

# The Franconian News

Serving the Franconia Military Community in Ansbach, Bamberg and Schweinfurt

Vol. 10, Issue 7

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Thursday, Feb. 14, 2013

## Community members speak up to make a difference at AFAP

By Heidi Sanders,  
USAG Bamberg Public Affairs

BAMBERG, Germany – More than 25 volunteers from throughout U.S. Army Garrison Bamberg spent a day and a half sorting through issues submitted by the community to find solutions that could help improve Army life.

During the Army Family Action Plan symposium, which took place Feb. 7 and 8 at the Warner Conference Center, two teams of 10 delegates and three staff members each looked at approximately 35 issues submitted by community members and identified the top six which were presented to USAG Bamberg Garrison Commander Lt. Col. Michelle L. Bienias.

AFAP takes issues submitted by Soldiers, family members, civilians, retirees and survivors and addresses them at the garrison-level.

This bottom-up program is systematic with issues worked at a garrison level and then moved up to the Installation Management Command Europe level. In turn, these issues can then be moved up to Headquarters, Department of the Army.

“AFAP has been successful in changing legislation in the Army since 1983,” Bienias said.

### ‘Dog Father’ retires from military service

By Margaret Gotheridge,  
USAG Schweinfurt Public Affairs

SCHWEINFURT, Germany – It is a retirement ceremony like many. The anthem plays over the loudspeaker. Soldiers render honors. A barking of orders, medals pinned and an old Soldier – unleashed from military service – begins a new chapter in life.

But the retirement ceremony held Feb. 1 here at Conn Barracks was different than most. Soldiers and community members from Schweinfurt, Bamberg and Mannheim gathered to honor Lando F620, a military working dog who rose to the rank of sergeant first class and retired from the 94th Military Police Detachment.

“The average lifespan of Lando’s breed is 15 years,” said Capt. Dane M. Hiltner,

commander of the 630th Military Police Company, during remarks delivered at the ceremony. Lando, a 12-year-old Belgian Malinois, has been in military service for the past eight years. “Can you imagine? As humans our average lifespan is maybe 80. So, can you imagine serving the Army for 40 years?”

Lando deployed four times in those eight years. At the ceremony he was awarded the Army Achievement Medal for his service to the Army.

“He is the dog father. All the other dogs love him. They won’t bark at him,” said Staff Sgt. Richard McNulty of the 94th MPD, who has worked with dogs like Lando for four years.

Lando entered the military working dog program in (DOG, on [Page 2](#))



Heidi Sanders / USAG Bamberg Public Affairs

Carolina Rodriguez, facilitator for the red team during U.S. Army Garrison Bamberg’s Army Family Action Plan symposium, reviews the five most valuable Army services identified by the red team.

The yellow team presented four issues to Bienias.

The first issue was that the menu at the dining facility is outdated. Bienias said the running of the dining facility is being transitioned from the 16th Special Troops Battalion to the 54th Engineer Battalion, so she would make them aware of the issue.

The second issue was single noncommissioned officers being required to live on post in the junior-enlisted barracks. Bienias said the garrison will look into

moving all single NCOs into one barracks, regardless of their unit.

“We may have a barracks where all one floor is NCOs,” she said.

Another issue addressed by the yellow team was that the orthodontist on post is no longer starting new treatments involving braces, even though Soldiers and dependants stationed overseas are entitled to this benefit.

Bienias said she plans to elevate this issue

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Spc. Ondirae H. Abdullah-Robinson / 12th CAB Public Affairs

Soldiers of C Company, 3rd Attack Reconnaissance Battalion, 159th Aviation Regiment, 12th Combat Aviation Brigade, sprint 100 meters Jan. 17 at the Storck Kaserne gym during a series of events that were part of the German Armed Forces Badge for Military Proficiency test. To read more on this story, see [Page 4](#).



Margaret Gotheridge / USAG Schweinfurt Public Affairs

**Lando, a military working dog, retires from military service at a ceremony Feb. 1 at Conn Barracks in Schweinfurt. Lando served eight years with the Army, deployed four times and tallied up 15 confirmed finds downrange.**

(DOG, from [Page 1](#))

December 2003 at Lackland Air Force Base, Texas, where all military working dogs receive their initial training. He trained as a patrol explosive detection dog in 2005 and was then assigned to the 272nd Military Police Company in Schweinfurt, Germany. He continued his career with the 630th Military Company and finished under the 94th Military Police Detachment.

Lando deployed four times – once in support of Operation Enduring Freedom, twice for Operation Iraqi Freedom and most recently in support of the Kosovo Force. He had 15 confirmed finds while deployed.

“The biggest achievement that he has done is finding explosives downrange,” said McNulty. “There is no way to calculate how he saved lives – finding the explosives, finding the IEDs, getting them off the route the Soldiers were going.”

Lando also provided force protection to the president and vice president of the United States and the secretary of state, said

McNulty. But when he wasn't sniffing out bombs and protecting heads of state, Lando was protecting the Bamberg and Schweinfurt military communities working perimeter checks and gate guard.

Military working dogs spend countless hours with their handlers to hone the skills necessary to sniff out drugs or explosives. But now, Lando's golden years are in front of him as he transitions into retirement.

“He gets all excited,” said Staff Sgt. Michael S. Bacon, about Lando's work ethic even today. Bacon is the kennel master for the 94th MPD. “He wants to do it even though his body can't really do it for him anymore. Mentally he is like ‘let's go, let's do this.’”

One Bamberg family has now decided to adopt him.

At the Feb. 1 ceremony, Capt. Rory Thibault, his wife Johanna and their family received Lando's leash and a certificate of adoption, formally certifying Lando's transition out of military service and into doggy retirement.

“When we saw a note on the Bamberg community page about a [military working dog] looking to retire we were intrigued,” said Johanna Thibault. “An older and well-trained dog would be a great fit for us. After we met Lando we fell in love and realized he'd be a great fit for our family.”

Pet owners can adopt military working dogs once the dogs are removed from service for reasons ranging from medical issues to their own disinterest in sniffing out explosives.

“They want to work,” said McNulty about all military working dogs. “They have a drive to work. It takes them a little longer to go to a home and be a pet. Their job is to just be loyal to that family, not search for explosives, not to do bite work anymore. It takes them time to adjust to their new life.”

Lando does not have any medical issues. But his new family should be warned.

“He sleeps on his back with his legs up in the air,” said Staff Sgt. James A. Hall, the kennel noncommissioned officer in charge, who is familiar with Lando's antics. “It looks like he is playing dead.”

Although the Bamberg and Schweinfurt communities will no longer be graced with the “Dog Father,” his new family already has plans on how Lando will spend the rest of his dog days.

“It's very clear to us that Lando was well loved in the Schweinfurt and Bamberg kennels. He is a people-oriented dog, and we're making sure to include him in everything we do. Be it sitting and watching TV or walking to kindergarten, we're making sure Lando is there with us,” said the Thibault family.

**“He is the dog father. All the other dogs love him. They won't bark at him.”**

**-Staff Sgt. Richard McNulty,  
94th MPD**



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Garrison Ansbach website at [www.ansbach.army.mil](http://www.ansbach.army.mil).

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

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# Staffing shortages affect Bamberg CYSS hourly care programs

By Heidi Sanders,  
USAG Bamberg Public Affairs

BAMBERG, Germany – Due to staffing shortages, U.S. Army Garrison Bamberg's Child, Youth and School Services has reduced the services offered through some of its hourly care programs.

The programs primarily affected include hourly care at the Child Development Center and School Age Center, the Parents' Day/Night Out program and the JFK Youth Center.

Family and Morale, Welfare and Recreation Director Darrell Clay said at this point the full-time and part-time programs, including Strong Beginnings, have not been reduced.

"We are attempting to minimize disruptions and closures as much as possible," Clay said. "To ensure full-day programs continue, we are realigning the staff to the CDC and SAC. Thus the changes were necessary."

Clay said CYSS is currently at 48 percent of it authorized staffing. That equates to 28 positions that are not filled.

Clay said the vacancies have been caused by employees moving and a recent hiring freeze imposed by the Department of the Army.

The hiring freeze was lifted for CYSS on Jan. 29, Clay said, but it will take some time to fill the openings.

"CYS management and CPAC (Civilian Personnel Advisory Center) are working closely to recruit against vacancies," he said. "Once the vacancies are filled, CYS will again assess our ability to deliver the same level of services."

The hourly care at the Child Development Center, for children 6 weeks to 5 years old, has been reduced from 8 a.m. to 4 p.m. Monday through Friday to 8 a.m. to 2 p.m. on those days. Lily Markey, coordinator of Bamberg CYSS, said there are still slots available for children.

The School Age Center, which provides

care to children in kindergarten through fifth grade, will have reduced hours on school-out days. The center will be open from 7 a.m. to 5:45 p.m. instead of opening at 5:45 a.m. on those days.

Hourly care at SAC is available only on an emergency basis, Markey said. Parents in need of emergency hourly care at SAC are asked to coordinate with the manager to discuss availability.

Beginning March 4, parents will need to drop off children in the before school program at the CDC. The hours of the before-school program, which is currently offered from 5:45 to 8 a.m. at the School Age Center, will not change. Children will still go to the School Age Center after school.

The Parents' Day/Night Out program, which provides occasional weekend or evening child care on set days, will no longer be offered.

The last Parents' Night Out will be from 6:30 to 10:30 p.m. March 1. Markey said there are still spots available. Parents can sign up by visiting Webtrac online or stopping by Parent Central Services.

The JFK Youth Center is also feeling the effects of the staffing shortage. The center's hours have been reduced from 3 to 7 p.m. to 3 to 6 p.m.

Beginning March 4, the Youth Center will only be accessible for open recreation Monday through Friday. Previously, the facility had been opened one Saturday a month.

"We won't be able to do that," Markey said.

Markey said programmed activities will be offered when possible depending on Teen Center staff availability.

Term two of the HIRED! program, which provides teens with job apprentice opportunities, had to be canceled because of staffing shortages, Markey said. She hopes the program can be offered again when more employees are hired.



The staffing shortages have not affected services provided by Family Child Care providers, the SKIES Unlimited program and the youth sports and fitness program.

Markey said any changes to those programs have been because of the providers choosing to end their contracts.

Markey said CYSS is trying to minimize the impact these reductions in services have on Families.

"I know that is hard on family members," she said. "They don't have anywhere to go."

She said parents can view a copy of the CYSS-approved baby sitter list at Parent Central Services to find providers for temporary care.

Markey said CYSS hopes to open up four more FCC homes soon.

"That will give parents more options," she said.

CYSS patrons are invited to attend the Parent Advisory Council meeting at noon Feb. 21 in the Yellow Ribbon Room. Markey said this is an opportunity for parents to find out what is happening at CYSS and share any concerns or suggestions they have.

## Army exploring 'human dimension'

WASHINGTON – The Army realized in the early years of the wars in Iraq and Afghanistan that in addition to conventional warfare, Soldiers were being asked to perform a lot of nontraditional functions, some of which they were often ill-equipped to do.

These included negotiating with tribal leaders and helping develop infrastructure and services for local populations, tasks they were never trained to perform, said Col. Thomas Meyer, chief of the Human Dimension Task Force at U.S. Army Training and Doctrine Command, or TRADOC.

In 2006, Gen. William S. Wallace, who was the commander of TRADOC, realized that since more was being asked of Soldiers, they would need to improve their performance, Meyer said.

Wallace concluded that "tanks, trucks and guns were not the primary reason for battlefield success. Rather, it was the Soldiers on the ground," Meyer added.

TRADOC responded by adding the "Human Dimension" to ...

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



## MOH nominee Romesha talks life after Army

WASHINGTON – Former Staff Sgt. Clint Romesha loved the Army. He loved serving. He loved his men. He loved the pride and the honor and the sense of purpose. His grandfather served in World War II, his father in Vietnam, and they instilled in him a desire to serve his country. But a few years ago, his commitment to the military was ending, and like many service members, he had a big decision to make.

He had done tours in both Kosovo and Korea, deployed to Iraq twice and had just survived an especially grueling and violent assignment in Afghanistan at Combat Outpost Keating, with Bravo Troop, 3rd Squadron, 61st Cavalry Regiment, 4th Brigade Combat Team, 4th Infantry Division. Keating was a rather primitive camp in a tiny valley surrounded by towering mountains in Nuristan Province, only a handful of miles from the Pakistan border. After almost five months of daily attacks, about 300 insurgents overran the ...

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



# 'Quickstrike' Soldiers earn German Military Proficiency Badge

*Spc. Ondirae H. Abdullah-Robinson,  
12th CAB Public Affairs*

ILLESHEIM, Germany – Soldiers from C Company, 3rd Attack Reconnaissance Battalion, 159th Aviation Regiment, 12th Combat Aviation Brigade, at Storck Kaserne here, participated in a physical fitness challenge during the last half of January with the goal of earning the German Armed Forces Badge for Military Proficiency.

Chief Warrant Officer 2 Mark Redman and Chief Warrant Officer 3 James Hilliard, both AH-64D Apache pilots with C Co., came up with the idea to plan an event to earn the badge. Fortunately, the company has a German Bundeswehr (Federal Defense Force) helicopter pilot, Capt. Marc Gaterslaben, who is attached to the battalion as the first and only AH-64D Apache pilot in training for the Bundeswehr.

