children to march. A free lunch of hamburgers and hotdogs will be served at 11:30 a.m.

Barker said she is hoping for a good turnout. Other military-themed events for children have been well received, she said.

"SAC did a military kids day just for their participants," she said. "It was such a hit we felt



File Photo
Children played games at last year's Boys and Girls Club of America's Day for Kids. Last year's event was pirate themed and this year the event will focus on military children.

we would offer it for the whole community."

For more information, call 0951-300-8660.

New command sergeant major to take responsibility in Bamberg

By Heidi Sanders,
USAG Bamberg Public Affairs

BAMBERG, Germany -- Don't expect to find Command Sgt. Maj. William Funcheon spending the majority of his time behind a desk when he takes over as U.S. Army Garrison Bamberg's command sergeant major.

Funcheon said he plans to be out in the community, getting to know the Soldiers, family members and civilians.

"You cannot be an effective leader sitting behind a desk," Funcheon said. "You've got to get out and get the pulse of the community. Once I understand what my job is, I will go out to ask the tenant units what we can do as garrison staff to help them."

Funcheon will assume responsibility from Master Sgt. Matthew Waldron at a Change of Responsibility Ceremony at 2 p.m. Friday in the Warner Conference Center.

Funcheon said he is looking forward to serving the Bamberg military community.

"This is an incredible opportunity," he said. "I am humbled I was selected to be the garrison command sergeant major for Bamberg. I'll do



Courtesy Photo
Command Sgt. Maj. William Funcheon will assume responsibility from Master Sgt. Matthew Waldron at a Change of Responsibility Ceremony at 2 p.m. Friday at the Warner Conference Center.

my best each day."

Funcheon said he sees his job as providing others with the support they need to do their

job.

"My No. 1 priority is ensuring our commanders here have what they need to train their Soldiers for contingency operations," he said.

Funcheon will likely serve as Warner Barracks' last command sergeant major, as the post is scheduled to close by Sept. 30, 2014.

Funcheon said communication will be key in the next couple of years as the post prepares for closure.

He said he plans to do his best to keep Soldiers, Families, civilians and local nationals informed.

"The garrison commander and I will work tirelessly to ensure you are taken care of until the last Soldier is out of here," he said.

Funcheon said it will be imperative for the community to work together as the closure approaches.

"Eventually, services are going to dwindle," he said. "We are not going to be able to provide services five days a week. We will need help from our tenant units. If we get that help I think we can continue to provide the world-class service that people are use to."

(RUN continued from Page 1)

The first to the finish line was a group of Soldiers from 412th Aviation Support Battalion.

The event was made possible with the help of Family and Morale, Welfare and Recreation; Better Opportunities for Single Soldiers; Directorate of Plans, Training, Mobilization, and Security; and Military and Family Life Consultants.



File Photo
Left, a community member holds a memorial T-shirt designed especially for Suicide Prevention Month. Above, the members of the ASAP team hold up their suicide prevention banner.

Faces of Schweinfurt: Allison Davis, Victim Advocate

Editor's Note: This is the first of a two-part series on Allison Davis. The first part focuses on her work with sexual assault and the second deals with her work on domestic abuse.

By Spc. Latoya Dallas, USAG Schweinfurt Public Affairs Office

SCHWEINFURT, Germany -- Not only is she a mother of three, but she tenderly cares for us all. Not only does she enjoy traveling leisurely on a free weekend, but she will journey with us however long it takes. Allison Davis, the Installation Victim Advocate (VA) for U.S. Army Garrison Schweinfurt is here to assist those affected by sexual assault and domestic violence.

"I don't have a definitive job description," said Davis. "If you need someone to talk to, that's what I'm here for. If you find yourself without a way to Ledward or an appointment, I can assist with that. If you'd like someone to accompany you to a legal or medical appointment, I can do that."

Victim Advocacy staff only work with victims who voluntarily seek their help.

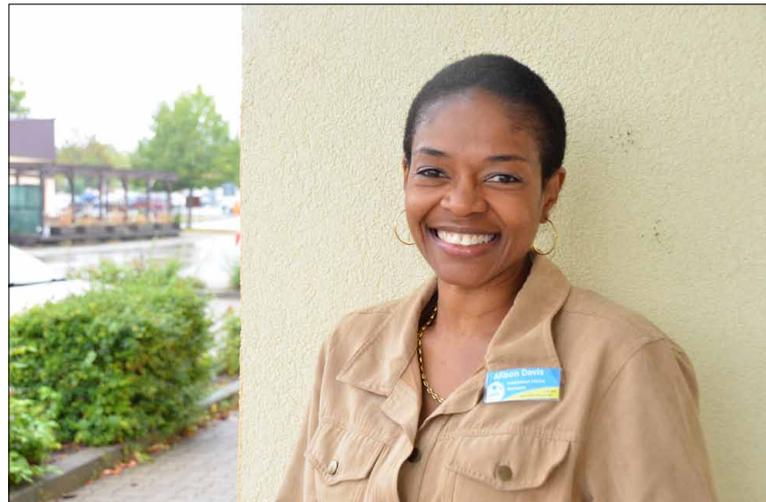
"I work for you as the victim," said Davis. "I'm not going to threaten to meet with your command or your sponsor's command if you don't meet with me. It doesn't matter what uniform you put on each morning, or who you do or don't work for."

