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1-91 Cavalry Regiment remembers fallen Soldiers

By Nathan Van Schaik,
USAG Schweinfurt Public Affairs

SCHWEINFURT, Germany -- A memorial ceremony was held at Ledward Chapel Oct. 23 for two Paratroopers assigned to Schweinfurt's 1st Squadron, 91st Cavalry Regiment, both of whom died while deployed to Afghanistan.

Staff Sgt. Orion Sparks and Sgt. Jonathan Gollnitz were killed Sept. 26 during a combat operation in Pul-e-Alam, Logar Province. They were members of Anvil Troop and served in the same platoon.

"They would want everyone to know and remember they were not merely Soldiers in the same unit, they were brothers who looked after us as we looked after them," said Rear Detachment Commander, Capt. Jakob Bradfield, at the eulogy. Bradfield repeated remarks given by Capt. Andrew Partin, Anvil troop commander, during an Oct. 4 memorial held at Forward Operating Base Shank in Logar Province, Afghanistan.

Earlier this summer, the 1-91 Cav deployed to Afghanistan in support of Operation Enduring Freedom XIII.

Staff Sgt. Sparks, 29, was born in Tacoma, Wash. He joined the Army as a cavalry scout in 2003. He was assigned to the 1st Battalion, 35th Armored Regiment at Baumholder, Germany. He also served with the 1st Squadron, 73 Cavalry Regiment at Fort Brag, N.C. before his assignment with the 1-91 Cav.

"Staff Sgt. Orion Sparks was universally liked by everyone that met him," said Bradfield. "An outdoor enthusiast, he spoke of climbing Denali when he returned. Orion never did anything half way."

Sparks is survived by his mother, father and two brothers.

Sgt. Gollnitz, 28, was born in Fredonia, N.Y. and first served in the U.S. Navy from 2003 to 2006. He enlisted in the Army in 2008 as a



Margaret Gotheridge

A memorial ceremony was held here Oct. 23 for Staff Sgt. Orion Sparks and Sgt. Jonathan Gollnitz, both of whom were killed Sept. 26 during a combat operation in Pul-e-Alam, Logar Province while assigned to Schweinfurt's 1st Squadron, 91st Cavalry Regiment.

cavalry scout. He was first assigned to the 1st Squadron, 73rd Cavalry Regiment at Fort Bragg, N.C. He later moved on to Fort Lewis, Wash. where he served as a gunner on a Stryker reconnaissance vehicle. His last assignment was as a team leader with the 1-91 Cav. Sgt. Gollnitz was the father of a son.

"He was a brave Soldier that instilled confidence in the Soldiers he lead," Bradfield said on behalf of Capt. Partin. "He frequently spoke of his son and how much time he was going to spend with him as soon as he got back. He wanted to give his son the opportunities to read the same books he read as a child."

Gollnitz is survived by his mother, father, his uncle and son.

Reaching out to inform retirees



Bianca Sowders

Retirees and other community members gathered at the Von Steuben Community Center for Retiree Appreciation Day to find out about services and opportunities offered by the attending organizations. Among the organizations present were the Health and Dental Clinics, Legal Center, banks, insurances, Family and Morale, Welfare and Recreation and American Red Cross.

Sky Soldiers honored during 6th annual 173rd Running of the Herd

By Jessica Lipari,
USAG Bamberg Public Affairs

BAMBERG, Germany -- Running over 4,500 miles in a 24 hour time period is not accomplished by one person but by a herd of people during the annual 173rd Running of the Herd.

On Nov. 8, at U.S. Army Garrison Bamberg, the 173rd Brigade Support Battalion will host the 6th Annual 173rd Running of the Herd. The event begins at 9:30 a.m. with an opening ceremony on the BSB soccer field followed by the start of the race around 10 a.m.

The event is a 24 hour relay race to commemorate past and present fallen Sky Soldiers.

"The run recognizes everyone that pays the ultimate sacrifice for our freedom," said 2nd Lt. Adam Obregon, Charlie Company, 173rd BSB and the organizer of the event.

Teams of seven will pass bayonets, instead of batons, to teammates while continuously running a five-mile loop, beginning at the 173rd BSB Headquarters building. Wooden bayonets will be given to each team to symbolize the Paratroopers' warrior spirit and perseverance.

Currently there are a total of 26 teams scheduled to participate in Bamberg; there will be two teams coming from Vicenza, Italy, and a

(HERD continued on Page 3)

Faces of Schweinfurt: Spc. Christopher Lewis, European rodeo president

By Spc. Latoya Dallas,
USAG Schweinfurt Public Affairs Office

SCHWEINFURT, Germany -- It will take you about eight seconds to read this and the next paragraph. For a bull rider, that's an eternity.

It's an American tradition like no other, and it's been around since the 1800s: Jump on an untamed, bucking animal and hold on for eight seconds while it does anything it can to throw you off.

This beast can weigh more than 500 pounds. But surprisingly, those daring to mount the behemoths don't fit the muscular mold of the tenacious athlete. The typical rider is skinny, with an average build, most weighing in at 180 pounds.

Spc. Christopher Lewis fits just the description. Lewis, a U.S. Army Garrison Schweinfurt Military Police with the garrison's Headquarters and Headquarters Company, is the president of the European Rodeo Cowboy Association, an organization of American and European cowboys and cowgirls sponsored by Dodge Ram and the Stetson Clothing Company.

"Bull riding is like any other extreme sport," said the rodeo enthusiast. "People like the adrenaline and being able to conquer something that powerful is every man's conquest." "It's really dangerous riding a bull, but I guess it would be just as dangerous jumping out of an airplane. You're taking a risk."

Considered the minor league of bull riding, ERCA currently has more than 30 members



Sevasti Arsenidou
Spc. Christopher Lewis, a USAG Schweinfurt MP with the garrison's Headquarters and Headquarters Company, steadies himself on a bucking bull during a European rodeo. Lewis is the president of the European Rodeo Cowboy Association.

from Schweinfurt, including Air Force personnel and Army personnel of the 172nd Support Battalion and 1st Squadron, 91st Cavalry Regiment.

Germans seem to love the western sport too, as a greater part of ERCA members are German nationals.

ERCA, originated by an American, has been building and maintaining foreign relations

between the locals and Soldiers for about 40 years now.

During the spring, summer, and fall, ERCA members go wherever there's a rodeo — Italy, Czech Republic, Belgium, France, Slovakia. It's not just about winning a nice cash prize either. They compete for the title to be considered the best of the best in Europe. And complete with a belt buckle to prove it.

(RODEO continued on Page 5)

National Guard responds to Hurricane Sandy, monitors tsunami

ARLINGTON, Va. (Oct. 28, 2012)--As more governors declared states of emergency in advance of Hurricane Sandy, the National Guard stood ready to respond to the aftermath of the storm. It was a busy weekend for the National Guard Coordination Center here, as a 7.7 magnitude earthquake that struck British Columbia, Canada, late...



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

Army engineers develop chargers for phones, laptops in combat

ABERDEEN PROVING GROUND, Md. -- Soldiers deployed to remote locations around the world need a lightweight charger for electronic devices that are critical to successful missions in the 21st century. A team of U.S. Army engineers are developing new battery chargers...



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Hamburger showdown at the Griffin Dining Facility

By Spc. Ondirae Abdullah-Robinson,
12th Combat Aviation Brigade Public Affairs

ANSBACH, Germany -- Two 12th Combat Aviation Brigade food service specialists from the Katterbach dining facility here held a hamburger challenge during lunch Oct. 24.

Each competitor was given five pounds of ground beef to create a burger to enter into the competition.

"My burger is the Rue Crib burger," said Sgt. Rue Blaine of Echo Company, 5-158th General Support Aviation Battalion.

"Rue is my first name and a crib is another name

for a house and your house has everything in it," Blaine said.

Creating the Rue Crib burger begins with a thick patty made of 100 percent ground beef, Blaine said.

He tried different combinations of 18 seasonings before settling with his recipe.

Two of the ingredients are brown sugar and chopped onions.

The rest is his personal secret blend.

"My burger is called the Perfect Dough burger," said Sgt. Rickey Engle, also with E Co.

"I am from the south and down south we had to make more for less," Engle said. "I added flour to my beef to bring out the perfection of the taste."

The Perfect Dough burger recipe is also a secret, added Engle.

Each burger was cut into four pieces and diners were given a portion of each burger with their meals.

Each competitor spoke highly of the other's cooking abilities.

"Blaine is a good cook with a similar style to mine so I believe it will be a very close match," Engle said.



Spc. Ondirae Abdullah-Robinson
Sgt. Rickey Engle and Sgt. Rue Blaine, Food Service Sergeants with Echo Company, 5-158th General Support Aviation Battalion, show off their respective burgers during a "Best Burger" competition at the Katterbach Dining Facility Wednesday.

David Mitzner, an employee at the commissary here and a diner at the facility tasted samples of each while standing in line for his lunch and decided he liked the Perfect Dough burger more.

He said he based his decision solely on the taste.

The dining facility handed out surveys to get feedback about which burger was more popular.

The winning burger will be a recurring item on the dining facility's menu.



Spc. Ondirae Abdullah-Robinson
Sgt. Rickey Engle of Echo company, 5-158th General Support Aviation Battalion, hands out samples of his hand-made hamburger, the "Perfect Dough" burger to diners at the Katterbach dining facility during a "Best Burger" competition held here to determine the facility's new hamburger recipe.

(HERD continued from Page 1)

team from USAG Schweinfurt. Four members of the 173rd Airborne Brigade Association will be travelling from the United States to participate in the event, including the association's president, Roy F. Scott, Jr.

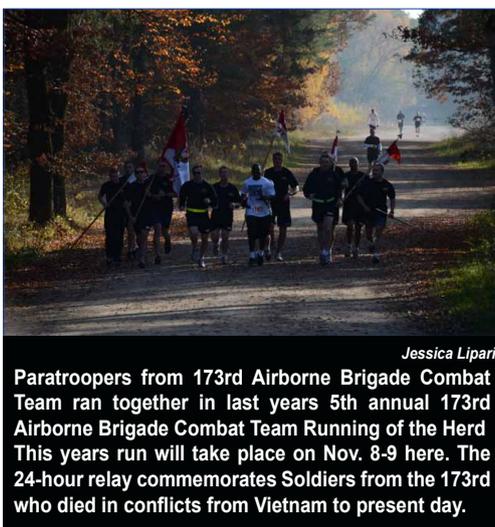
The 15th Junior Reserve Officers' Training Corps Battalion also has a team of 14 students that will participate in the run.