"I thought it was a great opportunity to work with the Germans as well as bring our company together," Redman said. "It was nice to actually get out of the office and see the guys having fun and actually earning the badge.

The requirements for the German Armed Forces Badge for Military Proficiency are an evaluation from the commanding officer, 3,000-meter run, 100-meter sprint, a high jump event, measured shot put and a 12-kilometer road march with a 15-kilogram (33-pound) rucksack. The badge can be earned in bronze, silver or gold, based on a Soldier's performance.

Compared to the Army Physical Fitness Test, Chief Warrant Officer 2 James Harlow said, "It's a little more challenging."

The Soldiers first split into three groups and completed most of the events round robin at the Storck Barracks gym.

After completing the track-and-field events, the Soldiers changed into warmer clothes and did the 12-kilometer road march on the snowy streets of Storck Kaserne.

"Everybody was working together and motivating each other," said Redman. "It was a great sense of accomplishment, and everyone had a great attitude even though the weather wasn't cooperating. It was snowy and windy, but everyone finished as a team."

On the second day, the Soldiers met up at Illesheim and drove to the German military's Otto-Lilienthal Kaserne in Roth,

Germany. Upon arrival the group met Capt. Benedikt Herzner, an Attack Eurocopter Tiger (Unterstützungshubschrauber Tiger) pilot with the 2nd Company, German Army Aviation Corps Attack Helicopter Regiment 26, and the group split into two – the pilots and the crew chiefs.

Herzner took the group of mechanics to the Engagement Skills Trainer, a small-arms weapon simulator. At the EST the group qualified with the P8 9 mm pistol, thus completing the competition for the award.

"It was good to see how everyone tried to do their best to earn the gold badge," Gaterslaben said.

When the Soldiers finished qualifying, Herzner and his staff demonstrated the various weapons the Germany military uses, and then allowed the American Soldiers to fire each of them. The simulator had a German heavy machine gun, four Walter P8 9 mm pistols and three Heckler & Koch G36 assault rifles with single-shot and automatic capabilities.

"I thought [the weapons] were awesome. My favorite was the machine gun," said Harlow. "It was a delight."

The simulator presented different scenarios, including a densely wooded forest, a suburban environment and an industrial environment, allowing the Soldiers to engage

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*Spc. Ondirae H. Abdullah-Robinson / 12th CAB Public Affairs*

(Above) A Soldier from C Company, 3rd Attack Reconnaissance Battalion, 159th Aviation Regiment, 12th Combat Aviation Brigade, jumps as high as he can Jan. 17 during the high jump event at the Storck Kaserne gym in a series of events that were part of the German Armed Forces Badge for Military Proficiency test.



*Spc. Ondirae H. Abdullah-Robinson / 12th CAB Public Affairs*

**Soldiers from C Company, 3rd Attack Reconnaissance Battalion, 159th Aviation Regiment, 12th Combat Aviation Brigade, conduct a 12-kilometer road march with 33-pound sacks Jan. 17 event at the Storck Kaserne gym during a series of events that were part of the German Armed Forces Badge for Military Proficiency test.**

# Sgt. Caquan Palmer: Hurricane Sandy survivor, volunteer

*Spc. Latoya Dallas,  
USAG Schweinfurt Public Affairs*

Sgt. Caquan “Cue” Palmer and his family sat in the shadowy living room listening to the hurricane hurl debris outside. But grandmother’s prayers were answered when Hurricane Sandy shifted her course, narrowly averting havoc on the family home.

It was Oct. 28. This had become just the latest in a series of misfortunes to plague Palmer and his family in such a short span of time.

## The hurricane: things come tumbling down

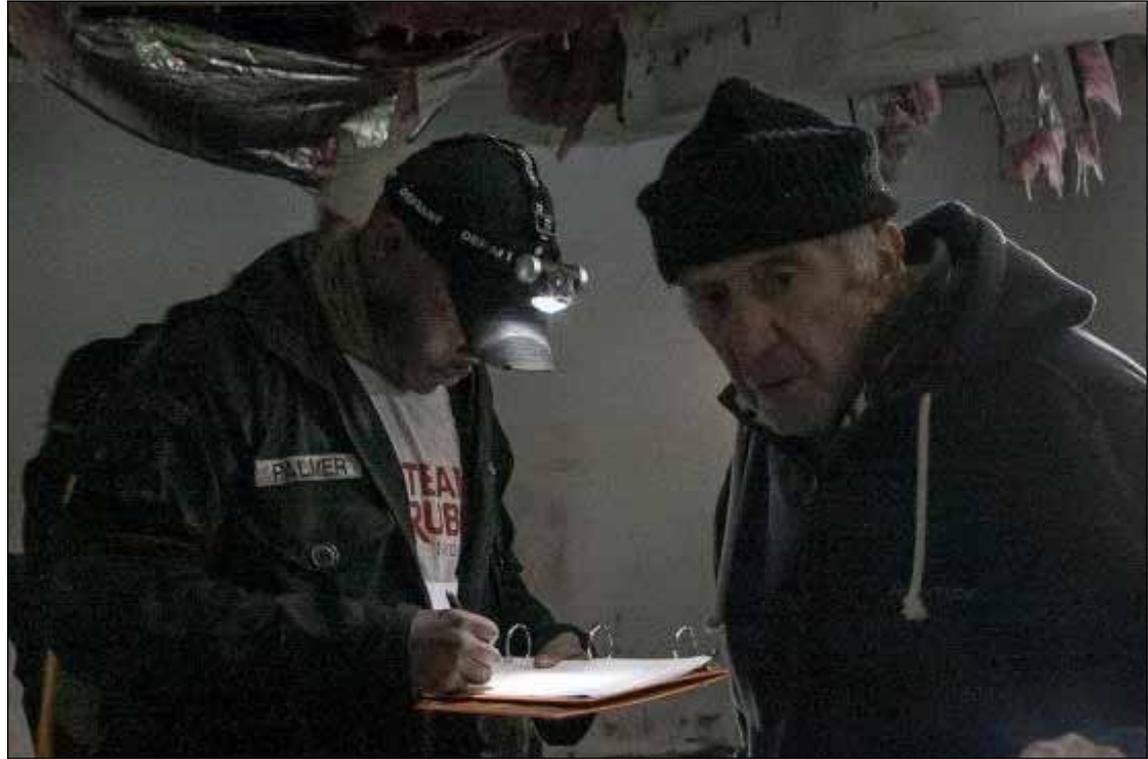
Just days before Sandy’s rampage, Palmer – assigned to Schweinfurt’s 9th Engineer Battalion – had been in Schweinfurt working staff duty at the front desk as resident Soldiers passed through the barracks. That’s when the Red Cross message came in: “Caquan Palmer, your grandfather has died.”

You see, Palmer was born in prison and his grandparents had adopted the baby boy. So, in Palmer’s mind, it was his “father” who had just died.

Still, Palmer felt like his grandfather was in a better place. After all, his grandfather had battled cancer three times in the past 10 years and had fought each attack into remission. Now, Oct. 20, Easton Everett Sparkes lay dead in his sleep.

Sparkes was the strong, silent type who enjoyed a stiff drink every now and then, Palmer recalled. Sparkes forwent the touchy, feely stuff; not to say he didn’t embody other notable characteristics. He was a good Samaritan who worked hard, kept it real and always did the right thing even if he didn’t like it. If he had to help a person, he might give them hell for it, but he’d do it, Palmer said.

“Simultaneously, he was the most flawed man I’ve ever met and the greatest man in the world,” Palmer said about his grandfather. “He didn’t really hide his faults too much. I can count how many times he had



*Thomas Hudson / Team Rubicon*

**Sgt. Caquan “Cue” Palmer of the 9th Engineer Battalion, left, documents Hurricane Sandy’s damage to a New York structure. Palmer served as a team leader in an emergency response organization to help the victims of Hurricane Sandy – this, during a time of personal anguish and crisis.**

told me he loved me on one hand, but there was never lack in the house and always food on the table.”

Palmer’s young life mirrors his grandfather’s 76 years. Sparkes served as a sergeant in the Jamaican Defense Forces, just as Palmer has been serving the U.S. Army for nearly eight years. Sparkes acted as an emergency police officer in the Constables, while Palmer has volunteered with the New York Fire Department.

In fact, Palmer’s volunteer record is what makes him stand out.

Palmer is a decorated Soldier with many medals awarded for his volunteer service. He’s been awarded for his dedication to the Combined Federal Campaign and for assisting stranded civilians during the New York blackout in 2004. Most recently he received an Army Achievement Medal for his work with the Bamberg High School Junior ROTC.

“It helps me deal with Baghdad. I’ve been deployed three times,” Palmer said about his efforts toward ROTC. “So, it helps me deal with all that stress. I like having little Soldiers that won’t die. Working with kids is

worth it. Someone helped me and took an interest in me when I was a kid.”

Palmer said he believes it really does take a village to raise a child. He often dedicates his time to children whose parents are altogether absent or gone much of the time.

“Mentoring is more than being a big brother,” Palmer said, who takes personal responsibility in the youths’ emotional and physical well-being, making sure to teach them self-worth.

## The funeral: picking up the pieces

The day of the funeral had come, but would not happen. In all of Sandy’s rage, she had blown the circuit to the funeral home’s electrical gate. Days would pass before the body could finally leave the parlor – even longer before the funeral.

The funeral was rescheduled, though actual turnout of loved ones would be cut in half by grounded flights from the Caribbean. This time it would really happen. Palmer carefully put on a crisp military uniform in a dark room. The house was still without power.

It was an honest funeral in remembrance of a flawed but decent man.

“We usually cover up our issues,” said Palmer. “However, I like being honest. Have you ever gone to a funeral where the speaker is talking about the deceased and everyone is like ‘Who the hell are they talking about? I don’t know that guy?’”

Palmer’s volunteerism spirit kicked into overdrive ever since Sandy cleared New York. Not even a death of a loved one and a delayed funeral service could stop Palmer from stepping up. Almost every leave day was used to aid the victims of the tempest.

In New York, Palmer served as team leader with Team Rubicon – an organization that pairs the skills and experiences of military veterans with medical professionals who then deploy as emergency response teams to crisis situations. Palmer used what he knew as a combat engineer and noncommissioned officer.

On being part of Team Rubicon, the Army core value of selfless service reached the

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## JROTC cadet receives Legion of Valor Bronze Cross for Achievement

By Capt. William Marshall,  
7th Theater Tactical Signal  
Brigade Public Affairs

SCHWEINFURT, Germany – Schweinfurt Junior ROTC student David Mathews received the Legion of Valor Bronze Cross for Achievement from Col. Geoffrey Mangelsdorf, commander of the 7th Theater Tactical Signal Brigade, at the Schweinfurt High School Spring awards ceremony Feb. 7.

From more than 4,000 other JROTC students across the nation, Mathews was selected to receive the award. He is also the son of Sgt. Dustin and Cheryl Mathews from the 9th Engineer Battalion.

David Mathews serves as the cadet battalion commander for the Schweinfurt Razorbacks battalion of the JROTC. He is active in the Schweinfurt

community with more than 100 hours of community service and is a Junior Assistant Scout Master and Eagle Scout. After he graduates this spring, he will be participating in a two-year mission trip with his church. Thereafter, Mathews plans on applying to one of the service academies and pursuing a career as a pilot.

The Legion of Valor was organized April 23, 1890, in Washington, D.C., by a group of Civil War and Indian War Campaign veterans who were recipients of the Medal of Honor. Criteria for award of the Bronze Cross for Achievement have been developed by the Legion of Valor in conjunction with officials of the Army's ROTC program.

In general, the standards of achievement are similar to the qualities required for award



Staff Sgt. Jose Rivera / 7th Theater Tactical Signal Brigade

**David Mathews, a Schweinfurt High School Junior ROTC student, shake the hand of Col. Geoffrey Mangelsdorf, the commander of the 7th Theater Tactical Signal Brigade, before receiving the Legion of Valor Bronze Cross for Achievement during a Feb. 7 awards ceremony at Schweinfurt High School. Mathews was selected to receive the award from more than 4,000 other JROTC students across the nation.**

of the Army's Superior Cadet Decoration and have been adopted by the Air Force, Navy and Marine Corps. The Legion of Valor is awarded based on

a cadet's academic excellence, leadership potential and service to the school, community and nation.

## Classes, financial counseling available during Military Saves Week

By Heidi Sanders,  
USAG Bamberg Public Affairs

BAMBERG, Germany – Military Saves Week is Feb. 25 through March 1, and U.S. Army Garrison Bamberg will be offering various programs and activities throughout the week to help teach community members the importance of becoming financially stable and independent.

Military Saves Week is a military-wide initiative started in 2003 that is geared toward helping influence, motivate and support service members and their Families to save money.

This year's Military Saves Week theme is "Set a goal, make a plan, save automatically."

Army Community Service will be offering classes on various aspects of saving each day during Military Saves Week. The class will be from 9:30 to 11 a.m. in ACS Bldg. 7029, Room 117.

The courses are open to all service members, family members, civilians and retirees.

The Feb. 25 topic will be budgeting, covering setting a budget and how to stick to it.

Feb. 26 will address investing risk tolerance, which will look at different types of investments and the risks associated with each.

The Feb. 27 topic will be debt reduction.

On Feb. 28, the topic will be financial planning for a permanent change of station move.

Planning for a major purchase will be the topic March 1.

Maurice Cochrane, financial readiness assistant at Bamberg's ACS, said the last two topics in particular can be especially useful for those preparing for a move.