Victims of sexual assault have complete confidentiality. The program offers restricted reporting, which allows the victim advocate to provide services and options to victims without reporting it to local law enforcement, Military Police, the criminal investigation department or the victim's command. Victims may also opt for unrestricted reporting, which does launch an investigation.

Davis is available 24/7 via the hotline at 0162-271-1413. She can also be found at her office located within the ACS building on Ledward Barracks Mondays through Fridays from 8 a.m. to 4:30 p.m. Her office line is 09721-96-6933/6681. Her email address is allison.h.davis.ctr@mail.mil.

I sat with Davis as she passionately recounted more than 18 years of experience with victims of sexual assault and domestic violence. Talking with Davis was like talking with a genuine friend—easy and refreshing.

What fears or reservations do victims of sexual assault typically



Spc. Latoya Dallas

Allison Davis, the Installation Victim Advocate (VA) for U.S. Army Garrison Schweinfurt, sits down to discuss her role, how you can avoid sexual assault and confronts fears many victims have.

have that deter them from reporting the offense?

When a Soldier becomes a victim, they might say to him or herself, "How could I be so stupid? Why didn't I listen?" So, they are very embarrassed about reporting. Then, they want to know if they are going to be believed or not. Maybe the victim believes his or her conduct wasn't the best. Maybe they had been drinking or did something that could be subjected to speculation that "Oh, he or she was asking for it."

What reassurance do victims have to come forward to report?

The support is there. It may seem very scary and dark. "Oh, this person may judge me" or "I'm not going to get the support from my command." I've found just the opposite. The command wants to help and support their victims. The same support that a service member can get, a civilian or dependent can get as well.

Looking back at the attack, some victims feel inadequate because they did not physically fight back.

If you said "No," "Stop," "I don't want to do this," or "Leave me alone," then those are words that you used to fight back. If the act still continues, then you know within yourself that you did what you were supposed to do. It doesn't matter whether you or the perpetrator have evidence of

(FACE continued on Page 7)

New bus lane, walkway protects Ansbach students

By Bianca Sowders,
USAG Ansbach Public Affairs

ANSBACH, Germany -- Parents and students returning from summer vacation noticed some recent changes at the Ansbach Middle High School that are not only pleasing to the eye, but serve a practical purpose. The formerly very narrow walkway that led past the bus lane towards the bus pick-up point and Ansbach Elementary School has been widened significantly.

The bus lane in front of the Middle High School was extended and widened as well. This new arrangement now allows all buses to stop in front of the school for student drop-off and pick-up. An additional walkway that crosses over the lawn straight from the school's main entrance to the parent drop-off parking lot adds extra safety for the students; the walkway will be kept



Bianca Sowders

The Ansbach Middle High School is sporting a newly extended bus lane and a walkway for extra protection of the students.

free of snow and ice in winter times.

"It really enhances the security and the aesthetic aspect of the school" said David Carlisle, principal of the Ansbach Middle High

School.

He explained that the initiative for the project came from a concerned parent who was worried about the children's safety and placed an Interactive Customer Evaluation (ICE) comment on the school's website.

"It makes drop-off and pick-up of children safer, since there are no more buses blocking the parking lot and we have achieved a much higher efficiency in moving kids before and after school," Carlisle said.

He pointed out how impressed he was about the professional cooperation of the Directorate of Public Works, the Army Corps of Engineers, Department of Defense Dependents Schools staff and the Safety Office, who all worked together to improve the community's safety and "just made it happen."

(RACE continued from Page 1)

“First and foremost, the race is a team building event,” Equils said.

All team members must complete all the obstacles and finish as a team, making it a fun team building exercise.

Spc. Kerstin Bachmeier, 391st CSSB, has helped organize and set up the previous Spartan Races and is looking forward to the upcoming race.

“When the event is over, it is awesome to see the smiles on everyone’s face and mud from head to toe,” Bachmeier said. “It is an adventure. It’s a challenge, and it builds cohesion through fun.”



Sgt. 1st Class Virgil Williams

Spc. Nicole St. Cyr, 391st Combat Sustainment Support Battalion, pulls her way through one of several obstacles full of mud while participating in a Spartan Race.



Sgt. 1st Class Virgil Williams

Soldiers from the 240th Quartermaster push a Humvee during the vehicle push obstacle of a Spartan Race. U.S. Army Garrison Bamberg will be having a garrison-level Spartan Race on Sept. 28.

The 535th Engineer Support Company, 54th Engineer Battalion is also supporting the event by helping set up some of the obstacles.

Each team should be able to complete the race in approximately 45 minutes.

In addition to the race, there will be a five-kilometer fun run event.

Team uniforms are encouraged. Long pants and gloves are required. Participants should bring a towel and a change of clothes.

Participating in the fun run will allow family members to run along and see the race while bypassing the obstacles.

“You will be very muddy by the end of the course, but it will be worth it,” Equils said.

Counselor Feature

Debbie Behnke

New Ansbach Middle School Counselor

By Ansbach Middle High School Staff

Debbie Behnke is from Long Island, New York, but has lived all over the world. Her husband, Hal, was in the Air Force. They met in Hawaii and lived there for seven years before moving to McGuire Air Force Base, N.J., and then on to Ramstein. Behnke was the counselor at

Kaiserslautern Middle School too. Their next assignment was Travis Air Force Base, Calif., and after that Atsugi, Japan. She also was the counselor at Kadena Middle School in Okinawa, Japan. For the past five years, she lived at Ft. Stewart, Ga., so she understands all about moving and being the new kid.

three Jack Russell Terriers, Harley, Rusty and Squirt. Her daughter, Heidi, lives in Savannah, Ga. Behnke enjoys people with a good sense of humor, so if you have a good joke or story, stop by and share.