The 173rd Airborne Brigade Combat Team is currently deployed to Afghanistan. At Forward Operating Bases Airborne and Shank, 25 teams of Soldiers will simultaneously complete the run. These teams will be wearing the same t-shirts as the runners back at USAG Bamberg are wearing.

With over half of the participants being spouses with loved ones deployed they will have the opportunity to run at the same time as their Soldier, Obregon said.

"There will be prizes for both a Soldier and a spouse's team this year," Obregon said. "The prize is a \$75 Service Credit Union gift card for each team member."

This year will see a bigger event that is open to the entire community, whether participating or just coming out to watch and show support,



Jessica Lipari
Paratroopers from 173rd Airborne Brigade Combat Team ran together in last years 5th annual 173rd Airborne Brigade Combat Team Running of the Herd. This years run will take place on Nov. 8-9 here. The 24-hour relay commemorates Soldiers from the 173rd who died in conflicts from Vietnam to present day.

Obregon said.

Through the help of Family and Morale, Welfare and Recreation the large fest tent will be set up and beverages including beer will be sold. Family Readiness Groups will also be selling food during the event.

"Common Ground and Tim Brown's Band will be performing at the event and there will also be karaoke," Obregon said.

Bouncy houses and other entertainment will be available for children.

As in past years, participants are welcome to camp out at the 173rd BSB soccer field and with the addition of the fest tent there will be heaters to help keep people warm throughout the evening.

Community members interested in participating can still sign up. It is \$90 per team of seven to enter and each team member will receive a t-shirt. However, sign-ups received after Nov. 1 will be a non-competitive team.

"This event is not to bring out just the 173rd community but the Bamberg community as a whole," Obregon said. "This may be the last year the event is held in Bamberg."

Running of the Herd started in Jalalabad, Afghanistan in 2007 during the brigade's Operation Enduring Freedom VIII deployment. Soldiers from the medical company's command team, C Co, 173rd BSB received a package from the 173rd Airborne Brigade Association that contained the song 8th of November by Big and Rich and they wanted to organize a run to honor the fallen Sky Soldiers after listening to the song.

The song tells the story of the 48 Sky Soldiers that lost their lives on Nov. 8, 1965 during Operation Hump in the Vietnam War.

High School class in energy savings, efficiency

By Simon Hupfer, USAG Bamberg Public Affairs

BAMBERG, Germany -- When you have the rare chance to slip into the heating plant at U.S. Army Garrison Bamberg you hear the buzzing sounds of water pumps and electrical motors, and while it is cold and foggy outside, the temperature inside the plant is comfortable, the air is dry and warm.

"Please don't touch the pipes, they might be hot," says Dieter Gerber, chief of the garrison's operation and maintenance division and energy manager at Bamberg's Directorate of Public Works.

Gerber, an engineer, and John Cogswell, high school teacher in Bamberg, in cooperation with DPW's environmental division, brought 15 high school students to the plant to showcase efficient energy savings. The tour was part of an earth, space and science class with Bamberg's ninth graders.

Saving energy is one of the biggest challenges of mankind, Gerber said. He explained to students how the Bamberg heating plant is using technologies to maximize energy efficiency.

In 2003 the plant was converted into a gas heating plant, using mainly petroleum gas from Russia, Algeria and Norway, but also a pro rata of bio gas, to run three water boilers. Each boiler delivers up to eight megawatts, burning gas in a flame that's 1,500 degrees Celsius hot. They heat up a total of 160 cubic meters of water. Water pumps then press the hot water into different heating circuits. The housing areas are divided into several different heating circuits, so not the entire housing area would be affected in case of a leakage or when maintenance is needed on a pipe.

At current outside temperatures only one boiler at the heating plant is actually in use.

"When we get sub-zero degrees Celsius, we use a second one," Gerber explained to the students. Having three boilers in the heating plant ensures that one boiler can be worked on without any interruption to the housing heating system.

The water arrives at around 94 degrees Celsius (201 F) at the housing unit where it heats the rooms' radiators. Afterwards it leaves the house at about 45 degrees Celsius (113 F) and goes back into the heating plant, where it's heated up again. Leakages in the pipeline systems can easily be detected thanks to a tiny extra cable that constantly measures the electrical resistance of the water pipe.

"That way we can easily locate leakages in the grid as close as to one meter," Gerber explained, - a system that saves money and resources.

During the visit, the high school students learned that the Bamberg plant



Simon Hupfer
Peter Winkler (right) shows Bamberg high school students where the gas mix arrives at the Bamberg heating plant during a tour to showcase efficient energy savings. The tour was part of an earth, space and science class with Bamberg's ninth graders.

is run remotely from Bamberg's Fernwärme GmbH, which is a subsidiary company from the city of Bamberg's energy provider, the Stadtwerke. Every other day workers come by to check the three boilers, the pipes and do necessary maintenance to the plant. In case of malfunctions the systems sends a message to the service workers. And usually it's fixed before housing inhabitants even notice the heat is going down, said Peter Winkler, a technician at Fernwärme Bamberg.

The water inside the radiators is not potable water though. Various chemicals – sulfites and phosphates - are used to ensure the water pipes remain clean and don't corrode as fast.

"Energy conservation is our future," said high school teacher Cogswell. USAG Bamberg is leading by example. Mounted on the roof of the heating plant, solar panels provide electrical power to subsidize the power usage of the plant, providing a total of 150 megawatts since its installation and saving 105 tons of carbon dioxide in comparison to burning fossil fuels like coal or gas.

Once a month the Fernwärme GmbH bills the Bamberg garrison; heating and electrical power, which results in an eight million dollar bill each year. However, community members can help reduce the cost, save energy and conserve the environment.

"The cheapest energy is the one we don't even have to produce," Gerber told the students. "Turn off what's not needed: the lights when you leave your room, the TV if nobody is really watching. Control your heating and wear a sweatshirt instead."

Detour required to repair cobblestone road on 6th Street

Staff Report

BAMBERG, Germany -- From Nov. 5-9 community members will run into a detour when trying to access the area on post where the Commissary, the mail room and Community Bank are located.

Part of 6th Street and the intersection onto Jefferson Avenue will be blocked off to perform necessary cobblestone repairs.

During this time period, the main traffic will be routed from John F. Kennedy Boulevard onto 5th Street to bypass this area. Turns will not be

allowed from John F. Kennedy Blvd. onto 6th Street.

Driving down Lincoln Avenue, a detour will be established at Community Bank, leading traffic through the parking lot onto 6th Street and back to John F. Kennedy Blvd.

The detour will be clearly marked and community members are asked to follow the signage marking the detour.

Existing signage in these areas will be taken out of order to allow the traffic flow to follow the detour during this period.



Illesheim Soldier competed in the Army's Best Medic Competition

By Douglas DeMaio, Bavaria Medical Department Activity Public Affairs

VILSECK, Germany -- The noncommissioned officer in charge of the Illesheim Health Clinic was among the top medical troops in the Army to compete in the Army's Best Medic Competition at Camp Bullis, Texas from Oct. 26 to 28.

Staff Sgt. Victor Miranda and his partner, Sgt. Joshua Jimenez from 30th Medical Command, used their medical and warrior skills to try to win the 72 hour, two-Soldier team competition.

"It's an honor to serve as one of the team members for the Army Best Medic Competition, and to represent U.S. Army Europe at the all Army level," Miranda said.

"I believe we got a great team with outstanding potential; my teammate and I will do our best and hope to bring the title home and make our leaders and units proud," he said.

The Soldiers' physical fitness was tested in the competition as well as their proficiencies in battlefield operations, patient evacuation and treatment of casualties.

To qualify for the Army level competition,



Courtesy Photo

Staff Sgt. Victor Miranda, noncommissioned officer in charge of the Illesheim Health Clinic, and his partner, Sgt. Joshua Jimenez from 30th Medical Command, competed in the Army's Best Medic Competition at Camp Bullis, Texas from Oct. 26 to 28.

Miranda had to contend against medic candidates from the U.S. Army Europe during a competition in Grafenwoehr, Germany, Miranda said.

The USAREUR competition lasted more than 70 hours and consisted of mystery events aimed to test the Soldiers physical and mental strength.

In addition to demonstrating proficiency in

warrior and medical tasks, Soldiers in the USAREUR competition had to assemble and disassemble weapons, navigate day and night land courses and combat trauma lanes.

Miranda attributes much of his success in reaching the Army-level competition to the support of his command and the understanding of his family, he said.

However, his reasons for achieving success go beyond self-interests.

"My ultimate goal would be to motivate my Soldiers to achieve all their goals, to bring out the best in all of them, and to contribute to the strength and potential of our great Army," Miranda said. "It's great to achieve the goals we've set for ourselves; it gives us a sense of pride and motivation."

Miranda and his teammate Jimenez finished the Army's Best Medic Competition in 21st place out of 32 teams that competed.

For more information on the competition, visit <https://facebook.com/ArmyBestMedicCompetition/info#!/ArmyBestMedicCompetition>.

(RODEO continued from Page 2)

There's an old saying: Once the rodeo is in your blood, you can't get rid of it.

"It's true," Lewis said. "Once you start being involved with the rodeo, you'll always want to do it and you'll do anything in your power to do it."

If you want more information, contact Spc. Christopher Lewis at 0171-326-4906 or email christopher.r.lewis52.mil@mail.mil.

The sport is as hair-raising as it is thrilling. But you don't have to take my word for it. Here's what Spc. Lewis had to say.

What does it take to be able to ride the beast?

It doesn't matter who you are. If you want to ride a bull, they will help you. Some of our riders would lend out their equipment, give you a quick class on what to do, and let you get out there. Of course, you'd have to complete a liability waiver.

However, it's not for everyone. I've seen those that want to do it and come out and try, but they don't have the drive or spirit to do it. Then, there are others who, no matter how much they get thrown or knocked down, get right back up and want to do it again. While in Belgium, one 1-91 (Calvary Regiment Soldier) rider got knocked unconscious, but he got back up and wanted to ride again.