"People going back to the states may want to purchase homes or a car," Cochrane said.

In addition to the daily classes, Cochrane said classes can be requested for individual units.

Community members also will have the opportunity during Military Saves Week to meet one on one with licensed professional financial counselors provided by the Military Family Life Consultants program. Appointments are required for the one-on-one sessions.

To make an appointment or for more information, call 0951-300-9190 or email [maurice.d.cochrane.mil@mail.mil](mailto:maurice.d.cochrane.mil@mail.mil).

Cochrane said Military Saves week could

provide community members with useful financial preparedness tools.

"A lot of people, based on my experience, are facing financial difficulties by not planning of certain events," he said.

ACS's efforts to help people save money in the past have paid off. Kimberly Millner of ACS is currently facilitating two sessions of Financial Peace University in conjunction with the chapel.

Millner said there are more than 35 participants in the course, which is about halfway through. She said since the beginning of the course the participants have paid off \$23,087.51 and saved \$17,695.

Millner said the participants' feedback has been positive.

"They seem to be really enthused and leaning a lot," Millner said.

**MILITARY**  
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**START SMALL. THINK BIG.**

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to the U.S. Army Europe level for further review.

The final issue presented by the yellow team was that there is a backlog of Exceptional Family Member Program cases. This could become a bigger issue as families prepare for permanent change of station moves.

Bienias said this is something that is currently being addressed. She said informing community members of the EFMP screening requirements early is crucial.

“People don’t realize you need the screening if you are moving to another location in Europe,” Bienias said.

The red team presented two issues to Bienias. The first was fraternization between Soldiers and minors, which is defined as anyone 16 and younger, according to the Uniform Code of Military Justice.

She will address this issue with tenant unit command teams.

The red team’s second issue was regarding sexual assault training. Justin Hunsaker, representative for the red team, said the

sexual assault training currently offered by the Army is incomplete and one-sided. He said he would like to see sexual assault and sexual harassment training separated.

“We don’t want to detract from the severity of sexual assault,” he said. “We don’t want prevention to take a back seat to response.”

Hunsaker said the training should be more hands-on, compared to the lecture-based training that is currently offered.

Bienias said the garrison is finalizing the USAG Bamberg standard operating procedures for the sexual harassment and sexual assault response and prevention program, which will identify processes and responsibilities for units and the garrison.

Team Teen, made up of students from the high school, presented two issues affecting students: lack of electives offered at the middle and high school, and student lunches.

Team Teen recommended adding vocational electives, hiring teachers with multiple certifications so they could teach more than one subject and offering dual-enrollment classes through colleges.

Bienias said the courses offered will vary as the garrison’s population decreases in preparation for closure.

“The courses available are going to be determined by how many students are enrolled,” Bienias said.

After the briefing, Bienias thanked the participants for their involvement.

“I know this isn’t always easy,” she said. “You all did an outstanding job.”

Kimberly Millner with Army Community Service said she was pleased with what was accomplished in such a short time.

“For us to be such a small community, we did well,” Millner said. “I really thought there would be a lot of closure issues, but there really were not.”

Curtis Scruggs, a first-time delegate, said he was approached by his executive officer to participate in the symposium. He said it was a memorable experience.

“There were a lot of different people with a lot of different ideas that all came together,” Scruggs said.

(BADGE, from [Page 4](#))

vehicles, equipment and enemy targets in a non-hostile environment.

“I have not had an opportunity to do that before,” said Harlow. “I thought [the staff members] were squared away. It was a great training opportunity. It was a lot better than sitting out there in the snow doing it in real life.”

The pilots also got the opportunity to ride in the German BO-105 anti-tank/utility helicopter.

As the day ended, the Soldiers were taken to an instruction and simulator complex for the German army helicopter. There, the Soldiers learned how the Tiger is made and about the training requirements for the pilots. They also toured the different areas where the German student-pilots train.

To close out the day, the C Co. Soldiers were awarded the German Armed Forces Badge for Military Proficiency in Gold, along with

a certificate authorizing wear on the Army Service Uniform, from Maj. Ingo Macher, the commander of 3rd Company, 261st Aviation Regiment, Otto-Lilienthal Barracks.

“I think if you’re here in Germany it should be an award that everyone should strive to get,” said Redman.

This event also fosters an ongoing working relationship between the 12th CAB and the German army. Lt. Col. Stephen O. Murphy, battalion commander, said he is hoping to invite Soldiers from the German military to the American facilities.

“That’s what we always like to do,” said Gaterslaben. “We are kind of neighbors; two aviation units. Colonel Murphy wants the Germans to come to [Illesheim] and shoot in the simulator complex to earn the Army [Marksmanship] Badge. We have events at my home unit and we want the battalion and the brigade to take part in them.”

(PALMER, from [Page 5](#))

surface: “Outside of actual combat, a natural disaster is a time when I actually get to do my job,” he said.

The Rubicon mission was a lot like a deployment, maintaining a central headquarters called FOB Hope, which was attacked by looters for resources from time to time. When the mission was complete, Palmer likened it to the reintegration after an Army deployment – from mentally exhausted to readjusted to normal life without worries.

During the days following Sandy’s exit, the team treaded through toxic water, used their military skills to rescue citizens trapped in their homes and

ensured the well-being of senior citizens living alone. Palmer and Team Rubicon even implemented suicide prevention training and established procedures to ease the citizens back to normal, such as using car batteries for power sources.

“You’ll be amazed at how many people do not have children or grandchildren to take care of them,” Palmer recalls.

“My grandparents were very keen on me experiencing things outside of the ‘hood,” Palmer said of his grandfather. “Summers we would go to Jersey and go deep-sea fishing on the boat. My grandfather has this thing about teaching me how to survive on the land. He taught me how to cut down sugar cane to use as a

fishing rod, clean and cut up fish, and make hooks out of rocks. He liked hardening me because he believed that if you can survive on the land, then you can survive anything in life.”

Palmer carries the memories of war with him, evidenced by the Purple Heart pinned to his ball cap. But he also carried the memories of his childhood as he went through neighborhoods with the Rubicon team. The team used whatever was on hand – unneeded resources other neighbors possessed, scraps littered along the streets and anything else they could get their hands on — to help and keep disaster victims afloat.

Palmer said he wishes more individuals would do their part

by participating in community service on any level.

“I like the feeling I get doing it, especially when it’s dangerous to do it,” Palmer said about volunteering. “The Christian thing to do is to ‘Love thy neighbor.’ I have my issues. I’m not the most morally upright person, but I’m honest about it. In all things, I have my integrity – right, wrong or indifferent.

“I just don’t want anyone to think that I didn’t try,” Palmer said of his dedication to helping others. “I may never be rich in my life, but 10 years from now, if I’m just a bum on the street, someone will pick me up, brush me off and give me a sandwich. Somebody will remember. Someone will care.”

# Only 2 games left for Razorbacks B-ball regular season

Zackery DeHart,

Schweinfurt High School

SCHWEINFURT, Germany – Coming together for another school year, the Schweinfurt High School Razorbacks basketball team has had a good season so far.

Either at home or away, the SHS Razorbacks basketball players have played hard every Saturday, showing off their dedication to the sport with an impressive 10-2 season so far.

Basketball is more than just a game to those who put countless hours of hard work and dedication into it.

“Basketball is his life and his love,” said Christian Carrillo, the head captain of the SHS basketball team. Carrillo has spent a lot of time on the court preparing for this basketball season and plays as a starting guard.

Playing basketball is a lot about working together, practice and some natural skill.

Khayree Files, a player who

embraces those qualities, keeps pushing to be the best he can be.

“This is a good team,” said Files. “I enjoy the game and feel that I’m a natural when it comes to basketball.”

Being a natural at basketball is good, but hard work can be an equalizer.

“Although I was never good at basketball, even when I was young, I kept practicing and practicing in order to improve myself and see where it got me,” said Lajuarren Burks, who plays power forward among other positions on the basketball team.

Some people just have a passion for the game. At 6-foot-1, Summit Sivels is one of the tallest on the team and loves to play.

“It has been one of my favorite sports since I was 6,” said Sivels.

Coaching is no easy job either. Chief Jesse Woods pushes the team to be the best they can be.

“I am proud of this team with a current 10-2 record, beating last year’s record of 6-7,” said



Tiffany Donner / Schweinfurt High School

Christian Carrillo, captain of the Schweinfurt High School basketball team, shoots during practice. The Schweinfurt Razorbacks have a 10-2 record with only two regular-season games left before the European Championships in Wiesbaden, slated for Feb. 20 through 23.

Woods. “Even though we still have our losses, I believe that they were necessary in order for us to improve. During the next two weeks we are going to be going back to the basics and trying to get the skills down.”

The SHS Razorbacks have two

games remaining in the regular season before the European Championships in Wiesbaden, slated for Feb. 20 through 23.

*Editor’s note: Zackery DeHart is a senior and Tiffany Donner is a junior at the Schweinfurt High School.*



Courtesy of Schweinfurt Middle School Math Counts team

Congratulations to the Schweinfurt Middle School Math Counts team for their second-place finish at the annual district competition Feb. 7 in Ansbach. From left are eighth-grader Faith Flynn, eighth-grader Lindsey Goodrich, eighth-grader Carson Kraeger, seventh-grader Richard Hoffmann and coach Stephen Richmond. In the Bavarian District Math Counts competition, the Schweinfurt Middle School Math Counts team has finished first or second in six of the past seven years.

# Welcome Home, 42nd Clearance Company! Feb. 12, Freedom Fitness Facility, Bamberg



Photos by Heidi Sanders / USAG Bamberg Public Affairs



Photos by Bryan Gatchell / USAG Ansbach Public Affairs

A skier heads down the slopes at Ehrwald, Austria, Feb. 2. Ehrwald is one of the many destinations in the Alps U.S. Army Garrison Ansbach's Outdoor Recreation program has visited so far in the winter sports season.

## ***It's all downhill from here***

### **Outdoor Recreation takes USAG Ansbach team members on ski, snowboard trips**

*Bryan Gatchell,*

*USAG Ansbach Public Affairs*

ANSBACH, Germany – For two one-day trips two Saturdays in a row, U.S. Army Garrison Ansbach's Outdoor Recreation, a program under Family and Morale, Welfare and Recreation, drove to the Ruetze district of Tyrol, a state in western Austria. The group went to Ehrwald Feb. 2 and Biberwier Feb. 9, both on the slopes of the Northern Limestone Alps, where the group skied and snowboarded.

Ansbach's Outdoor Recreation offers several one-day ski and snowboard trips throughout the sport's season in addition to multi-day trips.

"In the wintertime, because we're in such close proximity to the Alps, we go to all these destination areas – like Ehrwald today – in Austria and a lot of ski areas in Germany," said Marc Jarvis, Ansbach's Outdoor Recreation director, Feb. 2. "We

also go to Switzerland."

From March 15 to 18, the group is taking a trip to Lauterbrunnen, Switzerland, for a helicopter ski/snowboard trip. More intrepid, skilled skiers and snowboarders can take a helicopter ride to Ebnefluh and Petersgrat, two mountains in the Bernese Alps. Others have the option of taking the traditional chairlift up. The group has also been to the Dolomites in Italy and Slovenia.

"So we get out and see some pretty premier destination ski and snowboard resorts," said Jarvis.

The main drawback of the day trips are the early start times. Typically, participants getting picked up at Storck Barracks must be there at 4 a.m., and participants getting picked up at Katterbach

**A skier slides under a gondola at Ehrwald, Austria, Feb. 2. U.S. Army Garrison Ansbach's Outdoor Recreation program visited Ehrwald Feb. 2 for a one-day ski trip.**



Kaserne must be present at 5 a.m. The bus they use for the trips, however, is spacious, providing overhead storage and reclining seats, making sleep a simple task in the dawn hours.

"It's easier, because after a full day's skiing, you're tired," said Beth Starritt, an Army family member. "The last thing you want to do is drive three hours home. So this makes it much easier."

"You have more leg room than your average minivan," said Glen Starritt, Beth's son.

En route to Biberwier, where Ansbach's Outdoor Recreation program headed to ski Feb. 9, a Stau, or traffic jam, held the bus on the highway for nearly four hours longer than expected. Despite the irritation of a foreshortened slope time, the bus provided a comfortable place to sit and wait. The group watched movies on a television and, if needed, had the bus's restroom to use. Occasionally, when there seemed little hope of movement, a few passengers would disembark to walk, stretch and smoke.

As the bus began to move again at a steady pace inside the Austrian border, the passengers began shuffling into their snow gear, jamming feet into ski and snowboard boots. Once at Biberwier, Jarvis hopped out of the bus to acquire the lift tickets

while the bus found parking. As soon as the bus found its place, Jarvis was back with the tickets. The passengers on the bus took their gear and got to the slopes quickly.

According to Jarvis, the duration of this Stau was the longest he had ever seen on any ODR trip.

"Part of the consolation was we were on a bus with a good toilet facility and plenty of DVDs," he

said. "We couldn't do anything about the Stau we were in, but we got there in good spirits, and we were rewarded with good snow; I overheard some people saying it was the best snow they had ever been in. There were no lift lines, so we had a good, solid half day."

The program has in its shop near the eastern gate of Katterbach Kaserne a variety of ski and snowboard equipment available for renting by both

organized group outings as well as independent excursions.