She loves to travel and learn new things and enjoys visiting historical sites. She also loves to sing and enjoys doing community theater. She has participated in “Annie,” “The Sound of Music,” “Fiddler on the Roof” and “Beauty and the Beast” and hopes to do more theater in Germany.

We would like to wish Dr. Behnke a warm welcome to Ansbach Middle High School and look forward to interacting with her throughout the coming school year.



She also is a dog lover and proud mom of

(FACE continued from Page 6)

bruises and scratches to show you fought back. You said “no,” and that’s all you needed and had to say.

According to the Rape, Abuse, and Incest National Network, a vast majority of rapes are committed by someone known to the victim. How then can one go out with a friend of the opposite sex to have an innocent good time?

You may have the best intentions when you go out with your good friend — have a few drinks, dance and have a good time. On the other hand, this good friend may be wired to believe “Hmm, he/she is coming on to me,” or “We’re going to keep on getting drunk and have a good ol’ time because I know where this is leading.” It’s a lack of communication. You should let them know from the beginning, “Look, we are going out as friends. I got your back. You’ve got mine, but that’s all it is.”

Tell me about the male victim that walks into your office.

Men have some reservations at first and are cautious to talk in the beginning: “What is she (Davis) going to think of me?” or “What will the

SHARP coordinator within my unit think of me?” Once a man reports and realizes we do not look at gender, but that we only see him as a victim, he feels relieved that he did come forward and share about being a victim of sexual assault or domestic violence. Once men leave, they say “You know what? I’m glad I did that.”

How it is that sexual assault can occur between a husband and wife?

“No” means no — even when you say “I do” and agree to live happily ever after. If your spouse is saying “no,” even if you think he or she is being serious or flirtatious, then you need to back off. Period. End of story.

Who are the perpetrators?

The trends we see are that perpetrators usually are between 19 and 25 years old, grades E1 to E4 and stationed at their first duty station. They may have a substance abuse issue in reference to alcohol and/or drugs. It isn’t social drinking either, but it’s a pattern of always consuming alcohol. Of course, they can be any age or rank, but this is what we typically see at USAG Schweinfurt.

The Franconian Military Community Remembers 9/11



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 09641-83-7152, Hohenfels 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

Tossing away an aluminum can wastes as much energy as pouring out half of that can's volume of gasoline.

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>.

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.

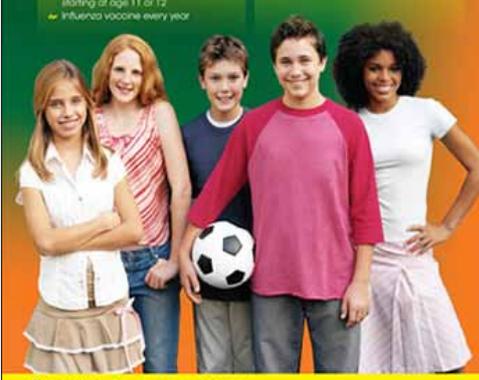
Preteen and teenage boys and girls (ages 11-19) need these vaccines:

- 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.



USAPHG <http://www.usaphg.org> or 1-800-232-0899



ARMY MEDICINE

Serving To Heal...Honored To Serve



Ask Your Pharmacist About Over The Counter Medications

armymedicine.mil

Ansbach Community Announcements

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

USAG Ansbach Force Protection Exercise

The Directorate of Emergency Services of U.S. Army Garrison Ansbach will conduct a Force Protection Exercise on Sept. 22 at the back gate of Katterbach Kaserne and on Urlas Kaserne. The exercise is expected to last from 8 a.m. to 1 p.m. Be aware that there will be a lot of emergency service vehicles operating during this time frame, including Military Police and the German polizei, fire trucks and ambulances. There will also be a heavy Soldier presence at the Urlas Kaserne. The exercise should be at minimal impact to the community.

Oktoberfest Pottery Painting Party

The Arts and Crafts center on Barton will have a Oktoberfest Pottery Painting Party on Sept. 22 from 10 a.m. - 6 p.m. Decorations, music and themed painting ideas. Wear your dirndl or lederhosen. Prices are by item and include paints and studio time. Open to all ages and bring your friends, drinks and snacks.

Bingo

The Ansbach Spouses' and Civilians' Club will have their first bingo night of the new ASCC year on Sept. 17 at the Dining Facility at 7 p.m. The theme for this month's bingo is Blackbeard's Bingo. Pirate garb is encouraged. Ten chances for the booty for \$10, free grub and grog for a fee.

Dog Obedience and Agility Classes

Dog Obedience and Agility Classes from Outdoor Recreation will be offered at the Urlas Paintball Field on Tuesdays, beginning Sept. 18. Advanced Dog Obedience will be from 5-6 p.m. Agility Class will be from 6-7 p.m. The five-week session cost \$69. For more information, call Outdoor Recreation at 09802-83-3225.

Paint your own Pottery

The Recreation Center at the Storck Community Activity Center has paint your own pottery classes on Sept. 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.

Kinderfest

On Sept. 29 there will be a Kinderfest at the Von Steuben Community Center on Bismark from 12-3 p.m. In event of rain it will be held at the Katterbach School Age Center. Spend time and fun with the special children in your life. There will be face painting, furry friends petting zoo, bungee trampoline, balloon clown, refreshments and more.