What if a Soldier gets seriously hurt during the rodeo? Will they get reprimanded (i.e. demoted, UCMJ) by the unit?

Be truthful to your unit of what you're doing, where you're going, and when you're going. There is the ERCA here in Europe, but there is the Professional Armed Forces Rodeo Association back in the States which consists of nothing but military members that are competing. So, obviously we have to stick to certain regulations to protect Soldiers so that they don't get in trouble.

When watching bull riding, I notice some major jerking motions of the back and head. So, are whiplash or back injuries common?

Not unless you land on your head or neck, but not when riding the animal

— usually not. It's mostly the rider doing all that movement to keep with the animal. For instance, a rider can't lay all the way back because the bull's powerful backside can throw you forward. Then, you're really in trouble because that's where the horns are.

You actually have to have strong legs while riding a bull to be able to grip the animal.

What part of the bull does one fear most?

You have to be careful about any part of that bull. When you get thrown, it doesn't matter how much it hurts or not. You've got to get up, move, and be on guard for if the bull steps on you or turns around and charges at you. That's why there are bull fighters in the arena to keep the bull's attention on them and away from the escaping rider.

What's up with the bull fighter dressing as a clown?

The bull could care less what you have on. It's more to give the audience more of a show — to be dressed up and acting crazy.

How does one train up for bull riding? Will the ol' mechanical bull do?

A mechanical bull is nothing like a real bull (Lewis chuckles). During the off season, many riders will train on the barrel or make their own training equipment to practice on. I've seen some of the gadgets guys here in Schweinfurt make to practice on. I don't know how they come up with it or where they get the time (Lewis laughs).

What more would you like the community to know?

We love it, and we always encourage others to come and become a member of the ERCA. You don't necessarily have to be someone who goes into the rodeo and rides the animal. There are other roles that you can assume that help with the rodeo such as judging or bull fighting.

The rodeo just isn't about the bull riding either. There are other events involved with it. You've got your Saddle Bronco Riders, Bare Back Riders, Barrel and Flag Racing and the ladies with their flashy get-ups.

Yes, there are female members in the ERCA. Nonetheless, we'd like to see more join.

Trevor Romain knows that military life makes kids stressed too

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

SCHWEINFURT, Germany -- Second through sixth-graders at the Schweinfurt Elementary Middle School spent the day cracking up at cartoons Oct 16.

Trevor Romain, a compelling children's motivational speaker, publisher, and the President and Co-Founder of the Trevor Romain Company, in conjunction with the USO, presented the With You All the Way program to the students.

The students viewed partial episodes of Romain's award-winning Public Broadcasting Service series aimed at preparing kids for life's ups and downs, promoting academic achievement and instilling positive growth and behavior self-management skills in all students through a special blend of humor and character-building messages.

"You guys are really important!" Romain said. "Those in the United States don't realize what a hard job you guys have. You didn't choose to join the military. You didn't say to your mom or dad, 'Hey mom or dad, please join the military so I have to move every three years to somewhere where I'll have to go to a new school and make new friends, and so you have to go TDY or get deployed.'"

Romain's introduction hit a cord with the students that sat on the gym floor of the SEMS, and they resoundingly and wholeheartedly agreed.

Military kids sacrifice and serve their country in their own ways. Romain, originally from South Africa, knows how they feel — leaving family and friends behind, meeting new people, and such — as he lives in another country right now due to his work.

"All kids pretty much go through the same problems growing up — divorce, bullying and

trauma," Romain said. "Military kids have the added stress of being away from key family members that are in another state or country, of moving every two to three years, which means that the kid has to reinvest in friendships that they might have lost, and/or of having a deployed parent in possible danger."

Over the past two years, Romain has been speaking at military school installations around the world and has spoken to some 100,000 kids thus far.

Moreover, at one time, Romain was an Airborne Ranger for the South African military.

So, he can empathize with deployments and being away from home.

The With You All the Way program speaks to

kids in their own language, uses animation through the characters Jack and Skye, introduces an original song to connect to the kids within the song and is open and honest.

"I think when you are totally honest with children and speak with them from the heart, they know that you are being sincere with them," Romain said. "Then, they open up in return."

This was evident after the production.

Romain knelt down to the kids' level as the kids poured out their heart about some things they were going through.

When questioned by Romain whether they had told anyone else about this, the kids answered that they had not.

(ROMAIN continued on Page 7)



Spc. Latoya Dallas
Trevor Romain speaks with second-grader Antoni Dean from Schweinfurt Elementary/Middle School. The award-winning kids entertainer visited SEMS Oct. 16 to present the With You All the Way program to the students.

Recalled flu vaccine not used in military medical treatment facilities

Europe Regional Medical Command Press Release

HEIDELBERG, Germany -- Influenza vaccines that have been recently recalled in both Germany and Italy are not used in military medical treatment facilities.

The vaccines, which are manufactured by the Switzerland-based company Novartis, are being recalled as a precautionary measure because of reports by the company of small particles found in some vials of the vaccine, a Novartis news release stated. There have been no reports of any ill effects from people who have received the vaccines at this point.

Military medical treatment facilities in Europe

do not use any of the affected vaccines, a spokesman for the U.S. Army Medical Material Center, Europe (USAMMCE) said.

USAMMCE provides vaccines for all military medical facilities in Europe, and confirmed that they have not purchased any of the vaccines provided by Novartis, the spokesman said. He added that the seasonal flu vaccines being provided to beneficiaries through the MTFs are not affected in any way by this recall.

The dominant strain of influenza during the upcoming flu season is still expected to be the H1N1 strain from the 2009 pandemic. Col. Richard Looney, director of the Army's Military Vaccination (MILVAX) Program said, "H1N1 is still circulating, but due to outstanding efforts

and immunization campaigns of the past few years, people are more aware and likely to be adequately protected during the height of flu season.

"Immunization is the very best protection against disease and related complications. Vaccines are safe and effective, and have saved more lives than any other medical measure in history," he added.

The recalled vaccines are marketed in Germany under the trade name Begrippal, and in Italy additionally under the trade names Influpozzi sub unita and Influpozzi adiuvato. People who received their seasonal influenza vaccination from host nation medical providers check with their providers if they have any concerns.

'101 Dalmatians Kids' to take stage at Bamberg's Stable Theater

By Heidi Sanders,
USAG Bamberg Public Affairs

BAMBERG, Germany -- Dalmatians – 101 to be exact – will be taking over the Stable Theater.

The theater will put on "101 Dalmatians" at 7:30 p.m. Nov. 8, 9, 15, 16 and 17 and 3 p.m. Nov. 10, 11 and 18.

Although children are welcome at all shows, the afternoon matinees on Nov. 10, 11 and 18 are specially designed for Families and children, said Jack Austin, U.S. Army Garrison Bamberg's entertainment director.

"As a special promotion, we have over 150 "101 Dalmatians" Golden Books we will be handing out at the children's matinees as long as

supplies last – limit one per family," Austin said. "It is the product of a lot of people's very committed volunteer time and creativity," he said.

Austin said the production is a great family-friendly show.

"It is sort of an adapted version of the 1961 animated film that is designed specifically for kids to perform and enjoy," he said.

More than half of the cast for Bamberg's production is children, Austin said.

"It is a wonderful, heartwarming story," he said. "It is a lot of fun with very active kids that will be very involved in and around the audience."

Austin said he appreciates the community's support of the show.

Tickets are \$9 for adults, \$7 for kids ages 3 and older.

Family card and group discounts are available.

Call 0951-300-8647 to reserve, or send an email to stable.theater.tickets@eur.army.mil with date of desired show, number of adults and kids tickets needed and return email address.

Non-ID cardholder guests can attend by submitting full name, birth date, passport or ID card number and vehicle license plate at least two working days prior to performance date.

(ROMAIN continued from Page 6)

"One of the most important things we are trying to help kids do is be able to self-regulate," Romain said.

"In other words, try and figure out how they can work through their problems themselves, where they can go for help, how to ask for help without shame, and most importantly, how to take care of each other — like a peer-to-peer group," he said.

The Trevor Romain Company doesn't want to entertain kids and just leave.

It provides tools for life so that these kids can still remember how to manage their feelings as a healthy adult.

"It's so critical that kids express and share what they are feeling, and know that there's no shame in asking for help," Romain said. "That they aren't a baby or are weak by asking for help."

Romain explained that kids don't want to worry their parents because their parents are worried enough already.

Secondly, kids aren't quite sure how to tell their parents.

There is some shame attached to telling parents what's going on.

Kids don't want parents to think they're are not strong, are insecure, are failing or can't take care of ourselves.

In a military environment, kids may feel pressured to always be strong and fear not.

But the Trevor Romain Company curriculum balances the notion of iron-clad valor with a kid's anxieties, emphasizing that it's perfectly fine to be worried and this is what to do when you are worried. "We understand."

Zombie Apocalypse?



Michele Bradfield

Spc. Adam Grass did not injure himself, he only dressed as a zombie for this year's Zombie Fun Run, Oct. 27. Despite the freezing temperatures and snowfall members of the community ran for their lives as zombies, who hid along the route, tried to turn them into one of their own. For more photos, visit <https://www.facebook.com/media/set/?set=a.541178422563485.142039.165625926785405&type=3&l=4450fb5b40>.

Spread Holiday Cheer... Mail Early!

To ensure your packages sent to the United States are delivered before Christmas, mail them no later than these dates.

HOLIDAY MAILING DEADLINES

SPACE-AVAILABLE MAIL	26 NOVEMBER 2012
PARCEL AIR LIFT MAIL	3 DECEMBER 2012
PRIORITY PARCELS	10 DECEMBER 2012
FIRST-CLASS LETTERS AND CARDS	10 DECEMBER 2012
EXPRESS MAIL (FOR AUTHORIZED LOCATIONS)	18 DECEMBER 2012

Franconia Military Community Announcements

Flu Vaccines

Flu vaccines are now available at your local health clinic. An annual average of 36,000 deaths and 226,000 hospitalizations occur each year in the US due to influenza infections. Annual flu vaccinations are the most effective method for preventing influenza virus infections and its complications. For more information, go to <http://bit.ly/flu-shot-video>.

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

Every three months, Americans throw enough aluminum in the landfills to build our nation's entire commercial air fleet.

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.gibil.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>.