During the group outings, ODR's personnel can also provide instruction on skiing and snowboarding techniques. Instructors are certified by the Professional Ski Instructors of America and the American Association of Snowboard Instructors.

"I've been teaching skiing for more years than I would admit to," said Jarvis, who also instructs new snowboarders. "I enjoy working with people and having them improve. It gives me enjoyment to watch someone else improve."

James Watkins, who works for ODR and drove the bus for both trips, spoke on why Soldiers, families and others should go on these trips.

"Learn a new skill, learn skiing and snowboarding, go to the Alps," said Watkins. "If you're stationed here for two or three years and you don't get out to see other countries that are just a drive away, then you did something wrong."

"It's very affordable. I was a Soldier before, and I know what it's like to stretch a dollar. Here you are in one of the most beautiful places in the world, and you have all these incredible sport outdoor activities available to you. We have all the equipment – state-of-the-art skis and snowboards – and we have this brand-new Mercedes tour bus, so it is so simple to just get on the bus and leave the driving to us. You can take a nap on the bus and wake up and you're in this beautiful area."

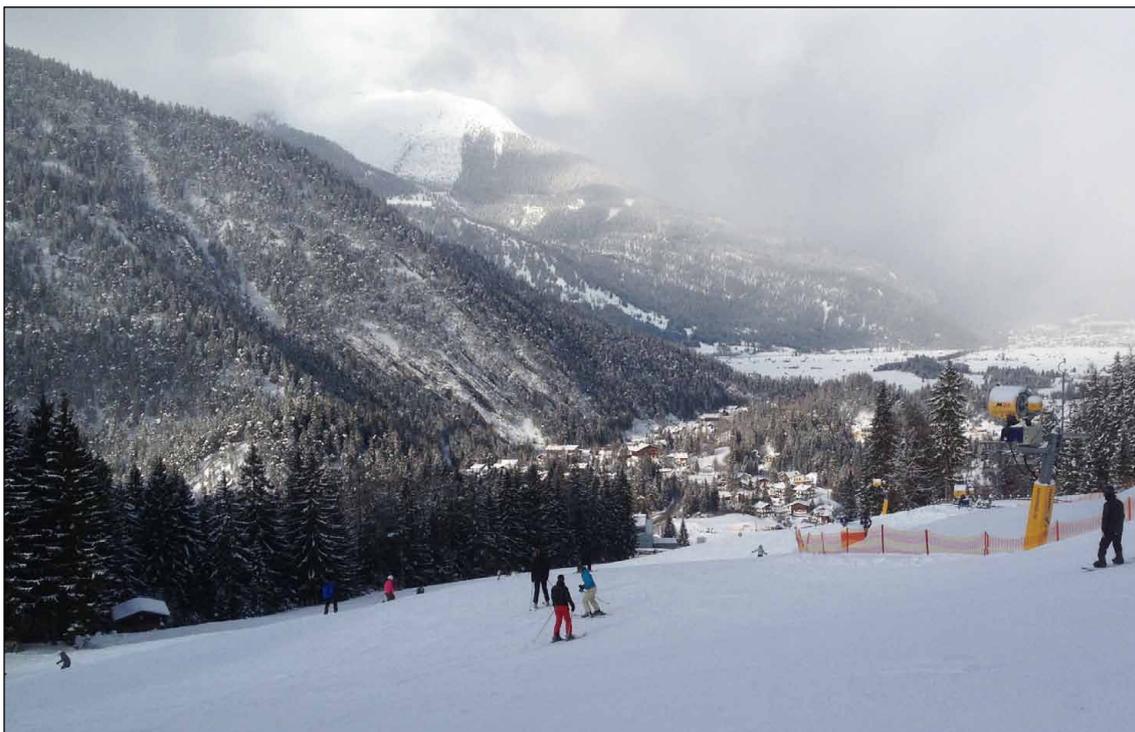
Ansbach's next one-day ski trips are March 2 to Lermoos, Austria, and March 9 to Zugspitze, the highest mountain in Germany. The next multi-day trip runs from Feb. 15 to 18, when the group travels to Ski Amade in Austria.

To learn more about Ansbach's Outdoor Recreation program, call 09802-833225. To find out about similar programs at USAG Bamberg, call 09513-009376. For USAG Schweinfurt's Outdoor Recreation, call 09721-968080. Upcoming trips with any of these programs can be found on [Page 20](#) of this publication.



Photos by Bryan Gatchell / USAG Ansbach Public Affairs

**A snowboarder heads down the slopes at Ehrwald, Austria, Feb. 2. Ehrwald is one of the many destinations in the Alps U.S. Army Garrison Ansbach's Outdoor Recreation program has visited so far in the winter sports season.**



**Skiers and snowboarders descend the slopes of the Austrian Alps Feb. 9 toward the town of Biberwier in the valley below. The Franconian Military Community's Outdoor Recreation programs make several day trips to the Alps during the ski and snowboard season.**

## Storck CDC caregivers save child's life with training, quick action

*Bryan Gatchell,*

*USAG Ansbach Public Affairs*

ANSBACH, Germany – “After the incident and the emergency [crew] came over and I was asked to write the incident report, I was just shaking.”

Oluwatimilehin “Timi” Maraiyesa, quoted above, is a caregiver with Storck Child Development Center. She and Cynthia Gonzales, another caregiver with Storck CDC, were recognized at the Von Steuben Community Center at Bismarck Kaserne Feb. 5 for their quick actions during a life-threatening emergency Jan. 30.

During lunch, a 13-month-old child was crying after his father had left. Maraiyesa attempted to console the child, but he lost consciousness.

“I saw his little arm twitch,” said Gonzales. “I got up and saw he was turning – he had no color in his face. We yelled, ‘Help, help!’ and nobody’s coming.”

Maraiyesa handed the child to Gonzales to run out and call for emergency services. Gonzales checked to ensure nothing was blocking his airway and checked for pulse. After notifying lead education technician Kelly

Prechtel of the situation so she could contact emergency personnel, the parents and the chain of command, Maraiyesa returned to perform compressions on the child.

“Once his eyes started flickering and we noticed him, we went to get water and put it on him,” said Gonzales. “That brought him back.”

“We saw the video to see the actions that happened,” said Veronica Gonzales, director of Storck CDC. “Yes, you could see they were nervous, but they knew what to do. Instinct took over and training took over, and they did what they had to do. It is amazing to watch.”

It is a requirement for anyone working with children in Child and Youth Services to certify in the application of first aid and infant, child and adult cardiopulmonary resuscitation through the American Red Cross.

According to Veronica Gonzales, besides their cool headedness and quick action, another fascinating aspect of the situation was the order that was maintained in the situation.

“The other children, they still stayed calm,” she said. “They

were sitting down eating. No other child was crying. They finished their lunch while these teachers focused on this one child. And that’s amazing to know that they have a routine in the room that they know what to do and who to call. It’s amazing they were able to do what they did.”

“Whether it’s a friend, family member or another care provider, you trust them with your child, and that’s the highest trust you can ever give them,” said Lt. Col.

Michael Runey, commander of U.S. Army Garrison Schweinfurt, who visited the caregivers, when he found out the parents continue to entrust their child to Storck CDC care. “That just speaks to the trust they have in you two.”

Veronica Gonzales spoke about the trust parents hold in the CDC and its employees:

“They know that they have someone who cares and is trained to care for their children.”



*Bryan Gatchell / USAG Ansbach Public Affairs*

**Lt. Col. Michael Runey, right, commander of U.S. Army Garrison Schweinfurt, met with, from left, Cynthia Gonzales, Oluwatimilehin Maraiyesa, Veronica Gonzales, director of Storck Child Development Center, and Dan Jones, acting director of Child and Youth School Services. Cynthia Gonzales and Maraiyesa acted quickly to give lifesaving care to a child Jan. 30.**

## Optical shop set to close, alternatives available for spectacles

*By Jessica Lipari,*

*USAG Bamberg Public Affairs*

BAMBERG, Germany – As of March 31, the Optical Shop in the Exchange Mall at U.S. Army Garrison Bamberg will be closed.

The contractor for the shop has turned in their termination notice, said Petra Prell, Army and Air Force Exchange Service office technician.

Since no other source is available nor any new source is willing to provide this service due to the upcoming closure, the Exchange is not able to provide this service on post after March 31, Prell said.

USAG Bamberg community members will have to use alternative options when requiring eyewear for themselves or family members. The following are some options available:

### AAFES Optical Shops at other garrisons

- USAG Schweinfurt Optical Shop is located at Ledward Barracks and is open Tuesday through Friday from

10 a.m. to 6 p.m. and Saturdays from 10 a.m. to 4 p.m. For more information, call 09721-83826.

- USAG Grafenwoehr Optical Shop is located in the Exchange Mall and is open Monday through Saturday from 10 a.m. to 7:30 p.m. For more information, call 09641-9245966.

### Armed Forces Eyewear Online Site

- Armed Forces Eyewear has a partnership with the Exchange. It was launched in August 2008 to active duty, veterans, retirees and dependents of the U.S. military. They have more than 100,000 authentic name-brand eyewear and products and they accept the Military Star Card. For more information, visit [www.afeyewear.com](http://www.afeyewear.com).

### Bamberg Optical Shops

In Bamberg there are 55 optical shops listed. Community members can search for

OPTIK in Bamberg on [www.dasoertliche.de](http://www.dasoertliche.de) to get a complete list. The following are four shops downtown that speak English.

- Abele Optik, Promenadestrasse 12a, 96047 Bamberg, 0951-26485. Appointments are recommended to ensure English-speaking staff is available.
- Optik Fielmann, Gruener Markt 1, 96047 Bamberg, 0951-203327. Appointments are recommended to ensure English speaking-staff is available.
- Hossfeld and Zahn, Obstmarkt 12, 96047 Bamberg, 0951-200552. No appointment needed; all staff speaks English.
- Optik in der Austrasse, Fischstrasse 6, 96047 Bamberg, 0951-2081500. No appointment needed; all staff speaks English.

## 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 U.S. due to influenza infections. Annual flu vaccinations are the most effective method for preventing influenza virus infections and its complications. For more information, visit <http://bit.ly/flu-shot-video>.

### DLA Disposition Services Sites Closure

DLA Disposition Services Sites in Schweinfurt and Grafenwoehr will be closed Feb. 18 through 22 to train site staff on a new enterprise-wide operating system. Sites will re-open Feb. 25 for property turn-in. Reutilization, Transfer, Donation and Hazardous Waste Disposal services will resume March 4. For any urgent matters during the closure period, the site team can be contacted at 09721-96-8277 in Schweinfurt or 09641-83-6384 in Grafenwoehr.

### 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 [www.cid.army.mil/join\\_CID.html](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

## Recycling Idea

Wire an array of wine corks together to create a durable doormat, a new dresser top or a piece of wall art.

Eligibility Reporting System information is updated. See the ID card section to update your DEERS information.

### OneSource Mobile

Army OneSource is now available for smartphone browsers. The launch of a mobile device version will optimize Army OneSource the mobile experience for visitors. Visit [www.myarmyonesource.com](http://www.myarmyonesource.com) today.

### Get EFMP Registered

Is your Soldier coming back from deployment? 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 Service 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. To learn more, speak with a free trial defense attorney.

### Teen Stress

The National Military Family Association has 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>.

### 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. To learn more, visit [www.vfw.org/Community/Scout-of-the-Year-Scholarship](http://www.vfw.org/Community/Scout-of-the-Year-Scholarship).

### Involved Consideration

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

### PTA Scholarships

Apply for European Parent Teacher Association scholarships. For more information, visit <http://europeanptaonline.org/EPTAScholarship.aspx>.

### Post-9/11 GI Bill

Take advantage of your military benefits. Earn a degree or skill with your Post-9/11 GI Bill. Find out more about your benefits by visiting [www.gibill.va.gov](http://www.gibill.va.gov).

### Edelweiss Resort

Ongoing specials and packages are available for 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. There are often deals and package specials available. For more information, visit [www.edelweisslodgeandresort.com](http://www.edelweisslodgeandresort.com).

### Utility Tax Relief Services

The 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. To learn more, 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 Service's Family Advocacy Program is here to provide help and support by offering 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 a 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](http://www.tricareonline.com). To learn more, visit [www.youtube.com/watch?v=s7VeUIyTMa4](http://www.youtube.com/watch?v=s7VeUIyTMa4).

PROTECT YOURSELF - PROTECT YOUR FAMILY - PROTECT YOUR COMMUNITY

AGAINST

# SEASONAL FLU



GET AN INFLUENZA VACCINATION

AVAILABLE AT YOUR HEALTH CLINIC

 **ARMY MEDICINE**  
Serving To Heal...Honored To Serve

This Health Clinic Offers

# e-Healthcare

Now you can...

-  E-mail a Doctor or Nurse
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-  Get Your Lab Results

**It's Easy To Get Started**

**Ask Us About Secure Messaging**

Just give your e-mail address to our staff.



 **ARMY MEDICINE**  
Serving To Heal...Honored To Serve

## Ansbach Community Announcements

Send all announcements to Ansbach Public Affairs at [usarmy.ansbach.imcom-europe.list.webmaster@mail.mil](mailto:usarmy.ansbach.imcom-europe.list.webmaster@mail.mil).

### Inclement Weather Info

For up-to-date information on weather conditions, visit our new "What You Should Know when Inclement Weather Comes to USAG Ansbach" at [www.ansbach.army.mil/web%20pages/InclementWeather.asp](http://www.ansbach.army.mil/web%20pages/InclementWeather.asp). You can find the link to the website under the Weather Information menu item on the left side of the homepage and, when the popup menu pops up, select "What you should know."