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. 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.

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.

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

Master Class: Season 9
RIPPED
 THE ONE STOP BODY SHOCK

Join Instructor, Alcine Gross for the **USAG Ansbach Physical Fitness Centers R.I.P.P.E.D party!!**

Friday, September 14, 2012
 1800-2000

at Katterbach Fitness Center

Cost: \$3.00

Experience this total body 'plateau proof fitness formula' workout, utilizing resistance and cardio training, which masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance, and Diet components of R.I.P.P.E.D. to help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective...

MWR IMCOM

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.

Fuel Pump Closure

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

Stork 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

BOSS

TEXAS HOLD 'EM TOURNAMENT

1st Place Prize I Pad 3

SEP 15, 2012
Storck Community Activity Center 3rd floor Recreation Center

\$20 pre-registration / \$25 entry @ the door
 Advance tickets available from BOSS
 Doors open at 11 a.m. / Play begins at 12 p.m.
 Be prepared! Buy-ins are cash only!

Help volunteer for this event and have some fun!

Better Opportunities for Single Soldiers (BOSS)
 Bismarck Kaserne Bldg 3845
 CIV 09802.83.2921 DSN 467.2921
ansbachboss@eur.army.mil

IMCOM MWR

Ansbach Spouses' & Civilians' Club

SUPER SIGN UP

SEPTEMBER 17, 2012

Ansbach SPOUSES AND CIVILIANS CLUB

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!

Katterbach & Storck Fitness Centers

Over 30 CO-ED Basketball Intramurals

Begins 18 Sep @ Storck

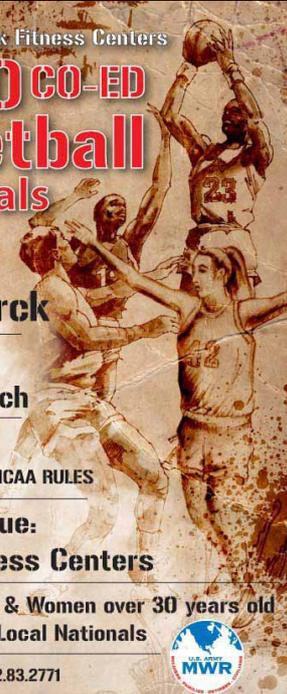
**Tue: Storck
Thu: Katterbach**

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



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.

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.

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 Intramurals

Coed basketball intramurals will begin on Sept. 18 at the Storck Fitness Center from 6-7 p.m. On Tuesdays the games will be played at Storck Fitness Center and on Thursdays the games will be played at Katterbach Fitness Center. There is no cost to participate and there will be awards at the end. The games will follow NCAA rules. Participants must be over 30 years old and a Soldier, civilian or local national. Registration at the Storck or Katterbach Fitness Center is due by Sept. 14. For more information, call 09802-83-2771.

2012 IMCOM Fitness Day

The 2012 Installation Management Command Fitness Day on Sept. 22 is an initiative promoted by the IMCOM Europe Region. The intent is to celebrate and promote health, wellness programs and initiatives within IMCOM Europe Army Communities. It is intended for Soldiers, civilians, retirees and their Families. Each respective garrison is encouraged to maximize its resources, staff, and contracted personnel in organizing and conducting the event. On Sept. 22, from 10 a.m. - noon, the Katterbach & Storck trainers will perform a series of aerobic classes including Spinning, Zumba, Circuit Training & Pilates. All the events are free of charge, and there will be awards like four Personal Training packages, a \$60.00 valued Aerobic Punch Card and T-shirts for participation. The event is limited to 60 customers; you can sign up starting Sept. 3 until 9 a.m. on the day of the event.

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 Storck Fitness Centers.



SIGN UP NOW!

Dog Classes

Tuesdays • Urtas Paintball Field
Sep 18-Oct 16 (5 classes)

Advanced Dog Obedience \$69 • 5-6 p.m.
Agility Class \$69 • 6-7 p.m.

SIGN UP NOW! AT OUTDOOR RECREATION

OUTDOOR RECREATION
09802.83.3225 • 467.3225

Katterbach Kaserne
Mon-Fri, 11:30-6 p.m.
CIV 09802.83.3225 • DSN 467.3225



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

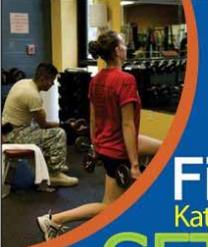
R.I.P.P.E.D. has recently taken the community of Ansbach by storm. With its uniqueness in activities and instructions, R.I.P.P.E.D. aerobic classes attract more than 30 people per class; the highest participation was 50 people in one class. Season 9 elements will be part of the new activities for the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




IMCOM Europe Region

Fitness Day

Katterbach Fitness Center

GET FIT don't quit

22 Sep 10-12 p.m.

Spinning, Zumba, Step
Circuit Training
Blood Pressure Tests
Massage Demo
Free T Shirts

Raffle for:
Massage Gift Certificate
Personal Training Package
20-punch Aerobic Card



Kiinderfest

Face painting
Bouncy Castles
Furry Friends petting zoo
Bungee Trampoline
Balloon clown
Kiddy Boot camp
and more!

29 September
12-3 p.m.
Veh Steuben
Community Center
Bismarck

CYS Services

Spend time with the special kids in your life!