PROTECT YOURSELF - PROTECT YOUR FAMILY - PROTECT YOUR COMMUNITY

AGAINST

SEASONAL FLU

GET AN INFLUENZA VACCINATION

AVAILABLE AT
YOUR HEALTH CLINIC



Got Drugs?
Turn in **Unused or Expired**
Medications for disposal **Nov. 14**
at your Military Treatment Facility
Pharmacy

dispose
unused
Rx

Ansbach Community Announcements

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

Veteran's Day

On Nov. 9 at 1 p.m. there will be a Veteran's Day Memorial to honor those who have served and sacrificed at the 12th Combat Aviation Brigade Headquarters Memorial Park on Katterbach.

Book Discussion Group

Come to the Storck Library on Nov. 1 at 5 p.m. or the Bleidorn Library on Nov. 28 at 5 p.m. to discuss the book "The Lost German Slave Girl" by John Bailey. For more information, call Storck Community Library at 09841-83-4675 or Bleidorn Community Library at 09811-83-1740.

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 Nov. 17 and Dec. 15 from 10 a.m.-3 p.m. Dates for Parents' Night Out will be Nov. 9 and Jan. 11 from 6:30-10:30 p.m. and Nov. 30 from 6:30-8:30 p.m. Visit Parent Central Services or Webtrac to sign up. For more information, call 09802-83-2533 or 09841-83-4880.

Crafters Wanted

Calling all crafters! The Illesheim Spouses & Civilians' Club wants to help you make some extra money at the ISCC Crafters Fair on Nov. 15 in the Longbow Lounge on Storck Barracks. Shopping is open from 11:30 a.m. to 2 p.m. Tables are \$10 each, and crafters are able to reserve as many tables as needed. Reserve your spot today by sending an email to illesheimwaysmeans@gmail.com.

FRGs Needed

The Illesheim Spouses & Civilians' Club Crafters Fair could be a great money-maker for Family Readiness Groups. ISCC is looking for FRGs to sell food and drinks on Nov. 15 from 11:30 a.m. to 2 p.m. in the Longbow Lounge on Storck Barracks. Send ISCC an email at illesheimwaysmeans@gmail.com with what you would like to sell. ISCC will be sure there are no duplicate sellers in order to maximize your profit.

ISCC November Crafter Fair

The holiday shopping season is upon us! That is why the Illesheim Spouses and Civilians' Club is hosting a Crafters Fair on Nov. 15 from 11:30 a.m. to 2 p.m., in the Longbow Lounge on Storck Barracks. Browse and buy handmade items from local crafters and enjoy hot drinks and food provided by Family Readiness Groups. This is a stroller friendly event, so feel free to shop with your little ones before the older ones are out of school. Not a member of ISCC? Don't worry – memberships are available at the door. For more information, check out the ISCC Facebook page or send an email to illesheim.iscc@gmail.com.

ISCC Thrift Shop Needs Volunteers

Looking for a fun and rewarding way to help others and give back to your community? Look no further than the Illesheim Spouses & Civilians' Club Thrift Shop. Volunteer openings include sorting donations, organizing clothes, tagging items and general housekeeping. Volunteers will receive \$5 store credit for working a full shift. Profits from the Thrift Shop are given back to the Illesheim Community in the form of welfare grants and scholarships. Thrift Shop hours are as follows: Tuesday 11:30 a.m. to 3:30 p.m., Thursday 12 p.m. to 3 p.m., Friday 9 a.m. to 12 p.m. and the first Saturday of each month from 12-3 p.m. For more information, send an email to illesheim.iscc@gmail.com.

Bowling Membership Club Card

Join the Katterbach and Storck Bowling Center club for \$25. The membership is valid for 1 year and members will receive \$1.50 games, free show rental, a free t-shirt and a few bowling towel. For more information, call Katterbach Bowling Center at 09802-83-2638 or Storck Bowling Center at 09841-83-4530.

Movie Night

Enjoy a movie free at the Storck Library every Friday at 3 p.m. For more information, call 09841-83-4675.

Stress and Anger Management

Don't be an angry bird! Help is available through a stress and anger management class. The class is offered on the first Wednesday of the month from 2-4 p.m. at the Katterbach Army Community Service or on the fourth Tuesday of the month from 2-4 p.m. at the Storck ACS. Sign up today by call the ACS Family Advocacy Program at 09802-83-2516.

Brown Bag Lunch

Bring a lunch and explore a new town with Army Community Service. The meeting place is ACS on the first Wednesday of every month at Katterbach and the fourth Wednesday of every month at Storck Barracks. Meet at 10:30 a.m. Cost is 10-15 Euros. For more information, call 09841-83-4555.

Spouse to Spouse

Attend the Spouse to Spouse sponsorship training to provide assistance to spouses during reassignment. The class is offered Oct. 24-Nov. 8 from 9-11 a.m. at the Storck Community Activity Center and Oct. 31-Nov. 15 from 9-11 a.m. at the Katterbach Army Community Service. Call ACS today to sign up at 09802-83-2883 or 09841-83-4555.

Turkey Bowl

Sign-up your team or cheerleaders with your FRSA by Nov. 2 to compete in the Powder Puff Football Turkey Bowl flag football tournament. Each unit is eligible to participate and the event will take place on Nov. 20 from 9 a.m. to noon at the black and blue field on Storck Barracks.

Nov 1 - Dec 14
Registration deadline Oct 31

Mandatory Meeting
 Nov 1
 Katterbach Fitness Center
 9-12 p.m.
 Storck Fitness Center
 2-5 p.m.

\$10 for 20 classes
US ID Cardholders
15 years and older
Male and Female
PRIZES!

Info: 467.2771 • 09802.83.2771

MWR

Health Clinic Improvements

The Katterbach Health Clinic has a brand new front entrance just in time for the 2012 flu vaccine campaign. Stop by the Katterbach Health Clinic for your 2012 flu shot and experience the renovations, which are designed to improve the patient experience.

Magic Show

The Rob Lake Magic Show will be at the Katterbach Movie Theater Nov. 15 at 6:30 p.m. and Nov. 16 at 6:30 p.m. and 9 p.m. Doors open 30 minutes prior to the show. There is no cost to attend the show although tickets are required, even for infants due to fire code restrictions. Tickets are available at the Katterbach Movie Theater are now available at the Concierge in the Von Steuben on Bismarck Kaserne during Monday through Friday from 8 a.m. to 4:30 p.m. For more information, call, 09802-83-2930.

Skinny Jeans Weight Loss Contest

There will be a skinny jeans weight loss competition

Don't be an angry bird!

Help is available.
Stress and Anger Management Class

KATTERBACH ACS
 1st Wednesday of the month • 2-4 p.m.

STORCK ACS
 4th Tuesday of the month • 2-4 p.m.

Sign up today!
 ACS Family Advocacy Program
 09802.83.2516 • 467.2516

MWR **ACS**

ARMY LIBRARIES
 Family and Morale, Welfare and Recreation

Book DISCUSSION GROUP
 The Lost German Slave Girl by John Bailey (2004)

In the spring of 1843, Madame Carl Rouff had a surprise encounter on the streets of New Orleans. She met Sally Miller, a slave who bore a startling resemblance to Salome Muller, a German child who was lost shortly after arrival in the new world. Convinced that Sally Miller was the lost Salome based on physical resemblance and a pair of identifying birthmarks, Rouff embarked on a quest to have Sally legally freed from slavery.

1 Nov, 5 p.m. Storck Library **28 Nov, 5 p.m. Bleidorn Library**

Bleidorn Community Library
 CIV 09811.83.1740 • 468.1740

Storck Community Library
 CIV 09841.83.4675 • 467.4675

MWR

Bowling
VALID FOR 1 YEAR
Membership Club Card
Name: _____

\$25 Membership Club Card
\$1.50/GAME • FREE SHOE RENTAL • FREE T-SHIRT
FREE BOWLING TOWEL

Katterbach Bowling Center
CIV 09802.83.2638 DSN 467.2638

Storck Bowling Center
CIV 09841.83.4630 DSN 467.4630

IMCOM MWR

from Nov. 1 to Dec. 14. The registration deadline is Oct. 31. There will be a mandatory meeting on Nov. 1 for all participants, please attend either the one at the Katterbach Fitness Center from 9 a.m. - 12 p.m. or the one at the Storck Fitness Center from 2-5 p.m. The cost is \$10 for 20 classes and is open to U.S. ID cardholders 15 years and older. For more information, call 09802-83-2771.

Temporary BOSS Lounge

The temporary lounge for Better Opportunities for Single Soldiers is located at the Storck Community Activity Center. It is open Tuesday to Friday from 11 a.m. to 1 p.m. For more information, visit www.facebook.com/ansbachboss.

Hearts Apart Self-Empowerment Workshops

The fourth Tuesday of every month at Storck and Katterbach Army Community Service from 10 a.m. to 12 p.m. there will be a Hearts Apart Self-Empowerment Workshop. To register, call Storck ACS at 09841-83-4555 or Katterbach ACS at 09802-83-2883.

Help Wanted

The Katterbach Thrift Store is in dire need of volunteers. If you have some time to donate, we

Welcome to the Katterbach Fitness Center Children's Play Area
Adjacent to the upstairs Cardio Room

Katterbach Kaserne
CIV 09802.83.2771 • DSN 467.2771
Mon-Fri 5:30-9p.m.
Sat & Sun 9-5 p.m.
Training Holidays 9-7 p.m.
US Holidays 9-5 p.m.

IMCOM MWR

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

Resurfacing of B-14

Starting October 15, the state road B-14 along Uras and Shipton Kaserne will be resurfaced. The project is scheduled in two phases and will be finished around Nov. 30. The speed limit will be reduced to 50 kilometers per hour and the temporary traffic light at the Shipton/Uras access will be removed. Access and exit to and from Obereichenbach will remain the same. During phase one, two lanes going towards Katterbach will be resurfaced. Entering from Katterbach and exiting toward Ansbach will remain possible. There will be a detour exiting towards Katterbach and entering from Ansbach, offering two possibilities to turn around: One at Hotel Windmühle and one at Obereichenbach. During phase two, two lanes going toward Ansbach will be resurfaced. The current access near the traffic light will be blocked and drivers coming from Katterbach toward Ansbach will be detoured by Soldiers Lake. The detour for exiting toward Katterbach and entering from Ansbach will remain in place.