### Tax Centers

Katterbach Tax Center, located on the third floor in ACS building, is open now. The Tax Center at Storck is open now with regular hours from 9 a.m. to 3 p.m. Walk-in customers will be accepted; however, it is recommended to make an appointment to avoid unnecessary waiting time. Call Katterbach Tax Center at DSN 467-2324 or 09802-832324 and Storck Tax Center at DSN 467-4511 or 09841-834511.

### Praxis test

The next test date for the Praxis series of tests, which measure teacher candidates' knowledge and skills for licensing and certification processes, for the Education Center on Katterbach Kaserne will be April 12. The deadline to request an exam is Feb. 26. To learn more, call DSN 467-2730 or 09802-93-2730.

### Volunteers needed at Arts & Crafts

Seeking volunteer and contract teachers one to two times per month for sewing, cake decoration, general crafts and more. Open to all ID cardholders. No experience needed – just a happy personality and a creative idea to share. Send an email to [AnsbachArtsCrafts@eur.army.mil](mailto:AnsbachArtsCrafts@eur.army.mil).

### Research Assistant Opportunity

An energetic, dynamic and knowledgeable person is required to fill the new health promotion research assistant position to be assigned to assist the Health Promotion Operations responsible for the Franconia Military Community area. The HPRA is responsible for the day-to-day administrative support of the program as well as researching trends, statistics and collecting existing data

necessary to track the impact of the program on the local installations. The HPRA supports HPO by developing strategies and protocols and managing, coordinating and producing research to support and invigorate the installation health promotion process. These activities directly respond to the health promotion strategic and operational plans as they relate to continuous quality improvement of the health of the installation. The project will involve developing research methodologies, collecting, organizing, analyzing, interpreting, reporting, communicating and disseminating high-quality data and information regarding installation characteristics, activities and operations. Completion of a bachelor's or equivalent work experience is required with associated research knowledge. Minimal travel is required. This is a contract position equivalent to a GS-7. Anyone interested in applying should email their resume to [darrel.d.kniss@us.army.mil](mailto:darrel.d.kniss@us.army.mil).

### Eagle's Nest Recreation Hall

The Barton Barracks Eagle's Nest Recreation Hall, next to the Duggan Gym, offers a kitchen with an area to seat more than 30 people. The Eagle's Nest is open to all community members. To learn more, call 09811-837848 or email [usarmy.ansbach.imcom-europe.mbx.ioc@mail.mil](mailto:usarmy.ansbach.imcom-europe.mbx.ioc@mail.mil).

### 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 Tuesdays from 11:30 a.m. to 3:30 p.m., Thursday from noon to 3 p.m., Friday from 9 a.m. to noon, and the first Saturday of each month from noon to 3 p.m. For more information, send an email to [illesheim.iscc@gmail.com](mailto:illesheim.iscc@gmail.com).

### Movie Night

Enjoy a movie free at the Storck Library every Friday at 3 p.m. To learn more, 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 to 4 p.m. at Katterbach Army Community Service or on the fourth Tuesday of the month from 2 to 4 p.m. at Storck ACS. Sign up by calling the ACS Family Advocacy Program at 09802-832516.

### Health Clinic Improvements

The Katterbach Health Clinic has a new front entrance just in time for the 2013 flu vaccine campaign. Stop by the Katterbach Health Clinic for your flu shot and experience the renovations, which are designed to improve the patient experience.

### 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 to 15 Euros. To learn more, call 09841-83-4555.

### Closures and Changes

#### Resurfacing of B-14

Resurfacing is ongoing for state road B-14 along Urlas and Shtiopon Kaserne. The speed limit is reduced to 50 kilometers per hour. Access and exit to and from Obereichenbach will remain the same. During phase one, two lanes going toward Katterbach will be resurfaced. Entering from Katterbach and exiting toward Ansbach will remain possible. There will be a detour exiting toward 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.

### Sports, Health and Fitness

#### Bowling Membership Club Card

Join the Katterbach and Storck Bowling Center club for \$25. The membership is valid for one year and members receive \$1.50 games, free shoe rental, a free T-shirt and a few bowling towels. To learn more, call Katterbach Bowling Center at 09802-832638 or Storck Bowling Center at 09841-834530.

#### Basketball

The USAG Ansbach intramural basketball games take place at Katterbach Physical Fitness Center from 6:45 to 8:45 p.m. Games are played Thursdays. The final game will be played on Feb. 28 at Katterbach PFC. On this night,

For more information on Ansbach community announcements, visit <https://www.facebook.com/U.S.Army.Garrison.Ansbach>

## CVS Services Spring Sports Registration

### 1-28 February

U.S. Army Child, Youth & School Services

<b>Developmental T-Ball</b> <small>Must turn 3 by April 1, 2013</small>	<b>3-5 years old (\$20)</b>
<b>T-Ball</b>	<b>6-7 years old (\$45)</b>
<b>Coach Pitch Baseball</b>	<b>8-9 years old (\$45)</b>
<b>Baseball</b>	<b>10-15 years old (\$45)</b>
<b>Bowling</b>	<b>8-15 years old (\$25)</b>
<b>Track &amp; Field</b>	<b>6-15 years old (\$40)</b>

**SKILL ASSESSMENT DATES**  
Baseball/Softball Skills (10 - 15 years)  
March 21 • Katterbach • 5 p.m.  
March 22 • Storck • 5 p.m.

**COACHES CERTIFICATIONS**  
March 19 • Storck CAC • 5 p.m.  
March 20 • Barton Sports Office • 5 p.m.  
Participants must have a sports physical on file valid through the season.

Youth will be placed in their proper age grouping according to their age as of June 15, 2013. Minimum age for Developmental T-Ball is age 3 by April 1, 2013.

**For further information contact CVS Services Sports and Fitness:**  
Barton Barracks DSN 468.7865 or CIV 09811.83.7866  
Storck Barracks DSN 467.4849 or CIV 09841.83.4849

**Sign up at Parent Central Services!**

IMCOM

MWR

U.S. Army Child, Youth & School Services

**Katterbach**  
CIV 09802.83.2533  
DSN 467.2533

**Storck Barracks**  
CIV 09841.83.4880  
DSN 467.4880

fun that is Girl Scouts. Any girls kindergarten through 12th grade are welcome. To join or learn more, email [gsansbach@yahoo.com](mailto:gsansbach@yahoo.com) or call 0151-445-12471.

**Weekly Reminders**

**Safety Hazard on B-13**

A safety hazard exists on B-13 between Ansbach and Illesheim north of Oberdachstetten, where there is a steep decline that goes under a railroad overpass. One lane of traffic goes down the hill and two lanes of traffic go up the hill. Do not pass.

**Pet Reminder**

Remember that all pets at U.S. Army Garrison Ansbach installations need to be on leashes when outside. Also, pick up after your pets.

**Used Clothes and Shoes Container**

We need your help! The used clothes and shoes containers are provided to the community at no cost. Unfortunately, they are often mistreated as garbage bins. Please be sure that only clothes and shoes are placed in these containers. Please also ensure neighbors are aware of the purpose of these containers. If these containers are continued to be misused, the respective contractor will be unable to continue to provide this service.

**Safety Training and Information**

The U.S. Army Garrison Ansbach Safety Office recommends this [website](#) containing many safety topics, in both English and German, which can be used for information and training in your organization throughout the year. As time goes by, more will be added, but there is a vast volume of workplace and off-duty subjects; including videos and slide shows.

**Reserve Space**

Did you know you can use the Von Steuben Community Activity Center at Bismarck Kaserne for your official Family readiness group meeting, unit meeting or official use training conference area? The space is available for no cost for official usage Monday through Friday from 7:30 a.m. to 4:30 p.m. Call for reservations today at 09802-83-2930, or stop by the concierge in the Von Steuben Community Activity Center.

**Java Time**

Come to Java Cafe for warm drinks and free Internet access at Storck Barracks' Bowling Center. The cafe is open Monday to Friday from 8 a.m. to 5 p.m. The cafe is now open Sundays from 10 a.m. to 2 p.m. For more information, call 09841-83-4530.

**Spouses and Civilians' Club**

The Ansbach Spouses and Civilians' Club is a great way to meet people, develop new interests and get involved with your community. For more information, email [ascgermany@googlemail.com](mailto:ascgermany@googlemail.com).

**Taxi Service**

Ask for a driver with a U.S. installation pass and provide the following information: pickup point, number of passengers, destination, name and number, and time of pickup. If traveling to the airport, notify the driver of number of passengers and bags. For a taxi in the Ansbach area, call 0981-5005 or 0981-19410; in Illesheim, call 09841-7200.

**Ansbach Veterinary Clinic**

The Veterinary Clinic is open Monday through Thursday from 8:30 a.m. to 4 p.m., and Friday from 1 to 4 p.m. The clinic is closed on federal and training holidays. For more information, call 09802-83-3179.

**Deployment Specials**

Ansbach Arts and Crafts team has you covered. Place orders now and save and avoid rush fees. Located at Barton Barracks and open Monday, Thursday and Friday from noon to 8 p.m. and Saturday and Sunday from 10 a.m. to 6 p.m. For more information, call 0981-1837627.

# Vikings & Dragons

ADVENTURE AT YOUR LOCAL LIBRARY FOR SCHOOL AGED KIDS

**January and February**  
Read one of the books from the series How to Train Your Dragon

**FEB 22 • 3 p.m.**  
**Vikings & Dragons Day**  
**STORCK LIBRARY**

- Dragon & Viking themed games & activities
- Book & movie trivia
- See the special feature
- DreamWorks Dragons: Book of Dragons

ARMY LIBRARIES

**Bleidorn Community Library**  
CIV 09811.83.1740 • 468.1740

**Storck Community Library**  
CIV 09841.83.4675 • 467.4675

MWR

the 2012 Eagle Cup will also be given out to the winning Unit.

**Aerobic Fitness Classes:**

The Katterbach Physical Fitness Center has added evening classes for after-work customers, including Power Yoga, beginning February every Tuesday from 5 to 6 p.m., circuit training, beginning February every Thursday from 5:15 to 6:15 p.m., Indoor Cycling/Spin classes Mondays at 5:30 p.m., Wednesdays at 5 p.m. and Fridays at 6 p.m.

**Personal Training**

There will be another personal Trainer at Storck Physical Fitness starting from February.

**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 to 8:30 p.m. To learn more, 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

## Community Dress Swap

Hosted by 3-109 A&C

Dress Collection: Feb. 27, 9 - 11 a.m.  
@ Longbow Lounge, Storck Barracks

Dress "Shopping": Feb. 27, 12 - 2 p.m. & 6 - 8 p.m.  
@ Longbow Lounge, Storck Barracks

Need a dress for the Monte Carlo Night, Gunslinger Ball or Prom?

Bring your dress, shoes and accessories to the DRESS SWAP to lend, sell or give away.

**Guidelines:**

- Ensure your items are clearly marked: "for sale" (w/ price), "borrow" or "give away."
- Payment must be made during the event.
- Ladies borrowing or selling items must have the contract form filled out. (Extra contracts will be available at event.)
- Borrowed dresses must be dry-cleaned at drop off and return.

Questions? Contact illesheim3159@hotmail.com

\*\*\*All participants will be required to sign a contract stippling not to hold any PRIC, PRCAR, the 520b CAR, or USAG Ansbach responsible for any damage. All sales are final. All dresses lent will be required to be dry cleaned by the person taking it before returning it.\*\*\*

# GROUNDBREAKING CEREMONY

## FOR THE NEW KATTERBACH FITNESS CENTER

**1 P.M.**  
**20 FEB 2013**  
**CONSTRUCTION SITE**  
BETWEEN BOWLING AND RECYCLING CENTERS

MORE INFORMATION:  
DSN 461.2790 • CIV 09802.83.2790  
EMAIL: [usa.ssp.ansbach.incom@corp.mwr.army.mil](mailto:usa.ssp.ansbach.incom@corp.mwr.army.mil)

# POWER OF BLOOD

**ASBP**

WE ARE THE ARMED SERVICES BLOOD PROGRAM

**COMMUNITY BLOOD DRIVE**  
**20 FEB 2013 • 10 a.m.-5 p.m.**  
**KATTERBACH FITNESS CENTER**

SPONSORED BY

militaryblood.god.mil

## Bamberg Community Announcements

Please send all announcements to Bamberg Public Affairs at [usarmy.bamberg.usareur.mbx.pao@mail.mil](mailto:usarmy.bamberg.usareur.mbx.pao@mail.mil).

### CYSS Parent Advisory Council

The Child, Youth and School Services Parent Advisory Council will have a meeting at noon Feb. 21 in the Yellow Ribbon Room. Lunch will be provided.

### Bamberg Lodging Furniture Sale

The Bamberg Inn will host a furniture sale from 9 a.m. to 2 p.m. April 17. The special sale is open to ID cardholders only. Items for sale will include bedroom furniture, twin and queen size mattresses, and box springs, bed frames, headboards, nightstands, desks, chairs and bed linens. All purchases have to be made with cash. For more information, call the Bamberg Inn at 0951-300-8604 or email [Michael.t.stevens16.naf@mail.mil](mailto:Michael.t.stevens16.naf@mail.mil).