Rain Plan: Katterbach School Age Center, Bldg 5515

Parent Central Services
Katterbach Kaserne, Bldg 5818
CIV 09802.83.2533/2531 • DSN 467.2533/2531
Storck Barracks, Bldg 6510
CIV 09841.83.4880 • DSN 467.4880

Youth Center
Katterbach Kaserne, Bldg 5911
CIV 09802.83.2398 • DSN 467.2395
Storck Barracks, Bldg 6503
CIV 09841.83.4056 • DSN 467.4056



Bamberg Community Announcements

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

Heating Policy

According to garrison policy, heat will not be supplied on post until the average daily outside temperature is below 60 degrees Fahrenheit for two days in a row. The length of the heating season is determined by the garrison commander based on local weather conditions.

Blood Drive

The Armed Services Blood Program and the Bamberg American Red Cross will be partnering to host a blood drive in the Freedom Fitness Facility on Oct. 10 from 9 a.m. to 1 p.m. Many life-saving medical treatments and procedures involve blood transfusions and would not be possible without a safe and reliable blood supply. All blood donated at this event will go directly to supporting soldiers and their families here in Europe. Specifically, a large amount of this life saving blood is used to treat injured service members being returned from forward deployed locations. With so many of our units currently deployed, we are proud to be able to support our heroes in every way possible. The support of everyone, military and community members, still in Bamberg is essential to the success of this program. The American Red Cross will offer small gifts as tokens of appreciation to blood donors while supplies last. For more information, call the American Red Cross at 0951-300-1760.

Operation Rising Star

U.S. Army Garrison Bamberg's round two competition will take place on Sept. 14 from 5-8 p.m. at the Stable Theater. Round three, if needed, will take place on Sept. 28 from 7:30-10 p.m. The finals will take place on Oct. 13 from 4-6:30 p.m. For more information, call 0951-300-8647.

Healthy Parenting Habits Seminar

There will be a Raising Healthy Kids: Healthy Parenting Habits Seminar Sept. 26 from 10 a.m. to noon in room 124 of the Bamberg Elementary School. Dr. Krystal White, a pediatric psychologist, will be the speaker and the topic will be how to handle bed time, meal time and tantrum time.

USAG Bamberg Community Activity Center

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 RETIREES FOR CIVILIANS

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.

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. 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.

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

USAG Bamberg Child, Youth and School Services

Day for Kids

Sept. 15, 10 a.m.-1 p.m. SAC Building 7669

Motto is "Military Kids" - Enjoy Obstacle Courses, Military Equipment Static Display, Bouncy Houses, Face paintings and more! Free!

Contact 0951 300 8660

FOR SOLDIERS FOR FAMILIES FOR RETIREES FOR CIVILIANS

Theater at 0951-300-8647.

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.

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 market is 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 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

USAG Bamberg Community Activity Center

CIRCUIT PT

TUESDAYS & THURSDAYS 11:45 A.M.-12:30 P.M.

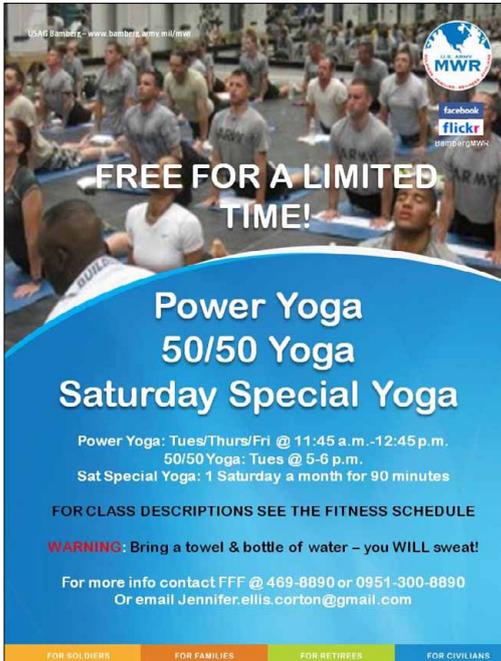
LOOKING FOR AN ALTERNATIVE TO THE OLD SCHOOL PUSH-UPS, SIT-UPS & RUN? Revamp your fitness routine with this lunchtime workout geared toward getting your heart pumping as well as target major muscle groups.

This class is FREE to all US ID card holders 18 and over.

For more info contact FFF @ 0951-300-8890 or email Tonya.L.Williams.NAF@mail.mil

FOR SOLDIERS FOR FAMILIES FOR RETIREES FOR CIVILIANS

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



USA's Bamberg - www.bamberg.army.mil/mwr

MWR
facebook
flickr

FREE FOR A LIMITED TIME!

**Power Yoga
50/50 Yoga
Saturday Special Yoga**

Power Yoga: Tues/Thurs/Fri @ 11:45 a.m.-12:45 p.m.
50/50 Yoga: Tues @ 5-6 p.m.
Sat Special Yoga: 1 Saturday a month for 90 minutes

FOR CLASS DESCRIPTIONS SEE THE FITNESS SCHEDULE

WARNING: Bring a towel & bottle of water – you WILL sweat!

For more info contact FFF @ 469-8890 or 0951-300-8890
Or email Jennifer.ellis.corton@gmail.com

FOR SOLDIERS FOR FAMILIES FOR RETIRES FOR CIVILIANS

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 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.

DFAC Feedback

Dining Facility council meetings are at Ray's Diner every last Thursday of the last month of each quarter at 2 p.m. The next meeting is scheduled for Sept. 27. For more information, call 0951-300-7130.