Road Construction

The access road to the modular Child Development Center on Storck Barracks will be blocked from Oct. 8-Nov. 19 for ongoing construction. It is necessary to reroute pedestrian access to the modular CDC building and to detour all vehicle traffic around the airfield (from Longbow lounge to modular CDC). The parking areas will be kept open. For more information, call 09841-83-4336.

Storck CAC Repairs

Storck Community Activity Center, Bldg 6510, will be getting the roof repaired starting Sept. 24. There will be a small disruption in traffic and parking in the vicinity of the building due to cranes, scaffolding, etc. Access to the building will not be disrupted and it will continue to operate. Repairs may last eight weeks.

Fuel Pump Closure

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

Storck Barracks Vehicle Registration Closure

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

Youth and Teens

FRG Child Care Night

Child care is available for mission-related Family Readiness Group meetings on the second and fourth Wednesday of each month from 6:30-8:30 p.m. For more information, call Parent Central Services at 09841-83-4880 or 09802-83-2533.

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.

Sports, Health and Fitness

Sweat Shop

Sweat Shop is a new class at Katterbach geared towards customers that need a cardiovascular

NOVEMBER CRAFTER FAIR
LONGBOW LOUNGE • STORCK BARRACKS
NOVEMBER 15
SHOPPING FROM 11:30 A.M. - 2 P.M.

ATTENTION FRGS:
NEED TO BOOST YOUR BANK ACCOUNTS BEFORE YOUR SOLDIERS RETURN HOME? THIS COULD BE A GREAT MONEY MAKER FOR CONTACT US AT ISCCWAYSMENAS@GMAIL.COM TO RESERVE YOUR SPOT.

FOOD LOCAL CRAFTERS DRINKS
STROLLER FRIENDLY EARLY SHOPPING FOR HOLIDAYS

FOR MORE INFORMATION EMAIL US: ILLESHEIM.ISCC@GMAIL.COM
Find us on Facebook

ILLESHEIM spouses & civilians club

ISCC MEMBERSHIPS AVAILABLE AT THE DOOR
MEMBERSHIP FEES GO BACK TO THE COMMUNITY IN THE FORM OF SCHOLARSHIPS & WELFARE GRANTS

component as a mode of physical fitness. Unlike some classes that are high intensity, this class renders a fully class of cardiovascular activities aimed to boost the body's maximal ability to utilize oxygen. The class takes place on Mondays from 10:30-11:30 a.m. Starting Nov. 8, it will be offered in the evenings on Thursdays from 5:30-6:30 p.m. The cost is \$3 per person per class.

TRX Training

This new mode of training will be offered at Storck Barracks Bunch Physical Fitness Center on Thursdays from 12:30-1:30 p.m. TRX is a core-based training that renders benefits not achieved from other modes of training like traditional weight training. The class is limited to eight people and will be based on first come, first serve. The cost is \$3 per person per class.

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.

child, youth and school services presents:
PARENT'S NIGHT OUT and kid's

- Katterbach CDC/SAC**
25 August • 6:30-8:30 p.m.
Kids: In the Kitchen. Mixing up some fun!
- Storck CDC/SAC**
19 October • 6:30-8:30 p.m.
Kids: Costume Pajama Party
- Katterbach CDC/SAC**
9 November • 6:30-10:30 p.m.
Kids: In the Kitchen. Mixing up some fun!
- Storck CDC/SAC**
30 November • 6:30-8:30 p.m.
Kids:
- Katterbach CDC/SAC**
11 January • 6:30-10:30 p.m.
Kids:

For more information or to make a reservation:
Katterbach Kaserne: 09802.83.2533 • 467.2533
Storck Barracks: 09841.83.4880 • 467.4880
Dates and times are subject to change.

Reservations can be made at Parent Central Services and on Webtrac
Eligible patrons buy use their 16 free hours of child care.
Cancellations must be made at least 48 hours in advance. Deployment hours are not refundable.

Parent Central Services
Katterbach: 09802.83.2533 DSN 467.2533
Storck: 09841.83.4880 DSN 467.4880

Sign up and pay at CYSS Webtrac:
<https://webtrac.mwr.army.mil/webtrac/ansbachcys.html>

IMCOM MWR U.S. Army Child Youth Services

Bamberg Community Announcements

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

Veterans Day Lunch

Ray's Diner will have a Veterans Day lunch on from 11:30 a.m.-1 p.m. on Nov. 7. The cost is \$4.55 standard price or \$3.90 discounted price. The menu will include lobster tail, king crab legs, baked stuffed fish, breaded fried shrimp, tenderloin, potato frittata, cream of broccoli soup, garlic mashed potatoes, buttered egg noodles, seasoned broccoli, seasoned cauliflower, potato bar, assorted pastries and beverages.

Stable Theater Fall Musical

The Stable Theater presents Disney's "101 Dalmatians Kids" fall musical on Nov. 8, 9, 15, 16 and 17 at 7:30 p.m. Matinee performances on Nov. 10, 11 and 18 at 3 p.m. Tickets are \$9 for adults, \$7 for kids and \$25 for Families. For more information, call 0951-300-8647.

Taco Tuesday Buffet Bar

Come enjoy the Taco Tuesday Buffet Bar at the Community Activity Center on 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.

\$1 Coat Days

The Bamberg Spouses and Civilians' Club announces \$1 Coat Days Nov. 6-8 at the Thrift Shop. Donations of winter coats can be dropped off at the Thrift Shop until Nov. 2 or at BSCC Bingo on Nov. 2 at the Warner Conference Center. Receive a free bingo card for a donated winter coat. The Thrift Shop is open from 10 a.m. to 4 p.m. Tuesdays and Wednesdays and 11 a.m. to 5 p.m. Thursdays.

Polish Pottery Bingo

The Bamberg Spouses and Civilians' Club will have a Polish Pottery Bingo night Nov. 2 at the Warner

Conference Center. Card sales begin at 6:30 p.m. and bingo starts at 7 p.m. Bring a winter coat or other outerwear for donation and receive a free bingo card. For more information, email bssc1stvp@googlemail.com.

Wood Safety

Arts and Crafts is scheduled to have a Woodshop Safety class Nov. 3 at 10 a.m. and Nov. 8 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.

JROTC Veterans Day

The 15th Junior Reserve Officers' Training Corps Battalion is hosting a Veterans Day program on Nov. 6 at the Bamberg Movie Theater from 2:15-3 p.m. The battalion is putting on this program to support and honor the veterans and Soldiers that served in past and present wars and the Families that sacrifice during the difficult times of war. The program includes patriotic readings, poems and songs. All veterans, Soldiers and Families are welcome to attend. A reception follows the program. For more information, email Madonna.roberts@eu.dodea.edu or call 0951-300-8605.

Veterans Day Ceremony

U.S. Army Garrison Bamberg will have a Veterans Day Ceremony on Nov. 8 at 11 a.m. at Memorial Park or at the Warner Conference Center if there is inclement weather. For more information, call 0951-300-1530.

Berliner Ring/Zollnerstrasse Construction

The intersection of Zollnerstrasse and Berliner Ring is subject to major construction. Entering Zollnerstrasse from Berliner Ring and crossing Berliner Ring using Zollnerstrasse will not be possible for the duration of the construction. Traffic will flow on one lane only in both directions on Berliner Ring. The entire project is scheduled to be finished by Nov. 10. Community members are asked to plan accordingly and follow the signage for an alternative route. Detours will be set up via Seehofstrasse (and then through Gartenstadt) and Weissenburgstrasse. The operating hours for Gate 1 and Gate 5 will change during the construction. Gate 1 will be open for inbound traffic from 6 a.m. to 1 p.m. and for outbound from 1-6 p.m. At the same time, Gate 5 afternoon outbound traffic will be closed to cover the increased hours at Gate 1. Left turns from Hauptmoorstrasse into Gate 3 will be temporarily allowed during the duration of the construction. Outbound traffic from Gate 3 will only be allowed to make a right turn on the Hauptmoorstrasse.

Recovered Items

If you have lost or had any personal items stolen on USAG Bamberg within the past six months, please contact CID at 0951-300-8818 with a detailed description of the device and the circumstances of its disappearance, in order to possibly recover your equipment. Some things in their possession include backpacks, car keys, cameras and jewelry.

English as a Second Language Classes

English as a Second Language classes will take place each Monday and Tuesday in the Family Advocacy Program classroom, Building 7487 on Armor Drive behind the flower shop. ESL Level 1 will meet from 9-10:30 a.m., Level 2 from 10:30 am. to noon and Level 3 from 12:30-2 p.m. There will be no classes on Nov. 12, and the last class for the year will be Dec. 18. All U.S. ID card holders are eligible to attend. For more information, contact Jeffrey Card at jeffrey.p.card.civ@mail.mil or at 0951-300-7777.

USAG Bamberg www.bamberg.army.mil

MWR

facebook

flickr

Bamberg MWR

Basketball Clinic

Nov 6-8, 6-9 p.m.

Freedom Fitness Facility

Clinic is for certification, re-certification, coaches, players, and anyone who wants to learn more about Basketball. For more info call Mr. Williams, Bamberg FFF, DSN 469-7597 or email Charles.williams.civ@mail.mil

FOR SOLDIERS FOR FAMILIES FOR RETIREES FOR CIVILIANS

Running of the Herd

Get ready for the Running of the Herd on Warner Barracks Nov. 8 and 9. Come honor the paratroopers of past and present by running in the 24-hour relay event. Seven members (civilian and/or military) compete on each team, and one member is always running along the five-mile loop around Bamberg's training area. The event begins at noon and ends the next day at noon. Teams are encouraged to hang out and camp out throughout the duration of the event. All participants will receive the 6th Annual Running of the Herd T-shirt. More information about the event is included in the registration packet. If a team registers after the cut off, they may not be able to receive T-shirts, or if they do, it may not be the correct size. The cost per team is \$90. If you would like to buy just a T-shirt they can be purchased for \$8. For more information, email adam.j.obregon.mil@mail.mil.