### Bulk Item Pickup

The Directorate of Public Works will pick up bulk items for disposal on the first Monday of the month. The dates for 2013 are March 4, April 2, June 3, July 1, Aug. 5, Sept. 2, Oct. 7 and Nov. 4. Spring cleanup will take place in May so bulk pickup will be the week of May 15 to 20.

### Single Soldier Supper

There will be a Single Soldier Supper at 5:30 p.m. at the Bamberg Community Chapel on Feb. 25, March 25, April 22, May 20 and June 24. Single Soldiers are invited to enjoy a free, home-cooked meal. For more information or to help with the supper, call Matt and Tina Huisjen at 09502-8037.

### Black History Month Celebration

U.S. Army Garrison Bamberg will have a Black History Month Celebration from 11:30 a.m. to 1 p.m. Feb. 21 at the Warner Conference Center. The cost is \$10. Tickets may be purchased at the Cool Beans Cafe in the Community Activity Center, Bldg. 7047. Come enjoy some cool jazz, soul food and inspirational words from guest speaker, Lt. Gen. John W. Morgan III, commander of Headquarters Allied Force Command Heidelberg. For more information, call 0951-300-8624.

### Claim Lost or Stolen Property

If you have lost or stolen items that have been missing

for the last six months, visit the Military Police Station to see if your items are there. All property in the lost/found safe will be destroyed by the end of January. Please specify when you lost your item.

### Red Cross Volunteer Orientation

Come and learn how you can become a volunteer with the American Red Cross Feb. 15 from 10 a.m. to noon at the Army Community Service building. Please call and RSVP no later than the day before the scheduled orientation. For additional information or questions, stop by the American Red Cross office, Bldg. 7029, or call 0951-300-1760.

### Chili Cook-Off

The Community Activity Center will host its fifth annual Chili Cook-Off at 11:30 a.m. Feb. 28. Prizes will be awarded to best all-around chili as judged by the Bamberg community. Sign up at CAC front counter by Feb. 22. There is no cost to participate. To learn more, call 0951-300-8837 or send an email to [megan.l.martin.naf@mail.mil](mailto:megan.l.martin.naf@mail.mil).

### Taco Tuesday Buffet Bar

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

### Emergency Placement Care Program

The Emergency Placement Care Program, which provides a safe and caring environment to children in crisis, is looking for Emergency Placement Care Providers who will open their homes to children in need. For more information, call Army Community Service at 0951-300-8397/7777.

### 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, Bldg. 7487 on Armor Drive behind the flower shop. ESL Level 1 will meet from 9 to 10:30 a.m., Level 2 from 10:30 a.m. to noon and Level 3 from 12:30 to 2 p.m. All U.S. ID cardholders are eligible to attend. For more information, contact Jeffrey Card at [jeffrey.p.card.civ@mail.mil](mailto:jeffrey.p.card.civ@mail.mil) or 0951-300-7777.

### Parenting Skill Builder Classes

Bamberg Family Life Center New Parenting Skills Classes start the first Tuesday of every month and meet from 9 to 11 a.m. for four sessions. Learning the skills to parent with Love and Logic can help make parenting fun and rewarding, instead of stressful and chaotic. You will learn practical tools and techniques to build respectful, healthy relationships with children and help prepare children for the real world. For more information, to register or to sign up for child care, call 0951-300-1570/8141 or send an email to [christopher.d.floro@mail.mil](mailto:christopher.d.floro@mail.mil).

### Youth and Teens

#### Space Camp Scholarship

Children enrolled in sixth through ninth grade, whose parent are active duty military, mobilized guard, Reserve, post-9/11 veterans or service members who died while serving, can apply for the Military Child Education Bernard Curtis Brown II Memorial Space Camp Scholarship. The scholarship covers full tuition, which includes round-trip transportation to Space Camp, meals, lodging and program/materials. For more information or to apply, visit [www.militarychild.org/parents-and-students/scholarships](http://www.militarychild.org/parents-and-students/scholarships).

#### Coaches Needed

Coaches are still needed for all youth sports. You don't have to be a parent to volunteer. If you know a single



## CYSS Babysitting Course

Course offered for ages: 12 & up  
When: 23 February 2013  
Time: 0900-1800  
Where: Parent Central Bldg 7340  
Any questions: Call Parent Central Services 469-8660, 0915-300-8660




Soldier that would be interested in volunteering, have them stop by the Youth Sports office in building 7669 or call 0951-300-7523.

### Baseball, Softball and T-ball Registration

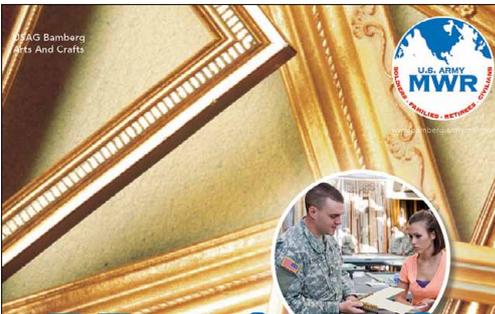
Registration is now open for Child, Youth and School Services baseball, softball and T-ball. These sports are open to children ages 3 to 15. The cost for baseball and softball are \$45 and the cost for T-ball (ages 3 to 5) is \$20. Visit Parent Central Services in Bldg. 7340 or visit Webtrac to sign up.

### Babysitting Course

Child, Youth and School Services will offer a babysitting course from 9 a.m. to 6 p.m. Feb. 23 at Parent Central Services, Building 7340. The course is open to youth ages 12 to 18. For more information or to register, call 0951-300-8660.

### Children's Story Time

Join American Red Cross volunteer Stephanie Crain for a Children's Story Time at 4 p.m. Feb. 20 at the library. The stories are appropriate for those ages 3 to 6.

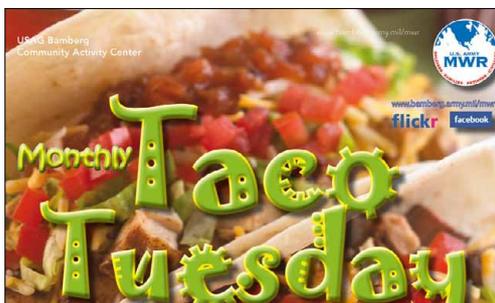


# Matting & Framing

Basic Matting and Framing Classes are held every third Saturday, 10 a.m. and the following Thursday, 6 p.m. - \$15 per person

Contact Arts and Crafts at Tel. (0951) 300 8659

FOR SOLDIERS    FOR FAMILIES    FOR RETIREES    FOR CIVILIANS



# Monthly Taco Tuesday

**\$6.00** at CAC

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

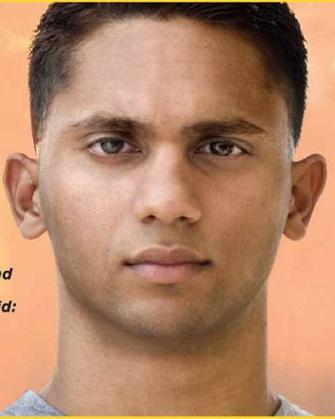
11:30 a.m.-1:30 p.m. Enjoy our Taco Buffet Bar for \$6.00 per person. Choose between 2 hard or soft tacos, or nacho chips with your choice of toppings

Contact the Community Activity Center at Tel. 0951 300 8837

FOR SOLDIERS    FOR FAMILIES    FOR RETIREES    FOR CIVILIANS

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

**MY STRENGTH IS FOR DEFENDING.**



So when my friend reported what that guy did, I said:  
**I'M WITH YOU.**

**PREVENTING SEXUAL ASSAULT AND SEXUAL HARASSMENT IS MY DUTY.**

Military OneSource • 1-800-342-3647

**24/7 Bamberg Sexual Assault Hotline: 0162 510 2917**

**I AM STRONG**

U.S. ARMY

www.preventsexualassault.army.mil

**Applications sought for the Military Youth of the Year**  
The Military Youth of the Year is a Boys and Girls Club of America recognition program that partners with the Military Child and Youth Services. Local clubs recognize members ages 14 to 18 as Youth of the Month winners and select a Youth of the Year, who then participates in state competitions. State winners each receive a \$1,000 scholarship and participate in regional competitions. Five regional winners each receive a \$10,000 scholarship and compete on the national level. The National Youth of the Year receives up to an additional \$50,000 scholarship and is installed by the president of the United States. Visit the JFK Youth Center, Bldg. 7663, to pick up an application or call 0951-300-8871 and ask for Destiny Cilumba for more details.

**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 to 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 at 0160-1585894.

**Closures and Changes**  
**Changes for Bamberg CDC**  
Hourly care services at the Bamberg Child Development Center are temporarily reduced to 8 a.m. to 2 p.m. There



**Yoga with Kimberly**  
**\$5 per session**  
**Mon/Wed/Fri, 10 a.m.**  
**Thursdays, 7 p.m.**

Private Yoga Session: \$35 by appointment  
Yoga 10 Class Pass: \$45  
Yoga Freedom Pass \$70 per month

For more information, contact the Freedom Fitness Facility at DSN 469-869/9086 or civ. 0951-300-869/9086 or email instructor@gerbhl@gmail.com

FOR SOLDIERS FOR FAMILIES FOR RETIREES FOR CIVILIANS

also is currently reduced space at the School Age Center.

**Vehicle Registration Office Closure**  
The Vehicle Registration Office will be closed Feb. 18. For more information, call 0951-300-7580.

**Commissary Closure**  
The Bamberg Commissary will be closed on Feb. 18 and 19 in observance of Presidents Day.

**Subway New Hours**  
Subway, located in the Shoppette, will reduce its hours beginning March 1. The new hours will be Monday through Friday 8 a.m. to 8 p.m. and Saturday and Sunday from 11 a.m. to 8 p.m. For the latest hours of all Army and Air Force Exchange Service locations, visit [www.shopmyexchange.com/ExchangeLocations/WarnerBarracksStore.htm](http://www.shopmyexchange.com/ExchangeLocations/WarnerBarracksStore.htm).

**Optical Shop Closure**  
The Optical Shop will be closed beginning March 31. Customers in need of optical services after the closure can visit the optical shops at other garrisons.

**Sports, Health and Fitness**

**Golf Club Sale**  
The Whispering Pines Golf Course will have a golf club sale beginning at 9 a.m. Feb. 8. This is your chance to buy cheap golf clubs from your local golf store, which is ideal for beginners, teenagers or for those individuals who are looking for an extra set. You can purchase a full set of clubs (driver, 3W, 5W, 4-PW and Putter with bag) for \$40. For more information, call 0951-300-8953.

**Fitness Classes**  
The Freedom Fitness Facility offers a variety of fitness classes. To see a complete schedule, visit [www.bamberg.army.mil/directorates/dfmwr/docs/fff/FFF-FitnessSchedule.htm](http://www.bamberg.army.mil/directorates/dfmwr/docs/fff/FFF-FitnessSchedule.htm).

**Weekly Reminders**

**CDC Parking**  
Parking in front of the Child Development Center is for patron drop-off and pickup only. There are plenty of other parking opportunities nearby, including in front of the Basics Building, in front of Community Bank and the PX/Commissary parking lot.

**By Soldiers - For Soldiers**  
Alcoholics Anonymous meetings for Warner Barracks are Wednesdays from 11:45 a.m. to 12:45 p.m. at the Community Activity Center, Room 409. These meetings are open to anyone. Duty uniform allowed. For more information, call Kyle at 0151-1775-3880, Brian at 0172-271-3626 or Justin at 0151-4642-3940.

**Military Council of Catholic Women**  
The Military Council of Catholic Women meet Thursdays at the chapel. Mass begins at noon, followed by fellowship, lunch and study group from 12:30 to 2 p.m. For more information, email [andrea.lands@gmail.com](mailto:andrea.lands@gmail.com).

**Woodworkers Roundtable**  
Take part in the woodworkers roundtable every Wednesday at the Arts and Crafts woodshop on the second floor of Bldg. 7047. Get tips, tricks and new ideas. The event is free. For more information, call 0951-300-8659 or email [thomas.stenson@us.army.mil](mailto:thomas.stenson@us.army.mil).

**Arts and Crafts**  
Take part in the crafter's club at noon every Tuesday at the Arts and Crafts classroom on the first floor of Bldg. 7047. Join the fun. Local crafters get together to share ideas, tips and tricks on a variety of crafts. Learn something new or share your knowledge. The event is free. For more information, call 0951-300-8659 or email [thomas.stenson@us.army.mil](mailto:thomas.stenson@us.army.mil).

**Service Office**  
The U.S. Army Garrison Bamberg Retirement Services



USAG Bamberg Family and MWR IT Services

**MWR ONLINE SERVICES**

U.S. ARMY MWR

**Register Online**

Sign up for various Family and MWR programs, trips, fitness or arts and crafts classes, golf tee times, Child, Youth and School Services' programs - All from the convenience of your home!

Go to [www.bamberg.army.mil/mwr](http://www.bamberg.army.mil/mwr) and register for MWR Online Services. As a registered user you'll be able to take advantage of MWR's Online Offers: Print out calendars for your CYS Services' Activities; pay your MWR bills online with your credit card and much more.

Officer/Casualty Manager is located in Bldg. 7290, Room 208, next to Burger King. For more information, call 0951-300-7514.

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

**Youth Lessons**  
Child, Youth and School Services SKIES Unlimited offers lessons in fine arts for those ages 6 to 12, kinder German ages 6 to 9 with parents, gymnastics for various age groups, kickboxing for those ages 5 to 18 and piano for those ages 6 to 18. For more information, call 0951-300-7452.