Closures and Changes

IACS Office

The Installation Access Control (IACS) office in the Central Processing Facility, Building 7290, has reopened. The hours are Monday through Friday 8 a.m. to 4:30 p.m., with the first appointment at 8:30

a.m. and last appointment at 4 p.m. The office is closed for lunch from noon to 1 p.m.

Vehicle Registration Closure

The Vehicle Registration office will be closed Oct. 3 and Oct. 8. For more information, call 0951-300-7580.

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

Sports, Health and Fitness

Spartan Race

Come and get it! There will be a Spartan Race with 10 grueling obstacles, five tough kilometers and one team claims victory on Sept. 28 at 7 a.m. at the Local Training Area. The rules are simple, your team must complete all obstacles and you must finish as a team. Sign up your team of four, ages 13 and up, at the Freedom Fitness Facility by Sept. 20 to participate. Long pants and gloves are required and creative uniforms are encouraged. Prizes will be given out for winners in three categories.



USA's Bamberg Freedom Fitness Facility
www.bamberg.army.mil/fff
MWR
facebook
flickr

2012 Community Fun Runs

| | |
|----------|---|
| 10 March | Women's Equality Month 5k Fun Run & Walk |
| 21 April | Month Of The Military Child 5k Fun Run & Walk |
| 12 May | Asian Pacific Heritage Month 5k Fun Run & Walk |
| 23 June | Great Outdoor 5k Fun Run & Walk, starts at Local Training Area |
| 4 July | Independence Day 5k Fun Run & Walk, starts at FFF |
| 11 Aug. | IMCOM-Europe Mountain Bike Race and 10k Trail Run, starts at Local Training Area Mountain Bikesport at Outdoor Recreation |
| 24 Aug. | Women's Equality Day 5k Fun Run & Walk, starts at FFF |
| 22 Sept. | 1st Day of Autumn 5k Fun Run & Walk |
| 20 Oct. | Breast Cancer Awareness 5k Fun Run & Walk, starts at FFF |
| 17 Nov. | Turkey Trot |
| 8 Dec. | Toys for Tots 5k Fun Run & Walk |

All runs are 5k and start at 9 a.m. from FFF if not noted otherwise.
Contact FFF, Tel. (0951) 300 8890

FOR SOLDIERS FOR FAMILIES FOR RETIRES FOR CIVILIANS

Circuit PT

Looking for an alternative to the old school push-ups, sit-ups and run? Revamp your fitness routine with Circuit PT, this lunchtime workout is geared toward getting your heart pumping as well as target major muscle groups. This class is free to all ID card holders 18 and over. The class is on Tuesdays and Thursdays from 11:45 a.m. - 12:30 p.m. for more information, call 0951-300-8890 or email tonya.l.williams.naf@mail.mil.

Autumn 5-Kilometer Fun Run

The Autumn 5-Kilometer Fun Run will take place Sept. 22 at 9 a.m. at the Freedom Fitness Facility. For more information call the Freedom Fitness Facility, at 0951-300-8890.

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.



USA's Bamberg - www.bamberg.army.mil/mwr

MWR
facebook
flickr

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 RETIRES FOR CIVILIANS



USA's Bamberg Freedom Fitness Facility
www.bamberg.army.mil/fff
MWR
facebook
flickr

Berlin City & Tropical Island!

October 5-8, 2012
(TRAINING HOLIDAY WEEKEND GETAWAY!)

\$285 per person (double room, 2 people)
\$335 for single room (single room 1 person)
\$199 child (4-12 yrs) sharing room w/adult
\$129 child (3 & under)

Trip is open to all community members including families!

Includes: Roundtrip transportation, 3 overnights in 3 star hotel with break fast guided city sightseeing tour of Berlin & day at Tropical Island Resort (ticket included.) Sign-up no later than 21 Sep with deposit of \$100, payable in full no later than 2 October 2012

For more information, contact the Freedom Fitness Facility @ DSN 469-8890/9086, civ: 0951-300-8890/9086 or your local garrison BOSS Office.

FOR SOLDIERS FOR FAMILIES FOR RETIRES FOR CIVILIANS

Schweinfurt Community Announcements

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

Save a Life Tour

The Schweinfurt Army Substance Abuse Program presents the National Save a Life Tour for selected units and Army civilians at the Ledward Theater on Sept. 24 and 26 from 8:30 a.m. to 4:30 p.m. This tour has earned itself national acclaim from colleges, universities, high schools, and military events nationwide. The Save a Life Tour combines video, a live speaker, and a multimillion dollar impaired driving simulator to bring home the message that sober driving saves lives.

Living in the New Normal Institute

The Military Child Education Coalition's Professional Development Institutes will host Living in the New Normal Institute: Helping Children Thrive in Good and Challenging Times Sept. 27-28 at the Conn Club. The seminar is free. There is an opportunity to earn college credit. Registration begins at 8 a.m. on Sept. 27 and the training runs from 8:30 a.m. to 4 p.m. For more, information visit www.MilitaryChild.org.

Oktoberfest Celebration

Join us for Schweinfurt's Community Oktoberfest Sept. 28 from 4-9 p.m. at the Conn Club Field. This event is open to the entire community and is a family friendly event. Must be an I.D. cardholder to attend. As with any traditional German fest, there will be live music and activities for the kids. In addition, you will have the opportunity to enjoy traditional German cuisine and beverages, which will be available for purchase. Participants are encouraged to attend in authentic German attire.