Red Cross Website

The www.redcross.org site is experiencing technical issues with class participants signing up for classes online. We request that all interested individuals call the station at 0951-300-1760 and sign up until further

USAG Bamberg Family and MWR supporting Military Family Appreciation Month 2012

8 Nov. CVS Parents Night Out
8 Nov. Tour Under Bamberg with Outdoor Recreation (10% off for Blue Star cardholders)
8-11 Nov. & 15-17 Nov. "101 Dalmatians" Musical (\$2 off for Blue Star cardholders)
8-9 Nov. Special Family activities in conjunction with Running of the Herd
15 Nov. Adult & Kids Crafts at CAC, 4-6 p.m. free
17 Nov. RoS Late Night Show, Free admission for Soldiers and their Families
17 Nov. Military Family Appreciation Sk Turkey Trot, FFF, 9 am.

Army Families - Strong, Caring, Resilient

MILITARY FAMILY APPRECIATION MONTH

NOVEMBER 2012

CVS School Age Center, Tel. (0951) 300-8608 • CVS Team Center, Tel. (0951) 300-8871
CVS Child Development Center, Tel. (0951) 300-8749
Community Activity Center, Tel. (0951) 300-8837 • The Stable Theater, Tel. (0951) 300-8647
Freedom Fitness Facility, Tel. (0951) 300-8900 • Outdoor Recreation, Tel. (0951) 300-9376
Army Community Service, Tel. (0951) 300-7777

USAG Bamberg

MWR

B I N G O

Polish Pottery

Bamberg Spouses and Civilians' Club will have a Bingo Night Nov. 2 at the Warner Conference Center.

Card sales begin at 6:30 p.m.
Bingo starts at 7 p.m.
Bring a winter coat or other outerwear for donation and receive a free card!

For more information, email bssc1stvp@googlemail.com

Bamberg Spouses & Civilians' Club

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

**CYSS SPORTS & FITNESS
BASKETBALL AND CHEER
REGISTRATION**



Important Information

Parent Night will be Thursday Nov 8 at 6pm at Freedom Fitness Facility. Please make every effort to attend.

Practice for Bantam and Junior Basketball will start Nov 15 & 16.

Practice for all Cheer, Intro, Pee Wee, & Minor Basketball will start the first week in January.

If you have ANY special requests for your child please inform the sports office BEFORE Parent Night on Nov 8. The sports office is located in building 7669

Registration is Oct 1 - Nov 2! Sign up at Parent Central or Web Trac.

Age groups for Basketball are:
3-5 (Intro) \$20
6-7 (Pee Wee) \$40
8-9 (Minor) \$40
10-12 (Bantam) \$40
13-15 (Juniors) \$40

Cheer 6-7, 8-9,
10-12 & 13-15 all \$40



U.S. Army Child, Youth & School Services

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 will need to create a user profile.

Parenting Skill Builder Classes

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 learn practical tools and techniques to build respectful, healthy relationships with children and help prepare children for the real world. For more information, or 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 Nov. 2 and 16, Dec. 7 and 21 and Jan. 4 and 18 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 Nov. 9, Dec. 14 and Jan. 11 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.

Closures and Changes

Parking Lot Closure

The Garrison will be closing the upper parking lot adjacent to Memorial Park (Desert Storm Park) from Oct. 28 to Nov. 1 in support of the annual U.S. Army Garrison Bamberg Halloween Trunk or Treat event. All vehicles need to be moved from the lot by 12 p.m. on Oct. 30, any vehicles remaining in the lot after that time will be towed at the owner's expense. The lot will be closed again starting Nov. 19 in order to prepare for the Christmas Tree Lighting Ceremony on Nov. 30. The Garrison reminds all personnel that this lot is not for long-term parking and vehicles should not be left there during field exercises, temporary duty assignments or while on leave.

Tax Relief Office Hours

Beginning Oct. 22, the Tax Relief Office in the Community Activity Center will be open 11 a.m.-3:30 p.m. Monday through Friday. For more information, call 0951-300-1780.

Vehicle Registration Closures

The Vehicle Registration Office will be closed Nov. 1, 12 and 22. For further information, call 0951-300-7580.

Youth and Teens

Kids-On-Site Childcare

The childcare at the gym, Kids-On-Site, is available Monday from 8:30-11:30 a.m. and Tuesdays and Thursdays from 10 a.m. to 1 p.m. Your free hours of deployment hourly care can be used if you qualify otherwise the cost is \$4 an hour. Punch card must be pre-purchased at Parent Central Services. Please stop by Parent Central Services to sign your contract and pick up your punch cards. Reservations can be made on Webtrac at <https://webtrac.mwr.army.mil/bambergcyms.html> or call 0951-300-8660.

CYSS Basketball and Cheer Registration

Child, Youth and School Services has registration from Oct. 1 to Nov. 2 for Basketball and Cheer. Sign-up at Parent Central Services or on Webtrac. 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 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

Bamberg Spouses and Civilians' Club announces



**November 6-8
at the
Thrift Shop**

Donations of winter coats can be dropped off at the Thrift Shop from Oct 23-Nov 2 or at BINGO on Nov 2, at the Warner Conference Center

Receive a free bingo card for bringing a winter coat for donation.

Thrift Shop Hours
Tue/Wed 10-4
& Thurs 11-5



or Webtrac to sign up. For more information, call 0951-300-8660.

Sports, Health and Fitness

Basketball Clinic

There will be a basketball clinic Nov. 6-8 from 6-9 p.m. at the Freedom Fitness Facility. The clinic is for certification, recertification, coaches, players and anyone who wants to learn more about basketball. For more information, call 0951-300-7597 or send an email to charles.w.williams.civ@mail.mil.

Flu Shots

Flu shots are now available. Elementary school staff can receive the flu shot from 1-4 p.m. Nov. 2 at the school. Bamberg Middle High School students and staff can get the flu shot from noon to 1:30 p.m. Nov. 1, 6 and 8 at the school.

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 will get your heart pumping as well as target major muscle groups. This class is free to all ID card holders 18 and older. 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.

Schweinfurt Community Announcements

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

Estate Claims

Any persons or agencies with claims against the estate of Spc. Antonio Bloodworth should contact the Summary Court Martial Officer, 2nd Lt. Jason Lemmerman, at jason.t.lemmerman.mil@mail.mil, 09721-96-3312 or mobile phone 0151-4184-7021.

Thanksgiving Dinner

You are invited to enjoy a mess-free meal with family, friends and local nationals. Conn DFAC will be cooking-up a delicious traditional Thanksgiving meal on Nov. 22 from 11 a.m. to 2 p.m. The meal will be complete with turkey, potatoes, pie and so much more. Meal price is \$7.50 per person or \$6.40 for dependents of E1-E4 Soldiers.

Fall Arts and Crafts Show

There will be a fall arts and craft show at Schweinfurt Elementary Middle School on Nov. 3. Come sell or buy beautifully handmade items from 10 a.m. -3 p.m. in the school cafeteria. Tables are \$10 per section. Contact the PTA at pta-sch-es@eu.dodea.edu to reserve your spot or for more information. Handcrafted items like jewelry, photography, basket weaving, needlework, wood work, painting and more will be available.

Schweinfurt Soldiers' and Veterans' Monument

On Veteran's Day, Nov. 11, at noon the monument at Alter Friedhof, a public park behind the Schweinfurt Musikschule, will receive its final piece of the monument, a sculptured eagle. The monument was erected to commemorate the nearly 70 years of service given by past and present Army Soldiers and Families in the Schweinfurt community.

Christmas Baking

Learn to bake the original Nürnberger Lebkuchen (gingerbread) and to prepare the original Glühwein (non-alcoholic) with Andrea at the Ledward Library on Nov. 13 from 4-5 p.m.

Cosmo Night

Better Opportunities for Single Soldiers is having a Cosmo Night on Nov. 16 at the Warrior Zone from 7:30 p.m. to midnight. Cocktail attire is requested. There will be free spa treatments, make-up classes, lounge music, food and drinks. The event is open to single Soldiers and guest 18 years and over. For more information call, 09721-96-6082/8476.

Fall Clean-Up

The Army Family Housing and Government Leased Quarters fall clean-up is scheduled for Nov. 17 from 9 a.m. to 3 p.m.

Photo Scavenger Hunt: Basic Challenge

The Ledward Library will be having an ongoing photo scavenger hunt beginning Oct. 1. How well do you know your military community in U.S. Army Garrison Schweinfurt? Checkout the photo gallery in the library and guess where in the community they came from. Submit your guesses about where the pictures were taken and the person with the most right answers wins a prize.

Recycling Education Class

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

Closures and Changes

Schweinfurt EEO Services Limited

Schweinfurt community members requiring assistance from the Equal Employment Opportunity office must now contact the Ansbach EEO office at 0981-183-7733/7937. The best way to know how the base closure will impact you is to stay informed. Go to www.teamschweinfurt.com and click on "Transition 2014."

Youth and Teens

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. 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.

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.

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 Community Fall Clean-Up
Clean out your clutter!

Clean-up (Army Family Housing & Government Leased Quarters)
Sat, Nov. 17th
9 a.m. - 3 p.m.

Yard Sale (Askren Manor)
Sat, Oct. 27th
9 a.m. - 2 p.m.

Yard Sale Info
No registration required! Fest tables and benches available for \$5 onsite at Lee Street fest site. No cost to sell from a blanket on the ground. Residents of Askren Manor may present their yard sale items in front of their building.

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

Schweinfurt. This class can help your German grade go from a C to an A+ and it may even help you make friends in the German community. Test out your skills by joining us on a field trip downtown. For more information, call the Youth Center at 09721-96-6732.

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

Basketball Season

Community Basketball League
Register: Mon, Oct. 8 - Fri, Oct. 19
Coaches Meeting: Tue, Oct. 23, 6 p.m.
Season Starts: Sat, Nov. 10
Free & open to male/female 10 cardholders age 18+
Games played on weekends. Travel required.

Officials Basketball Clinic
Tue, Nov. 13 - Fri, Nov. 16
6 - 8:30 p.m. at Finney Gym
Free to participate. Required for all officials and score keepers.

Men's Basketball Tournament
Sat, Nov. 17 - Sun, Nov. 18
8 a.m. - 6 p.m. at Finney Gym
Register: Mon, Nov. 5 - Wed, Nov. 14
\$250 Registration Fee per team. 12 player maximum.
Limited to first 8 teams registered/paid.