**Document Disposal**  
Burning documents in a burn barrel is not allowed on post. All paper that needs to be disposed of must be shredded at the Recycling Center. They accept paper each Tuesday from 1 to 4 p.m. or by appointment. The garrison receives a credit for each kilogram of paper turned in through the recycling program. For more information, call the environmental office at 0951-300-8426.



USAG Bamberg Whispering Pines Golf Course and Pro Shop

**GERMAN-AMERICAN GOLF SEASON 2013**

13 April Youth Tournament  
20 April Course Clean-Up and Tournament  
25 April Thursday Night Scramble begins  
1 May German Season Opener  
4 May American Season Opener Tournament  
9 May Tournament of Scents  
25 May Memorial Day Tournament  
30 May President's Prize  
8 June Ball and Chain Tournament (Husband & Wife)  
16 June Otto's Golf-Cup  
22 June Top 40 Home Games I  
28 June Feierabend Tournament  
4 July Two-Person-Scramble  
13 July German-American Ryder Cup  
19 July In Husband's Shoes for a Day Tournament (Leaders)  
21 July Weyermann Cup  
27 July Top 40 Home Game II  
10 August Family Day Tournament  
24 August Handicap Tournament (7-12, 13-22 & 23-30)  
31 August & 1 September German Club Championship  
14 & 15 September American Club Championship  
2 October End of Season Tournament  
26 October Last Day of Thursday Night Scramble  
28 November Turkey Shoot Tournaments begin  
8 December Nikolaus Tournament  
24 December Last Turkey Shoot Tournament

**Golf Clinics** will be available in May and July. Please ask our staff!

**Club Sales** (one set of clubs for only \$40)

**Golf Lessons** (one-on-one or small group instruction)

Contact Whispering Pines Golf Course and Pro Shop at  
**Tel. (0951) 300 8953**  
The Pro Shop is open Mon.-Sun. @ 8 a.m. - 4 p.m. Bldg. 7033

FOR SOLDIERS FOR FAMILIES FOR RETIREES FOR CIVILIANS

**Epic DJ Night**  
 Sat. Feb. 23 at Warrior Zone, 7:30 p.m.  
 Warrior Zone | Ledward Barracks, Bldg. 224 | 354-6082, DSN 09721-96-6082, CIV  
**TEAMSCHWEINFURT.COM**  
 news, services, recreation. Facebook.com/SchweinfurtArmy

## Schweinfurt Community Announcements

Please send all announcements to Schweinfurt Public Affairs at [usarmy.schweinfurt.imcom-europe.mbx.pao@mail.mil](mailto:usarmy.schweinfurt.imcom-europe.mbx.pao@mail.mil).

### Tax center

The Schweinfurt tax center is located at the Conn Annex in Bldg. 7. The garrison **shuttle buses** have added an additional stop there to accommodate community members needing to visit the tax center. For more information, visit [www.schweinfurt.army.mil/support/legal/tax.htm](http://www.schweinfurt.army.mil/support/legal/tax.htm).

### Winter Wrap-up 2012-2013

This winter find something fantastic for all ages and interests – everything from classes, Alpine retreats, ceremonies, events, trips, camps and so much more. Visit [www.schweinfurt.army.mil/infvault/winterwrapup.htm](http://www.schweinfurt.army.mil/infvault/winterwrapup.htm) to learn more. Click on each event listed for full

**Get Fit. Be Strong.** Buddy Lee  
**World Fitness Contest!**  
 Sat, March 2 | 9 a.m. - 4 p.m. | Ledward Activity Center

**CASH PRIZES \$\$\$**

**BUDDY LEE FOUNDATION**  
 Youth Fitness Education Association  
 \$5,000.00

**BUDDY LEE FOUNDATION**  
 Youth Fitness Education Association  
 \$5,000.00

Do you have what it takes to win?  
 Test your physical, mental and emotional strength while competing for a cash prize! Categories include jump rope, push-ups and sit-ups. Winners from Schweinfurt will be entered into the national Buddy Lee competition for a chance to win one of the following scholarships:

Top Male (Ages 6-12) -- \$1,000    Top Male (Ages 13-18) -- \$5,000  
 Top Female (Ages 6-12) -- \$1,000    Top Female (Ages 13-18) -- \$5,000  
 Top Parent/Staff Member -- \$1,000    Contact CYS Youth Sports for details.

CYS Youth Sports | Ledward Barracks, Bldg. 224 | 09721-96-6822(CIV)/354-6822 (DSN)  
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information. No information available yet? Check back as the event nears since the event listings are constantly updated.

### Seeking Volunteer Drivers/Phone Operators

Volunteer drivers and phone operators are needed to staff a program aimed at slashing the number of DUIs in Schweinfurt by providing a vehicle pickup service to those Soldiers consuming alcohol on weekend nights. To get involved, call 0173-794-2998 or 0160-987-98955, or visit the Schweinfurt AADD Facebook page at [www.facebook.com/SchweinfurtAADD](http://www.facebook.com/SchweinfurtAADD).

### Seeking Cake Decorators

The Schweinfurt High School Culinary Club seeks volunteers experienced in cake decorating. Please contact Culinary Club sponsor Hana McWilliams at 09721-96-6812 or [Hana.McWilliams@eu.dodea.edu](mailto:Hana.McWilliams@eu.dodea.edu).

### Photo Scavenger Hunt: Basic Challenge

The Ledward Library has an ongoing photo scavenger hunt. How well do you know your military community in U.S. Army Garrison Schweinfurt? Check out 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 correct answers wins a prize.

### Recycling Education Class

A recycling education course, for trash disposal offenders and anyone who wants to learn about recycling, is offered twice a month Wednesday from 6 to 8:30 p.m. Family members 9 and older are encouraged to attend with a parent. Bring a friend if he or she lives in military housing or military-leased housing. Class space is limited, so call 09721-96-6955 to sign up. Classes will be cancelled if no one signs up by 4:30 p.m. the Tuesday before class.

### Closures and Changes

#### Closure 2014

Stay up to date with the latest information regarding the Schweinfurt's closure in 2014. Visit the Closure 2014 page for reliable, honest information on the most recent service modifications and reductions, closure news, Soldier, Family and employee resources and frequently asked questions. Visit [www.schweinfurt.army.mil/closure2014](http://www.schweinfurt.army.mil/closure2014) to stay informed on how closure may impact you.

#### Closure blog

The Closure Blog addresses real answers and issues asked by community members regarding how closure will affect them. Topics such as PCSing tips, how services will be modified, and employment resources are discussed. Have a concern about closure? Then submit a question and get real answers. Don't fall victim to the rumor mill; be informed and prepared by visiting [www.schweinfurt.army.mil/closure2014/closure\\_blog.htm](http://www.schweinfurt.army.mil/closure2014/closure_blog.htm).

### Youth and Teens

#### Give Me 20

Looking to get fit? The Youth Center is offering a free fitness program every Wednesday and Thursday from 3:30 to 4:30 p.m. for youths ages 13 through 18. Program facilitators will show youths how to safely work out and stay fit. Dedicated participants will see positive results. Workouts will include sports, spinning, weightlifting and more. Participants must be registered with CYSS and have a permission slip on file. To learn more or to register, call the Youth Center at 09721-96-6732.

#### Smart Girls

Young ladies, the Smart Girls program is up and running again. Topics include life skills, healthy eating, fitness, health care systems, positive mentors, respecting yourself,

**Civilian Wellness & Fitness Program**

DA employees, enroll now to earn up to **3 hours** a week on the clock to participate in exercise, health education, smoking cessation or other programs to help you improve your health!

Enrollment packages available at [www.teamschweinfurt.com](http://www.teamschweinfurt.com) or through Joy Bearor, Civilian Wellness and Fitness Program Manager. Contact Ms. Bearor at DSN 353-8812, CIV 09721-96-8812 or via email at [joy.d.bearor.civ@mail.mil](mailto:joy.d.bearor.civ@mail.mil).

**TEAMSCHWEINFURT.COM**  
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fashion shows, dinner with parents, lock-ins and more. Age groups include 11 to 14 and 15 to 18. Smart Girls meets 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 program is taught by our own education tech who was born and raised in Schweinfurt. This class can help your German grade go from a C to an A+ and it may even help you make friends in the German community. Test 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 18 and younger. The program is designed to complement, expand and support the academic, life skills and athletic

**WINTER TRIPS**  
 EXPLORE EUROPE ABOVE THE CLOUDS

**SCHWEINFURT OUTDOOR REO**  
 COMBI BIKES, BLDG. 50  
 09721-96-8000/353-8000

**NIGHT SKIING/SNOWBOARDING**  
 WASSERKUPPE, RHOEN | 4 - 11 P.M.  
 SATURDAY - DEC. 1 & 15, JAN. 5 & 12, FEB. 2, 9 & 23

**WEEKEND TRIP**  
 GARMISCH, GERMANY  
 4A.M.-11P.M. | SAT, DEC. 8 - SUN, DEC. 9

**MLK WEEKEND TRIP**  
 FLACHAU, AUSTRIA  
 11 A.M. - 11 P.M. |  
 FRI, JAN. 18 - MON, JAN. 21

**PRESIDENTS WEEKEND**  
 DOLOMITES, ITALY  
 9A.M.-11P.M. | FRI, FEB. 15 - MON, FEB. 18

**WEEKEND TRIP**  
 GARMISCH, GERMANY  
 4A.M.-11P.M. | SAT, MARCH 16 - SUN, MARCH 17

DETAILS AND PRIZE LIST BY TRIP  
 CONTACT ODR FOR MORE INFO. TRIPS FILL UP QUICK, SO RESERVE YOUR SEAT TODAY!

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**2013 Spring Youth Sports Registration**  
 Feb. 1 - Feb. 28 at Parent Central Services

Participants in each sport must be registered with CYSS and have a current sports physical

**BASEBALL**  
 \$20 AGES 3-5 | \$45 AGES 6-15

**SOFTBALL**  
 \$45 AGES 10-15

**TRACK & FIELD**  
 \$40 AGES 6-15

Parent Central Services Youth Sports & Fitness Program  
 Ledward Barracks, Bldg. 224 | 09721-96-6414 (CIV)/354-6414 (DSN)

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experiences children and youths have within Child, Youth and School Services programs and in schools. For the latest class listings, click [here](#).

**4-H Club**

4-H is a club designed for middle and high school students. As a club, students will plan field trips, events and activities based on their four core values: head, hands, heart and health. 4-H meets every Wednesday at 4:30 p.m. in the Youth Center. To participate, students must be registered with CYSS. For more information or to get involved, call the Youth Center at 09721-96-6732.

**EDIS**

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

**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 and School Services, you will become a certified coach in the National Alliance for Youth Sports. This is a great way to volunteer in the community and earn extra income by officiating. For more information, call CYSS at 09721-96-6822 or email [Derek.r.walker.naf@mail.mil](mailto:Derek.r.walker.naf@mail.mil).

**Family Child Care Providers Needed**

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

**Sports, Health and Fitness**

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

**Thursday Night Bowling Fun League**

Enjoy a weekly dose of bowling and fun every Thursday from 7 to 10 p.m.! Meet new people and learn a new sport, open to all ID holders ages 18 and older. Practice round starts at 6:45 p.m. with games beginning promptly at 7 p.m. \$10 per game to participate. For more information or to register, contact the Kessler Bowling Center on Kessler Field, Bldg. 449, by calling 09721-96-6332 or DSN 354-6332.

**Weekly Reminders**

**Newcomer Meet and Greet**

Meet other spouses, learn about the community and get connected here in Schweinfurt every Tuesday from 10 to 11 a.m. at the Bradley Inn kitchen. 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, call Army Community Service at 09721-96-6933.

**Inclement Weather in Schweinfurt**

Know where you can find information on school closures and weather and road condition. To learn more, click [here](#).

**MILITARY AMERICA SCHEDULE OF Saves Events**  
 START SMALL. THINK BIG.

Military Saves is a national campaign designed to persuade, motivate and encourage military families to save money every month. Schweinfurt ACS is providing a week of classes to help Soldiers and their families learn the necessary tools needed to reach their financial goals!

MONDAY, 25 FEBRUARY		
1000-1100	Financial Planning for Separation from the Army	Ledward Theater
1100-1330	Take the Pledge: Information Table	PX Lobby
1400-1500	Saving and Investing	Ledward Theater
TUESDAY, 26 FEBRUARY		
1000-1100	Thrift Savings Plan (TSP)	Ledward Theater
1100-1330	Take the Pledge: Information Table	PX Lobby
1530-1630	Smart Money Tips for Teens	Teen Center
WEDNESDAY, 27 FEBRUARY		
1000-1100	Using Credit Wisely	Ledward Theater
1100-1330	Take the Pledge: Information Table	PX Lobby
1400-1500	Buying a House	Ledward Theater
THURSDAY, 28 FEBRUARY		
1000-1100	Retirement Planning	Ledward Theater
1100-1330	Take the Pledge: Information Table	PX Lobby
1400-1500	Saving for College	Ledward Theater
FRIDAY, 1 MARCH		
1000-1100	Estate Planning	Yellow Ribbon RM
1100-1330	Take the Pledge: Information Table	PX Lobby
1300-1400	Budgeting and Money Management	Ledward Theater
1400-1530	Thrift Savings Plan (TSP)	Ledward Theater

Contact ACS | Ledward Barracks, Bldg. 242 | 354-6933, DSN 09721-96-6933, CIV

**TEAM SCHWEINFURT.COM**  
 news, services, recreation. facebook.com/schweinfurt

**Local Flea Markets**

Flea markets are a fun way to find a bargain. The Army Community Service Information and Referral program provides a monthly list of flea markets [here](#).