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

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 is 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.

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

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

BOSS TOURNAMENT
S E P 2 2

EXTENDED FORMAT
Shards of Alara
Alara Reborn
Conflux
Magic 10, 11, 12 & 13
Zendikar
Worldwake
Rise of the Eldrazi
Scars of Merodim
Mirrodin: Besieged
New Phyrexia
Innistrad
Dark Ascension
Avacyn Restored

Magic: The Gathering

Warrior Zone | 10 a.m. - Midnight

Magic collectible card game tournament for LD. cardholders ages 18+.
Food and drink available for purchase. Register by Sep. 20 and pay \$15.
After the 20th, registration increases to \$18. Fee enters you into a drawing for the chance to win a variety of different prizes!

1st: One Avacyn Restored Booster Box and One Dark Ascension Fat Pack
2nd: Three Fat Packs from Innistrad Block
3rd: One Fat Pack and an Event Deck
4th: Six Booster Packs (Multiple Winners)

Cool Prizes!

Warrior Zone | Ledward Brks, Bldg. 224 | 09721-96-6082/354-6082

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

Picture Perfect
You click. We pick.

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.

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

Win Cool Prizes!

Your photo here!

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

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

Sponsored by Army Substance Abuse Program and Garrison Safety Office | 09721-96-8957/353-8957

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 news, services, recreation. Facebook.com/SchweinfurtArmy

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 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

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. Register by Tue, Sep. 25th. Registration packets available online or at Warror 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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by joining us on a field trip downtown. For more information, call the Youth Center at 09721-96-6732.

Family Child Care Providers Needed

Help the community and start a new career as a 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

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

SCHWEINFURT YOUTH CENTER Radio Competition

Record your own radio commercial!

Theme: "The Best Me is Drug Free"
Registration deadline: Fri, Sep. 28th
 School Age Center (1st - 5th Grade) | Youth Center (6th - High School)

Finalists will be showcased during the Oct. 4th Operation Rising Star Competition
 Parkside Playhouse, Conn Bldg. 82 at 7:30 p.m.

Winners from each age group will be selected by live audience vote--win prizes, including a trip to Rose Barracks to perform your commercial live on AFN radio!

Youth Center | Kessler Field, Bldg. 381 | 09721-96-6732/354-6732
 School Age Center | Askren Manor, Bldg. 575 | 09721-96-6974/354-6974

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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 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.

SCHWEINFURT COMMUNITY OKTOBER FEST
Friday Sep 28th
 4 - 9 p.m. | Conn Club Field

LIVE MUSIC
 GERMAN CUISINE
 BEVERAGES
 KID ACTIVITIES

Free Family Event
 Open to I.D. card holders & their guests.
 Food and drink available for purchase.

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coming to THEATERS

SPARKLE
August 31, 2012 | 98 Minutes

Musical prodigy, Sparkle struggles to become a star while overcoming issues that are tearing her family apart. From an affluent Detroit area and daughter to a single mother, she tries to balance a new romance with music manager, Stix while dealing with the unexpected challenges her new life will bring as she and her two sisters strive to become a dynamic singing group during the Motown-era.

Rated PG-13 for mature thematic content involving domestic abuse and drug material, and for some violence, language and smoking.

Visit www.aafes.com for more information.



IN THEATERS • SEPT. 13-19

ILLESHEIM THEATER • 09841-83-4546

Sept. 15 - SPARKLE (PG-13) 4 p.m.

PREMIUM RUSH (PG-13) 7 p.m.

Sept. 16 - MADAGASCAR 3: EUROPE'S MOST WANTED (PG) 3 p.m.

KATTERBACH THEATER • 09802-83-1790

Sept. 13 - THE CAMPAIGN (R) 7 p.m.

Sept. 14 - TYLER PERRY'S MADEA'S WITNESS PROTECTION (PG-13) 7 p.m.

Sept. 15 - THE ODD LIFE OF TIMOTHY GREEN (PG) 4 p.m.

THE EXPENDABLES 2 (R) 7 p.m.

Sept. 16 - PARANORMAN (PG) 3 p.m.

THE EXPENDABLES 2 (R) 6 p.m.

BAMBERG THEATER • 0951-297-3934

Sept. 13 - MAGIC MIKE (R) 7 p.m.

Sept. 14 - MAGIC MIKE (R) 7 p.m.

Sept. 15 - THE POSSESSION (PG-13) 3 p.m.

LAWLESS (R) 7 p.m.

Sept. 16 - THE POSSESSION (PG-13) 3 p.m.

LAWLESS (R) 7 p.m.

Sept. 17 - THE POSSESSION (PG-13) 7 p.m.

SCHWEINFURT THEATER • 09721-96-1790

Sept. 13 - THE ODD LIFE OF TIMOTHY GREEN (PG) 7 p.m.

Sept. 14 - HIT & RUN (R) 7 p.m.

Sept. 15 - SPARKLE (PG-13) 4 p.m.

HIT & RUN (R) 7 p.m.

Sept. 16 - SPARKLE (PG-13) 4 p.m.

PREMIUM RUSH (PG-13) 7 p.m.

Sept. 19 - PREMIUM RUSH (PG-13) 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. 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. 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 Outdoor Recreation at 5 p.m. and returns at 9 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 11:30 p.m.