Finney Fitness Center
Conn Brks, Bldg. 64
09721-96-8234 (CIV)
353-8234 (DSN)

Unit Level Basketball League
Register: Sun, Oct. 21 - Mon, Nov. 12
Coaches Meeting: Tue, Nov. 13, 6 p.m.
Season Starts: Tue, Nov. 20
Free & open to military service members only.
Games played on Tue, Wed, & Thu nights.

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news, services, recreation. Facebook.com/SchweinfurtArmy

Dive Croatia
with Schweinfurt ODR

Thu, Nov 8 - Mon, Nov 12

Join Schweinfurt ODR for an extreme adventure! Depart ODR on Thu, Nov. 8 at 6 p.m. and return Mon, Nov. 12 around 7 p.m.

While in Croatia, explore deep water wrecks, caves and a reef! Dives available for all abilities and levels. You can even get your PADI Open Water Diver Certification while you are there.

Cost is 350 Euro per person, which includes transportation and three over nights. Dive and PADI certification is an additional expense. Must have a valid passport to participate.

Call ODR for details!

Schweinfurt Outdoor Recreation | Conn Brks, Bldg. 50 | 09721-96-8080/353-8080

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Cosmic Pin Bowling
 @The Warrior Zone
 November 16 @1930-2400

- Cocktail Attire Requested
- Free Spa Treatments
- Make-Up Classes
- (Bring Your Own Make-Up)
- Lounge Music
- Chocolate Fountain
- Fresh Fruit & Cupcakes
- Drinks Available
- Single Soldiers and Guests 18+

BOSS/Warrior Zone | Ledward Barracks, Bldg. 224 | 09721-96-6082/354-6082
 BOSS/Finney Rec Center | Conn Barracks, Bldg. 64 | 09721-96-8476/353-8476

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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.

Sports, Health and Fitness

Unit Level Basketball League

The Unit Level Basketball League is free and open to military service members only. Register between Oct. 21 and Nov. 12 at the Finney Fitness Center. The season starts Nov. 20. Games will be played Tuesday, Wednesday and Thursday evenings. There will be a coaches meeting at 6 p.m. Nov. 13. For more information, call 09721-96-8234.

Men's Basketball Tournament

There will be a men's community basketball tournament Nov. 17-18 at the Finney Fitness Center. Registration runs Nov. 5-14. The cost is \$250 per team, a maximum of 12 players per team. Limited to the first six teams registered and paid. For more information, email william.t.comeford.naf@mail.mil or call 09721-96-8470.

Basketball Officials Clinic

There will be a basketball officials clinic Nov. 13-16 at the Finney Fitness Center. The clinic runs from 6-8:30 p.m. each evening. There is no cost to participate. Required for all officials and score keepers. For more information, call 09721-96-8234.

Personal Training

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

Paintball Field Open

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

Tuesday Night Cosmic Pin Bowling

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

Weekly Reminders

Newcomer Meet and Greet

Meet other spouses, learn about the community and get connected here in Schweinfurt every Tuesday from 10-11 a.m. at the Conn Club. The newcomer meet and greet initiative links up incoming spouses with seasoned Schweinfurt residents, offering the warm welcome our community is known for. Coffee and refreshments will be served and children are welcome. For more information or to register, contact Army Community Services at 09721-96-6933.

Inclement Weather in Schweinfurt

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

Local Flea Markets

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

Dental Clinic Space Available

The U.S. Army Garrison Schweinfurt Dental Clinic now offers space available stand-by appointments

Thursday Night Bowling League
 Every Thursday

Practice Time
 6:45 P.M.

Game Time
 7:00 P.M.

\$10 Per-Person

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

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 news, services, recreation. Facebook.com/SchweinfurtArmy

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.

Wanted: Youth Sports Coaches and Officials

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

Family Child Care Providers Needed

Help the community and start a new career as an

for other-than-active-duty eligible beneficiaries. Appointments can only be scheduled 24 hours in advance.

BOSS Meetings

Better Opportunities for Single Soldiers meetings are on the second (at the Warrior Zone) and fourth (at the Finney Recreation Center) Tuesday of every month. For more information, call the Warrior Zone at 09721-96-6082 or the Finney Recreation Center at 09721-96-8476.

Open Mic Night

Come and share your talent with the Warrior Zone, every Friday at 8 p.m. to midnight. Intended for Single Soldiers but open to the entire community. Adults only. No early sign ups required. For more information, call 09721-96-6082.

Single Soldiers Christian Fellowship and Supper

The Conn Chapel offers fellowship and supper every Thursday at 6:30 to 8 p.m. The program is for single Soldiers and includes Bible study, worship and a home-cooked meal. For more information, call Donna Hilley at 09721-96-1370.

Ledward Library Events
 Ledward Barracks, Bldg. 242 | 09721-96-1740 / 354-1740

October

Photo Scavenger Hunt
 Mon, Oct. 1 - Wed, Oct. 31
 How well do you know your military community? Check out the photo gallery in the library and guess where on post they came from. Submit your best guess to the library staff. The person with the most correct answers will win a prize!

Library Book Club
 Wed, Oct. 3 | 5-6 p.m.
 Meet in the library lounge for coffee, tea and treats while we discuss our book of the month!

Sweet Dreams Story Time
 Wed, Oct. 17 | 5:30 - 6:30 p.m.
 Take a child library storytime to a whole new level as all ages to listen to some great bedtime stories cut along in their favorite blanket, sipping on milk and eating sweet cookies!

November

Photo Scavenger Hunt
 Tue, Nov. 1 - Fri, Nov. 30
 How well do you know the city of Schweinfurt? Check out the photo gallery in the library and guess where in Schweinfurt they came from. Submit your best guess to the library staff. The person with the most correct answers will win a prize!

Library Book Club
 Wed, Nov. 7 | 5-6 p.m.
 Meet in the library lounge for coffee, tea and treats while we discuss our book of the month!

German Holiday Baking Class
 Tue, Nov. 13 | 4-5 p.m.
 Learn to bake the original Hünnerberg Lebkuchen (Gingerbread). In addition, learn to prepare the original Glühwein (non-alcoholic) with Andrea.

Native American Heritage Month
 Special displays and attractions at the library

December

Photo Scavenger Hunt
 Sat, Dec. 1 - Mon, Dec. 31
 How well do you know Germany? Check out the photo gallery in the library and guess what prominent place or location is featured. Submit your best guess to the library staff. The person with the most correct answers will win a prize!

Story Time with Santa Claus
 Wed, Dec. 5 | 4-5 p.m.
 On his way from the North Pole, Santa Claus plans to stop at the Ledward Library to read Christmas stories to children young and old.

Library Book Club
 Wed, Dec. 5 | 5-6 p.m.
 Meet in the library lounge for coffee, tea and treats while we discuss our book of the month!

Traditional German Advent Calendar
 Each day a window of the calendar opens.

Find more info and details about each event at...
 TEAMSCHWEINFURT.COM
 news, services, recreation. Facebook.com/SchweinfurtArmy

Thanksgiving Dinner
 Conn/Ledward DFAC

THU, NOV. 22 | \$7.50 PER PERSON | \$6.40 (DEPENDENTS E1 - E4)

Conn Dinner		Ledward Dinner	
11 A.M. - 2 P.M.	11:30 A.M. - 2 P.M.	11:30 A.M. - 2 P.M.	11:30 A.M. - 2 P.M.
BEVERAGES		BEVERAGES	
CHICKEN * SOUP/JUICE * COFFEE * TEA * EGGSALAD		CHICKEN * SOUP/JUICE * COFFEE * TEA * EGGSALAD	
MAIN COURSE		MAIN COURSE	
TURKEY * HAM * PRIME RIB * STEAMSHIP		TURKEY * HAM * ROAST * CORNISH HEN	
SIDE DISHES		SIDE DISHES	
SWEET POTATOES * STUFFING * SHIMP * SALAD		SWEET POTATOES * POTATOES * BOLLIS	
CORNHREAD * GREENS/VEGETABLES * POTATOES		CORNHREAD * GREENS * GEMMO	
DESSERTS		DESSERTS	
ASSORTED PIE * ASSORTED PASTRIES		ASSORTED PIE * COOKIES * SHORTCAKE	

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

coming to THEATERS

HERE COMES THE BOOM
October 19, 2012 | 90 Minutes

Former collegiate wrestler Scott Voss is a 42-year-old apathetic biology teacher in a failing high school. When cutbacks threaten to cancel the music program and lay off its teacher, Scott begins to raise money by moonlighting as a mixed martial arts fighter. Everyone thinks Scott is crazy most of all the school nurse, Bella but in his quest, Scott gains something he never expected as he becomes a sensation that rallies the entire school.

Rated PG for MMA sports violence, rude humor and language.

Visit www.aafes.com for more information.



IN THEATERS • NOV. 1 - NOV. 7

ILLESHEIM THEATER • 09841-83-4546

Nov. 3 - SPARKLE (PG-13) 4 p.m.
SINISTER (R) 7 p.m.
Nov. 4 - HERE COMES THE BOOM (PG) 3 p.m.

KATTERBACH THEATER • 09802-83-1790

Nov. 1 - LOOPER (PG-13) 7 p.m.
Nov. 2 - HIT AND RUN (R) 7 p.m.
Nov. 3 - FRANKENWEENIE (PG) 4 p.m.
TAKEN 2 (PG-13) 7 p.m.
Nov. 4 - FRANKENWEENIE (PG) 3 p.m.
TAKEN 2 (PG-13) 6 p.m.

BAMBERG THEATER • 0951-297-3934

Nov. 1 - SPARKLE (PG-13) 7 p.m.
Nov. 2 - PARANORMAL ACTIVITY 4 (R) 7 p.m.
Nov. 3 - ALEX CROSS (PG-13) 3 p.m.
PARANORMAL ACTIVITY 4 (R) 7 p.m.
Nov. 4 - ALEX CROSS (PG-13) 3 p.m.
HIT AND RUN (R) 7 p.m.
Nov. 5 - HIT AND RUN (R) 7 p.m.