**Dental Clinic Space Available**

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

**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. The event is intended for single Soldiers but open to the entire community. Adults only. No early sign-ups required. For more information, call 09721-96-6082.

**Karaoke**

Karaoke all-stars, come and share your talent with the Warrior Zone, every Thursday at 7:30 p.m. The event is intended for single Soldiers but open to the entire community. Adults only. No early sign-ups required. For more information, call 09721-96-6082.

**Children's Story Time**

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



**SCHWEINFURT**

**AADD**

**ARMED FORCES AGAINST DRUNK DRIVING**

- Vehicle pick-up service for those who have driven their own POV but are too intoxicated to drive home
- Available Friday & Saturday nights from 11 p.m. – 5 a.m.
- Confidential, available to all DOD card-holders

**CALL CENTER**  
**0174-804-3898 or 0174-810-7577**

# coming to THEATERS

**Gangster Squad**  
Now Showing | 113 Minutes

Los Angeles, 1949: Ruthless, Brooklyn-born mob king Mickey Cohen runs the show in this town, reaping ill-gotten gains from the drugs, guns and – if he has his way – every wire bet placed west of Chicago. It's enough to intimidate even the bravest, street-hardened cop ... except, perhaps, for the small, secret crew of LAPD outsiders led by Sgt. John O'Mara and Jerry Wooters who come together to try to tear Cohen's world apart.

Rated R for strong violence and language.

Visit [www.aafes.com](http://www.aafes.com) for more information.



**IN THEATERS • Feb. 14 - 20**

**BAMBERG THEATER • 0951-297-3934**

- Feb. 14 - Killing Them Softly (R) 7 p.m.
- Feb. 15 - Stand Up Guys (R) 7 p.m.
- Feb. 16 - Warm Bodies (PG-13) 3 p.m.; Stand Up Guys (R) 7 p.m.
- Feb. 17 - Warm Bodies (PG-13) 3 p.m.; Bullet to the Head (R) 7 p.m.
- Feb. 18 - Bullet to the Head (R) 7 p.m.

**ILLESHEIM THEATER • 09841-83-4546**

- Feb. 16 - Hansel and Gretel: Witch Hunters (R) 4 p.m. Parker (R) 7 p.m.

**KATTERBACH THEATER • 09802-83-1790**

- Feb. 14 - Gangster Squad (R) 7 p.m.
- Feb. 15 - Red Dawn (PG-13) 7 p.m.
- Feb. 16 - The Last Stand (R) 7 p.m.;
- Feb. 17 - Madagascar 3: Europe's Most Wanted (PG) 3 p.m.; Broken City (R) 6 p.m.

**SCHWEINFURT THEATER • 09721-96-1790**

- Feb. 14 - The Last Stand (R) 7 p.m.
- Feb. 15 - Parker (R) 7 p.m.
- Feb. 16 - Hansel and Gretel: Witch Hunters (R) 4 p.m.; Parker (R) 7 p.m.
- Feb. 17 - Hansel and Gretel: Witch Hunters (R) 4 p.m.; Parker (R) 7 p.m.
- Feb. 20 - Hansel and Gretel: Witch Hunters (R) 7 p.m.

## Eco-Friendly Tips

### Water-saving Tips

Conserve water because it is the right thing to do. Don't waste water just because someone else is footing the bill, such as when you are staying at a hotel.

Before you buy something new, consider the water consumption needed to make it. A lot of things need large amounts of water for production (140 liters for a cup of coffee, 15,000 liters for a kilogram of beef, 120 liters for a glass of wine, 1,500 liters for a kilogram of sugar, etc.).

### Energy-saving Tips

Don't leave electronics in your household on standby-mode. Power strips with a switch are a good solution.

Don't forget to air rooms regularly while heating the house in winter to avoid mold. Don't keep windows tilted while keeping the heating on. Just open the whole window for about three minutes, three to five times per day.

### Recycling

You went shopping and got some plastic bags? Reuse them as a trash bag or take them again for the next shopping trip.

When washing the dishes, use a dish cloth instead of a disposable sponge or paper towels. You can use it again and again after washing it with your hot laundry.

## 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

**Wednesdays Afternoon Ski/Snowboard \$29**

Join the Outdoor Recreation team of professional ski and snowboard instructors and learn to safely slide down the slopes, ride the lifts and enjoy the world's fastest growing winter activities. Depending on the season's snowfall and slope conditions, instruction will be conducted locally at Burgbernheim, between Ansbach and Illesheim. All sessions will depart from Katterbach at 1 p.m., weather permitting. Dates are Feb. 20, 27; and March 6, 13, 20, 27.

**Feb. 15-18 Ski Amade, Austria \$349**

This large system of ski resorts is conveniently interconnected with numerous ski lifts and public transportation options. With a single ski pass you can explore several ski areas in the beautiful Salzburgerland. Includes three overnights in an Austrian guesthouse with breakfast and dinner. Departs Storck at 8 a.m. and Katterbach at 9 a.m. and returns approximately 6 p.m. Monday. Tickets are \$349 for adults and \$179 for children.

For more information, call Ansbach Outdoor Recreation at 09802-833225.

### BAMBERG

**Feb. 15-18 St. Anton and Ischgl \$355**

Need a quick getaway? Hop on the ODR trip to the St. Anton and Ischgl ski areas in Austria. With near-perfect weather and many slopes to choose from, it's no wonder that St. Anton is a stop on alpine ski racing's world-cup circuit. Trip includes transportation and lodging (double occupancy) with dinner and breakfast. Please note this does not include lift pass. Get reduced rentals or get your own gear tuned for half price at ODR before you go. Departs from Chapel Parking Lot at 3 a.m. Feb. 15 and returns Feb. 18 at about 10 p.m.

**Feb. 28 Headlamp Snowshoe Hike \$25**

Discover a new way to traverse the winter plains by joining ODR on an evening snowshoe hike, lit by headlamps. We will be travelling through the Paradise Valley winter wonderland, which is a short drive away from Warner Barracks. Trip includes snowshoes and transportation. Departs from ODR at 5 p.m. and returns at approximately 9 p.m.

**March 2 Learn to Ski/Snowboard \$80**

Always wanted to try snowboarding? Here's your chance. Spend a day on a local slope, Ochsenkopf, in the Fichtelgebirge, with Outdoor Recreation's own instructor. Includes transportation, lift pass, rental and about 2.5 hours of lessons. Departs from ODR at 9 a.m. and returns at approximately 5 p.m.

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

### SCHWEINFURT

**Feb. 15-18 Ski & Snowboard Trip to Dolomites, Italy \$349**

Visit two ski resorts and experience three days of spectacular skiing or snowboarding in the Dolomites, Italy. Includes transportation, three overnights with breakfast and dinner, free ski or snowboard rental and a free three-hour entrance to the pool across the hotel. Lift ticket, which costs approximately 135 Euros for three days, is not included. Departs Outdoor Recreation at 9 a.m. Feb. 15.

**March 16-17 Garmisch Weekend Ski Trip \$159**

Two days of skiing and snowboarding in Garmisch-Partenkirchen, Germany. The trip departs March 16 and returns March 17 at approximately 11 p.m. The trip costs \$159, which includes transportation, one overnight stay with breakfast and half price on ski and snowboard rentals. Lift ticket is not included.

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

# Was ist los in Franken?

By Bianca Sowders,  
USAG Ansbach Public Affairs

## Volksmarch in Franken

Volksmarches have been popular with Americans stationed in Europe for decades, and with winter on its way out and the weather gradually improving, the hiking season is about to pick up again. Participants in Germany can typically choose from 5/6k, 10k or 20k distances; hikers don't start all at once, but within a certain time frame and cover the chosen distance at their own pace. Food and drinks are sold on location and registration is possible on site. It is best to contact the listed POC for exact starting times, updates and detailed location information. For other locations within Germany also check the website [www.dvv-wandern.de](http://www.dvv-wandern.de).

Here is a quick look at upcoming Volksmarches in Franconia:

- Feb. 16 and 17 in Hallerndorf (6/12 km) – Wanderfreunde Kreuzberg-Hallerndorf, 09543/5150 – Start time: 7 a.m. to noon at Schulstr. 2 (gym)
- Feb. 23 and 24 in Rothenburg o.d.T. (6/11/21 km) – TSV 2000 Rothenburg e.V., 09861/1752 or [wandern@rothenburg-wandern.de](mailto:wandern@rothenburg-wandern.de), [www.rothenburg-wandern.de](http://www.rothenburg-wandern.de) – Start time Saturday: 7 a.m. to 4 p.m., Sunday 7 a.m. to 2 p.m. at Erlbacher Str. 5
- March 2 and 3 in Gerach (5/10 km) – Radfahr- u. Wanderverein Edelweiß Gerach e.V. 09544/1087 – Start time: 7 a.m. to 1 p.m. at Laimbachtal-Halle

## Magic Flute Musical in Nürnberg

The Magic Flute Musical, a fun musical adaption of Mozart's famous opera, is performed at the "musicalbuehne" (Alberichstraße 9) in Nürnberg on Feb. 17 and 23.

## Salsa Night in Bamberg

The Salsa party in the Haas-Säle (Obere Sandstraße 7) March 2 starts at 8 p.m. and is a must for all "salsaholics." The party starts with a beginner's course and continues with a Salsa workshop (9:15 p.m.). DJ's Alvaro & Alex will present the current Salsa tracks from Puerto Rico, Columbia and many other places; also offered will be Bachata from the Dominican Republic and Merengue and Kizomba. For more information call 0176- 9631-8440 or visit <http://salsaservice.de>

## Oldie-Rock'n'Roll-Musiknacht at Wolframs-Eschenbach

The annual pub crawl in Wolframs-Eschenbach with live bands in several locations takes place on Saturday, March 2, starting at 8 p.m. For more information visit [www.kammerevents.de](http://www.kammerevents.de).

## Rock meets Classic 2013 in Nürnberg

Legendary rock hymns are presented in a classic style at the Arena in

Nürnberg (Kurt-Leucht-Weg 11) March 3 at 8 p.m. Participating rock singers are Paul Rodgers (Free, Bad Company, Queen), Eric Bazilian (The Hooters), Steve Augeri (Journey), Chris Thompson (Manfred Mann's Earth Band) and "Very Special Guest" Bonnie Tyler. To learn more, visit [www.arena-nuernberg.de](http://www.arena-nuernberg.de).

## Bamberger Symphoniker in Schweinfurt

The Bamberg Symphonic Orchestra will perform in Schweinfurt at the Theater der Stadt Schweinfurt (Roßbrunnstraße 20) March 8 at 7:30 p.m.

## Health Fair in Bamberg

The annual health fair Franken aktiv & vital at the Stechert Arena in Bamberg (Forchheimer Straße 15) takes place March 8 to 10; visitors will find information on wellness and beauty, traveling, fitness and healthy diets. Opening hours are Friday from 2 to 10 p.m. and Saturday and Sunday from 10 a.m. to 6 p.m. Admission fee for adults is 6 Euros; children and family tickets are available. For more information, visit [www.franken-aktiv-vital.de](http://www.franken-aktiv-vital.de).

## Easter in the Handwerkerhof Nürnberg

Starting on March 8 the Handwerkerhof in Nürnberg, a medieval enclosure across from the main train station, will be decorated in Easter fashion; all the little traditional houses, the stores and restaurants and the well will feature season greens, colorful eggs and more. The Handwerkerhof is open Monday through Saturday from 9 a.m. to 10 p.m.; the stores are open from 10 a.m. to 6:30 p.m. weekdays and 10 a.m. to 4 p.m. Saturdays. To learn more, visit [www.handwerkerhof.de](http://www.handwerkerhof.de).

## Musiknacht Herrieden

The Herrieden Music Night with live bands playing in different pubs and restaurants takes place March 9 starting at 8 p.m. For more information, visit [www.kammerevents.de](http://www.kammerevents.de) and check the tab "Kneipenjagd."

## Bike and Fun in Fürth

The regional motor bike fair, Bike and Fun 2013, is scheduled for March 9 and 10 at the Stadthalle Fürth (Rosenstraße 50). The fair offers almost anything a biker's heart could desire – the latest models and accessories and even a used bike bazaar. The fair is open Saturday from 1 to 6 p.m. and Sunday from 10 a.m. to 5 p.m.; general admission fee is 5 Euros per person. For more details visit [www.baf-fuerth.de](http://www.baf-fuerth.de).

## Spring Fest Wuerzburg

The annual Spring Fest in Würzburg at the Festplatz/Talavera (Luitpoldstraße) is scheduled for March 9 through 24. Opening hours are Monday through Thursday from 2 to 11 p.m., Friday and Saturday from 2 p.m. to midnight and Sunday from noon to 10:30 p.m. To learn more, visit [www.wuerzburg.de/de/veranstaltungskalender/events-termine/fruehjahrensvolksfest-2012/index.html](http://www.wuerzburg.de/de/veranstaltungskalender/events-termine/fruehjahrensvolksfest-2012/index.html).

**AAFES Corner** 

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