Sept. 22 Little Swiss Hike \$25
Relish the beauty of the fall leaves and refreshing air as you walk on the hiking trails in the gorgeous Fränkische Schweiz. Please wear hiking boots and pack a sack lunch and liquids. Departs Outdoor Recreation at 9 a.m. and returns at 5 p.m.

Oct. 4 Tour Under Bamberg \$25
This unique trip through tunnels under Bamberg gives you a view of the city that shouldn't be missed. The tunnels are generally cool and damp, please wear appropriate clothing and bring a flashlight. Departs Outdoor Recreation at 5 p.m. and returns at 7:30 p.m.

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

SCHWEINFURT

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.

Oct. 27 Spa Trip to Palm Beach \$15
Fun and Beach! This trip allows for 4 hours of pool time. The cost per person covers transportation; entrance fee not included. Entrance fees to the pool for 4 hours: Adults €14.50, Youth (6 to 15 years old) €12.50, Children under 6 years old) €5.50. Use of the sauna world is an additional €5.00.

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

Eco-Friendly Tips

Water-saving Tips

1. Collect the water you use for rinsing fruits and vegetables, then reuse it to water houseplants.
2. Use a broom instead of a hose to clean your driveway and sidewalk and save water every time.

Energy-saving Tips

1. Unplug electronics. Only plug them in when you use them. It will save energy.
2. Control outdoor lighting, the sun doesn't need additional light during the day. Use products with a remote sensor or a timer.

Recycling Tips

1. Give movie or concert tickets as gifts instead of disposable goods.
2. Instead of using baby wipes at all times, use a washcloth to clean your baby.

Was ist los in Franken?

By Bianca Sowders, USAG Ansbach Public Affairs

Graffmarkt in Fürth

The city of Fürth is featuring a large flea market on Sept. 14 and 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.

Volksmarch & Marathon in Oberasbach

The International Volksmarching Days and Marathon in Oberasbach are scheduled for Sept. 15-16; participants can chose from a regular Volksmarch (6 km - 11 km - 20 km), an International Marathon (42,195 km) or a 50 km march. For registration details and starting times, please go to www.volkslaufclub-nuernberg.de.

Kirchweih market in Schwabach

The Schwabach Kirchweih market is located on Südliche Ringstraße on Sept. 17-19.

Schwabach flea market

There will be a flea market in Schwabach on Sept. 21 from 1-6 p.m. Only private sellers are allowed at this market; at the same time the stores are open in all of Schwabach for an "open Sunday."

Country Music Fair in Bayreuth

Enjoy two days of country music in Bayreuth at the Stadthalle (Ludwigstraße 31) on Sept. 22-23. Admission tickets are 15 Euros for Saturday, 10 Euros for Sunday or a combination ticket for 22 Euros. For more information go to www.countrymusicmesse.de.

Agua y Vino in Schweinfurt

Agua y Vino, a Spanish evening, takes place on Sept. 20 starting at 7 p.m. at the Kulturwerkstatt Disharmonie (Gutermannpromenade 7) in Schweinfurt.

Kirchweih in Colmburg

The Colmburg Kirchweih is scheduled Sept. 20-25 at the Festplatz; on Sunday, Sept. 23 there will also be a Kirchweih market from 11 a.m. to 5 p.m. at the Marktplatz. Please check www.colmburg.de for further details.

French Market in Nürnberg

The French Market, Sept. 20-23, on Lorenzer Platz in Nürnberg is a gourmet market with specialties from France; the vendors are mostly true French and offer only French products. It is open daily from 10 a.m. to 7 p.m.; for more details go to www.le-marche-francais.de.

US-Car Meet "Cars and the City" in Gunzenhausen

The 7th US Car Meet in Gunzenhausen at the Marktplatz begins at noon on Sept. 22; enjoy classic cars, a fashion show and other entertainment, followed by live music starting at 7 p.m. For more information go to www.uscar.gecco-connection.de.

Merkendorf two-town run

The towns of Merkendorf and Wolframs-Eschenbach are hosting a run on a hiking path that connects the two towns. The run will take place on Sept. 22 as part of the Merkendorf "Kraut Week." The event is considered an integrative event, which makes it suitable for people with a handicap. Registration possible until one hour before start; for more information go to <http://auf-gehts.org/events>.

Medieval days in Bad Windsheim

The Freilandmuseum Bad Windsheim, an outdoor museum, is hosting medieval days on Oct. 2-3 from 9 a.m. to 6 p.m. Amateur actors perform in authentic clothing and illustrate life of the rural population by demonstrating old tools, crafts and work methods. For more information go to www.freilandmuseum.de.

Wine harvest and fish fest in Volkach

The annual Weinlesefest Volkach takes place on Oct. 6 at the Marktplatz in Volkach, starting at 11 a.m. The last load of grapes is brought in and the visitors can try the grapes and new wine. At the same time the traditional Franconian Fish Fest, Oct. 6-7, begins in front of the Volkach Rathaus. For more information, check the town's website at www.volkach.de.

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 Ludwigskai, open daily from 11 a.m.-11 p.m. until Sept. 15. More information at www.stadtstrand-wuerzburg.de.

Landesgartenschau

You have 25 days left to visit the Bavarian Garden Show in Bamberg! Learn how honey is made and how insects help your garden, enjoy various street games, kids crafts, bouncy castles and more; find new trends for outdoor living, outdoor lounges and modern plants. Visit <http://www.bamberg2012.de/web/en/index.php> for details.

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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