SCHWEINFURT THEATER • 09721-96-1790

Nov. 1 - ICE AGE: CONTINENTAL DRIFT (PG) 7 p.m.
Nov. 2 - ARGO (R) 7 p.m.
Nov. 3 - HERE COMES THE BOOM (PG) 4 p.m.
ARGO (R) 7 p.m.
Nov. 4 - HERE COMES THE BOOM (PG) 4 p.m.
SINISTER (R) 7 p.m.
Nov. 7 - SINISTER (R) 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

Nov. 9 Nachtmann Crystal Factory \$29
Stock up on stemware, bowls, vases and more. This shopping trip is transportation only. Bring a Value Added Tax form to save 19%. Cost is \$29 for adults, \$19 for children and \$65 for family. Departs Storck at 7 a.m. and Katterbach at 8 a.m. and returns at 5 p.m.

Nov. 17 Pottery Shopping \$129
Shop the famous handmade pottery factories of northern Italy and Poland. Visit one of the Italian factories that produce for Williams and Sonoma and other famous retailers. The Poland trip will visit several family-owned factories producing high quality hand-painted pottery. Cost for transportation only is \$129 for adults, \$79 for children and \$279 for family. Departs Storck at midnight and Katterbach at 1 a.m. and returns at 8 a.m. Sunday.

Nov. 22-25 Ski/Snowboard Austria \$349
A family-friendly Thanksgiving Ski/Snowboard Trip to Kaprun/Zell am See, Austria. Trip includes three overnights with dinners and breakfasts, including a special Thanksgiving dinner. Ski/Snowboard lessons are available upon advanced request, by certified PSIA and AASI instructors. Departs Storck at 8 a.m. and Katterbach at 9 a.m., returns approximately 6 p.m. Sunday.

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

BAMBERG

Nov. 3 Little Swiss Hike \$25
Delve into the beauty of Little Swiss on a hike through the breathtaking landscape of Germany! Please wear layered clothing, hiking shoes and bring a comfortable backpack with drinks, lunch and snacks. Departs Outdoor Recreation at 9 a.m. and returns at 5 p.m..

Nov. 8 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. This is the last one before the new year! Departs Outdoor Recreation at 5 p.m. and returns at 7:30 p.m.

Nov. 9-12 Ski/Snowboard Hintertux \$350
Start the new year off right with some of the best snow in the Alps. Hintertux Glacier provides the perfect location for starting off the snow season right. Includes transportation and three nights lodging with breakfast. Does not include lift pass. Snowboard lessons are available for \$25 for one and half hours. Departs Outdoor Recreation at 3 a.m. on Nov. 9 and returns at 10 p.m. on Nov. 12.

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

SCHWEINFURT

Nov. 8-12 Croatia Dive Trip \$30€
Join the Outdoor Recreation Center for an extreme diving experience as Outdoor Recreation dives in Croatia Nov. 8-12. Explore ship wrecks, caves and reefs on this diving adventure. If you don't have your diving certificate yet, don't worry you can get your PADI Open Water Diver Certification while you are there. The cost is 350 Euros and includes transportation and three nights at a hotel. Dive and PADI certification is an additional expense. Participants must have a valid passport. Space is limited.

Nov. 22-25 Austria Ski and Snowboard Trip \$349
Join Outdoor Recreation for three days full of skiing/snowboarding on the Soelden Glacier, and either relax at our three-star hotel or enjoy the Soelden nightlife. Cost is \$349 per person and includes transportation, 3 overnights with breakfast and dinner, free Ski or Snowboard rental and snowboard lessons the first day. Lift ticket not included. Departs at 11 a.m.

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

Eco-Friendly Tips

Recycling Tips

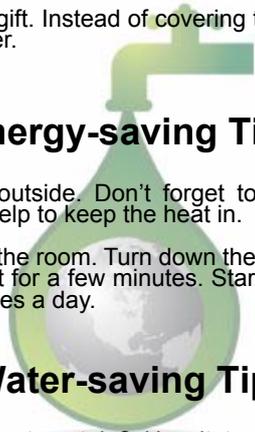
1. Make your own lunch instead of buying over-packaged snacks. This will save you money, too.
2. Buy flowers for a gift. Instead of covering them with plastic, just wrap them with paper.

Energy-saving Tips

1. It's getting cold outside. Don't forget to close windows and doors. Drapes can help to keep the heat in.
2. It's time to air out the room. Turn down the thermostat and open the window wide just for a few minutes. Start in the early morning and repeat this 3 times a day.

Water-saving Tips

1. Is your mineral water stale? Use it to water your plants, it contains rich nutrients.
2. Don't use the toilet as an ashtray or wastebasket. Every time you flush a cigarette butt, facial tissue or other small bit of trash, five to seven gallons of water is wasted.



Was ist los in Franken?

By Bianca Sowders, USAG Ansbach Public Affairs

Kneipenjagd in Ansbach

The annual Ansbach pub crawl with 22 live bands takes place on Nov. 3, starting at 8 p.m. in different locations downtown. Tickets for 10 Euros are available at participating pubs or the Brücken-Center as well as on Saturday evening (for 12 Euros); one ticket buys the admission for all locations. For more information go to www.kammer-events.de.

Carpet Crawlers – A Genesis Celebration 1970-1982

The British band of Brian Cummins plays Genesis songs in the Colos-Saal (Rossmarkt 19) in 63739 Aschaffenburg on Nov. 6 at 8 p.m.

Milow comes to Offenbach

The Belgian singer and songwriter Milow comes to Offenbach at the Capitol (Kaiserstraße 106) on Nov. 6 at 8 p.m.

Wiletta Carson - Jazz in Nürnberg

Wiletta Carson, a Jazz singer from Chicago living in Germany, performs at the Kleinkunstbühne Bammes in Buch-Nürnberg (Bucher Hauptstr. 63) on Nov. 9 at 8 p.m. Admission tickets are 22 Euros; for more information go to www.kleinkunstbuehne-bammes.de.

Honky Tonk Kneipenfestival in Würzburg

The Würzburg pub crawl called Honky Tonk takes place on Nov. 10 at various places downtown. For program details and other information go to www.honky-tonk.de.

Aischgründer Karpfenschmeckerwochen

The Aischgrund, the area around Neustadt an der Aisch and Höchststadt/Aisch is famous for its delicious carp. The new carp season has just started and is celebrated with the "Karpfenschmeckerwochen" until Nov. 4. A carp is usually served "blau" (boiled) or "gebacken" (fried), but there are many other tasty ways to prepare this popular fish, like smoked, in wonderful sauces or even as brat or sushi. Local restaurants often offer a "Karpfen Buffet" where you can try different varieties at once. For more information check out the website www.karpfenschmeckerwochen.de.

Faszination Pferd - Nürnberg

The Messezentrum Nürnberg is featuring a special horse show with tournaments and other sport events involving horses. The show is open daily from 9:30 a.m.-6 p.m. until Nov. 4; details can be found at www.faszination-pferd.de.

Kinder Bazaars

A 'Kinderbasar' is a second hand bazaar for used children's clothing, toys and equipment; they are usually organized by parents in the fall and spring and are a good opportunity to purchase well kept items for a reasonable price. Often there will be coffee and homemade cake for sale at the event. Here are some examples of upcoming bazaars:

- Ansbach at Montessori Haus, Karolinenstr. 5, Nov. 17, 10 a.m.-noon (toys only)
- Gerach at Mutter-Kind-Gruppe, Nov. 18, 2-4 p.m.
- Rothenburg at Jakobsschule, Kirchplatz 13, Nov. 24, noon-2 p.m.
- Heilsbronn at Grundschule, Nov. 24, noon-2 p.m.
- Baunach at St. Oswald, Nov. 24, 1:30-4 p.m.

Pumpkin Festival in Ludwigsburg (near Stuttgart)

Ludwigsburg's 'Blühendes Barock' Garden is a place that goes all out when

it comes to celebrating the pumpkin - each year the garden hosts a special fest that pays tribute to more than 450 varieties of this North American native. Sculptures and fountains decorated with pumpkins are a big feature of the fest, as well as lots of pumpkin-based treats like soup, spaghetti and even wine; the festival is open to the public until Nov. 4. The Baroque Garden also features a fairy-tale park that takes you through some of Europe's most famous children's stories. Visit with Red Riding Hood, then choose a pumpkin of your very own to bring home. <https://www.facebook.com/kuerbisausstellung> or <http://www.blueba.de/Veranstaltungen/Kuerbis/kuerbis.html>.

Fish Harvest week in Dinkelsbühl

The Fisch-Erntewoche in Dinkelsbühl, ongoing until Nov. 4, is a must for fish lovers; there will be carp, wels catfish, walleye, tench and trout on the menu, freshly harvested from the ponds. For details go to www.fischerntewoche.de.

Lebkuchenmarkt in Nürnberg

The annual ginger bread market, Lebkuchenmarkt, in Nürnberg takes place in front of the Lorenzkirche downtown until Nov 4; stop by for a sample of the famous Nürnberger Lebkuchen and enjoy a warm beverage with it. The market is open daily 11 a.m.-8 p.m.

Consumenta in Nürnberg

The consumer fair Consumenta opens its doors again in the Messezentrum Nürnberg until Nov. 4. New 'theme parks,' interesting events and activity areas in ten exhibition halls offer something for everybody. Opening hours are daily 9 a.m.-6 p.m. For more information go to www.consumenta.de.

Wild game and fowl weeks

The county of Neustadt an der Aisch - Bad Windsheim is sponsoring wild game and fowl weeks, "Wildbretwochen," Nov. 10-25. In selected restaurants you can find delicious meals specific for this time of the year. For a list of restaurants and menus go to www.wildbretwochen.de.

Al Di Meola in Fürth

Al Di Meola, world famous guitarist who had his prime time during the 80s while performing with John McLaughlin and Paco de Lucia, is coming to the Kofferfabrik (Lange Str. 81) in Fürth on Nov. 25. He will give two concerts, at 7 and 10 p.m.; for more information check www.kofferfabrik.cc.

Guided Tours

Guided tours are a good way to get to know the place you are living or stationed. It is a good way to spend time outside, with friends or family. Check this website available in English on guided tours <http://www.bamberg.info/en/stadtfuehrungen/>.

Insider Tips

Insider tips and rating for the coolest pubs, clubs, bars and sights can be found on this website: <http://www.virtualtourist.com/travel/Europe/Germany/Bavaria/Bamberg>. People who have been to these locations before share their insight information and experiences. It is a great resource for all who would like some more information on their favorite destination on Bamberg before leaving post.

National Concert Schedule

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

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

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

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